

March 16, 2006
Volume 24 Issue 15

The SPECTRUM

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It's a Celebration; Women's Hoops to NEC



AP Photo/ Connecticut Post, John Galayda

Women's basketball earns their first invitation to the big dance, by beating Quinnipiac in NEC Championship game. For complete coverage see the back page.

Students help with 'pushing back the wave'



Contributed Photo/ Greg Golda

A group of SHU students and faculty gave up their spring break to help the communities and families affected by Katrina. See the article on page two.

The future of the Psychology Department is the students

Maria Gomez
The Spectrum

The first Sacred Heart Conference for the National Honor Society of Psychology took place last Friday, Feb. 24.

The conference was an event created for psychology students. Three Sacred Heart psychology professors, Dr. Rachel Bowman, Dr. Alisha Walker and Dr. Nina Turner, talked about their careers and helped psychology students understand exactly what goes on in their fields of interest. This was an opportunity for psychology students to speak with, and get helpful advice from experts at this school.

The three teachers all have a PhD, stressed in the importance of researching when students majoring in Psychology want to apply for a PhD program.

Dr. Bowman who has been teaching

at Sacred Heart University for four years has a Master's Degree and a PhD. She emphasized the weight of researching, lab and critical experience as undergraduate students.

"A PhD is very much a research training program," said Bowman. Indeed, "when one applies to PhD programs, it has to be very specific," she further said.

Not only do psychologists need to know what area they want to study, the most important quality is their ability to do the research.

Turner explained the importance of preparation before applying to a PhD program. "The key to get into a Ph D program is research experience. Students don't realize how important experimental research is," Turner said.

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Happy St. Patrick's Day From the Spectrum

News

The future of the Psychology Department is the students

...CONTINUED FROM PAGE 1

According to Andrea Picco, senior, Westchester, N.Y., "This was a wonderful event. We were so pleased to hear from such accomplished professors." As she also said, "these teachers have actually cleared up most of the doubts we had about applying for Graduate School," said Picco.

Tarner, who has been teaching at Sacred Heart since this past September,

advised students to make sure what area or subject they want to work in before applying for a PhD, because some psychology students might not like either teaching or researching. Students must try to find out what they want to specialize in before they decide to apply for a PhD.

"It was definitely a success; learning about their different doctoral backgrounds was a springboard for discussion of the future of the SHU Psychology Department," said Lauren Panza, senior,

Valley Stream, N.Y.

All of the professors came to the conclusion that students usually don't know what kind of program they want to apply to. There are a lot of different programs such as developmental, bio-psychological, etc. This is the reason why students should search for a program or field that they are interested in and then apply for those they like.

The average length of a PhD program is seven years; this is another reason why

psychology students have to be sure that they are interested in their area of study when they apply for a PhD program. According to these speakers, applying for a master's degree before a PhD will help students to decide if they really want a PhD or not and more if they are not really convinced of what discipline to work on.

FLIK staff is listening to students' concerns

Courtney Kohloff
The Spectrum

FLIK.

The word that comes out of every student's mouth as they near hunger and begin to look for something to eat. Whether you want a quick bite to eat or are dealing with starvation, FLIK is the place to go.

While some students complain about how there are not enough options or the food is over priced, as soon as class gets out at around lunch or dinner time, hoards of students flood the cafeteria in search of food. But are they really getting what they are looking for?

FLIK employees are listening to students needs.

If you are anyone who frequents FLIK, then you are obviously aware of the high priced items that have been eating away at your meal card. Literally. Because so many students have been complaining about prices, the FLIK management, along with the senators of the FLIK committee, has been working vigorously to accommodate the students as well as their wallets.

Janelle Watson, sophomore, Reading, Mass., is the senator of the FLIK Committee. Relaying comments, complaints and feedback to the FLIK management, Watson has been working very hard with her committee to listen to the students opinions to better FLIK.

Every Tuesday, the FLIK Committee

meets with Walter Ward, the operation manager of FLIK to discuss the student's feedback. Because one of the main issues that students bring up is the over priced food items, the committee has been visiting local diners and stores to compare prices with those in our very own cafeteria.

As of now, FLIK's prices are becoming very close to affordable. "The students are their customers and [FLIK] want to make them happy," says Watson. "They are working on it."

Another complaint that students have is the service on the grill. Because it does sometimes take the grill workers a bit too long to make each and every student's sandwich, other options are being made available. "Pre-made hot sandwiches are available, so kids can grab and go," says Ward, operation manager.

To broaden the student's options of healthier foods, FLIK has also added some new additions to the cafeteria. "Veggie cups have been added as well as a Terre-Ver station, which consists of hot, healthy foods," says Ward.

There is also a Vegetarian Committee in the works, which caters to students who prefer vegetables over meats. A Shoos station may be added, which is a wide variety of vegetarian foods to please vegans as well as students who are looking for something other than poultry and beef.

Although some students may complain about the food, many appreciate the



The Spectrum/ Elyse Harrell

Flik has already begun a shift toward offering more choices for a healthier diet.

hard work and service of the FLIK staff.

"The workers have always been very friendly helpful," says Melissa Daddana, sophomore, of Trumbull. "Other than the high prices, I definitely think FLIK is a quality place to eat."

As you can now see, the Senator of the FLIK Committee as well as FLIK itself have been busily working to better our

cafeteria and cater to the student's needs.

If there are any complaints, questions or concerns you may have, students are more than welcome to contact the Student Senate to address their issue.

Grieving mother says amusement park rides should have ratings at Playland

Jim Fitzgerald
Associated Press

WHITE PLAINS, N.Y.-Spurred by a woman whose son died at Playland, state senators are considering a rating system for amusement park rides, along the lines of movies labeled G, PG and R.

The guide could be in place by this summer, said Sen. Nicholas Spano.

"We have no choice but to make immediate changes so that they are in place prior to the opening of our amusement parks," he said.

Spano spoke during a hearing held by the senate's Investigations and Labor committees, prompted by four deaths at New York amusement parks last year. He had just taken testimony from Elayne Cassara of Norwalk, Conn., whose 7-year-old son, Jon-Kely, died on Aug. 3 at the Playland

amusement park in Rye.

Jon-Kely was on a ride called "Ye Olde Mill," in which boats move gently through the dark through scenes populated by trolls and gnomes. Investigations concluded that Jon-Kely climbed out of his boat for some reason and then fell, dying instantly from blunt head trauma.

Cassara, who is suing Westchester County, the park's owner, testified that she would never have allowed her son to get on the ride by himself "had I been properly informed of the true nature of this ride, that it was designed to frighten the patrons, leading them through a long, dark, unsupervised, scary tunnel."

Jon-Kely had passed the ride's 42-inch height requirement, but Cassara's lawyer, Jeffrey Kimmel, told the senators that a height standard is "incredibly and horribly insufficient," given that imma-

ture children, the elderly and the mentally handicapped can get past it.

"We strongly believe that some kind of rating system for the rides and games offered should be established," he said. "Is it dark? Is it meant to scare or frighten? Is it fast? Is there water? Is it appropriate for young children?"

Kimmel noted that rating guides have been established for movies, music and ski slopes. He said amusement parks nationwide should be required to give all visitors a map or pamphlet describing each attraction in detail, and the rating — whether movie-like letters, stars or some other symbol — should be posted at the ride as well.

Joseph Montalto, director of Playland, that since Jon-Kely's death, patrons have been given brochures pointing out the dark rides. When asked his reaction to a more

detailed requirement, he said, "We would consider anything. We want people to be informed. We want people to be safe." He added, however, that "We find we end up sweeping up a great many of the brochures we hand out."

State Labor Commissioner Linda Angello testified that 2005 "was something of an anomaly" and that there had been just three deaths at New York amusement parks in the preceding quarter century. Four deaths a year is the average for the entire country.

Besides the death at Playland, a patron and a worker died at Adventureland in Farmingdale and a worker died at the state fair in Syracuse.

Students help with 'pushing back the wave'

Brittany Raine
The Spectrum

Spring break is over but the positive impact from the Spring Break Service Trip will last a lifetime.

While many college students basked in the tropical sunlight in numerous exotic locations, students from our university's community made a difference. With over 80 students, faculty and advisors volunteering in El Salvador, Alabama, Mississippi and North Carolina, the service trip exceeded everyone's expectations.

Those who ventured out across the country to give up their vacation in order to make someone's life better reveals a true sense of courage with a touch of sincere admiration adorned by a heart of gold. The idea for an "alternative spring break" took the nation by storm, especially since Hurricane Katrina, which devastated the Gulf Coast.

The spirit of sharing with others and making a difference traveled with those who attended the Service Trip, and reverberated in each location with every saw, sandbag and swing of a hammer. Those who embarked on this both epic and memorable journey represented the university with pride and a charitable smile.

"The Service Trips, especially the one to Mississippi, were emotional from the beginning," said Donna Dodge, Ed. D., Vice President for Mission and Planning and advisor for the Mississippi relief trip.

"The day we left for Mississippi, the bus to take us to the airport never showed up. A sense of powerlessness came over us and Dr. Strong related it to an emotion that many people affected by the devastation in the Gulf Coast have been at odds with. The rest of the trip went smoothly, thanks to the efforts and positive spirits of those around us."

The outstanding results of the Spring Break Service Trips exceeded everyone's expectations, from building houses to cleaning up debris and making new friends.

"The service trip was even more exciting because I was able to witness and be a part of such a powerful change in peoples and communities lives," said Jennifer Torres, junior, Bronx, N.Y. "In Alabama, every person who made the journey from Sacred Heart was truly excited to be there and everyone was more than willing to work and volunteer, non-stop."

Torres also describes her experience in Alabama, a region severely devastated from Hurricane Katrina, as an "awesome and unforgettable experience."

"The destruction we witnessed along the Gulf Coast region was indescribable," said Dodge. "Everyone who went to Mississippi observed the devastation and what had not been done since the initial impact of Katrina."



Contributed Photo/ Greg Golda

The area is still covered in wreckage and destruction from the hurricane.

"Students and faculty who traveled to other locations on the Spring Break Service Trip said that the destruction in Mississippi was worse than the conditions in El Salvador, a third world country. That is very powerful and can only start to paint the picture of the endless destruction we witnessed."

Though the devastation was overwhelming and unforgettable, the spirits of those attending the trips helped to relieve the turmoil in many places faced by many people.

"Our efforts on the Service Trip were rewarded with great admiration from those who witnessed our work down in Alabama," said Torres. "We developed fantastic relationships with fellow students from the University of Alabama."

"They supported our cause and told us that anytime we needed encouragement or a prayer, they were there for us. I have never bonded with strangers like that before. The kindness and collaboration with fellow volunteers made the trip worthwhile."

Students, faculty and advisors who put their hands and minds to work this spring break were applauded with respect and smiles for those they helped. From picking up wreckage to filling sandbags and putting up sheetrock, every little bit helped.

All those who attended the Spring Break Service Trips are well aware that their journeys across the continent would not be possible without the financial and emotional support from the university community.

"The trip was a success because everyone worked together," said Torres. "The will and want to make a difference was evident in everyone's mind and heart who attended the trips. The determination was overpowering and gave us the strength to complete every task."

Individuals who attended the trips were able to experience different lifestyles while being immersed in the culture and society of the local people. Whether in El Salvador or Mississippi, new challenges on the trips led into new and exciting learning experiences.

As a part of Habitat for Humanity, I was excited to engage in new tasks while working on the house in Alabama," said Torres. "I was able to put up sheetrock and lay down floor boards to the house we helped to complete."

"Some of the tasks I completed and volunteered on are ones I would never have experienced while doing Habitat in Bridgeport. The trip was amazing."

"Being a part of the Service Trips is a great experience and opportunity," said

Laura Murphy, sophomore, River Vale, N.J. "Some people perceive these 'alternative spring break trips' to be boring, but they are anything but that. We all completed very difficult tasks that we thought were impossible. Being a part of these trips gives you a sense of true accomplishment."

In roughly one week, those who volunteered for the service trip traveled across the country and continent to make someone's world a better place.

Volunteering and giving of oneself is what Sacred Heart prides itself on. This mentality was evident in every individual who gave up their vacation with an alternative and unselfish motive: helping those in need.

"The physical and emotional strength of the local residents in every location and the outstanding power that the students showed was incredible," said Dodge. "New relationships were built among fellow students, faculty and strangers. Everyone who was a part of these trips feels as if they left a part of themselves there and that feeling is remarkable."

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

Do you have any exciting news coming up in your clubs, dorms, or jobs?

Are there any changes that we can make to our paper to help represent the Sacred Heart community better?

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

News

Conn. college applications eyed after SAT scoring errors

Stephanie Reitz
Associated Press

Connecticut's colleges and universities are reviewing hundreds of applications from students who received the wrong SAT results because of a scoring error.

About 4,000 test takers nationwide, including 241 in Connecticut, learned this week that they earned higher scores than the SAT results reported last fall to them and to the colleges they hope to attend.

The mistake could have affected admissions decisions, financial aid offers and placement in honors programs.

"We're working to make sure the students will not be held responsible for a mistake that was made that was beyond their control. It just would not be fair," said M. Dolan Evanovich, vice provost at the University of Connecticut, which is reviewing 231 cases.

The College Board, which administers the SAT college exam program, informed about 4,000 test takers and 1,168 colleges

this week about the error. It is adjusting the scores and refunding the students' registration fees.

Don Goranson, a spokesman for the state Department of Education, said 34,313 public and private high school students in Connecticut took the SAT last year. Of the 241 students who received incorrect scores, the largest concentration in one school was 25 test-takers at Cheshire High School.

Eleven students were affected at Fairfield Ludlowe High School, while 10 each were affected at Bacon Academy in Colchester and Naugatuck High School.

Eight students at the private Kent School received incorrect scores, while anywhere from one to four students at 98 other schools also were affected.

The association's scoring contractor, Pearson Educational Measurement, blamed two factors: humidity during last October's heavy rains that permeated some test sheets, making it difficult for electronic scanners to read them; and some tests

on which answer ovals had been marked too lightly.

In about four of every five cases, the incorrect SAT results were 10 to 40 points lower than the tallies that the students had actually earned.

For 16 students nationwide, though, the difference exceeded 200 points. State and local education officials said Friday that they did not know whether any of those 16 students are from Connecticut, or had applied to Connecticut colleges.

The College Board only notified students whose scores were incorrectly lowered. Those who received extra points because of the scoring errors likely will never know it.

Students designate which colleges and scholarship programs should receive their SAT scores, and the results go to those institutions and the students a few weeks after they take the test.

The 25 colleges, universities and scholarship programs in Connecticut that received wrong scores are now checking

whether those students applied and if so, whether a decision has already been made to accept or reject them.

Several officials at Connecticut colleges said Friday that the scoring error on most of the tests was small enough that few applicants would have been affected. Students are also judged on their class rank, academic achievement, community service and other factors.

"The SAT is only a portion of what we consider, so it would not make that much of a difference in terms of our evaluation process," said David Pesci, a spokesman for Wesleyan University, which is reviewing less than 100 cases.

At UConn, almost all of the students whose scores were incorrectly reported were from New York, New Jersey and California. University officials said they believe very few, if any, were from Connecticut.

Violent video game concerns local police stations

Associated Press

NEW HAVEN - A video game in which players win points for killing police officers is drawing protests from local and national law enforcement groups.

The game, called "25 to Life," lets players choose to be police officers or gangsters. Points are scored each time the player kills a cop, criminal or human shield.

"It's a concern because the words 'game' and 'cop killing' should never be associated together. That, to me, is a problem," West Haven Police Chief Ronald M. Quagliani said.

The National Law Enforcement Officers Memorial Fund in Washington,

D.C., is circulating an online petition against the game. The petition encourages parents and caregivers not to buy the game for children, and also asks retailers to take the game off their shelves.

Kevin J. Hale, a vice president for the Connecticut Police Chiefs Association, said he expects the association will take up the issue at a future meeting, but that it hasn't yet signed the petition.

But as the police chief of Ansonia, Hale said he'd personally support the petition to protest against violence and degradation in general and against officers.

The video game has prompted concern in several Connecticut police departments, where officers say they plan to sign the petition against it.

"Even though (manufacturers) have a right to create and sell a game like that, I don't necessarily agree with it," said Lt. Thomas Fowler, a spokesman for the Branford Police Department.

The National Law Enforcement Officers Memorial Fund originally hoped to collect at least 17,500 signatures on its petition. As of Sunday, its Web site reported collecting almost 250,000.

The game, which went on the market in January, is a product of British video game manufacturer Eidos. It is rated for "mature" players ages 18 and older because of its depiction of violence, drug references, sexual themes and language.

California representatives of Eidos did not return calls.

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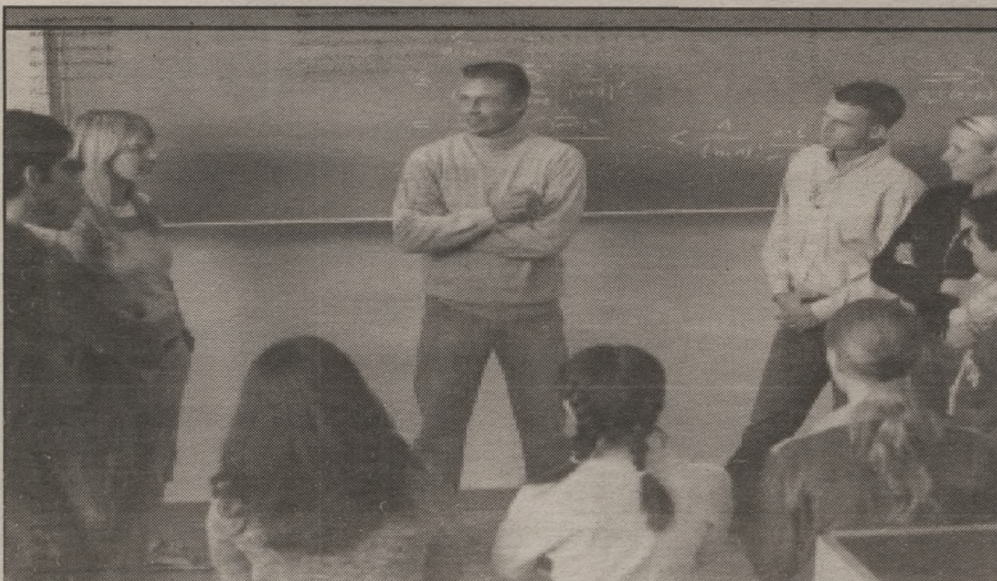
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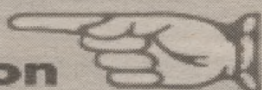
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Connecticut bishops pursuing stricter interpretation of abortion

Suzan Haigh
Associated Press

HARTFORD- Two of the most powerful Catholic leaders in Connecticut decided several months ago that the state's four Catholic hospitals should take a more conservative stance when treating rape victims.

Now that decision is helping to fuel a debate at the state Capitol over proposed legislation that would require all hospitals, including Catholic hospitals, to provide emergency contraception to women who've been raped.

Eight months ago, Hartford Archbishop Henry J. Mansell and Bridgeport Bishop William E. Lori wanted the four hospitals to follow the same protocol and turned to Catholic ethicists for help. They recommended what is known as the Peoria Protocol, named for a Catholic hospital in Peoria, Ill. that came up with a procedure for its emergency room physicians.

It requires that doctors attempt to determine through tests whether a woman has ovulated before giving her emergency contraception, also known as EC, "the morning after pill," or Plan B.

If she hasn't ovulated, they can prescribe the drug. If she has, nothing can be done because Catholics believe the woman could ultimately conceive a child and prescribing the drug would interfere with any pregnancy. According to Catholic teachings, life begins at conception, when

the egg is fertilized.

Since January, the Catholic hospitals in Hartford, Bridgeport, Waterbury and New Haven have been following the Peoria Protocol. If they can't prescribe Plan B, doctors provide the rape victim with a list of places where she can receive it, and transportation to get there if it's necessary, hospital officials said.

Mansell and Lori have said they will oppose any bill that would require Catholic hospitals to administer the pill if a woman is ovulating or an egg has been fertilized.

"Catholic moral teachings allow the woman to protect herself from possible conception as a result of the assault so long as any medications administered to do so do not cause an abortion, which is contrary to Catholic moral teachings because it would result in another victim of the assault, an aborted child," said Barry Feldman, general counsel for St. Francis Hospital and Medical Center in Hartford. He testified before the legislature's Public Health Committee last week on behalf of the Connecticut Catholic Hospitals Council.

Deirdre McQuade, director of planning and information for pro life activities at the U.S. Conference of Catholic Bishops, said the bishops' ethical and religious directives for Catholic hospitals and health care institutions does not set out a specific protocol. Individual bishops have leeway in how they interpret the directives.

"What they do is set a spirit of the law standard — human life cannot be violated or destroyed in seeking to serve the victims of rape," McQuade said.

But proponents of the bill argue the Hartford archbishop is being unreasonable. They point to bishops in other states who've agreed to fewer restrictions on prescribing the pill.

"This is an extreme Catholic position that is not justifiable in the context of even the Catholic health ethical guidelines on the treatment of women who've been raped," said Frances Kissling, president of Catholics for a Free Choice.

Kissling questions the medical ability and accuracy to determine whether an egg has been fertilized during a post-rape exam.

Her group believes the Catholic hospitals should be required to provide the emergency contraception and not force a traumatized rape victim to go elsewhere. Plan B can be used up to 72 hours after sex to help prevent a pregnancy.

"A woman who has been raped should be given comprehensive treatment in the first place she goes," Kissling said. "She should not need to be referred for EC. If that hospital cannot provide her with the services she needs, they should be ashamed of themselves."

Connecticut is part of a growing number of states that are considering or have passed legislation requiring hospitals to dispense Plan B or at least provide infor-

mation about the emergency contraception to rape victims.

According to advocacy groups, Massachusetts, California, New Jersey, New Mexico, New York, South Carolina and Washington require hospitals to dispense the drug. Catholic hospitals are not exempted from those laws, yet the laws in New Jersey and New York include provisions to appease the church that prevent the pill from being given if a woman is already pregnant.

Similar bills are pending this session in 12 states, including Connecticut.

Lois Uttley, director of the Merger Watch Project, a group that opposes religious-based restrictions on patients rights and health care, said such laws have been sought over the past 10 years because women's health professionals and activists believe rape victims are being subjected to "a kind of Russian roulette health care" when they go a hospital.

"In some hospitals, they'll get complete treatment including emergency contraception, and in some hospitals they'll not even be informed about emergency contraception," she said.

McQuade said Catholics are concerned about the trend toward more legislation.

"We believe that rape victims deserve compassionate and competent medical care," she said. "But we disagree on what proper medical care is."

Former GE chief Welch to teach MIT course

Associated Press

CAMBRIDGE, Mass.- Former General Electric Co. CEO Jack Welch plans to share with students the business advice he offers in his books.

Welch will teach a leadership course this fall at the Massachusetts Institute of Technology's Sloan School of Management, MIT and Welch said Thursday.

The eight-session course, titled "Conversations with Jack Welch," will focus on the leadership beliefs and practices described in Welch's recent book, "Winning."

It will be the first time Welch has taught in the classroom.

"I haven't wanted to teach at business schools before because a lot of the people getting MBAs want to become consultants

and investment bankers, and that doesn't require a lot of management expertise," said Welch, who lives on Boston's Beacon Hill, near MIT's Cambridge campus. "But when I appeared at Sloan last spring as part of my book tour, I found a very enthusiastic dean and students who were engaged and energized by many of the same issues about which I care."

Welch, 70, co-wrote "Winning" with

wife, Suzy Welch, a former Harvard Business Review editor.

Welch retired in 2001, the same year his earlier book, "Jack: Straight from the Gut," was released. He said he isn't thinking about taking up teaching as a career.

Welch was widely credited with transforming Fairfield, Conn.-based GE into a multibillion-dollar industrial, media and financial services conglomerate.

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Perspectives

Stay on top of your upcoming housing selection



Rachelle Murphy
The Spectrum

It is that time of year again. Spring is upon us and the housing process will soon be taking precedent in students' thoughts. Where and who to live with will be on everyone's minds, and the decision-making will begin.

The housing process can be an eye-opening experience for some students. They have to decide where they want to live next year, who they should live with, and make sure to have some backups in case the first plan doesn't work.

"Housing was the most anxiety ridden thing I have ever gone through at school, I didn't even freak out for finals as much. I got kicked out of one suite because they didn't get a big enough suite for all of us. I thought I would have nowhere to go or live and that freaked me out even more. But luckily something similar happened to a friend of mine and now I live in a suite with her. I really feel bad for the people who didn't have the luck of another possibility for rooming," said Holly Finneran, sophomore, Glen Ridge, N.J.



This past month, three housing meetings took place for all returning students. At these meetings, Alan Machielson, the director of Residential Life and Housing, discussed the housing options with students. He also answered any questions that students had about the process.

"One of the more anticipated and quite possibly most stressful, times of the year is always the 2006-2007 housing selection process. In order to participate in the selection process week (which this year begins on April 3 and ends on April 7) a housing deposit was due on March 3," stated the Residential Life webpage.

"I think that the housing process is overwhelming and complicated. For the most part, they spell everything out to the freshman for sophomore housing, but upperclassmen really don't have a good understanding of what their options are. I also find it kind of ridiculous that there is not enough housing for all the resident students on cam-

pus," said Katie Duratti, sophomore, Wakefield, Mass.

Sacred Heart does guarantee housing for all four years. However, some students may get frustrated with the growing population of the school. The increased population of students leads to a more difficult time to find a place to live during the housing process.

Each class has certain buildings where they are allowed to live. Rising sophomores are allowed to live in Roncalli Hall, Christian Witness Commons and designated apartments in Scholars Commons. Rising juniors are allowed to live in Park Ridge, Taft Commons, Park Royal, designated apartments in Scholars Commons, and specialty housing Oakwood. Rising seniors are allowed to live in Park Ridge, Park Royal, Taft Commons, and specialty housing Oakwood.

Housing, with the exception of the freshmen who are placed in Seton, Merton or Roncalli Halls, is decided by lottery numbers. The lottery numbers



The Spectrum/ Elyse Harrell

Know all of your options before deciding where to live next year.

represent the order of the selection process. The lowest lottery numbers pick first, and then the selection follows from there.

Having the lower lottery numbers guarantees more of a chance of getting your first choice of housing. There is a zero lottery raffle run by RA Council. For one dollar, students can purchase tickets from their RA or a RA on duty. The prize for this raffle is receiving the lottery number of zero for their class year. Basically, whoever wins the raffle gets to choose their housing first before the rest of their class does. The raffle ends on March 24.

The housing process seems stressful and for some it will be. To reduce anxiety, one should come up with their first choice, and then several backup plans in case things do not go as planned. Make sure you have a few options both regarding where and whom you may live with.

The SPECTRUM

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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
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He Said... She Said...

One of you is graduating, is it time to call it quits?

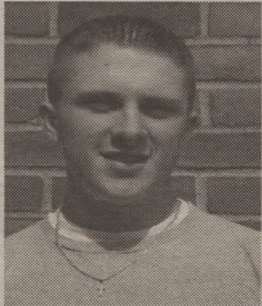
Robert Roy
"He Said" Columnist

You have been in college for the past four years and now graduation is upon you. It is time to enter the real world, get a job and actually start your life. Graduation is not the time to break up.

You have made it through the hardest part of your relationship and now it is time to grow. The four years each person spends in undergraduate studies were the most volatile, and you have made it through.

There is no reason to end your relationship now. These four years of college were actually the test of your relationship. Each person has started a new, and important step in his or her life.

There were hundreds of new people for each person to meet. Both of you were younger and immature. There were more parties and peer pressure to deal with. If your relationship has survived through all of these



factors then you are ready to move on to bigger and better things. You both have grown together through the biggest part of your life. For the past four years you have relied on each other for everything.

Now that you both have to enter the real world you are going to need each other more than ever. Your suit-mates won't be two doors down the hall anymore. Your significant other may be the only person you have to turn to.

If both of you are still in love after the four years have passed then your relationship is just beginning, and you both have a lot to look forward to.

Rachelle Murphy
"She Said" Columnist

Graduation is an exciting time for seniors. However, if they are dating an underclassman it might become a more stressful than exciting time.

Dating can be stressful enough especially when combined with a significant other who is graduating. There are difficult decisions that need to be made. Should you stay together or should you break up?

The answers to these questions depend a lot on what the couple is like and what they want. First, you and your significant other should sit down and seriously discuss your options. If you feel like your relationship is going somewhere (i.e. possibility for marriage) definitely keep working on your relationship.

Try to maintain a long distance relationship if the graduate is moving away. It may seem hard to maintain a relationship that is long distance, but if something is meant to be it will be. For



others who feel that their relationship is more fun and games, then I would question staying together.

Why stay with someone when later down the line you could meet someone who you really like and want to have a relationship with? Also, there is no reason to stay in a relationship if you do not see a future. Breaking up will save heartache and time.

Before your significant other graduates or you graduate, you should sit down and discuss your options. See what would be best for the two of you and figure it out from there. Remember to follow your heart and don't hold anything back.

No censorship in the name of Islam

Samuel Bosch
Editorial

In Sept. 2005, ten Danish cartoonists inked caricatures of the Prophet Muhammad. Months after the 12 cartoons were printed controversy had grown. Some or all of the cartoons have been reprinted in newspapers in more than 50 other countries, resulting in violent protest particularly in Muslim countries, France and England included. Various critics have different views and perceptions of who and what may have been offended or targeted.

As a result of the riots, the irony lies in many people's minds on how sensitive yet destructive those who participated in the riots are. Some question if the religion of Islam is no longer the "Religion of Peace", as it has been known to be.

There are both good and bad Muslims in this world, and it would be provincial to think otherwise. However, this hyper-reaction by the few bad apples is damaging Islam's respectability and reputation as a prominent religion.

The Quran is continuously being interpreted by clerics throughout the world. The idea that Muhammad cannot be drawn is a recent and radical interpretation.

Before this modern Jihad against the west began, Muslims were creative and very skilled artistically; not violent and destructive. One of Iran's most

revered artists, Soltan Mohammad, painted Me'raj one thousand years ago. This image depicted the Prophet Muhammad's ascension to heaven.

The fact that this painting is celebrated as a masterpiece baffles me. On May 13, 2005, Soltan Mohammad is praised as a great painter in a conference held by Ahmad Masjed-Jamei, Iran's Minister of Culture and Islamic Guidance.

On one hand, drawing the Prophet Muhammad is strictly forbidden in the Quran, and on the other hand you can do it if it doesn't offend Islam. This accepted level of hypocrisy is despicable.

The Danish cartoonists were only exercising their right of free press which is a right granted to all within journalism. What they tried to do was to portray how they view the Prophet Muhammad and Islam.

Whoever that offends has the option to not read or look at the cartoons. They have a choice to view what they may or may not want to see. That very same person also has the option to protest the publication of the cartoons, but in a non-violent manner without harming or destructing others around them.

The violent protestors and rioters that are damaging the general public's perception of Islam are the people responsible for creating that stigma of violence. Protesting violently will

not change the perception of being bomb-toting-turban-wearing terrorists, but rather enforce it.

I would not like it if someone offended my religious beliefs, but I would never issue a "Fatwa" and place a \$1M bounty on that person's head in the name of my religion. The Islamic community has a right to be angry, but they need to figure out exactly why they are so angry, and work at expressing themselves.

Free press is a mirage in the Middle East and a reality in the west. They should feel free to accept censorship in their culture, but we should never accept it in ours.

The fact that they think they can issue decrees regarding the images that we print in our press is absurd. The arrogance of these clerics is astonishing. It reminds me of a spoiled child that will throw tantrums whenever he doesn't get what he wants.

Don't be so sensitive because sometimes you are subjected to things you don't like. C'est la Vie! Our responsibility as Americans is to prevent the censorship of our press in our country, and dismiss any negative foreign influence that might prevent us from doing so.



Senate called to order the last meeting before Spring Break on Feb. 28, 2006. Although several Senators were absent due to the Leadership Speaker, quorum remained present to pass the Judicial Board amendment for the third time. This amendment, now going back to Executive Board for final review will be placed into effect for the 2006-2007 academic year.

The Academics Committee also had very important news to announce in this meeting. The Freshman Honor Society has officially been brought to the Sacred Heart University campus. All students working toward a baccalaureate degree that achieved a 3.6 GPA or higher during either their first or second semester are eligible. Invitations to apply are being sent out by email to students after the conclusion of Spring Break, and by mail during the break. Information within the letter about Phi Eta Sigma reads as follows:

"The goal of this honor society is to encourage and reward academic excellence among first-year students in institutions of higher learning. The oldest and largest freshman honor society, Phi Eta Sigma was founded at the University of Illinois on March 22, 1923. It now has more than 300 chapters throughout the United States and more than 800,000 inducted members.

Phi Eta Sigma is an outward recognition of personal accomplishment and serves as an incentive for continued high scholarship. Membership in Phi Eta Sigma identifies you to employers, professionals and graduate schools as a person of superior academic ability, and a commitment to campus and community service."

All students who are chosen for Phi Eta Sigma will be inducted into the organization on April 24, 2006 by a representative of the national office, and by University President, Dr. Cernera. Senate would like to congratulate the Academics Committee for making this achievement a possibility on campus. Senators Justin Gage (06), Aaron Poach (08), Mike Tarantino (08), and Courtney Weaver (09), with the help of Valerie Wherley PhD, Chapter Advisor have made this possible.

Other committee information at the meeting included the status of Beautification Day. This project, which has been a constant struggle for the Buildings and Grounds Committee, is now on hold. The project, previously scheduled for April is now up in the air again. Miscommunication between the members of Buildings and Grounds resulted in the unknown origin of funds to support this project. Senators are now working to figure out another solution so this event can still take place.

The meeting concluded with a hearty "see you after Spring Break" and a nice trip to Coldstone Creamery to relieve some midterm exam stress. The Senate would like to thank Kurt McLoud for his exciting outing idea.

- Contributed by Erin Maurer.

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

—Arts & Entertainment—

What's Happenin': St. Patty's Day at The Field

Lauren Williams
The Spectrum

Still looking for a place to celebrate St. Patrick's Day? Look no further. Open since Fall 2005, The Field, a newly renovated bar and restaurant is where you'll want to be.

Just under six miles from campus, this local establishment will be hosting St. Patrick's Day festivities all day tomorrow. The Field, located at 3001 Fairfield Ave., Bridgeport, may already be familiar to some SHU students.

SHU's men's ice hockey team participated in St. Baldrick's Celebration held at The Field on March 9. It was there, volunteers agreed to have their heads shaved to raise money for childhood cancer research.

Though haircuts are not on tomorrow's itinerary there are various attractions you won't want to miss. With bagpipers and Irish dancers performing throughout the day, there will also be three musical groups playing.

Irish folksinger Bobby Morelli will be performing from 12 p.m. to 3 p.m. followed by musical group, Camac, who will be playing "upbeat Irish ballads" from 4 p.m. to 7 p.m. Also scheduled to play from 10 p.m. until closing is band, Tangled Vine.

The Field will also be offering a limited menu with traditional Irish fair including corned beef and cabbage, lamb stew, fish and chips and shepherds pie.

If you plan to celebrate your Irish heritage or lack there of tomorrow, stop by The Field, raise your drink, if you're of the legal drinking age, and wish your companions "Slainté!"—the Irish word,

pronounced SLAN-cha, for "health." You will surely impress many of the employees of the establishment who greet all patrons with thick Irish accents.

The Field's four co-owners are all of Irish decent and named the place after beloved Irish playwright John B. Keane's best known play. Keane's fondness for places in Ireland where you can go for a "cozy drink and hearty meal" spoke to them because that is what they wanted for their new business.

Put quite simply, that is exactly what you'll get when you go to The Field. Owners describe the menu as "American with a European flare," and includes appetizers, salads, burgers and pizza as well as more upscale entrees like beef short ribs, honey and lime marinated salmon and oven-roasted marinated chicken with a wild mushroom sauce. The bar is also "well stocked and carries a large selection of fine wines." There seems to be something for everyone.

The décor is simple and warm with earthy tones, thick crown molding, and cherry wood trimmed walls. There is also a stone fireplace, hardwood floors, large French doors and beautifully framed windows surrounding the bar and dining room. The bathrooms are immaculate and there is a large room that may be rented to host private events and parties.

If you are unable to check out The Field tomorrow, there are also live performances scheduled throughout the week, which are always cover charge free.



AP Photo/Detroit Free Press/ Richard Lee

The Saint Patrick's Day celebrations have already begun with parades across the country.

Musical groups performing will be: Good Clean Fun on March 16, Funkestra on March 18, Blackout on March 24, 27 West on March 25 and Scrapyard on March 31.

With a wide variety of food and drink to choose from, large portions and reasonable prices any experience at The Field is sure to be a pleasant one.

Whether drinking, dining out or just enjoying the great atmosphere and live music, it has great potential to become a hot spot for Sacred Heart students.

"Bubble," popping into theaters and DVD

Dana Cannizzaro
The Spectrum

"Bubble," the new indie movie from Steven Soderbergh, has put a twist on how movies are released. The film was released in theatres and then went to DVD and cable within only a few days.

Soderbergh is also known for producing the recent Oscar nominated "Goodnight and Good Luck," and the popular film "Ocean's Twelve." The producer brought not only a film to audiences, but an experience.

Viewers of this film not only watch, but experience the slow paced lives of the three main characters who all work together in a doll factory in Ohio.

Kyle, played by Dustin James Ashley, is a shy young man who works full time at the doll factory, and night shifts at a shovel factory.

His coworker and friend Martha, played by Debbie Doebereiner, is a middle-aged woman who takes care of

her dad and likes to sew when she's not working.

Misty Dawn Wilkins plays Rose, who is a young woman that comes to work at the factory after leaving her job at a nursing home. Rose is a young mother, who has a two-year-old daughter, Jessie.

Rose and Kyle have a connection, which immediately makes Martha jealous. The following events in the movie are set off by Martha's feelings of jealousy and anger, after she witnesses Kyle and Rose on a date.

What is really interesting about "Bubble" is how the producers let the actors fill the plot with their own stories and personalities. This element was really captured when the scenes used in the film were the actor's own homes.

Producers knew that each character had their own ways of portraying the story, and they let them explore that while having them fill the film with

improvised dialogue.

Those who choose to watch the DVD instead of seeing the flick in theatres will be pleased to know that there is a selection of bonus materials to peruse through.

Bonus materials include a feature commentary with director Steven Soderbergh and Mark Romanek, a feature commentary with actors Dustin James Ashley, Debbie Doebereiner, Misty Dawn Wilkins, and the film's writer, Coleman Hough.

One interesting bonus feature is an inside look at the real lives of the actors in the cast. This gave the audience an opportunity to see which elements of the actor's lives were brought to the movie and applied to their characters.

Wilkins, is really a hairstylist and a mother of four children.

Ashley, based his character on what he used to be like when he was younger, very shy, while not always liking being around a lot of people.

Doebereiner just retired from her career at KFC after working there for 24 years. All three live in the same rather dull area of Ohio that the film is set in.

Other bonus features on the DVD include interviews with all three main characters, answering questions about their lives and what they like to do for fun.

"Bubble," though slow paced and quiet, is a new way of portraying a bizarre love triangle on the silver screen. The film perfectly captures the elements of ordinary life, which is what most of us go through everyday.

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L.A. Confidential: Crashing the Oscars

The Super Bowl for movie fans like me was aired March 5, as the 78th Annual Academy Awards were presented in Hollywood. It's the usual dish of glitz and glamour served with a side of comedy and a healthy serving of competition. The night went by with no surprises until the very last award. The one movie that was expected to sweep the Oscars, "Brokeback Mountain," was taken down by an ensemble film that was just as equally powerful called "Crash."

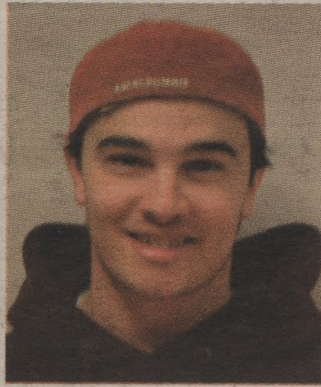
"Capote," "Good Night and Good Luck," and "Munich" had no shot for Best Picture. It was down to two. When Jack Nicholson announced that "Crash" was the Best Picture, the audience gasped; and rightfully so. I think "Brokeback" was getting too hyped-up and confident, while "Crash" remained in the shadows of "Brokeback." When one views a movie with an expectation level, a hurdle is created for some viewers to get over; in this case, the Academy voters are the viewers. Most of them are old, so they couldn't get over the hurdle. This moment will definitely go down in film history. I saw "Crash" over the summer and thought that it was easily one of the best movies I have ever seen at that point in my life. I remember thinking that it probably wouldn't get nominated for anything because it didn't seem as talked about as other movies.

The power of racism and homosexual love are two very prominent, very current American issues. Both "Crash" and "Brokeback" revolve around each topic, respectively, and both have left their mark in the movie industry. George Clooney said in his acceptance speech that Hollywood is the one who brings issues to light, and this year the issues were front and center. Acceptance towards homosexuality has taken a giant leap forward since such fine young actors like Heath Ledger and Jake Gyllenhaal disregarded the discrimination and took their parts as gay cowboys in love. It also took great performances from the "Crash" ensemble to bring racism to light and expose how most Americans think.

While I am a huge fan of both films, I cannot choose which one I like better. They both have such amazing issues at their core, both very close to me, and that is why it's impossible to choose the better movie.

Other winners tonight were less surprising. My favorite award of the night went to Reese Witherspoon for "Walk the Line." As soon as I saw that movie, I said she was going to win Best Actress hands down, and she did. Her acceptance speech was very heartfelt and endearing. (I love you Reese!) Phillip Seymour Hoffman, George Clooney, and Rachel Weisz all fulfilled critical prophecies by winning Best Actor, Best Supporting Actor, and Best Supporting Actress, respectively. No surprises there.

Another astounding surprise was the performance of host, Jon Stewart. I thought he was pitch perfect for the event from the start and he just kept making the night completely enjoyable. He is the



Shaun Mitchell

perfect blend of class and sass. Stewart's side commentaries in between presenters proved hilarious, especially after the award for Best Makeup. He asked the audience if it was really hard to make Russell Crowe look like he was in a fight. It's funny because all he does is throw telephones.

This year, montages were being deployed like bombs in a war. Video clip after video clip was played to music. Just about every movie ever made was shown. I even think I saw a clip of "Gigli." Of course, I kid. Every copy of that movie was burned by me personally.

It was refreshing to see the montages because each one reminded me why I loved the movies. Great characters, unforgettable scenes, quotable lines, and amazing storytelling all add to the joy I feel for films.

Overall, the Oscars were quite memorable this year. I guess the lesson is that even those who fly under the radar get recognized in due time. Until I make my Oscar speech, we'll see how true that statement stands.

"Harry Potter IV"

Katherine Brindisi
The Spectrum

Harry Potter mania is constantly increasing, and the highly anticipated "Harry Potter & the Goblet of Fire" movie certainly was not a disappointment. Bubbling with extras, the DVD was released on Tuesday, March 8.

The DVD is packed with the usual director and actor commentary, games, and much much more. There are also different versions available for purchase the regular edition or the Two-Disc Special Edition.

The price of the movies range from \$15.99 for the regular edition and \$23.99 for the deluxe edition. Both are well worth their weight in galleons (wizard money).

Muggles all over the world waited excitedly for the DVD release. Blockbuster video stores quickly ran out of the rentals.

"I saw the movie in theaters," said Colleen Cashman, sophomore, Bridgeport, "but I probably won't purchase the DVD; my roommate however is rather obsessed with Harry and I know she purchased the deluxe edition the day it was released."

Unlike the previous three Potter movies, the fourth of what will be seven



AP Photo/Warner Bros., Entertainment

This DVD will bring a little bit of Hogwarts into your home.

installments, was packed with more CGI (computer generated images), than the first three films.

"I never read the Potter books and I really enjoy the movies, the fourth movie was definitely geared toward an older audience but you also have to remember Harry is growing up as well," said Holly Finneran, sophomore, Glen Ridge, N.J.

The DVD includes Additional Scenes; Conversations with the Cast; Preparing for the Yule Ball; Reflections on the Fourth Film; Triwizard Tournament: Dragon Arena; Triwizard Tournament: Lake; Triwizard Tournament: Maze; DVD-ROM with EA game demo and Hogwarts timeline.

Interviews with the main characters show how the actors are truly typical teenagers and proves they have all grown up, not only in everyday life, but also grown up with their characters.

With such exciting extras, any Potter fan would be tickled pink with delight. Unfortunately, it probably won't suppress the anticipation of the next installment in the Harry Potter book series.

Potter fans will have to let the DVD hold them over until J.K. Rowling finishes the seventh and final installment of Harry's years at Hogwarts School of Witchcraft and Wizardry, or until the next movie installment is released. Shooting for "Harry Potter and the Order of the Phoenix" has already begun.

The Harry Potter craze is one that has consumed the minds of children, their parents and people of all ages. Potter books have been present on the New York Times Bestseller list.

J.K. Rowling started writing the Potter series on napkins at small café she frequented. One could not have imagined that a single mother, who was on welfare, would write such a captivating and world impacting series.

Harry's story is not only one that is inspiring, but also so incredibly addictive. Rowling draws the reader in and leaves them wanting more after each turn of the page.

"Harry (movies and books) are so fun and entertaining, there is never a disappointment when Harry is involved," said Rina Catastrophe, senior, Bronx, N.Y.

The world of Harry Potter is truly an enchanting one. The captivating ride Harry and his friends take us on is one that will remain steadfast and true, at least until the next DVD is released.

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Features

Daffodil Days, Remembering Dana Reeve

Scott Wagner
The Spectrum

On Monday March 8, Dana Reeve died of lung cancer. She had announced her diagnosis not a year after her husband, Christopher Reeve, passed away after slipping into a coma. The most shocking news was that Dana Reeve was a non-smoker.

Reeve's continuation and success with the Christopher Reeve Foundation following her husband's death has been recognized globally as courageous and gracious. The message their foundation preached, "Go Forward," rings significantly louder in her passing.

Former President Bill Clinton and wife, Hilary, were good friends of Mrs. Reeves. They formally stated on the Reeve Foundation website, "Despite the adversity that she faced, Dana bravely met these challenges and was always an extremely devoted wife, mother and advocate. Dana was an inspiration to us and we will miss her."

The greatest challenge faced is by Will Reeve, the son of Dana and Christopher. At the age of 12, he has lost his father and now his mother to cancer.

The former president and first lady continued in saying, "Our thoughts and prayers are with her son Will and the entire Reeve family. We especially want Will to know that his mother's determi-



The Spectrum/ Elyse Harrell

Daffodils symbolize the support for the American Cancer Society.

nation and bravery inspired us and so many others, and we will continue to work toward the causes and goals she championed."

"That poor little boy, I hope he can understand how much hope his parents provided for people. They are the perfect example of what it means to love someone and care for them unconditionally," said Katie Carroll, sophomore, Demarest, N.J.

Dana Reeve led a life of duty and vocation. Her impression on this world

is not going overlooked as her drive to promote research supersedes existence. We will "go forward" as the motto states, but in Dana's likeness.

The SHU community is teaming up with the American Cancer Society in running its annual fundraiser, Daffodil Days. This fundraiser promotes donations through incentive. Some people who would not normally think to make a contribution to the ACS and their research may now give.

According to their website, the ACS

works with a wide range of volunteer groups, both those specifically involved with cancer research and others as well. Together they promote and organize the ordering of daffodils in return for donations.

One perspective would acknowledge that it is a little ridiculous that someone would need an incentive to donate money towards research for a disease that nearly everyone has been affected by, whether it be personally, with a family member, a friend or even just an acquaintance. But if you do, maybe Daffodil Days donation opportunity is what you are looking for.

"The good thing about the Daffodil Days is that the flowers are not just an incentive, it's a symbol to show that you support this cause, and when you get the flowers and carry them around, it spreads the message to others who wouldn't think to donate," said Jessica Alvarez, junior, Nanuet, N.Y.

Thirty dollars could get you a beautiful professional bouquet of ready-to-bud daffodils. It could make your loved one very happy.

So if the possibility of being part of the most important research in human existence doesn't tickle your fancy, it is still a really great thing to participate in. Daffodil Days will take place March 21 through the 24.

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Even elite athletes buckle under the pressures of success

Ashley Bonora
The Spectrum

A good athlete is a combination of either natural or acquired talent, hard-work, and a concrete psychological perspective. An elite athlete possesses one major difference, the extreme mental qualities of a competitor.

In sports today, athletes are expected to be the best of the best. An athlete possesses strength, agility, and endurance, while managing their confidence, anxiety, and motivation.

No matter the class of athlete, sub-elite or elite, there is one thing they both have in common. All athletes succumb to the breaking point of the pressure set on them by their coaches, parents, peers, and of course, themselves.

Anxiety is the link between success and defeat. Teams and solo athletes perform poorly because they underestimate their opponent, or worry themselves out of the game.

Nonetheless, dealing with this anxiety successfully is an important characteristic of the elite athlete. Research has shown that the ability to cope with pressure and anxiety is an integral part of sports, particularly with cream of the crop athletes.

In 1998, The Sports Psychologist

reported that more than 50 percent of consultations among athletes at an Olympic festival were related to a stress or anxiety problem. As a result, the association between anxieties in athletes has become one of the most common topics of sports psychology research.

Broadhurst in 1957 and Hebb in 1955, sports psychologists, developed an explanation between athletes and anxiety, and performance. It was referred to as the inverted-U hypothesis. This theory states, "as arousal increases, performance

would increase as well; but if arousal became too great, performance would deteriorate."

In 1994, research conducted with an elite group of swimmers found that anxiety intensity levels were higher in subjects who interpreted their anxiety as harmful, than those who reported it as being an aid, according to the author of "Personal Individual Differences," G. Jones.

"The whole thing is never to get negative about yourself. Sure, it's possible that the other guy you're playing

is tough, and that he may have beaten you the last time you played, and okay, maybe you haven't been playing all that well yourself. But the minute you start thinking about these things you're dead. I go out to every match convinced that I'm going to win. That is all there is to it," said Michael Young, student athlete, Ohio University.

"...I go out to every match convinced that I'm going to win. That is all there is to it."

*Michael Young, student athlete
Ohio University*

It's obvious that anxiety levels can have a variety of affects on athletic performance,

but each affect varies based on the sport and individual. Such anxiety can be reduced through mental imagery, relaxation, and cognitive intervention.

However the number one stress or anxiety reducer is confidence. The goal of completely eliminating levels of apprehension and worry is helping the athlete become fully aware and completely at ease with themselves and their sport.

But what happens when an athlete appears to be successful and fulfilled, and yet they take their own life?

Oct. 8, 2006 the University of Pennsylvania's running back Kyle Ambrogi scored two touchdowns during a very important game. Off the field, Ambrogi was a very stable and concrete student, holding a 3.4 GPA at the world renowned Wharton School of Business. He had completed summer internships with a local investment group, and was receiving many prestigious job offers. But just two days after the big game, Ambrogi, 21, took his life.

What spectators didn't see was that Ambrogi suffered from depression, a psychological condition that affects 10% of all Americans at some point in their lives, according to a report published by the American Psychological Association.

Student athletes are said to face a variety of pressures that stem from their athletic competition, schoolwork, and social and family lives.

"How student-athletes relieve themselves of this pressure is vital to their health," said Dr. John DiMino, director of Temple's Tuttleman Counseling Services.

Dreams: the involuntary experience to be interpreted

Ceren Akinci
The Spectrum

What do dreams really mean? Whether you remember it or not, everyone dreams each night. For those who remember their dreams and want to understand the meaning behind them, there are resources available to help you interpret what you are dreaming.

Resources can be found on the Internet as well as at your local bookstore or library. These sources can help you have a better understanding for the kinds of dreams you may be having.

Colors in a dream carry a meaning, according to www.petrix.com, a website dedicated to helping sleepers reveal the meaning behind their dreams. The website reports that beige often means detachment, while black indicates a period of isolation. Black may also mean conflict between family and friends. Gray may also have a negative connotation. If dreamt dull, it may indicate a sense of fear.

Colors such as white, yellow, pink, orange, blue, red all have positive meanings. White often means that you are a person who is dependable and your friends know they can count on you. Yellow is confidence, and pink is tenderness and love. Red is a color of passion and emotion especially when it comes to relationships. Orange on the other hand is the emotions you go through on a daily bases. If you dream in purple, you may be a creative individual looking for an outlet for your creativity.

Besides colors, water also occurs



The Spectrum/ Elyse Harrell

There are plenty of books in the Ryan Matura Library that can help you better understand your dreams.

in a lot of sleeper's dream. According to dreamsleep.net/ or dreamsaboutwater.html, water is the most reoccurring in dreams. Gillian Holloway, Ph.D. who has done an extensive research on the symbolism behind water, reports that the meaning of water depends on the form in which it is dreamt.

If you dream about moving water, such as river flowing, it may be an indication of how you are dealing with a certain phase of your life. If you are on a boat, smooth sailing, it means that you

are handling the tasks of life the best to your abilities, while falling off a boat may indicate that this phase of your life is becoming a bit too hard to handle.

Crossing a river or a body of water means a transition phase, according to Holloway. He reports that the crossing indicates a task you need to overcome in order to move towards the goals that you have set for yourself.

Pools often symbolize calmness, tranquility and peace. Holloway reports that they may also indicate a time for

renewal. If you dream of a dirty pool, you may have some mixed up emotions towards a tricky situation that is going on in your life.

An ocean, however, according to Holloway, is an indication of the unconscious and the powerful. It symbolizes a deeper way of thinking.

Rain in most cases symbolizes sadness, reports Holloway. Puddles and mud on the other hand mean mixed emotions and frustrations. Floods symbolize a personal crisis you may be going through in your life, while leaks resemble that of your emotions seeping through.

The best way to understand the water in your dream is by the quality in which you dream about it. Murky water is frustration, while dreaming about pure clear water is renewal and tranquility. It is also important for the sleeper to think about the way the water in their dream made them feel, Holloway recommends thinking about the image for a few days to fully understand its relation to life.

For more information, dreamers can refer to books written to help individuals analyze their dreams. Some of the books that are available at your bookstore are: "Edgar Cayce on Dreams," by Harmon H. Bro, Ph.D., "Healing Dreams," by Marc Ian Barasch, and "Creative Dreaming," by Patricia Garfield.

SHU Library also offers few books that may be helpful, such as, "The Forgotten Language: An Introduction To The Understanding Of Dreams, Fairy Tales, And Myths."

Sports

BRIEFS

Top Performers for
Sacred Heart Athletics
this week.

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(In case you didn't know)

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Spectrum Sports

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Men's baseball warms up down south

Kristyn Nicastro
The Spectrum

The 2006 men's baseball team is exceptionally tenacious in its quest for greatness; with its unwavering passion and immense talent, the team aspires to reach the first place spot in the Northeast Conference.

The Pioneers finished second in the NEC last season with a 16-8 league mark, achieving a Sacred Heart record for NEC wins, and granting them their first trip ever to the postseason since joining the league in 1999.

SHU has been picked to finish third in the NEC in the 2006 Preseason Coaches Poll, motivating the team to surpass these expectations. This season team members will be seeking their first NEC title and second postseason birth with high anticipation and confidence in their abilities.

"Our main goal for this year is to win the NEC conference tourney," captain Jason Maiella, a junior from North Haledon, N.J., said. "Last year our goal was to make the conference tourney, which we did, and now our goal is to win it."

"We believe that there is no way we won't win our conference this year; that poll was fuel for us to prove everyone wrong and to send a message that we are the strongest team in this conference," catcher Jamie Morales, a junior from Mount Vernon, N.Y., said.

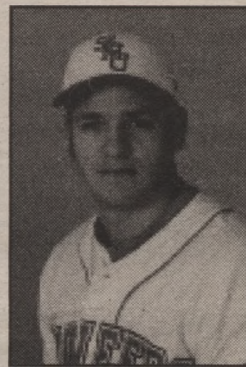
To help accomplish this goal the Pioneers will look to their strong pitching staff, which assistant coach Seth Kaplan believes is the team's greatest power. The staff has returned the bulk of its pitchers from last year, including the arms of two all-conference pitchers, captain Chris Aldrich, a senior from Medway M.A., and Jay Monti, a

junior from Marlboro, N.Y.

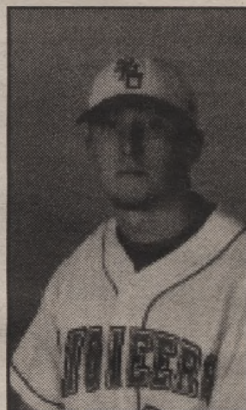
"To have the two pitchers on the all-conference team returning this year is a huge bonus for us; Aldrich and Monti know what it takes to win big games and pitch well in big spots," Kaplan said.

"Our biggest strength is our starting pitching; we have returning two of the top pitchers in the conference in Aldrich and Monti," said Jeff Hanson, a sophomore from Woodstock, N.Y., who will be the team's third starter on conference weekend.

Monti, the 2005 NEC Pitcher of the Year, was nearly unhittable all of last season, posting a league best 2.20 ERA and limiting opponents to a .222 batting average. In 82.0 innings of work, Monti only allowed 10 bases on balls; in conference play he gave up only four free passes in 55.2 innings of work, earning eight wins (8-5), nine



Junior Jay Monti



Senior Chris Aldrich

WOMEN'S BASKETBALL

FROM BACK PAGE...

every shot with a great deal of confidence, and it has made her a great asset to this team," coach Ed Swanson said.

However, Moray's three pointer would soon be overshadowed by Quinnipiac's 13 straight unanswered points, which gave the Bobcats their largest lead of the half, by a score of 26-19 with 5:35 left in the half.

Sacred Heart responded with an unanswered eight points capped off by a Pape steal, which led to two free throws on the offensive side of the ball, giving the Pioneers a one point lead 29-28. Jackie Harris, a senior from New Haven, hit one of two free throws for QU at the end of the half, tying the game at 29 as both teams headed to the locker rooms.

The Pioneers were left searching for an answer to help push them past a Bobcat team that held them to 24.2 percent shooting.

"We didn't play the first half, and we needed to get back to our style," Rubino said.

"I told the team to just settle down and play with a controlled enthusiasm in the second half," Swanson said.

The Pioneers came out of the gate in the second half inspired, rattling off five unanswered points after a three pointer by Rubino, and a lay-up by Mary Rush, a junior from Waterbury.

Rubino's three point shot was a designed play by the Pioneers to help get the team

into a better shooting rhythm.

"We did that play for Nicolle to help give us a spark and to help Nicolle get her legs under her," Swanson said.

The Bobcats answered back with Monique Lee, a sophomore from Lynn, Mass. Lee, who got into foul trouble in the first half, scored the first eight points for the Bobcats in the second half, including two straight buckets that pulled QU back within one.

The Pioneers held the Bobcats off until a Kerner jump shot tied the game at 51 with 4:35 left in the game. Moray then answered again for the Pioneers, hitting a clutch three point shot that was then followed by captain Kerri Burke, a junior from Saugus, Mass., hitting one of two free throws to put the Pioneers up by four.

When the Bobcats pulled within two with 1:19 left to play, Pape took an inbound pass from Burke and hit a lay-up and was also fouled. Pape hit the free throw and put the Pioneers up by 5.

"Amanda's three point play at the end really was the key point in the game for us," Swanson said.

"Even though a lot of our shots weren't falling, we kept at it," Pape said. "We kept picking each other up—telling each other we can do it—and that was the difference."

With the game almost out of reach, the clock began ticking down on the Bobcats. After a series of free throws by Burke, the Pioneers went up 69-62. A late three pointer by Quinnipiac's

Lee would bring the Bobcat's to within four with three seconds left. Yet it would prove not enough for the Bobcats.

With less than a second to go, Rubino took an inbound pass and ran up the court as the buzzer sounded, ending the game. She was met at half court and mobbed by her teammates as the celebration began. The team was also joined on the floor by some of the students who were at the game and the Pioneer Pep Band.

"This was an amazing win for us," Burke said. "Our first half enthusiasm hurt us, but we pulled through for the win."

After the game, the award ceremonies commenced with Rubino, Pape, junior Jasmine Walker, a native of Amityville, N.Y., being named to the All-Tournament team. Rubino finished the game with five rebounds, 13 points, three assists and a block. Walker finished with the game-high 17 rebounds, seven points and three blocks before fouling out.

The second place trophy was then awarded to the Bobcats and then the first place trophy was awarded to the Pioneers. The net was cut down by all the players and the festivities came to a close.

Coach Swanson, who was very wet after getting a Gatorade shower from some of his players, was impressed how his girls pulled through for the win.

"I can't say enough about these kids. I challenged and pushed them and they continued to fight and showed resiliency,"

Swanson said. "This championship validates us as a program and not only means a lot to us but the school and alumni."

Sacred Heart will enter the tournament for the first time in its history. On Monday team members found out where they will be going and who they will be playing. The number 15 seeded Pioneers will be traveling to University Park, Pa. in the Albuquerque bracket to face the number two seeded Maryland Terrapins.

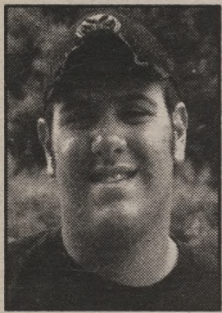
"I know my team would have rather been traveling to 85 degree weather, but playing in Pennsylvania is good for us, and especially good for our fans who want to come see us play," Swanson said. "The national exposure we will get is going to be great for us as a program and will definitely benefit us in recruiting."

"It feels great to be playing Maryland. The exposure will be great for us," Walker said. "It is very exciting."

Even with the importance of the game, the team is focused on playing their game, especially against an elite opponent like Maryland.

"We are going to go into this game like any other," Rubino said. "We might feel a little different when game time draws near, but we will try to stay focused."

"Against an opponent like Maryland, we are going to have to play our very best, an absolute 'A' game," Burke said. "Even if we lose we have to know that we played a hard-fought game."



CONO'S CORNER

with Steve Conoscenti

Bulls look ahead to a new era

I grew up in the Michael Jordan era. Unfortunately, I grew up on the wrong end of it.

I spent most of my childhood and early teenage days watching the Knicks, praying that "this would be the year" we finally took out Jordan and the Bulls. Every year, I ended up disappointed. Then finally #23 retired and I was in my glory. It was finally our turn. But of course, he just had to come back and crush my dreams one more time. It wasn't until he left for another team that I was happy.

The Bulls were finally worse than the Knicks. Granted, the Knicks weren't a top team at the time either, but all I cared was

that the Bulls were failing. Miserably. I got to watch as they traded away Elton Brand for two high school big men who hadn't proved a thing. I watched them trade away one of the league's current best defenders for Jalen Rose and Travis Best. Now it was me who got to make fun of my friends, the few who actually didn't jump ship after Jordan left Chicago.

Right now, somewhere out there, all of those friends are laughing at me.

It hasn't been pretty and it might not ever be as pretty as it once was, but the Chicago Bulls have put themselves in perfect position to be an elite team in the Eastern Conference, yet again. They have it all: veteran experience, a bright future, good salary cap management, a good coaching staff and a man with a plan sitting in the front office.

Let's start from the top and work our way down. GM John Paxson has probably had busier summers these past two years than any other GM. In consecutive summers he's made trades in which he's given up the best player for nothing more than mediocre players and draft picks in return. First Jamal Crawford, then Eddy Curry: two guys that one man coveted, so Paxson took advantage.

In the summer of 2004, Paxson traded Jamal Crawford to the Knicks in exchange

for nothing more than the expiring contracts of Dikembe Mutombo, Othella Harrington and Cezary Trybanski. Hardly what you would call a plausible deal. But Paxson thought otherwise. A lot of people didn't agree but that didn't faze him. After all, they had just brought Ben Gordon on board, but we'll get to youth in a bit.

In the summer of 2005, Paxson traded Eddy Curry for Mike Sweetney, Tim Thomas and two first round draft picks, one being the Knicks' 2006 unprotected pick. Another move in which the Bulls lose the best player. Again, that didn't bother Paxson, especially considering Curry and the organization were not on the best of terms all summer.

With Paxson acquiring all of these expiring contracts, he also gained some help. Othella Harrington became a veteran leader on the team. Mike Sweetney is a serviceable backup power forward who still has plenty of time to evolve into something big for them. But when will they see some results from all of these expiring contracts? Well, not only will the help they get be evident, but pretty much every other NBA team will envy them... when they only have about \$19 million on their payroll to start next season.

It's not like they are freeing up cap space to resign a core player either. Ben

Gordon, Kirk Hinrich, Mike Sweetney, Luol Deng and Andres Nocioni are locked up for a few years and none of them make more than \$6 million in a given season. So the cap space that Paxson has worked so hard for will not only give them flexibility to hand out some extensions, but starting this summer they can start courting big name free agents.

Not only do they have the luxury of adding a big name through free agency, but thanks to John Paxson's negotiating and Isiah Thomas' lack of negotiating skills there is a very good possibility that the Bulls will be picking in the top three of this summer's draft. Not to mention, the Bulls have the option to switch draft picks with the Knicks next summer.

The Bulls may not be .500, they may not make the playoffs and they may not even finish the season out strong. But with the bright future that John Paxson has given them there is absolutely no reason for Bulls fans to be worrying. Ben Gordon and Kirk Hinrich are the cornerstones of the franchise and they aren't going anywhere anytime soon. Not just because they aren't free agents, but because they have no reason to. Their ship is headed in the right direction and they're at the wheel.

MEN'S ICE HOCKEY



The Spectrum / Travis Flynn

MILES APART: UConn celebrates its upset over #3 ranked Sacred Heart while Pioneer forwards Drew Sanders and Rocco Molinaro (front) can't bear to watch.

FROM BACK PAGE...

A season full of many highs and few lows is in the books, but for all the underclassmen this could be quite the learning experience.

"I think we all learned the hard way that we need to take advantage of every opportunity and not forget the feeling," Hannah said.

The 2005-2006 campaign was the first time the program reached 20 wins in a season, and many impressive statistical milestones were hit as well. Junior Pierre-Luc O'Brien broke the school's record for most points in a season with 50, and assists in a season with 31. The net minder Smith set a record for most wins by a goaltender in a season, and stayed among the level of the country's top goalies with his miniscule 2.24 goals against average and eye opening .927 save percentage.

"I'm very proud of my guys," Hannah said. "In terms of effort, we were great, but sometimes it goes your way and sometimes it doesn't."

"We are in a good situation here, and we'll be back," he said. "Our time will come."

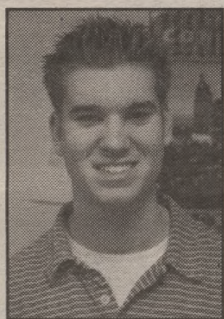
Top Performer: Women's Basketball



Courtesy Sacred Heart Athletics

Courtesy Sacred Heart Athletics

Sports



THE
FITSIMMONS
FILES

with Brian
Fitzsimmons

Fantasy roundup for your 2006 draft

It's mid-March and I simply can't take it anymore! Basketball is currently about as exciting as watching paint dry and opening day is still two weeks away. The anticipation for the 2006 major league baseball season is elevating by the day, and there is no better system to tranquilize the anxiousness than preparing and drafting your fantasy baseball team. Here are the full-proof methods tested by myself that should be used at your own risk, in order to enjoy a winning season on the internet.

If you haven't noticed, starting pitching is extremely thin this season, and it is highly unlikely your league will be won with talented arms. In my predicted top 30 performers for the upcoming season, only four starting pitchers made the list (Johan Santana, Chris Carpenter, Jake Peavy, and Roy Oswalt). Instead of limiting your offensive talent in order to accommodate acquiring a risky arm, continue to enhance

the offensive juggernaut that should be created in the first three rounds.

By round four, those starting pitchers will be gone, plus some others depending on the league, but here is the time to take your first arms. The guys here won't be top notch names, but have just as good of a chance to compete for a Cy Young award as the others do. Having Carlos Zambrano, Roy Halladay, Felix Hernandez, or Ben Sheets anchoring your staff is sufficient enough. In rounds five or six, the run on closers will begin to heat up, so drafting Francisco Rodriguez, Billy Wagner, B.J. Ryan or Joe Nathan would be the best move. Brad Lidge and Mariano Rivera go too early, but the names mentioned put up equal if not better numbers. If you lose out on all of those names, don't panic. Eric Gagne, Trevor Hoffman, Francisco Cordero, and Jason Istringhausen are all 40 save closers and they will be available into the eighth or ninth rounds.

The eighth, ninth and tenth rounds are where you begin to see where you can fill some empty holes in your lineup. For example, if you don't have a first baseman by now, please address the issue immediately. Or else before you know it, it will be the 20th round and you're starter will be Mike Jacobs. Having two starting pitchers, one closer and six or seven hitters that fill up three out of the four major infield positions, excluding catcher, and the outfield should be a consistent check point by now. I excluded catcher from one of the major positions in fantasy because there are only two catchers that made my top 100 list: Victor Martinez, Jason Varitek. Pass on

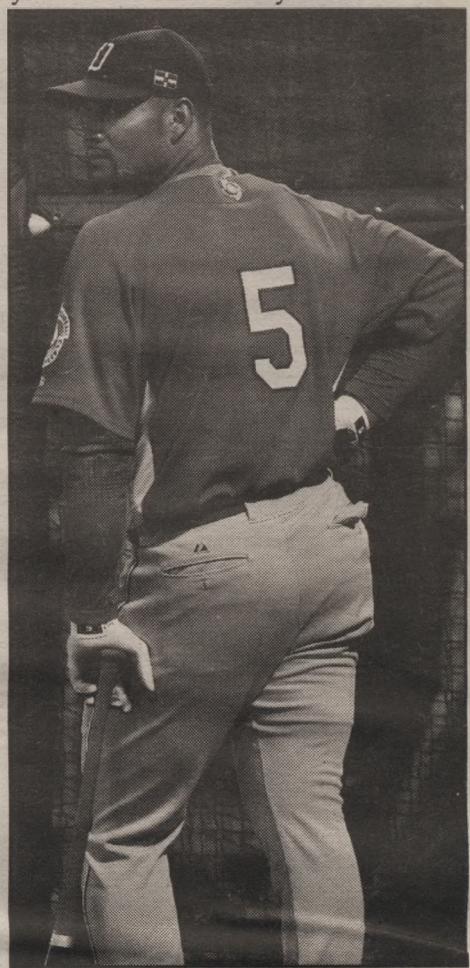
both, and try to steal Ramon Hernandez or Bengie Molina in the late rounds because both will hit for a solid average, which is all a team really needs from this position.

Throughout the draft, keep in mind of players who are ready to breakout, or are in their contract years. Players have a track record of performing best the year before their current contract expires and they will eventually become a free agent and flaunt their inflated statistics. In 2004, Adrian Beltre in his contract year increased his home runs from 23 to 48, RBI's from 80 to 121, runs from 50 to 124, and batting average from .240 to .334 compared to his 2003 season. This season, A's pitcher Barry Zito is in his contract year, so expect him to contend for the Cy Young in a big way.

One of the biggest lines that separate fantasy gods to fantasy duds is that the gods draft based on overall balance. Outfielder Bobby Abreu hits only 20-25 homeruns a year, and is drafted almost two rounds ahead of N.L. homerun leader Andruw Jones because he scores more runs, steals more bases, and has the same amount of RBI's. Don't let a big name or a single inflated statistic make a fool out of you.

By the middle to late rounds, your core lineup and pitching staff should begin to shape out, and the best strategy here is to fill any holes and nab some sleepers. Remember, most leagues are won by how well one drafts in the middle to late rounds. Anyone can pick Alex Rodriguez first or Albert Pujols second.

These rules will help you construct a winner, but the best advice I can give you is to have fun. These are the guys you will monitor for the next six months, so enjoy yourself and the winner you build.



AP Photo / Brennan Linsley

Pujols may have helped his fantasy value with his play in the WBC. First round? Definitely. First Pick? We'll see.

MEN'S BASEBALL

FROM PAGE 12...

complete games, and three shutouts.

NEC opponents were also dominated by NEC first team selection Aldrich, who went 5-1 with a 2.21 ERA in league play, finishing fourth in the NEC in ERA (2.69). The senior struck out an NEC-best, 86 batters in 90.1 innings of work; catching 31 of his strikeout victims while looking.

Men's baseball also believes that its coaching staff plays a vital role in its success. The staff includes the 2005 NEC Coach of the Year in head coach Nick Giaquinto, as well as assistant coaches Bob Andrews and Kaplan.

"We have a strong, open minded coaching staff," Maiella said. "It is a very loose environment which helps the players relax and feel comfortable."

"The coaching staff is pivotal to our success because they are the ones that can see what we are doing right, and what we are doing wrong," Morales said. "They are going to help us improve as we get going in the new season."

Men's baseball's upcoming season is looking very promising, having seen a baseball field for the first time in Florida over spring break. The team played 10 games in eight days, against teams which are superior to the teams in the NEC, in preparation for its upcoming conference games.

"Although we were 0-10 in Florida, it is not as bad as it seems," Adam Farino, a junior from East Meadow, N.Y., said. "We

played larger schools from better conferences that will prepare us for conference play; we will dominate the conference."

"The fact that we played well against teams like Boston College and Michigan State, with the exception of one or two innings in each game, gives me the confidence that we can beat any team in our conference," Morales said.

The Pioneers believe that these 10 games are an indication that they will have a great year, having played very well overall, scoring a lot of runs and pitching well. With its hard work and fortitude, the team feels unstoppable.

"I believe after all this team has overcome and stuck by each other, that there is just no way that we will not win the conference tournament," Maiella said.

The team truly believes that this is its season to prevail and is determined to make it to the top.

2005 NEC Standings

Team:	Record:
1. Quinnipiac	17-6
2. Sacred Heart	16-8
3. Monmouth	15-8
4. Wagner	13-10
5. MSM	12-11
6. FDU	10-13
7. CCSU	10-14
8. Long Island	9-15
9. St. Francis (NY)	3-20

Alex graduates with insufficient coverage.

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Your 2006 Women's Basketball Regional Bracket

(Future regional games to be played at Bob King Court, Albuquerque, N.M.)

Mackey Arena, West Lafayette, Ind.

1. <u>Ohio St.</u>	3/19
2. <u>Oakland</u>	10:30

8. <u>BC</u>	3/19
9. <u>Notre Dame</u>	8:00

McKale Center, Tuscon, Ariz.

5. <u>Utah</u>	3/18
12. <u>Mid Tenn.</u>	1:00

4. <u>Arizona St.</u>	3/18
13. <u>SFA</u>	3:30

McKale Center, Tuscon, Ariz.

6. <u>Florida</u>	3/18
11. <u>New Mexico</u>	10:30

3. <u>Baylor</u>	3/18
14. <u>N. Arizona</u>	8:00

B.J.C., University Park, Penn.

7. <u>St. John's</u>	3/19
10. <u>Cal</u>	12:00

2. <u>Maryland</u>	3/19
15. <u>SHU</u>	2:30

The Last Time...

The Pioneers and Terrapins have met just once in the history of the two teams. Two seasons ago, Sacred Heart took part in the Maryland Thanksgiving Tournament, and met their future NCAA '06 opponent.

The Pioneers trailed by 11 at the half, 44-33, but were outscored 46-16 in the second half en route to a 90-49 loss.

Getting it done when it counts the most

When your best players are your best players, you win championships. During the Pioneers' run to the title, the team received the same sort of support from Rubino, Pape and Walker that it came to expect all season long. Below are season and playoff averages for the 'big 3.'



Season:	Playoffs:
12.4 ppg	13.0 ppg
9.3 rpg	12.6 rpg

Walker was a rebound machine in the final game, pulling down 17 boards before foul trouble ended her dominance in the paint.



Season:	Playoffs:
12.1 ppg	15.6 ppg
3.3 rpg	3.3 rpg

Rubino's energy in the final game was contagious. She made the big shots, played tough 'D' and kept QU on its heels. Not bad from the team's 'senior member.'



Season:	Playoffs:
18.0 ppg	18.0 ppg
7.4 rpg	8.3 rpg

Pape, the reigning NEC player of the year, was a model of consistency all season, and topped off the tourney with a 25 point, 14 rebound game vs. QU.

Queen of 'The Dish'



Junior Kerri Burke runs the offense for the Pioneers. She led the NEC conference in assists during the regular season, and showed the same sort of heads-up play during the conference tournament. Below are Burke's stats from the regular season and her averages from three tournament wins.

Season: 30 Games 135 Assists 4.5 apg
(first in Northeast Conference)

Playoffs: 3 Games 13 Assists 4.33 apg

#2 Maryland vs. #15 Sacred Heart Tale O' The Tape

SHU	Maryland
Record: 26-4	Record: 28-4
Offense: 72.2 ppg	Offense: 83.6 ppg
Defense: 58.1 ppg	Defense: 64.7 ppg
Field Goal %: .426	Field Goal %: .481
Three Point %: .303	Three Point %: .414

WBB brings its dancing shoes to Penn State

Pioneer hoops looks to be bracketbusters in Pennsylvania this weekend

Brian Fitzsimmons
The Spectrum

The University of Maryland's famous sports slogan is "fear the turtle", but that's something the Sacred Heart women's basketball team doesn't plan to do while on their journey as the fifteenth seed in the Albuquerque bracket of the NCAA tournament.

The Pioneers, who were selected to be in the big dance for the first time in their seven year tenure as a Division I program, take on the second seeded Terrapins at Penn State's Bryce Jordan Arena in University Park, Pennsylvania on Sunday.

Sacred Heart brings their 26-4 overall record and plans to show Maryland, who sports a 28-4 record, that even a fifteenth seed is capable of pulling off an upset.

Northeast Conference Player of the Year and NEC Tournament MVP Amanda Pape has led the Pioneers to this point and her 18 points and 7.4 rebounds per game have been a huge contribution to the record breaking winning campaign. Senior Nicolle Rubino, who scored her 1,000th career point as a Pioneer this season, has netted 12.1 points per game and her senior leadership has been extremely valuable as well. Jasmine Walker, who pulled down 17 rebounds in the NEC final game, has pulled down 9.3 rebounds per contest and will be sorely needed if Sacred Heart plans to out-rebound the Terps. Point guard Kerri Burke has tallied 135 assists this year and good ball movement on offense begins with her. Sacred Heart freshmen center

Kaitlin Sowinski showed her ability to move up and down the court and make positive things happen on offense coming off the bench during the championship game, and she will be called upon to aid Walker in the post.

The Pioneers will have their hands full however, since all five of Maryland's starting lineup averages over 11 points per game. Sophomore center Crystal Langhorne, who stands at 6'2, leads the Terrapins with 16.3 points and 8.6 rebounds and is complemented nicely by freshmen Marissa Coleman, who stands at 6'1 and averages 14.6 points and 7.7 rebounds.

Maryland, who is currently ranked 3rd in the country in the *USA Today* polls and was a finalist in the ACC tournament, are the heavy favorites, but any "bracketology" major knows that in this case, "beware of the underdog" can be a more appropriate phrase than "fear the turtle."

SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

Say it ain't so! UConn Huskies eliminate MIH

Brian Fitzsimmons
The Spectrum

With each save by Brad Smith, the Connecticut Huskies knew they were one more step closer to pulling off the only upset in the Atlantic Hockey tournament. The Huskies goaltender made 52 of those stops and Matt Scherer notched a hat trick to help sink Sacred Heart men's ice hockey in the first round of the playoffs with a 4-1 victory Saturday night in Milford.

The third seeded Pioneers certainly had the opportunities to capitalize and take advantage of the Huskies' mistakes, but it did not happen. They failed to convert while amassing 27 shots on 10 power plays.

"I think that if we did score on the power play, especially late in the game, it would've given us a spark," head coach Shaun Hannah said. "We tried to put the puck in the net, but it just didn't go."

Scherer started the offensive spark for Connecticut as he fired the puck under Pioneer goaltender Jason Smith's arm only 5:12 into the game. Scherer struck again and put the Huskies up 2-0 with seven minutes remaining in the period. The goal would eventually become the game clincher.

The Pioneers surged for their first tally when Peter Ferraro scored off a pass from senior Erik Roos with 1:22 left in first period action.

More insurance came for the Huskies when Scott McDougall blasted a shot over Smith's shoulder for the only goal in the second period.

The Pioneers trailed only 3-1 well into the third period, and the door for a possible comeback effort swung wide open. The sixth seeded Huskies took two penalties 5:18 and 6:10 into the period to give the Pioneers a two-man advantage. But, to symbolize how the night went for the Pioneers, they took two penalties of their own to erase the advantage, which ultimately led to another blown power play scoring opportunity.

The dagger to seal the victory came when Scherer's shot found the back of the empty net with a minute and six seconds left, which completely silenced the Milford Ice Pavilion crowd.

"This whole thing just leaves a horrible taste in your mouth," freshmen forward Bear Trapp, winner of five AHA Rookie of the Week honors, said. "You just want to start next year up right away, and we're going to do everything in our power to make sure this doesn't happen again."

Failure to change the formation while sitting back and letting them fire away at Smith helped Connecticut's goalie achieve a new school record for saves while handing Sacred Heart it's second home loss this season.

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Q Who?

SHU emerges as champion in the battle of the top seeds...



AP Photo / Douglas Healey

Pape attacks the net for two of her 25 against Quinnipiac. She earned tournament MVP. For bonus coverage of the 2006 Women's Tournament, turn to page 15.

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Mike Barrett
The Spectrum

Women's basketball reached its season-long goal last Saturday, winning its first ever NEC Championship by a score of 69-65 in a thrilling game over rival Quinnipiac University.

The NEC Player of the Year Amanda Pape, a junior from Stamford, led the Pioneers with 25 points and 14 rebounds and was awarded the tournament's most valuable player award.

The win in front of a record crowd of 1,406 completed a perfect season at home for the Pioneers and also qualifies them for the NCAA tournament for the first time in the team's history. Sacred Heart finishes the season with a 26-4 record.

It will travel to play Pennsylvania Sunday as the 15th seed to face the number two University of Maryland in the national Division One tournament. Time is to be determined.

The number one seeded Pioneers cruised through the opening rounds of the NEC tournament with ease thanks to the combined efforts of captains Pape and Nicolle Rubino, a senior from Port Jefferson Station, N.Y.

A first round win over Fairleigh Dickinson, followed by a win over Long Island, set the stage for the championship game against the number two seeded Bobcats. The Pioneers and Bobcats split their two regular season games against each other. The last meeting resulted in an 86-74 Pioneer win, which gave the team the number one overall seed.

The game started out with Quinnipiac controlling most of the momentum against the Pioneers, using a full court press that didn't allow Sacred Heart to get much offense going. The Bobcats took an early lead, led by freshman Erin Kerner of Erie, Pa.

The Pioneers responded by evening the score at 13 a piece and used a 6-0 run, capped off by a clutch Lisa Moray three pointer, that gave Sacred Heart a 19-13 advantage. The three was one of two that Moray, a sophomore from Hopewell Junction N.Y., hit in the game to elevate the Pioneers past the Bobcats.

"Lisa is a great player who takes

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