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# The SPECTRUM

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## Poly-sci prof. runs for Conn. State Representative

Dario Melendez  
*The Spectrum*

March 18 marked a monumental day, not only for the Sacred Heart committee, but for the citizens and families through out Fairfield.

Christopher Patrick DeSanctis, a Political Science Professor here at Sacred Heart for the past four years, announced his candidacy for Connecticut State Representative in district 132 last Saturday. The announcement was held at the Fairfield Senior Center in front of nearly one hundred supports, made up of family, friends, students, and citizens of Fairfield who are eager for change.

"Taxes are too high on families with children, seniors, and businesses," said DeSanctis, the thirty-six year old Trumbull native. "I am running for your Representation in Hartford because I am passionate about reforming a faulty system and establishing common sense public policies again."

Even though this is DeSanctis's first time running for public office at any level, his participation, contributions and experiences with high profile campaigns and in competitive col-

See DESANCTIS on page 2...

## Dancin' SHUs



The Spectrum/ Travis Flynn

Burke dribbles down the court during the NCAA game against Maryland.

## Students don't let students suffer from alcohol poisoning

Ariane Rasmussen  
*The Spectrum*

Alcohol poisoning.

Two words, heard often, that might not evoke its true dangers to many students who are unaware of all its symptoms.

"I don't think that most students are well aware of the dangers of overdrinking and the risks of alcohol poisoning, even though we try to educate them about it. The reality of many of the students suffering from alcohol poisoning is that it may not hit them fully until after they've fallen asleep at night so you can't just tell necessarily by looking at someone that they are having alcohol poisoning," said Alcohol and Other Drug Services Coordinator, Janice Kessler.

"Because so many students engage in high-risk drinking, a lot of students tend to misinterpret the risks and feel that it's normal and that normal is not dangerous," said Alcohol and Other Drug Services Coordinator Janice Kessler. During St. Patrick's weekend, Kessler said "there were three transports" - which means three students taken to the hospital for being at risk for alcohol poisoning - that "may be partially attributed to St. Patrick's Day celebrations."

St. Vincent's Hospital Emergency Department Nurse Manager, Dawn Martin said, "it's not unusual to have 3-4 students a night, who are not necessarily just from Sacred Heart, brought into the hospital, especially in September on Thursdays and Fridays. Most of the students we see stay here for a few hours until their alcohol level lowers and they are more awake."

"We are saving lives every time we transport someone to the hospital," said Kessler who emphasized that transports are a good thing because they show that

See FRIENDS on page 4...



The Spectrum/ Ariane Rasmussen

Some students learn the hard way about the risks of over-drinking.

## Women gather to speak on conquering struggles *Hear your heart, know your beauty and believe in your possibilities.*

Maria Gomez  
*The Spectrum*

The past Saturday, March 18, the second annual Women's Images Conference took place at Sacred Heart University, gathering many different women from various career fields with one thing in common; the struggles they had and still have to go through in a world frequently dominated by men.

"Explore the Possibilities" was the topic of this year's conference. The aim of this meeting was about offering these women the chance to watch out for their own lives and take every opportunity that this world provides.

These were some of the subjects of discussion during this second Women's Conference. This convention was all about proving that balance is the key to be able to do whatever we want to do, and to keep going with our lives; balance between work, family, friends, relationships etc. seems hard to handle, but if you try, you will see the fruits of it.

No matter how difficult life seems to be or how much work you have, you

cannot let the everyday life customs win you over. You have to explore the outside world and realize how many great things you can do.

Professional and successful women from different work backgrounds, speakers, and lecturers were present last Saturday to talk about their professional fields, their efforts in life to pursue their goals and their various experiences, positive and negative in some cases.

The opening remarks were held by the State Treasurer, Denise Nappier who was the first African-American woman voted to work as a State Treasurer in the United States. Elected two times, Nappier is the only African-American woman to be chosen Treasurer in Connecticut's history and one of the fifty most influential Black Women in business according to Black Enterprise magazine.

The keynote address was by the co-anchor of News Channel 8 News at 5 and the station's Health/Lifestyle Reporter, Jocelyn Maminta. Maminta also works with the American Heart Association and the March of Dimes. She's is also part of the Junior League of New Haven and one

the Friend's of Yale-New Haven Children's Hospital.

During the first session of "Women's Images, Women Explorers: A World of Discovery," the photojournalist and author of Women of Discovery, Milbry Polk and the filmmaker, photographer and producer of "Twenty Ways to Track Tiger," Carol Amore, talked about their trips and adventures around the world, showing to women how a world of fascinating experiences are accessible to them.

"Connecting Your Pocketbook to Your Soul" was presented by Joanne Kabak, a former CPA and autonomous journalist and by Rosemary Williams who is a qualified Financial Planner and the Director of Women's Perspective which is an organization committed to increase women's economic and spiritual force.

These two women explained how to manage money combining your decisions with your spiritual meanings.

"It takes hard work and a lot of suffering to be successful," said Nuha Elkhiamy, Fairfield, who assisted this meeting.

Aline Marie and Gloria Owens pre-

See WOMEN on page 3...



# News

## DeSanctis for state representative

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legiate atmospheres, have equipped the Republican candidate with a well rounded knowledge of the political area.

After graduating from Grand Canyon University in Phoenix, Ariz. in 1993, with a Bachelor of Science degree in Education, DeSanctis began his political career by working on the campaign staff of Arizona State Senator Scott Bundgaard, in 1994.

After the successful and well organized campaign, DeSanctis enrolled in Regent University in Virginia Beach, Va. where he was able to acquire his Masters of Arts in Political Science degree in 1999, while working as the Graduate Assistant for Dean Kay Coles James.

DeSanctis's next step would land him as the Policy and Communication Aide to the office of Mayor in Jersey City, N.J. While acting as Policy and Communication Aide, DeSanctis was able to direct strategies and events for property tax reform, tollbooths, and education reform in Jersey City, N.J. from 1999 to 2001, under Mayor Bret Schundler.

When Mayor Schundler announced his candidacy for the governor of New Jersey, DeSanctis was appointed as his Deputy Director of Coalitions, where he was able to effectively contribute to the campaign by organizing events with seniors, veterans, and other Schundler supporters.

With over twelve years of political experience, DeSanctis is eager to bring a fresh, new approach to Fairfield's

leadership and representation in the State's capital. The candidate feels that it is important to have a powerful voice in Hartford, one that speaks for the mainstream values and priorities that the citizens of Fairfield demand.

"Families, seniors and business will only find Connecticut an attractive place to move to, or remain in," DeSanctis said, "only when taxes are low, our education system is strong, transportation reforms become reality, and health care is understandable and flexible for those who are most in need."

With the support of his wife Deneen, a speech-language pathologist who works for a Fairfield-based Rehabilitation Association, and high ranking political figures within the state, such as Republican Senator John McKinney and state Representatives John Stone,

Cathy Tymniak, John Stripp and T.R. Rowe, DeSanctis is ready to serve the interests of the Fairfield and Sacred Heart communities.

"It is the responsibility for the representative to represent that views and issues of the community," DeSanctis said. "And if elected, I will make sure that these views and issues that the people of this city demand will not go unheard. Everything that the people demand will be presented and heard in Hartford."

*To read more about  
DeSanctis' campaign log  
onto [www.desanctis2006.com](http://www.desanctis2006.com)*

## Where have all the teachers gone?

Brittany Raine  
*The Spectrum*

Sacred Heart faculty members have been doing it for years. It is called Sabbaticals. But this leave of absence from the university's offices and classrooms is anything but a vacation.

Wait, Sabbaticals? What?

As each academic year commences and everyone begins to "buckle down" for another interesting and exciting semester at the university, professors from various departments are packing their books (and sometimes bags) and leaving. They are not departing from their role as a professor at the university per say, but taking some time to go on a Sabbatical Leave.

According to Dr. Michelle Lusardi, Associate Professor of Physical Therapy, coordinator for Graduate Programs in Geriatrics, Middletown, a "layman's" definition of a Sabbatical leave is very interesting and intense and an experience she has been a part of two times, at different points in her career.

"A Sabbatical Leave is a period away from active teaching and committee responsibilities for faculty members," said Lusardi. "[It is] to be used for reflection, for focused activity in their area of research interests (or on development of a new direction for their research) and for creative endeavors that will enhance their skills and abilities as teachers or create new opportunities for learning for their students."

"Some faculty request Sabbatical to focus on advancing their expertise through education during that time," said Lusardi. "Others go to different universities as guest faculty for a semester or two."

"Some write grants to support future research endeavors, [others] write textbooks, while some develop theoretical models that will advance their understanding in their field. Most expect to return to the university refreshed and re-energized, ready to bring what they have learned, accomplished or experienced back into their classrooms."

"Refreshed and re-energized" from a semester or two of intense learning to

further their education which means for the betterment of the teachings in the classroom is very powerful task to take on.

Thomas V. Forget, vice president for Academic Affairs, sent out an email to the faculty and colleagues of Sacred Heart on March 13, applauding and wishing the professors luck that were granted a Sabbatical Leave. The email states that Forget is "pleased to report the results of the Sabbatical Leave process for the Academic Year 2006-2007."

The email also thanks the Faculty Sabbatical Committee for their "review of the faculty applicant's proposals" and says those faculties Sabbaticals support the University's Strategic Plan, Goal #4, Objective #2 (which there were no further comments on explaining what they are) The email, with a list of faculty members that are a part of the sabbaticals this year.

Two professors, including Lusardi and Dr. James Santomeir, Professor of Management, chose to do their Sabbatical in the fall of 2006. Four professors, Dr. Karen Cascini, Professor of Accounting, Dr. James Castonguay, Chair and Associate Professor of Media Studies and Digital Culture, Dr. John Jalbert, Professor of Philosophy and Dr. Michael Larobina, Chair and Associate Professor of Management, are completing their Sabbatical right now, during the spring semester.

Dr. Loris Libby, Associate Professor of Education has taken her Sabbatical Leave during the academic year of 2006-2007 and Dr. Dori Taylor Sullivan, Director and Associate Professor of Nursing, will be doing her Sabbatical during the academic year of 2007-2008. Dr. Jim Im, Professor of Management Information Systems, was granted/deferred.

"I support the choice for faculty members to engage in Sabbaticals," said Ashley Winsek, junior, Sheffield, Mass. "The opportunity for professors to take leaves to better their knowledge about particular fields of studies to use in the classroom that positively affects us, the students, is worth their absence from campus."

Being granted permission to take a Sabbatical Leave is no easy process. Lusardi explains that the sabbatical accep-

tance process is made up of completing a formal application and peer reviews. The fulltime faculty must be at Sacred Heart for at least seven years to be considered for Sabbaticals. Eligible faculty are notified in the fall of each academic year concerning when applications for leave will be accepted.

"Over the fall semester, the faculty member develops a proposal that outlines what he or she hopes to accomplish during leave," said Lusardi. "[They also consider] how this [sabbatical] will benefit the university in the long run. He or she must meet with their department chair for discussion and approval, and [also] meets with the Dean of his or her college for a similar discussion."

Other specifics to be accepted to take a Sabbatical Leave are important to the process. After the submittal of their proposal and letters from the Chair and Dean to the Office of the Vice President of Academic Affairs explains Lusardi. Submitted requests are then reviewed by an elected committee of senior faculty members who make recommendations to Dr. Forget, who in turn gives the names to Dr. Anthony Cernera, president, who asks for approval from the Board of Trustees.

"[Acceptance for a Sabbatical Leave] is not an automatic 'yes' by any means," says Lusardi. "Faculty who request a semester-long Sabbatical continues to receive their fulltime salary; those who request a year-long leave will receive half of their salary over the year. The University considers this to be a worthwhile and necessary investment in the University's future."

Professors, like Lusardi, choose to take their leave when the position in their department can be easily replaced for their temporary absence. While some faculty members participating in Sabbaticals work from home, others travel to different colleges and universities across the country to learn new methods, research ideas and much more.

Faculty members from different departments take part in Sabbaticals not to only enhance their knowledge but to experience different scenery, rhythm in learning and place. Lusardi finds this change

"refreshing" and will "tweak "her thinking, as well.

One concern that comes to students minds when they are informed that they professor, advisor or key person in their educational process is taking a leave is being able to reach them for answers and important information. Lusardi makes sure she talks with her students because part of the planning process for Sabbaticals is to make sure students' learning is not negatively affected. Lusardi finds students reactions to Sabbatical Leaves very intriguing.

"It has been interesting to watch how [the students] understanding of what a faculty members role expands," said Lusardi. "Students primarily see us in the classroom and many are not aware of all of the other dimensions of faculty role."

Students, like Winsek, find that the Sabbaticals and the experiences of faculty members during their leave enhance the University as a whole. Sabbaticals not only affect the faculty member and the department, but make Sacred Heart departments more powerful learning and teaching forces.

"I have not been negatively affected by a professor's Sabbatical Leave," said Winsek. "From what I have seen and heard about a faculty member's absence, they are well replaced and are often easily accessible if you need them, even though they are not on campus. By doing sabbaticals, I now see faculty who take this educational leave to be more three dimensional because they are taking great steps outside of the classroom."

Sabbaticals are not strictly Sacred Heart; they are open opportunities for faculty members at universities and colleges across the world. Sabbaticals are changing the face of education and are the chance for professors to engage in learning outside of campus long after they have graduated college.

A strong support for Sabbatical Leaves can be found in students and faculty. Sabbaticals have become an out-of-school educational experience, used to strengthen the minds of professors and schooling of students.



# Women gather to speak on conquering struggles

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sented, "A Creative Journey to Joy." Marie who is a freelance artist, directs yoga and healing practices for children and teens of abuse and trauma. Along with Marie, Owens is a qualified Kripula Yoga teacher, a graphic designer, artist and photographer.

These two women presented how to get into our inner world using yoga and meditation and using the power of color and painting exercises as well.

The "Navigating and Celebrating the Next Fifty years: Health and Wellness for Women Over forty-five," meeting talked about how women's self image, their fears, their feelings and their outlook influence their endurance.

The conference was also dedicated to mothers and daughters offering different sessions on important issues about mother/daughter relationship.

Caprino also held a workshop, "Getting Back on Track to You: Discover Where You Want to Go and Find the Road to take you There," which helped women to discover their strengths, their weaknesses and their skills in order to pursue that big change in their lives.

Jacqueline Lapa Sussman, who is the Director for Projects for the National and International Imagery Association, and also author of "Images of Desire: Finding Your Natural Sensual Self in Today's Image Filled Society," taught in her session on the strategies for a better communication between mothers and daughters.

Suzie Galler, founder of the Esteemed Woman Foundation, has worked as a producer and writer for renowned TV stations such as CBS or Lifetime television. She's dedicated the last few years creating films and events that will make women more powerful and with a higher self-esteem.

The documentary "I am my Mother's Daughter," which was screened in this session, examines four mothers and daughters and their relationships.

Ronnie Ryan, author of "MANifesting Mr. Right: It's never Too Late to Find the Love You Want," presented this session for college students. He explained how to create a plan to find the right guy and how to make smart alternatives to find the love you want.

Ryan also held "Gutsy Women Win," in this session she states that courageous women get exactly what they want. She offered some strategies to expand your image and how to self-promote.

Zsuzsa Simandy, who is a holistic therapist, presented "The Passionate Self," which talked about how "passion" is the engine that keeps you moving on until your dreams come true. Awareness leads to action, and action to change," said Simandy.

"The God-Self: Connecting to Your Spiritual Center," was presented by Lisa Blackman, who is a spiritual medium, counselor, poet and writer worked with many different people to aid them to see their spiritual prospective and help them to find the God-Self.

"Getting in touch with our God-Self is the most important thing we can do for ourselves and the world. Our life situations, relationships and symptoms of mind and body aid us on our spiritual journey, serving as equipment to free our souls so that we can fly with creativity and joy.

Everyone has the ability and desire, consciously or not to become enlightened, and as we evolve we dissolve our egos, shine in our holiness, and fulfill our destinies," said Blackman.

Elsbeth Anne Beier, who is a Feng Shui professional, and an expert in Chinese Astrology, Tai Chi and Meditation, showed how your awareness appears in your environment and what you can do to advance your inner and outer worlds in "Feng Shui of the Mind" session.

Christina Huebner, who is a writer and a choreographer among other things presented "Self in Motion," in this workshop she talked about how the body can initiate non-verbal communication. Once again, "enhanced awareness of the body's sensations, facilitates, balance, and creates a bridge between the inner and outer self," said Huebner.

The professional speaker, trainer, hypnotist, professor and President of Ignite Spirit, LLC, Deborah Evans Cox presented "Diffusing Difficult People."

"Finance for beginners" was also dedicated to our life situations, college student, Lili Vasileff, who is a Certified Financial Planner, a Divorce Financial Analyst, talked about what to do with our money; when to start to save it and what for.

Nimisha Patel, IT Program Manager for Employee Development at GE Corporate and Nuha Elkhiamy, IT Project Manager at General Electric in Fairfield, gave students the inputs such as researching, networking, testing and expanding the necessary interview techniques in order to find the right job.

In addition to this, Aly Dunne, who is a Body Image Expert and Vogue Cover Model, expounded the performances that you should do to create a good impression when meeting someone new and how to come upon in interviews and during presentations or speeches. Dunne also provided a workshop for teens showing how to meet people with self-assurance and how to feel good about yourself and about your physical appearance.

Another aspect of body image was explained by Ph. D., Assistant Professor of English and Media Studies Department at Sacred Heart University, advisor of the Spectrum, and the author of "Why Can't I Stop Eating?" "The Overeater's Journal and Locked Up for Eating Too Much," Dr. Debbie Danowski, also spoke. Danowski talked about her own experience with food addiction. In addition to this, she explained how the media images and emotions influence our eating habits.

"Defying Gravity: Finding Passion and Purpose in Mid-Life" was the subject of Prill Boyle's speech. He is the author of "Defying Gravity: A Celebration of Late-Blooming Women;" this workshop helped women to experiment with their inner desires; bear out their past and picture their future opportunities.

"This workshop was fun but also challenging. Women need to take care of themselves," said Rosemary Roast.

This conference also focused on teens, their necessities, their achievements etc. The Hypnotherapies, Sharona Fein, who is also the founder and director of The Healing Arts Community in Brookfield, Ct, presented "Change Your Mind, Change Your Life: Self Hypnosis for Teens," what you want to do in your life, what you want to accomplish or what you want to become



The Spectrum/Elyse Harrell

One of the speakers from the convention shares her thoughts and insight.

were some of the subjects in discussion. Fein answered these questions explaining that you have to hit your own inner sources and begin to build what you want in your life.

On the other hand, the workshop presented by the founder and president of Embolden LLC, Betsy Thomas, went into who you are in a relationship; in a relationship with a boy, with your parents, friends, etc., but most important in your relationship with yourself. Relationships usually "provide" positive aspects, but negative as well; Thomas tried to explain how to deal with them.

Randy Farmer who has worked as executive for Citibank or Bankers Trust, and Leonora Valvo, who is the president of Global Executive and Jose Zeilstra, who is the Vice-President of JPMorgan Chase, presented "Women at the Top: Are We There Yet?" They talked about the actual situation of women in the work field. They explained how far women have come and how far women have to go to be equal to men in the work field.

"Women in Politics: You can Have a Voice in the World Around You," was held by Diane Farrell, Former First Selectwoman, Westport. Candidate for Congress, 2004, 2006, by Sandra Coyle who worked for Kerry Edwards campaign, founded "WomIn Politics," an association which dedicated to put up the involvement of young women in political procedures; and by Dr. Kimberly Adams, who is the Vice President of American Women Presidents political action committee.

These three women explained how it is still hard to be a woman in politics but how women can make a difference in this men's world and not only for us, but for the next generations as well.

"What Do You Want to Be After You Grow Up: Financial Planning Beyond the Numbers," presented by Lili Vasileff and the Senior Financial Advisor and owner of Jean A. Leonard & Associates, Jean A. Leonard, explained how those people who work hard for their goals are more expected to accomplish them. This workshop helped women to create a plan where they

envision their future and possible opportunities and therefore to achieve them.

In addition, Michele Phillips, who is an important Motivation Leader and Peak Performance and Patricia Simone, who is a foremost Success Strategist Speaker and Communications Specialist besides a journalist, trainer and business copywriter, presented "Keep Cool and Collected: Smart Tips for Working Women on the Go" which showed women how to keep themselves focused and stable.

"Women in Media: Women's Images Behind the Scenes and Out in Front," was another subject to discussion. The filmmaker, producer of the film Johnny Mnemonic and Former President of New York Women in Film, who has been nominated for two times for Emmy Awards and Randy Kaye, actress and DJ, has been the voice of the radio station ninety-nine point nine Soft & Contemporary talked about their own experiences in the world mass media, how far women have gotten in this world still managed mostly by men and how women's images have changed during these years.

"Dealing with a twelve hundred-pound horse that is rearing up at you is very similar to dealing with a roomful of Hollywood directors," said Cummings.

The closing keynote address was presented by the Award Winning Author, journalist, researcher and writer, Victoria Secunda, who has appeared on different national T.V stations such as CNN or on shows such as Oprah, and is also recognized abroad.

All these women showed how women are able to be successful professionally and personally as well. They all agree that it's hard to get what we want, but if you try, we will. The key to be thriving is to keep everything in balance including you.



# News

## Students don't let students suffer from alcohol poisoning

...CONTINUED FROM PAGE 1

"students are looking out for one another and willing to call Public Safety."

She added, "I'm far more worried when we don't have alcohol transports because I know that the students are drinking - particularly our freshman and I know that many of them are inexperienced. This fall when we didn't have many transports, I was more alarmed by that than if we had them because it means that someone is at risk in the dorm."

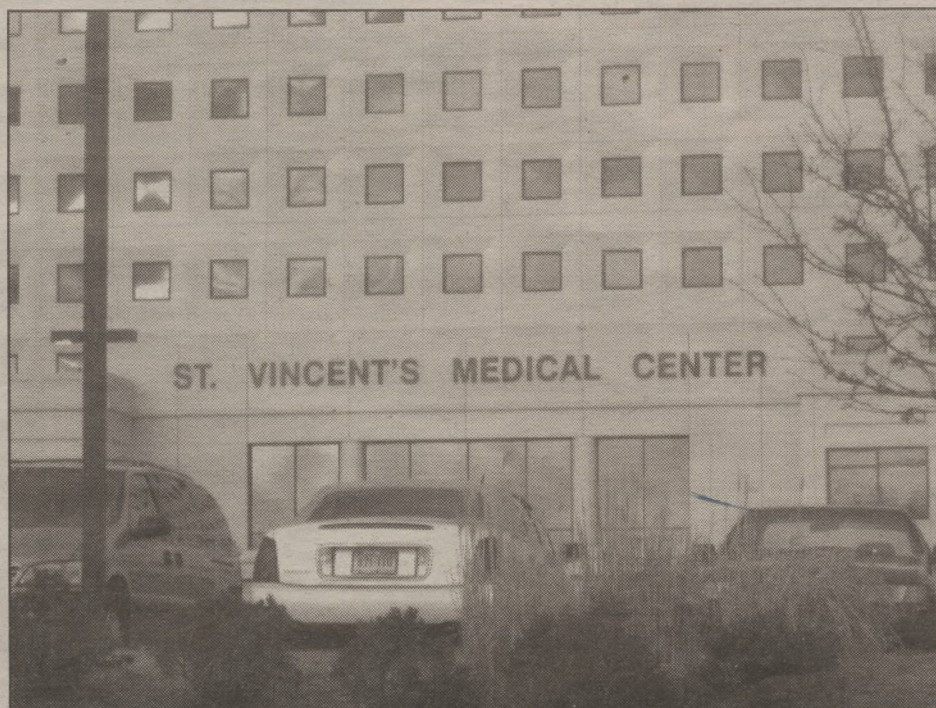
Kessler explained that any student who drinks too much in a short period of time is at risk for alcohol poisoning and that, at SHU, what typically happens is that students drink too much in a short period of time or drink on an empty stomach.

Public Safety Director, Jack Fernandez, feels that "most of students are aware of the dangers of excessive drinking and alcohol poisoning."

He added, "We find that only some of our students drink to the point where they are at risk of alcohol poisoning, so we want to grab those students' attention and let them know that they are in fact harming themselves gravely when they abuse alcohol. Apart from the serious health problems associated with alcohol abuse, students who are intoxicated are vulnerable to a range of dangers that include the inability to make rational decisions and making it easy for predators to take advantage of them."

In addition to the water bottles used for vodka, Kessler noticed some changes; "This year, I've noticed that a lot of the students are mixing alcohol with power/energy drinks. They can't taste as much alcohol because the taste of the power drink overcomes the alcohol and they don't realize how much they're drinking making it very dangerous."

She further explained that although students are educated and oriented on the dangers and risks of alcohol poisoning,



The Spectrum/Ariane Rasmussen

**Many people end up at St. Vincents Medical Center after a night of heavy drinking to be treated for alcohol poisoning.**

she feels that "students tend to tune out the information."

"I orient every incoming freshman class and they still have the highest rate of alcohol poisoning on campus and the highest rate of alcohol violations," Kessler added.

A freshman, who will remain anonymous for engaging in alcohol consumption as a minor, recounted that he was at a bar with a friend who had too many shots that ended with a visit to the hospital.

"I wouldn't call it alcohol poisoning but that's what the people from the ambulance said," he added.

When interviewed, the freshman student taken to the hospital because of alcohol poisoning was also unsure of what qualified as alcohol poisoning.

The hospitalized student, who is also an underage freshman remaining anonymous said, "Dan North was feeding me shots from every angle and I ended up

passing out in the parking lot. I was having the time of my life then all the drinking must have hit me. I was vomiting a lot and can't remember much after that."

He added, "I don't plan in doing that again. I just want to get out and relax and have a laugh with ma mates."

Alcohol poisoning symptoms may include: slowing or shortage of the breath, your eyeballs rolling behind your head, incoherence - not making any sense, confusion or disorientation in time and place, a lot of vomiting and, or vomiting blood, and being out of control in terms of not being able to stand, walk, or passing out, said Kessler.

If one student even suspects that another student is inebriated and at risk for alcohol poisoning, Kessler gives the following advice: First, don't be afraid to call Public Safety and send the student to the hospital. If the student chooses not to send another student to the hospital, they must

put the drunken student on their side so that if they should vomit during the night they won't suffocate on their vomit or aspirate it; they must stay with the student for the next eight hours; they must check often to make sure the student comes to consciousness and for any unusual signs at which time they should call the hospital.

"The problem is that many times, students may not be sober enough to do all of that or may fall asleep," said Kessler.

Other students are also aware of the lack of responsible drinking for many and speculate if the drinking age may have any influence on the problem.

Dave Grimson, freshman, Saskatchewan, Canada is just one student who feels over-drinking is a big problem; "All the binge drinking that goes on. The drinking age is 21 but kids drink anyways. They don't respect alcohol."

"In Canada, by the time we go to college, it's not such a big deal to drink. I think lowering the drinking age would help," Grimson added.

Another student, Afrim Mustafa, sophomore, Bridgeport, said, "Drinking until your unconscious is becoming more common and socially acceptable. In fact, I feel that a lot of people at SHU see drinking as the only way to have fun."

Martin said that at St. Vincent's Hospital they "see many accidents secondary to alcohol abuse as well with one of the scariest and potentially life altering ones being sexual abuse."

Despite a great need for even greater alcohol poisoning awareness, Martin said, "We have had an increase in students being brought to the Emergency Department in recent years. I believe we have more students because of the increased awareness of the dangers more than anything."

Fernandez added, "The best prevention would be to not drink, but if you do drink, do so responsibly."

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# Professional job-finders helping you find the perfect occupation

## All you need is a little motivation

Samuel Bosch  
*The Spectrum*

Looking for work is an intimidating process, it is time consuming and exhausting. Seeking advice is not a sign of weakness but rather a commendable skill considering the circumstances.

When conducting the job search, networking is the difference between landing a job, and landing the job you've always wanted. Marketing yourself is, in many cases, the only way to get a foot in the door.

"Having all the contacts in the world won't help if you don't know what to do with them," said Lauren Morell, Fifth Street Capital. "You have to really show persistence and drive, it's the only way to get respect. No one is willing to put their name on the line and give someone they don't respect an opportunity."

You cannot be unprepared or be caught off guard when networking, whether it is an interview or a meeting, you must be a finely tuned machine and not buckle under pressure. To prepare for the harsh reality that is the workforce, many turn to career counselors.

It is a matter of being proactive, and exploring all of the resources available to students here at SHU. The best place on campus to seek assistance is the Office of Career Development.

Rick Delvecchio, Asst. Director,

Career & Employment Planning said, "The Office of Career Development is here to provide the expertise, resources and the support necessary for students to choose an appropriate major and embark upon a rewarding career path."

Counselors assist students with defining career paths and choosing the right major.

"We provide support to students throughout their time at Sacred Heart. We assist students with awareness of available resources, skills and interest assessments, knowledge of careers and occupations, development of job search and networking skills, resume writing, interview preparation, graduate school planning and access to opportunities for jobs and internships," said Delvecchio.

It is never too late to start thinking about your career. One of the first steps of defining career orientation is selecting a major.

Knowing the focus of your studies is very important in preparing yourself for post graduate life. If you know what you want to do, you know where to start looking for work.

The career fair here at SHU had a record number of employers attend, and the job market is looking strong. There are those out there that are also experiencing success with the help of SHU career counselors.

Gustavo Netto, a senior from Sao Paulo, Brazil, attended the Career Fair and received an internship offer with GE in no later than a month. In combination with

the assistance he received at the Career Development center and his devoted search efforts, he was able to get an offer.

"The career office was helpful in different ways," said Gustavo Netto. "First, they helped me to keep track of important dates, resume review sections, and what steps to take from the day you meet an employer to the following up process."

Keeping organized helps in establishing priorities, and maintaining order.

"Second, Rick Delvecchio (SHU career counselor) was extremely helpful by quickly responding to my e-mails, reviewing my resume and cover letters, and giving me advice on how to market myself better," said Netto.

Every path to success is paved with rejection and drawing strength from that very rejection is what will knock down doors. When asked for suggestions, Gustavo Netto said, "I would say that he or she should never get discouraged from receiving a 'No' as an answer. No means 'you should work harder'."

Finding the perfect job takes time and a lot of patience. It is highly unlikely that

a recent college grad will be offered a six figure salary with access to the corporate jet.

The beauty of the system is that it is really performance based. Networking implies being active and on top of things.

Sitting on a couch all day, waiting for phone calls is not an active job search. Sleeping until noon will not help you land that job you've always wanted.

Having a sense of entitlement will not be helpful, and probably deter anyone from extending an offer of assistance.

"No one is handing out jobs. If you want something in life, go for it. Get out there and interview, and talk to people who are in the industry. Don't be afraid to ask questions, show a willingness to learn," said Morell.

The office of Career Development will not get you a job. That is not its function. The counselors will work with you and point you in the right direction.

They will help you refine the skills necessary to succeed in getting a job.

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*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](mailto:Kagdisj@sacredheart.edu)*

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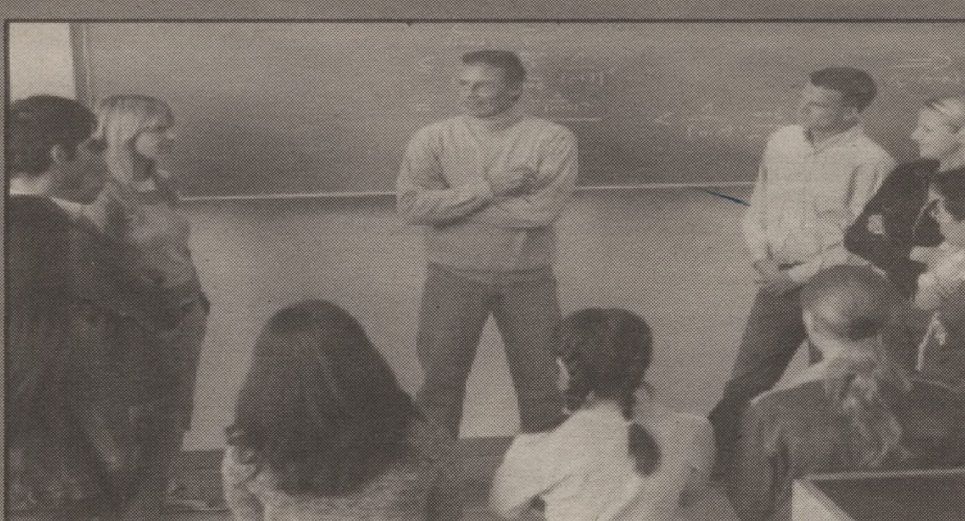
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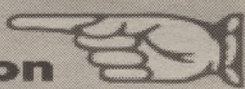
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# Perspectives

## Fear No People to end discrimination

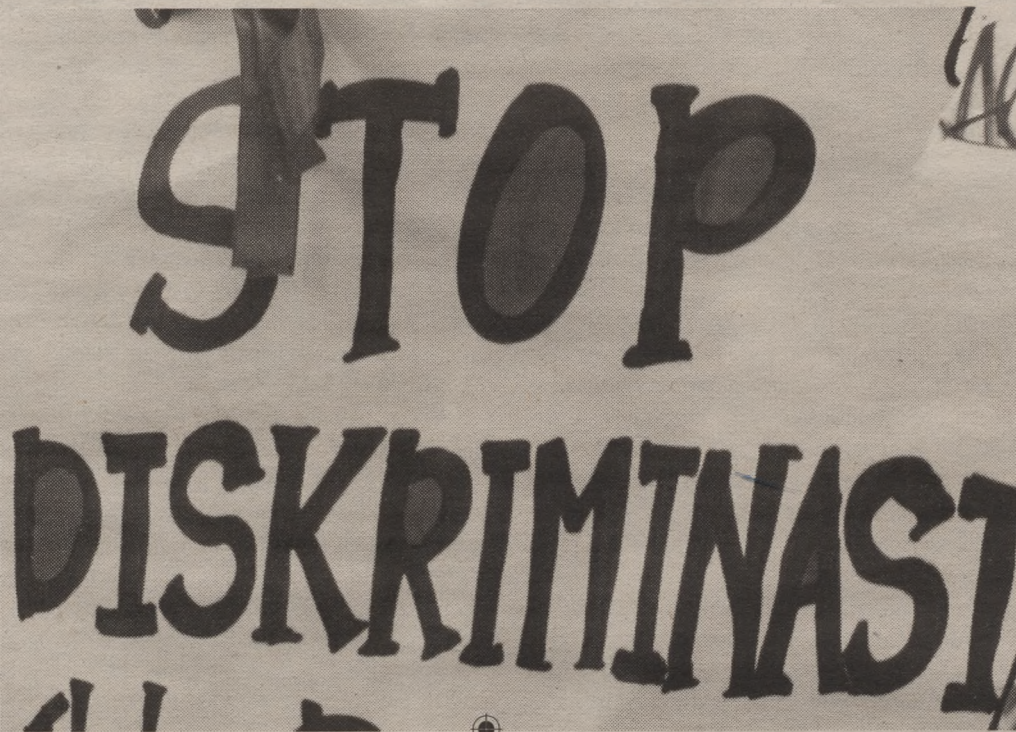
Rachelle Murphy  
*The Spectrum*

On Wednesday March 29, the SHU community is invited to face their beliefs and fears about discrimination. The issues being addressed range from homosexuality to relationship abuse and more.

The recent press about the Oscar winning film "Crash" has left many people thinking about the real life prejudices and discriminations within our society. In order to thoroughly explore these issues the Residential Life staffs in both Seton Hall and Christian Witness Commons, are putting on a Residential Life and Housing Fear No People event. This event will help shed some light on current discrimination issues in our society both on and off campus.

"Discrimination comes in many types and is prevalent on this campus, and nationwide. It is an important issue to address and this event does so with a series of skits addressing the various forms of discrimination noticed on campus. It is a great event for residents to attend and it will hopefully challenge the SHU community to take a stand on discrimination. Instead of idly standing by, we should learn to speak up and address the issue," said Jen Arthur, senior, Trumbull.

Arthur is one of the 20 residents assistants that is putting on this event. Each RA is responsible for collaborating with other RAs on different scenes of discrimination. They were able to choose what topic they would like to be representing, and decide on what type



In any language its clear, disrimination in any form must be stopped.

of skit they would like to put on.

"Our skit will address homosexuality and the stereotypes that one may hold. Discrimination is present everyday and everywhere. It is important to try and open the eyes of others so that they can recognize when they may be discriminating. We are trying to create awareness on our campus. SHU students will benefit from this Fear No People event because we have addressed the issue in a smart and entertaining way. Also, who wouldn't enjoy seeing RAs act?" said Kelly Parks, sophomore, Stoughton, Mass.

This event is somewhat controversial because of its content. However, students need to be aware that these issues exist in everyday life, and they need to be addressed. Just like the movie "Crash" brought the discrimination issues of Los Angeles to light, Residential Life is bringing these issues to SHU.

"I think that Fear No People is a great idea. Whether the SHU community notices it or not, discrimination and racial slurs are all around us. I feel that by helping our community to recognize the imperfections we will

be able to become closer as a family. I will be attending to learn how to better myself as a person, and to learn how to help better my peers," said Steve Furio, freshman, Wading River, N.Y.

Furio makes an excellent point. The purpose of the Fear No People series is to educate and enlighten the SHU community. By exploring these topics, we will be able to become a closer community.

"I think that people need to be aware of what is happening to the different ethnic groups. Hopefully with more awareness people can identify and put a stop to discrimination. SHU's students and faculty will be able to learn and see what is happening in the world. From my experience the SHU community isn't very diverse and sometimes discrimination isn't seen as much as it would be in a much larger university. I also believe that this issue may be controversial to some; discrimination is a large issue not only in the United States but all over the world. I think that those putting on this event need to take discretion in what they say to minimize the chance of someone being offended," Kayla Peters, freshman, Enfield.

The Fear No People event takes place on March 29 at 9:30 p.m. in the University Commons. The event is open to the public and free for all.

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## Photographer's Pick



The Spectrum/ Travis Flynn

The cheerleaders perform at the women's NCAA game against Maryland.



# He Said... She Said...

## Does political affiliation matter when picking a significant other?



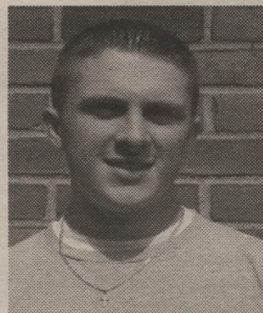
Robert Roy  
"He Said" Columnist

Politics are a huge factor in society today. Many times you will find yourself on a boring date and the only topics of conversation have been the weather and President's latest antics.

When on a date this is the last thing you want to have happen. After the dating process is complete and you are in a serious relationship, political affiliation should not become an issue.

Political affiliation is not a huge factor when choosing a significant other. There are many advantages and disadvantages to having opposite political beliefs in a relationship. An advantage is the relationship will have two opposite opinions when a political issue occurs, which creates diversity.

This diversity may open one's mind to the other side of the spectrum, creating well rounded people. The only downside to having



conflicting political beliefs is the fact that arguments may arise due to different opinions.

However, if your relationship is so weak that it cannot handle this fight then it probably wasn't going to last in the first place. The contradiction in beliefs will keep the relationship be more interesting. If you are dating someone who is exactly like you, chances are you will become bored very quickly.

Politics is something that should be avoided on the first few dates to prevent offending someone. Do not base your dating life on politics.

Rachelle Murphy  
"She Said" Columnist

When looking at qualities that you would like in a mate, few look at political affiliation. However, politics have made their impact on many relationships.

Even though they have two opposite political parties, Arnold Schwarzenegger (Republican) and Maria Shriver (Democrat) have been married for almost 20 years. Although these two political parties have been battling for hundreds of years, the relationship between Schwarzenegger and Shriver has not been affected by their political affiliations.

Although this one relationship has survived the battle of politics, not all relationships can. Imagine having a very conservative republican paired with a liberal democrat. It would be interesting to see what would happen. Either they would accept one another's opinions or else they would be constantly locked in verbal battles.



Depending on what you want out of a relationship, political affiliation would be something to consider before dating someone. You don't want to be stuck always fighting or having disagreements about moral issues. It seems as if no one wants to talk about politics on first dates anymore because they are afraid that they will offend the person that they are dating.

It is ultimately your choice whether or not politics influence your decision. Just make sure that you are happy with whatever choice you make.

Recently, two of the Sacred Heart University senators attended a national Student Government Conference at A&M in Texas. Many new techniques for leading fellow Student Government members were discussed. The following are comments from Aisha Lubin and Michael Tarantino about their experiences.

"The idea of a full Student Senate was one of the best ideas I heard while I was in Texas. This involved having someone from each college (i.e.: College of Business, College of Arts and Sciences, etc.). This would give us a bigger senate as well as help to know what's going on throughout the whole university. We tend to only know what's going on within our own classes and senate here at SHU. Speaking of class boards, we also chatted about removing senate from class board. It would elevate the questions about where a write up should fall and it would give the senator more time to fully commit to senate. I think it would be a great thing for us to try. It would also give students a chance to join class board and make things happen for their class through unelected positions. I don't know how it was at everyone else's high school but everyone wanted to be part of prom committee at mine. So, if we could talk it up and invite others to be part of the "magic 2007" it just might work." - Senator Lubin

"Tradition, tradition, tradition! They were brain-washed as well. AHHHH! One of the things that made Texas A&M so great was its lasting tradition. Given we are a young university, founded in the 1960's compared to the late 1800's for A&M, traditions have to start somewhere and the four of us who attended the conference from SHU agreed that this may be one aspect of college that SHU is missing out on. The traditions are something that brings the students together and gets them involved with the university without having to join anything. One of the things that our amazing tour guide Jay Tom Ratliff told us, was that if Aggie saw another Aggie wearing their class ring, they would have to buy that fellow alumni dinner. That is just one example of a huge list of traditions that A&M had that I felt would make SHU even better than it already is. Following the tradition now at SHU, I would never be inclined to just buy dinner for an alumnus, but that is just an example." - Senator Tarantino

"Oh man they sure brainwashed me! AAAAAA-WHOOP! We definitely need to figure out something because I know STA has been trying for many years and we need to put a 110 percent effort into this. At my high school we had bright yellow shirts that said "Cardinal Crazies." We were always the biggest group wearing bright yellow. It could work for SHU." - Senator Lubin

- Contributed by Erin Maurer.

### SHU Voices

## If you could be any celebrity in Hollywood, who would you be?



"Jennifer Aniston. I like the work she chooses and the way she carries herself."

**Melissa Vermilye**

Levittown, N.Y.~Sophomore



"Ashton Kutcher because you can't get any more intimate than that."

**Stephanie Traver**

Peekskill, N.Y.~Sophomore



"Rachel Bilson. I like her acting and she's a funny actress."

**Jenna Wright**

Duanesburg, N.Y.~Freshman



"Ben Affleck because I'd have the chance to wake up next to Jennifer Garner everyday."

**Mike Johnson**

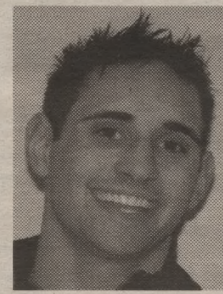
Oceanside, N.Y.~Senior



"Will Smith. He can rap, sing, dance, is charismatic, and takes care of himself at the gym."

**Andrew Schroeder**

Wall Township, N.J.~Sophomore



"Nobody in Hollywood because they are all plastic."

**Cory Abbate**

Ridge, N.Y.~Sophomore

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



# —Arts & Entertainment—

## IMC brings Rock 'n Roll to SHU

Dana Cannizzaro  
*The Spectrum*

Saturday night in the Outpost, SHU's Independent Music Club, IMC, presented their final rock show of the year.

Independent Music Club's main priority is bringing rock and roll to our school, and Saturday night they did just that. The stage was set, the lights were low, and you could hear the music from down the hall.

Playing in the Outpost were three bands who were all from the tri-state area. The first to perform was Under a Falling Sky, a screamo act from New Haven.

The following band, The Gun Stays, was back for a second time at SHU. The Long Island hardcore band had played here once last semester and both times, they put on a great show.

The last band to perform was one that is no stranger to SHU. Twilight City Fracture, a south Jersey hardcore act, has played Sacred Heart three times and is one of the club's favorites.

This was one of the harder shows that the IMC has presented to the school this year. There was an involved crowd, consisting of fans, students and the bands that had played.

All of the bands were excited to be



The Spectrum/ Dana Cannizzaro

**The Gun Stays, from Long Island returns to SHU for another performance.**

here; they supported each other during their sets and sang along.

The club is mostly known for putting on hardcore shows, but this year it wanted

to bring more of a variety of rock and roll music to SHU.

Earlier in the year, IMC presented a ska show, which included bands like The Argyles, Long Shot Hero, and Stealing From Peter.

The club's previous show, was an acoustic one. This show was the most mellow sounding that the club has presented this year. Bands that played included Firma and the Jake Incao Band.

Since this was the last show that the IMC will be putting on this year, the club wanted to conclude with a good one.

"This has been IMC's most productive year so far, and I think it went pretty well. It's sad that this is possibly the last show, but it ended strong," said club president Laura Day, senior, Worcester, Mass.

General club members were also pleased with how well the show went.

"The bands are really good. I think that this is one of the more talented shows that we've put on this year. We'll hopefully have these bands back sometime next year," said Jen Murphy, junior, Milford.

As the club looks forward for the next year, they are pleased with the outcome of the present, and especially pleased with Saturday night's show.

## "Failure to Launch" takes off at the box office

Lauren Willams  
*The Spectrum*

Paramount Pictures presents, "Failure to Launch," a lighthearted, one hour and 37 minute romantic comedy directed by Tom Dey (Shanghai Noon).

Matthew McConaughey plays Tripp, a 35-year-old slacker who still lives at home with his parents Sue (Kathy Bates) and Al (Terry Bradshaw). Fed up with their son's late night lady visitors and other immature behavior, Tripp's parents hire Paula (Sarah Jessica Parker).

Paula, a professional interventionist begins her "fail proof" program with Tripp while guaranteeing his parents their simulated relationship will give him the confidence he needs to finally move out of his childhood home. Her plan is simple; "You look nice, you find out what they like and you pretend to like it too."

Her agenda also includes experiencing something sad together, meeting his friends and having him teach her something. In their case he likes paintball, her dog has to be put to sleep (it's not really her dog), his friends like her and he teaches her how to sail.

Staying true to typical chick flick form, however, things don't run as smoothly as Tripp's parents and Paula would have liked. Paula's methods are thrown for a loop when she begins to have feelings for her deviant client Tripp.

If the plot seems familiar- it may be because it is similar to another romantic comedy also released by Paramount Picture's and featuring McConnaughey.

"It's just like "How to lose a guy in 10 days" only the cute blonde chick is

different. Even though I hate to admit it, I have to say "Failure to Launch" is actually worth seeing, it's pretty funny and a great date movie," said Ryan Straus, junior, Staten Island, N.Y.

April Carlson, graduate student, Derby also recommends the film.

"If you want to laugh, I definitely think it's worth seeing. With Matthew McConnaughey's humor, wit, charm and good looks he plays the perfect loveable loser and the supporting actors are awesome. Really the supporting cast is great and is where most of the funny parts of the movie come into play. Personally I thought they were the best part. And Sarah Jessica Parker's roommate was hysterical. She's freaky, and weird and hilarious. I look forward to seeing her in more films," she said.

Paula's roommate, Kit, played by Zoey Deschanel ("Elf," "Almost Famous") has a dry sense of humor and often steals the scenes she shares with Parker.

"Kit's facial expressions and deep voice were perfect for the quirky character she played," said Danielle Gigglietta, senior, Monroe.

McConnaughey's buddies who also live at home are also where much of the comedy lies. Justin Bartha ("National Treasure") portrays the character of Ace, a software producing computer geek while Tripp's other friends in the film include Demo, played by Bradley Cooper ("Wedding Crashers") a fun loving guy who loves to travel and explore nature as well as a fast talking, video game loving eight year old by the name of Jeffrey (Tyrell Jackson Williams).

While the professional critics remain



AP Photo/ Stuart Ramson

**Cast members from Failure to Launch pose for the photographers as they arrived at the world premiere in New York.**

quite harsh with their reviews Sarah Falby, junior, Monroe said, "Critics should lighten up and try to enjoy the film for what it is. Sure, the movie may not break new ground, there are no Oscar worthy performances and it's not going to win any awards or brownie points with the art elite but it is fun and entertaining. My friends and I thought it was great. It's just a silly, offbeat comedy that happens to use a romance to move the story along."

Agreeing that there isn't as much romance as there is comedy is Jennilyn DeSisto, senior, Trumbull, said, "The movie was pretty good and really wasn't what I was expecting. The predictable

storyline was there but the secondary characters, his parents, his friends and her roommate, made the film different. Perhaps because it was written by two guys, (Tom J. Astle and Matt Ember). My boyfriend was pleasantly surprised to see a lot of the mushy girl stuff, things that are pretty much synonymous with romantic comedies, substituted with more random funny stuff."

Whether you still live at home or know someone who does, "Failure to Launch" lifts off giving viewers a fun cinematic experience.



# L.A. Confidential: Oscar loves his women

It's been a slow week in Hollywood, what with everyone still getting over the Oscars and taking time to relax after Tinseltown's biggest night.

Instead of sounding off on current Hollywood politics, considering there is little to sound off on, this week I have decided to rank the top five Best Actress winners of the past sixteen years excluding this past Oscar ceremony. I loved Reese Witherspoon in "Walk the Line" and I thought she was the perfect fit to win the award, so it goes without saying that I consider her one of the best winners, but for now, I'm taking a walk down memory lane, from 1990 to 2006.

Starting the countdown at number five is Julia Roberts in "Erin Brockovich." Julia Roberts is America's actress.

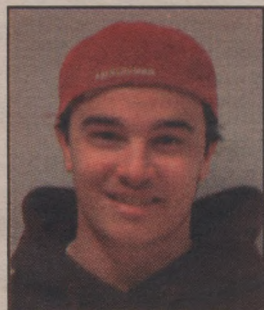
She is extremely likeable, sure, but is she a great actress? That question is a matter of opinion. To me, Julia Roberts is Julia Roberts in every movie, with one exception. That exception is "Erin Brockovich." Julia becomes the character and absorbs all that the character does – the true sign of an extraordinary actress.

Her vivacious remarks and vigorous actions allow the character of Erin Brockovich to come out in full force. She finally won the Academy Award for her work in this and thoroughly deserved it. While her work in "Pretty Woman" is delightful, playing Erin Brockovich was the turning point in her amazing acting career.

Number four, when Kathy Bates won her Oscar in 1991 for "Misery," she wasn't playing a sweet mother, but quite the opposite. Kathy Bates' performance as Annie Wilkes in "Misery" was such an intense portrayal of a fan gone crazy that people had to take note. Throwing a typewriter on James Caan's broken foot is just plain memorable, (I had nightmares). It was her first Oscar and she has been nominated twice since. Her Annie Wilkes is a wrought human being conflicted with so many issues and she shows that through the multiple layers she gives to the character and layers is what all great characters should have.

My number three actress was a recent winner for her portrayal as Aileen Wuornos, a prostitute with a knack for murder. When you think of Charlize Theron, you think gorgeous, glamorous, and stunning. Then you see her in "Monster" and her precious skin is like torn rubber, she curses like a sailor, and she kills grown men. That is not the Charlize Theron I've come to know, considering she is gorgeous and elegant.

The number two actress knows what great acting is all about, and she proves it during her performance as British writer Virginia Woolf in "The Hours." Nicole Kidman is far and away my favorite actress of all time. She has such style and grace that surpasses time and her acting is always pitch-perfect. Nicole becomes a hideous, big nosed, grey haired writer with some serious depression issues. Nothing could be more opposite than the real Nicole Kidman. Her Virginia



Shaun Mitchell

Woolf is subtle but extremely smart and I would say too smart for her own good. Nicole Kidman has always taken great acting risks and they finally paid off with this amazing role.

The number one Best Actress winner in the past sixteen years has to go to Francis McDormand for her portrayal of Marge Gunderson in "Fargo." The Minnesota accent, the overly pregnant belly, and the Shakespearian attitude that many actresses could not express all give her the edge as the best of the best. Her small town cop on the hunt for cold blooded murderers mixed with her calm reservations makes you wonder if Marge Gunderson was a real person, but she's not. She delivers one of the most memorable performances, dare I say, of all time? I can watch her Marge Gunderson over and over again and never get tired of looking at the amazing work being done on the screen.

All these actresses, Julia, Kathy, Charlize, Nicole, and Francis, have an amazing gift for taking on a character as their own and becoming a whole different persona altogether. We believe they are someone else. That is the essence of acting. That is what makes their performances great. And that is what makes Hollywood such a magical place.

# Jerry Pinkney comes to SHU's annual art festival

Kate Brindisi  
*The Spectrum*

On April 11, the 15th Annual Art Festival will be held in the Edgerton Center for the Performing Arts. The festival will host guest speaker, Jerry Pinkney, the remarkable illustrator.

Jerry Pinkney comes from a large family of artists and writers, their commitment is to convey stories to celebrate the human spirit and focus on the African American experience. Pinkney, along with members of his family have released some of the most acclaimed children's books of this day and age.

Pinkney credits his mother for encouraging his illustration gift that was recognized from an early age. He put in the hard work in order to perfect his chosen craft. Pinkney won a full scholarship to an art school, and later opened an art studio with several other artists.

In addition to illustrating children's picture books, Pinkney is also a fine artist whose artwork and books, focus on multi cultural themes. Other projects Pinkney has produced include a dozen postage stamps for the U.S. Postal Service Black Heritage Series and also the conception of a Christmas tree at the White House in honor of his accomplishments.

Despite his various accomplishments and projects, which range from greeting cards to postage stamps, Pinkney believes

for him that book illustration is the most exciting creative process of all.

"Books give me a great feeling of personal and artistic satisfaction. When I'm working on a book, I wish the phone would never ring. I love doing it. My satisfaction comes from the actual marks on the paper; when it sings, it's magic," said Pinkney.

In an interview that took place in the fall of 1996, Pinkney and author Gloria Jean Pinkney, discussed their children's books which portray the ordinary lives of African Americans in rich, authentic detail and highlight universal themes of home, family and the pursuit of dreams.

Jerry Pinkney's distinctive colored-pencil and watercolor illustrations for books such as "Mirandy and Brother Wind", "The Talking Eggs" and "Patchwork Quilt" have earned him three Caldecott Honor medals and three Coretta Scott King awards.

Pinkney also joined forces with author Julius Lester and together the two talented individuals they have revived the legend of John Henry and other African American folk tales. In 1992, Jerry illustrated Gloria's first book, "Back Home."

The Pinkneys have since completed another joint effort, "The Sunday Outing," and are at work on a third. The Pinkneys' son, Brian, is also a well-known illustrator who has collaborated with his wife, author Andrea Davis Pinkney, to produce the children's books "Alvin Ailey," "Dear Benjamin Banneker" and "Seven Candles for Kwanzaa."

Jerry and Gloria Pinkney spoke with Teaching Tolerance Research Associate Gabrielle Lyon by telephone last fall from their home in Croton-on-Hudson, N.Y.

The 15th Annual Art Festival will take place on Tuesday, April 11, in the Edgerton Center for the Performing Arts. The presentation begins at 10:30 a.m. and admission is free. The Festival is open to the public as is the Annual Student Art Exhibit in the gallery next to the Edgerton Theater.

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# Features

## SHU's feelings towards a potential female president

Ashley Bonora  
*The Spectrum*

The ABC television show, "Commander In Chief," features actress Geena Davis as the first female president. Although just a show, is the United States ready for a woman in office?

A recent Sienna Research poll found that 81 percent of Americans say they are ready for a female president, but only 63 percent believe that the nation is ready for such a change.

The likeliness of having a female president in the near future may not seem high, but the 2008 election is coming up, and the number of women in all key political offices is increasing.

The White House Project, a national, non-partisan, non-for-profit organization, aims to advance women's leadership in all communities and sectors, up to the U.S. presidency.

The White House Project creates a culture where America's most valuable untapped resource, women, can succeed in all realms.

Marie C. Wilson is the founder and president of the White House Project. To advance the mission of the project, she strives to support women and the issues

that allow women to lead in their own lives and the world.

Breaking into the "old boy's club" of politics has been a frightening challenge for women. Women currently make up "13.6 percent of the House, 14 percent of the Senate; a total of 13.6 percent of Congress," said Wilson in an interview with the Washington Post.

In addition, women make up six out of 50 governors and 15 percent of the mayors of the top 100 U.S. cities are women.

According to Wilson, there is still a glass ceiling for women in politics, as well as in business, sports and other leadership sectors. The U.S. still has not had a female president, only four of the 14 official Cabinet positions are held by women, and our country ranks 59 in women's representation in national legislations.

Although women have in fact moved up in the ranks of society, America is still hesitant about having a female president.

"In terms of being good or bad, it would depend on the values of the individual. It could swing the ideologies of the government to either a more conservative or more liberal arena," said Rob Pescatore, senior, Trumbull.

"I'm in favor of women holding political offices, whether high federal positions

or lower local ones. But realistically, the position of president is not prepared for a female occupant. Women have a lot of important roles in this country and maybe there is a woman candidate that is physically and mentally prepared for the responsibilities, but I personally don't feel that Americans are ready to handle that kind of change," said Diane Raimann, junior, Beachwood, N.J.

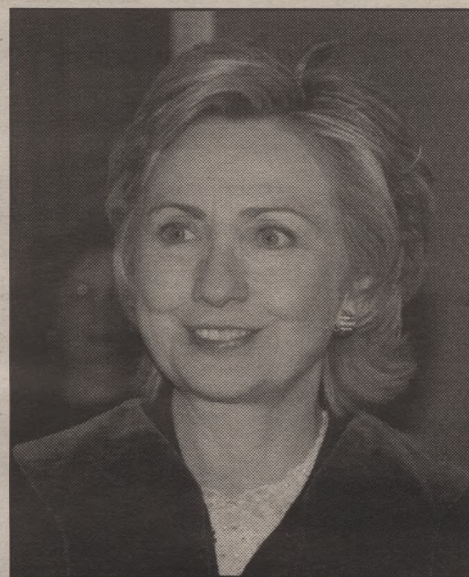
"Maybe in the future it could be more plausible but today, right now, I don't think it would work out for the best of this country. As for Hilary Clinton, I think her intentions are good and her standards are high but she would not make a good first female president," said Raimann.

"In terms of handling it as a country, I think it will be a culture shock until we see how the administration runs and whether the female president would lead the country like someone does now or would be swayed by emotion rather than situations," said Pescatore.

The question of a female president in office is one that stands on its own, but who could be the first female in office is the query.

"To be honest, the first women who were ever elected to Congress usually inherited their positions. I think the way

women get in is not as important as what they do when they get in. However, one of the best sources of political leadership that leads to the presidency are independent attorney generals who have a proven record and a portfolio of tough performance that often leads to the best possibilities for higher office," said Wilson.



AP Photo

Could she be your next president?

### 1st Annual Sacred Heart University Unite to Fight AIDS WALK

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## Internet privacy issues can affect you later in life

Scott Wagner  
*The Spectrum*

The term "google" has made its way into common English diction. But does Google know too much about you?

Posting pictures of the past crazy weekend might lose you a job. Nationwide employers are beginning to extensively use Internet search engines as a standard background check practice in job placements. The battle between personal and Internet privacy begins.

The Privacy Rights Clearinghouse in San Diego, CA exists to educate and advocate for the nationalization of Internet privacy.

"The Internet has erased our concept of social forgiveness," said Director Beth Givens.

Companies can look deeply into most online activities that you undertake, especially if you are using your real name. Online purchasing and social networking are among the most risky of these.

Social networking sites are those like Facebook and MySpace. They allow users to chat, post permanent messages, and share photos often under their own names. Facebook, which was launched as an experiment by students at Harvard in 2004, now has over 12 and half million registered users nationwide. Many of these people belong to the collegiate world and now to this huge online community.

Facebook and MySpace invite users to be open about whom they are and what they like to do. And while the college and life experience is generally understood to be one of experimentation

in search of awakening your resolution, stop and ask yourself how your time is being documented and conveyed via the web?

Going into an interview it is just one more thing to worry about.

"Corporations will certainly overlook someone who has been documented on one of these sites as acting or behaving consistently out of the ordinary," said Givens.

The Privacy Rights Clearinghouse suggests using a pseudonym.

"A pseudonym is the false identity you present yourself as online. It is your handle or screen name and a much safer alternative," said Givens.

According to the Clearinghouse's website, a screen name carries no legal attachment to the user who creates it. It might as well be a random series of letters or numbers that you have no affiliation with whatsoever. Even using part of your name in your handle can be dangerous because serious hackers are able to track the activities of particular names so anything and everything could possibly come back to you.

Using a handle protects you when you buy products online, too, because your name is not directly tied to your handle or your email address.

"At the Clearinghouse we suggest you make online purchases with a credit card only. Do not use debit. Card companies agree to certain liability waivers which can protect against losses, but debit card purchases take funds from your account almost instantly," said Givens.



# SAT scores on hotseat

Ceren Akinci  
The Spectrum

Almost all colleges require the Scholastic Aptitude Test; SAT, but now, more are willing to make the standardized test an option for college applicants.

According to the official SAT website, Collegeboard.com, the test is designed to measure the student's ability to analyze, understand and solve problems both verbal and mathematical. The test is offered to all high school juniors and seniors and is offered both in the U.S. and overseas.

The SAT is designed to show the admission department of the college how well the prospect student compares with the other students who have taken the test.

The SAT scores of students who are accepted to SHU are 500 to 650 for verbal and math. SHU requires SAT or ACT scores from all applicants. In addition to the scores, letters of recommendation as well as high school transcript with senior year grades are required.

Time Magazine reports that about 280 colleges in the U.S. have made the SAT scores an option for their applicants, and more colleges are considering doing the same.

The protesters of the standardized test argue that the test only measures a student's ability to take the test, a skill that can be bought by attending expensive prep courses offered by testing centers such as Kaplan and Princeton Review.

Time Magazine reports that most admission departments make an attempt to not put a strong focus on the test.

"The SAT is probably the most thoroughly researched test in history," said College Board President Gaston Caperton.

The SAT has been around long enough, since 1926 to be exact, to prove as an effective test. It was designed and funded by the College Board and later adopted by the University of California as a mandatory admissions test. Colleges believe that having a high SAT requirement help keep a prestige profile, making the school more competitive.

Time Magazine reported that after doing a 5-year experiment with the SAT's, Lafayette College found that making the test a requirement boosted the amount of applications the school received by 14 percent.

"I do think students were more interested because of the perception of quality that's attached to the SAT," said Barry McCarty, a dean at Lafayette College.

"If we don't have SAT any longer, we'll have to weigh more heavily on what's left, the student's GPA, their curriculum of college-prep courses and other things," said Rae Lee Siporin, admissions director of UCLA.

Siporin reportedly receives over

40,000 applications each year. The process of reviewing applications takes a lot longer, making it impossible for the admissions department to evaluate each and every one of its applicants on an individualized basis.

"We felt the SAT gave us one more consistent, nationally recognized standard," said McCarty.

Some schools even recommend students take the SAT II, which are designed to concentrate on a single subject, chosen out of twenty-two different ones.

The SAT's are still used by most universities and colleges across the country.

It is the only sure way to compare a student's ability for problem solving and analyzing and compare it to the rest of the students who have also taken the test.

High school students are often reminded of the test's importance as early as their freshman year.

"I was petrified of the SAT's because my high school put a big emphasis on them.

I had to remind myself that there was more to me than just a bunch of numbers. I made sure I attended the open houses and meet the admission counselors to show my interest in SHU. My GPA was also high and I had done a lot of community work and extra curricular activities, and I knew all of that would help," said Fattima Zahra, senior, Fairfield

Although it seems as though the SAT's are going to be around for quite a while, most college admission websites note that each applicant will be considered based on their high school GPA, extra curricula activities, as well as their SAT scores. And of course, interviews never hurt either.

Want the Editor  
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*"The SAT doesn't measure heart. I like the SAT, but I don't love it. I wish I could find something that was a more fair and accurate measure."*

*-John Barnhill, Florida  
State admissions chief*

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*"All the News  
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# Sports

## BRIEFS

Women's basketball  
looks back upon season  
fondly, already look-  
ing to make waves  
again next year.

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Top 3 Performances  
for  
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this week.

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WBC

Cono's Corner:

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Women's Basketball:

Everything you  
wanted to know but  
were afraid to ask.

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### Spectrum Sports

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## WOMEN'S BASKETBALL

RUBINO from back page...

on to Penn State in the Albuquerque region of the NCAA tournament to take on second-seeded Maryland. The Pioneers trailed by 14 at the half, but the Terrapins pulled away as fans viewed the game all across the country courtesy of ESPN network. Rubino scored 10 points, pulled down four rebounds and dished out four assists.

Sacred Heart has watched Rubino thrive throughout her glowing career, and will not forget one of the 1,326 points she accumulated in 115 career games on the hardwood sporting a red and white Sacred Heart jersey.

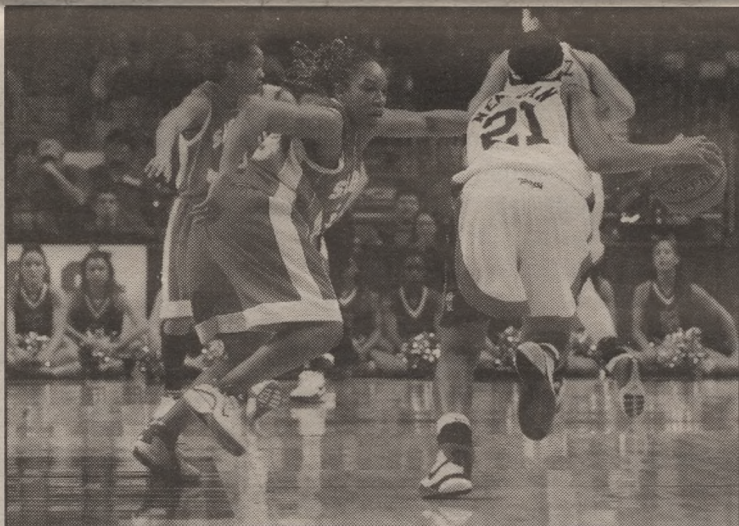
As a freshman in 2002-2003, Rubino wasted no time in working her way to becoming one of the school's all-time greats when she was awarded NEC Rookie of the Year. She continued her success in her sophomore and junior years, but she played the role of senior captain best this past season. The 5'9 guard scored her 1,000<sup>th</sup> point earlier in the campaign and also surpassed 400 rebounds, 300 assists, and 200 steals in her four-year career.

However, the only statistic that is not shown in the books is leadership, which is what she will be remembered for. Becoming one of the contractors in building the basketball program at Sacred Heart is an honor, and Rubino handled it like a champion.

Rubino's number '3' may not be worn on the Pitt Center courts again, but anytime a Pioneer basketball fan thinks of this season's NEC champions, the senior captain will not be forgotten.



Nicole Rubino (left) and Amanda Pape speak with the media on Saturday, one day prior to their matchup with Maryland.



Jasmine Walker scrambles to keep up with Maryland's Ashleigh Newman.

PAPE from back page...

The big women on campus set a school record 26-5 overall win-loss tally and enjoyed moments of great accomplishment. Pape and senior Nicolle Rubino each scored their 1,000<sup>th</sup> career point as the two Pioneers undoubtedly will be known as key contributors to the program's effort to build towards bigger things.

Perhaps their biggest contributions came this past Sunday when the Pioneers took on the University of Maryland, the third ranked team in the country on ESPN network. The Terrapins were heavily favored as the number two seed against the Pioneers, who were the fifteenth seed, and the score showed it. The blowout loss is not the story here, because it was almost expected to happen.

Sacred Heart was viewed on television by basketball fans all across the country, as they watched SHU compete against a school that is respected as a basketball powerhouse.

In the closing minutes of the first half, the Pioneers went on a run that cut the halftime deficit to 47-33. Pape capped off the run when she banged a one-handed three point shot at the buzzer.

The fans, sporting all red, were heard throughout the telecast for their vocal support.

All season long, Pape found herself in the middle of any positive outcome for the Pioneers, and the NEC recognized that when she was awarded the Conference Player of the Year.

As a freshman, Pape poured in 437 points; she added another 433 in her sophomore year.

Just like the program, she improved and was ready to move on to bigger and better stages, such as a becoming a 1,000 point scorer and a Conference Player of the Year and a tournament MVP, which she accomplished as a junior.

In the midst of the celebration of the program's highest achievement, Sacred Heart fans will look with vigilant eyes for next season and wonder what Pape has up her sleeve.

Pape, point guard Kerri Burke, center Jasmine Walker and the young contributors return next year with the same goal in mind, which is to build on the foundation that was set so perfectly this season.

The locker room doors closed after losing in the NCAA tournament, but the window for opportunity is wider than ever for Sacred Heart.

This is where the story begins.

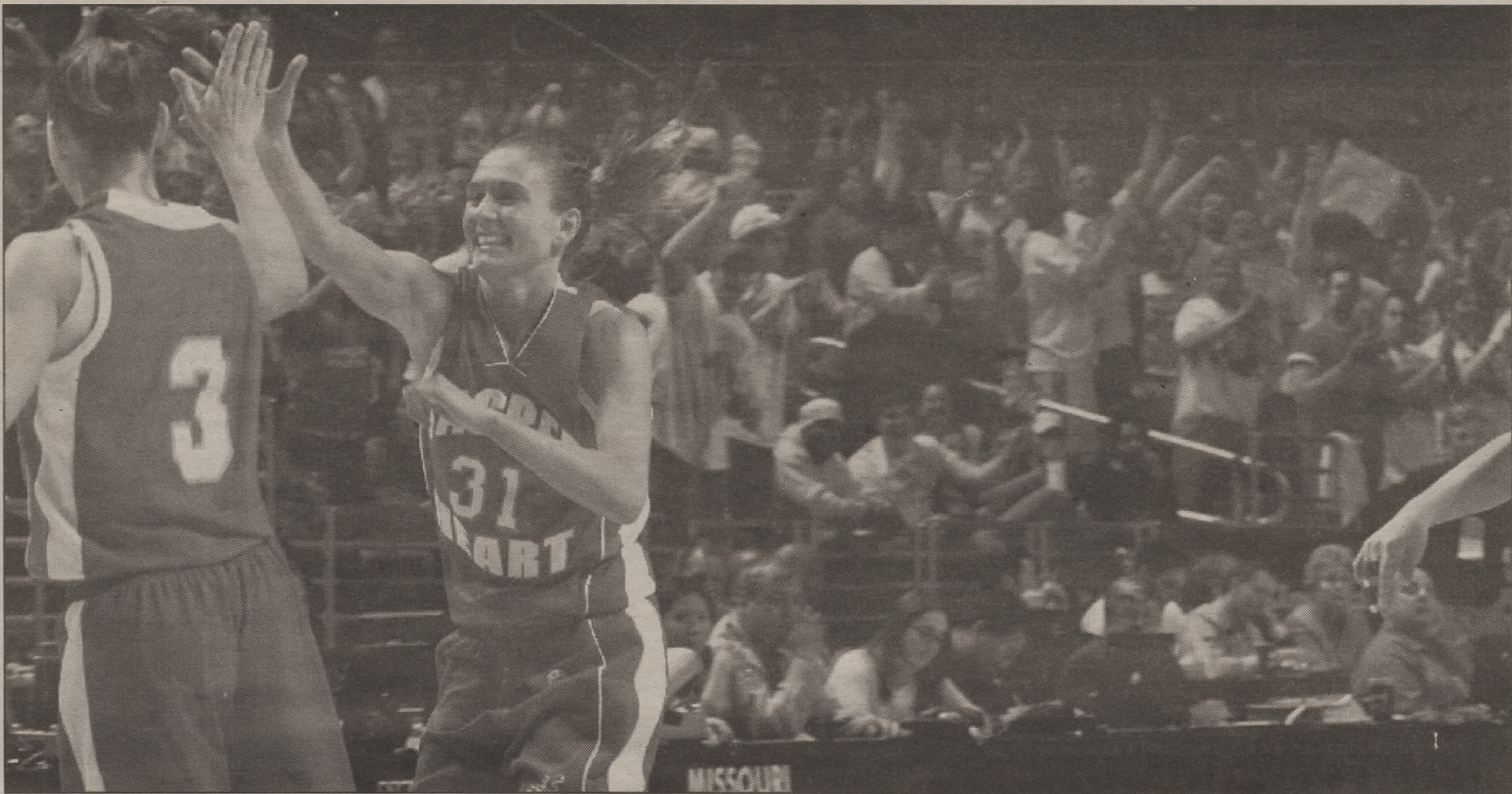
### Maryland 95, Sacred Heart 54

SACRED HEART (26-5)						MARYLAND (29-4)					
	Min	FG	Rb	A	Pts		Min	FG	Rb	A	Pts
Walker	32	2-6	5	1	4	Harper	19	4-7	13	1	16
Rush	14	1-4	0	1	2	Coleman	26	2-7	10	4	6
Rubino	34	3-10	4	4	10	Langhorne	18	7-12	5	3	15
Burke	34	3-12	2	4	7	Toliver	25	2-6	1	12	5
Pape	35	5-16	4	2	16	Doron	24	7-10	5	3	17
Sowinski	18	1-3	3	0	2	Newman	27	5-11	3	3	12
Hudec	1	0-1	0	0	0	Carr	16	2-4	3	0	4
Moray	11	2-5	1	1	6	Ross	8	0-0	2	1	0
Brown	5	2-2	0	0	5	Noirez	13	0-0	1	0	0
Gruber	10	1-3	2	0	2	Perry	24	7-13	10	0	20
Cain	6	0-1	1	2	0						
<b>TOTALS</b>		<b>20-63</b>	<b>26</b>	<b>15</b>	<b>54</b>	<b>TOTALS</b>		<b>36-72</b>	<b>57</b>	<b>27</b>	<b>95</b>

Percentages: FG .317, FT .625. 3-point attempts: 9-23, .391 (Rush 0-1, Rubino 3-8, Burke 1-3, Pape 2-3, Hudec 0-1, Moray 2-5, Brown 1-1, Gruber 0-1). Blocked shots: 4 (Walker, Sowinski 3). Turnovers: 18. Steals: 9 (Walker, Rush, Cain, Rubino 2, Burke 2, Pape 2).

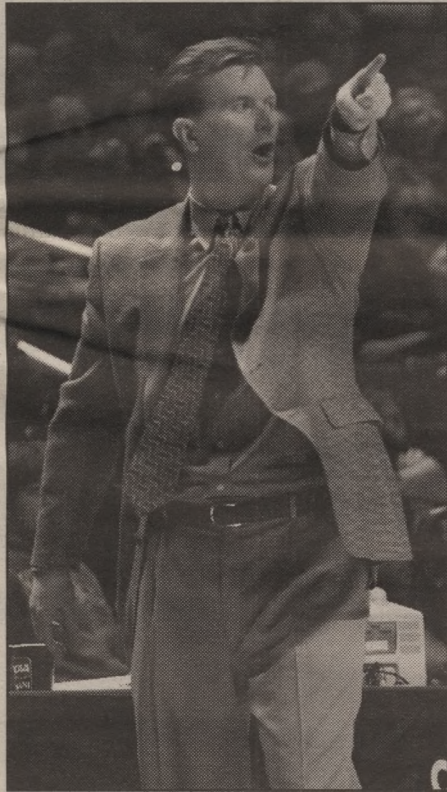
Percentages: FG .500, FT .850. 3-point attempts: 6-14, .429 (Coleman 0-1, Toliver 1-3, Doron 3-5, Newman 2-5). Blocked shots: 4 (Harper, Carr, Noirez, Perry). Turnovers: 16. Steals: 10 (Coleman, Harper 2, Doron 2, Newman 2, Toliver 3).





The Spectrum/ Travis Flynn

Amanda Pape celebrates her buzzer-beating three pointer to cut the lead to 14 entering halftime as the Sacred Heart faithful, who journeyed to Penn State, erupt.



The Spectrum/ Travis Flynn

Coach Swanson was as animated as any of his players. He had a lot to celebrate this week, as his wife recently gave birth to their first son, Connor.

BASKETBALL from back page...

watch their team play. Even when the team was down, the fans were still supporting the Pioneers, chanting “S-H-U” and “Go Heart”.

“The crowd was great; it made us feel like we were playing at home and it really supported us,” Captain Nicolle Rubino, a senior guard from Port Jefferson Station, N.Y. said. “Their support made the loss a little better for us to handle.”

Rubino contributed 10 points along with four rebounds and four assists in the loss.

“We really couldn’t have come this far if it wasn’t for our fans,” Pape said. “They help provide a great atmosphere to play in.”

Also helping the Pioneers was the defensive play of Kaitlin Sowinski, a freshman from Hopkinton, R.I. The six-four center had three rebounds and three blocks for the Pioneers while also recording two points on offense.

The Terps, however, put the game out of reach in the second half, starting with a 19-2 run. Jade Perry, a sophomore from Central City, Ky., led the Terrapins with 20 points and 10 rebounds. She was com-

plimented by junior guard Shay Doran, a native of Great Neck, N.Y., who scored 17 points including three-for-five from three point range.

“We had to pick our poison,” Swanson said. “In the second half we tried to run our zone and Doran began hitting threes, and we battled inside but size-wise we couldn’t get it done.”

At the end of the second half, Swanson pulled most of the starters, giving the chance for his bench to have the experience of playing in an NCAA tournament game. When Rubino was pulled out with less than a minute to go, it signaled the end of an extensive college career as she received hugs from her coaches and teammates. Chants of “Ru-bi-no” came from the Pioneer Pep band and fans in attendance.

“Nicolle is one of the main reasons we got to this point,” Swanson said. “Her play over the past four years has really helped our program and her leadership really helped us get over the hump this season.”

However, Rubino does not plan to stop playing basketball now that her college career is over.

“I love basketball and I want to keep playing, so I will try playing ball over-

sees,” Rubino said.

After the game, Swanson had nothing but positive things to say about the team and its opponent.

“I don’t think that there is a coach in this county who is prouder of their team than I am,” Swanson said. “I don’t think this score is indicative of how we played or competed.”

“Obviously the talent level falls on Maryland’s side, but everyone on this team should feel good about themselves. Maryland played like a number one seed today and they will contend for the national title. Brenda has done and incredible job with that program,” Swanson said.

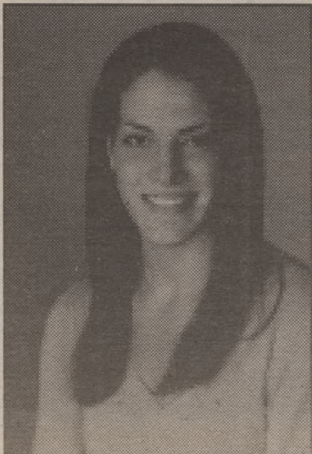
“It was definitely tough too because this was a different caliber team,” Captain Kerri Burke, a junior from Saugus Mass., said. “We went out and played hard the whole game and I couldn’t be prouder than how we played.”

The future looks bright for Swanson and the Pioneers as they will only graduate Rubino.

“This was a great atmosphere for our program and we are going to work hard to get back here,” Pape said. “We all want to come back to the tournament because it was such a great experience for us.”

# Top Performers: three stars for Sacred Heart

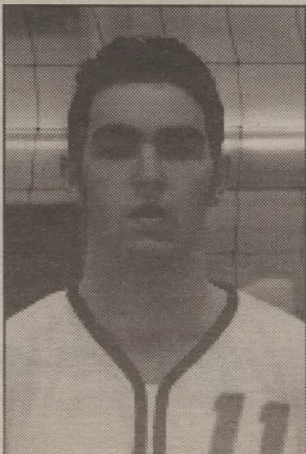
Kaitlin Sowinski  
Women’s Basketball



STATS:  
3 blocked shots  
3 rebounds  
2 points

Freshman center showed promise for years to come in her 18 minutes of gametime.

John Breen  
Men’s Volleyball



STATS:  
27 kills  
11 assists  
15 digs

Breen was instrumental in men’s volleyball’s first victory of the year over Vassar.

Mary Montesarchio  
Women’s Lacrosse



STATS:  
2 goals  
1 assist  
4 shots

Freshman Montesarchio looked like a senior as women’s lax dropped a difficult match vs. Manhattan.



# Sports

## Young guns press offense, but cannot overcome Manhattan

Kristyn Nicastro  
The Spectrum

Women's lacrosse lost to Manhattan College 13-6 Sunday afternoon in an ambitious attempt to end its four game losing streak; the snow came down halfway through the game, setting the mood for a long afternoon for the Pioneers.

The Jaspers got off to a fast start when senior Molly Pheterson and sophomore Alicia Psillos scored two free position shots in the first 10 minutes of play.

The Pioneers responded halfway through the first half when Elizabeth Ottey, a sophomore from Baltimore, Md., put the Pioneers on the board with her one goal of the game.

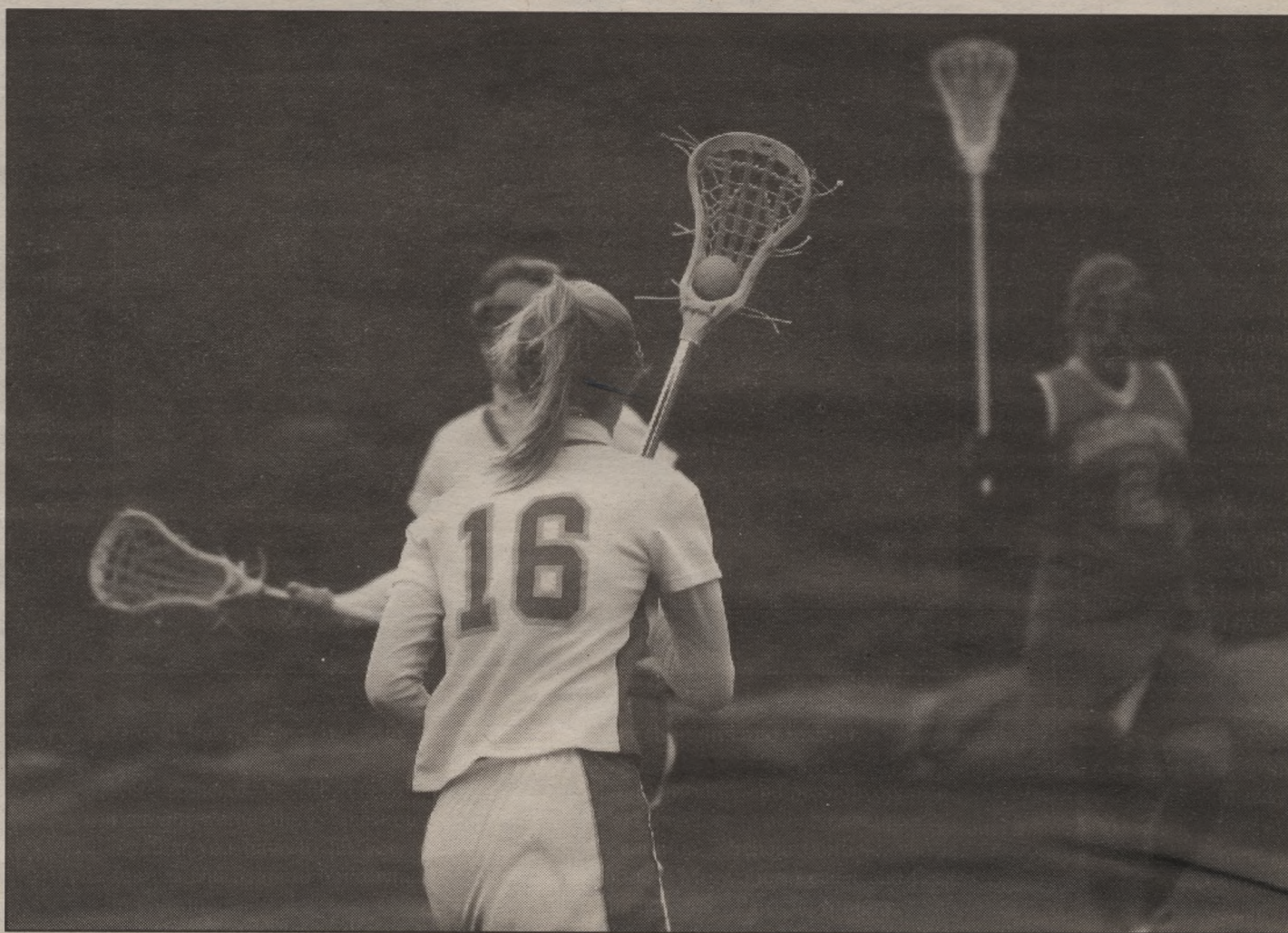
Brianna Bubeck, a junior from Bethlehem, N.Y., and Mary Montesarchio, a freshman from Corlandt Manor, N.Y., led the Pioneers in points, each scoring two goals, with Amanda Williams, a freshman from Monroe, also contributing a goal.

Nevertheless, Manhattan's offense was on fire, having maintained the lead throughout the entire game. The combination of Pheterson and Psillos struck two more times, each tallying goals in the first four minutes of the second half, and then again in the span of 1:20 to bring the score to 8-2.

The Pioneers' play was sporadic, allowing Manhattan to score nine second half goals to power past Sacred Heart. The few spurts that the team went on showed its potential, but it was not able to consecutively string enough goals to get back into the game.

Montesarchio believes that some of the contributing factors to the team's loss were its catching and throwing, as well as its lack of teamwork and heart.

"We need to pull together and play well for the entire game and not just in little time periods," Montesarchio said. "Everyone needs to step up, not just a few



The Spectrum/ Alyssa DiMaria

**Mary Montesarchio (16) had two goals against Manhattan but the Pioneers fell just short.**

people.

Sometimes it is hard to work with new people, whether on the field, in the office, or in the classroom. It takes time, and only time, for the women to mesh and work as one.

"We just didn't put it all together; when attack was on, the defense was off and when the defense was on, the attack was off. We just needed to come together," Jess McDonough, a junior from Carmel, N.Y., said.

Despite the seemingly sorrowful atti-

tude about the team's performance, the players are aware of the potential betterment of its playing status.

The offense moved the ball around well, but were no match for the Jaspers defense. Each possession was a struggle to control the ball rather than control the speed of the game.

Although they met some difficult competition, the women know that they have what it will take to win their division.

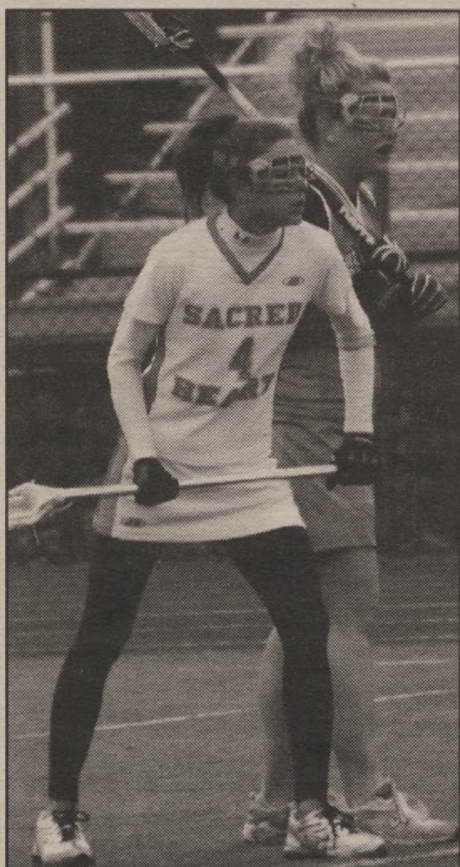
"One of [the team's] biggest strengths is that we have speed," Bubeck said. "We

also have some very skillful attackers, as well as quick defensive players."

The attack showed their speed on foot and also showed their ball speed; The next step is to open up to each other.

"I feel that once we get our momentum going and can play together as an entire team, we will turn the season around and have a winning record," Gureckis said.

The team's next home game will be against Mount St. Mary's on Friday, April 7, at 4 p.m. at Campus Field.



The Spectrum/ Alyssa DiMaria

**Emily Tully waits for her chance to attack.**

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## CONO'S CORNER

with Steve Conoscenti

### TO forced to find himself a brand new home...

Coming this fall to a stadium near you... Terrell Owens: Episode Three.

The announcement of Terrell Owens: Episode Three came less than a week ago, but it already received one bold review from commissioner Paul Tagliabue. He didn't rank it using the star system, he didn't give it a thumbs up or thumbs down. Instead, he announced that he will be leaving the league this July. Not exactly the reaction Jerry Jones and the rest of the creative team behind Episode Three were looking for.

Of course commissioner Tagliabue's decision to retire in July has nothing to do with Terrell Owens or the Cowboys, but some NFL fans, like me, think that Tagliabue is getting out at the right time. This is not to say that the TO experiment will be as much of a failure in Dallas as it was in Philly and San Francisco, but the potential is certainly there.

Cowboys owner Jerry Jones is confident, and although I think the likeliness of disaster is high, Jones has a point. In the press conference held to unveil Owens' new number 81, Jones explained multiple times why this will work out for both his Cowboys and Owens. His reasoning is that Owens is now a more educated person because of his past conflicts with other teams. His exact quote is:

"It's more than his word, it's about logic. This is an opportunity for him to basically put it all together and come in here and have a very positive experience. Whoever got him after those two experiences was going to get a more knowledgeable and educated player." (ESPN.com)

Keyword: logic. I don't know what rock Mr. Jones has been living under the past two years, but the word "logical" is not a word anyone would use to describe Terrell Owens. We're talking about a man who openly said he thought his team would be better with a different quarterback. The same guy who took questions from reporters while playing basketball in his driveway. The same guy who stood in the center of the star right on the middle of his new home field and danced before getting leveled.

As I previously mentioned, Owens has had no problems calling out his

teammates, especially his quarterback. Donovan McNabb is what you would probably consider a top tier quarterback in the NFL, yet TO couldn't find a comfort zone. His new quarterback is Drew Bledsoe. Big name, declining game. At this point in his career he is no Donovan McNabb. You have to wonder how long it will take before Owens starts to dog Bledsoe in the media.

In Dallas, Owens is going to experience a coaching style that he hasn't experienced before. Andy Reid may look like he can get loud, but there is no coach louder in the NFL than Bill Parcells. For his sake, Owens needs to put his ego aside and let Parcells coach him.

The Cowboys finished 9-7 last season. A star like Owens could get them to the 10-win mark, maybe even farther. But Owens needs to let Parcells coach him.

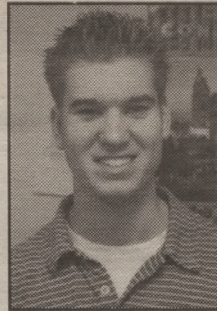
Once there is a discrepancy between star receiver and stubborn coach, there will be failure on the field. The Cowboys locker room has already lost most of its veteran leadership, so if Parcells can't keep Owens in check there are no others who can handle the task.

Even though Owens has been nothing but trouble off the field, he's been nothing but stellar on the field. You can't argue with his stats. He gives the Cowboys a presence in the receiving core that they haven't seen since the 90s in Michael Irvin. As a matter of fact, Irvin and Owens are good friends. Irvin made the bold prediction of "Superbowl" when asked what TO could do for the Cowboys.

Lets look at the situation from a Cowboys point of view now. Suppose Owens smartens up and he tones down his attitude. He puts up great numbers and the Cowboys make it back into the playoffs. Let's say they even win a playoff game, which they haven't done in nine years. Jones automatically looks like a genius. He took a big chance and it paid off.

But the Cowboys have been down this road before. They just got rid of Keyshawn Johnson, their previous team cancer. Keyshawn loves to run his mouth and that's what he did in Dallas. Now where does he find himself? Sitting at home, waiting for his phone to ring. Suppose TO doesn't change and this experiment turns into Keyshawn Part Two? Does that mean the end for Jones or Parcells?

The NFL has been stirred and shaken since the start of free agency. Many big names have made moves. Will Owens embrace the Star or will he end up dancing all over it, again? Add it to the storylines already in place for the upcoming season.



## THE FITZSIMMONS FILES

with Brian Fitzsimmons

### Baseball now a game for all people...

Over the course of the past three weeks, baseball wasn't called baseball, beisbol, honkbal or yakyuu. It was the world's game.

The World Baseball Classic debuted this year as many major league players decided to forgo their attendance to their respective team's spring training sessions in favor of playing for their native countries' title.

The Dominican Republic, Venezuela, and the United States were the three favorites before the festivities began due to the amount of all star major leaguers filling up their rosters.

The Dominican Republic had the most potent lineup, one which boasted the likes of Alfonso Soriano, Albert Pujols, and David Ortiz. Venezuela had the best pitching, sporting a rotation of perennial Cy Young candidate Johan Santana, World Champion White Sox number three starter Freddy Garica, and Cubs flamethrower Carlos Zambrano.

The United States had the most balanced squad, since their infield consisted of six all stars, and their pitching contained the best arms in the world.

However, the countries with smaller

players, hardly any major leaguers, and little hope to win were the teams that pulled through and opened some eyes.

Team Canada stunned the USA in a game to force the red, white and blue to win their next game to cancel elimination.

South Africa lost in the first round, but competed in two of the three games they played in which the team's goal was according to their coach.

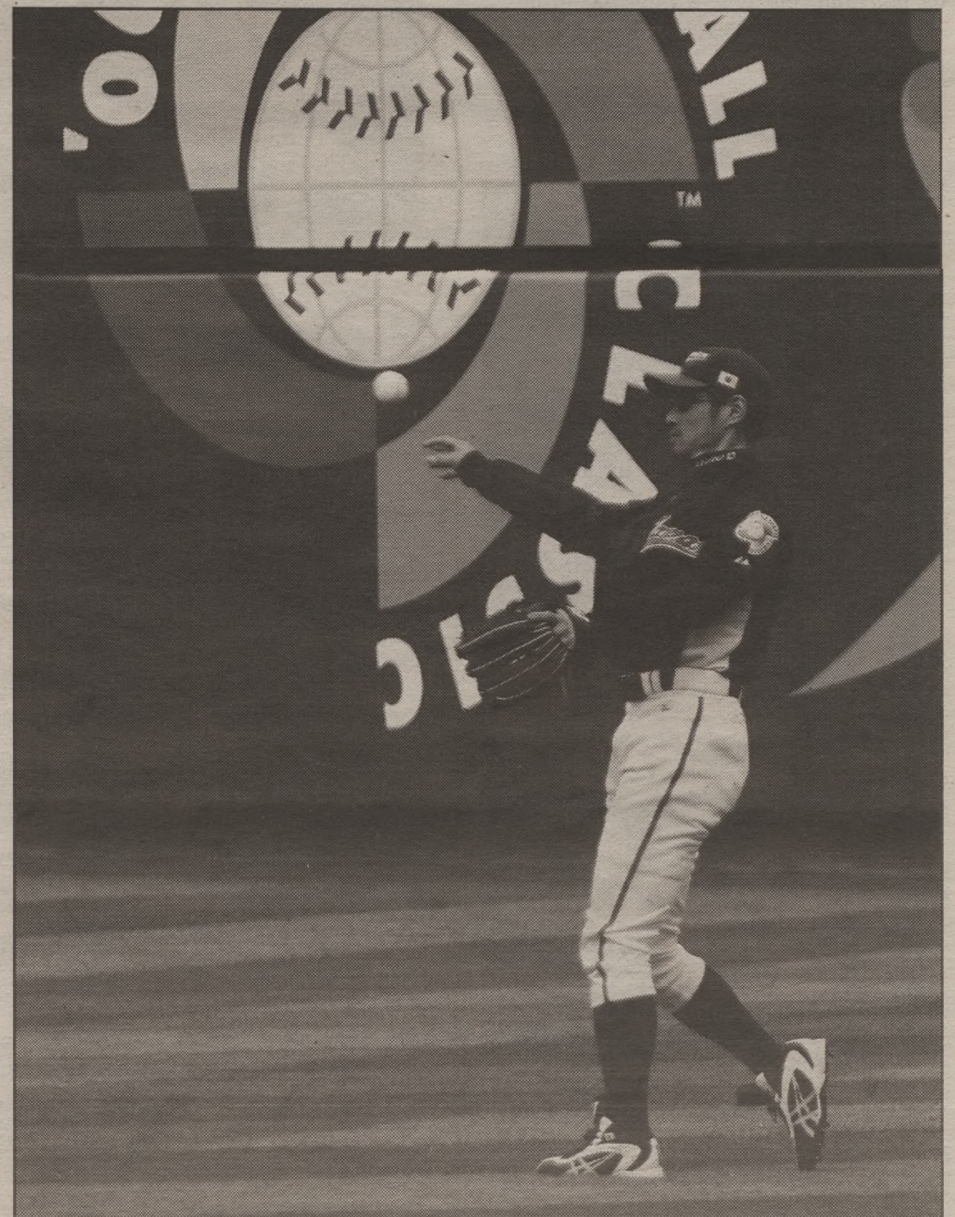
Mexico opened some eyes with their steady play, led by Tampa Bay Devil Rays second basemen Jorge Cantu; Italy competed with Mike Piazza as their catcher.

In the Far East, the teams have been in spring training since late January, and that might have assisted their efforts in going very far in the tournament. Korea remained as the only undefeated team throughout the entire three weeks until they fell to Japan in the semifinals last week.

Japan sealed the deal when they knocked out Cuba in the finals this past Monday 10-6. Pitcher Daisuke Matsuzaka won tournament Most Valuable Player and was named to the All-tournament Team. Ichiro Suzuki seemed back to his old self, hitting for a high average and being a pest on the base paths, after a less than Ichiro-like season in 2005.

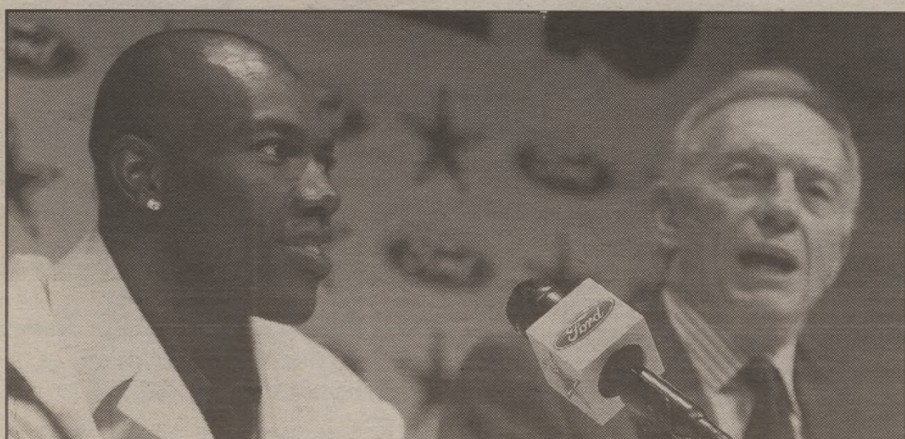
People have said baseball is America's game, but MLB Commissioner Bud Selig's greatest contribution, except for the steroid policies, was quite a hit. It brought together different cultures that possessed different playing styles and the unity over a recreation was astounding.

Spring training will flesh out with the players, who have their own stories from the World Baseball Classic, and Japan will fly back to the Far East with a trophy, while the world will remember a lesson from the inaugural WBC: that baseball is now everyone's game.



AP Photo/ Photographer

The WBC succeeded in showcasing many different talents from all over the world.



AP Photo/Darron Cummings

Owens is shown here being introduced as a member of the Dallas Cowboys.



# SPORTS

The Spectrum  
http://spectrum.sacredheart.edu

## ONE FOR THE BOOK

### *The beginning: future bright for women's hoops, Amanda Pape*

Brian Fitzsimmons  
The Spectrum

Amanda Pape stood on a ladder looking up at the basket with scissors in her hand, ready to cut down the net that her 25 points caressed, earning her the Northeast Conference basketball tournament Most Valuable Player award after defeating Quinnipiac and clinching a trip to the NCAA tournament.

Fans stormed the court to celebrate with Sacred Heart's new athletic phenom, and that is when the booming "MVP" chants came from the Pitt Center faithful. In the future, they can say that this moment was when the *real* story began.

SHU's women's basketball program made the transition from a Division III squad to a Division I team seven years ago and has shown tremendous success at each stage of becoming a big-time powerhouse. Through tough times, the transition never ceased improving, as strong recruiting by head coach Ed Swanson has paved the way for the Pioneers to compete at a high level.

See PAPE on page 12...



The Spectrum/ Travis Flynn

**Amanda Pape glances favorably at the hoop in a practice session at Penn State before the Maryland game.**



AP Photo/ Carolyn Kaster

**Kaitlin Sowinski never looked so long as she did against the Terrapins Sunday.**

### Pioneers happy, still hungry

Mike Barrett  
The Spectrum

The women's basketball season came to end Sunday at Penn State University when it was defeated by Maryland University 96-54 in Sacred Heart's first trip to the NCAA tournament in school history.

The NEC champion Pioneers finished the season with a record of 26-5, and had their 10 game win streak snapped in the loss to Maryland. The number 15 seeded Pioneers played against a number two Terrapin team that outmatched them in size and talent and was able to control the tempo of the game.

Going into the game, Sacred Heart coach Ed Swanson, in the midst of celebrating the birth of his first son, Connor, knew his team would be the underdog.

"This is the second time all year that we have been the underdog," Swanson said. "But I really felt like this team wouldn't be scared."

The Pioneers tried to run with the Terps, even pulling to within three points early in the first half, but the dominating inside game by Maryland kept Sacred Heart out of reach. The Pioneers were out rebounded in the game 57-26 and outscored in the paint 56-14.

There were, however, a few bright spots in the game for the Pioneers.

NEC Player of the Year Amanda Pape, a junior from Stamford, led the Pioneers with 16 points, including a three point shot at the buzzer of the first half to pull the score to 47-33. The shot gave the Pioneers some spirit as they went into the locker room with the feeling that they were still in the game.

"It was a great feeling because I have never done anything like that before, and it was a great way for us to end the half," Pape said.

The shot also drew much noise from the Pioneer students who made the trip to

See BASKETBALL on page 13...

### *Sweet Goodbye: women's b-ball says farewell to Nicolle Rubino*

Brian Fitzsimmons  
The Spectrum

The buzzer sounded and Nicholle Rubino leapt into the arms of her teammates with overflowing joy as Sacred Heart clinched the Northeast Conference tournament title. Quinnipiac stared with shock and Pioneer fans in the Pitt Center looked on with excitement as the senior captain celebrated her accomplished goal that was set four years ago.

"Coming in as a freshman, we hosted the first round of the tournament and lost the first game. Then as a sophomore the same thing happened and we lost the second game in the tournament. We had never been able to get over that hump," Rubino said at a press conference prior to the first round of the NCAA tournament. "Then this year we promised ourselves that were going to go farther, and we did."

The 2005-2006 women's basketball team set a school record 26-5 win-loss tally and endured every obstacle that was thrown their way in a tough NEC.

After defeating Quinnipiac, it went

See RUBINO on page 12...



The Spectrum/ Travis Flynn

**Nicolle Rubino hugs teammates (Katie Brown pictured) as she steps off the court one last time for SHU.**