Rocking rally to save lives in Central Park

Brittany Price
The Spectrum

Music and a powerful message to stop a genocide.

On Sunday, Sacred Heart students attended a rally in the East Meadow of Central Park in New York City from 2:00-5:00 p.m. to make a statement in the campaign to stop the genocide in Sudan.

The rally and concert event was planned to overlap the opening of the General Assembly of the United Nations in NYC. Numerous students from universities in the New England area were united in representing a global pledge to protect the people of Darfur.

The rally was entitled "Save Darfur Now: Voices to Stop Genocide" and featured a free concert series with performances by O.A.R., Big and Rich and Suzanne Vega.

Speakers at the rally included Olympic Gold Medalist Joey Cheek, former Secretary of State, Madeline Albright and BET personality, Jeff Johnson, among many others.

Montreal shootings spark concern at SHU

Courtney Kohloff
The Spectrum

It could happen anywhere.

Last Wednesday terror struck Dawson College in Montreal. The private Catholic institution popular for its vocational studies became the scene for one of the most disturbing and horrific school shootings in Canadian history.

The young male shooter allegedly parked his car at Dawson where he armed himself with numerous weapons and proceeded into the college atrium, firing at will.

"The campus became a war zone and everyone was a target.

Open fire in the cafeteria brought students and faculty to their knees, praying and begging for their lives. With one dead and 19 injured, eight in critical condition, the shooter continued to fire until he was killed by police forces.

Hundreds of miles away, the tragedy at Dawson College hits close to home and raises important questions about university security.

A sense of protection and security among the student body is a feeling Sacred Heart is willing to go the extra mile to uphold. The precautions that the University takes are to prevent any type of violence or incident to ensure the SHU community that they are protected.
WWE takes SHU by storm to encourage political activity.

Amanda Plakias, junior, Orange, found the Smackdown rally to be effective in properly addressing voting issues in relation to the student body. "The set-up was very welcoming," said Plakias. "Sacred Heart did a wonderful job of spreading the political message by including two WWE superstars in the rally."

"[Nowinski and Benjamin] were very lively and not the typical type of people you would expect to run into with politicians. It made me appreciate the WWE industry more so overall. I feel it was a positive and very rewarding experience."

But was it more effective to have Christopher Nowinski and Sheldon Benjamin speak instead of political figures like Al Gore and Rick Santorum? Individuals in the SHU community like Plakias and Rose, feel that in a college setting, these WWE stars exert a wider range of influence because a younger audience can better relate to their age and aspects of their lives.

"Sports celebrities, like actors, command a great deal of attention today and young people do listen to what they have to say about politics," said Rose. "Harnessing the efforts of wrestling celebrities, or other celebrities for that matter, can only be viewed as an advantage with regard to mobilizing political interest among young persons."

Even though the Smackdown Your Vote event attracted an audience made up of more political representatives than younger individuals interested in upcoming November elections, students were open to listening to what the wrestlers and other speakers had to say.

Some individuals registered to vote right after the rally which means new voices in the political arena. Victory for Nowinski and Benjamin. Next stop, the wrestling ring.

The plan against E. coli

Carolyn Tavares

The Spectrum

E. coli. How hazardous is this invisible threat? According to the Center for Disease Control and Prevention, an estimated 73,000 cases of infection and 61 deaths occur in the United States annually due to the food borne illness Escherichia coli O157:H7 more commonly known as E. coli.

E. coli O157:H7 is "one of hundreds of strains of the bacterium Escherichia coli. Although most strains are harmless and live in the intestines of healthy humans and animals, this strain produces a powerful toxin and can cause severe illness," according to the Center for Disease Control and Prevention.

The illness that stems from an E. coli infection has been associated with eating contaminated, uncooked ground beef. It is also possible that the illness may occur from drinking raw milk or by swimming in sewage-contaminated water. Consumers can prevent contracting E. coli by thoroughly cooking ground beef, avoiding raw milk and washing hands carefully and regularly.

So what is SHU doing to prevent students from getting sick?

“We are aware of the guidelines for properly cooking hamburger beef," said Angel Rosado, the Food Service Director of FLIK. "All of the meat is cooked to the temperature of 160 degrees." Meat can be contaminated during slaughter, in which bacteria can be mixed in thoroughly into the beef when it is ground. Unfortunately, infected meat looks and smells like normal meat.

“I'm not concerned with the bacteria, as long as the meat isn't still mooing at the butchery," Jennifer Bums, senior, Wethersfield. "I would hope that FLIK would take all necessary precautions when insuring our well-being."

An E. coli infection often causes severe bloody diarrhea and abdominal cramps, even though some infections will cause no symptoms. If no fever is present, the illness will resolve itself in 5-10 days. Most people recover without antibiotics or other specific treatment in at least 10 days. There's no evidence that antibiotics improve the course of the disease and it appears that treatment with antibiotics may bring about kidney complications.

Other sources of infection include consumption of sprouts, lettuce, salami and unpasteurized juices.

Currently, the FDA has advised the public not to eat any fresh spinach or salad blends that contain fresh spinach that is consumed raw.

When asked about these concerns, Rosado said, "We are on-stand by and are waiting until Corporate gives us the green light to begin serving fresh spinach again."

As of Sept. 17, a total of 109 people from 19 states have been reported by the Center for Disease Control infected with the outbreak of E. coli.
Save Darfur Now: Voices to Stop Genocide

...CONTINUED FROM PAGE 1

the Sacred Heart community to make students and faculty aware of the genocide and rally.

"After I made the [Facebook] group, people started getting in contact with me, sending me posters, wristbands, flyers and much more, showing their support for the rally," said Germain.

Darfur, Sudan has been in the news since 2003, when deadly conflicts broke out in this African nation. Celebrities, like actor George Clooney, have made it their mission to stop this horrific modern day genocide that is eliminating the natives of Darfur.

"The violence in Darfur is the first genocide of the 21st century. And if it continues unchecked it will not be the last," said Clooney to United Nations on Thursday September 14th.

According to CNN, "over 400,000 people have been killed and more than two million innocent civilians have been forced to leave their homes and live in refugee camps in Chad, which neighbors Sudan." These civilians that have been vacated from their homes rely on international assistance for food, water and everyday needs to insure survival.

Natives that have escaped Darfur are forced to live in a small tent for an indefinite period of time where military presence is overpowering and the horrendous violence is never ending. The Sudanese government has exercised its power to rape, enslave and plunder the people and villages of Darfur.

The Sudanese methods to carry out the genocide in Darfur include sending armed troops into villages and flying helicopter gun ships overhead, firing at will. The government begins firing at civilians’s everyday in the early morning/when patrol units are sent out to count bodies.

"When was the last time anyone heard of people being mercilessly gunned down, burned alive, and tortured? It just builds up until you feel as though you must take some action," said Germain. "This is something that just shouldn’t happen in the 21st century, which is why we have to do something".

But this type of primitive genocide continues. It happens everyday in Sudan. Life at Sacred Heart and in America is an extremely different world than the war zone of Sudan.

CNN describes Sudan, specifically Darfur, as an area in Africa that is ‘depressed’ and a land where the Arab and African worlds clash.

College students from around the nation unite in Central Park to stop the genocide and save the people of Darfur

The Arab population in Sudan is mainly nomad, whereas the African people remain on their farms and stay in one place. CNN explains that the conflict has erupted due to claims on different parts of the land. Instead of the government dividing up the land peacefully, the Arab government has stepped in and chose the side of the Arab nomads, instigating relentless attacks on African civilians.

The genocide is blamed on the "Jajjaweed," Arab militia groups. The government of Sudan fights side-by-side with the Jajjaweed, but places the all of the blame for the violence on the Arab militias.

Prior to attending the rally, many students from SHU were unaware of what the genocide in Darfur was.

"I was walking down the hall and I said ‘Save Darfur’ and someone came up to me and asked ‘Who is Darfur?’" said Germain. "Students do not know enough, which is why I started this Facebook group.

"Facebook is a really important tool for online networking and it is also the fastest way to spread a message. Walking by signs in the hallway is not the same as being able to read about it online. People join no-name groups all the time, so why not make a group that has a purpose for a cause?"

After attending the rally, students like Ryan Simpson, sophomore, New Hartford, N.Y. better realize that the events in Darfur portray the destruction of a nation.

"We attended the rally to help the people of Darfur," said Simpson. "If it was the people of my nation, I would want someone to do something. We must let them know we are not abandoning them."

Speakers at the rally, like Ethan Rafał, made strong points and their messages are ones Simpson will remember most poignantly.

"Rafał was a very powerful speaker," said Simpson. "He was a captive of the Janjaweed and he thought he was getting executed for taking pictures of civilians being killed. While he was in jail he spoke with a man who had been there for two years. The rally really brought awareness to the uneducated about Darfur."

The musical performances rocked the rally and called greater attention to the genocide.

"O.A.R. played songs that really met the tone of the rally," said Germain. "Just listening to the lyrics of the songs Big and Rich played, I think they really got through to a lot of people."

The violence in Darfur is thousands of miles away, therefore so many people wonder why should they care? Via Jane L., field organizer for Save Darfur, Brooklyn, N.Y. the answer is simple.

"For more than three years over 400,000 innocent people have died in a place roughly the size of Texas," said L. "I am one of the field organizers and my task was to reach out to students for this rally.

"Preceding the rally, I was in contact with well over 80 campuses and students were a significant part of the makeup of the crowd. Thank you to the Sacred Heart students who attended."

Germain saw the Sacred Heart turnout at the rally as a great exemplar of student awareness making a difference.

"It was everyone on the east coast coming together to bring about change," said Germain.

Students will wait out the U.N. decision to send peacekeepers to Sudan’s Darfur region and hopefully the deadlock will be broken.

"Saving Darfur will not happen overnight, but the rally is a small step to the salvation of Sudan."

Luxembourg Prime Minister comes to campus

Mark Weber
The Spectrum

SHU once again goes global with the sponsoring of Luxembourg’s only American accredited MBA Program. On Monday, Sept. 18, Deputy Prime Minister of Luxembourg Jean Asselborn, spoke about “U.S. and European Relations: Current Realities and Future Directions” at the University’s annual Leir Lecture.

Asselborn has been deputy prime minister of Foreign Affairs and Immigration of Luxembourg since 2004. He has served in his country’s Parliament since 1984 and appointed head of the Parliamentary group of Luxembourg Socialist Workers’ Party in 1989. Additionally, he served as Vice President of the Parliament from 1999-2004.

Asselborn is a man who works towards achieving balance between the European Union and the United States.

"Like the United States, Europe takes terrorism seriously," said Asselborn.

One of the issues Asselborn addressed was the discovery that two CIA secret prisons were operated in Eastern Europe until December of 2005. They were shut down after their existence was reported in Poland and Romania.

These imprisonments are not in accordance with the Geneva Convention.

"Human rights and standards must be maintained and the world is asking for the European philosophy on war," said Asselborn.

During the speech, Asselborn explained that Europe continuously works with the United Nations’ peacekeeping efforts through diplomacy using a different approach than that of the United States in relation to retaliation and aggression.

He also referred to the need to advocate transatlantic relations and the importance of “multi-lateral solutions” in terms of connecting European and American college students.
Is the future of Greek Life going national?

Britany Price
The Spectrum

In recent months, the academic, physical growth, and excellence of Sacred Heart has been catching quite a bit of attention.


With an established reputation evident in published reviews, Sacred Heart students have even more of a reason to be confident in their [college of] and to show some SHU spirit.

“It’s really comforting knowing that I am attending a school that has received such an honor,” said Melissa Daddana, junior, Trumbull. “It makes me feel good about my [college] choice.”

A new future for Greek Life at Sacred Heart is on the horizon.

Last year, a committee compromised of Greek Life members, faculty and staff, was formed to begin a thorough evaluation of Sacred Heart University’s Greek Life system.

The goal of the committee is to evaluate our current system and identify areas of weakness, strength, and potential for growth,” said Jane Sanders, Sacred Heart University Director of Greek Life and Leadership Programs.

The sorority and fraternity programs here at SHU have yet to become an affiliate with a nation wide organization. Greek Life would have to grow in numbers of brothers and sisters in order for the University to entertain the idea of a system that would include national sororities and fraternities.

“Once the idea is developed, the change would have a big impact on the program for sororities and fraternities and could take up to three years before the decision is actually finalized.

“Beginning national would mean we would have to give up our legends and colors and become a chapter of a national organization,” said Congilose. “It would be a huge change for all the members of Greek Life. It definitely has its pros and cons and that is why our organizations are taking our time to really analyze the situation before any one makes a decision to start the process to become national.”

Recognition and legitimacy are two of the main issues that many Sacred Heart brothers and sisters find to be a part as a local organization as opposed to being national.

“It would be nice the next time someone asked me what fraternity I was in, and after I told them what I was in, that they knew what I was talking about, rather than saying ‘Oh, we don’t have one of those on our campus,’” said Nick Lambusta, junior, Yonkers, N.Y.

Students who are not participants in Greek Life believe that being national would change a lot on campus.

“Not being national takes away from what a fraternity is supposed to be,” said Nick Valentino, junior, Queens, N.Y.

“Worldwide brotherhood and the fact that you are part of a big organization is important, compared to our frats on campus that are small and just include these members here and not members from other schools.”

“If the sororities here on campus were national, I would have continued to pledge, just for the fact that they are recognized more throughout the country compared to how they are recognized here locally,” said Alexandra Volpe, junior, Valley Steam, N.Y.

Although going national would improve the numbers here at Sacred Heart and would allow people to give the proper recognition these fraternities and sororities deserve, there are also consequences that would have to be taken. It would not only mean more recognition statewide but it would also mean giving up all the traditions that these organizations worked for.

“I think being in a local sorority you get closer to your sisters. I keep in contact with many alumni who pledged Beta before I was even born,” said Jessica McCarthy, senior, Brooklyn, N.Y. "It’s nice to be able to talk about your traditions and see that everything is still the same. It gives you a sense of security by being in something that great.”

The decision of becoming national is still in the works. Undergoing such a drastic change for these chapters involves much evaluation before a final decision can be made. Only time will tell what the future holds.

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
New laptops, new issues

Jenna Rignanese
The Spectrum

Click, Swipe, Click!
IBM. Dell. Mac. A new year means new laptops and new computer issues. Sacred Heart University is part of a select number of colleges in the nation that use a "Mobile Computing System." This system is used to keep current college students up to date in the field of technology better their educational experience via the laptop.

The "Mobile Computing System" is one of Sacred Heart’s claims to fame. The newest computers are provided to students with the latest software and programs to insure everyone is connected through mainstream technology.

All makes and models of laptops that SHU distributes to the student body are under an insurance plan to better deal with damage and computer protection. Technical support is always available at the Information Technology (IT) department’s hot spot known as the “Factory.” From quick fixes to batteries and new hard drives, the staff at the Factory is ready to save your day.

Training for the laptops is always readily available. A wireless campus and a Media Lab make accessing the Internet on campus a simple click away. The IT department works hard to make IBM, Dell and MAC laptop programs easy to understand and even the most clueless technology users.

With a recent switch in laptop makes and models, different questions and problems inevitably arise.

"Internet related issues seem to be the biggest problem," said Evan Gillette, IT, junior, Rochester, N.Y. "Many students are complaining about the Internet connections and are having trouble getting used to the differences between the Dell and the IBM (computer)."

The "Laptop Refresh Program" is Sacred Heart’s most efficient way to distribute laptops to new students every year. Students receive a new laptop in their freshmen and junior years as part of tuition and get to keep them after graduation. Within the last year, SHU replaced the old model of Dell laptops with IBM’s.

Media Studies, Communication Technology and Art student’s use Mac Notebooks because the software is more compatible for creative assignments, such as graphic design, creating commercials, and photo related work. All other major’s use the IBM ThinkPad.

Ignorance is definitely the reason for problems," said Gillette. "Students are afraid of change. The IBM’s actually are a better computer because they are bigger and faster than the Dells. Overall, if every student were to have the same computer in the school, the best one would be the Mac. If all the students had a Mac then I wouldn’t have a job!"

The buzz around campus is that IBM’s are causing problems for the Freshmen and Juniors who recently received their new brand of laptops, due to the change in format, programs and inexperience with the computer. But some students who have had IBM’s for over a year are experiencing issues with parts.

"I brought my IBM ThinkPad into IT at the beginning of this semester because it kept freezing and would not restart," said Ashley Wisnec, senior, Sheffield, Mass. “My laptop is less than a year old. My system and the part are backordered and will not arrive at SHU for a couple of weeks.

"Now I am out of a computer, it is difficult not having one on a campus where everything is connected and completed in relation to the internet and computers. Prior to these problems, I liked my IBM much better than the Dell’s. I hope to have it back soon and not experience any problems in the future. IT has been very helpful; it is just hard not to have the essential tool for communication in college."

Using a laptop on campus is an efficient way of taking notes, conducting online classes and being able to communicate through email.

But what type of laptop is the best?
Jamie Santos, junior, Westfield, Mass. is getting used to the new IBM laptops and likes the features it has to offer.

"I think the IBM offers more security than the Dell," said Santos. "You are able to swipe your finger to gain access which is really helpful. That way, no one is able to get into your computer unless you want them to."

Mikara Cimmino, junior, Hampden, Mass. is a Media Studies major who uses the Mac Notebook.

"I love my new computer," said Cimmino. "At first, I was having trouble using it because it is completely different than the Dell. The software, instant messenger, email, word documents, and even the keyboard are different.

"Now that I am used to it, the Mac seems easier and more efficient then the Dell. Plus, the music, movie, an photo options are great."

New features are always being added to the laptops and IT keeps the students on updates and helpful emails. IBM or Mac, the possibilities on your laptop are endless.
SHU students still face the thought of terrorism

Zachary Giglio
Staff Reporter

Every generation faces its share of national fear and struggle, ranging from World War II to the threat of communism during the Cold War. Today, the threat of terror still lingers over this generation.

It's a new type of threat. While I still feel at ease when I go to sleep, I understand that this time in history is unlike any other, especially with the fear most people have,” said Tom Napoli, junior, Sachem, N.Y.

True the Cold War posed the serious threat of a fatal nuclear attack. However, no bombs had to be used and America came out on top again. Just five years ago America experienced an attack right on the main stage of commerce that no one could have ever imagined. While both generations lived in fear, this age of terror was sparked by an attack that has chandel America forever.

"It has been five years, so there is an increased comfort level for everyday living, however, there still isn’t a day that I don’t get nervous about another attack,” said Michael Viscuso, junior, West Babylon, N.Y.

"It seems like there is no answer to our problems with all of these threats,” said Viscuso.

It is not as if the attack on September 11 was a minor tragedy in which America was left unaffected. More videos of Al Qaeda leader, Osama Bin Laden, or one of his top officials continue to frighten people all over the world.

"The scariest thing about this age is technology. Not only can a terrorist make a bomb that could fit in a suitcase that could destroy thousands of lives anywhere in America, but they are able to elude our intelligence while still spreading information to each other,” said Patrick Foster, junior, Sachem, N.Y.

One of the biggest questions concerning this time period deals with the Patriot Act passed by congress and renewed just over a year ago. It raised the question, what civil rights are American citizens willing to give up in order to protect themselves from another attack?

"I wouldn’t mind a little oversight when it comes to phone taps and the like under the patriot act. I mean it bothers me that I could be under surveillance at any time but as of now I don’t see a reasonable alternative,” said Patrick Foster, junior, Sachem, N.Y.

Foster added some interesting ideas to the conversation when he brought up the attacks that were recently disrupted in the United Kingdom and Canada.

"I can’t imagine the tragedy that would have occurred if either one of those attacks was successful,” said Foster. “Had those phones not been tapped, it would have been September 11th all over again.” Foster went on, “I think Americans are a little too spoiled with their liberties.”

While Americans continue to battle overseas, they are doing the same at home with the struggle of living everyday life comfortably. Even with time being the only aid to feeling more comfortable, it is equally as deadly when it allows Al Qaeda to plan their next attack.

With all the threats and failed attempts, it has become evident that the questions is not if another attack is going to happen, it’s when.

"It seems like there is no answer to our problems with all of these threats.”

Where are the best places to go this year?

“Wherever the party is at”
Jason Hey
Falmouth, MA. – Junior

“Club Azur”
Michael Rinaldo
Ashland, MA. – Junior

“I’ll go wherever my friend are”
Peter Izzo
Cutchogue, N.Y. – Junior
There's no room for jealousy at SHU

He Said...

Robert Roy
"He Said" Columnist

Sacred Heart is known for having a small, tight-knit community which is hugely beneficial to the student body. Classes are small and the faculty knows the student body personally. There is more one on one student to teacher interaction. This sort of personal attention doesn’t happen at larger Universities. However, if you look at this great opportunity in a negative light one could say that such a small college campus is simply the equivalent to a large high school.

The close relationship between the students of Sacred Heart University does not leave much room for jealousy. Everyone knows everything about one another other. Even though Sacred Heart is a small college, extreme jealousy in a relationship is not going to work.

Of course, like any person it’s hard not to be jealous when you see your ex with someone else.

As much as you may want to give dirty look or say something demeaning to your ex’s new interest, it would be wise to hold off.

SHU is a smaller campus with approximately 6,100 students. Gossip-wise many students think of SHU as a "good-sized high school." It is in your best interest to keep your comments to yourself if you don’t want the entire SHU campus to hear and spread rumors about the strong dislike you have for your ex and his/her new boyfriend/girlfriend.

Trust is a necessity, and if your boyfriend or girlfriend cannot trust you, jealous or not, the relationship will fail.

The only hindrance this campus will put on a relationship is rumors and gossip. You may hear that she did this while she was out or he did that, but you need to first hear out your significant other before you fall in the gossip ring which can occur on a small campus.

Overall, a small campus and student body is much more beneficial than it is detrimental. The benefit of small classes, faculty interaction and close-knit friends greatly outweighs the potential jealousy in a relationship on a small campus.

Dana Disaster
"She Said" Columnist

Sacred Heart University, the institution where we attend class, eat in the flink, and even look for prospective people to date.

But if you look around, you notice the population isn’t all that vast, and it’s slim pickin’s. On any given day you awkwardly see your ex’s walking around, and then you see your ex’s ex. It’s at this point, some people wonder, when going to a school of such a small size, is it possible to get jealous?

I think not. Let’s face it, while going to a school of such small caliber for four years, at some point you realize, everything “...we all share the same belt, and we all have the same amount of notches.”

She Said...

The truth is, no matter where you go, you’re going to run into people that you don’t want to see. They may be people who you’ve hooked up with, they may be those who are currently dating your ex’s, or may be the girl who exposed herself at the bar the other night. Whenever, wherever these awkward occurrences happen, and no matter how awkward it may be, its easiest just to say to yourself, “been there, done that, and it wasn’t that good anyway.”

Most of these irrational decisions and hook-ups happen while under the influence anyway, no need to get jealous about something you weren’t all that interested in to begin with. Your senses were dulled, and the spirits had taken over.

It all comes down to this; at Sacred Heart, we all share the same belt, and we all have the same amount of notches.

Summer’s gone, but students don’t mind

Rachel Maresca
Staff Reporter

It’s that time again to get out the Uggs boots and North Face jackets; the cold weather is on its way back.

Tis the season for football games, and the crisp smell in the air, it’s the sun going down before 6 PM, it’s winter. As the warm weather slowly fades away students look back on the things they will miss as the cold months are approaching.

“When it starts to get really cold, I’m going miss wearing flip flops everyday,” said Ian Garrison, junior, Carmel, N.Y.

It is a hard adjustment coming back to school fresh off summer vacation and so used to the warm weather.

“Summer vacation is something I definitely going miss,” Garrison said.

The start of school has always meant the same thing to students, that the weather will rapidly begin to change in the blink of an eye. There’s that smell of leaves in the air and there is no denying that cold weather is on its way.

Indian summer days can trick people into thinking that the summer is still around, however weather is always something that can never be controlled and it is inevitable that winter is coming.

“It will really miss going to the beach and hanging out outside,” said Caitlin Ferrara, junior, Bronx, N.Y.

It is an extremely sad experience to go to the beach after Labor Day has passed and see how summer is truly over. The weather may still feel like its hot, but it’s just not the same.

While some people get blue when the warm weather deteriorates, the winter months can also be incredibly enjoyable and fun. “Summer’s great, but all that quality time with my family really makes me excited for school to start,” said Sara Lizzo, senior, Rockland County, N.Y.

The most popular loves of winter are the hot chocolate, the snow, having a fire always burning, and the holiday celebrations.

Students welcome these cold weather past times as they deal with the dreaded end of beach season.

“In the winter I look forward to football and hockey season,” said Garrison.

While barren trees do tend to put a damper on spirits, there is nothing like the fresh fallen snow on those bare branches. People who don’t get the chance to witness winter months truly are missing out on a beautiful site. What would Christmas be like here in Connecticut with out at least the hope that snow will fall? “I do enjoy the summer more then winter but I do love the snow,” Ferrara said.

All in all most people prefer Summer and the warm weather that goes along with it. Although, once people go through the winter months, without even realizing it, that familiar cycle of the weather changing starts all over again.

Everyone should snuggle up under those down comforters while they can because before everybody knows it the smell of spring will be in the air, the flowers will be in bloom, and another great summer is right around the corner.

The leaves are beginning to change colors, soon snow will begin to fall.
LeBlanc Returns to Play at Holy Grounds

Holly Finneman
Staff Reporter

It's been a year and a half since Jeff LeBlanc started performing live and since then he has grown as an artist, finding new influences and starting to write his own music.

As one of Sacred Heart's musical crooners, Jeff is very passionate about his music.

"The thought of being able to express ideas and have people say, I get that is a feeling that makes me absolutely high," Jeff LeBlanc, junior, Center Moriches, N.Y.

Songs don't really have a due date or a time of arrival, they come and go as they want and that's the most difficult thing about this music thing," said LeBlanc.

Since he has only a handful of tunes that he has wrote himself, he still mainly plays covers at his shows.

"I'm only going to play original material that I feel is up to par with what I'm trying to do," said Jeff.

Picking cover songs is not an easy job for Jeff. He is not a fan of just taking requests and playing songs just for the sake of playing them. He invests a great deal into his cover songs, and his process of picking them is a little more in depth.

"[The] cover songs that I pick are tunes I feel that I couldn't have written better myself, almost photographs in my mind that someone else wrote the words down first," said LeBlanc.

Jeff has written his own music and the thought of recording is not that far off.

"Recording is such a finalization of sound, I have to make sure that I'm ready. Right now I'm really focused on playing live," said Jeff.

The Spectrum/ Alyssa D'Maria

Apple Updates iPods and iTunes Features

Matt Brocato
Staff Reporter

This month Apple released a new edition of iPods with a longer lasting battery life and announced that iTunes is offering online movie services.

The iPod has evolved quite a bit since its original 5 gigabyte incarnation with the new 80GB iPod available this September.

The fifth generation iPod's new features include the ability to fit up to 20,000 songs, 25,000 photos and 100 hours worth of video. There is also an increased battery life of up to 20 hours for songs and 6-1/2 hours for video.

There is also a 30GB version of the iPod, which is basically the same as the fourth generation just slightly thinner.

Accompanying the new iPods will be next generation versions of the iPod Nano and iPod Shuffle. The Nano sports a new thinner design and is available in 5 colors: white, black, pink, green and blue. It comes in 2, 4 and 8GB models and has up to 24 hours of battery life.

The iPod Shuffle, or "the world's smallest digital music player" as Apple refers to it, is only 1.62 inches long and weighs a mere half-ounce. Its new design allows for it to be clipped on to basically anywhere. It can hold up to 240 songs and has 12-hour battery life.

While the big reveal of the next generation of iPods was a huge announcement for Apple they refused to simply stop there. Apple's iTunes, the music downloading program that comes with every iPod added full-length movies and games to the list of downloadable treats. This includes: music, TV shows, audio books and pod casts.

As far as pricing goes, you can download movies from the library for $9.99 or pre-order future releases for $12.99. At this point in time Disney is the only company to offer movies on iTunes.

The real question is why would you download a movie for $9.99 or $12.99 when you could spend a few extra dollars for the DVD copy of the movie?

"I'd rather just have the DVD," said Rich Deeknew, junior, Bridgeport. "Very seldom do I watch movies on my computer."

With the DVD you can play it anywhere there is a DVD player around and also receive whatever extra features are included. When you download a movie you can only play it on your computer or iPod and get none of the bonus features.

"I would want to watch a movie on my iPod if I was traveling," said Edward Nassar, freshman, Brooklyn, N.Y.

He has performed here at Sacred Heart in the past and has a pretty strong following. However, sometimes he still gets nervous.

"Before a show, I'm usually terrified with a laundry list of concerns, but once I start playing and forget about the extracurricular stuff, I'm on my game," said Jeff.

Performing is something that he holds to high standards, as well as being influenced by the music of others.

"I think essentially we all want to be like someone that we can't be in our own lives," said LeBlanc.

Jeff's influences come from across the board; ranging from the classic sounds of soul, blues and jazz to the modern singer songwriters.

"People come and go, but there's always melody; melody is my biggest influence," said Jeff.

Aside from melody, Jeff is most inspired by John Mayer.

"He's obviously my number one influence. He has the capability of writing melodies that I can't get away from," said LeBlanc.

Jeff spends most of his time playing his guitar and listening to Jamie Cullum, Howie Day, Mat Kearney, Dave Barnes and Coldplay's "Parachutes."

This Fall's show will be held on Tuesday, September 26 at 10 p.m. in the Holy Grounds.

There will be more shows later in the year.

"I'll be on a stage somewhere. I really can't consider it a school year without being on stage," said Jeff.

AP Photo/ Marcio Jose Sanchez
Hot Art Displayed at Fire Exhibition

Laura Scaglione
Staff Reporter

Sunday September 17 was the opening day for The Elements: Fire exhibition in the contemporary art gallery on campus. This is the second part of a series of exhibits in which the artists explore the elements of Earth, air, water and fire through their artwork.

The Carol Sudhalter Duo accompanied the gallery opening with their jazz music and following the exhibition was a panel discussion among artists: Siona Benjamin, Bryan Nash Gill and Uta Einstein. The panel was moderated by Dr. June-Anne Geevs, the Assistant Professor of Religious Studies.

"I was very happy with the crowd that turned out to view the works and attend the panel discussion," said Sophia Gevs, director of The Gallery of Contemporary Art.

The study of "Fire" was the focus for the exhibition this fall weekend. Fire was used not only as an influence but a tool that helped inspire and create their works of art.

"I wasn’t sure what to expect when I attended the gallery since it was my first time going," said Jessica Bruederlein, junior, Yonkers, N.Y. "I was very impressed with the art that I saw, and had no idea there were such talented artists in the area."

Each artist has in their own way represented the elements of fire.

"Fire is the common starting point for each of the works in this exhibit," said Gevs. "Each artist has a unique and particular connection to the subject of fire and each produces a very personal result."

Those present at the gallery opening, were able to further enrich themselves through the new exhibition.

"Plume I, II and III" by artist Francine Funke was inspired by real life events such as the oil fires in Kuwait. Her three large-scaled acrylic canvases depicted the beginning, the middle and the end of the terrible fires that destroyed the countryside.

For some of the other artists, fire was used to tell a different story. In Barbara Wilks’ oil crayon, "Their World Is On Fire" (2000), the take us back to prehistoric times.

The colored picture shows us terrorized stick figures and circular images that resemble primitive drawings on cave walls.

For Adam Strauss, fire is comfort. In his painting "Memorial" (1995), he presents us with the image of one lit candle and another unlit candle with a bloom suspended between in pitch black background.

Considering that there are many cultures and religions that use fire as a symbol of power there were a few pieces that expressed such views.

Fire can be used for religious symbols as in the holy spirit or a burning bush. In Alan Falk’s painting called "Ezekiel. The First Vision (2006)" he takes a moment from the Bible to illustrate the power of fire.

The Gallery of Contemporary Art is open from Monday through Thursday from 12 to 4 p.m. Admission is free. For more information please call 203-365-7650 or visit http://artgallery.sacredheart.edu.

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Features

Pilates and Yoga: helping students stay fit

Theresa Vasilla & Ashley Bonora
Editor & Assistant Editor

Looking good and staying healthy doesn’t come without some hard work and an ample amount of physical activity.

Staying fit in college is difficult, but the Pitt Center offers a wide variety of classes to help maintain a healthy lifestyle.

Recently, a popular way to stay in shape is taking yoga and Pilates classes. Everyone from Madonna to Angelina Jolie stays tone and trim with these workouts. Just like the stars, you can now take part participate in these workouts at our very own Pitt center.

For those of you unfamiliar with these trends, we’ll break it down.

"The Pilates technique consists of a series of controlled flows and smooth movements, it is a form of body conditioning that has proven to be as popular," states the website Healthy-choices.com.

Some of the benefits include an improved body shape, flexibility, and posture.

"In addition to muscle toning, strengthening, and relaxation, Pilates develops core abdominal strength so that any activity you embark on your skeleton is supported and your spine protected," states Healthy-choices.com.

Pilates is a great way to tone up without bulking up.

The results you will soon to see are a flat stomach, balanced legs and a strong back. Also, because of improved, one appears to have lost weight.

When trying to stay in shape, relaxation of the muscles is just as important as the toning of the muscles. This type of workout is a great way to achieve a balance between the body.

"I liked Pilates a lot. My first time I was shocked. Pilates is intense. The fact that you didn’t use any weights, at least we didn’t at the time, or any elastic bands, just your own body weight, and it still felt like a weight-training workout was great," said Jess Boy, senior, Sagus, Mass.

"The way we positioned ourselves and everything; it was an intense workout that could be performed at home on a mat. It still felt like a six-mile run and weight training," said Boy.

"Of course I would go again. It is a great workout that has a friendly feeling to it, like you are on a team," said Boy.

Another type of workout that relaxes the mind and body while improving physically fitness is Yoga.

The word Yoga means "union" in Sanskrit, the language of ancient India, where Yoga originated. "We can think of the union occurring between the mind, body, and spirit," stated Yoga.about.com.

According to Yoga.about.com, Yoga really consists of creating balances in the body by further developing both strength and flexibility.

All of this is achieved by performing poses each of which has specific physical benefits.

"They can be performed quickly in succession creating heat in the body through movement or more slowly to increased stamina and perfect the alignment of the pose," stated Yoga.about.com.

Many Yoga classes may include instruction on breathing techniques while others may incorporate meditation and/or inspirational reading.

Yoga is a low impact workout that can be broken down to the five essential points of Yoga.

"The five points include proper exercise, proper breathing, proper relaxation, proper diet, and positive thinking and meditation," states Sivananda.com.

Students who are interested in Yoga can expect to focus on the health of one’s spine and its strength and flexibility.

"By maintaining the spine’s flexibility and strength through exercise, circulation is increased and the nerves are ensured their supply of nutrients and oxygen. It also affects the internal organs and the endocrine system which consists of glands and hormones," states Sivananda.com.

Students interested in taking these classes have many opportunities to choose from so they can work around their busy class schedule.

"Yoga is a great workout because it really emphasizes relaxation and meditation, which every college student needs," said Rachelle Murphy, junior, Berlin, VT.

Students are able to develop a job search plan and learn how to write a resume, along with many other techniques that will help them get an internship as well as a job after graduation.

The Career Development office is putting on a number of events throughout the school year. JoBifterfest runs October 24th-26th, although employers are not actuality on campus during the event, students are able to submit their resumes to the featured companies for the jobs they are interested in, and will hopefully be asked to interview for the company.

JoBifterfest 2006 is an alternative to the traditional career fair, and is highly anticipated.

For a great jumpstart to your career or an opportunity for work experience, check out JoBifterfest 2006.

Students know the importance of internships

Cintrece Brown
The Spectrum

It is vital for college students to have worked in an internship before graduation. Employers look for candidates that have previous work experience that relates to their future career path.

An internship is the prime example of work experience designed to help students find a career or full-time position in their desired field.

Taking advantage of SHU’s Career Development Center is a great way to research and find internships that pertain to a particular filed of study.

Many students in their junior and senior years have had internships or are currently working as part of their internships. Internships are available in almost every field of study.

Valerie Bellegarde, senior, East Meadow, N.Y., interned at FUSE TV for the "Steven’s Untitled Rock Show," this past summer.

Bellegare, a Media Studies major, was literally involved in the production of the television show.

In addition to the program, Bellegarde was able to view new music videos of some of her favorite bands and gave her personal opinion on a select few.

Bellegarde was also in charge of maintaining the show’s Myspace.com account, plus she went to a few of the field shoots.

"One thing I didn’t expect was for me to go from behind the scenes to in front of the camera," said Bellegarde.

Throughout the summer, they were shooting a new show called 'The P.A.' and I happened to be in a few episodes," said Bellegarde.

"It was such a great experience and when I saw myself, I couldn’t believe it," said Bellegarde.

Even though she was able to meet various celebrities while interning, Bellegarde took much more away from the experience.

"I learned a lot about what it takes to work on TV and also a lot about the music business," said Bellegarde.

"When you’re looking for an internship, start with places that are useful to what you learn in school and can also help you learn a lot more," said Bellegarde.

"Always go for a place where you can get a hands-on approach, and always be willing to help," said Bellegarde.

Another student with an interesting internship is Jennifer Ciacattelli, senior, Putnam Valley N.Y.

Ciacattelli is currently interning at a fashion company here in Fairfield with Brenda Lynn.

"She [Brenda Lynn] mostly does accessories, hats and sweaters. Basically what I am doing with another girl, who also goes to Sacred Heart, is help them organize, ship boxes of clothes to Saks and Bergdorf Goodman and a few other clothing stores, call magazine editors, e-mail editors, and answer the phones," said Ciacattelli.

"I also help Brenda Lynn with color ideas that she runs by us," said Ciacattelli.

The most valuable thing a student could take away from an internship is the usefulness of hands on work experience.

"An internship is the best way to learn what you want or don’t want to do in the future. That, [and] it also looks good to have an internship on a resume, because employers know that you have work experience," said Ciacattelli.

The counselors at SHU’s Career Development are an excellent resource for students that do not know were to start their career search.

Career Development is designed to help students in their search for a career.

They are not only there to help students find internships, but they are there to help students decide on a career based on their interests and academic strengths.

Students are able to develop a job search plan and learn how to write a resume, along with many other techniques that will help them get an internship as well as a job after graduation.

The Career Development office is putting on a number of events throughout the school year.

JoBifterfest runs October 24th-26th, although employers are not actually on campus during the event, students are able to submit their resumes to the featured companies for the jobs they are interested in, and will hopefully be asked to interview for the company.

JoBifterfest 2006 is an alternative to the traditional career fair, and is highly anticipated.

For a great jumpstart to your career or an opportunity for work experience, check out JoBifterfest 2006.

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Fax resume to 331-8601 or e-mail to labelsheya@aol.com

An apple a day and some yoga will help keep the doctor away.
Political Science isn’t just about politics

Alyssa Ferdinando
The Spectrum

Political science is the social science dealing with political institutions and with the principles and conduct of a country’s government.

Many SHU students are discovering and learning more and more about the growing field of Political Science.

Political Science, or Poli Sci for short, intermixes disciplines ranging from religion, philosophy, military science, nuclear science, ecology, economics, anthropology, literature, foreign languages, organizational studies, and psychology as stated on the Sacred Heart University website.

Poli Sci however, is not a study that is limited to the above areas but rather a diplomatic means by which to assimilate all the ways of the world.

“We currently have about one-hundred and ten [Political Science] majors, making us the fifth largest major on campus,” said Professor S. Michels, Department of Political Science. “We’ve nearly doubled our major since 2002, and we’re continuing to grow.”

This major is constructed to strengthen and shape a sense of respect and understanding within the realm of politics and government.

Students under going the Poli Sci curriculum engage in a variety of courses such as Introduction to American Government, Ancient and Medieval Political Thought and Political Economy.

“Our curriculum was carefully designed to include a strong emphasis on theory and the institutions of government, as well as the practical application of that knowledge,” said Michels.

Political Science graduates are pursuing a variety of careers including law, business, public administration, homeland security, foreign service, teaching, journalism, not-for-profit management, international organizations, public opinion polling, campaign management, and elective office.

“Politics are the way to make huge changes,” said Deecken.

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Well, I love that what I learn can actually be used in government and that what most see as unattainable is actually not so far away,” said Richard Deecken, junior, Bridgeport.

Deecken is working closely with the Bridgeport community and has even considered campaigning for the 2007 election for Mayor as a result of a class project.

“Most people see the government as something that is unreachable. The classes showed me that it’s something that I can do,” said Deecken.

The Political Science department is constantly engaged in many domestic and international issues and encourages activism in current events.

“Our largest off-campus event is the bus-load of students we take every four years to the presidential inauguration in Washington, DC,” said Michels.

“Our Pre-law Club is particularly active, visiting area law schools and a number of informational forums,” said Michels.

“People learn that they can really influence the world. Politics are the way to make huge changes,” said Deecken.

By being a man or woman of the people, a student, and potential future politician, can harness the power of the world to bring the change that is necessary.
Chris Morrow  
*The Spectrum*

From the start of Saturday’s game against Iona, senior Jonathan Corto, co-captain and defensive linebacker, showed why he was named to the Football Gazette Pre-Season All-America Team. Jon Corto started off the game with a tackle on the opening kickoff, allowing Iona to gain only four yards. On the first play of Iona’s drive, quarterback Dustin Croick, junior of Agoura Hills, Calif., fumbled the ball on an attempted hand-off. Corto pounced on it at the Iona three-yard line, leading to an immediate Sacred Heart touchdown.

“It was planned,” said Corto a senior from Orchard Park, NY, talking about the first play of the game. They were intending on a blitz and it proved to be the right call. Corto added, “Their quarterback must have gotten nervous.”

Head Coach Paul Gorham said, “[Corto] doesn’t let anything get too big.” Referring to stopping opponent’s offensive drives and creating turnovers. Gorham added that they expect Corto to have an impact on defense every game and he consistently meets up to those expectations.

Sacred Heart opened the season with two losses as they came to play Saturday against Iona. “We said today was the start of a new season,” said Corto, who was looking past the week against Lafayette and Marist.

Sacred Heart seemed plagued with injuries throughout the day, fortunately all were due to dehydration and were not consider- able. Corto who is still taking five Pioneers from the field. Corto said that Saturday’s game was the “first real hot game, we’re not used to it yet.” Corto was almost caught victim with cramps but was able to keep himself in the game.

Corto finished the game with five tackles and three assists. He also picked up a fumble recovery and recorded one sack.

This upcoming Saturday Sacred Heart will take on the Duquesne Dukes of Pittsburgh, Pa. This is Corto’s first career game against the Dukes and the first time Sacred Heart has played them since 2001.

In 2004 Corto, made a position switch from the safety position to linebacker. During that season he set a career high and led Sacred Heart with 74 tackles, including three quarterback sacks.

In 2005, Corto led Sacred Heart with a new career high of 100 tackles, 7½ of which were sacks in 10 starts. Twice earning the Northeast Conference Defensive Player of the Week.

With honor of being named to the Football Gazette Pre-Season team, Jon Corto was also named to the 2006 Pre-Season Northeast Conference All-America Team, solely representing Sacred Heart.

Injury report: Saturday didn’t fair well for Sacred Heart in terms of injuries, all of which were cramping due to dehydration. Corey Bundy, Alvin Franklin, Rolando Garcia, Joey Henley and Steve Young were all on intravenous, according to Gorham.

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Mike Harnois  
*The Spectrum*

An injury is tough for anybody, but for a football player with the skill and determination that Joe Henley has, an injury can be devastating, both physically and mentally.

Henley, who is originally from Kent, Washington, has been one of the brightest stars on the Pioneers’ football squad for some time now. Henley, who accumulated 383 yards with 3 touchdowns last season only playing in four games, has been rehabbing his ankle ever since his injury last season.

“It used to get to me when I couldn’t play because I like to work hard, but I got through it with some help from my family, coaches, and teammates,” said Henley. “Now I try to not think about it and go on as if it never happened.”

With an attitude like this its easy to see just how valuable of a player Henley is, and how glad the Pioneers are to have such a hard working member of their team back in action.

Although he was not a presence on the field for much of last season his presence in the gym and at practice can be seen in the way that his attitude has rubbed off on his teammates. Like Henley, they are not giving up after a shaky start to the season and are now stepping up to the plate to help Henley bring Sacred Heart back to championship territory.

“Right now were going through a little rough spot but I think we are very talented and will work through it,” I think that when conference starts we will be hitting on all cylinders and bring home the NEC championship,” Henley said when asked how he thought the team was doing on Friday afternoon.

He could not have been more right. This past weekends game against Iona proved that the team has started to work out its kinks and headed down the path to the NEC championship with a 27-16 victory at home.

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The New York Mets  
season slogan is "The Team, The Time." How appropriate, writes Pat Pickens in Columns.

Couldn’t get enough of Pickens? Didn’t think so. Find out why he’s so impressed with the 2006 Florida Marlins.

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Reggie Bush, Michael Jordan, the Spectrum staff and Ron Dayne all in the same sentence? Only Mike Barrett could explain this one.

COLUMNS

The Men’s and Women’s Cross Country squad impressed many in the Big East this past week, writes Sean Connington.

BACK PAGE

The Women’s Field Hockey squad continues their winning ways with an overtime thriller in New Hampshire, Christie Gangnah reports.

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**SACRED HEART PIONEERS**

**SIDELINE REPORT**

**Chris Morrow**

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The Spectrum/CHRIS MORROW

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The Spectrum/CHRIS MORROW

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**Henley overcomes many obstacles**

As the rehab process continues, Henley will only get better, and with a solid ground game, giving quarterback Tyler Arciaga one more option to go to when he drops back to pass will exponentially strengthen the Pioneers offense this year and make it an offense that opposing teams and defenses fear to go up against.

Then, we can look forward to basketball season.
Field Hockey tames Wildcats in New Hampshire

Christie Gangnath
The Spectrum

With two minutes to play in overtime, senior Pioneer Colleen Carney of Yorktown Heights, N.Y., scored the game-winning goal that ensured the Pioneers victory over the University of New Hampshire Wildcats on Sunday.

At the end of regulation, the Pioneers, who had fought back the entire second half, were tied 5-5 and heading into overtime. It was clear however, who would be taking control of ball and the game as soon as overtime started.

The Pioneers dominated early on and their strong play resulted in a penalty corner to set up the game-winning goal. Katie Bohren, a junior from Hopewell Junction, N.Y., was the stopper for Carney who tapped the ball slightly in front of the line and fired a shot in the left bottom corner of the cage to end the game at 71:53 with a 6-5 score.

Bohren, who usually is not the stopper for Carney on corners stepped up and took the opportunity to score. In overtime, the team is only allowed 6 players and a goalie on the field.

"I was a bit nervous that I wasn't going to stop it," said Bohren. "But it was a great push out by Jenn Howley that I had no trouble stopping it and Colleen did the rest."

Even though Sacred Heart came out with another win, the game was controlled by the University of New Hampshire the entire first half. New Hampshire scored at 21:32 when junior forward Shaun Sellenger of Londonderry, N.H. got a rebound off of another player's shot from the middle of the circle.

Sacred Heart immediately called a time out and responded when Carisa Eye, a sophomore forward from Nesconset, N.Y. scored. Eye was assisted by Bohren who set up a long entry pass and allowed Eye to fire a shot towards the right side of the goal just inside the post. Bohren leads the Pioneers with seven assists this season.

The game was then tied up until minutes later New Hampshire responded with another goal. The goal was scored by Emily Colton, after the first attempt was saved by senior Ashley Del Greco. Del Greco of Merrimack, N.H. could not stop the rebound as Colton lifted the ball over her and into the goal at 27:32 in the first half.

It was senior Sarah Yeaton, the Pioneer Captain from Hampton, N.H. that brought the girls together right before halftime ended. Yeaton told the Pioneers they were a better team and if they were not going to do it for themselves they should do it for Becky. Becky Ford, the senior forward from Salem, N.H. could not play in Sunday's game due to a recent injury.

"Sarah told us to do it for Becky and we all realized how much Becky wanted to be in the game," said Bohren. "She always gives it her all and at least for me, that was a big wake up call."

Without delay, Sacred Heart scored at the beginning of the second half. Eye, again got herself in front of the goal and placed her second of three goals in the net tying the score 2-2. Her shot was on an open goal as she pulled the ball around Marquie Shute, the Wildcat's junior goalkeeper.

New Hampshire took back the lead at 41:19 in the game. Colton's first shot was stopped by Del Greco, but followed up shortly by Sellenger as she rebounded and pushed the ball straight towards the left corner post. The pair collectively scored again only minutes later to extend the Wildcat's lead 4-2. Sellenger swept the ball on a backhand pass to Colton who was set up by the left post and pushed in the goal.

Sacred Heart then came back to score three goals in less than four minutes and grabbed the first lead of the game. The torch was ignited by Eye when she forwarded Bohren's long hit from the center of the circle into the goal at 47:50. Next came freshman forward Kelsey Zeyher from Forellkeepsie, N.Y., who tied the score at 4-4. She scored off a rebound from the left post at 50:48.

Finally Caityn Smith of Greenland, N.H. struck at 51:26 on a rebound off the right post to put the Sacred Heart Pioneers in front for the first time in the game.

The Wildcats then responded off a penalty corner to put the score back to a tie at 57:05. It was Sarah Craiga, the Wildcat's sophomore forward who set forth the sequence of plays that landed the goal. A pass to the top for Kata Napolitano redirected the ball to the left post where Craiga had set herself up.

Sacred Heart goalie Del Greco accumulated seven saves during the game. She was replaced by goalie Whitney Mills, the sophomore goalkeeper out of Harrisburg, Penn. Mills who entered the game with her team trailing 3-2 at 41:20, got credit for the win. She collected two saves and two goals allowed in the 30:33 of relief.

The Pioneers are back at the Campus Field on Sunday when they start their NEC schedule against Monmouth at 1:00 p.m.

Top Performers: three stars for Sacred Heart

Alvin Franklin

STATS:
This senior wide receiver caught a career-high 7 passes for 106 yards and a touchdown in the Pioneers 27-16 win over Iona.

Carisa Eye

STATS:
This sophomore was named NEC Player of the Week in field hockey. She led her team to victory over New Hampshire this past Sunday.

Jesper Fredriksson

STATS:
This freshman was named the Sacred Heart University/Enterprise Rent-A-Car Student Athlete of the Week. He scored five goals in a span of three games this week.
defense made a good attempt to gain the University of Wisconsin but struggled and was not able to defend McCormack's powerful shot.

Both teams attempted to score in the final minutes, but neither was able to put the ball in the net, so the game went overtime. Sacred Heart had a few chances to score but was never able to make it into the net. Then in the 10th minute of the game, Josh Okamps had a break away through the Pioneers and kicked the ball directly to Hibbler and slotted it into the net, winning the game for the Phoenix.

Even though Matthew Jones made eight saves against Green Bay, the Phoenix were too powerful and out shot the Pioneers 17-13 enabling them to win the game. The tournament was not over yet for the Pioneers, and went on the face the Georgia State Panthers the next morning.

Sunday the Pioneers took the win over Georgia State in a 3-1 victory. Fredricksson scored twice more, giving him his sixth goal of the season and the third game-winner for the Pioneers.

In the first 25 minutes of the game Fredricksson was able to dribble the ball close to the net and slam the ball past the Panthers goal tender Paulo Gutierrez.

Only four minutes later Martin Zalik kicked a powerful shot 15 yards away soaring past the Pioneers goal tender Matthew Jones, to tie the game for the Panthers.

Sacred Heart came back quickly to seal the win, scoring two goals with in four minutes of each other. Fredricksson made his second goal of the game with a pass from Testore strait to the back of the net, displaying his unstoppable kick.

The Pioneers ended the game with the winning goal off of a free kick by freshman Svetozar Gladic and then into the net with a header by Sophomore Luke Gagliardi finishing the game with a 3-1 victory over Georgia State.

Fredricksson was recently named the SHU Enterprise Rent-A-Car Athlete and the Brine/Neastere Conference Men's Soccer Player of the week for September 11th, 17th.

With the young talent on the team the Pioneers, who are coached by Joe Baroso, have high expectations for the rest of the soccer season.

"The team hopes to win NEC's this year," said sophomore Tim Greening, a sophomore from Lake Grove, NY.

The Pioneers will play in the next eleven games with their eyes on the tournament, and hope to keep winning, as they did on Sunday.

Sacred Heart left the Nike Soccer Classic in Green Bay Wisconsin with a new record of 3-2-1. With the season not even halfway over the Pioneers have plenty of time to keep working hard and winning game. The Pioneers will continue the season on Wednesday in Storrs Connecticut against the UConn Huskies at 7:00 p.m. under the lights.

**TEAM LEADING SCORERS: AS OF 9/19**

Jesper Fredricksson: 6 Goals, 12 Points
Jason Testore: 1 Goal, 4 Assists, 6 Points
Svetozar Gladic: 1 Goal, 1 Assist, 5 Points
Luke Gagliardi: 1 Goal, 2 Points
Victor Brice: 1 Goal, 2 Points

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**Girardi, Marlins open lots of eyes**

**Pat Pickens**

**The Spectrum**

In March, the weather was cold, the baseball season was just underway, and each team was offered a fresh start and optimistic view to their season.

Except for the Florida Marlins. South Florida's fish had the lowest payroll in baseball, and had just traded two of their most recognizable faces, Josh Beckett and Mike Lowell, to the Red Sox in the off season for prospects. They dumped Carlos Delgado to the Mets. There was talk of a move east of Miami to San Antonio. They had an inexperienced manager and a young team that was expected to struggle throughout the season, which they did in the beginning.

Then something extraordinary happened. They started to win. And win some more. Since June 1st the Marlins are 56-42, the best record in the National League in that time span.

They do it with a $15 million payroll and no name players of whom very few people on this campus could name, recognize or distinguish from a local supermarket worker.

Those prospects whom the Marlins received from the Red Sox in the Beckett deal are none other than future superstars Hanley Ramirez and Anibal Sanchez, and prospects Harvey Garcia, and Jesus Delgado.

Ramirez has been a rock at shortstop and has infused energy to the top of the Marlins lineup this season, batting .290 with 13 home runs, 52 RBI's, 10 triples and 49 stolen bases.

Anibal Sanchez, Scott Olsen, Ricky Nolasco, Donteire Willis and Josh Johnson have improved the staff nicely. Add their bullpen to the lineup and the Marlins appear to be on the right track. Journeyman Joe Borowski has settled into the closer's role, saving 34 games this season.

In the Delgado trade, the Marlins netted Mike Jacobs. He, Uggla, and the veteran Miguel Cabrera, is who has been an MVP caliber year (.340, 25 HR, 110 RB1), have made going 9-5-9 with the Marlin lineup a major headache for opposing pitchers this year.

This Marlins team may not make the playoffs this year, or even have a winning record. That is not the point. They have excelled past anyone else's expectations and have done it in relative anonymity. Miami's Dolphins playoff is not even close to a baseball cathedral, and the Marlins have the lowest attendance in baseball.

Florida's fish average less than 14,000 fans per game. Just 12,562 fans witnessed Sanchez's no-hitter last week and in 20 of their home games, they have drawn less than 10,000 people.

Despite all of these facts, the Florida Marlins are a young, dangerous team, who just may shock the world and make the playoffs this season. Even if they do not, look out for the young studs from Miami to be in the thick of things in the next few years.
No beating around this Bush: Texans need Reggie

Last spring, the Houston Texans became the Portland Trailblazers of the NFL. With the first pick in the draft, Houston chose defensive end Mario Williams out of NC State over running back Reggie Bush of USC.

How exactly does this relate to a totally different team in completely different sport? Let's go back and find out.

The year is 1984 and the Portland Trailblazers are on the clock with the second pick in the draft. All-star center Hakeem Olajuwon was taken first and now Portland is faced with a decision. In what some call one of the most bone-headed moves in sports history, the Blazers select C Sam Bowie from Kentucky.

Why is this pick such a travesty?

Well considering that the next pick by the Chicago Bulls was a 6'6 guard from North Carolina who goes by the name of Michael Jordan.

Jordan went on to win six NBA championships and NBA Finals MVP awards. He was also five-time league MVP and is considered to be the best basketball player ever, even the best athlete in the history of sports.

Bowie played ten seasons for three different teams, never winning a champi onship or MVP award.

Well after that sports history lesson; its back to the year 2006 and back to football. With the new season under way, men are wondering who will play to impress more.

Mario or Reggie and if football will have a Bowie-Jordan debate of their own.

For those of you who think that Williams was the smart pick and will help the Texans more than Bush will, please go watch one highlight from Bush's college, high school, or pee wee football career and then see what you think.

Now certainly the Texans new about the hype over Reggie Bush and the fact he has incredible talent and a shot at becoming one of the NFL's better players. So why did they pass on Bush?

Some say it was the fact that they had a running back in Dominick Davis, Davis, who was expected to have a breakout year in 2005 spent much of the season hurt and to top it off hurt himself again this season and will not play again until next year.

Now the Texans are relying on the fantastic Ron Dayne to carry the workload in the backfield this season. Good Times.

Is it the fact the Texans need defensive help? The Texans are far beyond the help of one man, so it's unfair to put the pressure of saving a team's defense on Mario Williams.

Houston knew they were taking Williams. So with every other team in the league willing to trade up for the number one pick, the least Houston could have done was trade down for more picks. They still could have gotten Williams and possibly another first rounder to help their team even more.

If I was to put myself in Houston's position and know I am not taking Bush, I would have traded down and taken OT D'Brickashaw Ferguson to shore up an offensive line that is in dire need of repair. Then with whatever picks I received, I would have concentrated on players to help their porous defense.

It is too early to tell who will have the better career, but in my own opinion, as well as some of the other Spectrum staff members, Bush is the pick here. He is one of the best talents this league has seen in a long time and has the ability to take over the game every time he touches the ball.

So years from now when Bush is winning MVP's and leading teams to victories, many of us will look back and remember Williams, the man who was taken over Bush.

How will Reggie Bush be viewed in 10 years?

A. HALL OF FAME FUTURE CANDIDATE
B. PRO BOWLER
C. GOOD OFFENSIVE BACK
D. OVERATED
E. ANOTHER BUST

SEND YOUR THOUGHTS TO MIKE BARRITT. HE MIGHT JUST GIVE YOU A PIECE OF HIS MIND. IF YOU'RE LUCKY.

Pop the cork: Mets clinch!

Ding dong the witch is dead.

The Atlanta Braves for 10 years ruled the National League East, crushing the Mets, Marlins, Phillies, Expo's, and Nationals, but now the New York Mets are the 2006 NL East division champions.

Being in the ballpark on clinching night, this reporter was able to get caught up in the emotion of breaking through and overcoming the stigma of being second best.

In 2000 the Mets went to the World Series, but they finished second place in the division that year, and had to make the playoffs as the wild card team.

Since then, the Mets have not made the playoffs and have struggled through years of aging, overpriced "superstars" who have failed to produce.

They have, what should be, the NL MVP in Carlos Beltran, who has overcome the stigma of being an underachieving ballplayer. The shrewd move trading for Carlos Delgado has paid dividends, and the recent acquisition of Shawn Green has given the Mets an American League lineup in the NL.

The Mets pitching staff is as good as any in the National League. Tom Glavine has had a turn back the clock season, and John Maine, who was a throw-in in the Kris Benson trade, has been a fantastic boost that no one could have foreseen.

Joe Valent, hits two homers on clinching night. Two laser beams that went deep into the New York night and turned Shea Stadium from frenzied to bedlam.

It was a stunning change of events for Valentian who was booted mercilessly the first half of the season. He turned his year around so much so that he gave not one, but two curtain calls to the Mets faithful.

Steve Trachsel was the starter on clinching night. All he did was lower his ERA by 24 runs. In his most consistent outing of the season he shut the Marlins down to the tune of three mealy hits, none of them exceedingly loud, and just one walk over 1/3 innings.

For Trachsel, it comes just one start after his worst outing, and the Mets brass must be ecstatic that he turned the corner right before the postseason.

Billy Wagner threw the last pitch on clinching night. He has overcome early season struggles of blown saves and inconsistent pitching to become the rock in the Mets bullpen. Between sidewinder Chad Bradford, youngster Aaron Heilman, and the latest addition of Guillermo Mota, the Mets can snuff out late inning comebacks.

One of the first men who could smile on clinching night was Willie Randolph. Randolph struggled through his first year as Met manager and had difficulty handling the media. This year he has had the Midas touch, only every move he made has become platinum. Between Valentian, Maine, sticking with Cliff Floyd in left field, and keeping his team up after a recent sweep at the hands of the Pirates, Randolph could be the manager of the year.

Sitting in his box, Omar Minaya could smile on clinching night. The shrewd moves of Mets GM are the major reason why the Mets are the 2006 NL East champs. He built the core of the Mets and brought in Green, Delgado, Beltran, Wagner, and had the foresight to keep Reyes and Wright, which either could have been traded for older Superstars.

The Mets are stacked, and they are clearly the class of not just the East, but the NL as a whole.

Monday night was not the only night of euphoria the Mets and their faithful will encounter this year. It is just the first.

There is a new witch in Oz.
Quite Franklin: Pioneers too much for Gaels

Senior receiver enjoys career game; racks up 106 yards in victory over Iona

Brian Fitzsimmons
The Spectrum

If there were any ill thoughts or negative motivation issues lurking in the minds of the wireless Pioneer football team, they sure did a good job hiding them.

Sacred Heart took advantage of their offensive weapons, showering the Iona Gaels with attacks in the air and on the ground, and cruised to a 27-16 victory at Campus Field this past Saturday.

It didn’t take long for Jon Corto to deflate the pre-game adrenaline from the Gaels as he made a tackle on the first play of the game, and following that opening play he pounced on a loose ball at the 3-yard line after Rolando Garcia forced the fumble from Iona quarterback Dustin Crouch.

“IT was huge,” said Corto, a junior linebacker from Orchard Park, NY. “We wanted to come out with excitement and we definitely were trying to get the turnover.”

Junior running back Jason Payne capitalized on the Gaels turnover, as he took a hand-off from quarterback Tyler Arciaga, and stomped into the end zone to give the Pioneers a 6-0 advantage early in the first quarter.

Sacred Heart’s joy turned into frustration right away, as the Gaels blocked the extra point attempt, and ran it back 97 yards for a defensive extra point to cut the lead to 6-2. After a 53-yard drive later in the quarter, Corey Bundy hauled in a 6-yard touchdown bullet from Arciaga and put the Pioneers up 13-2.

Iona drove the football from their own 27 to the home team’s 4, but that was the last of any momentum brewed by the Gaels on the day. Sophomore Jeff Hodges made a diving interception for a touchdown in the end zone, as Crock failed to hit an open receiver.

Sacred Heart took a 20-9 advantage into the locker room after Arciaga led a 70-yard drive that was eventually capped off by a two-yard touchdown run. Senior wide receiver Alvin Franklin caught two passes for 25 yards each during the scoring drive and would finish the day with a career high 7 catches and 106 yards. Payne also gained 37 yards in that span.

"A lot of people stepped up," said Arciaga, who spoke of the vast distribution of the ball. "Having the ability to distribute the ball offers many different things. I try to give as many people as I can their touches, and it keeps defenses on their heels."

Iona refused to go away when they scored after a 95-yard drive to cut the lead 20-16, with 5:39 left in the third quarter.

"The defense was a lot better today," said head coach Paul Gorham. "We still have a lot of work to be done, but this is a learning process."

The Pioneers showed poise while caught in the learning process, as Arciaga hit Franklin for the clinching score. The Bonita, Cali. native threw for two touchdowns, which moves him into the school’s second place slot all-time with 21 TD passes.

Payne’s 99 yards were more than Jones’ 57, but each scored on touchdown rushes. Franklin would pace the receiving corps, but Arciaga spread out 18 catches to sophomore Kyle Smith, senior Joe Henley, junior Tom Duffy, senior Justin Curry, Bundy, Payne and Jones.

“We really needed this,” said Gorham. “You can’t go into the upcoming league games with a bad mindset, and it was great we could get our first win under our belt.”

The Pioneers will try and create a win streak, as they travel to Pittsburgh, Pa. to square off against the Duquesne Dukes this Saturday.

“We were going to enjoy this one,” said Gorham. "How tangible is it? We'll find out."

INSIDE THE SIDELINE REPORT PAGE 12

Crossing the finish line in the Bronx

Sean Connington
The Spectrum

This past Saturday, the Sacred Heart men and women’s cross country teams both traveled to the Bronx NY to compete in the Fordham Ram Invitational Saturday afternoon at Van Cortland Park, the site of the 2006 Northeast Conference Championship.

This is one of the team’s first competitive meets this season following a hard preseason filled with rigorous and intense workouts held by the team’s head coach Christian Morrison, who is in his 13th season at the helm of the Sacred Heart men and women’s track program.

The teamed paired well placing second overall for the entire meet. The men came in second in the seven-team field behind the winner from Southern Connecticut State University. The women finished behind Stony Brook in an eight-team race.

The squad had a lot of individual success form there runners. From the men’s team Sophomore David Jones led the SHU men, finishing 11th overall with a time of 28:34. Right on his heels was freshman Ryan Murdock in 12th clocking in at 28:41.

The Pioneers had three other runners finish inside the top 30 with Brendan Rockert coming in 18th with a time of 28:47. Joseph Palmia in 16th posting a time of 28:50 and John Kenworthy in 20th with his time of 29:13.

See CROSS COUNTRY on page 14...

Men’s Soccer Splits in Green Bay

Bridget McGowan
The Spectrum

The Pioneers soccer team traveled to Wisconsin this past weekend for the Nike Soccer Classic and split the two games, losing to Green Bay on Saturday, but came back to win against Georgia State on Sunday afternoon.

After going into overtime time on Saturday afternoon, the Green Bay Phoenix beat out Sacred Heart 2-1. The game ended after 104 minutes with a game-winning goal by Green Bay’s sophomore defender Kayla Tueller.

In the first half of the game the ball never made it into the net on either side. It wasn’t until the second half that Sacred Heart’s freshman Jersie Fredrickson scored a goal with a header assisted by sophomore Jason Testosterone. This was Fredrickson’s fourth goal of the season and his team leading fourth marker of the year.

Phoenix then tied the game in the 76th minute when Mike McCormacks tallied his second goal of the season. The Pioneers