Cernera: International Man of Prestige

Brittany Raine
The Spectrum

Globetrotter and man of honor.

From Fairfield to Bangkok, Sacred Heart University's President, Dr. Anthony J. Cernera has been catching attention across the world.

Last month at the 22nd International Federation of Catholic Universities (IFCU) forum in Bangkok, Thailand, Cernera was elected president of the foremost Catholic college coalition in the world. Representatives from over 200 Catholic universities worldwide attended the summit and participated in the free and open election.

"The recognition that Dr. Cernera has received at the IFCU forum in August is something all of Sacred Heart should be aware of," said Lea Sojio, senior, New York, N.Y. "I think Dr. Cernera's new position as president will instill a new sense of pride within the academic and spiritual aspects of the university.

Previously the vice president of the IFCU, Cernera's role as president of a Catholic university met the statutes for his nomination in the race against a university president from Colombia.

As the second layman to be voted president in the IFCU, Cernera is presented with a world of new and exciting opportunities that bring a new sense of notoriety and distinction to Sacred Heart.

See CERNERA on page 3...

Fifth 9/11 anniversary marked by remembrance

Jenna Rignanese
The Spectrum

Sacred Heart held many events to commemorate the tragedy that happened five years ago. On Sunday, there was a mass held in the University Commons where students and faculty gathered together in prayer and a "Banner of Hope" was placed outside the Chapel to give everyone a chance to express their feelings and memories of the event.

From 8:30 a.m. to 10:10 p.m. on Monday, events across campus helped the Sacred Heart community remember the fall of the Twin Towers that changed the nation. The day started with a flag raising ceremony and moment of silence organized by Edward Crespo of Public Safety.

Crespo's plans included a presentation by the New York Fire Department, Police Departments, and other public service members. Military personnel came to represent the men and women in the armed forces still fighting in Iraq.

"As the flag was raised, two trumpet players from the band accompanied the singing of the national anthem," said Crespo. "A series of poems, songs, and speeches relating to the events of 9/11 were delivered. Various moments of silence occurred during the specific times at which the first plane, second plane, the pentagon, and flight 93 crashed."

Other events included an Interfaith Service where those who lost love ones could had their names read at the service and a panel discussion titled: "Five Years Later: What Have We Learned From 9/11?"

The discussion was conducted by various faculty members including David Coppola and Dr. James Castonguay of the Media Studies department, Dr. June-Ann Groley and Dr. Brian Stultner of Religious Studies. Each of them expressed their opinions on post 9/11 topics such as the

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Mini Feeds cause controversy

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choice but to connect with the users and explain the changes to the public. The new changes have had both positive and negative effects on the online social network.

"Somehow we missed this point with News Feed and Mini Feed and we didn’t build in the proper privacy controls right away," said Zuckerberg in the message. "This was a big mistake on our part and I’m sorry for it. But apologizing isn’t enough. I wanted to make sure we did something about it quickly."

Although privacy settings have been added to make life a little bit easier for Facebook users, it hardly has done the job. Facebook users can still have the option to view everything that you have done on the website unless you activate the privacy controls. Time consuming and annoying? Yes. But it is a start to gaining back users privacy.

"I do not think that Facebook users will see the website and the social network in the same light since the institution of Mini Feeds," said Nicole Bozek, senior, Brookfield. "They might have installed new privacy controls to deter the ‘stalker image’ the website might have implemented, but I find that Facebook is an example of how easily it is to be tracked, and that is an ominous reality."

The Facebook team has promised its users that they will take into consideration our complaints, but it is only a matter of time to see what else will be added to your account next time you log into it. If Facebook gets any more personal, people’s entire lives may be controlled by just a simple click of a button.

Has this move by Facebook made it lose any of its popularity?

FLIK provides food for thought with new menu

Anne Dunne
The Spectrum

Change is in the air and it smells of a healthier FLIK.

The health food illustrations pictured on the food pamphlets for the Sacred Heart student’s meal plan instigate change. The growing diet crazes and health food trends have made their mark on society and are now being slowly integrated into the FLIK menus. FLIK has been tweaking their menu in order to make the food selection for students and faculty healthier and tastier and with a larger variety of choices.

In recent years, a food committee was created at SHU enabling students and faculty to voice their opinions about FLIK and the food options. At the beginning of the 2005 fall semester, the food committee was faced with a challenge when presented with three full pages of complaints from students about the menu, overpriced items and unappetizing food.

"Prices are ridiculous. The food is not even that great except for the sushi bar," said Kristen Lovering, senior, North Massapequa, N.Y. "I usually choose between sushi, a sandwich or salad when I decide to eat there. I know many students, especially seniors, who have given up on FLIK and do not even have meal cards anymore because they are so fed up with the food."

Realizing that a change needed to be made, FLIK conversed with the faculty and student body in order to make the correct decisions in creating a healthier menu.

"FLIK has definitely improved since I was a freshman here at school," said Christine Lion, junior, North Haven. "The food tastes better and isn’t as greasy as it was in the past years. I don’t mind eating here at all anymore."

After working with the menu and adding a new executive chef to the staff, FLIK eliminated almost two and a half pages of complaints by the end of last year.

"Bigger variety of food for the students is what we were aiming for," said Walter Ward, the Operation Manager of FLIK. "When making the new menu, we did not get rid of any foods, but added many new ones and new stations for the students to choose from."

New stations employed in the healthier FLIK include the "Tête Vé" or Vegan section, where students may purchase nourishing food options, like Tofu and steamed vegetables. FLIK has added healthy snacks, like vegetable and fruit cups, a Falafel station and has an array of three to four salad and sandwich specials a day.

"I think that FLIK has changed a lot since Freshmen year, but it definitely can be overpriced with food items," said Caitlin Rousseau, junior, N.Y. "Being a student athlete, it is very important to eat nutritionally. Before it was hard to get nutritious options on campus but this year I am glad that they have made it easier to get."

The most noticeable change in FLIK besides the food options is a "Food Icon Guide" found outside the FLIK office. This guide enables students to put together their own healthy meals.

"We have been able to make 35 percent of the menu healthier, where as in the past 75 percent of it was unhealthy, a large increase in a year," said Ward. "FLIK is constantly improving their menu and striving to get approval from their patrons. With a healthier menu popping up in the bistros and cafes across campus, students are starting to see FLIK as a more respected place to eat with the new changes."
Cernera to lead IFCU

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“As president of the IFCU, I am extremely honored to represent Sacred Heart in an international realm of Catholic universities,” said Cernera. “As president, I am given the responsibility of chairing the admissions board and board of directors and overseeing good management within the federation.”

“Also, the one duty that I am looking forward to working on and mapping out the necessary steps is the proposal of a strategic plan, approved by the board, which will be implemented into the IFCU over the next three to five years.”

Improving living conditions across the world is another important obligation of the IFCU that Cernera is excited to be a part of. With over 60 different projects associated with living conditions and Catholic universities from Asia to Africa and Latin America, Cernera will be quite the busy man.

“Dr. Cernera’s new position as president of the IFCU really brings Sacred Heart to the forefront of international Catholic universities,” said Matthew Morici, senior, Baldwin, N.Y. “I believe that the ties Dr. Cernera is creating with fellow Catholic universities will benefit the university here in Fairfield and outside the United States.”

“With all of the positive changes Dr. Cernera has made at SHU, his presidency in the IFCU is the culmination of his hard work and lays the foundation for Sacred Heart as a powerhouse in the top tier of Catholic universities.”

Though the IFCU headquarters is in Paris and various locales across the world, Cernera is confident that each university in the federation will not only be connected by email and their common religion, but will exemplify the Catholic identity which is essential in establishing a unity between all members.

The good will of the IFCU is reflected by university presidents involved in the federation and students who attend the universities.

“My duties as president in the IFCU will be evident within the student body and various aspects within the Sacred Heart community,” said Cernera. “The connections that I, and Sacred Heart, establish within the IFCU will enable this university and its students to interact in a new way with fellow universities and students across the world.”

“Most of the programs involve regional activities at Catholic universities associated with the IFCU, in places such as Africa and Asia, which will enable international students to create closer ties with one another, making the IFCU a realistic force on campuses,” said Morici.

Over 1500 colleges are connected through the federation. Associations with these diverse institutions will open new doors for student and faculty research programs.

As the president of the first Catholic university founded by a layman and an individual whose role in the Catholic Church and federation as a layman is prominent, Cernera believes that the appropriate role of the layman is an emerging reality within the church.

“A layman in his position within the Catholic Church and religious university is the wave of the future and is an example in how Catholicism can grow,” said Morici.

Cernera believes that the growing role of the lay leader is an important identity associated with himself and Sacred Heart, revealing a new sense of strength and recognition that he will incorporate into the IFCU.

In his role as president, Cernera states that he is interested in continuing the good work of the federation and the development of the roles of lay leaders. Studying inter-religious and intercultural dialogue and working towards globalization to aid Catholic universities in preparing their students is also part of Cernera’s game plan.

Morici and So fifo agreed that the three central ideals Cernera plans to work on while being a part of the IFCU are important to international relations.

“The concept of globalization that Dr. Cernera plans on putting into action during his reign is a new type of positive international connection, especially during a time when so many places in the world are torn apart due to conflicting issues,” said Sofifo. “Religion, faith and in this case, Catholicism, is what we need to bridge this growing gap.”

Cernera’s work in the federation is not only discussed every three years at the international summit, but he meets with the three IFCU vice presidents and secretary general twice a year. They will meet next month in one of the headquarters in Paris. The full board meets once a year in the spring and the general assembly takes place every three years in a different location.

“In 2009, the IFCU forum will take place in Honduras,” said Cernera. “In 2003, the summit took place in Uganda and before that, Australia. Being able to meet with everyone in the federation really exemplifies a unity that reaches to the farthest corners of the globe.”

“Humbled” and “excited” are the two words that Cernera used to describe his presidency. He wants to assure the Sacred Heart community that his role in the IFCU will not change his unwavering commitment to SHU and that this position is extremely beneficial to the university.

“It is important that Dr. Cernera is aware of the priority of his commitments here at SHU and with the IFCU,” said Morici. “His ability to keep this balance shows his strength within his personal life and the university.”

With the application in for a new university chapel and a plan to break ground at the end of this month, Cernera’s position is only one part of the numerous positive changes that Sacred Heart will experience in the near future.

“I find my presidency to be a wonderful testament of the values that the Sacred Heart community employs and what makes a Catholic university unique,” said Cernera. “I am more than proud to be your president and the president of the federation.”

Five-year anniversary marked by campus events

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media’s influence, Islam, terrorism, and its effect on public health and the possibility of future massive emergencies.

Students like Bridget McGowan, junior, Franklin, Mass., found the discussion panel an important part of the 9/11 anniversary events.

“I found it to be very interesting. September 11th is still something that hits close to home for many of us, especially since our school is located so close to New York City,” said McGowan.

“Being from Massachusetts, I didn’t have anyone close to me directly affected by the tragedies, but being so close to Logan Airport in Boston, I felt very unsafe at the time. Going to an event like this on campus helps us to remember the serious-ness of the situation. It is very real and is still something I think about daily,” she said.

A Candlelight Vigil was held at 10:10 p.m. on the Patio as the culmination of the 9/11 anniversary events. The vigil was sponsored by the sisters of Beta Delta Phi, Kappa Phi and Zeta Iota Lambda.

“For the past few years, Beta Delta Phi, Zeta Iota Lambda and Kappa Phi have gotten together to create a candle light vigil on September 11th,” said Jessica McCarthy, senior, Iota Delta Phi, Brooklyn, N.Y.

The vigil is a time where students can come together as a group to help remember what had happened and to be there for each other, McCarthy explained.

During the vigil, everyone attending comes together to light candles, listen to prayers, and share experiences with each other.

“The memories of that day are still so fresh in my mind. I’m from Brooklyn so I saw a lot of what was going on, visions that will stay with me forever and I think it will always be emotional when you think about how many children will grow up without their parents,” McCarthy said.

“You also have to look at the great way that people came together after it, and how so many people are still helping each other out and how everyone put their differences aside and came together as one because of 9/11.”

Hundreds of tiny flags were stuck in the ground as a tribute to those who suffered.
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Review targeted graduating high school seniors via website to determine the "who's-who" in the top tier of Northeastern universities. The Princeton Review also surveyed thousands of current students at universities and colleges across the nation requesting them to rate their school on every level from professor's performance to sports, activities and food.

Upon entering www.princetonreview.com, visitors may click on a school and view statistics, rankings, scholarships and financial aid and student testimonials about life at their current or prospective university. The pledge of the Princeton Review, exemplified in the institutions methods of research, proudly proclaims "Each of our rankings and the profiles to which they link—will give you an unbiased and uncensored view of the chosen colleges... almost every ranking is based on what the real experts—current college students—tell us about their schools.

The best universities were divided up into four geographic areas—North, South, Midwest and West. Sacred Heart merited attention in this study by the Princeton Review as a "small but not too tiny" university, and was named among the top 222 schools in the nation.

Sacred Heart students who participated in this survey named the business, marketing, criminal justice, psychology and nursing programs as an unwavering part of the Sacred Heart educational experience. The general education coursework and core courses required for graduation were singled out as a good base to have in relation to the college education. The 13 to 1 student to professor ratio, which makes the average class size 10-19 students was noted as an important aspect concerning the fundamental Sacred Heart education.

"When I was deciding on a school I did not want something too big, so that I could still have that close connection with my professors," said Mark Drexel, sophomore, Yorktown, N.Y. "That is just the kind of learner I am. I knew that [the connection with professors] would be something I needed, and it ended up being a major factor in why I chose Sacred Heart."

With the positive reviews and ranking Sacred Heart has been receiving, alumni and future graduating students will have a leg up on the competition when becoming a part of the "real world workforce." Being surrounded by the town of Fairfield, ranked in CNN's Money Magazine as number nine in the "Top 10 Best Places To Live" only makes Sacred Heart even more attractive.

"I think the new College of Business is going to really aid business majors in their job endeavors," said Fairfield native Egin Reeves. "They should have no problem pursuing a job in the business world, especially given the fact that [College of Business] is associated with the legendary General Electric CEO, John F. Welch.

"Plus, Fairfield truly is a beautiful city. Most colleges are surrounded by unattractive sights, so those who attend schools in Fairfield are truly lucky."

In the Princeton Review, Sacred Heart was commended for its core curriculum, incredible sports program, and ideal location. Alumni, like Lisa Von Brecht, feel as if she benefited from Sacred Heart's ideal location, especially the adjacency to New York City, a popular place for growing opportunities and endless entertainment.

"I really enjoyed the area that Sacred Heart was in. We weren't too far away from the city so there was always something going on that was just a quick train ride away," said Von Brecht.

With Sacred Heart's growing popularity, highly esteemed curriculum and it's nationally recognized status as a powerhouse university in the Northeast plus Fairfield's pulsating downtown, scenic beaches and idyllic location, students should feel secure about their choice to attend Sacred Heart and a promising future in store.

Nedra Pickler
Associated Press

The White House quarreled with Democrats Tuesday over whether President Bush was trying to win political points by using a Sept. 11 anniversary speech to defend the war in Iraq and war on terror.

Bush spokesman Tony Snow said although there were "three or four sentences" in the president's 17-minute address Monday night that could be considered controversial, Bush took pains not to be partisan. He said Bush had to discuss the dominant issue of Iraq, but he wasn't "pick- ing fights" or making any demands of Congress.

"This was not a speech that was designed to single out anybody for partisan reasons, but gave the president's honest reflections and reactions to what has happened since September 11, 2001," Snow said. "The president decided that yesterday wasn't a day for partisanship.'

Democrats, in a campaign to win control of Congress from the president's Republican Party, charged that Bush was using a national day of mourning for partisan gain. Senate Democratic Leader Harry Reid of Nevada said Tuesday that Bush was "more consumed by staying the course in Iraq and playing election-year politics."

"The American people deserved better last night," Reid said in a statement. "They deserved a chance to reclaim that sense of unity, purpose and patriotism that swept through our country five years ago."

House Majority Leader John Boehner, R-Ohio, shot back at Democrats Tuesday, "I wonder if they're more interested in protecting the terrorists than protecting the American people," he said at a news conference. "They certainly don't want to take the terrorists on and defeat them."

In the speech broadcast in prime time on the fifth anniversary of the terror attacks, the president described a brutal enemy still determined to kill Americans, perhaps with weapons of mass destruction if they get the chance.

"If we do not defeat these enemies now, we will leave our children to face a Middle East overrun by terrorist states and radical dictators armed with nuclear weapons," Bush said. "We are in a war that will set the course for this new century and determine the destiny of millions across the world."

Bush began with a two-minute tribute to the nearly 3,000 victims of the Sept. 11 attacks, but most of his 17-minute speech was devoted to justifying his foreign policy since that day. With his party's control of Congress at stake in elections less than two months away, Bush suggested that political opponents who are calling for withdrawal of U.S. troops from Iraq would be giving victory to the terrorists.

"Whatever mistakes have been made in Iraq, the worst mistake would be to think that if we pulled out, the terrorists would leave us alone," Bush said from the Oval Office, with a photo of his twin daughters and the American flag behind him. "They will not leave us alone."

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9/11 Bush speech stirs mixed emotions

Do you have a problem that you want the Spectrum to cover?
Do you have any exciting news coming up in your clubs, dorms, or jobs?
Are there any changes that we can make to our paper to help represent the Sacred Heart community better?

If so please contact News Editor Brittany Raine: Raineb@sacredheart.edu
Starting the new year: Greek Life seeks Freshmen pledges

Carolyn Tavares
The Spectrum

Greek Life has provided a sense of family to many students on campus looking for a place to belong. However, a decline in participation in such organizations makes people wonder: Is the family growing apart?

With four fraternities and six sororities on campus, there are plenty of "families" to choose from, but the six-to-eight-week-long process of pledging makes many candidates think twice.

"It is possible that [pledging] is one of the reasons that people are unsure of joining," said Jason Hawkins, senior, Queens, N.Y., a member of Greek Life. "But the learning process that people go through creates an intimate understanding and appreciation for their fraternity/sorority that other clubs could not fathom accomplishing by simply allowing people to join."

Each sorority and fraternity keeps the specific details of their pledging process closely guarded, and that may be precisely what is disturbing to potential participants.

"I think people tend to shy away from what they don't know," said Elisabeth Mordecai, senior, Bethany, and member of Phi Omega Tau. "They don't know what to expect, so they expect the worse. [Pledging] is not easy, but it is not as bad as other people may think. Some look to the movies or television and see what things and as they join a family, they also contribute to a very worthy cause."

Some of these worthy causes include Lambda Sigma Phi's Rape Prevention and Sexual Abuse Awareness, Beta Delta Phi's Breast Cancer Awareness and Zeta Iota Lambda's Disability Awareness.

Greek Life, for the first time in two years, is now allowing freshmen to pledge during their first semester.

Jane Sanders, Director of Greek Life, feels that this change will be "great for freshmen looking to get involved in Greek Life early on in the year."

"I see no issue with it. It is, in fact, a good idea and allows for people who desire to be involved here to do so. Good leaders are created. They don't exist on their own," said Hawkins.

The chance to spend more time with the big brothers and sisters is a benefit of freshmen being able to pledge so early.

"I think it's a good idea," said Mordecai. "Instead of the girls crossing [during Spring semester], and then the Seniors having to leave, it's nice to have the girls cross in the Fall. Then we can have a full semester to spend with them."

With Greek Life events coming up, everyone has a chance to learn more about what it means to be in a sorority or fraternity.

Sept. 11 memories used to justify foreign policy

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They will follow us. The safety of America depends on the outcome of the battle in the streets of Baghdad."

While Democrats have been using public opposition to the Iraq war to argue for a change of leadership in Congress, Bush's prime-time address showed how he has been able to use the power of incumbency to command public attention and make his points. Democrats objected to the tone.

"The president should be ashamed of using a national day of mourning to commandeer the airwaves to give a speech that was designed not to unite the country and commemorate the fallen but to seek support for a war in Iraq that he has admitted had nothing to do with 9/11," Sen. Edward M. Kennedy, D-Mass., said in a statement. "There will be time to debate this president's policies in Iraq. September 11th is not that time."

On Monday, dozens of lawmakers on both parties put aside the campaigning and joined on the steps of the Capitol to remember the attacks. Together they sang "God Bless America" as they had five years ago.

"Partisanship would have been the one casualty the American people would have accepted following 9/11, but it remains the one thing the president refuses to give up," Illinois Rep. Rahm Emanuel, chairman of the Democratic effort to win control of the House, said after the president's speech.

President Bush pauses after delivering a speech to the nation from the Oval Office on Monday in Washington.

Snow noted that Emanuel, Kennedy and other Democrats attacked the speech shortly after the president was finished speaking, suggesting they were the ones who injected politics. It appears that there had been a desire immediately after the speech to go ahead and make partisan points," he said.

Bush said Iraq is part of the United States' post-Sept. 11 approach to threats abroad. Going on offense against enemies before they could harm Americans meant removing the Taliban from power in Afghanistan, pursuing members of al-Qaeda and seeking regime change in Iraq. Bush said at least 2,670 U.S. servicemen and women have died in Iraq.

"I am often asked why we are in Iraq when Saddam Hussein was not responsible for the 9/11 attacks," Bush said. "The answer is that the regime of Saddam Hussein was a clear threat. "America did not ask for this war, and every American wishes it were over. So do I," Bush said. "But the war is not over, and it will not be over until either we or the extremists emerge victorious."

Although his administration has been criticized for trying to link Osama bin Laden to Baghdad, Bush made further comparisons between the al-Qaeda leader and Iraq. The president quoted bin Laden as saying the battle in Iraq is the "Third World War" that could bring America's "defeat and disgrace forever."

"If we yield Iraq to men like bin Laden," Bush said, "our enemies will be emboldened, and the innocent will be used as a safe haven, and they will use Iraq's resources to fuel their extremist movement. We will not allow this to happen."

Bush delivered a message to bin Laden and other terrorists who are still on the run. "No matter how long it takes, America will find you, and we will bring you to justice," Bush said.
Perspectives

The Journey Back: from home to SHU

Zachary Giglio
Staff Reporter

As summer’s end draws near, the bitter-sweet feeling of returning to school overtakes college students across America. One particular student who knows this feeling all too well is Student Events Team, SET, Vice President, Kelly Linskey, Junior, Seal Beach, Calif.

Linskey’s situation is unique, considering the fact that she makes the journey to SHU all the way from California.

For every college student, the nerve-racking feeling of leaving home begins to set in around mid-August. It seems that once students begin to feel comfortable at home again, Labor Day Weekend puts a halt to those feelings of comfort.

“I was not ready to come back, I wanted to spend more time in California,” said Linskey. “I wasn’t looking too forward to classes and being busy all the time.”

“I was not ready to come back. I wanted to spend more time in California”
-Kelly Linskey

An understandable statement for someone with the burden of balancing both classes and running one of the biggest organizations at Sacred Heart.

“For many students, the most common reasons for fearing school are the absence of family and friends. Weather is usually not a dramatic difference since many of the students that attend SHU are from the Northeast Region.

Linskey, however, is accustomed to the luxury of a gorgeous climate on almost a daily basis.

“I also miss the weather. I really hate knowing that it will be cold in November while it is still 75 degrees, sometimes even 80 degrees in Cali,” said Linskey.

Through all Linskey’s fears, she was still excited to return to SHU.

“I was looking forward to getting back into the structure of the school year,” said Linskey.

While Linskey’s story is unique in its own way, there is a strong parallel with her story to so many other students here at SHU.

Whether a student is from California or Connecticut, there is an almost unfair feeling of division that grows from the time spent at home and at school.

After being with classmates for nine months from all over the United States, the repetition of school becomes more of a familiar lifestyle. Then to abandon it suddenly and become familiar with home again in a process that toys with a young person’s emotions.

It seems that home does not feel like home again until late in the summer, when college is lurking around the corner.

More credit should be given to students who are asked to leave home earlier then others and jump head-first into the swing of school. That being said, awe is credited to one, Kelly Linskey, who not only leaves her home, friends, family, and comfortable climate but has the responsibilities of running an organization back at SHU.

While all the fears of college come into play, students are still coming back, and in record numbers. SHU has grown in class size in the past three years with each year being a record number of students.

“I am glad to be back,” said Linskey.

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The Spectrum/Kate Brindisi

The Spectrum/Elyse Harrell

Getting back into the swing of school is not always an easy transition from the fun times that the summer holds for many students.

Flags all across campus were flown at half mast in memorium of Sept 11.
The good, the bad and the ugly of campus living

Rachel Maresca
Staff Reporter

Student life can change in both positive and negative ways when experiencing life off campus. A few students that have recently left the campus life here at SHU got together to discuss the pros and cons of their recent decision to leave campus housing.

Many of the students agreed that one of the distinct advantages of living on campus was the ability to get to class on time.

"You are constantly in a social environment when living in the dorms surrounded by your peers," said Noelle Burch, junior, Kings Park, N.Y. "You do not have to clean your own bathrooms and kitchens while living on campus."

Socially, most agree that campus is the place to live because it provides an opportunity for forming new friendships and constant entertainment. Students have the advantage of almost always being able to find someone or something to keep them engaged in the college community.

Living on campus is also a great way to get to know people and to get involved in school activities. Students become more aware of what is happening at SHU while living in the dorms. Almost everything students need is just a step away from them at the University.

These students have experienced the best of both worlds. They lived on campus for their freshman, sophomore and now junior years and have decided to move into a house. They all agreed that living off campus has been a great experience.

Living in the dorms is a great way to make friends but it has its ups and downs.

"In a house you have more privacy because there are no Resident Advisors or Security Officers, so you are free to come and go as you please," said Ashley Luppinacci, junior, Manorville, N.Y.

"You have no rules in your own house, you are free to make your own decisions on what you should and should not do," said Tara Pisciotto, Junior, Manorville, N.Y.

"If you have a fire alarm, you know it's for real, not because someone burned popcorn on the 5th floor," said Luppinacci and Burch.

"When you live off campus, you really get the chance to live on your own by budgeting money, going food shopping, and paying your own bills," said Pisciotto.

"You get to cook your own food and you are not limited to eat the food that FLIK offers or worry about the cafeteria closing," said Pisciotto.

Consensus among those interviewed was that the time spent on campus was rewarding and provided good training for living on their own. Living at SHU during their freshman and sophomore year was invaluable for the rigor and responsibilities that comes with living off campus.

Most of the student's opinions seemed to be two fold. Living off campus has lots of opportunities for independence and making your own choices, however most felt that the on campus life was a necessary stepping stone to successfully living on their own.

Questions or Comments?
Check out "The Spectrum" online at:
www.sacredheartspectrum.com

What is the best part of coming back to SHU?

"Living with my roommates"
Bryce Mitchell
West Hampton, N.Y. ~ Junior

"The freshmen"
Matt Casamassine
New York City, N.Y. ~ Senior

"Playing Rugby"
Carl Yacoub
Cos Cob ~ Junior

"Being back with my friends"
Steve Wrinkle
Medford, N.Y. ~ Senior
Couric joins CBS Nightly News as first female anchor

Matt Brucato
The Spectrum

On September 5, just a mere week ago, Katie Couric secured her place in broadcast history by becoming the first female to solely anchor a network evening news program.

Couric announced last spring that she would be leaving NBC’s “Today” show after 15 years of providing morning news/entertainment alongside co-anchor Matt Lauer and weatherman Al Roker. On that same day it was revealed that she would be taking over the lead anchor position for CBS’s “Evening News.”

Nightly network news has been dominated by testosterone with familiar names such as Walter Cronkite, Tom Brokaw, Peter Jennings, and Dan Rather for more than twenty years. Female anchors such as Barbara Walters, Connie Chung, and Elizabeth Vargas were always partnered with male anchors.

In an unprecedented move, Couric replaced Bob Schieffer who had anchored the show for only a year and a half after Dan Rather stepped down as network anchor. She will be competing with NBC’s “Nightly News” with Brian Williams and ABC’s “World News” with Charles Gibson.

Couric’s first newscast has been met with mixed reviews. The show now opens with a new set, graphics and upbeat theme music. Many critics have commented on the new format that CBS has adapted stating that there is a certain lack of actual news being reported.

Skeptics have said that Couric is not experienced enough as a journalist and tends to blur the line between news and entertainment.

Some of the highlights of the premiere included a revealing of Tom Cruise’s baby in a soon to be released issue of “Vanity Fair” and an exclusive inside look of the Taliban. A new segment was introduced to the show in the form of a “Free Speech” forum where outsiders provide commentary on relevant issues.

Despite the array of reviews the show was considered to be a success. The show landed the #1 spot in its time slot and averaging a 9.1 rating with a 17 point share in the Nielsen ratings. The premiere was CBS’s highest rating for a newscast since the Nagano Olympics in 1998.

For her second broadcast Couric held nothing back providing a one on one interview with President Bush. Despite the high profile guest list for the second night of “Evening News” the ratings did drop slightly, although many had projected this scenario. CBS has been behind in ratings compared to NBC and ABC for years and have looked to Couric, with her already large fan base, to take them to the top.

Couric has now become a part of broadcast history and has become a role model for many women looking to break into the world of broadcast news.

“I think it is impressive,” said Sarah Distoll, junior, Pittsfield, Mass. “And a great step in the right direction for women.”

Michelle Munden, freshman, Sparta N.J. says “It just goes to show that she has a lot of power to move from her previous job at NBC to make history on CBS.”

Sociology Prof. Grant Walker however had a different opinion concerning Couric’s new position at CBS saying, “I think that Ann Curry is much better at doing the news and that she would have been a better choice for the position.”

He went on to say, “I look at her as the replacement to Dan Rather who I feel got the raw end of the deal.”

Only time will tell whether or not Katie Couric’s transition into the world of broadcast news will be as successful as CBS is hoping it will be but Couric herself will always be recognized as a pioneer in the world of broadcast news and for the further liberation of women everywhere.

Video Music Awards Lose their Spark

Holly Finneran
The Spectrum

Has MTV lost its ability to shock and impress? This year’s Video Music Awards were shocking, however, the shock wasn’t from people’s actions but their lack of reaction.

Everyone tunes into the ceremony expecting witty one-liners, embarrassing moments, and a night full of other guilty pleasures. This year VMA’s had none of that.

“The performances were not vocally strong, and host Jack Black didn’t capture my attention. I think the biggest surprise of the night was Al Gore’s slide show of a melting mountain,” said Jen Murphy, senior, Milford.

Al Gore’s guest appearance was backed by his melting ice cap slide show and environmental class lecture, which was not something most people associate with the VMA’s.

Gore spoke for MTV’s campaign on conserving energy, and included his own opinion on melting polar ice caps.

Dry material for an awards ceremony that is usually known for rock stars climbing all over stage props in protest of a loss. “I really liked Al Gore’s speech. I thought it was interesting, and it helped the younger generations become aware of an ever increasing problem,” said Julie Nolan, junior, Norfolk, Mass.

As the musicians and celebrities strutted the red carpet, MTV had a pre-show on a stage set up nearby to keep the screaming fans entertained. Kicking off the pre-show, Fergie performed for the first time her number one hit single “London Bridge.” The pre-show also featured popular band, My Chemical Romance.

Host Jack Black attempted to catch the audience’s attention by cracking jokes about the past editions saying how they have “been lame farts for the past 20 years” and that this year he was “going to light the match.”

There was a bevy of presenters giving out the awards ranging from Paris Hilton and Lindsay Lohan to Axl Rose and Jared Leto.

Irony was a recurring theme this year’s award show, as the ones expected to win didn’t, and the long shots stole the show. For Best Pop Video, Pink’s “Stupid Girls” took home the moon man. Irony shows through once again as the video rooks today’s pop music scene.

Madonna, who has won the most MTV awards in total since the show started 23 years ago, had 5 nominations, but was unable to attend, which went unnoticed along with the fact that she didn’t take home an award.

Kelly Clarkson also was unable to attend the show, but won Best Female Video for the second year in a row for her song “Because of You.”

This year’s Video Vanguard Award, the award given to artists that have had a profound effect on the culture of MTV, was given to director Hype Williams. Williams has turned many artists, including Mariah Carey, P. Diddy, Janet Jackson, Busta Rhymes, and Missy Elliot into video superstars. His directing skills launched the art form of music videos to a new level.

Most of the performances went back to basics including Christina Aguilera’s low-key ballad, which received a standing ovation.

The most notable of all performances was that of break-through band Ok Go, with their perfectly choreographed dance using treadmills to do their song “Here It Goes Again.”

MTV decided to take one giant leap into the digital world and hand out a moon man for Ring Tone of the Year, giving the award to Fort Minor’s “Where’d You Go.”

Irony wasn’t MTV’s fault, but rather our own for having expectations of what performances in this age and time should contain.

“IT just shows how short our attention spans have become, if there aren’t giant televisions and fireworks going on, it’s not interesting or a good show,” said Rich Baines, junior, Fairfield.
Crocodile Hunter Meets Unexpected Fate

Laura Scaglione
The Spectrum

On the morning of September 4, 2006, the world suffered a tragic loss with the death of 44-year-old animal conservationist Steve Irwin also known as "The Crocodile Hunter." Irwin was killed in a tragic accident that occurred while he was filming pieces for a show called "The Ocean’s Deadliest." He was filming a show on the Great Barrier Reef when a poisonous spine of a stingray caught the Crocodile Hunter off guard and pierced him right through his heart.

Steve Irwin was born on February 22, 1962 in Essendon, Victoria, Australia. Irwin left behind wife Terri Irwin, two children, Bindi Sue and Robert Clarence, and an entire awe struck world. The general consensus of this man who is so well known across the globe is "I’m shocked.” The one thing the world has to understand is that the man died doing what he loved best.

Steve Irwin turned a childhood love of snakes, lizards and knowledge learned from his father into a message of wildlife preservation that reached an audience of millions all over the world. Irwin grew up around animals such as crocodiles, and snakes at his parents' Queensland Park for reptiles.

Some of Irwin’s trademarks were his memorable khaki shorts and shirts always accompanied with heavy work boots. He was also known for his famous catch phrase "Crikey!” that always popped up whenever Irwin had a close call.

Irwin believed that if he could touch people about wildlife then they would want to save it, even the ones that people had already labeled to be “dangerous.” He wanted people to love the animals such as crocodiles and other reptiles that many people at one time or another wanted to kill. Irwin became popular due to the airing of his show in 1992 appropriately called “Crocodile Hunter.”

Irwin’s enthusiasm for wildlife spread like wildfire in huge part because of the he invited his audience to join him in seeing what he saw everyday. He was famous for saying the words “Come with me” always leading the cameras right into the homes of his animals.

“It’s an unfortunate thing to happen to someone but I really think he was happy when he went considering he was doing what he loved most,” said Anisha Marcel, junior, Long Island, N.Y. He was a man who was highly respected for diving into his work full steam ahead.

Even though many people think stingrays are dangerous, their sting, which is usually used in acts of self defense, is not often fatal. Due to the way Irwin and his camera crew was reportedly set up in the water, the stingray could have felt cornered which would have led to the ray freakishly piercing Irwin right in the heart. Stingrays have a serrated, toxin-loaded barb on the top of their tail and this is what no man, not even the Crocodile Hunter could evade in such circumstances.

Steve Irwin passed on a joy for his work to each and every one of his audience members. He is looked as at the Rolling stones are to rock music; he is an icon in the world of wildlife and television.

“It’s a shame that he had to go the way he did,” said Katherine England, junior, Hoboken, N.J. “I was so sad when I had heard what happened to him.”

Irwin’s popularity is seen to be larger than life. Even though many people think it is disturbing that the cameras caught his death on tape, he is a man who became a star because he always had the cameras rolling.

“It would have been more ironic if he were eaten by a crocodile or something because here is a man who made a living off of playing with danger,” said Brandon Baptiste, freshman, Concord, NH.

There is even a "youtube” tribute made up of different clips and pictures in honor of the Crocodile Hunter. The Discovery Channel which aired Steve Irwin's shows is sure to try and find someone to fill his shoes but will never be able to replace the man that he. Irwin’s enthusiastic approach to wildlife has affected many of his viewers who have left floral arrangements, posters and of all sorts of condolences at the main gate at his zoo in Beerwah, South Queensland, Australia.

Steve Irwin was a man who lived life to the fullest and will always be remembered for his enthusiasm about wildlife and his passion to share it.
Features

Roommates: Can you live with them?

Cintrece Brown
The Spectrum

Having a roommate in any regard can be stressful and awkward for anyone. Communication and respect are key elements to cooperating and becoming comfortable with your new roommate.

More often than not, incoming freshman and transfer students do not get to choose whom they are going to room with.

Although Sacred Heart’s Office of Residential Life puts in a great deal of time and effort into compatibility when pairing freshman in rooms, housing can still be a hit or miss experience.

There are many questions and concerns that arise when people live with someone new for the first time.

How well will we get along? What type of person is my new roommate? Am I the type of person who can live with someone else?

Although the trial and tribulations of living with a stranger can be stressful, there are many ways to make having a new roommate a pleasant experience. You may even become life long friends.

“Communication is the key to getting along,” said Michaela Martone, junior, Locus Valley, N.Y. “Being roommates is like being in a relationship, in a way.”

“You have to work at it, respect each other and take it one day at a time. If you don’t, you can get lost in the shuffle and miss out on a valuable friendship,” said Martone.

There are many things to keep in mind when living with someone. It is important to take into consideration your roommate’s feelings and requests.

Utter disregard can create animosity and grudges.

“Just make it as fun as possible,” said Jason Rancourt, junior, Waltham, Mass.

“Even if you and your roommate are somewhat or completely different, still try to have fun with it. Look past the differences and focus on what you both have in common. You don’t have to be friends, but living together does have to be pleasant,” said Rancourt.

Don’t forget to make it clear to one another what your likes and dislikes are. Voice your issues whether they are personal or with one another.

There are many things to keep in mind when living with someone. It is important to take into consideration your roommate’s feelings and requests.

According to FamilyEducation.com, a site specifically for entering freshmen, they warn to not be disappointed if you and your roommate are not the best of friends, don’t force the relationship.

Always establish “house” rules as soon as possible. Also try to create roommate rituals and give each other the opportunity to get to know one another.

“Displays of common courtesy and empathy are the basis of successful roommate relationship,” states FamilyEducation.com. “Offer some encouraging and supportive words when roommates are anxious about their first big test or term paper.”

The many events and everyday activities on campus that you and your new roommate can do together or in a group to keep things lively.

On a regular basis the Student Events Team, S.E.T., hosts events such as Bingo, local comedians, lectures such as the Real World cast and Tiki Barber. Seasonally, S.E.T offers musical concerts.

There are also simple things that roommates can do together to get to know one another.

Going to the movies, eating lunch, doing laundry, or even watching a favorite television show together can become a weekly bonding activity.

Any daily activity can be an opportunity to get to learn something new about your roommate.

Unfortunately there are times when roommates just cannot make their living situation work.

When tensions arise between roommates there are steps to take before making the final split.

First, try to work out the problem yourselves, and if that doesn’t work, you can ask a member of Residential Life to mediate the conversation.

It is important to make it clear to one another where things went wrong and resolve any personal issues before parting ways.

The overall experience of college and getting a roommate is meant to add to the learning and growing process.

It is important to remember that everyone has faults, tolerance is the nature element to a successful living environment.

Hot spots outside campus walls

Brittany Myers
The Spectrum

What lies off campus is no longer a mystery. Fairfield, Trumbull, Bridgeport and other surrounding towns offer entertainment and activities to fulfill a student’s yearning for a change of pace.

To start, there are many shopping outlets close by. The Westfield Shopping Center, located just two minutes off campus, is easily accessible via car or shuttle.

The Trumbull Mall, as it is more commonly known by, has a variety of stores ranging from Abercrombie and Fitch to Circuit City, as well as salons and an extensive food court.

“I love the mall,” said Stephanie Ciccone, sophomore, Oldbridge, N.J. “It’s small so you know your way around and they have all my favorite stores.”

The downtown Fairfield shopping district offers an alternative atmosphere than the Trumbull mall with its outside shopping, adding to the ambient feel of Fairfield. And with stores such as Victoria’s Secret, Borders, Banana Republic and Chico’s, the downtown scene offers SHU students the perfect mid-day get away.

Downtown Fairfield is not only available for shopping but also offers free concerts at the Gazebo and many bars and clubs.

“It’s something different and is a great way to get away from the norm,” said Maria Valdivieso, senior, Elizabeth, N.J. “OBars gives you a chance to meet more of the older crowd around SHU.”

OBar is a martini bar with a Disc Jockey Saturday and Sunday nights and is 21 and over.

The Fairfield beaches, also located downtown, offer a different venue to get together with friends. With temperatures slowly beginning to drop, this may not be the most obvious hang out spot but the beaches certainly offer a change of pace.

“It’s always nice to hang out at the beach with friends and play Frisbee, the shuttle doesn’t take you there but you can drive yourself,” said Daniel Kardos, Junior, Mechanicsburg, Penn.

Normally the shuttle doesn’t make trips to Fairfield beach but on Saturday, September 16th, departures from campus will begin at 12pm and follow in intervals of two hours. Pick-ups coordinate with departures at thirty minutes past the hour.

If you happen to be a student without the means to get to downtown Fairfield for a night out, there are many options much closer to home. Ruby Tuesday’s, located in the Trumbull mall is one alternative as well as Bennigans, located just outside. Ruby Tuesday’s and Bennigans not only offer an accessible way to get off campus for a meal with friends but they are stocked with full bars as well.

Happy hour at Bennigans and Ruby Tuesdays offers a convenient and inexpensive alternative to packed clubs and bars elsewhere. As always you must be 21 and older to drink at either of these establishments.

Getting off campus isn’t as hard as it seems. For freshman looking to explore, but are worried about the lack of transportation, remember that the shuttle is always an option.

The shuttle, which is free transportation for all students, runs everyday. It has designated stops and runs on a pre-determined schedule and departs from Public Safety on main campus every hour, on the hour. There are three main routes; the Transit Route, Park Avenue Route and the Service Route.

The shuttle will also provide transportation to Millford for home ice hockey games during the season. Departures will take place one hour prior to the start of each game.

Another service the shuttle will begin providing on Saturdays, in October and November, are trips to downtown New-Haven and Clinton Crossing Outlets.

Sacred Heart University is surround- ed by many great places to hang out. Whether looking for a movie theatre, a club or bar, or just a unique restaurant, there are plenty of options worth taking time to explore.

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SHU’s upperclassmen lend their advice

Alyssa Ferdinando
The Spectrum

Many freshmen find the transition into college life challenging and uncertain. SHU’s upperclassmen offer their wisdom and advice to the new class.

While things may seem confusing for now, keep in mind that there are 957 other confused freshmen around you.

Not to mention that every other student was once in your shoes.

"Be prepared to study in groups," said Tarra Husain, sophomore, Chappaqua NY. "A study buddy can be very helpful when it comes to exams and end-of-the-year projects."

Several other students had similar advice and suggested that you get to know your professors. The extra effort will pay off when you need help.

It is also more than likely that you will come across the same professor more than once during your college career. A good relationship could never hurt.

Good peer-to-peer conduct is essential for the up and coming SHU student. Getting involved in different activities and being active on campus is one of the best ways to meet people and make a variety of friends.

Student Union is a great place to find out about new events held on campus.

"Try something new, it’s a chance to be the new you," said Tom Tyrrell, senior, Long Island, N.Y. "If you hate your roommate, it’s not the end of the world, that’s why friends were invented."

Learning to properly balance your time is essential for the successful college student.

It will make your life a lot easier and save you from unnecessary stress and anxiety in the future. "Freshmen are used to having class five days a week, when you start college and you are only in class once or twice a week, due dates come at you much faster than you realize," said Jen Spinelli, junior, Smyrna, N.Y.

"Organization is key to being a successful student," said Jennifer Cicatelli, senior, Putnam Valley, N.Y. "When you know what you have to do and when you have to do it, that keeps you focused and you can break the work up, so there are no surprises and there’s no cramming the night before a huge exam."

When it comes down to homework or parties, do not immediately default to socializing. Your friends will still be there after the exam to celebrate, your exam however will be over and done.

Some other friendly advice includes wearing flip-flops in the shower.

Also, remember to keep on top of your laundry, no one wants to spend their Friday night catching up on a month’s worth of dirty laundry.

And of course remember to separate your darks and lights; it would be unfortunate to spend the rest of the semester wearing pink socks and t-shirts.

"Above all, be respectful and mind your space and your roommate’s as well," said Husain.

Your hall’s Resident Assistant is a great source of knowledge and whose job is to help you get adjusted to college life.

They are upperclassmen and they have been in your position before and know exactly what you are going through. They are filled with advice and are more then willing to help you out in any situation.

"Just be friendly and considerate and remember that there are other new students so you are not the only one," said Jenna Coccia, senior, Johnston, R.I. "Everyone here has been a freshmen before, you can ask anyone for help, especially if you are lost. Try not to feel intimidated, be confident and most importantly be yourself."
**Sports**

**Arciaga, Pioneers fall to Red Foxes**

Despite the longest kickoff return in Sacred Heart’s Division I football history, the Red Foxes’ were out to show their momentum wasn’t taken away. They fervently proved that when Marist quarterback Steve McGrath hit Tim Keegan with a 16-yard touchdown pass, which inflated the lead to seven, Keegan struck back, but this time, connected on a 9-yarder with Kevin Frederick to give the Red Foxes a 21-7 advantage going into the locker room.

"...we have to play better. We have alot of work to do." - Coach Gorham

The setback put Sacred Heart in a fourth and nine spot and Arciaga was picked off by the Marist defense.

Following the deflating outcome, Arciaga took matters into his own hands once again when he produced a long drive that ultimately led to the quarterback scoring on a 5-yard run.

Sophomore receiver Kyle Smith caught two passes for 55 yards in that drive alone, which gave Arciaga the field position to score. The Bonita, California native was sacked when the Pioneers attempted to go for two extra points, and the solid Marist defense held the lead to 28-19.

With handing down, head coach Paul Gorham called for an onside kick, which was recovered by his trailing squad, but they were flagged for being offside. On the second attempt, Pioneers’ kicker Nick Passalacqua booted the ball to the Marist 40-yard line, and the Red Foxes let the time wind down to clinch their first victory of the campaign.

"We had some opportunities early and didn’t take advantage of them," said Gorham. "You have to give the Marist quarterback a lot of credit. He too advantage of what we gave him. But the bottom line is that we have to play better. We have a lot of work to do.

The Pioneers look to avenge their first two losses of the season against the Iona Gaels at Campus Field on Saturday.

**The Sideline Report: Pioneer football**

**Michael Harinos**

Graduation is a day that many college football fans dread. Luckily for Pioneer fans the day that Ed Pricolo walked the stage, Jason Payne was ready to fill his shoes on the field.

It always hurts to lose an impact player like Pricolo, but when you can replace him with a player with the likes of Payne, it’s not as tough. Jason, a junior from Cortlandt Manor, N.Y, has been a very promising member of the Pioneer squad since his freshman year. The only problem was that he was behind one of the best rushers that Sacred Heart had ever seen. Now it is Jason’s time to shine. He’s had a good start to the season so far with 118 rush yards and 1 TD and from the looks of it he’s just warming up.

"I’m very excited to see what Jason can do, I’ve seen him in games and at practice and I know he’s got what it takes," said junior fullback Paul Capretto.

Although the Pioneers current starting running back has played in the past it has been more of a back up role than anything else and while he has been productive he has never shown us anything like the man he is replacing. There is no doubt that he has it in him, but this is the year that he can really show everyone that he can let it fly.

In this coming week’s game against Iona, Payne can really show us what he’s made of. Last year as a back up running back he racked up 38 yards and 1 touchdown, while this year he has 118 yards and 1 TD. Things will be much different this time because now he’s number one and has two seasons of experience under his belt with which he can use the confidence of a seasoned veteran.

It is that experience that will allow Payne to let his skills shine through on the field and turn the two losses around and lead the pioneers to a winning season. Time will tell if he really has what it takes to replace Pricolo on the field. With two games in the rear view mirror and Iona straight ahead, there is only room for improvement. With the way that Payne possesses, the sky is the limit and he is ready to take us for a ride.

**BRIEFS**

From Mike Nugent and the Marist football program.

**From Mike Nugent**

field goals to fine wine to the Bay Area Police Department, the 2006 NFL season will be one to remember, writes Mike Barrett and Pat Pickens in Columns.

**PAGE 15**

With conference games ahead, the women’s field hockey squad is primed for another run at the NEC title, writes Bridget McGowan.

**BACK PAGE**

Saturday night’s loss to Marist is leading fans to believe Tyler Arciaga’s ailing shoulder is the least of the Pioneer football team’s problems, writes Brian Fitzsimmons.

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JASON TESSIERRE AND Matt JONES are instrumental in the soccer team’s success. Christie Gangnath examines why.

**BACK PAGE**

**Spectrum Sports**

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The Pioneers’ football squad will face off against the Iona Gaels in their first conference game of the season.

**The Sideline Report:**

**Chris Morrow**

**The Spectrum**

The Pioneer football squad’s co-captain and star quarterback Tyler Arciaga, a Graduate Student from San Diego, Calif., took a rough hit in the first quarter as he was rushing for a first down in the season opener against Lafayette.

"I’m calling it stupid brav¬ery," said Arciaga, who admitted he was looking to get energy to pump up the rest of the team. "Being a big quarterback, I’m not expected to slide.”

At first he was treated as if it were a sprained shoulder. Arciaga said that the hit had caused him to injure the acromioclavicular joint in his shoulder, which connects the shoulder blade to the collar¬bone. He insisted that it wasn’t severe and was more of a pain tolerance issue.

"It limits the range of motion," said Arciaga, who explained the way he throws and how he aggravates the shoulder. Although he admitted he was in no condition to do any bench presses or shoulder presses, he was still exercising the lower body.

Last Wednesday Arciaga practiced without signs of a severe injury.

**Michael Harinos**

**The Spectrum**

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goal of their season within the first ten minutes. Shortly after their first goal the Retrievers were granted a penalty shot against the Pioneers. The Retrievers were not able to stop the strong shot and the Retrievers went on to score their second goal of the game, and the season.

"There was about 15 minutes where they had trouble with their passing combinations and did not get under the ball enough," head coach Christine Blais.

Although the UMBC appeared to be catching up, the Pioneers kept pushing on. Junior Danielle Vaseley fought hard to seal the deal for the Pioneers by scoring a well-needed fourth goal of the game. With the Pioneers back in control of the ball, Eye scored her second personal goal and the fifth goal of the game for the Pioneers. As the clock began to run out, the Retrievers did not give up and stopped the Retrievers winning the game.

The team as a whole played well, and stayed together towards a victory. Senior Becky Ford had a particularly good game with a lot of steals, breakaways and a goal. Also Eye has been the player to watch on the field.

As the top seed in the Northeast conference, the UMBC Retrievers have a bye into the quarterfinals. They will play against the number two seed, the Mercyhurst Lakers, in the quarterfinal game this weekend.

Countdown to the playoffs
Sean Connington
The Spectrum

With the 2006 major league baseball season winding down several teams are battling everyday for a playoff spot. The New York Mets clearly seem to be the elite team in the National league. During the last month of the regular season there are four American League teams competing for the wild card. Those winning ball clubs are the Chicago White Sox, Detroit Tigers, Minnesota Twins, Angels, and the Boston Red Sox.

If you were to tell a Red Sox fan only a month ago that there team would in all probability not be making the playoffs this season, they would tell you that your crazy. However after a five game sweep at Fenway Park by the hated New York Yankees, things have just gone downhill for the Sox. Injuries have sidelined their two slugs in David Ortiz and Manny Ramirez, and they are now nine and a half games behind the Yankees in the American league East. The Yankees, who at the beginning of the season were in the exact shoes as the Sox now, find themselves in line for a ninth consecutive division title. Yet baseball fans would tell you to never count Boston out.

Minnesota and Chicago are going to have some tough battles ahead of them, and will have to play great baseball in order to get into the playoffs. The Twins will rely on great pitching from their ace Johan Santana, while Chicago’s powerful lineup will have to put up big numbers in September. The 2005 reigning World Champion Chicago White Sox have played great baseball all season but still may not make he playoffs. They compete in the same division as the Detroit Tigers, the team with the best record in baseball. The Tigers, who are loaded with great young pitching, have a American league Central division title in sight. The Tigers have played great baseball all season continuing to win.

Back in early April, a pitcher with surprising upside, but who was considered a long shot to contribute this season was pitcher Justin Verlander. Not only has he contributed this year, he has established himself as the Tigers future ace for at least the next twelve years. He will make a splash in the Rookie of the Year voting, as will Twins rookie Francisco Liriano.

Part of the reason why good teams such as the White Sox, Twins, and Angels are having trouble finding a spot in the playoffs may be due to the highly talented American League. The American League is packed with great teams, and with another all-star game victory they prove to be a more dominating League than the National League. The American League simply has much more talent. With the exception of the New York Mets National League teams are outmatched.

"It’s going to be and interesting playoffs. Everybody knows that the AL is stacked, but the American League teams might wear each other out just trying to get to the World Series," said Michael Coppolino who is a junior New York native. “A team like the Mets could coast through the playoffs playing non-competitive teams in each round, and be fresh to play a tired American league team.

The countdown to the playoffs has begun. The chance for an American league team such as the White Sox and Twins are still up in the air. It’s almost October and baseball fans across America are salivating for a taste of the post season. It will be interesting to see how September plays out, but everybody knows when the playoffs start anything can happen.

Top Performers: three stars for Sacred Heart
Kathleen Henry

STATS:
This sophomore turned in the second fastest time (5K in 18:13) in Pioneer history at the Connecticut College Invitational cross country meet.

Jason Tessitore

STATS:
Scored the game clinching goal in a 1-0 men’s soccer victory over the University of Maine.

Evin Jones

STATS:
This sophomore was named the NEC Special Teams Player of the Week. He scored on a 92-yard kick-off return, which is a new Sacred Heart record.
Sports

Women's soccer improving everyday

Carsten Snow
The Spectrum

Despite a streak of six losses, the women's soccer team has confidence they will be a competitor in the NEC this season.

Such a long losing streak may be discouraging, but each final score finds the team closer to a win. Initially, losses to schools such as Marquette University and Boston College, 9-0 and 7-0 respectively, didn't provide a promising outlook for the 2006 season.

However, a loss against Fordham University on Sept. 8, showed definite improvement and potential. The Pioneers managed to hold Fordham to only two goals and a scoreless second half. And two days later, a loss by only one goal against St. John's University indicates the women beginning to rally.

"In the Fordham game, we didn't play up to our level," said junior defender Patty Santangelo. "But we played much better against St. John's, and got unlucky when they scored on a penalty kick in the last ten minutes."

Santangelo, a Rocky Hill native, also feels the referee's call that awarded the penalty kick was not justified and that the game could have gone either way.

"This year's team has more talent than ever, and that it is just a matter of clicking on the field," she said.

The Pioneers, still looking for their first goal of the season, rely on returning stars such as defensive sophomore Janice Rodriguez and scoring standout senior captain Lisa Burbige. Senior goalkeeper Ashley Mocarski will be keeping Sacred Heart in the game when she is in net. Along with these many returning key players, the team found a stand-out in mid-field freshman Stina Flodin of Stockholm, Sweden. Her ability to run the field and distribute the ball has been a huge asset as the team works toward finding chemistry on the field.

Led by captains Alyssa Long and Randy Quaglia, along with Burbige, the team is looking to build on last year's 8-10-1 record and appearance in the NEC Tournament. Being a contender in the 2006 NEC tournament is a definite goal, but first Sacred Heart must face a tough opponent in the University of Maine, currently 4-0-1 on the season, at home on Sept. 24. Maine won the contest 4-0 when the teams met last season, but with new players and a new season, Pioneers feel anything could happen this time around.

Sacred Heart also has to confront their biggest NEC rival, Central Connecticut State University, on Oct. 20 before looking to the tournament. The tight 2-1 loss at home to Central in 2005 for the Pioneers is reason enough to anticipate the match this season.

The women face off against Colgate University in Hamilton, N.Y. on Friday, Sept. 15. The College of the Holy Cross visits the Pioneers for their next home game on Sept. 22.

Upcoming Home Games:
Fri 9/22 vs. Holy Cross
Sun 9/24 vs. Maine
Fri 10/6 vs. Wagner

Fredriksson to the rescue
SHU Athletic Communications

Freshman Jesper Fredriksson (Gothenburg, Sweden) scored two goals, including the game winner in the 97th minute, as the Pioneers topped Holy Cross, 3-2, in overtime in men's soccer action Tuesday at Campus Field.

Fredriksson's game winner was set up off a long run down the sideline by sophomore Jason Tessitore (Ansonia, CT). Tessitore then fired a centering pass into the middle of the field and Fredriksson used his height advantage to jump above the defenders and head the ball toward the net. The ball trickled just past the outstretched arms of Crusader goaltender Thomas Booth and over the goal line to give the Pioneers the win.

Sacred Heart got off to a fast start when Fredriksson and Tessitore hooked up on a play in the 16th minute that was similar to the game winner. Tessitore took the ball down the right sideline and fired a cross-field pass to Fredriksson who simply stuck out his foot and pushed the ball into the net. Fredriksson now has a team leading three goals on the season.

The Crusaders tied the game half-way through the opening stanza thanks to a mistake by the Pioneers. Goaltender Matthew Jones (Stoke-on-Trent, England) had an attempt at a punt go off the side of his foot and Josh Trott was right there to put the ball into the back of the net to even the score.

The Pioneers were forced to play the second half a man down after junior Ricari Mendes (Campinas, Brazil) was sent off with a red card in the 45th minute for dangerous play. Castillion gave Holy Cross the lead in the 59th minute after using a dribble fake to deke past Jones and scoring.

Sacred Heart battled back to tie the game with just under five minutes remaining in regulation. After a scramble in front of the Crusader net, the ball bounced out to junior Brice Victor (Bridgeport, CT) who fired a shot into the right corner of the net to tie the game.

The game was a physical affair, as the Pioneers were called for 17 fouls and the Crusaders 12. In addition to Mendes' red card, Gustavo Netto (Sao Paulo, Brazil) also received a yellow card in the second half for the Pioneers. Sefthon Kincaid and Felipe Castillion received cautions for the Crusaders.

Sacred Heart out-shot Holy Cross 14-9 for the game. Booth made six saves in net for the Crusaders while Jones had to make two stops for the Pioneers.

The Pioneers (2-1-1) travel to Wisconsin this weekend to participate in the Nike Soccer Classic. Sacred Heart will face host Wisconsin-Green Bay on Saturday. Game time is 2:30 pm.

Upcoming Home Games:
Fri 9/29 vs. LIU
Sun 10/1 vs. St. Francis (NY)
Fri 10/20 vs. St. Francis (PA)

HAGGARD GRADUATE SCHOOL OF THEOLOGY

Angie Horn-Andreu, M.Div, '07
Director, High School and College Missions, Forest Home, Forest Falls, California.

LESSON LEARNED: No question threatens God.
MY STORY: Long ago - in a pre-literate past - God and old man Jack, with a braided stick, were walking in the garden. The old man tapped on the back of the stick, saying, "Who do you belong to?" To which God replied, "Will you have mine?"

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Junior Patricia Sanangelo
Bengals looking Super in the AFC

With Week One in the books, Carson Palmer is saying "what knee injury", the Jests are celebrating the only time they will have a winning record this season, and the Baltimore Ravens defense looks absolutely terrifying.

So what does this mean for the AFC and their fans? A season that promises to be very competitive and is wide open for anyone to take it.

This expert, unlike my counterpart Pat Pickens, believes the AFC will continue to dominate the NFL and make it five championships in six years. The only problem is, which AFC team will have the pleasure of representing their league this January?

Let's start with the defending champions Pittsburgh Steelers. The Steelers battled back against a tough Miami Dolphins team without star quarterback Ben Rothlisberger, proving why many are picking them to repeat as champions.

Peyton Manning proved who is the better player amongst the Manning family after defeating little brother Eli and his New York Giant 26-21. However, the lack of a proven running game will keep the Colts from the big dance once again.

Look for this year's MVP LaDanian Tomlinson and the San Diego Chargers to make it an interesting race in the AFC West this year and beat out the Denver Broncos and Kansas City Chiefs.

Larry Johnson will not break 2000 yards for the Chiefs and will feel the loss of all pro full back Tony Richardson and some key starters from last year's offensive line.

The East will be just as competitive between the aforementioned Miami Dolphins and the New England Patriots. The Patriots will be tough to beat with star quarterback Tom Brady and mastermind head coach Bill belichick, yet since the trade of Deion Branch to the Seahawks is going to have Tom Brady searching for offensive weapons all season, the door will be wide open for the new look Dolphins to capture the AFC east crown.

Although impressive against the highly touted Cowboys, the Jaguars fall short of the playoffs this year. The Ravens will make a threat for the wild card with their defense but unless Jamal Lewis recaptures his 2000-yard season form they just won't have enough to make it.

And then there are the Cincinnati Bengals. With a healthy Carson Palmer at the helm, this team has the look of a Super Bowl Champion. Rudi Johnson provides a strong running game while Chad Johnson will put up big numbers in the receiving core once again this year.

The best action off the field for the AFC will be the saga that is Randy Moss. It is a certainty that Moss will be unhappy this year in Oakland and don't be surprised if he demands to be traded before the deadline or decides to reenact his time in Minnesota and play hit and run with Bay Area Police.

Mario Williams will impress this season but he won't make Texans fans forget about Reggie Bush anytime in the near future. Vince Young will take over as quarterback for the Tennessee Titans at the halfway point of the season and show promise that he is the future of that franchise.

Look for the revamped Cleveland Browns and the Buffalo Bills with running back Willis McGahee to play spoiler this year but not to break. 300. The New York Jets will spiral to the bottom of the conference faster then a Mike Nugent field goal.

So its time for the predictions: The Miami Dolphins, Cincinnati Bengals, Indianapolis Colts, and San Diego Chargers will win their respective divisions with the wild cards falling to the New England Patriots and Pittsburgh Steelers. The Dolphins will defeat the Steelers and the Chargers will fall to New England. Tom Brady will fail to out sling Carson Palmer and the Dolphins will squeak past the Colts. The Bengals will defeat the Dolphins en route to winning Super Bowl XLI in Miami.

So football fans, be prepared for a great season filled with many exciting games and moments and the NFC searching for ways to stop the juggernaut that is the AFC.

Will your favorite team win the Superbowl? Email Mike Barrett your thoughts. He might just give you a piece of his mind. If your lucky.

Storylines and switch-ups set the stage for NFC success

There was a time when the National Football Conference was considered the dominant force in the NFL, owning the "little brother" known as the AFC.

The times have changed.

The AFC has won the last three NFL title games and four out of five. According to most experts this year should be no different.

The NFC has been down over the course of a few years but this year there are several bright spots to look to and interesting story lines that make the NFC the conference to watch once again this season.

Carolina Panthers receiver, Steve Smith is the most valuable player in football, and the Panthers feature Julius Peppers and the best defensive line in the game. They came within one game of the Super Bowl, and added Keyshawn Johnson in the off-season to allow for less double coverage on Smith.

The Panthers must be keen on the Atlanta Falcons who have greatly improved in the NFC South. They acquired dominant defensive end John Abraham to add to bookend Patrick Kerney and a very good secondary. The Falcons proved in week one by dominating the Panthers that they are a force to be reckoned with.

The Falcons also have the most explosive offensive player in Mike Vick, and a two-headed monster at running back with Warrick Dunn and TJ Duckett.

The Washington Redskins were commended for their off-season moves, as they bolstered their wide receiving corps by signing multi-purpose Antwaan Randle-El and Brandon Lloyd. These acquisitions take the load off of the solid Santana Moss, and running back Clinton Portis. Thirty-seven year old quarterback Mark Brunell is not getting younger or better, and watch for Jason Campbell to take over the reigns if things do not go smoothly in the first few weeks. Portis was also injured in pre-season, which could plague the Redskins the whole season.

The New York Giants were one of the more surprising teams a year ago, going 11-5 and winning the NFC East. They only improved this off-season by signing athletic linebacker LaVar Arrington to an already strong defense that features the best pass rush tandem in football, Osi Umenniyora and Michael Strahan. On the offensive side of the ball, Eli Manning is one year older and wiser, Tiki Barber continues to be himself and the Giants have the explosive weapons to go deep.

The Giants do have a hellacious schedule, the hardest in the conference, which could wear them down as the season goes along.

The Dallas Cowboys made a big splash this off-season by acquiring the controversial receiver Terrell Owens and his ego. They add him in the mix with Terry Glenn, Julius Jones and Jason Witten to create a formidable offense to go along with a stout defense that could take them far.

However, Drew Bledsoe still is the quarterback of the team, and with Owens' presence, question marks are always around.

The best team in the NFC last season was the Seattle Seahawks. This year the Seahawks are just as tough. Shaun Alexander is arguably the best running back in the NFC, he runs behind the best tackle, Walter Jones. Quarterback Matt Hasselbeck is very good at managing games, and the addition of Nate Burleson and their most recent acquisition of Deion Branch to an already underrated receiving corps were two extremely good moves.

The Bears remain the class of the NFC North. They return the consistent Rex Grossman at quarterback, for an entire season this year, and have a terrific defense led by the incomparable Brian Urlacher, who ages like a fine wine.

The playoffs are extremely difficult to predict in the NFC period. But here goes nothing.

The Bears, Seahawks, Panthers and Giants win their respective divisions. The Falcons and Cowboys win the wild cards, despite a serious push from the upset Cards.

The Panthers with their great defense and more balanced offense get the second seed, and the Seahawks, with their stellar offense and aggressive defense get the number one seed.

The Bears lack of offense costs them and they lose in the first round to the Cowboys, the Giants use their defensive ends and strong line-backing corps to shut down Vick and the Falcons offense.

The Panthers dominate the Giants the way they did in last year's playoffs, and the Seahawks knock off the Cowboys.

In the rematch of last year's NFC Championship, the boisterous 12th man at Qwest Field leads the Seahawks past the Panthers again, to go to the Super Bowl again.

But this time they win.

That's right folks, your Super Bowl XLII champion is the Seattle Seahawks.

Until the marathon season gets underway.

Want your thoughts and opinions to be published in the Spectrum? E-mail the Spectrum Sports Editor Brian Fitzsimmons at fitzsimmons@sacredheart.edu.
The ‘Eye’ of the storm strikes again

Bridget McGowan
The Spectrum

Sacred Heart's Campus Field held another winning contest by the Pioneers women's field hockey team as they routed the University of Maryland Baltimore Country 5-2 to earn their fourth victory of the season.

Senior Colleen Carney got things started and scored a goal off a corner pass assisted by junior Leah Steoehr. Drawing first blood began a streak where the Pioneers began to dominate the field both with their offense and defense. The defense played especially well and showed effort refusing to let the Retrievers come even close to the net.

As the game progressed, senior Becky Ford shined as she sprinted down the field on a breakaway making the second goal of the game. There soon after sophomore Carissa Eye was untouchable and with an amazing pass by junior Katie Bohren they together were able to score the third goal of the game right before the first half was over.

The Retrievers were not done yet either. They came back after the half-time break with a vengeance and were not about to back down. With the start of the second half they came back stronger then before and were able to score their first goal of the game.

See FIELD HOCKEY on page 13...

Tessitore, Jones blank Maine, 1-0

Christie Gangnath
The Spectrum

Sophomore star forward Jason Tessitore scored during the 28th minute of the second half to propel the Pioneers men's soccer team to a 1-0 win against the University of Maine this past Saturday.

The Pioneers appeared to dominate right from the start when they took control of the ball by out shooting the Black Bears 8-4 in the first half and 10-4 in the second half. Freshman standout Jesper Fredriksson of Gothenburg, Sweden, had two attempts on goal set up by junior Pioneer Ricart Mendes of Brazil. Both were smacked down by the goal post and picked up quickly by Maine's freshman goalkeeper, Derek Leisil. Leisil ended the game with four saves.

The first half may have kept the scoreboard at 0-0, but the game seemed to be riddled with fouls. Both teams played aggressively in search of their first win of the 2006 season. Maine ended the game with nineteen fouls and Sacred Heart with ten.

After the half, the game seemed to solely favor the Pioneers as the ball was kept in front of Maine's goal for the major-

ity of the second half. A direct kick by Fredriksson with 42:30 left was the catalyst for a string of quick tempo plays and pass and go for the Pioneers.

"The turning point of the game seemed to be the whole second half," said Tessitore of Ansonia, Conn. "We picked it up after the half and turned it all around." Tessitore seemed to be right. Mendes crossed the ball to Fredriksson shortly after the direct kick and headed it toward the goal, but it was knocked down again by the goal post. Fredriksson ended the game with six shots on goal. The freshman's six shots are the most for any Sacred Heart Pioneer this season.

Tessitore's goal was assisted by Pioneer sophomore, Anthony Anzenu, of Newcastle, England, who saw a chance to score and lobbed the ball over the defense and straight to Tessitore. With one fake, Tessitore dribbled around the goalkeeper, who had dove for the ball and missed, and with a soft tap put the Pioneers on the board.

"It feels good to be back on track," Tessitore said after the game about his first goal of the season and his second against Maine. "I'm ready for a winning season now." During last season's game with Maine, Tessitore scored the only goal of the game, and clenched the win for the Pioneers with only minutes remaining.

After the Pioneers put themselves on the board, the Black Bears had a chance to come back. The Black Bears star sophomore forward, Dimitri Anastasiou, dribbled past the Pioneer defense and into the box, and was able to set up for a shot on Matthew Jones. Jones, the Pioneers sophomore goalkeeper, was able to save the ball.

He had two saves in the game which led to his first shutout of the 2006 season.

Luke Gagliardi, the sophomore standout from North Branford, Conn helped to clinch the win for the Pioneers. The forward's quick passes to Tessitore and Fredriksson helped keep the ball in front of Maine's goal. Gagliardi was pulled during the first half, and replaced by Jeton Shoishi after he suffered an injury to his foot. Gagliardi returned after icing his injury and finished the game.

Junior midfielder Jimmy Velas and Anastasiou led the Black Bears with three shots each but could not pull off a goal and left the field with another loss. The Pioneers, who finished last season with a 7-7-4 record, have their work cut out for them if they plan to improve on that mark.

September 14, 2006
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