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Victoria's "dirty" Secret

Dario Melendez
The Spectrum

Beauty and sex appeal fill the pages of each and every Victoria's Secret catalog. And with luscious curves and sensual fragrances embodying the very essences of these lingerie catalogs, Victoria's Secret had eliminated any competition.

But competition is not the only thing that the Victoria's Secret Company is efficiently eliminating.

"For a company whose main purpose is to demonstrate beauty and angelic features," said Josh Buswell-Chirkow, Paper Campaign Organizer for the ForestEthics Organization, "There is nothing angelic about the actions they take against real beauty, mother nature."

In order for Victoria's Secret to publish and distribute the one million catalogs they produce every day, they need an overwhelming amount of raw materials. But instead of using recycled consumer products or even making their catalogs out of recyclable paper, the lingerie juggernaut acquires their materials from one of the world's most endangered forests.

The Boreal Forest, in Canada, is the largest frontier forest in the entire world. It represents a quarter of the world's remaining frontier forests; its even larger than the Amazonian Rain Forest in Brazil. But it also represents the world's largest terrestrial fresh water system and natural carbon store house.

"The Boreal Forest acts like a giant lung," Buswell-Chirkow said. "The carbon dioxide that humans produce is absorbed quickly and efficiently by the Boreal. Not only does this help reduce global warming but it also produces an astonishing amount of oxygen in exchange. But when corpora-

See VICTORIA on page 2...

Putting Katrina to bed



Contributed Photos/ Greg Golda

Shots from Mission: Mississippi. The pictures do not lie.

STORY ON PAGE 4...

Professor, class discuss war in Iraq on PBS

Courtney Kohloff
The Spectrum

PBS television station aired a segment on Religion and Ethics and Newsweekly, featuring one of our very own SHU professors, Brian Stiltner, to discuss the third year of the United States being at war with Iraq.

Professor Stiltner, in his eight years as associate professor of Religious studies, teaches numerous ethics courses, and was asked to voice his opinion on national television on his feelings towards war and just war in Iraq. Recognized for his research concerning issues of war and peace for the past three years, Professor Stiltner was approached by PBS with a chance to voice his opinions and views publicly.

The show, Religion and Ethics Newsweekly, is a syndicated PBS program that is based out of Washington D.C. For the segment featuring Professor Stiltner, PBS visited the SHU campus and first interviewed Stiltner privately, then interviewed his Faith & Justice class to capture student's opinions on the war as well.

Throughout the personal interview, Professor Stiltner discussed issues such as his feelings at the beginning of the war opposed to his feelings three years later. Although he was in favor of war at first, his feelings on the issue definitely did not stay the same.

In the interview, aired on PBS, Stiltner says, "I've come to have misgivings and second thoughts. I think the just war criteria is a great framework for thinking about whether a country should, or must, go to war. Whether or not war can be just doesn't always mean that it's going to be

See PROFESSOR on page 3...

Attention Seniors: What you need to know about the festivities

'Super' senior week, the last hurrah

Brittany Raine
The Spectrum

Graduation caps and goodbyes.

As the spring semester comes to a close, seniors are suiting up for their week. Senior Week is a benchmark in the college career for those graduating to embrace the end of the college years and welcome the future with tears, fears and memories that will last a lifetime.

Senior Week is the "official send-off" from Sacred Heart. The numerous events that culminate into the infamous and illustrious Senior Week are a way to applaud those who have successfully met the requirements to graduate. With four years of a "higher education" under their belt, seniors are anticipating and dreading the last "hurrah."

"Senior Week has become quite a tradition on campus," said Tom Wuestkamp, director of Student Activities. "It is a way for each graduating class to say goodbye to each other before entering the 'real world.' [Graduating students] go to a number of different events and many will stay in Seton Hall one last time to reminisce about the days when they first came to Sacred Heart."

The activities that are included in Senior Week consist of six events, including graduation. According to Amy Nardone, senior, Class of 2006 President, Bay Shore, N.Y., the theme for Senior Week this week is "Viva Las Vegas." Nardone is looking forward to some thrilling changes in events within Senior Week.

"We are going to the casino this year which should be really fun considering no one has gone there during this special week in years past," said Nardone. "We are having our champagne brunch off campus,

too. It is usually held in the Mahogany Room, but we really wanted to step it up this year."

"Every Senior Week is different. We learn from what years past have done that worked and what didn't work and try to make it the best experience for everyone."

During Senior Week, seniors have the choice to stay in Seton Hall, after registration on May 10.

"You are able to stay all together for the last few days of college," says Nardone. "It's kind of like bringing it back to where you started from. You pretty much sleep and get ready and it gives you the ability to hang out and be around all of your friends, especially since so many seniors live in different housing."

Wuestkamp and Nardone explain that this coveted week will be kicked off on Wednesday, May 10, with "Showtime!" a mandatory meeting and registration for the week, and "A Night on the Strip" when

graduating students go to Toad's Place in New Haven.

On Thursday, May 11, seniors will be attending "Morning at the Mirage," a champagne brunch at the Italian Center in Stamford, followed by "Jackpot!" a trip to Mohegan Sun, where the senior class will rent out the nightclub there, Ultra 88, all to themselves for a night of fun and dancing. Following a night at the casino, seniors will attend the Commencement Ball, called "Dancing with the Stars," which will take place at the Omni Hotel in New Haven on Friday, May 12. Senior Week will come to a close on Saturday, May 13, with "A Full House," a family dinner dance at the Pitt Center. The final event of Senior Week is the graduation ceremony on Saturday, May 14.

"Each graduating senior is given six tickets if the ceremony is outside on

See SENIORS on page 3...

News

Student Government enhances students experiences

Courtney Kohloff
The Spectrum

Enhancing the student experience and working for the students are just some of the responsibilities of a member of Student Government. Organizing events to bring together the community has been the top priority on the Student Governments list of things to do.

The Student Government, which relays information from the faculty and staff to the students, has been working hard to increase student involvement and raise class spirit. Each class has organized numerous events around campus to achieve this goal.

Starting with the freshman class, the Class of 2009 has definitely proven themselves campus-wide. The Freshwear sales, where freshman can buy clothes to repre-

sent their class spirit have definitely been a success. The Class of 2009 has also organized a recycling program, as well as fundraisers on campus such as "You got Shu'ed."

The Class of 2008 has definitely had a busy year and plans to further their success within the student body as well as the class as a whole. President Amanda DeMatteis, along with the Class of 2008 board has been busily organizing events such as the Kickball Tournament taking place on April 2, as well as the raffling off of a \$100 American Express Gift Check, also taking place on April 2.

With the summer just around the corner, the sophomore class is also selling towels, flip flops, beach bags and footballs in an effort to spread school spirit even throughout the summer months.

"2008 has been busy. Everyone should come down to the kickball tournament. It's going to be a blast and teams could win \$180 to Joe's American Bar & Grille," says DeMatteis, sophomore, Hamden.

A huge Class of 2007 event is also occurring on April 3. Mr. SHU, which is possibly one of the most popular and anticipated events on campus. Packing the Edgerton Theatre, Mr. SHU attracts the students, faculty and staff to enjoy a comedic evening of the quest to determine the most charming and talented man at SHU.

"Last year, I went to the Mr. SHU competition and had a blast. I think that it is awesome the students put on this events because it definitely brings together the student body. I'm looking forward to this

year's Mr. SHU to cheer on my best guy friend," Francesca Grasso, sophomore, Northford.

Along with Student Government, the Student Events Team (SET) has also been busy in occupying the students. With weekly events, ranging from comedians, movies, bingo and the much anticipated Black Eyed Peas and Pussycat Dolls concert on April 26, there is no excuse for any student to be bored on campus.

"We have a lot of great things going on in student government this semester and the more involvement the better," says DeMatteis. With all of the activities offered to students on campus, there is no reason for students not to join in. The class boards are working hard to raise participation in events, so show your school spirit and get involved.

Victoria's "dirty" Secret: Magazines destroy forests

...CONTINUED FROM PAGE 1

tions like Victoria's Secret log the Boreal, the carbon within the trees is released and causes enormous amounts of damage to our ozone layer."

Even though Victoria's Secret is the leading corporation destroying the Boreal, they are joined by other major leading corporation, like Dell, J-Crew, Sears and L.L. Bean, who combined are destroying two acres of forest every minute 24 hours a day.

"These corporations destroy about two football fields of forest every minute," Buswell-Chirkow said. "And for what, so that every American can have 59 catalogs a day that only two percent of readers actually respond to. It's sad because these corporations are destroying something that provides so much for us and we just throw these catalogs away."

A major reason why these catalogs are going to waste, especially in the case of Victoria's Secret, is the fact that many of the corporations use "virgin fiber", which is non recyclable, so any attempts made to reprocess these catalogs into other consumer products would be impossible.

"[ForestEthics] can not legally create policy on how to handle environmental issues," Buswell-Chirkow said. "Our mission is to engage corporations, like Victoria's Secret and Dell, which endanger all forests and pressure them into changing their environmental policies."

Corporations like Dell and Sears though, have circumscribed to these persuasive tactics by beginning to use recyclable

paper and logging in the Boreal as environmentally safe as possible.

"We needed to enlighten the public about these issues," said Buswell-Chirkow. "That's why ForestEthics began the Victoria's Dirty Secret Campaign."

April 11 marks the International Day of Action against Victoria's Secret, where protesters and activists around

the nation will come together and demand change.

"There are four major demands that we will present to these corporations," said Buswell-Chirkow, "They must increase the amount of recyclable materials used

in their catalogs, stay out of all endangered forests (especially the Boreal and American Southeast), reduce overall paper use in general, and if the use of virgin fiber does occur, do it as environmentally safe as possible."

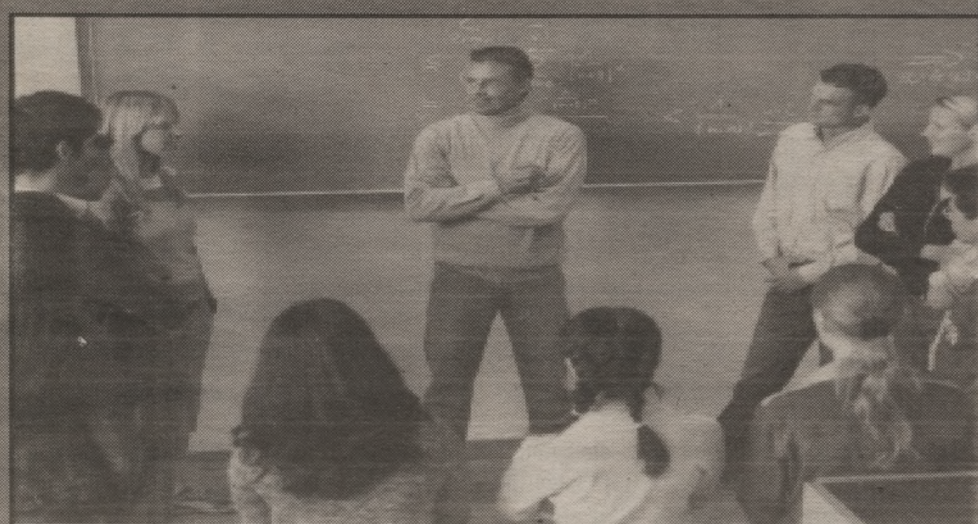
"And this Spring Cleaning theme has a double meaning. We will clean up Victoria's Dirty Secret and at the same time make them clean up their own act," Buswell-Chirkow said.

Buswell-Chirkow encourages all supporters of this cause to visit Victoria's Secret stores around the community on April 11 and inform their managers.

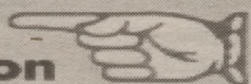
"We are not here to boycott Victoria's Secret," said Buswell-Chirkow, "All we are looking for is a change in their environmental practices. There is just no need for such destruction to one of mother natures most beautiful creations."

"These corporations destroy about two football fields of forest every minute,"

**Josh Buswell-Chirkow,
Paper Campaign Organizer for the
ForestEthics Organization**



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QUINNIPIAC UNIVERSITY
Hamden, Connecticut

Seniors prepare for their commencement

...CONTINUED FROM PAGE 1

Campus Field," says Wuestkamp. "Three tickets [are handed out] if the ceremony is inside the Pitt Center due to inclement weather."

With excitement in the air for graduating seniors, Senior Week is a time defined by many emotions. Nardone is looking forward to Senior Week. Senior Week events are open to seniors graduating in May and August 2006 or students who have graduated in December of 2005. Good behavior is important to the events of Senior Week.

"As with anything, you have to be respectful and responsible for yourself and others around you," said Nardone. "If seniors have been written up at past senior events it could jeopardize your week, but that is up to the administration in the end. We want everyone to have a great time and

for it to be a memorable experience."

Besides being respectful and responsible, Senior Week is made possible by dedicated planning, fundraising and cooperation. Nardone helps to coordinate Senior Week with the help of the 2006 class board. They choose anything from a theme to places where Senior Week events will take place, to food and everything in between. Finances to pay for the events are a key component to Senior Week, too.

"We [also] fundraised all year long (beginning last June) to help defer the cost of the week," says Nardone. "We've fundraised through [things like the] Flea Markets and Midterm Basket. We've had a really busy year! It's going to be nice to finally see everything we put together and worked so hard for."

Wuestkamp explains that even though locations and events might change, the

traditions that surround Senior Week will always stay the same.

Excitement is only one of the many emotions graduating students feel towards Senior Week. Graduating seniors like Kim Heins, senior, North Branford, is looking forward to moving onto another chapter in her life, but also dreads saying goodbye to her friends and Sacred Heart as she receives her diploma and confidently tosses her graduation cap in the air on that spring Saturday.

"I am definitely looking forward to Senior Week," says Heins, "But I am not looking forward to the end of my time here at Sacred Heart. Senior Week is our last chance to do exciting and fun things with all of my friends and the graduating class as a whole."

Despite the overwhelming excitement and anxiety towards Senior Week, a deli-

cate sadness surrounds seniors as reality starts to set in. Heins is looking forward to the activities, especially "Dancing with the Stars," but is well aware that besides the brilliant smiles that will shine throughout the week, it will be a bittersweet time, adorned by tears for her.

"Without a doubt, I will probably be the girl crying at the end of every night," said Heins. "I love the 2006 senior class and graduating will not be 'emotionally easy.' I do not want to graduate and I am not fond of change, especially this one as I leave this university."

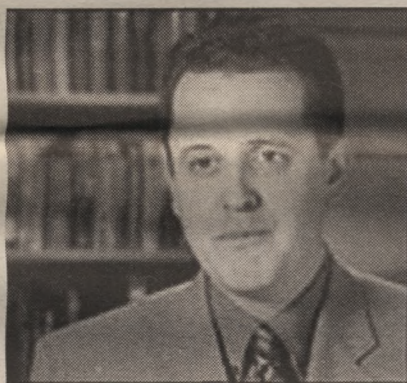
Senior Week is a little over a month away and the university community is preparing to send off its senior class with four fun filled days to celebrate their time at Sacred Heart. Put on your party hats and your gowns because Senior Week 2006 will be memorable.

Professor, class discusses war in Iraq on PBS

...CONTINUED FROM PAGE 1

absolutely right, without problems, but that it is urgent and necessary and the most ethical thing to do under the circumstances -- the lesser of the available evils."

"On the other hand, we do learn and



Contributed Photo

Dr. Stiltner on his recent televised interview.

change as time goes on. We learn more

information, and so I think it's really appropriate with this complex war and long engagement to keep looking back at what we knew then, what we know now, and asking whether we'd have made the same decisions. I personally came to the position that if I'd known more information, like much of the world, I would have made a different decision on my own personal opinions."

Throughout the segment, Professor Stiltner was also asked his opinion on issues such as the humanitarian concerns and the plight of Iraqi people, the criterion of proportionality and if it is ultimately fair to reassess the fact of his original views on the Iraqi war. One of the most intriguing questions asked was how Professor Stiltner would summarize the evolution of his thinking on the ethical issues. Because of his extensive knowledge and background research on this subject, Stiltner was definitely qualified to answer this question.

In response Stiltner said, "To think about whether war can be ethical is always a hard thing to do if you are a sensitive human being, if you are a religious thinker. I'm a Christian ethicist. There is always a strong moral command to be a peacemaker, to avoid harming the dignity of other people, even your enemies, and so going to war has to be a really somber and serious task that, in a sense, couldn't be avoided."

"It can be necessary for justice, and I want to keep the just war theory viable for people not [to feel] that it gets abused in the cause of wars that shouldn't have happened."

In the classroom setting, Professor Stiltner led a discussion with his class and asked the students if they believed going into war was the right thing to do. Alyssa Harris, sophomore, N.Y., says, "I think we are in there for a good purpose, like, something is getting done even though it is taking a long time."

Heidi Aqel, graduate student, New York, also voiced her opinion during the segment. "We went in with the wrong intentions," says Aqel. "And us being there now, it's just, it's making the situation worse."

Because Professor Stiltner has been researching and studying this topic for three years now, he has become so knowledgeable about the subject that he has co-written a book titled "Faith and Force." The book, which will be available to students and teachers in the classroom, looks at the contemporary issues of war from a Christian ethics perspective.

Next time you have feel strongly about something, do not be afraid to voice your opinion.

"My biggest wish is for people to keep thinking critically about what is going on in the world and to be willing to challenge their views," says Stiltner. We are the future of our world, so let our voice be heard!

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News

Putting Katrina to bed: Golda presents slideshow

Arianne Rasmussen
The Spectrum

Pictures spoke volumes, but the firsthand accounts of the aftermath of the hurricane and floods that struck the Gulf Coast in August of 2005 added to the reality of their impact.

Students, faculty, and staff members gathered at The Edgerton Center for the Performing Arts on the evening of Tuesday, March 21, to watch presentation slides that ranged from shocking images to funnier ones that acted as comic relief from the powerful subject at hand, "Pushing Back the Wave: Sacred Heart University Responds to the Gulf Coast Crisis," in which a few of the 34 students, faculty and administrators who spent spring break week in Mississippi aiding hurricane victims recounted their experiences.

From the image of a once vibrant American flag, now mangled and tangled in branches, rubbish, and dirt of those dilapidated roofless churches, destroyed buildings, rotting food, twisted metal, and what were once someone else's dear possessions; the slide presentation did not fail to illustrate the conditions in which the area is still encountered.

"The photo with the flags torn and tangled in the trees struck me the hardest in the presentation," said Elizabeth Robertson, sophomore, Cromwell, who watched the presentation and heard the firsthand accounts. "I found it heartbreaking that these people were very proud of our country, and yet, it seems little is being done to help them."

Jenna Rignanese, sophomore, Cumberland, R.I., another student who saw the presentation added, "The news lead me to think New Orleans was the only place that was hit by this storm. I was surprised by the amount of destruction and how far it reached. I was surprised that six months later there is still so much left unfixed."

Overwhelmed and shocked was the way most people described their firsthand impression of the area in the presentation.

Even "stuffed animals that are made

to look so cheerful did not look it at all," said Gregory J. Golda, Clinical Instructor of Media Studies and Coordinator of Multimedia Productions, in the presentation.

Diana Bramante, junior, North Bellmore, N.Y., a student present at the trip said, "I was in total shock. I didn't know what to expect and I was kind of numb for a few days. Then, when we went to church on Sunday at the parish of St. Anne, it really hit me and I got a little emotional."

Along with supplies, the SHU crew brought dolls down from people up here who wanted to help but didn't have any money to give and instead sewed dolls for the hurricane victims, retold Williams, junior, New Rochelle, N.Y.

When they gave a lady one of these dolls, Williams recounted that the lady begin crying and retold the striking story of how she had a daughter who passed away from sickle cell anemia before the hurricane hit while holding a Raggedy Ann doll that was taken away by the hurricane. The doll had been the only reminder she had left of her daughter which made it very difficult for her to lose it.

Despite the obvious hardships, the "people's perseverance and determination to rebuild their lives" was consistently brought up by the administrators, faculty members, and students at the presentation who "admired them tremendously."

The brave, Ms. Dottie Bloom, was just one of the exemplar people, as said by Father Antony Gatt, Coordinator of Spiritual Development, who demonstrated this tremendous determination.

Though all of her life's belongings could be stored in seven plastic containers after the flood, "she radiated so much faith, joy and love for them all," said Father Gatt.

"How amazing and strong the people were" struck Bramante as well.

She added, "They were truly remarkable human beings with such faith, strength, appreciation and love. They welcomed us



Contributed Photo/ Greg Golda

This trip is just one example of America showing support for the areas damaged by Katrina.

with open arms. They could not thank us enough. We were there to help them and they shared the little they had with us whether it was an arm in brace, a story, tears, or a hot lunch. They gave us whatever they could."

This experience opened her eyes to the world making her feel a greater appreciation for her family and friends while living each day in a fuller happier way remembering that anything can change in a second, Bramante said.

"Material things are just that - material. They mean nothing, but family and friends, those are the things that carry us and help us."

She added that she learned that even in her worst days, things could be worse and said that remembering the hope in the faces of the people she met in Mississippi despite their circumstances makes her smile and helps her get through a bad day.

A few of the major concerns brought to light by the presentation was the extremely high cost of building materials, which Father Gatt said "were often beyond people's means" and its acquirement consisted of "waiting in lines for hours."

Tariq Lescouflair, junior, Glastonbury, a student who changed his plans from going to Puerto Rico for the break to go to Mississippi said that though the "best part of being there was seeing the progress," the most challenging part was "dealing with the fact that the progress made was miniscule compared to what needs to be done."

Lescouflair raised a primary concern, the need for more help.

Bramante recounted what she saw; people still living in tents without trailers and the ones who have trailers can have 14 people clammed into a single one. She added that they worked on a house down there and the man's son is paraplegic and they didn't get a FEMA trailer for 3 months. When they did get one, it was not handicap accessible

so that he had to cut a door to use to get his son into it and now his son has to stay in the kitchen only because he can't fit anywhere else.

"I think it is wonderful to help other countries but I think we often forget about our own people," added Bramante. "The people of Mississippi need help. We all need to donate our time and money and Bush needs to step up and help his own people."

Williams added, "I think the government dealt more with New Orleans when Mississippi was worse and Bush is just not telling the truth about the clean up. He said the debris is cleared off the side of the road. From being there for seven days and being in the same places as he was, I don't know what he was looking at."

Despite the hard physical and emotional work, creating closer friendship bonds was also a part of the trip in addition to the personal growth individuals experienced.

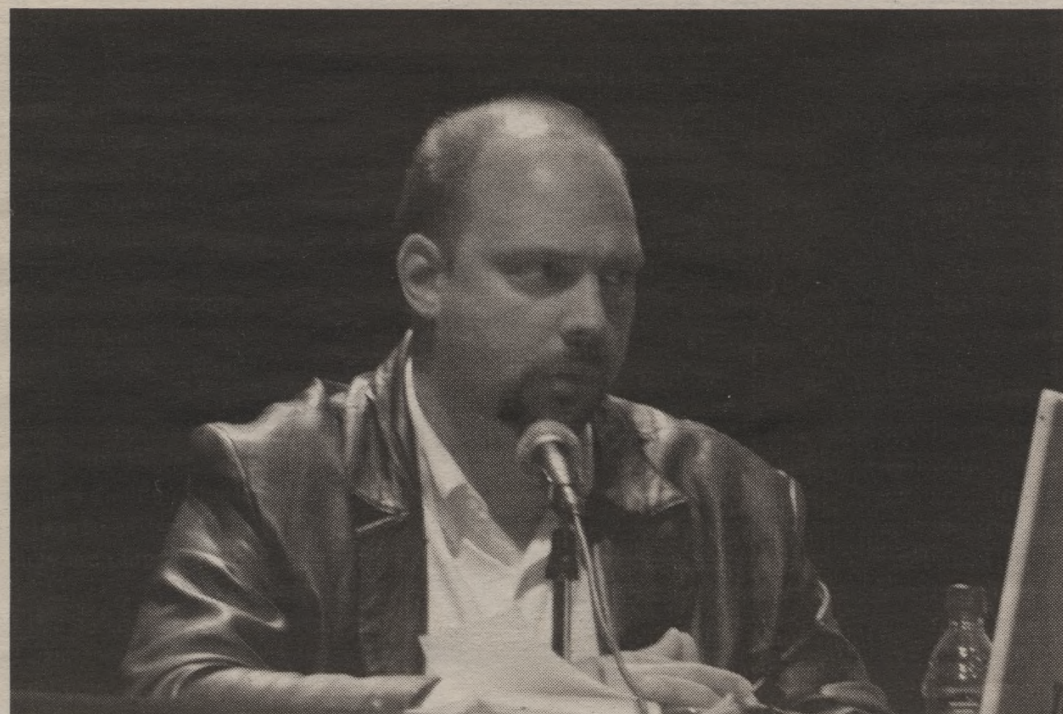
"I became close with everyone who went on the trip," said Williams.

"It's an incredibly rewarding experience," added Bramante.

Robertson, who says she is strongly considering SHU's next trip there, added, "Many times organizations claim to be caring and compassionate and do nothing. SHU practices what it preaches and I have tons of respect for everyone that went down there."

SHU's presence has made a dent in the area struck by the hurricane, but more needs to be done as said in the presentation.

Application forms are now available at HC 207 by Sr. Donna Dodge, Vice President for Mission and Planning, for the next delegation heading to Mississippi in the end of May. There are plans for other delegations as well.



The Spectrum/ Elyse Harrell

Greg Golda talks about his experiences in Mississippi.

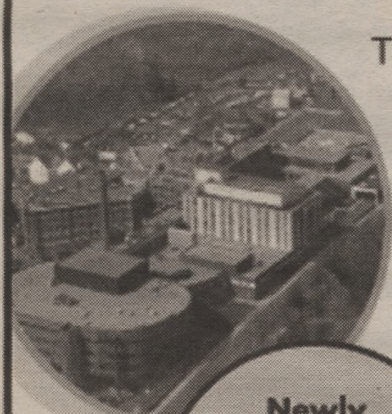


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Perspectives

Spreading the gossip on newspaper tabloids

Rachelle Murphy
The Spectrum

Tabloids are prevalent in every supermarket and drug store across the nation. You will hear many say how they hate gossiping then while flipping through on the grocery line, turn around and ask, "Did you see how fat Britney got?"

Tabloid headlines are often called ridiculous by consumers. Titles such as "Mother gives birth to two headed alien baby" and "Bigfoot sighted eating Burger King." seem to constantly surround us. Today, most tabloids have to do with celebrities and their lives.

Headlines on the cover *Star* magazine such as, "Angelina scared of gaining weight during pregnancy" and "Britney is pregnant again- and leaves Kevin," commonly seem to dominate the covers of most tabloids. It is titles such as these that tend to draw in readers.

"The covers and titles always attract me to read the tabloids. I enjoy reading the covers even if they are not true," said Alessandra Giuffre, freshman, Valley Cottage, N.Y.

There are always stories on the news and in the newspapers about another celebrity being run off the road by the paparazzi. This frequent occurrence has caused celebrities to endorse a new law in California, which helps protect celebrities from over-zealous paparazzi.

Pictures taken by paparazzi still grace the pages of tabloids. Even though there are laws in place, the paparazzi will do anything for money. Paparazzi get paid thousands of dollars

in order to take any picture that they can. The more incriminating the photo, the more money they will receive. These pictures are then used to add a tinge of reality to the story the tabloid is printing. They help fuel and keep a sense of reality to the stories.

"No, I do not think they [tabloids] write the truth. Some things are believable because the things they make up relate to people's lives," said Jillian Delape, freshman, Bellmore, N.Y.

"I know that I shouldn't believe half of the things written in the tabloids, but I do sometimes. It really depends on who the celebrity is," added Giuffre.

Celebrities such as Lindsay Lohan, Paris Hilton and Ashlee Simpson are targets of the tabloids. In the April 2006 issue of *Cosmopolitan* magazine, Lindsay Lohan admitted that half of the stories that are about her in the tabloids are true. Ashlee Simpson also admitted in the Jan. 2006 edition of *Cosmopolitan* that the tabloid stories about her are sometimes true.

"I think the reason I believe some of the tabloid stories is because they just seem like those experiences and events would happen to those celebrities," said Giuffre.

"Tabloids take the truth and twist reality to make an interesting story and to sell papers. They have fun information in them, but obviously it isn't the whole truth. It is sad that some people believe what the tabloids say," said Chris Williams, junior, New Rochelle, N.Y.

Williams went on to say, "A person is more likely to pick up a tabloid and read it than a newspaper. It seems like everyone is dying to know about

the A-list celebrities and their lives. This is weird, because I think people need to think for themselves and not be influenced by celebrities. Once a person gets caught up in what their favorite star is doing it can become a habit.

Tabloids are not meant to be the absolute authority on the entertainment world. Tabloids are meant to generate revenue and entertain their readers.

"I think that they are entertaining, but they shouldn't be taken seriously," said Gabe Garcia, sophomore, Coram, N.Y.

The tabloid press is growing through out every year passing. Recently many mainstream newspapers have began to print in the tabloid style and format. If readers continue to buy these stories regarding celebrity scandal, sports, sensationalist crime stories, and commonly made up lies, tabloids will remain in popular demand.

Even though tabloids are given a bad reputation they can be fun to read if they are taken lightly. So, next time you are on the grocery line and see the newest headline, "Tom and Katie are having twins," question yourself on how important that is to your life. If you can not come up with a logical reason why it's relevant to you than you might as well save your money.

No tabloid will ever be 100 percent true, but it is fun to imagine that the



The Spectrum/ Rachelle Murphy
How much of this information do you believe?

stories printed could possibly be real. Usually it is worth the entertainment to read up on the latest hot news of your favorite celebrity.

The SPECTRUM

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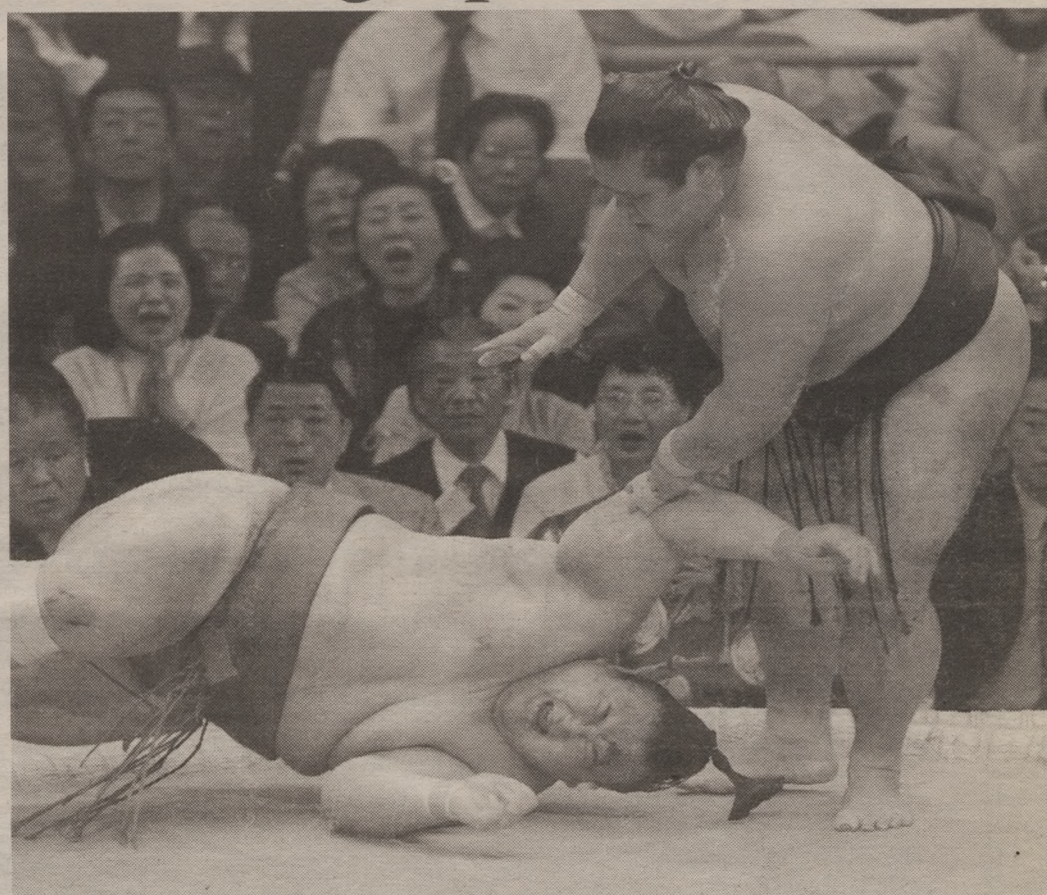
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Photographer's Pick



AP Photo/ Kyodo News

Mongolian grand champion Asashoryu slams down his competition at the Spring Grand Sumo Tournament at Osaka, Japan.

He Said... She Said...

What is the best Summer getaway for a couple?

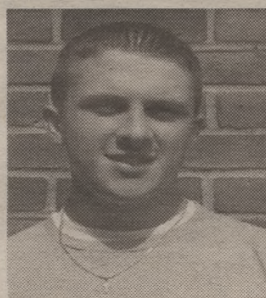
Robert Roy
"He Said" Columnist

The school year has ended and after nine months of toiling in your work you and your special someone want to get away for a week. Where is the best place to go?

Well, this all depends on your budget, time and what the two of you like. However, a smart option would be to pick a place that has many options. Give you and your girlfriend or boyfriend a little bit of everything. My recommendation would be Cape Cod, MA.

I know that most of you who know me are thinking I am just plugging for Massachusetts in a New York filled school. Well, you are right.

The Cape offers great beaches, restaurants and a great night scene. The Cape is not a far drive and it will not involve international travel, which is a huge plus. There won't be all the stress of having to get plane tickets and passports. This



will be a vacation where you can actually relax and not return more stressed than when you left.

The dining is great as well. Cape Cod offers some of the best seafood in the world. There are hundreds of small, family owned restaurants where you can have a great meal ranging from fish n' chips to lobster.

Cape Cod will offer you nice beaches, attractions and overall, a good weekend to get away and relax with your significant other. You can lounge in the sun, have a fun night out on the town and eat delicious food all week long. Make sure to enjoy yourselves.

Rachelle Murphy
"She Said" Columnist

Summer is the hardest season for couples who live far away. In order to see each other traveling is usually involved. So, instead of staying at one another's house take a mini vacation.

The obvious summer getaway is going to the beach. There is always something to do when visiting the beach. You both could go swimming; build sandcastles, tan and much more. The beach is always the classic choice for some summer fun.

If you don't like the beach, there is always a water park. You get to be in the sun, and there isn't sand sticking all over your body. Also, there are fun slides and other rides to try.

If you aren't a fan of water at all, try taking a mini road trip with your significant other. Go visit a local tourist spot. It doesn't have to be anything amazing. For example visit the largest rubber band ball. As long as it is something that you and your significant other



could do to spend some time together doing then you will most likely enjoy yourselves. Plus, you will always have the memories of visiting something so ridiculous.

Even though you might not be right next to each other over the summer, getting away is a great thing to do. Taking time to get away together is an excellent way to make some new memories and to learn new things about one another that you may not have known before hand. As long as fun is involved you are sure to enjoy each other's company, and maybe even get a great tan doing it.



Although the senators of the Buildings and Grounds Committee have gone through a very difficult struggle to get Beautification Day plans finalized, there are less than ten days left until the event kicks off. According to the original intent of the project, the funding was going to come from the Buildings and Grounds department. However, now the funds are being donated by the Senate and Student Life. In addition to these sources, the individual class boards have donated 200 dollars toward the benches that have been ordered for the event. Things are now looking very good for the event.

As always, committee reports were shared with the Senate and being that the end of the month is around the corner, "Of the Month" nominations were made. The Spring semester has a tendency to fly by much quicker than the Fall semester, so Feb. and March awards were combined into one. After votes were tallied, the winning committee of the month was declared the Buildings and Grounds committee.

In addition to the accomplishments of the Buildings and Grounds committee, the IT committee has put a lot of work into coming up with a new cable line for next year. Each senator was given the opportunity to compile a new line up for next Fall, which is compiled by the IT Department and voted on with superiors. Any questions or concerns about the line up should be addressed to Senator Justin Schiavone or the IT Department.

Since the end of the year is coming up very soon, Senate has elected its yearly king and queen. These two individuals will walk with the kings and queens from other organizations in a procession on skit night in the Edgerton Center for the Performing Arts. All kings and queens will also go through an application process to compete for the King and Queen of SHU. The representatives for Student Senate are Kurt McLoud, VP of Senate, and Kelly Parks, Senate Secretary. Congratulations Kurt and Kelly! The Senate would like to wish them a good luck in the application process.

Upcoming events for the Senate include the third Annual AIDS Walk, which is taking place April 21 through the 22. This event is open to the public and team sign ups will take place until the day of the event. Teams of ten people are welcome to participate, and pledge sheets will be given to each team leader. Prizes will also be given out for that team who raises the most money. Please join the Student Senate in participating in this relay event to fight a growing epidemic in America.

- Contributed by Erin Maurer.

Enough is enough about the WMDs

Samuel Bosch
Editorial

It has been almost three years that we first began our military operations in Iraq. We have seen this conflict evolve from the "Shock and Awe" campaign to the trial of a deposed dictator and his cronies.

Like the war in Vietnam, our war in Iraq is being fought on two fronts. The actual fighting abroad, and the domestic turmoil caused by our foreign policy.

One of the hotter topics of discussion has been the weapons of mass destruction, and the fact that we haven't found them. Both the Bush administration and the U.N. had intelligence that suggested Saddam Hussein had weapons of mass destruction, and both used this to make a case for war in Iraq.

Most of the people that oppose the war have a tendency of ranting and raving about the fact that no weapons of mass destruction were found. For those people who are convinced that not finding these weapons proves that Saddam had "disarmed," read closely.

Yes I said, "disarmed" because any rational human being, who knows anything about this subject, understands that Saddam Hussein had weapons of mass destruction, and used them on his own people. We should remember those thousands of Kurds in northern Iraq that were gassed to death

with chemically laced artillery shells in 1989. This massacre is well documented, yet often overlooked by anyone who insists that we never found these weapons.

I understand that when someone argues a point it is typical to leave out any information that might damage your case. However, to flat-out deny the existence of these weapons programs is foolish.

In April 1991 after the Gulf War ended, the U.N. Security Council passed Resolution 687, which detailed the fact that the economic sanctions imposed on Iraq would continue unless Iraq discontinued illegal weapons programs. Now, if the U.N. drafted a resolution in 1991 that mandated this man to stop these programs, it is clear to me that the international community is well aware that Saddam had weapons of mass destruction.

Here is a little bombshell that the mainstream media seemed to overlook while they were excessively covering the Cheney hunting accident. Apparently a U.S. intelligence agency was able to seize up to 35,000 boxes of files and video tapes of Saddam Hussein and his "cabinet" members discussing many hot topics.

On Feb. 15, 2006, ABC news obtained and aired a portion of about 12 hours of video dating back to the mid-1990s of Saddam and his top aides meeting in the Iraqi equivalent of the

Oval Office. Saddam is filmed discussing various subjects, and in one specific conversation Hussein Kamel, Saddam's son-in-law and the man responsible for his weapons of mass destruction programs, openly talks about hiding information from the U.N. inspectors.

"We did not reveal all that we have," Kamel says in the meeting. "Not the type of weapons, not the volume of the materials we imported, not the volume of the production we told them about and not the volume of use. None of this was correct," Kamel added.

I will concede that we have not been able to locate these weapons, but let us not forget that the U.N. delayed the U.S. led invasion by almost three months. This would have given anyone including Saddam, plenty of time to move sensitive material into Syria, or simply bury it in a country the size of Texas.

For those of you out there who are still convinced that there were no weapons of mass destruction, I hope knowing these facts allow you to further examine the truth and fully understand the actual occurrences. If it does not, I suggest finding another "lifeline" to prove your case, that this war was a mistake, because the weapons of mass destruction argument is trite and flat out incorrect.

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

—Arts & Entertainment—

Battle for Big Man on campus: *Mr. SHU* competition raffles off front row

Dana Cannizzaro
The Spectrum

Mr. SHU, Sacred Heart's very own annual male pageant is coming up on April 3. As it has filled the theater to capacity in previous years, the Class of 2007 has come up with a new way for people to get their seats.

Since it has been known that people wait on line for what seems like hours, or get turned away at the door, the Class of 2007 has cleverly decided to raffle off four guaranteed seats in the front row of the Edgerton Center.

"We thought it would be a good fundraiser because many people stand outside in the cold and don't even make it in, and we thought we would kill two birds with one stone and give people the chance to win four guaranteed seats in the front row," said Class of 2007 Senator Aisha Lubin, junior, Brockton, Mass.

Raffle tickets are being sold in front of Flik until the end of this week. Hopefully this fundraiser will be as popular as the event that the seats are guaranteed for.

"It's only the second day of sales, so I'm sure by the end of next week there will



The Spectrum/ Elyse Harrell

Mr. SHU competition is so popular it also turns into a competition for a seat.

be a lot more sold, because everyone is last minute," said Class of 2007 President Dom D'Errico, junior, Hamilton Square, N.J.

Throughout this week, there will surely be more advertisement through email and flyers all around campus.

Though no one would reveal to us who this year's contestants will be, we had the chance to catch up with last year's pageant winner, Frankie Pistecchia, junior, Eastchester, N.Y. and found out what his year with the title Mr. SHU has been like.

"My reign as Mr. SHU was unlike anything I expected," said Pistecchia.

"The advantages of becoming Mr. SHU was being able to make friends with a lot more people in the SHU community. Plus the amount of faculty who knew who I was after the competition."

"One of the biggest advantages was all the kids. I was able to touch their lives and take pictures with them so they could have the feeling that they were with a real celebrity."

Pistecchia also filled us in on the disadvantages of holding the title.

"The disadvantages of winning Mr. SHU involved the constant mauling of fans in FLIK. I have to wear my hat low and keep the women admirers away. It became such a problem that I have hired security at my house in Connecticut as well as in New York."

It sounds like being Mr. SHU involves a lot more than just dancing in a bikini.

As for now, the Sacred Heart community is eager to see who will be next to capture the audience's and judge's hearts at Mr. SHU this year.

"ONEinSIX" will take hip-hop artist Reed to #1 on charts

Lauren Williams
The Spectrum

CEO and premier artist of new urban record label, Sophist Productions, Reed Baker, known as Reed, will be officially releasing his 14-song debut album, "ONEinSIX" on April 18.

The 25-year-old, Queens, N.Y. native, grew up in a heavily hip-hop influenced environment and was already composing poetry in rhyme at age six. By ten Reed began writing his own raps. Two of his childhood inspirations include, Brooklyn rap artist Biggie Smalls and Queens rap artist Freaky Tah of the Lost Boyz.

Reed increasingly favored R&B over rap however, and continued to write passionately well through his college years while undergoing a "tumultuous real-life love affair."

Reed graduated Summa Cum Laude from Emory University studying Philosophy and spent two years writing a thesis on the subject of first love. The essay earned him quite a few accolades from the university's faculty and Emory's highest honors. At this time Reed also had hundreds of songs written as well as dozens recorded.

"Being a philosophy major, most of Reed's lyrics are philosophically based, making Reed a very inspiring artist," said Sophist Productions intern, Pete Pavone.

With innovative, philosophical lyrics and song concepts, Reed received encouragement from family and friends to pursue a career in music. And Reed did just that. Less than a month after graduation he began to work with the Management Company and record label, Intelligent Music owned by Yale lawyer Robert Celestin, executive producer of albums for Mary J. Blige and Jodeci.

Though a positive working relationship existed between Reed and Intelligent Music, he only worked with the company briefly before realizing his desire for more creative control over his own work, both artistically and industrially. His educational background and financial situation gave him the resources he needed to create his own record label, Sophist Productions.

A "sophist" as stated on the record label's website, www.sophistproductions.com, is "one who teaches eloquence, philosophy, politics, and the art of successful living." And it is by that definition, Reed is living, using his new label to further develop and express his musical talents while establishing a business simultaneously.

Signed artists of Sophist Productions currently include, not only Reed, but D-Mack, who is a producer and business representative, Sensa (short for 'Sensation')

who is the reggae force behind the label and Big Rich who is a producer and DJ.

The first album to be released by Sophist Productions is the eclectic "ONEinSIX."

"[\"ONEinSIX\"] is mainly Reed's album, but has featured production by D-Mack and Big Rich, and also features the vocal stylings of Sensa. It is a fusion of hip-hop, R&B and reggae, which is why the company is hoping for its success, as it will appeal to audiences of all three of these genres," said Pavone.

Reed calls this synthesis of cultures, sounds and topics "Alternative Hip-Hop."

The first single to be released off the album is the fifth track, "On my Life" which is four minutes and ten seconds long. "On my Life" has already been played in clubs and on small radio stations in New York and Atlanta.

According to Sophist's website, "ONEinSIX" has "attracted enthusiasts across generational, gender, cultural and racial lines." Further, "the album's pre-release phase generated a fury of standing-room-only parties, densely popular shows, highly anticipated appearances, autograph signings, publicity, industry exposure, and even a major endorsement promise."

"The album is definitely worth lis-

tening to because Reed raps about real-life and growing up in the city. Instead of delivering messages about superficial things like money and cars, he focuses on the art of successful living," said Pavone.

Additionally, Pavone foresees the album being a great success and hopes bigger radio stations and college campuses appreciate the new blended sound Sophist Productions has been able to create. Although Reed has "no plans to tour at the moment" and "there are no other planned releases," Pavone encourages everyone to check out Sophist's website to listen to "ONEinSIX" and learn more about the company's artists and future projects.

"ONEinSIX will be available in stores everywhere locally at first, then will expand nationally on April 18," said Pavone.

Sophist Productions has created a new genre of music that has transcended average hip-hop by offering multiple sounds and personal experiences on philosophy, art and love with "ONEinSix." Be sure to pick up a copy if you've been searching for something "different" to add to your playlist.

When it comes to hard work and determination, Reed's philosophy on success is pretty simple, "I just want to prove to my Mom that she did a good job."

L.A. Confidential: Hollywood Scientology 101

First, there was the Kabala craze, ruled by the Material Girl herself. Now it's the scientology fad led by one of Hollywood's most famous faces, Tom Cruise. Here's the low-down and my two cents worth about the current religion dominating the streets of Los Angeles and the stars populating your local movie theatre.

We've all heard it, but do we all actually know what Scientology is? Simply put, it is a religious movement originated by author L. Ron Hubbard that started as a philosophy rather than a religion. Some of their central ideas include the belief that every person is an immortal spiritual being, called a thetan. A thetan possesses a body and mind. Sounds like a regular human being to me. Scientologists also believe in past lives, and that people are "basically" good.

This is the part that gets me. Are you trying to tell me that someone like Mother Theresa is only "basically" good? That statement sounds about right to describe me and half the world, perhaps, but how can one say that someone like Princess Diana was "basically good?" Come on, now!

Anyway, I'm not here to judge a religious movement, so now with a basic gist of what they believe in, let's take a look at who practices Scientology. First of all, Tom "Couch Jumper" Cruise and his poor fiancée, Katie Holmes, definitely believe in the Scientology craze. They are the poster children of Scientology.

Cruise has picked fights with Brooke Shields and her supporters for using medicine to cure her postpartum depression because Scientologists don't believe in medicine or psychology.

Here is an SAT analogy for you: Madonna is to Kabala, as Tom Cruise is to Scientology. Didn't think you'd escape



Shaun Mitchell

those, did you?

Another celebrity couple involved with the evolving pseudo-science is Danny Zuko himself, John Travolta, and his wife Kelly Preston. Everyone's favorite "Fat Actress," Kirstie Alley, Jason Lee, and Isaac Hayes, are other celebrities that believe that people are "basically" good. I guess the same can be said for most of their movies; they

were "basically" good.

Isaac Hayes recently made news headlines by withdrawing from the primetime animated series "South Park," where he played the character Chef, because of an episode that makes fun of Scientology and its poster child, Cruise. The episode is called "Trapped in the Closet" and in it, Cruise seeks shelter in a closet because he doesn't want to be in a world that makes fun of his religion of choice. He won't come out of closet, even when he is coaxed by his ex-wife, Nicole Kidman. There is a strong belief that Cruise is gay and refuses to admit it. It makes sense; I mean the guy has to tell himself everyday he loves Katie Holmes. It's not that hard, she is gorgeous.

This episode sparked even more controversy when Cruise was rumored to threaten Viacom (which owns Paramount Pictures and Comedy Central) from withdrawing the promotional stints for the upcoming "Mission Impossible 3." Reports have been denied all around. Yeah, but so have rumors about Cruise's sexuality.

Nobody gets anything straight in Hollywood. (No pun intended.) Scientology has grown from a small, loyal philosophy to a behemoth of religious expression by some of Hollywood's finest. I think the time has come for celebrities to just believe in what they want to believe in and keep it to themselves. Do you see Ben Stiller bringing out the menorah at social gatherings? No. He is Jewish but he doesn't push it on the world like Tom or Madonna have for their respective religions. Don't get me wrong, I love Madonna; I'm just not so much a fan of Cruise.

I think people have a right to believe what they want to believe and that religion shouldn't be denigrated to having a famous celebrity face to attach to it. There's nothing spiritual about Tom Cruise's face, unless you're a teenage girl (or boy) who worships him on the "Jerry Maguire" movie poster. Only time will tell what the next religious phase in Hollywood will be. Only time will tell if Tom Cruise is actually gay or not. And only time will tell if Hollywood can one day be truly thrilling, leaving religion to the clergy, and remaining the best escape in American culture.

SHU's Concert Choirs

Kate Brindisi
The Spectrum

The voices of those thought to be from above could be heard rejoicing and singing for the Spring semester concert performed by the university's two choirs.

The 4 Heart Harmony and Concert choir presented a concert on Saturday, March 25. The choirs covered various musical genres and truly entertained all who attended. The concert was performed in Saint Thomas More Church, in Darien. The performance was a free concert open to the public, both choirs sang for the delighted audience.

There was a broad range of performance pieces from religious, to Mozart, Andrew Lloyd Webber, and Gospel. The two choirs performed separately and with soloists and then joined together to perform "Untraveled Worlds" by Keyes, Feaster, & McRae.

The choirs are both led by Dr. John Michniewicz, who is more commonly known as Dr. J., is the Director of Academic Music Program. Dr. J. also teaches several music classes. The choirs contact at Saint Thomas More Church was Galen Tate who is the accompanist; he is the music director at the church and sent the invite to the choir to sing there.

The choir rehearses weekly, and concert choir meets once a week. The 4 Heart Harmony is a cappella chamber choir, and the group rehearses twice weekly.

There were a lot of solo performances in addition to the concert songs performed.

"Kristin DePault, who sang the first Mozart solo, was amazing and Carrie

Hoffman also did a great job singing La Fiamma Sacra. She wasn't even supposed to do it, but the soloist couldn't make it, so she stepped in and did great. The last piece was also a really challenging long piece that the choirs actually sang together, and that seemed to be the crowd's favorite," said Caroline Saxe, senior, Fairfield.

The concert proved to be an enjoyable performance for all those who attended.

"It was good for us to get a chance to try out new material before our year end concert, and everyone did a great job," said Saxe. "We even got a standing ovation."

As the year winds down, many of the campus organizations will be presenting their final fund raisers and activities all attempting to go out with a bang. The Concert Choir and 4 Heart is going out with 4th of July worthy fire works.

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STUDENTS

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The main purpose of Unite to Fight is to spread awareness to the Sacred Heart University students, faculty, staff, and the surrounding community of the devastating status of the global AIDS pandemic.



AP Photo/Jimmy Duvall

Tom Cruise and Katie Holmes onstage and showing off her very pregnant belly.

Features

In memory of Bill Beutel, Eyewitness news anchor

Scott Wagner
The Spectrum



AP Photo/ File

Long time news anchor Bill Beutel, shown here in 1975.

Bill Beutel, the longest running television news anchor in New York history, whose time with the AM America news show would spin off to become ABC's "Good Morning America," has died at the age of 75.

Beutel was born the son of a dentist in Cleveland, on Dec. 12, 1930. He claimed to be inspired to be a reporter while listening to Edward R. Murrow's London broadcasts on the Battle of Britain.

In 2001 William Beutel retired from his anchor position with Eyewitness News and continued some correspondence work until 2003 including a small time covering the civil war in Sierra Leone.

Beutel, whose 35 years of experience behind the anchor desk for WABC is unprecedented in New York television history, died Saturday, March 18 at his home in Pinehurst, N.C.

According to the New York Times, Beutel's wife Adair said the cause was complications due to a progressive neurological disorder.

"People tend to know their local news anchor by first name. There is an odd sense of loss if you grew up watching, a sense of home," said James

Castonguay, chair of the department of Media Studies.

Douglas M. Reda, 50, an attorney of Cold Spring Harbor, N.Y. remembers Beutel as a "brand name" for most New Yorkers. "He was the sole person I associated with nightly news for many years," said Reda.

Beutel's first radio job was in Cleveland before he moved to CBS radio in 1957. According to Wikipedia.com, he began his television career in the October of 1962 as a reporter with ABC News and as anchor for New York's WABC-TV.

Beutel joined the ABC News team full time when he became the London bureau chief in 1968. However, after only two years there, WABC's new director of news, Al Primo, called Beutel with an interesting opportunity. Primo offered Beutel a position as co-anchor opposite his predecessor at WABC-TV, Roger Grimsby. Primo wanted two, sturdy, well-defined personalities heading up the Eyewitness News format he had brought along with him from KYM-TV in Philadelphia.

In an interview with New York Times journalist Campbell Robertson, Al Primo

said, "I needed somebody who had confidence in himself and could keep his own style. Sure enough, his experience, his confidence, his presence and his humor came through."

Eyewitness News quickly gained popularity as co-anchors Beutel and Grimsby grew to become possibly the two most well known personalities in television news history. For a long time "Eyewitness" was the single most talked about news program in the country.

On Jan. 6, 1975, Beutel also signed on to co-host AM America with Stephanie Edwards, which was designed to compete with the "Today" show on the CBS network. The program struggled, according to Wikipedia.com, and after only eleven months was succeeded by Good Morning America.

Beutel never left Eyewitness, continuing to anchor for the show for 16 years after Grimsby's dismissal in 1986.

Beutel was a dedicated news anchor that touched the hearts of many people. He was more than just a news anchor, he was a man who was trusted and loved by many.

My unknown beloved girl

Edwins Raymond
Contributing Writer



Contributed Photo/ Edwin Raymond

Raymond is a student here at SHU.

I have found a girl who reveals to me the perfection of life, the beauty of a perfect soul. She is black, not the black of a blackboard or blackbird, but a more profound black with flamboyant beauty; the black that we see when we close our eyes, take a long breath, and go deeply into our heart.

It is a radiant, glossy black which shines invisible attractions like a rising sun coloring a fresh greenish landscape. This is the black of my unknown beloved girl.

Her face reflects a poetizing soul that gives birth to illuminated flowers, flying birds, and spiritual songs. She is this sumptuous garden where grow plants that balm pained souls and dying spirits. Wherever she is, there is this light that surrounds the place and purifies everything she touches.

Her eminent beauty gives sanctity and joy to whomever sees her face

and speaks her name; a name that is still unknown to me. I wish I was her shadow, her breath, and her smile. I wish I was the words she says, the things she touches, and the ground she walks on. I wish I was her friend, her bed, and the light that shows her face. O! I wish I knew her name, where she lives, and where she is. She is a girl that needs no name, no place, and no reason to charm the nature of her brilliant beauty; she is the light of every living being; she is the essence of artistic contemplation.

I met her once; it was my birthday; I was alone bearing my loneliness in an empty corridor. She is the best present that I could ever have. I met her once! There is one girl that I would like to see again. That is this mysterious girl who comes up in my dreams, on my laptop, on my notes, on everything I read and everything I write.

O God I wish I knew her name; I wish I was everything she likes, everything she is looking for, and everything she needs, I wish I was her will, her feelings, and her passion. O God! I wish I was her love! The one she is waiting for!

O Take me to her heart! I want to sleep every time she sleeps; I want to walk every time she walks; and I want to cry every time she cries. I want to be a bird in her heart, a song in her mind, and a dream on her pillow. O God! I want to be everywhere she is.

This is an excerpt from
Raymond's book,
"Letters from the Dying Moon."

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Outpost employees work hard to keep the pub up and running

Ashley Bonora
The Spectrum

Flik by day, Outpost by night. Once referred to as the "pub," the Outpost is starting to take shape and really improve its atmosphere for students, faculty, and even its employees.

Operations Assistant, Rob Mammone, is in charge of the Outpost and all of its employees. It may seem like a piece of cake, but the job of an Outpost employee is nothing less than hard work.

"The workers are terrific. They are very hard-working, yet it's a very relaxed environment. They are the best staff I have ever had to supervise," said Mammone.

"Behind the scenes it's not as demanding as one may think, but we do ask that the workers are diligent in a timely fashion. When we hire our employees, we look for students who have good interpersonal and customer service skills. We treat our employees with respect and we hope for the same in return," said Mammone.

The employees are required to do chores and get the Outpost ready for the night's activities.

"There is a lot of physical activity when students work at the Outpost. Employees are asked to mop, move kegs, stock closets and shelves, and clean tables. We have to be careful when hiring because there are some people who just can't do that type of work," said Mammone.

"We also train our employees in what is called T.I.P.S. This is an alcohol awareness program that teaches employees how to deal with any incident that may arise," said Mammone.

The Outpost is just like any other job on campus; students are required to go through the work study program to apply for a job.

"At the beginning of each semester, students can pick up an application on a first come, first serve basis. Then, Managers, Dave Wahlen and Tara Maroney, and I interview each applicant, then discuss the candidate and talk to them about possibly working in the Outpost," said Mammone.

Hours are flexible and the working environment is relaxed, allowing employees to arrange hours that work for them and also get other work done while on duty.

"Working at the Outpost is not time consuming. The hours are based on the amount of hours work study will allow you to have, and you are not required to work weekends. Obviously we are not open Fridays because there is no way we can compete with local bars," said Mammone.

"The environment is relaxed and we try to make it as comfortable for everyone, especially the workers. We even have a casual uniform. Employees are required to wear a uniform shirt that looks like a baseball jersey. Employees can even do their homework during work hours; it's very easy going," said

Wahlen.

The most popular and most crowded time for the Outpost is during senior nights. This is when the Outpost employees must be aware and focus on their job.

"Senior nights are probably the busiest nights of all. The employees have to work hard because there is usually local band there, and lots of students, especially because we open up the whole floor so it's not just one sectioned off area," said Mammone.

"Senior nights are the best nights to work because you make the most amount of tips, you keep busy, and you are able to interact with students," said Wahlen.

The Outpost is not just a place to drink on a technically dry campus, it is also a place where students of any age can attend and enjoy the events that are organized.

"We try to hold events for underclassmen as well as upperclassmen. We want the freshmen to spread the word to other freshmen who may not know about the Outpost, even if it is just to see a comedian or local band play. The one rule is that you must be 18 years or older," said Mammone.

Look for these upcoming events. On April 4, comedian Pete Correale from Comedy Central and VH1 will be performing, as will Kevin Brennan, comedian, on April 8, and the very last Senior Night will be held on April 20.

After that, graduates can look forward to the Dinner Dance, which is the Saturday before the graduation ceremony.

Want the Editor
to hear what
you have to say?

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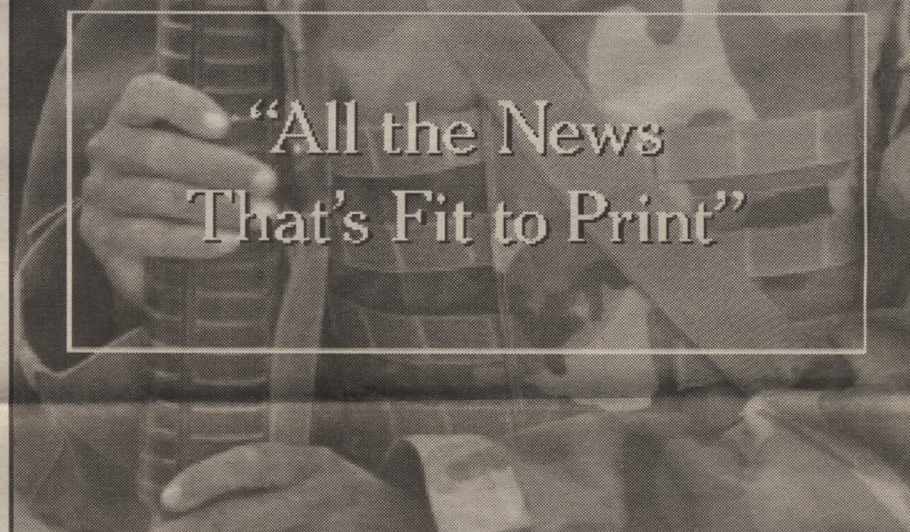
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Page 27



Osar Mohamed/The New York Times

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Sports

BRIEFS

Men's and Women's tennis make strides, prepare for difficult matchups

Page 12

Who does SHU love?

Mike Barrett investigates the top teams on campus.

Page 13

MLB Coverage:

Pre-Season.

Predictions.

Promises.

Prognostications.

Page 14, 15

Men's Volleyball looks

to end season on

a high note.

Softball preview.

Baseball preview.

Back Page

Spectrum Sports

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Men's lacrosse wins CAA opener

Travis Flynn
The Spectrum

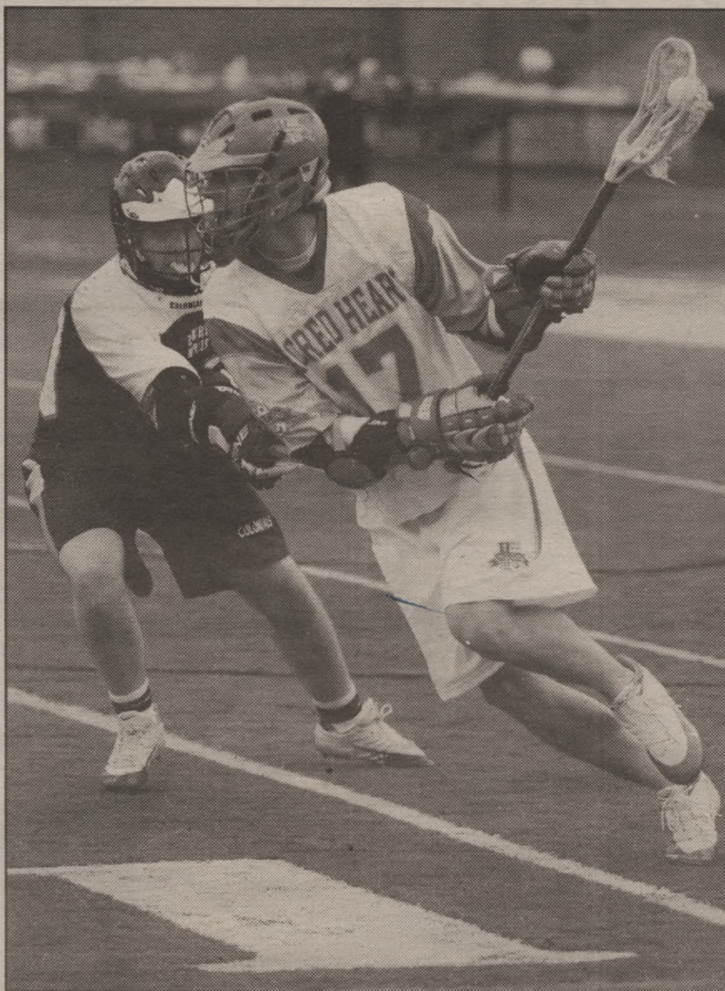
Matthew Robideau scored his seventh, eighth, nine, 10th and 11th goals of the season as men's lacrosse scored a season-high for its first win of the spring in its 15-9 trouncing of Robert Morris Saturday at Campus Field.

Robideau's five goals were a career-high; he also picked up two assists in Sacred Heart's Colonial Athletic Association season opener.

Pioneer attacker Kiel Adams and midfielder Kevin Walker added three and two goals, respectively, while attacker Bobby Karl contributed with one goal and four assists.

Senior Jim Millhausen picked up his first career win, steering aside 11 of 17 shots on goal in 55 minutes for Sacred Heart.

Robideau and Walker alternated goals toward the end of the first half, expanding the Pioneer lead from 5-3 to 9-3.



The Spectrum/ Travis Flynn

Midfielder Kevin Walker sidesteps and opponent.

Midfielder Brendan McAuley assisted on Robideau's goal with 1:58 remaining in the first quarter; Karl assisted on Walker's goal at 11:43 of the second; attacker James Hinkson picked up the helper on Robideau's 5:56 tally; Walker capped it off, unassisted, at

2:18.

Robert Morris cut the lead to 9-6 with 12:54 left in the third quarter, but it failed to narrow the margin further.

Midfielder Joe Cavagnaro snared a team-high five ground balls while winning 11 of 22 face-offs.

VOLLEYBALL from back page...

31-29 and 30-25.

"We can compete as we showed here tonight and in some of our games, but we make a mistake here or there and it costs us," John Breen, a junior middle and opposite hitter from North Andover, Mass., said. Breen finished the match by tallying 13 winners and seven digs.

"We played well—just the ball didn't bounce our way," Pioneer coach C.J. Emanuelson said.

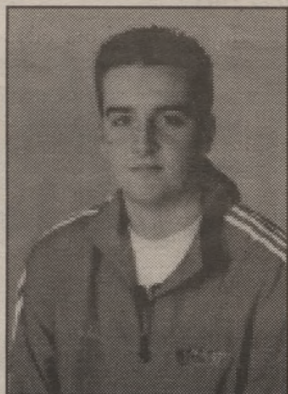
Sacred Heart's strength throughout the season has been its mixture of youth and experienced veterans. Out of the 11 players on the team, only two are seniors.

"We are a young, brand new team with a makeup of mostly new guys and some old ones," Emanuelson said. "We are going through this season just gaining some experience that will benefit us now and in future seasons."

The team will take a week off and will return to the court to square off against Vasser.

"We are going to go into the game with a high energy and play big, and just aim to play some strong volleyball," Emanuelson said.

The game is also Senior Night and the Pioneers will honor seniors Catani and Mike Ivers, a native of Philadelphia, Pa. The game is scheduled for April 4 at 7:00 p.m. in the Pitt Center.



Courtesy Sacred Heart Athletics

(From L to R) Kevin Teague, Lissa Von Brecht, and Pam Pillo.

Men's and women's tennis prepare

Kristyn Nicastro
The Spectrum

Men's and women's tennis face off against Wagner College on Saturday. The Pioneers are looking for a good season and hope for wins this weekend to keep them on the right track.

"We've always done really well against Wagner," Lissa Von Brecht, a senior from Cumberland Forside, Maine, said. "They are definitely strong competitors but we always feel confident when we play them, and in my three and a half years we have come out with the win."

"It's definitely going to be one of our best seasons. We have some solid returning players and four freshmen that add a lot of really good depth to our team."

"I don't want to seem overconfident because tennis is definitely one of those sports where anything can happen, but I think we have a really good change against Wagner."

So far this season, women's tennis has an overall record of 5-4. Freshman Laura Murillo of Pittsfield, Mass. and junior Pam Pillo of Shelton have a combined overall record of 22-8.

Von Brecht has a record of 7-7.

The men, on the other hand, have their work cut out for them. With an overall record of 2-6, a win against Wagner would be a step toward a good season for these Pioneers.

"Our record is not what we expected it would be at this time, but we had some injuries that we have been dealing with, so it is tough," Kevin Teague, a senior from Yonkers, N.Y., said. "We haven't lost to (Wagner) since I have been here, so it's usually a win. It shouldn't be as easy as it sounds, but it should be a win."

BASEBALL from back page...

The Gaels have had their bright spots this season. Senior catcher James LaSala has batted 20-64 (.313) with five doubles and nine RBI's. He also leads the team with 25 total bases.

Milazzo will also have to keep senior leadoff hitter Matt Callahan off the bases. He leads the team with 11 RBI's and has eight walks.

Senior designated hitter Nick Conte will also be difficult to stop. He leads the Gaels with a .333 batting average.

What will also be a factor is the rivalry between the neighboring schools that are just a short jaunt down Interstate 95 from one another.

"There is no ill will between the teams," Kaplan said. "But there is a rivalry that each team thinks that they can come into the other's stadium and get a win. That is what is important in these out of conference games."

After the duel with Iona, the Pioneers will play again this weekend at St. Francis of New York. They will play two games on Saturday, and one on Sunday in Staten Island, N.Y.

PREVIEW from page 14...

Mussina's contract option won't be picked up in 2007, so his motivation could be questionable. Carl Pavano and Jaret Wright are both already complaining of injuries, and Shawn Chacon, Aaron Small and Chien Ming Wang may have to play the role of saviors again, which doesn't leave new pitching coach Ron Guidry with a tall comfort level.

Boston went through another dramatic episode with Manny Ramirez. Nonetheless, he is back to hit alongside David Ortiz, but they will fall short of first and the wild card.

In the Central, the defending champions will barely beat out the Indians and Twins because they improved their already potent starting pitching staff by signing Javier Vazquez. A repeat is clearly reachable despite concerns of having too many career years by key players in 2005.

Out in the West division, pitching is plentiful. The Oakland A's may even have a better starting pitching staff than the White Sox, and adding some pop in the lineup may give them their best chance of winning a title than previous years.

Danny Haren and Joe Blanton each thrived in their rookie years and will win 30 games between them. Last season's Rookie of the Year Huston Street will be the closer all season long, so this squad will win a ton of one run games. Bobby Crosby, who is back from injury, could hit 30 homeruns and Eric Chavez, Milton Bradley, Nick Swisher and Frank Thomas will give the A's their best offense since the Giambi and Tejada

days.

The Los Angeles Angels will stick with the A's until the final week of the season, where the two clubs close out the season in a four game series in Anaheim, but will fall short and capture the wild card.

The American League championship will come down to the best pitching staffs after the A's, who will be the AL champ, defeat the Yankees and the White Sox take down the Angels.

Much like the American League, the National League contains many capable squads, but looming questions for each leaves the league up for grabs.

The Braves are shooting for their 15th straight East division title, but the Mets improved too much for the crown to become a cake walk win. New York clearly has the top offense in the league with Jose Reyes, Carlos Beltran, David Wright and Carlos Delgado, and they also added Billy Wagner to close games.

The starting pitching is very suspect due to thin production after injury-riddled Pedro Martinez, but making 25 starts will be enough with this club. As for Atlanta, Andruw Jones may have to hit 50 homeruns once again, and losing Rafael Furcal to free agency will hurt the running game tremendously.

The Central is loaded with talent, but the Cardinals will wrap a division crown once again. Albert Pujols will win the Most Valuable Player once again, and Chris Carpenter will defend for the Cy Young in consecutive seasons.

Out in the West, the Giants have gone through enough

clubhouse turbulence involving Barry Bonds denying steroid usage and then showing up to camp as a cross dresser, but they are the most talented team in this division.

The National League championship series match-up will come when the Giants defeat the Mets and the Cardinals take down the wildcard Braves.

St. Louis will treat its fans that cheer at their new ballpark to a great series win, and an NL pennant behind the arms of Carpenter, Mark Mulder and Jason Isringhausen, plus the bats of Pujols and Rolen.

The fall classic will take place in the cold weather October usually brings, but the match up between Oakland and St. Louis will be very heated. A series filled with manufactured runs, solid pitching, and timely defense among two very similar teams will only enhance the interest of America's pastime.

The Cardinals and A's both possess very strong pitching staffs anchored by Cy Young contenders, a potent middle of the lineup, and a great back end of the bullpen. However, St. Louis will be able to play from behind if needed as well as last year, when the world witnessed the bomb Pujols hit off of the Astros Brad Lidge in the NLCS. It also has much more deep playoff experience on its side, so the World Series crown will belong to St. Louis despite a great effort by the A's.

It is only late March, and these predictions are subject to change more than the weather, but these two teams are in a class of their own possess the all-around talent necessary to add jewelry to their fingers.

SPRING from page 14...

story I found was about a man with a bell. In Section 16, Row 1 sits a man named Jerry from Sebastian, Fla., who refers to himself as "the bellman." He rings a boxing style ring bell for every good play the Dodgers make.

"I started bringing it in 1998 for the Vero Beach Dodgers and I asked the management if I could bring it for the big team's games," Jerry said. "It cheers only for the Dodgers, and I have to buy two tickets, one for me and one for the bell." He is one of the great characters of spring training, and keeps things lively at the ballpark.

Game 3 Astros @ Indians, Winter Haven, Fla. March 18, 2006 1:05 p.m.

Another old stadium is Chain O'Lakes Park in Winter Haven. It still has all the charm of the old days, though. Bob Feller regularly signs autographs and plays catch throughout the ballpark. There is an old press box, and beams which obstruct views throughout the stadium.

-Those Yankee fans that love hearing names from the past will be happy to hear that Aaron Boone looks like he did when he was with the Yankees (and not in the home run vs. the Red Sox way).

-Cleveland's bullpen looked very good as they pitched 5 1/3 scoreless innings after starter C.C. Sabathia left. Danny Graves and Steve Karsay both pitched scoreless innings.

Game 4 Braves @ Cardinals Jupiter, Fla. March 20, 2006 1:05 p.m.

The final game of our odyssey

took us to Jupiter to watch two of the great teams of our time. The Cardinals have won the National League Central two years in a row, and are considered by many to be the favorite to win the division yet again. The Braves, of course, have won their division for 15 years in a row, and have to be considered the favorite until someone knocks them off.

-John Smoltz pitched sterling for Atlanta. He pitched five innings and allowed just two hits and no runs. If he pitches well for Atlanta, they will be tough to beat.

-Former Red Sox, and current Braves, shortstop Edgar Renteria had a fantastic day. It looks as though he is poised to have a big year being out of the pressure of Boston.

-The fans from St. Louis are famous for being some of the most knowledgeable in the whole game. They were very good and very friendly as well.

-Another great moment of the trip was seeing Hall of Famers Lou Brock and Bob Gibson in person. It was an honor to see both great Cardinals at spring training, and here's hoping that more teams continue the trend of historic ex-ballplayers at spring training.

-The highlight of the trip came in the 9th inning of the game though. Braves outfielder David Kelton hit a weak fly ball towards the stands and right towards me. I stood up, watched the ball and caught it. It was the highlight of the trip and one of the many amazing things that can happen only at spring training. It's time to play ball for real.

Take your pick: students' discuss MLB's top teams

Mike Barrett
The Spectrum

Baseball fans, it is that time of the year again as Spring Training and the legendary World Baseball Classic comes to an end and the regular season of Major League Baseball is set to begin.

So who are the baseball fans of Sacred Heart University pulling for this season? The answers may surprise you as every student doesn't happen to be a Boston Red Sox or New York Yankees fan.

Yet still the majority of fans here at Sacred Heart University are narrowed down to the Sox and Yanks. It isn't hard to find a diehard Sox/Yankee--just open your eyes and look.

Sophomores Julie Nolan from Norfolk, Mass. and Adam Pellechia from Pelham, N.Y. are on the opposite sides of the fence when it comes to the Yankees and Sox.

Nolan, a Red Sox fan, admits

that she didn't really have a choice when it came to choosing her favorite team.

"I was threatened to either be a Sox fan or get out of the house," Nolan said. "I grew up loving Mo Vaughn and experienced the greatest postseason in 2004."

Pellechia has run into some hard luck as a Yankees fan lately, thanks to the Red Sox, Angels and some pitcher named Josh Beckett.

"I have been a Yanks fan since I was a kid, and grew up hating the Sox. My favorite moment was Aaron Boone's homerun in 2003 but I was crushed the next season against the Sox."

The Sox/Yankees rivalry may have lost some of its luster this past season, but will rebound back to its old form because of one man: Johnny Damon. The proclaimed "Judas" of Sox fans left Boston for the hated Yankees via free agency where he was welcomed with a four year, \$2 million dollar contract.

"I feel like Damon was a sellout; he was money hungry and left city that loved him," sophomore Dave Dinnicola, a native of Attleboro, Mass., said. "I think he will add a spark to this rivalry, depending on how he does this season."

On the contrary, Nick Lambusta, a sophomore from Yonkers, N.Y., is glad to have a player like Damon on his team.

"He is a valuable asset, much like Curt Schilling was for the Sox a couple of years ago. He isn't going to be a true Yankee yet; he is going to have to earn his stripes," Lambusta said.

So many will admit that it's not surprising when you walk around the halls to see Yankees and Red Sox hats all over the place, but occasionally you might see a New York Mets, Atlanta Braves or even a Toronto Blue Jays fan sporting their favorite teams colors.

All these fans have high expectations for their team and all can regale you with how they

became a fan of that particular team.

"I have been a Blue Jays' fan ever since I played on a little league team" Joe Horvath, a junior from Shelton, said. "I love Joe Carter and his homerun in the '93 series is one of my favorite moments as a fan. I am hoping for a good season, maybe 88 wins good enough for second place and a Cy Young award for Roy Halladay."

With Braves and Mets fans comes another of baseball's biggest rivalries. The rivalry has grown more and more each season and should become even more interesting, with the Mets primed to end the Braves' run of 14 straight National League East division titles.

"I grew up watching the Braves on television so I became a fan and one thing I learned was to hate the Mets," sophomore Matt Malaeri of Seymour said.

So whether you are a fan of the Red Sox or Yankees rivalry or live for those nights to watch the Braves and Mets on TBS,

or see Joe Carter as a god, the baseball team you cheer for ultimately becomes part of your life. So as April approaches, so does the hope of another great baseball season, one for Sacred Heart fans to remember.

Poll: Who is your favorite MLB team?
(100 students polled)

Yankees: 46 votes

Red Sox: 18 votes

Mets: 14 votes

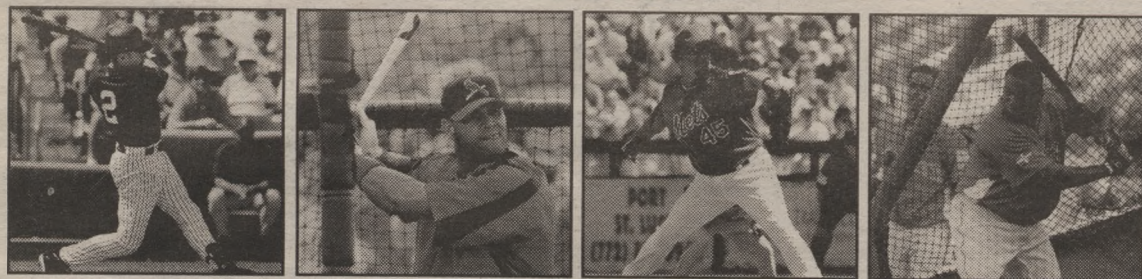
Other: 11 votes

No Interest: 11 votes

Sports

PLAY BALL!

The Opening Day countdown is about over, and our experts provide full coverage for 2006...



Prologue: Spring Training Notes on a 'dream' trip to Florida

Pat Pickens
The Spectrum

Connecticut is seldom a destination that people seek for a spring vacation. But Florida? To sit in the sun and watch baseball and golf? Does it get better than that?

The answer, of course, is a resounding no.

Any fan that has sat inside all winter is excited for the start of the Major League Baseball season to begin, and I have had the grand fortune to see some of the great talent of the Grapefruit League over the past week.

Before I get into the details of the trip, I would like to offer a brief background history of the trip itself.

The idea of going to Florida for spring break begins with my father, Tom Pickens, and I, when I was in seventh grade. We had the grandiose idea of traveling to Florida for a weekend to watch our beloved Yankees, and to take in the sun, and the atmosphere of Florida in March while we were customarily shut in at home in New Jersey.

The plan did not pan out until my junior year of high school. I had a spring break in March for Easter, and we finally planned our trip and went. It started as somewhat of a makeshift operation. We were new to the spring training scene and did not realize its popularity. As a result, the seats for our games were not particularly good. However, as the years have gone by, we have become more seasoned in our preparation.

We always buy seats the minute they go on sale (especially for games featuring the Yankees), and we have figured out not to have more than one day with multiple games. While it is feasible, it is not practical to do.

The moments that the two of us have shared together on these trips are some of the greatest and

most memorable of my life.

Three years ago, in Kissimmee while watching the Indians play the Astros, we found ourselves sitting next to former MLB player Ken Griffey Sr.! He seemed to have the same non-existent personality that his son is currently sporting. However, he was nice enough to sign a ball for me.

We have been to 23 games in 16 different spring training stadiums.

We have been within shouting distance of MLB Hall of Famers, Yogi Berra, Bob Feller, Al Kaline, and Reggie Jackson.

We have witnessed the pitching of such greats as Randy Johnson, Roger Clemens, Pedro Martinez, Curt Schilling, and Tom Glavine, among others.

We have seen such star position players as Vladimir Guerrero, Manny Ramirez, Ken Griffey Jr., and the entire Yankees infield.

We have heard Philadelphia Phillies outfielder Bobby Abreu be told "get on the bus Bobby!" by an umpire and even seen star centerfielder Andruw Jones commit an error at shortstop!

It has been a fantastic five years worth of trips. Without further ado, I offer The Sacred Heart University public an insider's look at the 2006 version of the Tom and Pat Pickens Spring Training Trip to Florida!

Game 1: Nationals @ Orioles, Fort Lauderdale, Fla. March 17, 2006 1:05 p.m.

The first game took us to one of the oldest, most dilapidated of all spring training stadiums. The Orioles play at the old Yankees stadium in Fort Lauderdale.

It certainly has not been re-done since the Yankees have departed.

No sign of former-Met and current Oriole, Kris Benson (or his wife unfortunately) but here's hoping to happiness for both of them.

-Orioles third baseman and

ex-Met Melvin Mora is in mid-season form. He batted .348 for spring and went 4-4 with a home run, double, three RBI, and two runs scored. How is that trade working out?

-Another former-New Yorker in the game was Nick Johnson. Remember him? He was the ex-Yankee who was supposed to be the next great thing, before being traded for Javier Vazquez.

Mets @ Dodgers, Vero Beach, Fla. March 17, 2006, 7:05 p.m.

Dodgertown is a great old gem in Florida. It was built in 1948, and has been the home of the Dodgers since then. Much of the charm of the stadium centers around the fact that there are no covered dugouts or façade around the stadium, and there is a close, fan-friendly atmosphere. The game was also one of the most exciting we have seen.

-The player who stole the show for the Mets was Lastings Milledge. Met fans may know him as the man the Mets were trying to trade for Manny Ramirez. Milledge had three infield singles, and was a wonder on the bases. Putting him in the top of a lineup with Jose Reyes would be something exciting to watch.

-Every Red Sox fan who wondered what happened to Nomar Garciaparra can look no further than Los Angeles, he will be the Dodgers' first baseman this year.

-Other prominent ex-Red Sox in the ball park that night were Bill Mueller, Derek Lowe, and manager Grady Little.

-There was a lot of charm also in that it was St. Patrick's Day at the game. Both teams wore green caps, and green bases were also in use. There was also Irish music being played throughout the ballpark.

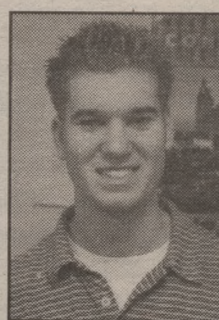
-Finally the most interesting

See SPRING on page 13...

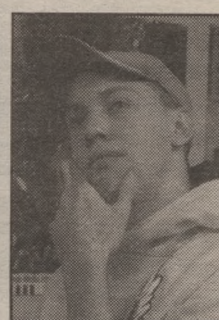
Our Experts...



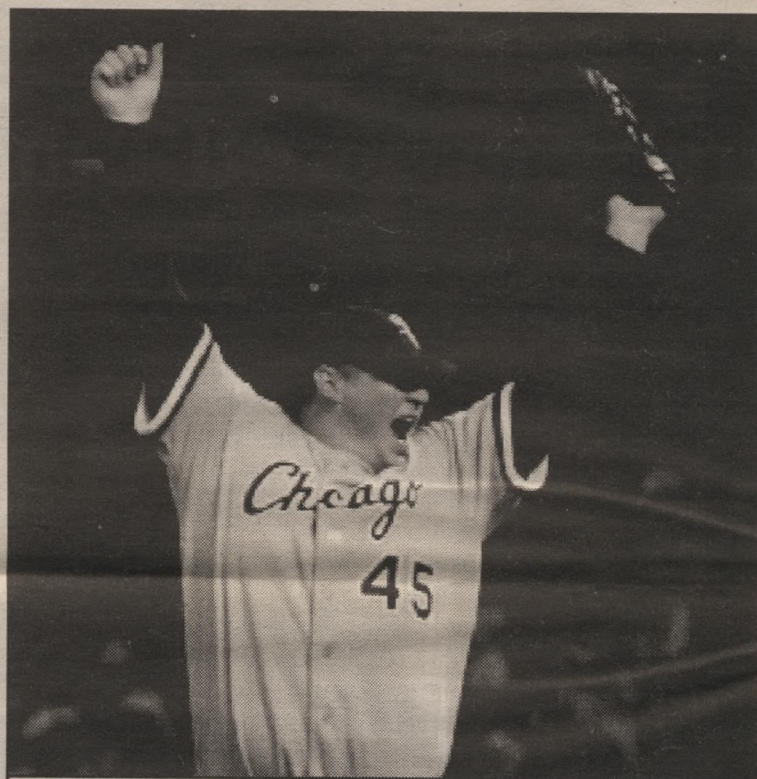
Pat
Pickens



Brian
Fitzsimmons



Mike
Barrett



AP Photo/ Photographer

The WBC succeeded in showcasing many different talents.

The Meat: Quest to dethrone White Sox begins

Brian Fitzsimmons
The Spectrum

Amidst the launch of a successful inaugural World Baseball Classic and the release of the controversial best-selling novel by Mark Fainaru-Wada and Lance Williams that documents the steroid case involving Barry Bonds, the White Sox strolled into camp with new jewelry on their ring fingers. The 2006 season is days away and the other 30 Major League baseball squads begin their journeys to make sure Chicago doesn't add another ring to its collection.

Changes have been made: more owners emptied their wallets to acquire key free agents and many franchises improved their clubs, but the goal for every team hasn't been altered. That particular goal is and always will be to pile on each other in a fall classic victory on a cool October night.

The American League experienced the most significant modifications and the league title is more up for grabs than people think.

The New York Yankees stole centerfielder Johnny Damon from the Boston Red Sox in what was the most publicized acquisition of the winter. Damon, who is referred to as Judas instead of Johnny of Nazareth in Red Sox nation, gives the Yankees the first true leadoff presence since Chuck Knoblauch and will allow Bernie Williams to serve as the designated hitter in his last go-around in the Bronx.

Contrary to the bats, their pitching once again remains their glaring weakness. Randy Johnson isn't getting any younger and could show his age even more this season. Mike

See PREVIEW on page 13...

PTI: The trio gives Wilbon and Tony K. a rest

Pardon the interruption, but I'm Brian Fitzsimmons and you know the upcoming major league baseball season is going to be wild since Mike Barrett and I agree on something. The Spectrum staff's picks will show we agree on many orders of the finish, but the most eye opening is that the Braves will fall short to the New York Mets.

Barrett: I think the Braves shortcoming this season will be the bullpen, and losing Mazzone will hurt. He was such a huge factor to their pitching. The Mets on the other hand have improved on the offensive side of the ball by adding Paul LoDuca and Carlos Delgado.

Fitzsimmons: Agreed, but the area where these two teams collide is in the bullpen. They both have bats, but only one of these teams has a true closer. As a matter of fact, that one closer is Billy Wagner and his dominance will let the Mets win close games. The Braves enter the season with Chris Reitsma as their stopper. That's about as comfortable as the hitters feeling when they will face Felix Hernandez.

Barrett: King Felix will have a very good season, but I wouldn't be surprised if he hits a wall and goes through a slump. They could also make the mistake of pitching him too much.

Fitzsimmons: Agreed, but Seattle management has said they won't allow him to exceed 200 innings, which is smart. The baseball world wants to cherish a young talent like him and we wouldn't Hernandez to become the next Mark Prior with injuries that were sustained as a young pitcher who threw too many innings.

Barrett: Mark Prior is a Cy Young candidate this year.

Fitzsimmons: It's extremely hard to root for this guy and pick him as a contributing factor this season for the Cubs. He's already complaining of arm pain, and will likely miss the beginning of the season. As for your predictions, he better be a Cy Young candidate if you think the Cubs are going to win the National League Wild Card.

Barrett: They still have Kerry Wood, Carlos Zambrano on the mound, plus the Derrek Lee and Aramis Ramirez tandem in the lineup.

Fitzsimmons: True, but Wood is unreliable as well, so my guess is that he and Prior have the same trainer. Zambrano is very good but is too much of a head case. Lee will have a hard time producing his numbers he put up last season, and there is nothing bad I can say about Ramirez. He's a player.

Pickens: In this new age of parity in Major League baseball, there are no clear cut favorites. The White Sox, who had only been asleep from the World Series for 46 years swept the title last year. A wildcard team has made the World Series every year since 2001.

However, this year changes all that. The Yankees are clearly the superior team in the American League East, despite the moves that the Red Sox and Blue Jays made to improve, and the way the Devil Rays have come on since last year, they will breeze through the division with the best offense in the American League, and solid enough pitching to advance through the playoffs to the fall classic.

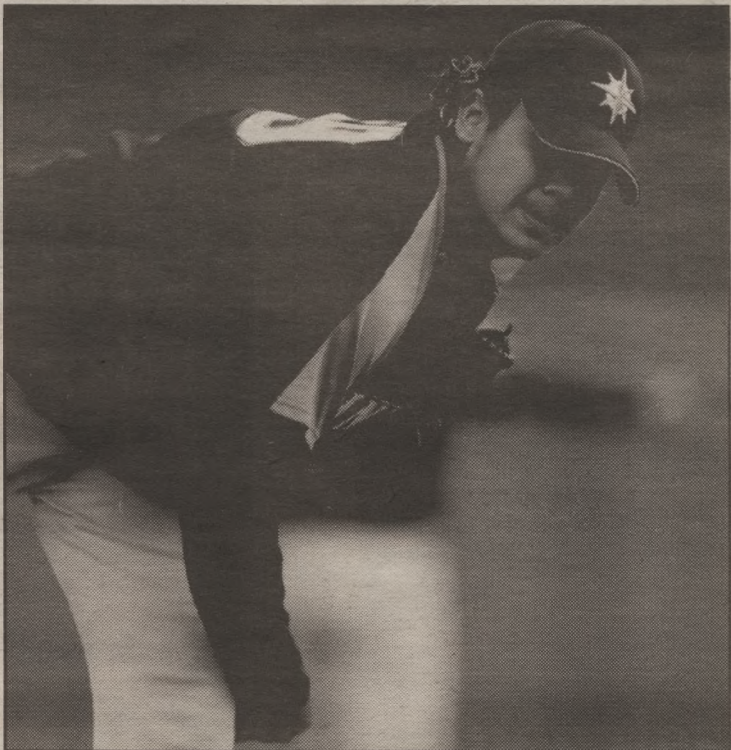
The Cardinals in the National League will follow suit. With great starting pitching in Chris Carpenter, Mark Mulder and an underrated back end of the rotation made up of Sidney Ponson and Jeff Suppan, the Cardinals are poised for another run at the World Series. Especially with reigning NL MVP, Albert Pujols, and the return of all-star third baseman Scott Rolen from injury, they will be tough to beat.

One of the most interesting stories of the year to follow will be Barry Bonds. He has been the subject of significant controversy, but he also faces the most historic season in MLB history. Bonds is just seven home runs shy of Babe Ruth for second all time on the career home run list. He is just 48 home runs away from the all time record set by Hank Aaron. He will break Babe's mark but fall short of Aaron and come back for yet another season of steroid allegation and whining and crying to top Hammerin' Hank.

Two teams who will not live up to the hype are the Blue Jays and Red Sox. The Blue Jays overspent on A.J Burnett, a pitcher with a career under .500 record and B.J Ryan to close, a guy with 42 career saves. They also traded for an over the hill Troy Glaus and signed the super slow Bengie Molina.

This year will be a different year for Red Sox fans. Josh Beckett had a terrible spring and will struggle outside of pitcher-friendly Dolphin Stadium. Mike Lowell, who was an expensive addition to the Red Sox, will struggle mightily. His bat has slowed and he has struggled with injuries. The bullpen will be a question mark to see whether Keith Foulke will return his old form. Mike Timlin and newcomer Jonathon Papelbon will not do what Foulke was able to for a whole season.

Fitzsimmons: It is time to play ball and that is good enough for me. Excuse me while I go send a get well card to Mark Prior for Barrett's sake.



AP Photo/ Eric Risberg
Felix Hernandez is one of MLB's brightest pitching stars.

Epilogue: Our experts go out on a limb to predict the season...

	BRIAN FITZSIMMONS	PAT PICKENS	MIKE BARRETT
AL EAST	YANKEES	YANKEES	YANKEES
AL CENTRAL	WHITE SOX	WHITE SOX	WHITE SOX
AL WEST	A'S	ANGELS	A'S
AL WILD CARD	ANGELS	INDIANS	INDIANS
ALCS	A'S OVER WHITE SOX	YANKEES OVER WHITE SOX	WHITE SOX OVER A'S
AL MVP	MANNY RAMIREZ	TRAVIS HAFNER	DAVID ORTIZ
AL CY YOUNG	BARRY ZITO	MARK BUEHRLE	ROY HALLADAY
AL ROOKIE OF YEAR	CURTIS GRANDERSON	KENJI JOHJIMA	KENJI JOHJIMA
AL COMEBACK PLAYER	BOBBY CROSBY	ADRIAN BELTRE	JIM THOME
NL EAST	METS	METS	METS
NL CENTRAL	CARDINALS	CARDINALS	CARDINALS
NL WEST	GIANTS	DODGERS	PADRES
NL WILD CARD	BRAVES	ASTROS	CUBS
NLCS	CARDINALS OVER GIANTS	CARDINALS OVER DODGERS	CARDINALS OVER METS
NL MVP	ALBERT PUJOLS	ALBERT PUJOLS	ALBERT PUJOLS
NL CY YOUNG	JAKE PEAVY	ROY OSWALT	BEN SHEETS
NL ROOKIE OF YEAR	JEREMY HERMIDA	PRINCE FIELDER	RYAN ZIMMERMAN
NL COMEBACK PLAYER	SCOTT ROLEN	SCOTT ROLEN	ERIC GAGNE
WORLD SERIES	A'S OVER CARDINALS IN 6	YANKEES OVER CARDINALS IN 6	WHITE SOX OVER CARDINALS IN 5

SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>



Baseball Preview: pages 13, 14 and 15.
Everything you need to know but were afraid to ask.

Men's baseball to host Iona today at Harbor Yard

Pat Pickens
The Spectrum

Baseball will take a break from its NEC schedule today to host the Iona Gaels from the Metro Atlantic Athletic Conference. Game time is 3:30 p.m. at the Ballpark at Harbor Yard.

Pitcher Mike Milazzo, a senior from Staten Island, N.Y., will go on the mound today versus a Gaels team that has struggled to win two of its first 18 games.

Sacred Heart is coming off two wins out of three versus Long Island University to start conference play this past weekend. The Pioneers also will have played the University of Massachusetts on Tuesday.

"We are moving in the right direction," assistant coach Seth Kaplan said. "We are really hitting the ball as well as we ever have at this point in the season."

Senior Dave Kaloyrides of Reading, Mass. will have to continue to spearhead the offensive attack for the Pioneers to be successful. The leadoff hitter is coming off a big weekend versus LIU, going 5-11 (.454) with four runs and two home runs.

Juniors Jay Maiella of North Haledon, N.J. and Bobby McKee of Massapequa, N.Y. are two other also hot. The pair combined for 9-20 (.450) with three runs scored for the series versus LIU.

To come out in victory, the Pioneers will need a consistent effort from a lineup that has produced in the clutch.

"We have really hit the ball with two outs," Kaplan said. "We are not getting many hits with one out, but we are really driving in men in big spots."

Sacred Heart is coming off a five-error performance on Sunday, which helped the Blackbirds score seven runs.

"We have struggled on defense," Kaplan said. "But we have a lot of guys playing their first seasons at their respective positions, so it will take a while for them to get comfortable."

Iona has struggled this year under first year coach Pat Carey, falling to an 0-3 record in the MAAC.

"(Iona) is a young team," Kaplan said. "They have a lot of talent in their freshman class, and they will play hard. We are not sure what to expect except that they will come looking to win a game."

See BASEBALL on page 12...

Three games to go, volleyball seeks redemption



Dan DuVall (left) and Brendan Donohue combine for a block for SHU.

Mike Barrett
The Spectrum

Men's volleyball returned to the Pitt Center after a three game road trip Monday night and fell to East Stroudsburg three games to one.

Sacred Heart was led by senior opposite hitter Alex Catani, a native of Larkspur Calif., who recorded 15 kills and eight digs. The Pioneers fall to a record of 1-16, with only three games remaining in the season.

The Pioneers squared off against the Warriors, who are one of the conference's top teams this season, sporting a 11-7 record overall. They are led by middle hitter Keith Eckenrode, a junior from Tunkhannock Pa., who recorded 20 kills and had a game high .567 hitting percentage Monday.

The Pioneers started the match off strong, winning the first game 30-25 on the wings of an 11-0 run to end the game. The Pioneers were carried to victory in the first game by Barry Smith, a freshman from Shelton, who recorded three kills, a block and a dig to record five points in the game.

After the first game, neither team gained much momentum to put the other team away for good. Eventually, the match turned in ESU's favor.

Sacred Heart stayed competitive, but were pushed back anytime they got close to evening the score. The Warriors swept the next three games by scores of 30-25,

The Spectrum/ Travis Flynn

See VOLLEYBALL on page 12...

Softball to host double-header versus Yale

Pat Pickens
The Spectrum

Softball continues its out of conference schedule this Sunday when the Pioneers play host to the Yale Bulldogs for a doubleheader. Games start at noon.

The Pioneers come off a successful weekend where they won two of their last three games in the UMBC Tournament in Baltimore.

The Pioneers also played four games in Boston, two a piece versus Boston University and Boston College, this past week. They will also play two games tomorrow in Brooklyn, N.Y. versus LIU-Brooklyn and two games on Saturday in New Rochelle, N.Y. versus Iona to cap off the week.

SHU has been paced by freshman infielder Ashley McDonough of Lompoc, Calif.

McDonough was voted the NEC Rookie of the Week for March 20-26 by batting .420 with eight hits and two home runs at the UMBC tournament.

Freshman infielder Amanda Bradley of Langley, B.C. has also been a tough out for the Pioneers. She leads the team with .310 batting average, six doubles and 19 total bases. Senior outfielder Jen Place is also batting an impressive .302 with a team-leading six RBI's.

Yale's offense will be led by catcher/infielder Megan Enyeart. Enyeart leads the team with a .360 batting average and 12 runs scored. Shortstop Aracelis Torres will also be difficult to stop, as she is batting .333, leading the team with 43 total bases.

The games will be spirited as both teams will look to get wins in the final week leading up to conference play.

This will be the Pioneers' last weekend of out of conference games, as they

will begin NEC play next weekend with a pair of games versus Mount St. Mary's.



Amanda Bradley



Ashley McDonough

Upcoming Games:

4/2/06	Yale	12:00pm
4/6/06	Hartford	3:00pm
4/8/06	MSM	1:00pm
4/9/06	St. Francis	12:00pm