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### NEWS

**It’s Major Declaration Time!**  
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By Lauren Testa  
Staff Reporter

Last Thursday afternoon, October 31st, in the hallway of the SC wing, students from the occupational therapy department presented posters about other countries’ cultures and attitudes towards occupational therapy. These students worked in groups on different countries around the world. Students researched a country’s cultural attitudes towards health, illness, and healthcare with respect to occupational therapy. The poster presentation was assigned as part of the 50th anniversary celebration of the World Federation of Occupational Therapists. The assignment was designed by Mary-Ellen Johnson, instructor for the occupational therapy program, to highlight diverse cultures and the practice of occupational therapy. Research included contacting occupational therapists in each country and speaking with the faculty from these specific countries. The countries researched included China, Jamaica and Japan.

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## Around the World With OT

**SHU Students March For a Cause**

By Jill Tomasz  
Staff Reporter

Will a war against Iraq hurt our effort against world terrorism? The people in today’s society make up the government, so won’t they be ultimately responsible for supporting a war in which many civilians and soldiers die?

These are just some questions that were raised by demonstrators Oct. 26 at a march against initiating war against Iraq. There were 13 local residents, including six that were from Sacred Heart University that attended the march. The other participants were from Bridgeport Jesuit Volunteers and the Bridgeport Catholic Worker.

Noelle D’Agostino a campus minister with campus ministry organized the trip for the students. Also, campus ministry funded the program with help from the International Multi-Cultural Center and the Hersher Institute for Applied Ethics.

The march was sponsored by Fellowship of Reconciliation, A.N.S.W.E.R. (Act Now and Stop War and End Racism) and other peace organizations. This march held in Washington was not the only one like this; it was also held on the West coast in San Francisco.

The rally began at 11 a.m. in the Constitution Garden, which is adjacent to the Vietnam Veterans War Memorial. From there people from all generations gathered and marched to the White House and back.

Sayings of “What do we want? Peace...When do we want it... Now!” could be heard among the crowd. Speeches were given by Susan Sarandon, Al Sharpton, Vietnam veterans, and representatives of Voices in the Wilderness (a peace activist group) as well as others.

Andrea Xenophon, a freshman from Massapequa, Long Island stated, “I have to say that I screwed up my life so far. I have been bragging to everyone about how I was a part of something so powerful, and that I screamed at the top of my lungs for peace.”

Each participant that attended the march had their personal reasons for attending, Chris Crutchfield, freshmen from Woodbury, CT said, “We shouldn’t start war unless it is absolutely necessary and, war is never necessary, there is always another way around it.”

Also, there were many that attended who had strong beliefs against Bush’s ideas on war. Maria Soares, a sophomore from Portugal believes “We should live in peace.”

“I am so glad I was able to attend the march,” said Erica Beaulieu, a junior from Coventry, RI. “Getting to know new people and being with great people that feel the same way I do about the war on Iraq was awesome!” Standing up and marching for something I feel so strongly about is a really invigorating experience.”

Soares stated after participating in the march, “It was reassuring to see other people have the same feelings.”

At the march there was a referendum being signed to protest against the war on Iraq. For those were weren’t able to attend and want your voice to be heard, you can vote at www.votenowar.org.

According to D’Agostino “If you question war it doesn’t mean you are unpatriotic.”
News Briefs

Last Chance for Seniors

Make sure to make your appointment for your senior portrait before you miss out on the opportunity to be in the 2003 Prologue Yearbook. Log on to DaVor's 24-hour scheduling site www.ouryear.com, or call 1-800-OUR-YEAR during normal business hours. Sacred Heart's school ID number is 328. The second session and retakes begin the week of November 11th.

Battle of the Bands

Don't miss out on the competition sponsored by WHRT. It will take place this Saturday, November 9th from 12-8 p.m. in Flk. The Battle of the Bands will feature local groups from Connecticut, Massachusetts, and New Jersey. The winner will receive a cash prize and an invite to return to perform in December. Also, the Out Post will be open to those students who are 21 and older. Seniors....get yourselves over there!

Fear No People Week Begins

Come to the opening ceremonies of Fear No People Week this Sunday, November 10th at 9 p.m. in the University Commons. Be sure to attend the various events going on throughout the week, like "Fear No RA" and "Diversity Hour."

Correction on Alternative Spring Breaks

Regarding an article published in last week's issue on Alternative Spring Breaks, there are some corrections. The cost for the trip to El Salvador is estimated at $300-575 and the Haiti trip is an estimated cost of $700. These are both including airfare. The deadline for applications to be submitted has been extended to the middle of November. The Spring Break trips are sponsored by Sr. Donna Dodge, not Campus Ministry.

Mail Center Implements Parcel Notification by E-mail

In an attempt to increase service to the university community, this past summer the Mail & Duplicating Center acquired a more comprehensive incoming mail and parcel tracking system.

One of the features of the new tracking system is email notification. As soon as someone receives an item in the Mail Center an email message is automatically generated and sent to the student informing them they have received something. Currently, all packages, priority, certified and overnight mail are scanned into the tracking system. First-Class mail is not scanned into the system unless it is too large to fit in the mailbox.

The Mail Center no longer places notification slips in student mailboxes. If a student receives an email message, they have received something. If no email message is received, nothing has been received by the staff of the Mail Center.

In order for the system to work properly, resident students must have a Sacred Heart University email account. If there are students that prefer to use other types of email accounts (Hotmail, Yahoo, etc...), that is fine, but they will still need to set up a Sacred Heart University email account and then create a rule to forward all messages to their preferred email account. If anyone needs to set up a Sacred Heart University email account, please contact the SHU Help Line at 1-877-7-SHUHELP.

Furthermore, in an effort to protect the privacy of our students, the staff of the Mail Center are not permitted to look-up student mailboxes or combinations.

Students that need their mailbox number or combination have two options.

1. Commit the mailbox location and combination to memory.
2. Look-up the location and combination on the Sacred Heart University/Blackboard web site.

Although the first option is the preferred method, the Blackboard web site is available 24 hours a day, seven days a week.

Here is the process to look-up combinations.

- Go to the Sacred Heart University web site at www.sacredheart.edu.
- Click on the drop box labeled "Quick Jump Menu".
- Select Blackboard.
- Click Login.
- Click Login.
- Enter your Username. Student usernames are their 7 digit id number.
- Enter your Password. Student passwords are their Social Security Numbers without the dashes.
- Click Login.
- You will see a Mailbox Link.
- Click on Mailbox Information.
- Enter your Student ID Number.
- Enter your Social Security Number (with the dashes).
- Click Submit.

The student mailbox and combination will be displayed.

The Mail & Duplicating Center service window is open from 10:30 a.m. -6:00 p.m. Monday through Thursday. On Fridays the hours are from 10:30 a.m. - 4:00 p.m. and on Saturdays from 10:30 a.m. - 1:00 p.m.

NOTE: Information contributed by Art Gerckens, Manager of the Sacred Heart University Mail and Duplicating Center.

Be Sure to Get Caught "Under the Mistletoe" at This Year's Winter Semi

By Patrick McMahon
Staff Reporter

On December 6 Sacred Heart students will put on their finest shirts and ties or dresses to dine and dance the night away in style. It is time for the annual winter semi-formal sponsored by the class of 2004, run by a committee headed by Gillian Weisman and Carrin David. "This year it is being held at the Omni Hotel in New Haven," says Jill Oparowski, senator for the class of 2004.

The theme of this year's semi-formal will be "Under the Mistletoe." "The semi is just a great opportunity to get dressed up with friends, eat a nice dinner, relax, and forget about any other stresses for a night," says Kara Brady, a junior from Niskayuna, NY.

There will be a DJ and a cash bar for those who are 21 and over and lots and lots of dancing. Getting to and from the Omni Hotel will be provided by mandatory bus service. They will stage talent can show their stuff. They also co-sponsored Family Weekend along with the other classes, but their biggest event is the winter semi-formal. Greek Life sponsors the spring semi.

Tickets went on sale Sunday, Nov. 3 and will be on sale for three weeks. They are $30 for Sacred Heart students and $35 for non-SHU students. Because of all the money put into the event, the money raised will help them just break even. However, the money raised on other events is put towards the class of 2004's senior week.

"Last year's semi was a whole lot of fun. We danced up a storm and I became friends with a bunch of people I had never met before," says Brady. "I'm extra excited about going to this year's semi because I didn't get to go last year since I was at the Bowl Game for the football team - and I have a really cute dress this year," says sophomore Emily Coffey from West Springfield, MA.

Tickets will be on sale until Nov. 24. Don't miss a chance to dress your best, eat well, and dance all night at the Omni Hotel on Dec. 6.
It's That Time Again: Major Declaration

By Amy Toohey
Staff Reporter

Attention all sophomores: If you are one of the many students who do not open their daily e-mail messages, then this article pertains to you. A deadline is to be met and approaching very rapidly.

Please mark your calendars for November 11, 2002 and make sure that you visit the Academic Advisory Center prior to this date. It is time to officially declare your major. Major declaration can be done at any time throughout your academic career at SHU, but it is in a student’s best interest if they declare their major before spring semester advisement week during their sophomore year.

“I would appreciate if the sophomores would take a few minutes out of their busy schedules to come and fill out the necessary paper work that my secretary, Jena Schafer, will provide to the students. Declaring a major will allow my office to provide them with an advisor and get them on target to complete their sequence of courses in order to graduate on time,” stated Frances Collazo, Director of Academic Advisement.

The Academic Advisory Center is available to assist sophomores between the hours of 9 a.m. and 4 p.m. Monday through Friday. The office is located directly across from the Registrar.

The Academic Advisory Center is concerned with the number of students that are aware of this deadline because formal letters were not sent to the students notifying them about the importance of declaring their major as they were in past years. “I have had a few responses through e-mail, but the letters, which we were unable to send due to a computer glitch, seemed to be the most effective way to reach the students attention,” added Collazo.

The Academic Advisory Center is available to assist sophomores between the hours of 9 a.m. and 4 p.m. Monday through Friday. The office is located directly across from the Registrar.

Freshmen are not eligible to declare their major until the completion of their second semester at SHU.

“I was able to declare my major, which is English, at the beginning of my sophomore year. It may seem as if students are being forced or rushed into having to declare their major, but in reality it will only take a minute to complete the task and is worthwhile when choosing upcoming courses,” said Andrew Scherer, sophomore from Oneida, NY.

Don't be one of the seniors we see every year who waits until May to start looking for a job (not good).

Juniors...this is your FINAL year to do an internship (no pressure).

Resume Deadline for the 11/13 Career/Internship Fair is Friday, November 8th.

Employers in social services, business, finance, marketing, arts & sciences and more will be on campus Wednesday, November 13th for the FAIR.

Location/Time: UNIVERSITY COMMONS 10:00am-1:00pm... BE THERE OR BE SQUARE!!!!!!!!!!

Sign up for events & upload your resume on-line at http://shu.erecruiting.com

Call Career Development at 371-7975 or come see us today in Curtis Hall. We want to help you.

Men's Hockey Locker Room Raided

By Keri Wilson
Staff Reporter

Monday Oct. 18 at the Milford Ice Pavilion between 1 p.m. and 3 p.m., while the hockey team was practicing, someone went into the locker room and stole some of the hockey teammates belongings. Although the locker rooms are not usually locked during the team's practice time, there are normally very few other people at the rink.

“We're there [at the skating rink] at a time no one else really is, but when all the coaches and the players are working hard on the ice it's hard to notice if anyone else is around,” says men's ice hockey head coach Shaun Hannah.

The items that were stolen included a few wallets, substantial amounts of money, credit cards, and a laptop. Coach Hannah contacted the Milford Police Department and filed a report.

“We're working with a detective from the Milford police to bring whoever did this to justice,” says Hannah.

Someone at the skating rink did notice the guilty party and was able to provide the police with a description. Also, the laptop that was stolen has a serial number on it, which will be helpful in tracking it down.

Junior team member Michael Reagan, from Flin Flon, Manitoba, Canada said, "I think it's a pity that someone would come into our actual dressing room while we're on the ice and steal from college kids, who can barely afford to take a girl out on a date. I feel really bad for my teammates who got their stuff stolen."

"With all the worrying we have to do with school and playing a sport, now we have an added worry about getting our personal belongings stolen," said freshman Bernie Chmiel from Pittsburgh, PA. "Hopefully an incident like this will never happen again." Chmiel added.

"It was an unfortunate situation that occurred, but we feel strongly that with the thief's description and the Milford police following up on their end, that we will find the person who committed the crime," said Hannah.

Seniors...people are filling June positions NOW.

If you wait to start looking for a job your opportunities will be limited.

Don't be one of the seniors we see every year who waits until May to start looking for a job (not good).
"DUDE, it's a DELL!" The SHU Voices

There is no better way to describe the new Dell Latitude laptops except the word "wonderful!" They are fast, quick to respond to commands, and very diverse in the applications they can perform. The same thing, unfortunately, cannot be said about the SHU "Help" line that I reached twice last week at 1-877-774-8435. No one was rude, but no one was able to provide me with any information either.

The goal of my call, my first call, was to simply inform the technology department that there was a problem with the wireless at Taft. The problem was that the wireless networking, which so many students rely on for internet researching and keeping in touch with friends and family that live far away, was down.

The wireless connection was down before I left school on the weekend, and it was still down when I got back. So I called and was asked to give some information so a "ticket" and case number could be assigned to my situation.

I was told that my case was being marked "high priority," and that I would get a call when someone was expected to come to investigate the problem. There was no "ETA," estimated time of arrival, given to me then but I was just glad that they were alerted that there was a disturbance with the networking and were working to correct the problem. So I get a call back, that gives me no further information, just to say that they are looking into what the problem is.

Two days go by and the wireless is still down. It's not an end of the world kind of problem, but students then have to tie up their phone lines to access the internet via Discovernet and some people have a really slow connection.

After calling back the SHU "Help" line, I got a different person who asked me for a little more information. He asked, "You have a Macintosh right?" I informed him that I had a Dell Latitude and immediately thought of the commercial with that blond-haired guy saying, "Dude, it's a Dell!" This man also told me he would put the case on "high priority." I don't know exactly what this "high priority" is, but it didn't seem to get me anywhere.

Mike Losche
Bellmore, N.Y.
Junior

Maybe the SHU "Help" line could use a little help.

The following day I called our IT department and spoke to Saburo Usami, who informed me that Taft and Parkridge were experiencing some hardware problems which he hoped would be resolved by the end of October but might not be fully taken care of until some point in November.

"Dude, it's a Dell!" This man also told me he would get a call when the system is abused there are repercussions. Too many missed classes could mean the loss of a letter grade or complete failure in a certain course. Being absent means that you are giving up "knowledged" that you need to succeed in a given class. There are classes this semester, in which I have no textbook for, the notes come from my professors only.

In my opinion, if you live on campus there should be no reason for not coming to class.

So I get a call back, that gives me no further information, just to say that they are looking into what the problem is.

The "absence rule" is meant for structure not as a means to "baby" young adults. When many of us get or even if we already have a full or part-time jobs, the idea of "not showing up" is not acceptable. The same idea goes for a class. The absence policy is used to give us a sense of responsibility.

What is your best excuse for skipping class?

Mike Losche
Bellmore, N.Y.
Junior
Jackie Valfiier
Garden City, N.Y.
Senior
Chris Giarrusso
Courtlandt Manor, N.Y.
Junior

"I broke my alarm when I was drunk."

"I thought it was a holiday."

"I fell asleep on the toilet."

No Reason for Not Going to Class

In rebuttal to last week's article entitled, "SHU Policy Should be Marked Absent," I truly feel that the absence policy was created for a reason. If the system is abused there are repercussions. Too many missed classes could mean the loss of a letter grade or complete failure in a certain course. Being absent means that you are giving up "knowledged" that you need to succeed in a given class. There are classes this semester, in which I have no textbook for, the notes come from my professors only.

If you are paying good money to come to a private institution why would you risk a grade for a class that you need to graduate? There are those of us, myself included, that are commuter students. There are mornings that I do not wish to get out of bed, but somehow I make the forty-five minute drive to come here in the morning.

In my opinion, if you live on campus there should be no reason for not coming to class.

In a given week, I work anywhere from 40-50 hours at a full-time job, I work an internship for 7 hours a week, and still manage to attend classes.

The "absence rule" is meant for structure not as a means to "baby" young adults. When many of us get or even if we already have a full or part-time jobs, the idea of "not showing up" is not acceptable. The same idea goes for a class. The absence policy is used to give us a sense of responsibility.

By Jenny Herb
Senior
Feeling Blue? It Could be the Weather

Autumn...for some...it triggers images of falling leaves, jack-o-lanterns and a Thanksgiving turkey with all the trimmings. For others, it marks the beginning of a long, cold, and depressing six months. Do you live a happy, healthy life during the summer but find yourself sad and unmotivated during the autumn and winter months?

If so, you could be suffering from a type of depression called Seasonal Affective Disorder. Seasonal Affective Disorder (SAD) is characterized by a recurrent pattern of well-being during the warmer, summer months and depression and fatigue during the cooler autumnal and winter months. Researchers believe that SAD is a form of depression most often associated with lack of daylight in extreme northern and southern latitudes from the late fall to the early spring.

Medical researchers are not sure of the cause of SAD. They believe that the hormone, melatonin, is involved. For those of you who are not biology majors, melatonin regulates the "internal body clock," which affects an individual's sleep cycle. Although Seasonal Affective Disorder is most common when sunlight is low, it may occur in the spring, which is often called reverse SAD.

The body produces more melatonin at night than during the day, and scientists believe it helps people feel sleepy at nighttime. So, what does this have to do with the season? There is also more melatonin in the body during winter, when the days are shorter. Some researchers believe that excessive melatonin release during winter months may account for the symptoms of fatigue and depression.

Seasonal affective disorder is estimated to affect 10 million Americans, most of whom are women. Another 25 million Americans may have a mild form of SAD, sometimes called the "winter blues." The risk of SAD increases the farther from the equator a person lives.

The symptoms of SAD are similar to those of other forms of depression. People with SAD may feel sad, tired, and irritable. The person might experience a change in appetite, especially a craving for sweet or starchy foods. Weight gain, avoidance of social situations, and a decrease in sex drive are also symptoms of SAD. You may be sleeping too much, have difficulty concentrating and experience a heavy feeling in your arms and legs.

If you think you may be suffering from Seasonal Affective Disorder, there is hope. The most popular and safe treatment for seasonal affective disorder is light therapy (also known as phototherapy). The most commonly used phototherapy equipment is a light box.

Depending on the severity of the symptoms, the person sits in front of the box for anywhere from 15 minutes to several hours. Light therapy typically should begin in the fall months as the days begin to shorten, and should continue throughout the winter and into the early spring to avoid symptom relapse.

If the symptoms are extremely severe, anti-depressant medication may be considered. One-on-counseling and group therapy can also help you cope.

If you believe you have SAD, call (371-7955) or stop by the Counseling Center for a free, confidential appointment with a Personal Counselor. We can help you get through the winter without singing the blues.

For further information on regarding the SHU Counseling Center, check out our website at http://counseling.sacredheart.edu.

By June Meyer, M.A., Personal Counselor
Sacred Heart University Counseling Center

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. With the exclusion of holidays and unforeseen events.

All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828. E-mail should be sent to spectrum@sacredheart.edu. All contributed articles need to be sent into the paper before 10:00 a.m. on Monday for possible placement in that running week's paper.

To place an advertisement, please contact Sarah Keller at S-Keller@sacredheart.edu for rates and ad sizes. All advertisement orders must be placed by Monday at 10:00 a.m. of the week the ad is to be run in.
Q & A With Cruise Comedian Rich Ceisler

By Kerry Freeland
Features Editor
Spectrum Features Editor Kerry Freeland had the opportunity to speak with Rich Ceisler, port side at the Windsor Cafe aboard the Celebrity Zenith Cruise over the summer. Ceisler, a comedian who has been a guest on "Stand Up Spotlight" for a decade, has been on HBO specials, performed on the Celebrity Zenith Cruise over the summer. Ceisler, a comedian who has been in the business for more than a decade, has been on HBO specials, been a guest on "Stand Up Spotlight" on VH1, and has been the voice of a patient for the animated show, "Dr. Katz Professional Therapist," that aired on Comedy Central. Ceisler listened to a lot of comedy growing up, did improv work in California, and has lived around the country from California to Buffalo to Boston. Students who opt for a cruise over spring break may see Ceisler perform.

KF: What is your greatest accomplishment?
RC: I made it into the semi-finals of the San Francisco Comedy Competition at the Warwick Theater and performed in front of 3,000 people.

KF: How do you get material?
RC: I always keep my eyes and ears open and talk with intelligent friends. I never write correct [jokes for] things that I forget, there was a reason. The joke can even develop on stage and change over time. I live with these jokes for a long time.

KF: What is the most exciting job that you've held?
RC: I got hired by Richard Branson to fly to England and entertain people. Most of my highlights were international... I've performed in Hong Kong, Australia, and Ireland. You never know if your stuff is going to go over, but it was still exciting.

KF: Has anyone ever offened by your jokes?
RC: People have been offended— a chiropractor got really mad one time.

KF: How do you deal with tragedies like 9/11 and the World Trade Center?
RC: You have to give it time. I'm not saying you can't make jokes about them. I will eventually. I just need an angle for it.

KF: Do you always know you wanted to be a comedian?
RC: Never thought I was too funny, but I read what people wrote to me in my yearbook was that I was funny.

KF: How did you become a comedian?
RC: And there are a lot of jobs in the field.

KF: I was active in theater all through high school and majored in it in college. I've worked constantly since becoming a comedian.

KF: How long have you been performing on cruise ships for?
RC: About eight or nine years. I've seen a lot of the world. The first cruise I performed for was horrible. It was the last leg of a world tour with very rich people. I got a rough reaction from the crowd. This includes two no laughs at all. I did a Caribbean cruise and after that everything was fine.

KF: Is there anything you particularly like or dislike about the cruise performing life?
RC: The interesting thing about cruise ships is that the passengers are always talking. I hear whispering behind me "it's the comedian!"

KF: From all of your traveling, where would you say you enjoyed being the most?
RC: Australia was cool. I was there once and just loved it... Sydney and Melbourne were gorgeous and the people there love Americans.

KF: Is there anything you would like to add?
RC: Besides straight stand-up work, I am also the corporate clown. Companies hire me as a "fake expert" to perform at meetings and events. I start with double-talk, saying things that make no sense. Eventually the crowd picks up on it and then I start my other comedy, a stand-up show. To find about Ceisler's will his work, log on to www.richcomedy.com.

GE Fund Scholars Program Yields "Extraordinary" Students

By Kara Brady
Staff Reporter

"Not to sound like a proud mother or anything, but I really am," says Mary Scroggins, head of the GE Fund Scholars Program, of the students involved in the program. Students at Sacred Heart may not know what this program entails, or might have a misconstrued thought on what it really is. The recently re-funded program includes much more than a scholarship. It also includes activities and opportunities for minority students at SHU to get involved in. "Scholarships do help financially, but on their own do not provide correct guidance for students up through graduation," says Scroggins. The GE Fund Scholars Program works with students and keeps them active, with an ultimate goal of graduation. This past spring, 79% of students in the program graduated.

When it started during the 1994-1995 school year, the program was open to all majors. Its six-year term ended with last year's graduating class, and the program was again funded for this year and has a few alterations. The program has changed its academic focus by now only accepting students with interests in math, information technology, accounting, economics, or finance.

Along with $3,000 awarded to each student who is accepted, there are also enrichment and retention aspects of the program. The enrichment part gets students off campus to attend arts events such as Broadway musicals. The retention part, which is new to the program, is a once-a-month workshop, including a thematic meeting, a leadership training session, or career development course. Students in this program are given many opportunities to gain knowledge and experience that will benefit them in the real world.

Along with the three main aspects of the program, there is also a Community Service and Mentor element. Students in the program are required to do 20 hours of community service each semester. A new opportunity was recently added, called the Math and Mathematics Collaborative, which isn't mandatory. However at least 12 of the students in the program must participate. The students spend a week a pay week for 10-12 weeks, when students visit the school to help kids with college-level math or any related careers to the academic focus of the GE program.

Also, each student in the program is paired with a General Electric employee from the GE headquarters in Fairfield as a mentor. These mentors provide students with guidance and help in specific fields, along with prepping students for the working world.

The requirements for the program include: full-time undergraduate status, a cumulative GPA of 3.0 or higher, minority student status, U.S. citizen or resident alien status, a demonstration of financial aid, and specific academic interest. Students can either apply on their own, or be recommended by a professor. The application process includes a one-page form, an essay, a resume, and an interview of student's interest in the specified academic fields, and two recommendations.

Scroggins says that students are the very first students involved in the program. These are just extraordinary students, not only achieving things academically, but doing things within the University community," says Scroggins. She keeps in close contact with the students, from program aspects to simply chatting with many of them who stop into her office frequently to talk. "These are really capable, caring students who are doing many things and going beyond what we require," Scroggins said. She says that the heart of the program is the contact they all have, and the sense of community the program brings about.

GE itself has provided wonderful support to the program, providing the students with every aspect but also getting employ- ees involved with students and much more. They have provided interview training in the past, and SHU students pioneered and test- ed out a new electronic hiring ser- vice for GE. The mentoring program continues to be their biggest contribution, explains Scroggins.
SHU Players to Perform Controversial Play

SHU Teachers Write Book on Animation

"We started talking about the fact that we needed a book geared toward computer science students who are interested in the programming and more technical aspects of the program," Dr. Robert McCloud said.

"Because of this we feel that our students who know the program will be at a real advantage in the job market," said Dr. McCloud. "My sense is that computer science is changing all the time and the more we can prepare students for what is happening now and in the future the better it's going to be. That is why we are focusing on this program."

Dr. McCloud and Dr. Honda are now waiting as their book is going through the process of peer review. The professors review the chapters and say what changes they would like to see. The next step will be to find a publisher to go with the book.

"The amount of scrap and rework is huge. I had no idea," said Dr. McCloud. The book is scheduled to be published in the spring.

SHU is the co-author of a book on web animation. SHU Teachers Write Book on Animation

"I had no idea how much work was going to be involved in writing a good textbook," jokes Dr. Robert McCloud, speaking about a soon to be published book he co-wrote. Dr. McCloud, a computer science and information technology professor at SHU is the co-author of a book on the website animation program Flash MX, titled Flash MX for Designers and Developers.

Flash MX is an "animation, graphics, and content development program for internet websites. It has its own script­ ling language, called autoscript, which makes it a pretty powerful development program," said Dr. McCloud. The biggest advantage of Flash MX is that it uses very small files making it easier for the files to travel over the Internet.

"Traditional graphics display using a dot pattern by establishing pixel values for the individual beams of light coming out. This requires a lot of space and bandwidth. Flash describes images by using a vector, which plots points. The plot points are then sent and plotted on the screen, so you're transmitting far less data," McCoud said. From the computer science and information technology department, Dr. Sandra Honda, also co-authored the book.

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"Because of this we feel that our students who know the program will be at a real advantage in the job market," said Dr. McCloud. "My sense is that computer science is changing all the time and the more we can prepare students for what is happening now and in the future the better it's going to be. That is why we are focusing on this program."

Dr. McCloud and Dr. Honda are now waiting as their book is going through the process of peer review. The professors review the chapters and say what changes they would like to see. The next step will be to find a publisher to go with the book.

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SHU Teachers Write Book on Animation

"I had no idea how much work was going to be involved in writing a good textbook," jokes Dr. Robert McCloud, speaking about a soon to be published book he co-wrote. Dr. McCloud, a computer science and information technology professor at SHU is the co-author of a book on the website animation program Flash MX, titled Flash MX for Designers and Developers.

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"Fear" Factor

By Patrick Scalisi
Contributing Writer

There is a little known piece of movie trivia that surrounds the so-called Jack Ryan films, based on the books by Tom Clancy, such as "The Hunt for Red October," and "Patriot Games." It has recently been brought to light with the release of the newest installment in the series, "The Sum of all Fears" that Clancy, really hated Harrison Ford in the role of heroic CIA analyst Jack Ryan.

It's true that Ford brought a certain hype to the role that other actors couldn't have hoped to accomplish, but he still lacked the nervous intelligence that Alec Baldwin originally embodied.

That being said however, one is forced to ask how Mr. Clancy felt about Ben Affleck in the coveted role, as "The Sum of all Fears" is easily the worst installment yet. Riddled by nasty inconsistencies, a poor plot line, to put it plain and simple, bad acting on Affleck's part.

The album includes eleven new Harrison compositions alongside a cover of "Between The Devil and The Deep Blue Sea." The first radio single will be "Snuck Inside a Cloud." In addition to lead and background vocals, "Brainwashed" showcases Harrison on electric and acoustic guitars (including slide and dobro), ukulele, bass, and keyboards. Yet there is much more to this album than great playing. The only redeemable character, in fact, is William Cabot, played with calm, calculating control by Morgan Freeman.

By the time a nuclear device detonates at the Super Bowl in Baltimore, the audience no longer cares about the characters and is relieved, at least temporarily, from the film's mundane nature. However, the suspense surrounding even this event is not built up nearly enough, and it is simply another disaster in a long line of failure.

George Harrison, long-time collaborator Jeff Lynne, and Harrison's twenty-four year old son Dhani. The album was produced by Harrison, long-time collaborator Jeff Lynne, and Harrison's twenty-four year old son Dhani. The album is Harrison's first release of new material since 1987's multi-platinum album "Cloud Nine." The album includes eleven new Harrison compositions alongside a cover of "Between The Devil and The Deep Blue Sea." The first radio single will be "Snuck Inside a Cloud." In addition to lead and background vocals, "Brainwashed" showcases Harrison on electric and acoustic guitars (including slide and dobro), ukulele, bass, and keyboards. Yet there is much more to this album than great playing.

According to Dark Horse Entertainment, in regards to the album, "Quite simply, it stands among the best work that Harrison ever did. 'Brainwashed' is a deeply personal statement from a deeply private man, and it reflects the intimacy he nurtured with questions that had gripped him since he began writing songs as a member of the Beatles: Who am I? What am I doing here? Where am I going?"

This album is the final installment of the already impressive collection of music Harrison has given to the world. According to Dark Horse Entertainment, in regards to the album, "Quite simply, it stands among the best work that Harrison ever did. 'Brainwashed' is a deeply personal statement from a deeply private man, and it reflects the intimacy he nurtured with questions that had gripped him since he began writing songs as a member of the Beatles: Who am I? What am I doing here? Where am I going?"

This album is the final installment of the already impressive collection of music Harrison has given to the world. "George Harrison is an absolutely legendary artist in this is an extraordinary record and a testament to his genius. We are proud to offer this album to the world," stated David Munns, Vice Chairman of EMI Recorded Music.

Although Harrison died before the album's completion, Harrison's sons Dhani and Jeff Lynne worked to complete "Brainwashed" over a six-month period after Harrison's death last year. As Dhani described "Brainwashed's" title track is, "the truest song on the record. It's a catalogue of all the aspects of society that cloud our minds and blind us to larger truths. You're brainwashed by corporate industry and the news media. And the song is saying there, is an alternative."

With the new release, loyal and new Harrison fans will get the chance to hear personal music from one of the most important and influential musicians of our time. The only redeemable character, in fact, is William Cabot, played with calm, calculating control by Morgan Freeman.

By the time a nuclear device detonates at the Super Bowl in Baltimore, the audience no longer cares about the characters and is relieved, at least temporarily, from the film's mundane nature. However, the suspense surrounding even this event is not built up nearly enough, and it is simply another disaster in a long line of failure. The album was completed the way Harrison would have wanted it. Dhani and Lynne saw that the album was completed the way Harrison would have wanted it. Dhani and Lynne worked to complete "Brainwashed" over a six-month period after Harrison's death last year. As Dhani described "Brainwashed's" title track is, "the truest song on the record. It's a catalogue of all the aspects of society that cloud our minds and blind us to larger truths. You're brainwashed by corporate industry and the news media. And the song is saying there, is an alternative."

Over all, "The album is more like a joyful experience, a celebration of George's life," said Jeff Lynne.
By Kathleen Haughey
A&E Editor

It's almost time to give thanks, to the movie studios, that is. With the holiday season right around the corner, it's time for the first surge of the hyped up movies we've heard so much about. But what are they?

“8 Mile”

Starring: Marshall Mathers (aka Eminem), Kim Basinger and Brittany Murphy
Running Time: 1 hr. 58 min.
Opening: November 8, 2002

Roughly based on the life of controversial rapper Eminem, “8 Mile” is the story of a young rapper, Johnny “Rabbit,” who rises to fame despite adversity. Growing up in early 1990s Detroit, “Rabbit,” played by Eminem (Marshall Mathers), is a young determined rapper who wants to find his way out of this “8 mile road” of poverty and despair. He lives with his alcoholic mother, Stephanie, played by Kim Basinger. “Rabbit’s” relationship with his mother is as turbulent and unstable as she is. This is a reflection of Eminem’s own difficult relationship with his mother, Debbie Mathers. When it seems as though his life is going nowhere, “Rabbit” meets Alex, played by Brittany Murphy. Alex shares his dream and gives him the confidence to pursue his dream. Of course, no relationship in “Rabbit’s” life can be that easy...Alex and “Rabbit” face their own problems as well. This is based on Eminem’s volatile marriage to Kim Mathers, the wife of his daughter Hailie. Despite all the similarities to Eminem’s own life, the film tries to steer away from strictly...as a biographical piece. "Marshall had no interest in making an Eminem movie. He wanted to be an actor in a good movie," said the film’s director, Curtis Hanson. “My No. 1 goal was to try to be truthful to the world this takes place in. Once I committed to making the movie in Detroit, that world became the one he grew up in. When I did that, it overlapped.”

“Harry Potter and the Chamber of Secrets”

Starring: Daniel Radcliffe, Rupert Grint and Emma Watson
Running Time: 1 hr. 50 min.
Opening: November 15, 2002

The new installment in the thrilling fantasy series, “Harry Potter and the Chamber of Secrets” should be more entertaining then the first. Wildly popular with children and teens, and the older crowd alike, the “Harry Potter” stories touch upon the dreams that live inside all of us, the power of magic and the strength of persistent determination.

“Chamber of Secrets” takes Harry, played by Daniel Radcliffe, back to Hogwarts’ School of Witchcraft and Wizardry where he meets back up with his fellow students and friends, sarcastic and loyal Ron Weasley, played by Rupert Grint and Hermione Granger (Emma Watson), the gentle hearted know-it-all. The new year finds new teachers at Hogwarts, most notably Professor Gilderoy Lockhart, played by famous British character actor, Kenneth Branagh. Once again, Harry discovers danger at Hogwarts and only he is the one that can save it.

Covering It All

By Danielle Pesce
Staff Writer

They’re hip, fresh, and talented. They are the cover band. Playing familiar songs of well known music groups, and adding their own little twists, cover bands are proving to become a very popular trend among hangouts all over Connecticut. “The Buggemuts” are just one of many cover bands that are worth watching. The group consists of a bass player, guitarist, drummer, and lead singer, whom play in select bars around Connecticut as well as Massachusetts. At a recent performance at Temple Bar, which is located in Stamford the group brought in a huge crowd and knew how to get everyone interested. The band got everyone involved and what better way to watch a group then to join in and sing along? Another recent performance, which took place in Norwalk at a bar called Shenanigans, brought in a slightly smaller crowd how-over, this talented cover band, received just as much attention as do their bigger shows.

Buggemuts tours the local area with their versions of popular songs.

It may seem easy to perform another groups music, however without the use of ones own personal touches, cover bands can easily go unrecognized. “The Buggemuts” however, play numerous songs from bands such as Creed, Puddle of Mudd, Bon Jovi, The Beatles and U2 and were able to contribute their own talents. The group even delivers older songs such as “Runaround Sue” with more up to date renditions. All of the different groups they play, give a little bit of something for everyone to enjoy.

“Punch-Drunk Love”

Starring: Adam Sandler and Emily Watson
Rated: R
Running Time: 1 hr. 45 min.
Opened in Theaters: October 19, 2002

In “Punch Drunk Love” Adam Sandler plays an eccentric small business owner, Barry Egan, whose difficult family life with seven sisters leaves him with a feeling of being unable to fall in love. Sandler, in his first really dramatic role, is receiving very good reviews. That is until he meets a mysterious woman, played by Emily Watson, who opens his eyes and starts a new life for him. From the director and writer of “Boogie Nights” and “Magnolia” P.T. Anderson, this gives another installment of Anderson’s different look at life.
Northeast Conference, which will feature freshman forward Donnell King, Mike Parker (Windsor, CT) and new additions, freshman guard Hunter, to graduation. Even with last year's team as well as two and numerous minutes per game, had allowed her to travel around the world and has provided her with an opportunity of a lifetime. She has made a diverse group of friends in other countries and has been able to become aware of other people in this enormous world.

During her high school years, she participated in Division 1 Club Soccer in Sweden with a team called IFK Lidingo. She also played for Elite 2000, where players between the ages of 16-19 years old are selected to this team throughout all of Sweden.

Linder came to Sacred Heart University here in Fairfield, Connecticut.

Linder has taken her amazing abilities at playing soccer and her inquisitive personality to discover new things to make her lifestyle very interesting by traveling. Others may not understand where her soccer was a showing that we are capable of bringing home many wins," Linder added.

What happened with women's soccer was a showing that we are capable of bringing home many wins," Linder added.

Linder feels that sometimes recognition here in the states is focused on the person who scores the goal and who makes the saves.

"I wish defense would be able to get more recognition and get more credit. Offense is the statistics with which everyone seems to be interested in the states. A goal is so much more than the last hit because the team as a whole brought that ball to make that goal," Linder added.

Linder also acknowledged defenders on the team including sophomore Las Uras (Ontario, Canada), junior, Collin Attard (Long Island), senior, Barbara Simmons (New Jersey) and junior, Erik Harrison (Stockholm, Sweden).

For Linder, having junior, Erik Harrison from Stockholm, Sweden, also playing at SHU was a big help. Coming to another culture is a big shock and for Linder last year Erik came from Sweden also to play. "America was a big change and Erika was someone I knew already before coming here. It was great to have here with me to help adjust to my new surrounding," Linder commented.

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Championship Hopes

Continued From Page 12

and effort has paid off by getting into the NEC tournament," said Robenhimer. "The season has been very hard," added Pineda. "Our goal was always to make the playoffs, but we started by tying vs. Quinnipiac at home, and then losing vs. CCSU (Central Connecticut State University) 3-0, which became a turning point for us. Since that game, we changed our minds somehow." Sophomore Nathalie Urbas (Pickering, Ontario) said that the Pioneers "were a prime target," due to the fact that they won the NEC tournament last year. They became the team the rest of the conference wanted to defeat.

"We didn't want to be a team who just came out of nowhere to win the championship and then just vanish again the year after. We want to make the playoffs every year," Sophomore Nathalie Urbas

The Pioneers now have to get ready for the playoffs this weekend, on November 8, when they open up to defend their title against the number one seed Central Connecticut State University Blue Devils, on November 10. "I believe everyone is really happy to be here again," said Linder. "We didn't want to be a team who just came out of nowhere to win the championship and then just vanish again the year after. We want to make the playoffs every year," said Urbas. "Making the playoffs for the second year was our goal since the beginning of pre-season," said Pineda, who added that, "Joe Barroso made it clear 'we have to make the playoffs every year.'"

"They are always there to push on and they believe that we can do anything as long as we play as a team," said Urbas of coaches Joe Barroso and Kim Banners.

She also described them as "great." Adds Robenhimer, "they both know and love the game, so much that it is hard for them to sit on the sideline, so their passion for the game helps to motivate the team and makes us want to play as hard and with that same amount of passion."

Of Barroso, Pineda said, "he knows about soccer because was a great soccer player a couple of years ago. He knows the game, so he demands 100% or even more from us." Of Banners, Pineda said.

The women's soccer team finished the regular season with a record of 10-6-2, and a conference record of 6-2-2, and they will travel to New Britain, CT, home of Central Connecticut State University, in hopes of successfully defending their NEC Conference Tournament Title. They were led by the goal keeping of Leslie Konsig and the success of Leslie Konsig and the scoring of Paula Pineda, as well as the play of many of the other players.

Defence Keeps SHU Alive

Continued From Page 12

"This was our last NEC game and it was a very important game for us. We had to win in order to have any chance at first place," said Head Coach Bill Lacey. "Albany is still in first place and as of right now, we are tied for second. If Monmouth can beat Albany in two weeks then we will be tied for first place. The last two games on our schedule, Siena this week, and Iona next week on our schedule are non-conference games. These two games are important for us as a team to build a tradition of winning."

The Pioneer's hopes for a conference championship are all but gone, but that isn't stopping them from striving for respect and success in the final two games against non-conference foes Siena and Iona.

"These next couple games are important to carry on the tradition that we have worked so hard to build here in the past few years," senior linebacker Craig Capurso

Craig Capurso

Photos contributed by Jamie Snapple

(Above Top): The SHU defense stuffs the Wagner Sea Hawks effort to score on the goal line. (Middle): Senior all-american defensive end Shaun Hubbard blazes off the edge. (Bottom): Junior strong safety Brian Pawlowski shows a blockere aside in pursuit of the ball.

SPORTS SCHEDULE

Friday, Nov 8

Men's Soccer vs Robert Morris

Men's Ice Hockey vs Army

Fairfield, CT 12:30 PM

Milford, CT 7:00 PM

Saturday, Nov 9

Football

W. Rowing at Frostbite Regatta

Men's Bowling at Nittany Lion Classic

W. Swimming vs Iona

W. Rugby vs UNH

W. Ice Hockey at Union

W. Volleyball vs SFFA

Fairfield, CT 12:30 PM

Philadelphia, PA TBA

State College, PA TBA

Fairfield, CT 1:00 PM

Troy, NY 1:00 PM

Shenectady, NY 2:00 PM

Fairfield, CT 5:00 PM

Sunday, Nov 10

Women's Rowing at Braxton Regatta

Men's Bowling at Nittany Lion Classic

W. Equestrian vs SHU Inv

W. Swimming vs Vermont

W. Volleyball vs Robert Morris

Men's Soccer vs SFNY

Philadelphia, PA TBA

State College, PA TBA

New Canaan, CT TBA

Fairfield, CT 11:00 AM

Fairfield, CT 1:00 PM

Fairfield, CT 1:00 PM

WOMEN'S CROSS COUNTRY

By Christopher Giarrusso

Sports Writer

The Sacred Heart women's cross country team took home second place at the Northeast Conference Championships (NEC) on Nov. 1, at Stanley Quarter Park in New Britain, CT. The men also placed ninth at the championship.

Junior Katherine "Katie" Wrinke (Medford, NY) earned all-conference honors for the third straight season as she recorded the best ever finish for a SHU runner at the NEC race. Katie finished the 3.1-mile course in second-place with a time of 18:02.4. This was a personal record as well as a school record by 27 seconds. "I can't even put the finish line in a time of 19:07 which was good enough for a 14th place finish. The Pioneers placed five runners in the top-25 with their top seven runners all recording personal best times. "I can't even put into words how happy I am, everyone pulled together," commented Katie.

Junior Christina Mendoza (Union City, NJ) took home 18th place while junior Suzanne Neglia (Andover, NJ) and senior Kristina Plovinczky (West, ME) rounded out the Pioneer runners in the top-25. Sophomore Cheryl Beaulieu (East Hampton, CT) and senior Mandi Orrok (Brick, NJ) finished 33 and 40 to round out the top seven Pioneer runners. SHU finished with 78 team points, just behind defending champion St. Francis (PA). "I have never had a team run better in my coaching career," said Coach Christian Morrison.
Defense Carries the Ball for SHU

Defense and Special teams win final conference contest for SHU.

By Katie Atkins
Sports Writer

Wagner may have scored the only touchdown of the game, held at Campus Field Saturday afternoon, but the Pioneers emerged victorious as both teams let their defense take control of the game.

The turning point for Sacred Heart, now 5-3 overall and 5-2 in the Northeast Conference, came in the overtime period when senior kicker Tim Redican (Meriden, CT) kicked a 26-yard field goal to seal the 10-7 victory for the Pioneers.

“The defense played superbly. We capitalized on Wagner’s mistakes and covered up the offense’s mistakes,” said senior defensive lineman Shaun Hubbard (Neptune, NJ).

Hubbard received the NEC defensive player of the week accolades for his performance, which included thirteen tackles (8 solo), 1/2 sack, 3 tackles for loss, SHU scored their ten points on two team safeties, one in the second quarter by Hubbard and one in the fourth quarter due to an errant snap that sailed out of the end-zone. Redican added two field goals of his own to round off the Pioneer’s scoring at ten.

“This victory was hard-fought, pumped up the entire team, and brought all of us closer together.”

-Senior Punter Mike Kraft

SHU’s kicker Redican also earned the Northeast Conference special teams player of the week honors for his game winning field goal in overtime. Redican moved into first place all-time in the NEC for total career field goals following his two field goal performance on Saturday.

“This victory was hard-fought, pumped up the entire team, and brought all of us closer together. The team has finally begun to come together as a whole and that has been evident in the last couple of games,” said senior punter Mike Kraft (Arlington, NJ).

Kraft had a superb performance, placing two kicks inside the twenty yard line, including one which was downed on the Wagner one.

“Neither team’s offense was very productive in the game and the Pioneers finished with just 146 yards of total offense while the Seahawks, now 4-2 in the NEC and 6-3 overall, recorded just 117. The Sacred Heart defense has now gone five consecutive games while only allowing a phenomenal 27 points, which also includes two shutouts against Robert Morris College and Saint Francis University.

See "Defense Keeps SHU Alive" Page 11

Women’s Wins Pair and Clinches Tourney Berth

Women’s soccer clinched second consecutive tournament birth following a pair of weekend wins.

By Craig Joly
Sports Writer

Going into Friday’s game against the Long Island University Blackbirds, Pioneers Head Coach Joe Barroso said that Sacred Heart “should win both games, but there are no given.” The Pioneers proved him correct with two victories this weekend, clinching its second consecutive NEC Conference Tournament birth, again as the number four seed. This time, however, the Pioneers go in as the defending tournament champions.

In the clinching game, the Pioneers were led by goals from junior Paula Pineda (Yago, Spain) who scored two, and sophomore Ingrid Olsson (Stockholm, Sweden), who scored one. Pineda’s first goal came on a penalty kick following a Blackbird handball in the goal box 1:20 into the first half. The second goal of the game came when Pineda put a pass from senior Danielle Robenhymer (Manchester, CT) past the goalie at the game’s 18th minute.

“We have worked extremely hard for the past three months and all of our hard work and effort has paid off by getting into the NEC tournament,”

-Senior Danielle Robenhymer

Long Island senior Sara Sheen scored the lone Blackbird goal at the 80-10 game mark when she put a penalty kick past Sacred Heart junior goalie Leslie Konsig (Millburn, NJ).

Olsson scored her fourth goal of the season when she put a Robenhymer pass past Long Island freshman goalkeeper Holly Nixon.

Senior Andrea Linder (Stockholm, Sweden) said that Sacred Heart “was not as relaxed in the first half,” and that they were “nervous.” “A win is a win,” added Robenhymer. She also said, “they were trying to get what needs to be done, done.”

Sunday’s game against the Wagner College Seahawks ended in double overtime, as the Pioneers sent Wagner home with a 1-0 loss on Pineda’s 13th goal of the season. Her goal came 105:33 into the game, on a pass from sophomore Ashleigh Bepko (Guilford, CT). Pineda’s goal also allowed Konsig to record her school record 10th shutout.

Konsig finished the season with a 0.54 goals against average. “We had many opportunities to score, good plays that should have been goals,” said Linder. “My thoughts on the season are that we have worked extremely hard for the past three months and all of our hard work...

See “Championship Hopes” Page 11

The SHU women’s soccer team in action against St. Francis earlier this year.

Photos by Susan Magrane

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Men’s Basketball
Experience and size look to propel the Pioneers to success.

Women’s X-Country
Women take second place at NEC championships

Athlete of the Week
Mid-fielder Andrea Linder brings diversity and defense to the SHU women’s soccer team.

Pioneer Schedule
Sacred Heart athletics prepare for a weekend busy with contests and championships.