

March 2, 2006
Volume 24 Issue 14

The SPECTRUM

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

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

Tiki Barber sneaks through SHU

*Explains
why everyone
should Play
Proud Today,
and everyday*

Adam Kagdis
The Spectrum

Play Proud Today.

That is the advice that Tiki Barber, the starting running back for the New York Giants, mother says to him before every game.

She may not have given that pep talk before he spoke at Sacred Heart University on Tuesday, Feb. 28, but he gave the crowd great advice from an underdog point of view.

"You know why I smile? Because I love my teeth," said Barber.

The event, In Pursuit of Excellence: Leadership, Determination and Teamwork, took place in the Edgerton Center for the Performing Arts.

"This was an opportunity for me to deliver a message that shaped who I am," said Barber. "I want to encourage [students] to find their passion. Always find ways to reinvent [yourself] to make [yourself] a better



Tiki Speaks to students about his leadership skills and encourages them to never give up no matter what the situation.

The Spectrum/ Adam Kagdis

person."

Now that the season is over Barber plans to "really relax" and take care of certain things, like his boys birthdays, and

Dr. Seuss's birthday.

"The end of Feb. is very important to

CONTINUED ON PAGE 2...

New Middle Eastern Studies Minor

Maria Gomez
The Spectrum

The College Council of Sacred Heart University has recently created a new minor in Middle Eastern Studies.

Dr. Gary Rose, the Chair of the Department of Political Science and Dr. June-Ann Greeley, Assistant Professor of the Religious Studies Department discussed the idea of putting together a new minor.

The director of this new minor, Dr. Greeley who has always been interested in Middle Eastern issues had for a long time the idea of creating a new minor related to Middle Eastern culture, religion and politics.

"This is a very good minor for students of this generation," said Greeley.

In fact, this new minor will help students who are majoring in Religious Studies, Political Science, Media Studies or even Business to better know and understand this rich culture which goes beyond what we may see on television, she further explained.

"There is so much going on that students don't know," added Greeley.

Six courses will start this minor, two history courses, and a course in Middle Eastern Politics, another course about the Religion of Islam and two Arabic

CONTINUED ON PAGE 5...

The Sacred Hearts for Hope need help to walk for a cure

Courtney Kolhoff
The Spectrum

Imagine living your life each day not knowing if, at any given moment, it is going to take a turn for the worst. People dealing with Multiple Sclerosis do not have to imagine, this is their reality.

Multiple Sclerosis, more commonly known as MS, is a disease that affects people anytime between the ages of 20 and 50, when it attacks the central nervous system, ultimately affecting the brain and spinal cord.

It is a disease with a range of side effects that include fatigue, problems with vision, depression, and the ability to walk. In spite of all this, many people who battle MS may still look like they have no disease at all, making it difficult in telling who is dealing with the disease and who is not.

According to the National Multiple Sclerosis Society, one person every hour is diagnosed with MS. One of these victims is our own Assistant Head Athletic Trainer,



The Spectrum/ Elyse Harrell

Get your sneakers out, and get ready to walk for a good cause.

CONTINUED ON PAGE 4...

Spring Break Service: Sacred Heart Style

*Let us continue to plant the
seeds of justice and peace*

Brittany Raine
The Spectrum

Spring break excursions are no longer just about memorable fun in the tropical sun. This coveted week has now become a time for the young and restless to embark on missions of service and sincere sacrifice, rebuilding lives, homes and hearts.

The idea for an "alternative spring break" is sweeping the nation, with commercials on MTV encouraging college students across the nation to volunteer and take part in rebuilding the Gulf Coast.

Sacred Heart will be doing its part to make a difference when it sends over 80 students, faculty, and advisors for the roughly seven day Spring Break Service

CONTINUED ON PAGE 3...

Mock trial team teaches competition 'just how to debate'

Rachael Yarmosh
The Spectrum

For those unaware, the Mock Trial Team is a brilliant team of 16 members, seven of whom are on the "varsity" team. Professor Matt Semel, Assistant Professor to the Department of Sociology, Social Work & Criminal Justice, is the Mock Trial Team's advisor.

So how did the Mock Trial Team launch?

"Last fall, Nick Passalacqua, a government major and kicker on the football team, came to me and asked if I would help him start a mock trial team at SHU. Nick competed in high school and enjoyed it and wanted to get something going here. I approached Dean Paolini and she agreed to provide the initial funds so we could register with the national organization and compete in the regional championships at St. John's University. I agreed to be the coach/advisor for the team and Nick is the president," said Semel.

"I wanted to start a Mock Trial Team here at SHU because I had been the captain of my high school team for 3 years and really enjoyed it. Once I found out there was a collegiate level of mock trial I immediately started putting things together and taking every step necessary to begin a competitive team at SHU," said Nick Passalacqua, junior, Utica, N.Y., current president of the Mock Trial Team.

The American Mock Trial Association is a national organization that holds yearly competitions based on a court case created by the organization. Each fall, the AMTA distributes a court case to the organization's members. Students on the team prepare the case as if they were "real" lawyers; they portray prosecuting attorneys, defense attorneys, and witnesses, plan strategy, and learn rules of evidence. Then teams compete or try the cases against each other across the country. Judges at the competi-

tions award points based on mastery of the facts of the cases, court rules, preparation, and court room presence.

Two weeks ago, the seven members of the "varsity" team went to St. John's University where they successfully competed in the regional championships. With Passalacqua as their president, the other varsity members who competed include Natalie DiDonna, Tiffany Willshaw, Kara Simpliciano, Jillian Hoxsie, Joe Rea, and Vin Contino.

"The team performed superbly. Team members really worked selflessly for the last five months to prepare for the regional championships and they performed better than some lawyers with whom I've been to court. While the team won no group or individual awards, they won several rounds at the competition and they held their own against powerhouses like Columbia University, Fordham, and New York University," said Semel. "The team deserves recognition for fantastic job they have done."

Natalie DiDonna, senior, Staten Island, N.Y., is another member of the Mock Trial Team.

"I heard about the team last year when Semel, and Passalacqua were trying to form a mock trial team here at SHU.

Last semester Semel contacted me, nominating me for the position of Defense Team Leader/Vice President. I gladly accepted. Competing at the regional was an awesome experience. We competed in four rounds. It was really fun to actually go through the steps of a trial. We received feedback from real life judges and attorneys, which was very helpful," said DiDonna.

"I think we did really great as a team considering that this is the first year that the Mock trial team is in place. Everyone worked really hard and put a lot of effort into the competition and into the team in general"



Contributed Photo

Members of the Mock Trail Team are always ready for the competition.

Although the current team of 16 members are holding their own, they are always looking for more members just as passionate and eager to compete.

"Nick and I hope the team will continue to grow and prosper. We plan to recruit new members either at the end of this semester or in the fall. Four members of the "varsity" team are graduating seniors. For anyone who wants to be a lawyer or enjoys T.V. shows like "Law and Order," this is as close as you can get to the real thing while in college. And while we are listed as a club at the university, we are more akin to an athletic team," said Semel.

"I feel very confident in the future of this team," said Passalacqua. "Including myself we have 3 returning Regional team members next year that are already very excited to get started. Together the three of us (myself, Hoxsie, Willshaw) along with our team coach Prof. Semel, will hold try-outs for next years Regional team very early on in the fall semester and begin working immediately after a team is selected to ensure we are as prepared as we can be."

"I also plan to attend some invitation-

al tournaments next year to prepare us for the Regional tournament. In the next few years I definitely see SHU hosting its own Invitational Mock Trial Tournament. And I definitely see us performing at a peak performance level at next years Regional competition and hopefully gaining a bid to the National Tournament in Florida or even the National Championship in Iowa."

However, Passalacqua realizes that the Mock Trial Team was made possible by the dedication and help of his friend and current team advisor Professor Semel.

"Lastly, I need to give an enormous thanks and extend my personal appreciation to Prof. Semel for all his help and work in coaching our team. Without him my idea of a mock trial team here at SHU would have been nothing more than that, an idea. The entire experience has been an extreme joy for me and it definitely, no questions asked, would never have been half as enjoyable or rewarding with any other person as our team coach/advisor and I just want to say from the whole team that we really appreciate everything he has done for us and the sacrifices he made for our team this past year," said Passalacqua.

Giant wraps up black history month lectures

...CONTINUED FROM PAGE 1

me because it is Dr. Seuss's birthday, and literacy is very important to me."

Tiki and his brother, Ronde, have been writing children's books in their free time. This is significant to him because he was given the chance to succeed through education, he was prepared for the real world, and he has been able to flourish under these circumstances.

He also expressed the importance of the relationships within ones family. They are the "crutches" that will help you move to the next level.

Barber explains his mother as a "phenomenal woman, she only wanted to provide for us. Perseverance, and family, that was my mother."

Barber was born premature and suffered from febrile seizures as a toddler,

"I had to fight, persevere, and be determined, I had to work as hard as I could," said Barber.

"Tiki taught me to strive to be the best. He had a passion, we all have to be passionate or else we fail, and it will hurt our souls," said Joe Dellaposta, senior, Shirley, N.Y. "He taught me that there is never a reason to give up."

Barber was told he could never play contact sports. But he used the fierce determination passed on to him by his mother, a breast cancer survivor and single parent, to shine both academically and athletically.

"Our biggest power is not being football players, it is being an influence," said Barber.

He excelled at the University of Virginia's McIntire School of Commerce while becoming a star of the university's

football team.

Barber spoke not only about his path to an amazing NFL career, but also about responsibility and accountability.

"Build relationships. Having the trust and belief that when you talk to people they can trust you, that is the best advice I can give," said Barber.

He stressed the importance of teamwork, determination and humility in creating success in life or in business.

He ended the speech by asking the audience if they would participate in the conversation.

The questions ranged from his job, to his cars, and even his family. He is proud of where he came from and is approachable, and very intelligent.

In the press conference before the speech, Barber explained his expectations

after retiring.

"I have been able to advance my interest with Fox News," said Barber.

The final advice he gave was to take your education seriously, it will sustain you, give you purpose and meaning," he said.

There is life after football for Tiki Barber, and he wants everyone to strive to be the best. If you give your all, you can not be upset with the outcome.

Tiki Barber is a strong character who is not going away after he is done playing the game. He will be on television, but is planning on using his bright future in broadcasting to get his message out to the world.

Play proud today. Go Giants.

Spring Break in Miss. but not for Mardi Gras

...CONTINUED FROM PAGE 1

Trip. The trip will take volunteers to four locations: El Salvador, Mississippi, Alabama and North Carolina.

"This is Sacred Heart's fifteenth trip to El Salvador," said Donna Dodge, Ed.D., vice president for Mission and Planning, and advisor for the Mississippi relief trip.

"Our university has a commitment to a village and its people in El Salvador. The other trips to North Carolina, Mississippi and Alabama have to do with Habitat for Humanity and the continuous cleanup efforts from Hurricane Katrina."

Students and faculty are impressed by the large turnout and financial support from the Sacred Heart community.

"[These four locations] have prompted the largest turnout on a service trip in the history of the university," said Dodge. "I am very pleased with the number of students and faculty who are willing to take time out of their vacation to help others."

"One day I hope that everyone can get involved with volunteering one way or another. By helping others, through events like the Spring Break Service Trip, one becomes more mature and sincere by giving of themselves through others."

The large turnout gives students like Jennifer Torres, junior, Bronx, N.Y., a greater opportunity to make an even more profound impact in the lives of the citizens of El Salvador, Mississippi, Alabama and North Carolina. Torres knows that every person makes a difference.

"I am actually very amazed by the different types of people that are joining us in Alabama. We have a wide variety of people who have been involved for three or four years and then we have people who have minimal exposure," said Torres. "We have a large group of 18 people, and they range from freshman to seniors."

"I think the best part about this trip is that a majority of the people attending are women. Many people believe that Habitat is a male thing, but we prove that everyone can do this, big, small, male or female. Everyone is excited and determined. This team is ready to work and ready to accomplish our goals."

The group going to Mississippi will concentrate on numerous tasks dealing with the Hurricane Katrina devastation

that still lingers in the Gulf States. Those traveling to North Carolina and Alabama will participate in the Habitat for Humanity construction on homes for families in need. In El Salvador, the participants will do everything from repair dams to filling sandbags.

Many students like Torres and Timothy Spath, freshman, Cutchogue, N.Y., have given up their spring breaks to help others.

"I really do enjoy helping people," said Torres. "By going to Tuscaloosa, Ala., I am helping to build a home for someone, spending time with the homeowner and making new friends. I just love to see how happy the homeowner is every time they see how much we have accomplished that day."

"Seeing the homeowner with a smile makes my whole spring break worth while. [Going somewhere like] Cancun is to satisfy myself, but I much rather see that I made a difference in someone's life. It is much more rewarding."

The advisors and fellow students like Spath attending the Service Trip agree.

"I chose to go to El Salvador because I love helping people who have less than I do," said Spath. "I feel like I would rather do something important than sit around during spring break."

While the participating students and advisors are at one of the Service Trip sights during spring break, they will be completing numerous tasks. From picking up debris and putting siding up on damaged houses in Mississippi to building homes for the less fortunate in Alabama and North Carolina and aiding a village in El Salvador, the tasks are endless yet fulfilling to those embarking on these journeys.

Dodge explains that in Mississippi, individuals from the university's Media Studies department will film an half an hour documentary to reveal the relentless reality of the damage and destruction from Katrina. Also, the Nursing department will be working with the University of Mississippi to formulate a working health care plan and partnership with those in need.



The Spectrum/ Elyse Harrell

Posters like this one are hung up all over campus encouraging students to volunteer over spring break.

The costs to travel and partake in volunteer work at the Spring Break Service Trip locations can add up. Students and appointed advisors attending the trips help defray the traveling costs through various fundraisers and donations. You may have seen raffles for things like a public safety parking spot to support the trips.

"Besides completing a few workdays and other requirements, it cost just about \$275 to go to Alabama," said Torres. "This includes our plane tickets and a fee for participating in the Habitat for Humanity Tuscaloosa Collegiate Challenge. Honestly, \$275 may seem like a lot of money to some people, especially if we are volunteering, but the experience is priceless."

"The cost is not important," said Spath. "The fact we are going is worth it."

On the trips, students and faculty are going to help those in need, but hope to learn something from their experiences and each other. Dodge believes that the trips will be "transformative" and that the participants will learn about themselves

through their volunteer service.

"The learning experience within helping those less fortunate or in need is an important mission," said Dodge. "I believe that a person is incomplete without the knowledge found through volunteering and missionary work. You learn from those who serve."

Torres believes that in going to Alabama she will learn something about herself and about another culture of people. She also finds it important for students like her attending the "alternative" spring break trips to set goal(s) for them to accomplish.

"Every year I set a new goal for myself. Freshman year I wanted to use the power saw, and I did. Sophomore year I wanted work on the roof because I am afraid of heights but I did it," said Torres. "I have not set personal goal for Tuscaloosa yet, but I it will be fun to see what I decide to do."

"As a team every year we have a goal for each house we build and our goal this year is to put in all the windows and we also want to get the shingles up on the roof. Each year, the bond between our group gets closer and closer, I know that will continue this year as well."

The Sacred Heart Spring Break Service Trip to four locations across the continent promises to be a success. With the enthusiasm of students, faculty and advisors towards the trips, nothing could dampen their spirits. The opportunity to take a vacation and turn it into a life changing experience is admirable.

The choice for an alternative spring break vacation has become a popular choice and a growing trend in the Sacred Heart community.

For more information on Hurricane Katrina, check out our features article on page ten.

Our hearts and prayers
go out to Keith
"Woody" Woodford and
his family for strength
during this difficult
time.

Want to see your ad here?
Advertise with *The Spectrum*

For details

Contact Johanna
at
prentkij@sacredheart.edu

For additional articles

Check out
The Spectrum
online at:

www.sacredheartspectrum.edu

ATM problems trouble students

Rachael Yarmosh
The Spectrum

If you have tried to use the ATM machine recently, you may or may not have run into a problem. Recently, there have been complaints by students who try and use the ATM but are turned away because the machine has run out of funds.

Mike Moylan, head of Student Union, informed that the new ATM is much more efficient than the older model.

"The machine we now have is only two weeks old. It is a newer model designed to enhance services to the SHU community. It was not operational two weeks ago for a couple of days while the new machine was installed," said Moylan.

Some students ran into trouble with the new model however.

Jenine Kleeman, junior, Manalapan, N.J. said, "I walked all the way down from East Hall, giving myself enough time before I had to leave in order to grab some cash and the machine was out of money. I was really annoyed and frustrated that I had to try and find a bank late at night when our campus has an ATM available to us."

Another student was also frustrated by her efforts to try and take out some cash. "I tried to take out a withdrawal and it wouldn't let me. It said that it was out of funds," said Michele Puzzo, junior, Westchester, N.Y. "When you're on campus, it's really frustrating to have to leave and come back when there is an ATM sitting right in the hallway. I hope that it is fixed A.S.A.P," said Puzzo.

Sometimes malfunctions occur. "Last

week there was an internal problem with the new ATM. The machine was unable to dispense cash for three days while the problem was being fixed. However, the ATM was functioning for deposits, transfers, postage stamp sales, and balance inquiries. The problem has been corrected," said Moylan.

While Wachovia is directly responsible for the upkeep of the machine, machine upgrades, installations, and problems are coordinated through the Student Union Office so students are encouraged to notify them if any further problems occur.

"The machine is currently fully operational and has been since last Thursday. I encourage Students, Faculty, and Staff to inform the Student Union Office or myself if they have any suggestions or further difficulties with the ATM," said Moylan.

News

Scholarships available for all students, all the time

Maria Gomez
The Spectrum

The Connecticut Association of Professional Financial Aid Administration (CAPFAA) is announcing the CAPFAA Scholarship for the academic year 2006/07.

This scholarship will be awarded to ten students for a thousand dollars each.

According to the Dean of Sacred Heart University Financial Assistance, July B. Savino, "Students should be encouraged to apply to scholarships. There are a lot of programs and scholarships which students could be eligible for," she also explained.

CAPFAA was founded in 1969 with the function of promoting professional training and collaboration between Connecticut College and University's student financial administrators, as well as others in educational organizations, government agencies, foundations, and private community associations that have to deal with the assistance and administration of student financial aid.

According to the CAPFAA, "We feel this scholarship is an excellent way to promote our mission of effectively serving the interest and needs of students in their pursuit of a higher education."

As Savino and Gail Marks, Assistant to the Dean and Coordinator of Office Communications noted, there are a lot of different scholarships and programs that offer significant opportunities and considerable amounts of money.

In fact, "over six-hundred thousand dollars of scholarships were given to full time students just in December for this academic year," said Savino.

In addition to the CAPFAA Scholarship, Sacred Heart University holds other programs for transfer students such as the Phi

Theta Kappa Scholarship; transfer students who are elected member of the Phi Theta Kappa International Honor Society and who have or will graduate from a qualified two-year institution are eligible for this program which offers more than four thousand dollars for an academic year.

The Connecticut Community College Scholarship Program is also available for forthcoming transfer students who are attending a Connecticut Community College and are residents of the State of Connecticut. This scholarship puts forward one thousand dollars to four thousand dollars for an academic year as well.

Also, students transferring to Sacred Heart University from an ascribed institution will be eligible for the Transfer Achievement Award Program.

Another scholarship also available for Sacred Heart Students is the Westchester Golf Association (WGA) Caddie Scholarship Fund. This program

endeavors to make available financial assistance to worthy caddies and others who work in service to golf, enabling the search of higher education.

Scholarships have been awarded to over sixteen-hundred men and women so far. At this time, three-hundred students are attending colleges, universities and other schools bearing a caddie scholarship. Besides hundreds of specific scholar-

ships, there are also scholarship opportunities available for students depending on majors, religious beliefs such as scholarships for Jewish students; ethnicity such as scholarships for Hispanics, Native Americans, Japanese or African-Americans; gender such as women's scholarships et cetera.

For instance, the AAUW Grants (American Association of University Women) offers money to women in all areas of study or majors or the American Association of University Women Project Renew Grant for women as well.

Programs for Hispanics or Latinos such as the Congressional Hispanic Scholarship (CHCI) are also available.

Scholarships for African Americans such as the Alpha Mu Gamma Scholarship or the Zeta Phi Beta African Fellowship offer different awards for black undergraduate students.

The American Indian Endowed Scholarship is another program that aids financially students tied to a Native American Community to follow undergraduate or graduate studies.

The Connecticut Community Foundation makes available programs for Jewish students such as the Malcolm Baldrige Scholarships for Jewish students enrolled in a university in Connecticut and residents in this state.

Hundreds of scholarships are accessible for students. There are a lot of different and very specific programs adequate for each student's needs.

Websites such as fastweb.com or free-4u.com are some of sites that help students to find out the appropriate scholarship for them. It's a free and easy search.

After logging in, students might look for their community, which might offer certain opportunities that they might be interested in. Students should look for organizations that provide awards based on ethnic backdrop, heritage, religious beliefs, gender et cetera.

Professors and academic advisers could be a good help because they may know about endowments, not public and corporate scholarships.

Besides this, it's important to pay attention to the scholarship essays; they must be organized, demonstrate creativity and tell real and precise facts. In addition to this, students must apply to those scholarships that they are qualified and eligible for.

"All they have to do is write a brief essay, list community involvement and they get the money! We have scholarships we can't give away because kids won't write an essay," said a representative of the Alumni Scholarship Fund Office.

According to this fastweb.com, there are over a million scholarships, which students can apply to. It is a "Free search of three billion dollars in scholarships."

As Savino finally explained, there are hundreds of fellowships and scholarships that are willing to offer their awards to those students who want to pursue a higher education. As she finally insisted, college students have to be encouraged to apply because there are a lot of award opportunities out there.

*Check These Out!
Websites such as
fastweb.com or free-
4u.com are two sites
that help students find
out the appropriate
scholarship for them.
It's a free and easy
search.*

Walk for a cure to help MS research

...CONTINUED FROM PAGE 1

Leo Katsetos, who has been battling the disease since he was 27 years old.

"I was told by doctors that they aren't sure exactly why or how MS is caused and that it affects everyone differently," said Katsetos, Chincoteague Island, VA.

"Symptoms come without warning or pattern. Whether its loss of vision, difficulty walking, depression, fatigue, just to name a few common symptoms, no one can predict how it will affect me."

While some people battling MS tend to go into depression and feel sorry for themselves, Katsetos has decided to do the exact opposite. As the national spokesperson for the MS Society this year, he is very passionate about finding a cure for the disease and getting people involved in raising money and supporting the cause.

"I have decided not to sit around and feel sorry for myself. Instead I want to make a difference!" exclaimed Katsetos. "It is amazing how getting diagnosed with something like this puts life in perspective."

Each year the National Multiple Sclerosis Society puts together a walk

where anyone who is affected by MS, or who just wants to help out, can volunteer or walk a two or five mile course to support the victims of MS. At the walk you have the choice of walking individually or as a team, and donations are accepted, but are not necessary.

"You can donate anything, your time or your money. Either way, you leave the walk with the satisfaction that you supported the lives of people battling with MS," Katsetos said.

Last year Katsetos put together a team called The Sacred Hearts for Hope. This team included faculty, coaches, students, family members and coworkers of the SHU family, as well as clubs and organizations like the Student Athletic Training Department and SAAC. With a goal of \$10,000, Katsetos ended up almost raising a miraculous \$35,000 with 200 people at his side supporting the cause.

His team was awarded the top fundraising team throughout the entire National Multiple Sclerosis Society walk, and was recognized at the annual conference meeting for his dedication and achievement.

This year at the walk, which takes place on April 2, 2006, he plans on raising

\$35,000 and finishing just as strong as last year. Walking along the Fairfield Beach (Jennings Beach area), he encourages students, faculty and family members to join in and "walk for a cure."

Justina Betro, a sophomore, has also recently been diagnosed with MS. At the age of 18, she is a one year survivor and plans on doing anything that she can to gain the support from her family and friends in order to find a cure for the disease. Like Katsetos, Betro shares a passion for helping others who are fighting MS, and plans on attending the walk this year.

"Last year's MS walk was my first in Conn. and it seemed to be that a large number of SHU students were there, but they were mostly members of athletic teams," said Betro.

"Last year my friends and I raised over \$7,000 and my family raised about the same amount for the MS walk in New York City."

"Personally, knowing others are raising money and participating in the MS walk really does touch my heart. They may not even realize it but they are walking for me, for others diagnosed with MS and for those who have not yet been diagnosed.

Every mile, every dollar means something to the MS community, to me. It would mean the world to me if everyone participated somehow some way," said Betro, Long Island, New York.

With a click of a button, anyone can sign up on the National Multiple Sclerosis main chapter website, which is www.msswct.org. Once you are logged onto the website, you can click "join existing team," and search for Sacred Hearts for Hope. If by any chance you can not walk, the MS society is always looking for volunteers to help on the day of the event, which will be just as beneficial as walking.

This week, there will be a campus wide email with information on registering for the walk. If you have any other questions regarding the walk or the disease in general, Katsetos would be more than welcome to answer them by getting in touch with him.

Lets all walk for a cure!

Family Feud over "How I learned to Drive"

Pat Pickens
The Spectrum

Everyone at Sacred Heart is considered to be part of the "Sacred Heart family," and this past week our school has got into a "family feud," and this feud was no game.

The arguments that started this feud centered around the advertisements of the play "How I Learned to Drive," which was playing in the Edgerton Theater this past weekend.

Students were bombarded with a barrage of emails on Wed. Feb 22, when they received what seemed to be a relatively harmless e-mail inviting them all to see the school's rendition of the low brow, off-Broadway, comedic, love-story, "How I Learned to Drive."

The e-mail invited people to see the show which was described as a show about an 11 year old "young woman's" affair with her uncle, and her way of dealing with it until she turned 18.

"I sent out an e-mail and one of my colleagues took exception to the wording that I used, so I revised it and sent out another, new description of the show," director Kyle Minor said.

However, on Friday, two days after this e-mail was sent, students, were showered with several e-mails from several different faculty and staff who became critical of the e-mails wording and tone.

The e-mails were not critical of the play itself, but regarded the diction of the first invitation. Some of the actors involved were upset that their show, which they had worked so hard, and spent so much time on, was receiving criticism.

"It was unsettling because we had worked so hard to understand the show and to make the show work," said Monica Veale, freshman, Chatham, N.J., who played the main character 'Lil Bip.'

"I hope that anyone who was critical of the show took the time to actually see what kind of show it was."

Religious Studies Prof. June Anne Greeley, who started the chain of e-mails, said that she had no ill will towards the students our faculty, or the play itself.

"I feel that [the show] sends an important message that should get out and be addressed on a university campus," she said.

"I meant no disrespect when I sent the e-mail out to the cast, or the director, I liked the play, and I feel that it is an important play," Greeley said. "I just felt the wording of the original e-mail struck me and I felt the need to speak up about it."

Greeley who feels that the "power of words have been lost in our society" was not alone.

Prof. Charlotte Gradie said in her e-mail that "we must be careful to not desensitize ourselves to sensitive issues by the language we use."

Also, Prof. Mary Ellen Johnson said in her e-mail that "I think the problem with the original [description] was that it sounded as if there was legitimate consent by both parties, and a child can't give legitimate consent, no matter how strong the love, attraction, and sexual feelings he or she might have for the other. That's why we have laws dealing with statutory rape."

That was ultimately the root of Greeley's complaint.

"We must be careful where and what words we choose. To describe a relationship between an 11 year old girl and her grown up uncle as an affair is inappropriate and inaccurate," Greeley said.

"To say an affair implies that there is some equality between the couple, and there can not be equality between a minor and an adult. We must ultimately ask ourselves in the situation is the minor free? Does he or she understand the relationship?"

However, this is where the Professor and students disagree.

"Ultimately this is a love story," said sophomore Matt Libassi, who played Bip's Uncle Peck. "Students are smart enough to figure out what is going on in the show. [Bip] broke off the relationship in the end and it was her way of becoming free. Anyone who would have seen the show would understand what is happening."

"I also feel as though that there was a problem as to how the e-mails were sent out globally," Libassi said. "There was no point to drag the entire student body into this discussion, especially considering that so many people did not care about it."

However, Greeley disagreed.

"I sent the e-mail out globally because faculty and students always say that we are part of a university, and if I were a student and my faculty were having a debate or argument, I would like them to include me in the conversation, and keep me updated as to what was going on."

However, because of the university's e-mail policy, students were unable to send anything globally back.

"I feel that that intellectual discourse is expected, and people are free to com-

ment on whatever they want," Minor said. "I just think it was wrong because the students had no means to respond to the e-mails themselves."

However, this is where Greeley and the staff of the play did agree.

"I think we need to have discourse in these issues and other issues in our society, especially on a college campus," she said. "Maybe we should have a discussion on the topic, or have workshops to discuss the ramifications of incidents like this. I am sure that there are people on campus who have had this happen to them and they would not describe what they had as a 'relationship.'"

Adding to the controversy is Sacred Heart's Catholic ties, and the pedophilia scandals with which the Catholic Church has been involved over the past few years.

"We have been rocked by scandal in our church, and we have seen what those who were convicted of pedophilia have done to their victims. We have seen the language that they use and we have heard the stories. I feel that the original message diminished the moral problems that we have had," Greeley said.

Ultimately, the controversy included a lot of people, and took much space in many people's e-mail box. However, many students were indifferent to the e-mails, and simply deleted them.

For more on "How I Learned to Drive," see page eight in the Arts & Entertainment section. For an additional perspective see page seven.

New Middle Eastern Studies attempts to pave way for other new minors

...CONTINUED FROM PAGE 1

Language courses. These courses will help to comprehend and appreciate this rich and acquainted culture because there is so much missed and stereotyped information. There is much more than radicals and terrorists, explained Greeley.

"People in power take religion hostage and pervert it," she also added.

Besides, this new minor is intended

to expand into a minor in Middle and Far Eastern studies; more courses might be added later on such as an introductory course about Judaism, a course about the Religion and Culture of Israel, another course about Palestinian Politics among others.

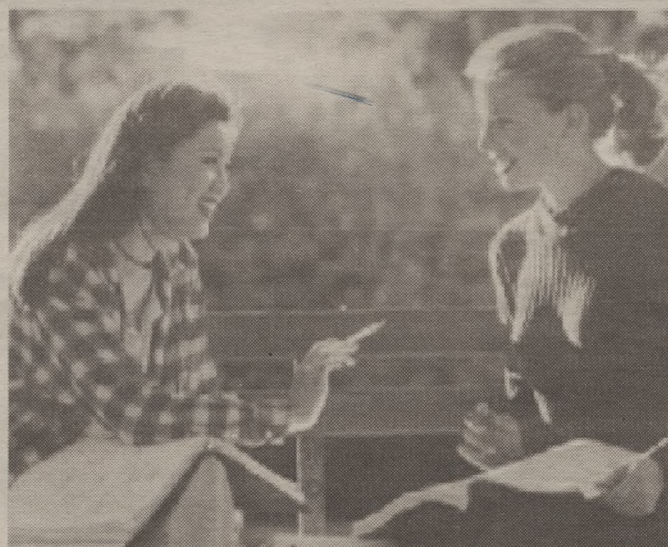
In addition to this, other proposals are as well in mind; lectures about Middle Eastern matters and speakers who would introduce the Middle Eastern World from a

different perspective. Also, a study-abroad program, workshops, coffee shops presenting Islamic art and culture in order to help students to get familiarized with this rich and for most people unknown culture.

"I would like students to be acquainted to this rich culture... It's important for American students to be educated in Middle Eastern Studies because it's such an important topic and time," finally said Greeley.

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.

QUINNIPIAC U:

RAVE REVIEWS FOR OUR MBA

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

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

>> YOUR NEXT MOVE

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

QUINNIPIAC UNIVERSITY
Hamden, Connecticut

Perspectives

How to cope with midterm stress and anxiety

Rachelle Murphy
The Spectrum

Midterm season is upon us, and everywhere you look stress is in human form. Students are sick of stress and are finding new and innovative ways of coping with stress.

According to dictionary.com, stress is a mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability, and depression.

"I am pretty stressed out, but I am not doing anything about it. I am just praying for Spring Break. When I do get stressed, I play pool. I also feel like staying on top of my studying and getting the work done relieves some of my stress," said Gabe Garcia, sophomore, Coram, N.Y.

Other than finals, midterms are probably one of the most stressful times in a college student's life. They have to deal with the course work, tests, projects, and papers.

"I'm not really that stressed. I don't even have any real midterms. It's just that all of my professors pile the work on really hard this week. So I guess on a scale of one to 10 I'm about a six. And to combat my stress I'm just staying on top of my work," said Erica Vasaturo, sophomore, Staten Island, N.Y.

Even the calmest person can become frazzled during midterm week. It is important to stay composed and try not to let the stress get to your head.



Contributed Illustration/Michael Byrne

Michael Byrne's "Lost" represents the stress some students feel during midterms.

Luckily, many students are turning to a variety of ways to help cope with the stress of midterms. Some good stress relievers are exercising, meditation and going for a walk.

"Food is absolutely the best relief for stress. Go to Roncalli and get a quesadilla," said Sam Cerami, freshman, Mahwah, N.J.

"When I am stressed, I hang out with friends and totally forget about the midterms or projects for a little bit. Like tonight, I went to a really

good concert," said Jen Murphy, junior, Milford.

Many experts such as those at the Mind/Body Medical Institute, which is based in Chestnut Hill, Mass., feel that there are many ways in which you can relax yourself. This relaxation exercise taken from their website, helps to slowly relax the tension in your body. Progressive muscle relaxation is a gentle way to nurture the beleaguered body and mind when the burdens of work take their toll.

Sit quietly and scan the body from head to toe. Focus on areas of tension during the inhale and release tension on the exhale. During progressive muscle relaxation, tighten each area of the body. When you purposely release tension from those areas, the feeling of relief is often more noticeable.

Exercise is a common stress reliever on campus. Many students utilize the Pitt Center to release their nervous tension. They have many different classes, and students also utilize the weights and other gym equipment.

"It's not so much the midterms themselves that are stressing me out, it's more being able to do well on the midterms while juggling all the other aspects of my life such as RA stuff, my internship, and make up work. To combat the stress I am hitting the gym first thing tomorrow morning to work out any anxiety," said Heather Bernard, senior, Griswold.

"I like to exercise, especially run when I'm stressed," said Jess Boy, junior, Saugus, Mass.

There are many different ways that students deal with midterm stress. Some involve exercise into their routine, others eat their favorite foods, some just do their work, and still others just try to relax by hanging out with their friends. There are many ways to cope with stress.

In order to find the best one for you, experiment and hopefully you will come up with something that will help you deal with the stress of midterm week.

The SPECTRUM

Editor-in-Chief

Sarah Decker

Associate Editor

Kayla O'Brien

Photography Editor

Elyse Harrell

News Editor

Adam Kagdis

Assistant News Editor

Courtney Pustay

Advertising Manager

Johanna Prentki

Sports Editor

Travis Flynn

Assistant Sports Editor

Brad Holland

Features Editor

Diane Szmidt

A&E Editor

Jacqueline Boothby

Perspectives Editor

Meghan Parisi

Web Editor

Stephen Conoscenti

Adviser

Dr. Debbie Danowski

Editorial Consultant

Cindy Simoneau Lambert



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

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

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

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

Photographer's Pick



Contributed Illustration/Michael Byrne

This illustration by Michael Byrne depicts nominees for the 2006 Oscar Awards.

He Said... She Said...

What are five fashion don'ts for the opposite sex?

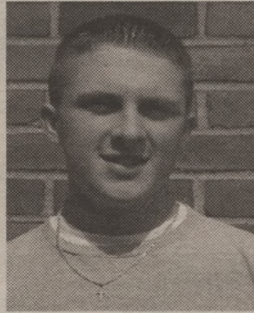


Robert Roy
"He Said" Columnist

First off stop wearing Uggs. These boots simply look ridiculous. A girl with her stretchy black pants tucked into a pair of furry brown boots is simply not appealing.

Secondly, stop with the square sun glasses. Yes, Paris Hilton might wear them and she is supposedly known as a "fashion icon." However, looking like and acting just like Paris Hilton isn't exactly attractive. She shouldn't be what women aspire to. I don't think acting like an idiot, wearing ridiculous clothes isn't going to win you Mr. Right.

Third, the orange skin needs to stop. When it's the middle of Jan. and you are darker than the pavement, most people can figure out that you have been living in the tanning booth. Yes, it may look good now, but how do you think your skin going to look after ten



years of winters in the tanning booth and summers under the sun?

Fourth, wear clothes that fit. When you go shopping buy clothes that flatter you. This is pretty much self explanatory. Love handles rolling over the sides of your jeans are not something guys are looking for.

Lastly, be your self and stop trying to dress like your favorite celebrity or movie star. Believe it or not most guys are not looking for the plastic Barbie Doll look. Dress what you feel comfortable in and this will allow your true self to come through.

Rachelle Murphy
"She Said" Columnist

Many women think that men do not dress the way they should. In fact, a lot of men dress horribly. That is probably why they have shows such as *Queer Eye for the Straight Guy*.

It is always nice when guys look really put together, but it shouldn't look like he took longer than you did to get ready. Women do not want their man looking better than they do. We like it when guys look good, but not too good. So put down your blow dryers!

Another fashion don't is when guys wear pants that look too small for them. You can see their socks while they are walking, and that is not a good look for anyone. Capri's are for the summer, not year round. Guys in America are not commonly seen wearing Capri's. European's can definitely pull them off.

Guys cannot pull off the tight shirt look. No one wants to see you wearing spandex. Spandex is not a



good look for anyone, therefore neither is that tight shirt. Save something for our imaginations!

Whoever thought that wearing a jersey as a shirt was a good thing, was so wrong. Jerseys are worn to play a sport so that you can identify yourself along with your team. You should wear them to support your team.

If you wear sandals you should be barefoot. However, many people violate this simple fashion rule. No one should be wearing socks and sandals. It is not a good look. Seriously, socks with sandals conjure up images of rednecks and other fashion oblivious people.

"Bring a Friend to Senate" Day was a great success. The Student Senate members took it upon themselves to invite one person outside of Student Government to attend the weekly meeting. This was a follow up of the Fireside Chat with Dr. Cerna, and in efforts to promote student awareness on campus.

Although the meeting was casual dress and open doors, VP of Senate, Kurt McLoud, maintained a professional gathering of the organization. It was important for the Senate to run a normal meeting. Their goal was to encourage others to contribute and become involved. Not only did 16 new students get to see what it was like to be inside a Student Senate meeting, they also actively participated.

Food and refreshments were served and the meeting was promptly called to order. Guests were even able to see an Executive Board member bring an amendment before the Senate. The website amendment, which was recently not approved by the Senate was brought before the board again. Although there was no heated discussion over the amendment, being that it was the third week of discussion, enough was seen for friends to have a good idea of what must happen to amend the constitution.

Beautification Day was another discussion point on the agenda. Although the date of April 8, 2006 has already been set by Senator Piazza and Senator Corso, small details are still being thrown around. This event, sponsored by Buildings and Grounds and Senate is now bigger than originally anticipated. Not only will there be planting going on in the grassy area outside Hawley Lounge, but there will also be a new brick sidewalk added to the area.

The pathway will not go straight from Hawley to the entrance of the campus, but will split and circle around a raised planter. This area will add to the appearance of the campus and will also give students a place to sit in the passing of classes. Benches are being donated by student organizations including the Executive Board.

The committee is planning Beautification Day, and is still looking for students interested in putting on the event. Students who are interested need not be in Student Government. Please contact Christina Piazza of Lauren Corso if you are interested. (piazzac@sacredheart.edu or corsol@sacredheart.edu)

As the meeting came to a closure, the guests were asked their opinion of the meeting. After going around the room and hearing all the opinions it was clear that all considered the event a success. Many even admitted that they had no idea that so much went on in the Senate. The event proved to be helpful and intriguing by all.

- Contributed by Erin Maurer.

Trials of the Performing Arts

Shaun Mitchell
Editorial

Instead of doing my weekly gossip column today, I wanted to take some time out to write about the e-mail Dr. Greeley sent out last Thursday regarding the English department's production of "How I Learned to Drive." Considering she used a global e-mail to initiate her argument, it left students, such as me, without a voice because we cannot global like faculty can. The result was a feud between members of faculty that accumulated e-mail after e-mail in our inboxes.

Since when did global e-mails become the ammunition and battlegrounds for arguments? And the administration thinks students would abuse global e-mails. This will constitute as my global to the SHU community in response to Dr. Greeley's argument.

First, let it be said that I deeply admire Dr. Greeley for her constant bettering of our campus and mastery of her profession. I just feel that her response to a three sentence synopsis of a highly regarded theatrical piece was out of line. Dr. Greeley cited that her disagreement with the synopsis came from the wording and how the absolute integrity of every human being of our Mission Statement is not represented in the synopsis.

A synopsis is merely a brief explanation of what a play is about. Professor Minor's synopsis blatantly tells those who are reading that it "concerns a

young woman's affair with her uncle." There is no fine print here. This show includes incest, and yes, Kyle Minor presented that in his synopsis. The bottom line: did the message of the play come across in so many words? Yes.

My problem of this unnecessary attack on the synopsis is that if one hasn't seen the production, one cannot compare the synopsis to the actual show then one should not make judgments beforehand. I understand that Dr. Greeley saw the show off-Broadway, but she hasn't seen this specific production.

If I were told that a production of "The Sound of Music" was about New York street gangs and their battles for drugs, I would accept that. Upon seeing the show and realizing that it has nothing to do with New York street gangs, then I would make an attack on the synopsis for misleading me to believe that it was something it wasn't.

It was disheartening to see those e-mails in my mailbox because I am an actor and a theatre enthusiast. It was discouraging because theatre at this university has been so ignored. At a school of about 6,000 students, collective weekend attendance of a production at Sacred Heart is never more than 400 people.

It is so hard to produce a drama, and even harder to produce a musical; that's why we haven't had a musical since before my arrival at SHU two years ago. The theatre plays an integral role in American and English history, but not at Sacred Heart. It is dishearten-

ing that the performing arts are taken for granted and when a synopsis of a show can be torn to shreds for argument's sake. It was a synopsis of a theatrical show, not a piece of literature like "The Great Gatsby" open for interpretation.

I write this as an actor, a writer, a defender of theatre, and an English major. I can understand Dr. Greeley's disagreement with how the synopsis is worded, but that's the best way it can be portrayed without changing what the play is about and making it longer than it needs to be. (A theatrical synopsis is generally no longer than five sentences.)

I also commend Dr. Greeley for coming forward with her complaint because God only knows, it takes a strong mind to change the world. As much as I recognize her argument, I cannot agree with it. Her comments hit too close to home for me.

The theatre has a strong tradition that too many people take for granted, and when a simple three lined synopsis is ripped apart for analyzing before even viewing the production, that is a blow to every actor, director, writer, producer, crew worker, and any fan of theatre.

If our Mission Statement has the integrity of every human being at its core, then I think there should be more integrity towards human beings who have invested their life in the performing arts, because we are people too.

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

Arts & Entertainment

“How I learned to drive”

Kate Brindisi
The Spectrum

This past weekend the English Department presented, Paula Vogel's Pulitzer Prize-winning play, “How I Learned to Drive.” The show ran from Friday through Sunday, in the Edgerton Center for the Performing Arts. With free admission the play proved to be a crowd pleaser, especially among students.

Directed by E. Kyle Minor, the 70-minute play concerns a young woman's affair with her uncle. Narrated by the woman as an adult, she revisits her youth, from age 11 to 18, when she was secretly having an affair with her uncle. She ultimately learns to forgive her uncle and herself as she takes control of her life.

The SHU production features Monica Veale, Matt Libassi, Dan Marra, Tara Maroney, Amy LaVorgna, Justin Schiavone and Caroline Saxe. Christine Fahey served as production stage manager, and Sam Bolles as stage manager. Only days before the production's opening night Amy LaVorgna was replaced by Jessica Ciemniecki.

“The show seemed to have a rough start. We started rehearsing two weeks after we returned from winter break. Then an unexpected mishap with a cast member, really brought the morale of the cast down,” said Matt Libassi, junior, Shoreham, N.Y.

After having to recast a role in the chorus, chaos was called after Professor Minor's email explaining the nature of the play was sent out. It was responded to quickly, by professors with demeaning responses, which lead to the beginning of many disputes.

“The controversy, as I understand it, isn't over the play, but rather over my syn-



The Spectrum/ Kate Brindisi

The actors proceeded to perform through the weekend despite criticism.

opsis of it in the global promo I initially sent out. After one colleague questioned its word choice, I sent out a revised promo the following morning,” said Professor E. Kyle Minor, director.

“The play definitely stirred up some unneeded controversy, and I believe that it put added pressure on the actors. However, I was blown away by the actor's performances, especially Libassi's, having to play such a difficult role,” said Jen Murphy, junior, Milford.

There was some argument to the use of the global e-mails. Many students were getting agitated from reading the ongoing e-mail battles between the professors.

“I was annoyed with the emails that

the professors were sending. It got to a point where I felt like they were beating a dead horse. We're all old enough to discern things on our own, and I felt like they were just attacking the play in its entirety, and some didn't even know what they were talking about,” said Murphy.

Despite the controversial topic of pedophilia that the play covers, it was presented appropriately. The play truly conveyed that although it also included two other very important themes, love and forgiveness.

Although there were many discrepancies, and e-mails sent about the production, it did not prove to be a deterrent. Many students said that they were planning on

seeing it because of all the controversy that was stirred up by the continuous e-mail arguments.

“I got so many e-mails from the professors arguing about how the theme of the play was explained I wanted to see what all the hype was about, and I'm glad I did, the topic the show covered was really well presented” said Christine Palumbo, freshman, Cedar Grove, NJ.

They worked through a rocky start, mishaps with the cast, and controversy stirred up interest about the production. The old saying goes ‘there's no such thing as bad publicity.’ And that it definitely applied to this situation.

Pioneer Magazine seeks models

Lauren Williams
The Spectrum

Sacred Heart's Pioneer Magazine is currently seeking models to be included in the Style section of the spring issue due out April 19.

Pioneer contributors and the Style editor, Rachel Yarmosh, are holding an open casting call, looking for both male and female models interested in modeling different trends and styles.

“We are looking for all types of people to model. Students who volunteer will be asked to model the trends and new looks of the Spring 2006 season. They will be modeling everything from handbags, to clothing, to the latest trends in makeup,” said Yarmosh, senior, Babylon, N.Y.

Those interested in modeling for Pioneer Magazine should leave their name

and number for Rachel Yarmosh, in the Spectrum office, located across from the bookstore, or may e-mail her at, r-yarmosh@sacredheart.edu with any questions and/or concerns.

“No experience is necessary,” said Yarmosh. However, she requests all models be, “enthusiastic about modeling and open to creativity.”

Additionally, although models will not be paid, Yarmosh is confident the photos will give participants “great, free exposure.” Chosen models and photographs will be placed in the Style section and all potential models will be working closely with Yarmosh.

“As soon as we have enough models, we can begin the photo shoots to see who works best with what items. I will be taking the majority of the photographs but would like to invite anyone who is skilled in photography and willing to help to join in the fun process,” said Yarmosh.

Pioneer editor-in-chief Kayla O'Brien, senior, Ossining, N.Y., said, “We are looking forward to the model search because we are trying very hard to include as much of the student body as possible, so this is a great way to tie in the student body into our magazine and get students to anticipate our next issue that will include either themselves or their friends.”

SHU students are also looking for-

ward to the model search and think it's a great opportunity for students.

“I think the model search is a good idea and could be a nice experience for SHU students. It'll be fun to see classmates model off new trends but I think more girls than boys will participate,” said, Tiffany Willshaw, junior, Green Village, N.J.

Agreeing with Willshaw, Kara Simpliciano, senior, Gilford, said, “Having students model new spring fashion in the magazine is a great idea. I'm sure there are aspiring models here at SHU that will be happy to have their pictures taken for the magazine.”

Pioneer magazine's second, 32 page issue will be available after Easter break. The magazine was started last fall by the Spectrum advisor Dr. Debbie Danowski's Newspaper Publication class, MS370. The first issue, published last December is also the first magazine, created for students, by students to circulate the University.

“We wanted to try something more up to date with the growing trends in college media,” said O'Brien about starting the publication.

Sections of Pioneer include: Mind and Body, Relationships, Style, Sports, and Arts and Entertainment. The articles are aimed at college-aged students while others are specifically directed to SHU

students.

“We are aiming to please the entire student body with topics and articles that interest and include them. We're very excited about the second issue especially after all of the feedback we've received since the first issue,” said O'Brien.

Fellow Pioneer editor, Yarmosh is also anticipating the second issue, “We have worked really hard on both the first and second issue and we are extremely excited about this next issue coming out. We have significantly improved since last semester and I am proud of the magazine's whole team because we have dedicated so much time and hard work into seeing a really great second issue. I think students and faculty alike will surely be impressed,” said, Yarmosh.

In addition to Yarmosh's model search she has decided to change the title of her spring article, from what was mentioned in the magazine's winter issue. The article was previously entitled, “10 Ways to Re-Vamp Your Look This Spring” and will now be called, “SHU's next top model.”

“The photographs will be a nice addition to the Style section and will give students a chance to visually see how the new spring trends and styles look on their peers before they try them out for themselves. Hopefully, the outcome will be very successful.”

Spring's almost here! Now, what to wear?

Dana Cannizzaro
The Spectrum

Spring is almost here. It's about time those drab wintry colors and bulky clothing get put away, and new spring trends flood SHU.

Though it may not be getting any warmer anytime soon, Spring fashions are featured in stores and fashion magazines nationwide.

High -end department store, Neiman Marcus, anticipates the new season with its list of happening trends and fashions to look forward to.

Featured at the beginning of the list are platform and wedge shoes. Most of these are open-toed and strappy. Many of the platforms and wedges are made of mostly wood and cork. A few major designers who are up on this trend include Christian Dior, Michael Kors, and Marc Jacobs.

With handbags growing larger and larger each season, now it seems obvious that the oversized handbag is still the look for next season. Celebrity-adored Designer, Bulga, will have new styles out for the Spring, so you can carry everything and the kitchen sink along with you. More affordable styles will be available at Gap and Target.

Large totes will also be a continuing trend, with designers like Tod's and Pucci putting out fresh styles to carry around.

Sundresses are also going to be a big sensation this Spring. Garments made of eyelet and floral prints are just what spring needs, with lightweight and flowing fabrics.

Delicate and romantic touches of lace and ruffles are embellishing blouses and dresses for the upcoming season. Tiered dresses by Fendi and Betsey Johnson were featured on runways, and are now in stores.

Crocheted shrugs and cardigans are everywhere too. They're lightweight, and suitable for spring temperatures, perfect for those cooler evenings.

If it's warm enough, shorts will be out as well. Bermuda shorts are back for another season, and so are cargo styles. Who wears short shorts you ask? Ladies on the runway do. Popular lines like Juicy Couture are ready for spring with their super short styles.

If shorts aren't your thing, cropped pants and jeans provide plenty of other options. Cropped trousers and gauchos bare some leg for spring, but not too much.

Oh yes, skinny jeans are back. Slimmer styles are making their way back into closets all around the world. Super skinny fit is in, and plenty of designers are making their mark. Rock and Republic have made some exclusive styles along with Diesel.

SHU students are certainly ready for spring to begin.

"I'm excited for Spring because I don't like wearing bulky sweaters," said Jessica Leppla, junior, Copiague, N.Y.

"I was wearing flip flops until the first snow fall, so I'm excited for Spring," said Brianna Raalph, freshman, Commack, N.Y.

Though many of the styles that are concentrated on by fashion magazines are high-end designer fashions, there are many stores who make those same styles for more affordable prices.

"I'm not really into designers, but I follow a lot of trends and I look forward to the new clothes for Spring that will be in the mall," said Laura Day, senior, Worcester, Mass.

There you have it, Spring fashion! Now all there is left to do is revamp those closets and await the warmer weather.



The Spectrum/ Elyse Harrell

A spring wardrobe is incomplete without flip flops.

Jeff Leblanc: The music you shouldn't be without

Jeff Leblanc
The Spectrum

Artist: Ray Lamontagne

Album: Trouble

Label: RCA Records

Genre: Folk/Acoustic Rock

Sounds like: Bob Dylan,
Ryan Adams, David Gray

While at first glance, the only thing that appears interesting about singer-songwriter Ray Lamontagne's debut record is the eccentric cover artwork.

The absence of the artists' face and instrument may cause one to easily pass over the disc. However, released in the fall of 2004, "Trouble" has finally begun to take on a significant amount of well-deserved attention. With no illustrious lead 'radio single', the Maine-grown singer-songwriter delivers raw, simple and soulful acoustic jams pasted with unique heartfelt lyrics and an almost haunting voice.

"Trouble" is a disc which deserves the attention of a rainy Sunday morning

or a gloomy afternoon, where the listener has the opportunity to lose her or himself in each one of the ten cuts.

Standout tunes include the defiant title-track, the mournful ballad "Shelter", and the shuffling "Forever My Friend".

There is no doubt to Ray's artistic and creative ability, as he continues to gain respect from his fellow musicians. Besides headlining his own shows, he has seen time at this past summer's Bonaroo Festival, Dave Matthews' side stage, and as the John Mayer Trio's fall opening act.

Probably the most exclusive portion to his brilliance has been his ability to balance and maintain his small town cabin-grown roots and the clarity of his message.

The ability to provide COMPASSIONATE CARE
and pioneer BREAKTHROUGH TECHNOLOGIES
will have you feeling ecstatic.

GRADUATE NURSES
Excellent opportunities (full-time & part-time) in Medical or Surgical Telemetry, Orthopedics, Oncology, General Medical, General Surgical, Critical Care, ED, OR, and Child Psychiatry.

STUDENT NURSE TECHNICIANS
A great opportunity to earn a salary and gain valuable practical experience. We'll pay you \$13.00 per hour, plus \$1.50 more per hour on weekends, \$1.50 more per hour on evening shifts, and \$1.75 more per hour on night shifts. To qualify for our paid orientation and training, you must be actively enrolled in a registered nurse program and have completed one clinical rotation.

Learn more about these positions, and our inspiring environment of collaboration that'll truly make you smile.

www.srhs.org
EVERYTHING you deserve!
Committed to equal opportunity and an environment that celebrates diversity.

Hospital of Saint Raphael

Budget 10% OFF

ONE WAY

FOR SHU

STUDENTS

Truck Rental Of Connecticut

203-384-1552

Features

More room for help with Hurricane Katrina relief

Scott Wagner
The Spectrum

On Aug. 28, 2005, meteorologists were already considering the possibility of an unprecedented storm, Hurricane Katrina. Computer models were placing New Orleans at the center of its track.

The potential devastation to this region had been documented preceding such warnings by the Federal Emergency Management Agency, FEMA and the Army Corps of Engineers have been referenced in publications such as Scientific American and National Geographic since 2000.

The risk of hurricane related damage to New Orleans has always been of great concern, considering 80 percent of the metropolitan area is below sea level. So when Katrina was upgraded to a category five storm on Aug. 28, mayor Ray Nagin ordered the first ever, mandatory evacuation of the city.

According to the Louisiana State Evacuation Plan, the means of evacuation are up to the individual citizens, parish governments, and private caretakers. A lack of planning and resources resulted in thousands of people, locals and tourists, who were unable or unwilling to evacuate.

Katrina struck hard. According to Wikipedia.com, as of Jan. 18 the official death toll stood at 1,417 people but 3,200 people still remained unaccounted for, so the number may grow.

Although suggestions arose that FEMA and the Bush administration



AP Photo/Carolyn Kaster

The hurricane left homes, like this one, in ruins.

responded inefficiently to the needs of the people of the effected areas, the nation as a whole certainly did not.

A total of \$75 billion in damages were estimated in Katrina's aftermath, a deficit that would almost be completely paid for by President Bush's September proposal and signing of a bill to contribute \$51.8 billion towards disaster relief in addition to the \$10.5 billion already approved by the U.S. Senate according to CNN.com

A press release from FEMA, dated Jan. 4, 2006, announced that \$4 billion in disaster assistance funds were now in the hands of the victims. Of the 1.4 million people registered for disaster relief, 98 percent have received some sort of assis-

tance. On Jan. 27, FEMA distributed twelve new grants totaling \$37.1 million to help Louisiana communities.

Locally, SHU took a private course of action in the relief effort. The Campus Ministry teamed with members of the faculty, staff, and student body to initiate the SHU Disaster Relief Fund, which organized the Hurricane Relief Collection Center that ran in the University Commons from Sept. 17 to Oct. 29.

The SHU Athletic Department, too, was able to raise some money. On Sept. 10, the SHU Pioneer football team took on Marist College and all the proceeds from the gate ticket sales, as well as over \$1,000 from a crowd collection prompt-

ed by the SHU Cheerleaders was given to Campus Ministry and added to the total amount to be donated by the relief fund.

SHU Director of Campus Ministry, Barbara Jean Daly Horell said of recent relief efforts, "at the current time, the main initiative is the Alternative Spring Break with Sister Donna to Mississippi, and the Alternative Spring Break trip with Phyllis Machledt for Habitat to Humanity in the Gulf Region. The students who will be going with Sr. Donna are collecting funds for the SHU's Disaster Relief Fund, and we would encourage everyone in the community to contribute generously to that fund."

Although it appears as if disaster relief for this tragedy is still driven and motivated, on a financial scale it is winding down and improvements are finally being made instead of just brainstormed.

"There are sufficient funds for the people of the Gulf region", said Jane Wasyliw the Director of Development and Communication for the South Central chapter of the American Red Cross in Connecticut.

"We are no longer actively fundraising specifically for Katrina related incidents, we are trying to give out before we take more in", said Wasyliw.

The victims of this event still face many obstacles. Employment awaits the reconstruction of businesses, and home owning awaits the reconstruction of homes and apartments. While some losses to Katrina will never be redeemed, appreciation and respect for the redemption effort can never be lost.

Major choice: money becomes more important than education

Ashley Bonora
The Spectrum

If you want to make the big bucks when you graduate college, major in chemical engineering. Students are looking for majors that will bring in the dough rather than the education.

Some of the more popular major choices for college students are education, psychology and business. But if you are looking for a career with a strong paycheck, these are not the fields to study.

For years, the Princeton Review has been collecting data from colleges about their academic offerings. They ask colleges to "report not only which majors they offer to their undergraduates, but also to indicate which three majors have the highest undergrad enrollment," said a representative of the Princeton Review.

The 10 most popular undergraduate majors are Business Administration and Management, Psychology, Elementary Education, Biology, Nursing, Education, English, Communications, Computer Science, and Political Science.

But what degree is worth the most? The Class of 2007 is searching for jobs that they will profit well from.

"I am a math major; I plan on teaching,

which does not make you much money at all. That is why I'm in it to help kids out, not in it for the money," said Adam Slater, junior, Willington.

"If students are only in it for the money, it's sad. They obviously lack passion and will be miserable," said Rob Rood, junior, Shelton.

This year alone college graduates have an advantage over the prior class when it comes to the almighty paycheck. They are majoring in subject areas such as chemistry and engineering, which almost guarantees a successful career.

"Chemical, mechanical and civil engineers are seeing paychecks that are at least four percent higher. The same goes for aerospace and aeronautical engineering majors. Employers are paying nearly nine percent more in starting salaries," noted by CNN.

The National Association of Colleges and Employers, NACE conducted a quarterly survey to determine the highest paying majors. The NACE surveyed 83 private and state colleges nationwide, and found some interesting facts. They found that, "while computer science grads have had ever increasing salary offers, that streak ended this year with offers that were two percent less than a year ago."

"Accounting and economics experi-

enced the greatest growth, rising 11 percent from a year ago; and liberal arts majors, such as history, English, chemistry and biology, may have finished last but they experienced an increase of 6.1 percent since the previous year."

For the Class of 2005 nonetheless, the number one major that ranked in the highest starting salary was chemical engineering, with a whopping \$55,900, followed closely by electrical engineering at \$52,899.

"I am very surprised by this actually. Because what do chemical engineers do?" said Slater.

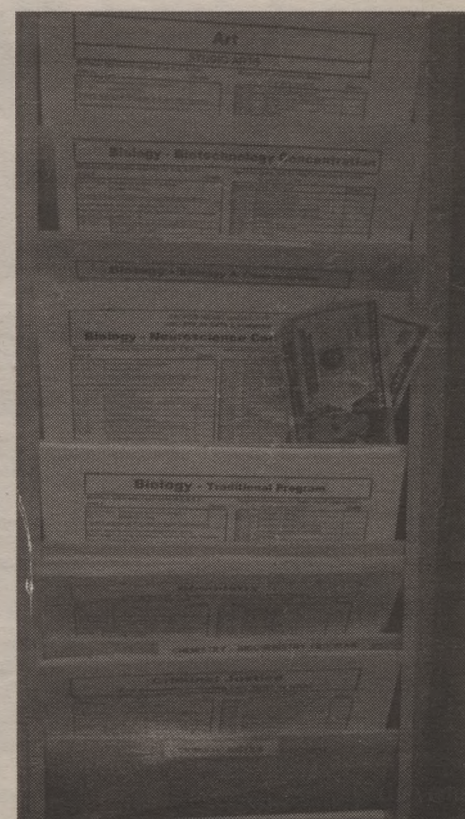
It may seem like the typical job like being a doctor, or an accountant, or some sort of business career would make students the most money, but this isn't the case in recent years.

Even so, are we in an era where students are convinced that the foundation of their education, their actual degree, isn't as important as how much money they make when they graduate?

"No, students seem encouraged to find something their good at as opposed to what makes money. Look at all the education majors, there is no money in that," said Rood.

"It's the fact that you have a solid degree; the field doesn't matter. A major

isn't as important as it was. In this economy getting a certain degree doesn't guarantee anything, much less a certain amount of money," said Rood.



The Spectrum/ Elyse Harrell

Show me the money! Does expected income make a difference in your choice of major?

Protect more than your skin when away on vacation

Theresa Vosilla
The Spectrum

Bathing suits, towels, sun tan lotion and oil, are some necessities you will need when away on spring break. But before you leave the cold Connecticut weather behind and hop on a plan or hit the road, there are some safety tips every spring breaker should follow.

If you choose to drink while you are on break you should be aware of how much alcohol you consume, alcohol is involved in the majority of arrests, accidents, violent crimes, rapes, and deaths suffered by American students on spring break according to Travel.state.gov.com

According to a University of Wisconsin study, 75 percent of college males and 43.6 percent of females reported being intoxicated on a daily basis during spring break. Nearly half of the males and more than 40 percent of the females also reported being drunk to the point of vomiting or passing out at least once during break.

Intoxication on this level can lead to alcohol poisoning, arrests, and other forms of reckless behaviors such as unprotected sex.

You should never leave your drink unattended or accept one from a stranger; this tip could prevent some one from slipping a "rape" drug into your drink while you are not paying attention. Students should also remember that if some one they are traveling with becomes intoxicated they should never leave them alone

and should also make sure that they sleep on their side to prevent choking according to collegeesafe.com.

When students go out to party or leave the room for any reason they should use the buddy system. There is safety in numbers and it is best to do things as a group, try to have at least three members with you at all times. Two minds are better than one but a third can usually guarantee a voice of reason. And if one does get into trouble, the second one can stay while the third runs for extra help reported by associatedcontent.com.

"I always bring one person with me any where I go. Too many tragic things have happened to spring breakers, people get drunk and careless, it happens all the time," said, Nicole Ferro, junior, Staten Island, N.Y.

Spring breakers should also make sure that someone at home has all the information about their trip including hotel and room numbers, the friends you are traveling with, and flight reservations. Also a quick call home daily or at least every other day can help ease family members worries.

Student's health is often a concern while away. Before leaving you should see if your health insurance policy provides coverage outside the United States. If they do remember to carry your insurance policy identity card as proof of such insurance and a claim form.

You should also make sure that you have identification, emergency contact

numbers and medical cards that list any conditions and/or allergies that you have with you at all times.

Students traveling out side the country should remember that the laws are different than they are in the U.S. and tourists must abide by them.

A popular spring break location is Mexico. In fact, over 100,000 American teenagers and young adults travel to resort areas throughout Mexico over Spring Break each year. Several of these tourists may die, and hundreds will be arrested according to Travel.state.gov.com.

In Mexico excessive alcohol consumption and unruly behavior can lead to serious problems with the authorities. A reminder for those traveling to Mexico; disturbing the peace, lewd or indecent behavior, littering, driving under the influence, drinking on the street or on public transportation, using public transportation without payment, or making obscene or insulting remarks are all considered criminal activities by Mexican authorities.

"I went to Mexico a few years ago and two of my friends got arrested, the officials there can be very strict, situations often get



AP Photo/Rich Schultz

The age old buddy system is one way to stay safe this break.

out of hand," said Leila Noujami, junior, Watertown.

If you do get into a situation abroad where you need help contact the U.S. embassy consular section. Consular officers help U.S. citizens abroad. They can help you; replace a passport, help find medical assistance, get funds, and visit and assist those jailed.

Keep in mind that standards of security, safety and supervision may not reach the same standards of those in the U.S. remember to use common sense while making a decision.

Graduate school preparation, more than just applications

Ceren Akinci
The Spectrum

Students who are considering attending graduate school should become familiar with some of the standardized tests that are required for the admission process.

United States medical schools all require prospect students to take the MCAT's as a part of the admission process. According to the official MCAT website, www.aamc.org, standardized test are designed to measure the ability of critical thinking and problem solving of the individual as well as knowledge of science and prerequisites required for the study of medicine.

The aamc website reports that there will be six hundred testing locations which include the Virgin Islands, Puerto Rico, Canada and the U.S. The test dates for this year are April 22 and Aug. 19. Those who are interested in taking the MCAT's may register for one of the dates online at <https://actr19.act.org/app/mcat/mcat>.

If law school is your goal, than expect to spend half of your day taking a standardized test called the LSAT. The Law School Admission Test measures the verbal, reading and reasoning skills of the applicant. According to www.lsac.org, the test is administrated in all locations of the world. Students interested in taking the exam may register by mail, online or by telephone. More information on the test may be obtained at the website.

Graduate Record Examinations, the GRE measure verbal reasoning, and analytic writing skills to a specific type of study. The subjects for the GRE include chemistry, biology, mathematics, English, computer science, physics and psychology. The tests are geared towards students who

have had an extensive study in the subjects and would like to pursue graduate school in the particular subject.

"The scores provide common measures for comparing the qualifications of applicants and aid in the evaluation of grades and recommendations. Some subject tests yield sub scores that can indicate the strengths and weaknesses of individual student's preparation and may be useful for guidance and placement purposes," reports the website.

The test is administrated in November, December, and April at locations worldwide. Although all colleges do not require the GRE, most recommend them. Applicants should research the graduate school of choice prior to taking the exam to see if the GRE scores are necessary for admissions. Registration for the GRE is available on the official test website.

GMAT, the Graduate Management Admission Test, is required by almost all business schools in the U.S. and is

required to pursue an MBA. This standardized test measures verbal, analytical and mathematical skills acquired over time by the individual in both academic environment as well as professional working environment.

SHU offers students an opportunity to prepare for this test by administering practice ones offered through the Career Development Office several times of year. Students may register for these admission tests through <http://shu.erecruiting.com>.

Get Prepped for Spring Break

turquoise

A MEDICAL DAY SPA

OWNED AND OPERATED BY BOARD CERTIFIED PHYSICIANS

OUR PREMIUM SERVICES

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

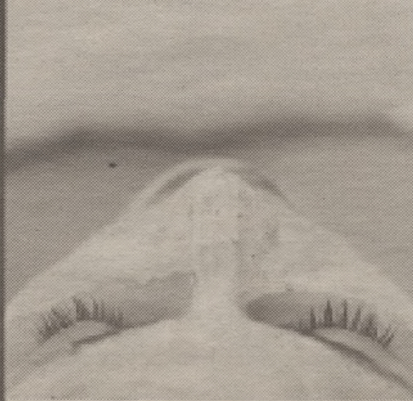

men's & ladies gift certificates available

Perioxene, B. Kamins, DERMADOCTOR skin product lines

10% off services with Student I.D.

CALL 203.319.1900 TO SCHEDULE A TREATMENT

1275 POST ROAD (AT BRICK WALK) FAIRFIELD, CT 06424 WWW.TURQUOISEMEDICALSPA.COM

Sports

BRIEFS

Trim makes waves

with students,

parents on

Senior Night.

Back Page

Top 3 Performances

for

Sacred Heart Athletics

this week.

Page 13

Fitzsimmons Files:

MLB '06 Questions.

Cono's Corner:

NFL Draft.

Page 15

Women's Basketball,

Men's Hockey:

First Place.

Back Page

Spectrum Sports

Editor:
Travis Flynn
T-Flynn@SHU.edu

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

Columnists:
Steve Conoscenti
Brian Fitzsimmons

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

Women's lacrosse prepares for battles



Co-captain Candice Celebre



Co-captain Jess McDonough

Kristyn Nicastro
The Spectrum

Women's lacrosse has launched this season with eyes full of passionate fire. The team is playing to win, and when the Davidson Wildcats visit Campus Field at 3 p.m. today, the Pioneers will try to prove to be tough, ambitious competitors.

The Pioneers are returning with six starters and 15 letter winners from last season's 10-6 team, led by co-captains Jess McDonough, a junior from Carmel, N.Y., and Candice Celebre, a senior from Lake Grove, N.Y.

Celebre is taking over in goal, and although she has had limited game action, she is coming off of an extremely successful fall season. McDonough is one of the team's top defenders, having played in all 16 games in the 2005 season, finishing it with 19 ground balls and causing

13 turnovers.

"Both of our captains are strong on and off the field," Maureen Hohn, a junior attacker from Lutherville, Md., said. "They push everyone on the team and have a lot of faith in us. By setting good examples for us, it is easy to respect and follow them."

The team's captains are leading the Pioneer defense, which contains a strong compliment of players who are ready to revisit the solid defensive units they have had in the past.

The Pioneer midfield will be led by Hohn and Heather Gureckis, a junior from Nashua, N.H. Hohn completed last season with 14 goals and five assists, leading the team by winning 36 draws and picking up 38 grounders. Gureckis added to the team, scoring 24 goals with three assists.

The Pioneer offensive attack has an advantage in the return of six of the 2005 team's

players who finished the year with double digit points. The attack has replaced the loss of last year's leading scorer, Joanne Montesarchio, with a group of talented upperclassmen, led by Brianna Bubeck, a junior from Bethlehem, N.Y. Bubeck completed last season with 43 points on 33 goals and 10 assists.

Montesarchio has since joined the SHU coaching staff, which includes head coach Laura Cook and assistant coach Chris Moynahan.

Many of the players believe that this season's coaching staff will play a key role in their success.

"Joanne was a player that I really meshed well with," Bubeck said. "I personally connected with her style of play last year and felt that it was easy to adapt to. I think she brings a lot to the coaching staff, especially

CONTINUED ON PAGE 14...

Spectacular Senior Night for Rubino

FROM BACK PAGE

today. It showed that we are a complete, well rounded team," Pape said.

Tough defensive play defined the game for the Pioneers. SHU kept guard Erin Kerner and forward Monique Lee of QU in check throughout the game, holding them to 10 and six points, respectively. The defense also forced 27 turnovers, which led to 30 points for Sacred Heart.

"Kerner and Lee are their strength on offense, so we needed to contain them," Swanson said. "We played terrific defense throughout the game."

The fight for first place drew a record-setting attendance on Saturday. A crowd of 1,161 fans packed into the William H.

Pitt Center to see the game.

"I loved the crowd. The support is great for us," Pape said.

"The crowd stayed in it throughout the games; they really made their presence felt," Burke said.

With one minute left in the game, members of the crowd rose to their feet as Rubino left the court for the first time in the game, to a standing ovation from the Pioneer fans.

"The crowd really made a difference for us out there," Rubino said.

The win puts Sacred Heart into a tie for first place with Robert Morris, but the Pioneers hold a tie breaker over the Colonials, giving them first place. The Pioneers must win their next game at Monmouth, or hope for a Robert Morris loss

on Monday night, to ensure the first place seed and home court advantage throughout the NEC tournament.

"We are going to celebrate our win today, but tomorrow it is back to work for us as we have to prepare for a big game against Monmouth," Swanson said.

"We can't overlook next game, if we don't go in focused and lose, today's game will mean nothing," Rubino said.

Tip-off for the game is scheduled for 7 p.m. Tuesday, Feb. 28 at Monmouth University.



The Spectrum/Travis Flynn

Rubino received a loud ovation from fans as she left the court.

First 20 win season in men's ice hockey history keeps the boys in first place

...FROM BACK PAGE

the game. Later in the opening period, O'Brien struck yet again to give the Pioneers a 2-0 lead.

The Crusaders converted on two power plays late in the first and early in the second, but then fate took a twist in the favor of the Pioneers.

Defenseman Scott Marchesi took control and attempted to dump in the puck. He flipped it against the side boards, and

Quesada skated behind the net to play the puck. However, after the Crusaders goalie left his net, the puck took an awkward bounce off a gap in the boards and slid towards the goal.

Quesada recognized the shocking uncertainty and tried to recover, but slipped and fell. The puck glided past the goal line and the Milford Ice Pavilion erupted.

An insurance goal from Peter Giatrelis and an empty net score by Eric Roos capped off the 5-2 win, and as the horn sounded, Smith pumped his fist knowing the message was sent successfully.

"This was huge," said Smith, who had 30 saves on Saturday.

"We changed the momentum into our favor, and going into the playoffs that will be a factor."

"It was a great win," head coach Shaun Hannah said. "Everyone did what they needed to do to beat them. We were very evenly matched, so we had to be at our best."

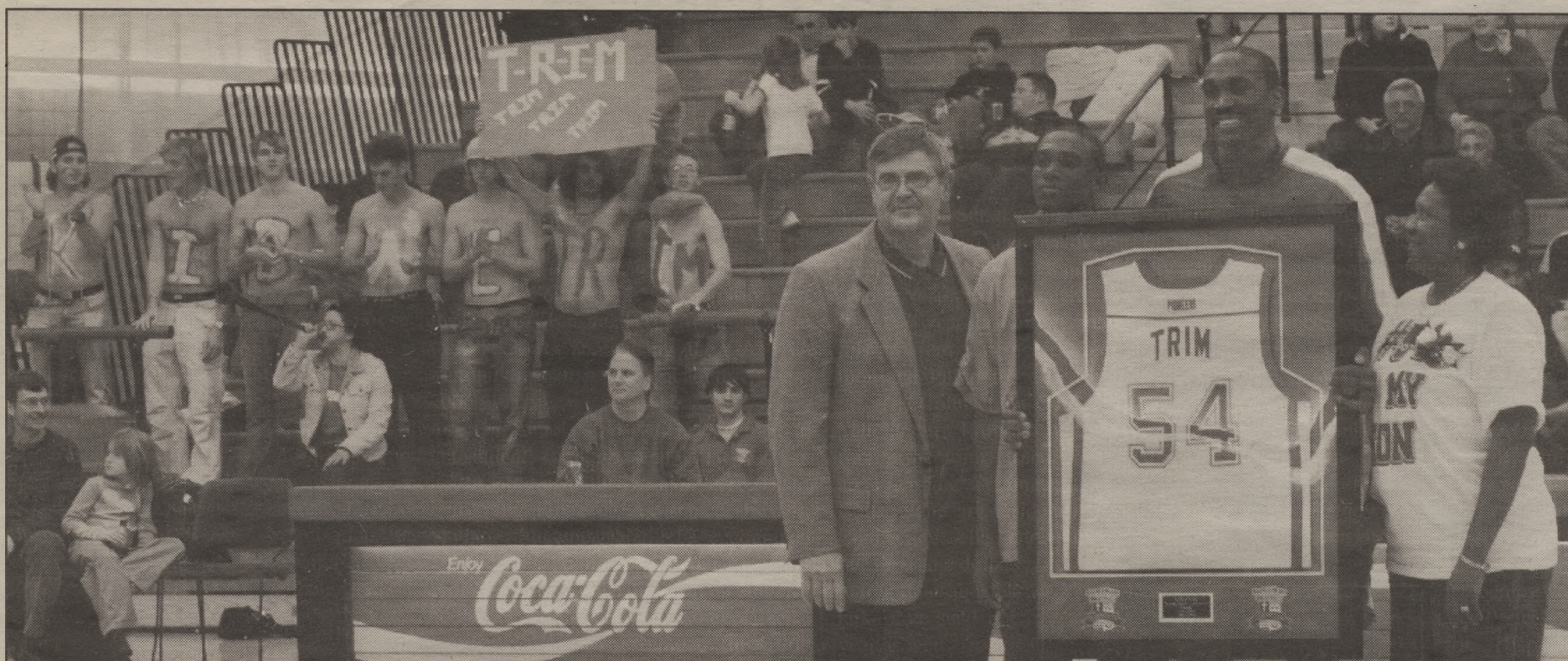
Fans got their money's worth since the much anticipated match up between the conference's best goalies lived up to its name. Smith and Quesada combined for 113 saves over the weekend.

The Pioneers, who have set a school record for wins in a season while posting their first 20 win campaign, will take on the University of Connecticut this

weekend in the final series before the playoffs. The Pioneers' home game is tomorrow night at 7 p.m. in Milford.

"We're ready for UConn," said Smith, referring to when the Huskies swept them earlier in the year. "They'll be playing spoiler this time, and we won't let them. We're going to do to them what they did to us."

Since Holy Cross faces off this weekend against Bentley and last week's goalie of the week, Ray Jean, a split could conceivably happen. With a sweep the Pioneers could wrap up the first seed in the playoffs, but fate will need to twist in their favor, as it did this past weekend.



The Spectrum/Travis Flynn

Kibwe Trim poses for a picture on Senior Day as his bare-chested minions applaud. He was accompanied by coach David Bike, his brother, and his mother.

Trim's 22 pts, 11 rebounds not enough on Senior Day

Dario Melendez
The Spectrum

Going into last weekend's final home game, men's basketball (11-16, 8-10 NEC) was in total control of their own destiny, win and they're in the NEC tournament.

But a late surge by Quinnipiac University (12-14, 7-10), led by #34 Karl Anderson with 13 points from center, was just enough to ice the game and seal the victory for the visiting Bobcats.

Due to a pair of losses by Quinnipiac and St. Francis N.Y. Monday, Sacred Heart will advance as the #7 seed to travel to #2 seeded Central Connecticut Thursday for a 7 p.m. matchup.

The Pioneers will back into the tournament after Saturday's loss.

"We had a commanding lead going into the half," 28th year head coach David Bike. "But I have to give credit

to Quinnipiac. They were able to step up the tempo in the second half and just outplayed us in the closing minutes."

After going into half time leading 37-30 over Quinnipiac, the Pioneers came out and picked up right where they left off.

With center Kibwe Trim leading the way with a double-double, scoring 22 points and recording 11 rebounds, and junior Jarrid Frye contributing 21 points, the Pioneers were about to jump out to the their largest lead of the night, 50-39, with 10 minutes left in the second half.

"We were fired up," Trim, a senior from San Juan, Trinidad, said. "We knew what was on the line and we just came out of the locker room ready. The only problem was we didn't finish the game."

Quinnipiac went on a 10-0 run, bringing the game to a one point lead and shifting the moment to the visitors bench. After outscoring the men's basketball team 32-15 over the last 10 minutes of the game, it was #3 Job Casimir's six clutch free throws in the final two minutes that clinched the win for the visiting Bobcats.

"Those free throws really iced the game," Frye, a junior from Queens, N.Y., said. "We hit a rough spot in the game and when we tried to make a run for the lead, Casimir's free throws were able to stop us in our tracks."

Men's basketball to travel to #2 CCSU

Brian Fitzsimmons
The Spectrum

Monday night, men's hoops endured the hardest moment of the entire season, but it occurred off the court. They watched with vigilant eyes as Central Connecticut State and St. Francis tried to mow down Quinnipiac and Long Island University respectively, desperate for fate to hand them a tournament bid.

The variables that the Pioneers couldn't control unraveled in their favor, and they clinched the seventh seed in the Northeast Conference playoffs, despite ending the season on a 2-8 skid in their last ten contests. Their late season sins have the #2 seeded Blue Devils of CCS waiting for the underdogs in the Detrick gym tonight.

Events during the regular season suggest that Sacred Heart could repent and surprise the Devils with the level of play that was displayed before the near-suicide downfall.

On Jan. 9 at the Pitt Center, the Pioneers defeated CCS in a 74-71 thriller, which handed the Devils their first conference loss of the year. Kibwe Trim and Jarrid Frye combined for 46 of the 74 points, which was good enough to hold off Central's well-balanced offense. Four players scored 13 points or more

and guard Justin Chiera nailed five three pointers.

On Feb. 18 in the Detrick gym, Central Connecticut State paid back the Pioneers for their loss five weeks earlier in a 73-56 blowout win. Once again, the Blue Devils had four members in double figures, but Trim's usual monstrous scoring total was not present, since he only managed eight points.

The Pioneers shot 44 percent from the floor, compared to the 59 percent they boasted in the Pitt Center win, and a 15 percent drop-off will be taken advantage of by any good team. That is just one of the reasons why the Blue Devils are the #2 seed.

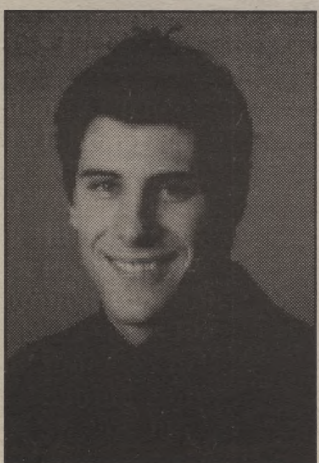
The Pioneers (11-16, 8-10) will have their hands full trying to contain key offensive players Chiera, Tristan Blackwood, Obie Nwadike, and Lenny Jefferson.

Trim, who just enjoyed a 22-point and 11-rebound senior day this past Saturday, will need to keep Nwadike off the boards and score down low so the outside can open up for Frye, Drew Shubik, or Luke Granato.

It is crucial that Sacred Heart snaps out of its funk in time for tonight because the Blue Devils' talent is a lot more terrifying than their blue pitchfork.

Top Performers: three stars for Sacred Heart

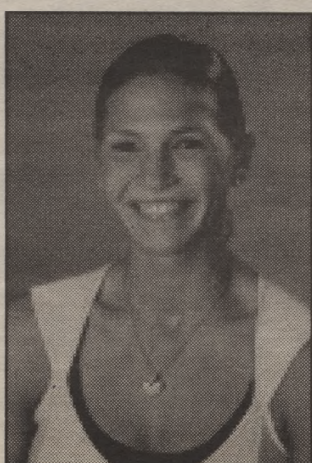
Pierre-Luc O'Brien
Men's Ice Hockey



STATS:

O'Brien had a five point weekend (2g, 3a) as SHU swept HC and moved into a tie for first. He also set a new record for points in a season with 46.

Nicole Rubino
Women's Basketball



STATS:

Rubino tied a career high with 27 points. On Senior Day, she also had:

3 steals
3 rebounds
3 assists

Stephanie Boulay
Women's Ice Hockey



STATS:

Boulay earned MVP honors in the ECAC open tournament, helping the Pioneers to a tournament championship. She made 32 saves for the Pioneers in the deciding game vs. St. Anselm.

Sports



The Spectrum/Travis Flynn

Senior attackman Kiel Adams turns on a Colgate defender to score a go-ahead goal. After SHU rallied for five unanswered goals, Colgate stormed back to win 12-10.

Men's lacrosse opens against Colgate; season looks bright

Paul Rutigliano
The Spectrum

Campus Field was full of anticipation as men's lacrosse had its home opener Saturday, Feb. 25 against Colgate, in a thrilling 12-10 loss.

Colgate's Brian Robinson scored 5 goals in what was a tough defeat for the Pioneers.

Attackman Peter Greco lead all SHU players with 3 goals while adding an assist.

Midfielder Matthew Robideau started the scoring 45 seconds into the game before Colgate went on a four-goal run to take a commanding lead deep into the first quarter.

Following a late first quarter goal by midfielder Kevin Walker, Colgate pushed it lead up to 7-4 heading into halftime.

The Pioneers came out of the break

hitting and dominating the third quarter with a solid scoring duo of attackmen Greco and Kiel Adams. They each pitched in with two goals and fed each other a pair of assists.

SHU took the lead 8-7 heading into the final period but was unable to hold onto the lead as Colgate went on to score five goals in the last quarter.

"We played well on both parts of the field," Robideau, a senior from Massena, N.Y., said. "We had a lot of close calls where we should have finished but we didn't."

"Any close game that doesn't play out in your favor is going to hurt even more," Greco, a junior from Hamburg, N.Y., said.

After being up heading into the fourth period, the defense couldn't contain Colgate's potent offensive attack and let the game slip out of their grasp.

"We beat ourselves today," Robideau said.

The season is very young and the Pioneers will have many opportunities to bounce back from this tough loss.

"We have a lot of young guys that are going to have to step up, but this is the best offense I have played with here at Sacred Heart," Robideau said.

"I think we can do some damage this year," Greco said.

Goalie Thomas Hind pitched in with 15 saves in Saturday's loss to Colgate.

The Pioneers are led by head coach Tom Mariano, who is in his tenth season, and assistant coaches Robb Chambers and Chris Lukowski.

Their next game will be Saturday, March 4 at 12 p.m. at Campus Field against Manhattan.

...CONTINUED FROM PAGE 12

on the defensive end, and it has been a lot easier with her there to support the coach's way of play."

"Coach JoJo has helped the defense tremendously; Coach Chris really works Candice hard and Coach Kourtz does a really good job at teaching us what we need to do to win," McDonough said. "We are very lucky to have these three coaches who are so respected and so knowledgeable; if we put what they say into action on the field, then we should come out on top."

Although SHU may have been picked to finish fifth in the 2006 Northeast Conference Preseason Coaches Poll, the team is overly determined to gain one of the top four spots in order to compete in the NEC tournament.

"This season we set one big goal for ourselves and that is to make the NEC tournament," Alyssa Harris, a sophomore from Kings Park, N.Y., said. "To do this we have set ourselves up with smaller goals, such as to have a 5-3 record, to have

dedication, to work as one unit, and to have leadership on and off the field."


The lacrosse team is clearly comprised of exceptionally hard-working and ambitious players, many of whom give themselves strong personal goals, in addition to the team's final goal.

"One of my personal goals this season is to pass my stats and accomplish more than I did last year," Bubeck said. "I want to continue to contribute to the offense and help blend the freshman into our motion of play."

"My personal goal is to never be satisfied with myself," McDonough said. "I always want [to achieve] more."


This is the Pioneer's eighth year of competition in the NEC, having qualified for the tournament four times, posting a 71-54 Division I record.

SHU has achieved 10 wins in each of the last three years and has not had a losing season since 1998. With extreme diligence and determination, women's lacrosse endlessly seeks success, continuously striving to become the best team it can be.



Maximize Your Career Potential ...

with *Partners in Practice* - the Stamford Hospital Student Nurse Externship Program - a unique program with your needs in mind. Why Stamford Hospital? We're Magnet! Stamford Hospital is part of an elite group of less than 3% of the 6,000 hospitals nationwide, is one of only three in Connecticut, and is the only hospital in Fairfield County to receive the prestigious designation of Magnet Status.

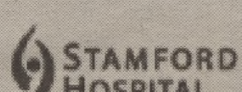


We're also committed to the Planetree Alliance patient-centered philosophy, which, along with our Magnet status, makes Stamford Hospital the best place for healthcare and the best place to turn theory into practice.

Partners in Practice will help you bridge the gap between education and practice, gain valuable clinical experience, and will provide a hands-on structured experience. This is a 12-week program with 8 or 12-hour rotating shifts where you'll work under the direct supervision of a Nurse Preceptor in your area of interest.

To qualify for this extraordinary opportunity, you must be enrolled in a baccalaureate of nursing program (or accredited school of nursing) with a GPA of 2.7 or higher. Successful completion of a fundamentals in nursing course, one basic medical/surgical course, and your junior year with at least 2 semesters of clinical experience are required. Certification in BCLS, Health Provider Course is also required.

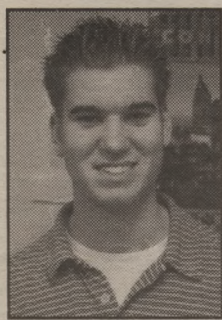
Find out what a Magnet Hospital can do for you and your career. For more information, please call Shirley McElhatton at: 203.276.5596. To apply, please submit your cover letter and resume, complete transcript, and clinical reference from a Clinical Instructor to: smcelhatton@stamhealth.org
 Mail: Shirley McElhatton,
 Stamford Hospital, 30 Shelburne Road, PO Box 9317, Stamford, CT 06904-9317. FAX #: 203.276.7138.
 EOE M/F/D/V.



STAMFORD HOSPITAL

Affiliate Columbia University College of Physicians & Surgeons
 Member New York Presbyterian Healthcare System
 A Planetree Hospital

The Regional Center for Health



THE FITZSIMMONS FILES

with Brian
Fitzsimmons

Six Burning Questions for 2006 MLB season

Which team is most improved?

The off-season should be used by general managers to re-evaluate the state of their teams, and how they can improve them. The Toronto Blue Jays did just that, and went out to improve their pitching and middle of the order hitting. Their ace Roy Halladay has never had a potent supporting cast pitching behind him, but that excuse can't be used this season. J.P. Ricciardi practically emptied his wallet to ink A.J. Burnett and B.J. Ryan to help bolster the rotation and bullpen; he also traded for third basemen slugger Troy Glaus. First basemen Lyle Overbay came over from the Brewers, and catcher Bengie Molina, who was the most desired name on the free agent list for catchers, signed a deal. This team should compete with the Yankees and Red Sox through September, and could surprise some people by going further than that. The Milwaukee Brewers and New York Mets also attacked holes in their lineup, and both could make some serious noise in their respective standings.

Will Barry Bonds catch Hank Aaron and break the all-time home run record?

No, but he will come close. Bonds, who will begin the season with 708 career bombs, needs 47 to tie Hank Aaron's record 755, and 48 to break it. Reports have shown that Bonds showed up to spring training slightly overweight, and no one knows how well his knee has recovered from the surgery that forced him to miss almost all of 2005. Pencil him in to miss some time due to various injuries, which will leave him with about 450 at-bats, and 30 to 35 homeruns isn't a stretch. He claims he will call it quits after this year, but if he has about 15 homeruns to achieve the record, he will come back for his final curtain call.

Can the White Sox repeat?

They sure could repeat, but guaranteeing a fall classic win would be jumping the gun. They acquired Jim Thome, and

if he stays healthy, he and Konerko back-to-back could be dangerous. Picking up Javier Vazquez and developing Brandon McCarthy even further gives them the deepest pitching staff in the league, which is a crucial ingredient to winning in October. They will be in the playoffs, but there are too many good teams in the A.L. to already label them as repeat shoe-ins.

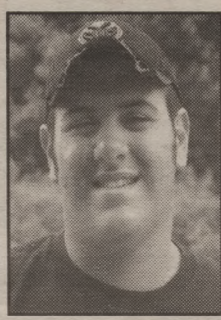
Who is a surprise sleeper in the A.L. and N.L.?

The saying goes, "Pitching wins ballgames". That's funny, because that's also the Oakland A's motto: Last season, they threw a bunch of youngsters like Joe Blanton, Danny Haren, and closer Huston Street on the mound to see what they could do. Blanton and Haren combined for 26 wins and Street won the Rookie of the Year award due to his 23 saves and 1.72 E.R.A. The front part of the rotation includes Barry Zito, who is in his contract year, and could be a serious Cy Young candidate. Rich Harden, who was plagued with injuries last year, could come back and display the dominance he has shown in spurts during his young career. Third basemen Eric Chavez had a down year in 2005, so a bounce back season could only help the offense, which improved by signing Milton Bradley. The Angels have some holes in their lineup, so they could walk away quietly with a division win. As for the N.L., the New York Mets could have enough hitting power to dethrone the Braves from their string of division crowns. Their opening day lineup will consist of Jose Reyes, David Wright, Carlos Beltran and Carlos Delgado, which is as good as it gets. They also signed Billy Wagner to close out games, so they should be able to win many one run games.

How good is Seattle's Felix Hernandez?

Very good, but one pitcher can't carry a team to the playoffs. At the ripe age of 19, he posted a 2.67 E.R.A. and struck out 77 batters in 84 innings with his upper 90's heat and devastating curveball. He will be an all-star and Cy Young candidate for many years to come. The Mariners need to be very careful with his work load because sometimes pitching coaches fall in love with youngsters and their success and exceed high pitch counts numerous times. Kerry Wood, Mark Prior, Harden, and Halladay are prime examples of this. He's also been compared to Dwight Gooden when he was a dominant teenager on the Mets. Unlike Doc, King Felix isn't friends with Darryl Strawberry, which is a good thing.

Next Week: How to build the ultimate Fantasy baseball squad.



CONO'S CORNER

with Steve
Conoscenti

Bush, Leinart look to strut their stuff

Every year, usually two weeks after the Superbowl, the NFL invites all eligible draftees to the RCA Dome for the NFL Combine where they show off their stuff to the scouts. They undergo a series of physical tests, measurements and even a 12-minute intelligence test called "The Wonderlic." But nowadays, who pays attention to anything other than the physical aspect of the game? After all, the test doesn't exactly prove too much, considering Brian Griese got a 41 out of 50 while Dan Marino only got an 18 out of 50.

Even though schools like Notre Dame, Texas, USC and other college programs that produce solid NFL players hold their own "Pro Day" for scouts to come check out their talent, most players from those schools participate in the combine anyway. And go figure, the projected top 3 are from two of those schools. With more Texas and USC prospects rounding out the top 10, this draft is sure to be full of exciting young players.

Any casual college football fan probably only watched one game this year in its entirety: the Rose Bowl. Even NFL fans tuned in to catch this game because the future stars of the NFL were on showcase, up against each other. They saw Matt Leinart show how calm, cool and collected he is under pressure. They witnessed Vince Young take over and dominate games. They were amazed by the two-headed running monster comprised of Reggie Bush and LenDale White, but how they'll handle the big stage remains to be seen.

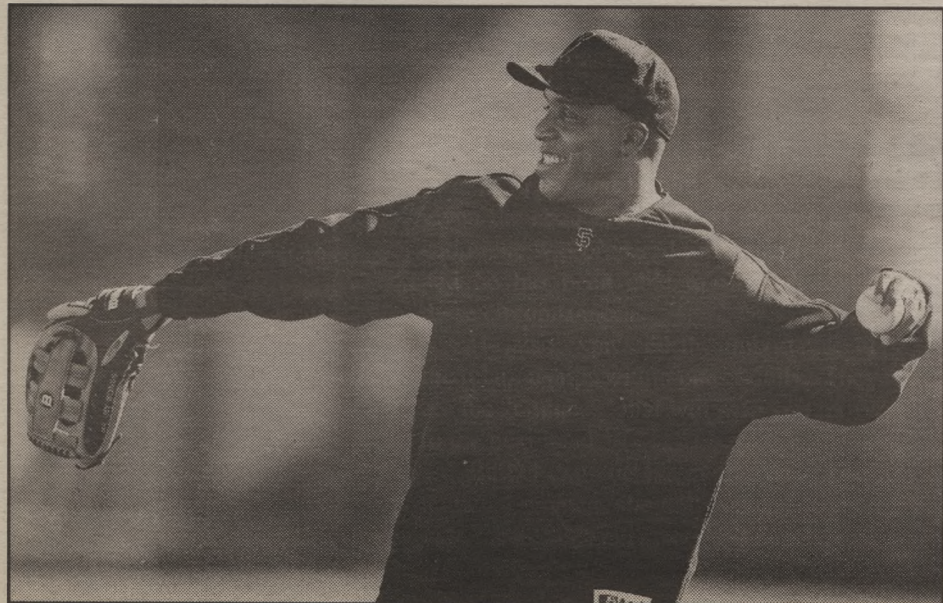
The most likely destination for Reggie Bush is Houston, which holds the first pick. The Texans were in "Bush Mode" since about week 3, and it worked, so why is it not definite that Reggie will be a Texan? Well, while speaking to reporters at the combine, members of the Houston front office said they have not ruled out trading the first pick and will look into the different possibilities. Wait... what? Since when can the Houston Texans afford to

trade away the first pick in the draft? Well I know one person who would be thrilled if they do indeed trade it away: Reggie Bush. But no matter where Reggie Bush ends up, he'll be sure to improve his team and impress the fans.

Bush's buddy Matt Leinart is expected to be the first quarterback taken, and second overall. People question the strength of his arm, but no one questions his football IQ. Will that be enough to lead him to a successful NFL career? Most people, including myself, think it will. You can look at Leinart's individual stats all you want, but the most impressive stat to me is this: three seasons, two national titles and only two losses by a combined six points. All Leinart knows how to do is win. He did it at USC, the biggest college market, so he shouldn't buckle under the NFL pressure in New Orleans or Tennessee. Sure, he had Bush and White at USC, but his smarts and talent will carry him to great heights in the NFL.

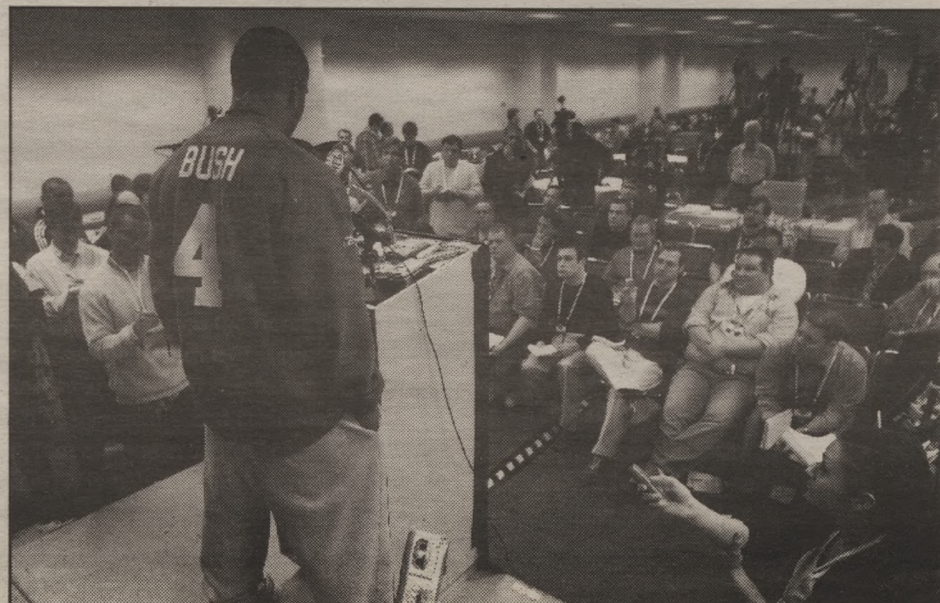
The only person who kept Leinart and the Trojans from their third straight national title was Texas quarterback Vince Young. If you're a football fan and you somehow managed to not drool while watching the Rose Bowl, let me know how you did it. This kid is an athletic freak. He may very well be the best athlete in the draft and close to the best quarterback, but there are some worries. He has the ability to take over a game and get the win under any circumstance. But his talent is raw, which means any team who drafts him either has to let him develop behind their current starter or endure a bunch of bonehead plays all season long. Others worry about his sidearm throw, but most say, "If it ain't broken, don't fix it." However, since running in the winning touchdown in the Rose Bowl, his stock has gone down for the reasons aforementioned. All I know is, if my Jets pass him up with the fourth pick, there will be problems in Jetland.

Beyond the big three there is tons of talent. A.J. Hawk, an OLB out of Ohio State is a playmaker that any team looking to rebuild its defense could snag; Mario Williams out of NC State and Michael Huff from Texas could be equally effective. On the offensive end, there's the big man from Virginia, D'Brickashaw Ferguson, who is a beast on the offensive line. Bush's running mate, LenDale White, and another hot quarterback out of Villanova, Jay Cutler, show promise as well. Just by scrolling through a few NFL mock drafts and watching reports from the combine on ESPN, football fans almost have enough to start getting excited



AP Photo/Ben Margot

Does Barry Bonds have enough in the tank to catch Hank Aaron's record in 2006?



AP Photo/Darron Cummings

Bush dominated his college peers but the NFL is a different story: can he?

SPORTS

The Spectrum
http://spectrum.sacredheart.edu

Congratulations W. Ice Hockey: Pioneers take the ECAC Open Championship over St. Anselm 2-1

Atlantic Hockey Standings
(as of Feb. 28, 2006)

Team:	Pts:	Wins:
1. SHU	36	17
2. Holy Cross	36	17
3. Mercyhurst	35	17
4. Army	27	11
5. Bentley	24	9
6. Canisius	18	8

Two juggernauts: men's ice hockey women's hoops

NEC W. Basketball Standings
(as of Feb. 28, 2006)

Team:	NEC:	Streak:
1. SHU	15-2	W6
2. Holy Cross	15-3	W1
3. Mercyhurst	15-3	L1
4. Army	11-6	W1
5. Bentley	11-6	W1
6. MSM	9-9	L2



The Spectrum/ Travis Flynn

(File Photo) O'Brien and the Pioneers control their own destiny for first place.



The Spectrum/ Travis Flynn

Rubino didn't dissappoint on Senior Day: she provided 27 pts, 3 rebs, and 3 steals.

MIH takes two wins from league rival HC; O'Brien breaks record

Brian Fitzsimmons
The Spectrum

Ask any of the Sacred Heart men's ice hockey players, and he will tell you it wasn't easy.

It took 54 saves from Jason Smith, Pierre-Luc O'Brien breaking a major statistical record, a nail-biting overtime which set up Saturday's grudge match and a quirky event that fooled opposing goaltender Tony Quesada, for the Pioneers to sweep Holy Cross Friday and Saturday in a home-and-home series that propelled them into a tie for first place.

This past Friday in Worcester, Mass., the Pioneers came out gunning as they built up a 3-0 lead in the first ten minutes of the first period.

Forwards Rocco Molinaro and Kyle Tyll and defenseman Bernie Chmiel led the explosive attack in the opening minutes with their goals, but Quesada returned

to his usual dominant level for the duration of regulation.

The first place Crusaders stopped the bleeding with a score to end the first period, but was still far from evening the score in one of the most important contests of the season.

The home team continued to chip away and tied the game with two goals in the third period, which would ultimately force overtime, where O'Brien came to the rescue once again. With four seconds remaining, he scored and clinched the 4-3 win, breaking the school's record for points in a season.

"It's an honor to achieve something like that, but this is a team effort," O'Brien, a junior from Nicolet, Quebec, said. "Our top line has worked together all season, and has done a great job at adjusting and making positive changes."

The ride back to Milford for Saturday's match up wasn't filled with triumph, but intense focus because the mission wasn't completed. The Pioneers would not be happy until they gained another two points to move into a tie for first place, with two games left in the season.

Chmiel wasted no time in adding to his impressive numbers to become one of the heroes for the series; he blasting a shot past Quesada for the first score of

CONTINUED ON PAGE 12...

WBB defeats rival QU; Rubino does it all on Senior Day

Mike Barrett
The Spectrum

Nicolle Rubino capped off Senior Day by leading her team to an 87-64 win on Saturday over Quinnipiac University, catapulting the Pioneers into first place in the Northeast Conference.

With the win the Pioneers finish the regular season undefeated at home with a 15-2 NEC record. The Pioneers' 22 regular season wins is a new record for the team, which amassed 21 wins in the 2003-04 season.

Before tip-off, Rubino, a senior from Port Jefferson, N.Y., was honored by her team and coaches. She was met at half court and was given flowers and gifts from her teammates, which drew the first of several standing ovations from the crowd.

Rubino then stepped onto the court and had a game to remember. She finished the game as the leading scorer, tying a

career-high 27 points. She also added three assists, three rebounds and three steals.

"I have to give credit to my teammates; they really get me going out there," Rubino said.

"Nicolle played a great game out there and proved what a leader she is for us," Coach Ed Swanson said. "I couldn't be happier for her today."

Helping Rubino and the Pioneers past the Bobcats were her fellow captains, junior guards Amanda Pape and Kerri Burke. Pape finished the game with 19 points, five assists, six rebounds, and seven steals while Burke had ten points, two rebounds, and a season-high nine assists.

"We came ready to play," Burke, a junior from Saugus, Mass., said. "Especially Nicolle; she just led by example for us today."

The trio of captains also had help from Jasmine Walker. The star center recorded a double-double in the game, racking up 11 points and 10 rebounds. She also added two blocks on defense.

The Pioneers fell behind two minutes into the game, but combined efforts from Rubino and Pape lifted the Pioneers past the Bobcats. The Pioneers took the lead three minutes into the game and never looked back.

"We played a more reflective game

CONTINUED ON PAGE 12...