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Public Safety Holds "Rape Aggression Defense"

By Anthony Franciosa
Staff Reporter

This week, the Department of Public Safety and the Brothers of Lambda Sigma Phi are sponsoring a Rape, Aggression Defense Systems program in an effort to heighten the sexual awareness of the female students on campus.

RAD is a nationally recognized physical defense program for women.

The nine-hour course, which held its first session on Tuesday, Oct. 7, teaches students how to reduce their chances of becoming victims of sexual assault. Students will also learn basic self-defense techniques that are designed to fend off the attacks

of a sexual predator.

"We want to teach the girls how to develop a defensive mind set," said Public Safety Dispatcher Lisa Brown, who will be instructing the course. "We also want to build their self esteem and self confidence."

Each class will consist of a two-hour physical training period, during which the students will learn tactics, such as how to properly parley a sudden strike. In addition, each class will feature a one-hour lecture on topics pertinent to college students, such as the effects alcohol has on cognitive skills.

"In at least half of the cases I have investigated that involved sexual abuse or assault, alcohol

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Photo by Robert Trenske

SHU Public Safety Director, Linda Maloney, and Officer Lisa Brown teach women about self defense as part of the session.

Saving the Horseshoe Crab

Departments Produce
an Educational DVD
for Local Schools

By Sharmila Munver
Staff Reporter

The Biology and Media Studies departments at Sacred Heart University have come together to produce an educational DVD. The DVD, entitled the Horseshoe Crab Project, will be released to elementary school students in Connecticut.

This major breakthrough came to surface when Media Studies professor Andrew Miller and Dr. Jennifer Mattei, Chair of Biology, collaborated thoughts on ideas for a real project that media studies students can work on.

The DVD will focus on educating students and teachers about horseshoe crabs. Mattei received a grant from the Connecticut Environmental Protection to study the horseshoe crab population along the Long Island Sound.

"We are concerned about the horseshoe crab populations on the Long Island Sound because it appears to be in decline. The numbers are becoming fewer," said Mattei.

There are several reasons why the crab population is decreasing. According to Mattei's research, she found that the horseshoe crab along the Long

Island Sound are being targeted by the fishermen who use them for bait, and also by pharmaceutical companies who use the blood of the crabs to do a quick test of bacteria in their products. Mattei said that the horseshoe crabs come to shore in June to lay eggs, but the eggs are often eaten by the migratory birds.

Mattei commented that Miller's class is helping her produce a DVD that will encourage teachers to get involved and participate in research projects to help gather data. The DVD is being designed to educate the elementary school students

and adults on these animals to offer an understanding on their behavior.

"[The DVD] will be available to people who want a copy at the Peabody Museum at Yale University because they do a lot of elementary school education, and the Connecticut Audubon Society, which is a non-profit environmental group," said Mattei.

Mattei is also trying to involve as many people involved as possible to tag animals.

Miller's Media Studies class is divided into different sections for this project.

"We are very excited. We are putting Sound Water section together on the DVD," said Kate Casaubon, a senior from Dudley, MA. "The other group is putting together a movie."

Casaubon added that the Sound Water Company takes children out on their boat to educate them about the ocean life. The students will work with this company to tag more horseshoe crabs.

According to Miller, this is project is the first of its kind. "This is a pilot semester; everything is new, the project is new, Media lab is new," said Miller.

Photo by Robert Trenske

Melissa Petsitis and Andrew Oshan have been working closely with the Biology department for this educational DVD project.



Latino Heritage Month Kicks Off

By Greg Cappello
Staff Reporter

The opening ceremonies for Latino Heritage month were held in the mahogany room on October 1. Danya Jimenez, president of La Hispanidad, was the master of ceremonies for the event and introduced the various speakers and performers.

After a blessing by Jessica Paiva, Juan Constante introduced the event's keynote speaker, Monsignor Frank Weissel. A native of Brooklyn, NY, Monsignor Weissel was not ordained until he was 39 years old. He started his speech with an invitation for the audience to move in closer to him and create a more intimate setting.

"I do not speak Spanish yet," confessed Weissel, but, "I love working with the Spanish and other minorities."

Weissel explained his passion for working with young minorities and helping them to learn English as a second language. After his speech, Weissel was given an award for his dedication to the Latino community.

Faith Bailey then took to the podium to introduce this year's

performer. She introduced Gigi Jimenez, a former friend and classmate of hers.

Gigi performed four songs to the tune of her guitar. Each song represented a different part of South America and the people from those areas. Although she sang in Spanish, Gigi explained the message of each song so that everyone could understand the music.

"We organize everything and put it all together," Jimenez explained this month's events. Along with the hard work of La Hispanidad, different sponsors support the month of celebration.

Next, Ceren Akinci and Jowan Sayfadeen unveiled the calendar of events for Latino Heritage Month and the guests were invited to eat various Spanish foods provided by Taco Loco.

"A main goal of this month is to share Latino heritage and expose them here at Sacred Heart. Including music, food, and social values," Edu Cano, a member of La Hispanidad, commented.

Many events will be held this month to celebrate Latino Heritage month. The calendar's events are hung up around campus. All are encouraged to participate in this month's activities.

SHU Throws it All Away

Recycling Program Mired in Inefficiency

By Steve Horvath
Staff Reporter

Bright blue recycling containers overflow with potato chip bags and plastic silverware. Regular garbage cans spill out soda cans and white printer paper.

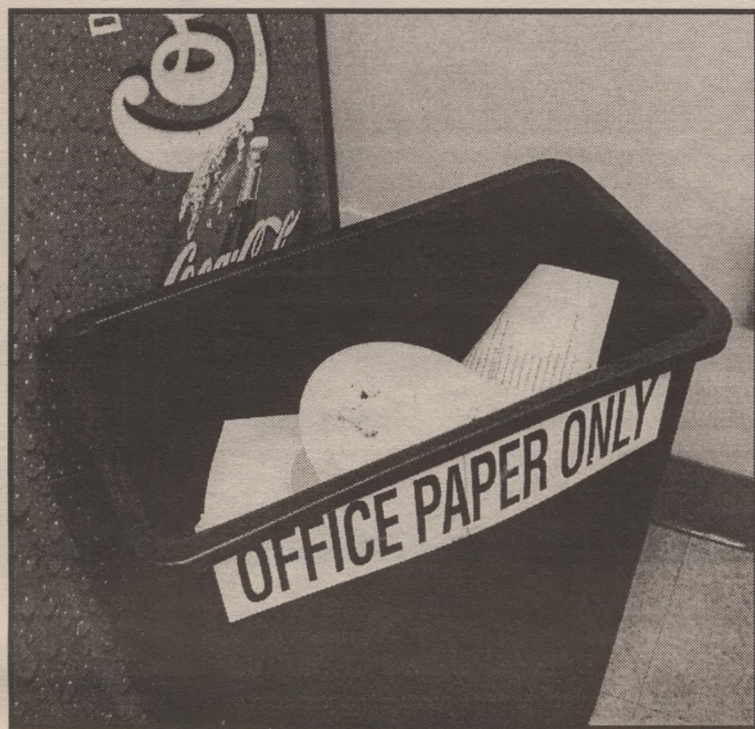


Photo by Robert Trenske

Trash improperly put into a recycle bin.

Candy wrappers and plastic food trays litter the floor of the dining hall. Students at Sacred Heart University pass this scene without pausing for a second look.

"It's not my job to separate the recyclables in FLIK," said Vincent Lavallee, a senior from

Gardiner, MA.

But whose job is it then? Should Buildings and Grounds be the ones to sift through the bags and bags of refuse produced in the dorms and academic buildings? For the past few years, while national and regional recycling efforts have been on the rise, the refuse reduction efforts at Sacred Heart University have been largely upheld through the

non-recyclable refuse. This duty, while necessary, is one that could be avoided by a more careful attitude by students.

The tall blue containers found in the hallways of the academic building are for recyclable materials only. Materials such as properly marked glass, plastic, metals and paper can be dropped in any of these containers. Regular garbage cans are located throughout campus and they should be utilized in order to throw away anything that can't be recycled.

So why the confusion? Some students attribute it to improper placement of containers.

"If your classroom only has a blue container in it, people are obviously gonna throw garbage in there too," said Chris Manwaring, a junior from East Lyme.

The fault does not lay entirely with the students. According to Dr. Walker, there is confusion in the dining hall about what refuse should be thrown into which container.

"Things have slipped back in the Dining Hall and the Mahogany Room. It is difficult to tell which containers are for recycling bottles and cans in the Dining Hall and the Mahogany Room has not had any recycling containers for bottles and cans, for many months," said Dr. Walker.

Buildings and Grounds picks up and transports garbage, but does not go through it searching for any materials that should be recycled. Students at Sacred Heart must take it upon themselves to be responsible for their

efforts of a single individual.

Dr. Grant Walker, an associate professor of Sociology, routinely checks the garbage cans around campus for recyclable cans and bottles. He also inspects the clearly marked blue recycling containers for ordinary,

Corrections

October 2 - Page one - Greg Golda was incorrectly printed as Dr. Jeffrey Golda in the article entitled "Media Studies/Digital Culture Department Celebrates its Independence."

October 2- Page one - The issue number reads "3," when it was actually the fourth issue, it should read "4."

September 25 - Page one - The photograph for the article entitled "'The Shuperstation' Channel 3 Hits Campus" is captioned as "Students check out the new channel three SHUperstation." Channel three does not play in the hallways, as it is depicted in the picture.

September 25 - Page three - Pictures under headline "Convocation, Awards, and Welcomes" were contributed by SHU Public Relations. Pictures, from left to right, taken by Bernie Gilmore and Greg Golda.

refuse and eliminate it properly. All plastic soda bottles and soda cans should be deposited in the blue recycling containers around campus. Paper and newspaper should be deposited in the boxes that can be found near all copy areas around campus.

According to the EPA (Environmental Protection Agency), the United States currently recycles 28 percent of the refuse it produces, burns 15 percent at combustion facilities and deposits the remaining 57 percent in landfills. Recycling helps to preserve natural resources for future generations, reduces the need for landfills and incinerators as well as creates jobs and saves the atmosphere from harmful greenhouse gases.

Students at Sacred Heart who would like to help decrease the amount of refuse they produce can start by simply making two-

sided copies, buying goods that do not use excessive transportation and packaging materials, as well as supporting companies and products who manufacture using recycled materials. Another way students can contribute is by promoting recycling on campus as well as taking the time to throw away refuse in the proper containers.

Students should also be aware that they can redeem cans at local supermarkets for a five cent per can deposit return. Students in the residence halls or in off campus apartments can designate a bag for redeemable cans in order to save money and help the environment.

Any students with questions regarding what can be recycled should contact either Buildings and Grounds or check the Connecticut section of the United States EPA website.

Women's Self Defense Class

Continued from page 1

and/or drugs were a factor," said Director of Public Safety Linda Maloney, who served on the Norwalk police department for seventeen years.

During the course, Maloney will talk to the students about the experiences she had investigating these crimes. She will also talk about acquaintance date rape and the dangers of Internet dating.

"In most sexual assault cases, the victims are acquainted with their attacker," said Maloney.

According to Brown, who became a certified RAD instructor in 2002, people either run or fight when they are faced with a confrontation. The course will not favor one option over the other, instead it will instruct students to select the option that will help them avoid the situation.

"We want to teach the students to use their instincts and

select the best option that will help them get away," said Brown.

"In at least half of the cases I have investigated that involved sexual abuse or assault, alcohol and/or drugs were a factor"

**Linda Maloney,
Director of Public
Safety**

In most cases, if the potential victim does something to call attention to them, they will lower their chances of being raped, said Brown. She also stated that a woman would not increase her risk of being raped if she chooses to fight off her attacker.

"There are no sustainable statistics that show that women who makes the conscious decision to defend herself in a confrontation will be no more likely to be raped than a woman who does nothing."

The second session will be held at 6:00 p.m. tonight in the University Commons.

The course will conclude on Oct 14, the day of the third and final session.

Public Safety is planning on holding two RAD courses each semester henceforth. Another course is tentatively planned for November.

If anyone ever becomes a victim of an on campus sexual assault, they should contact Public Safety immediately. They may also contact the Sacred Heart University Counseling Center, which is located in the Park Avenue House, if they wish to speak to a counselor. Every case is confidential.

Are you artistically inclined?

The Spectrum is holding a contest, open to SHU students to design a new masthead for our front page.

Cash Prize to the winner selected: \$100

Bring your entries directly to the

Spectrum office or drop them off in our

mailbox in Hawley Lounge. Deadline:

October 29, 2003

Columbus Day, the Disappearing Holiday

By Brian Thorne
Staff Reporter

Sacred Heart University will be closed Monday, October 13, and Tuesday, October 14, in observance of Columbus Day. Federal and State offices are closed as well on October 13.

However, many of the larger universities and colleges in Connecticut no longer recognize Columbus Day as a holiday. Yale University, Quinnipiac University, Wesleyan University, Connecticut College, Housatonic Community-Technical College, and the entire Connecticut State University System are among the local institutions that are holding classes on Columbus Day.

The University of Connecticut in Storrs, the state's largest school, is also in session on Columbus Day.

"This is the first year that we have held classes on Columbus Day," said Karen Grava, a spokesperson at the University of Connecticut.

"This is the first year that we have held classes on Columbus Day"
Karen Grava,
spokesperson
for University of Connecticut

"The debate was over what was best for academics. We needed to create equal length semesters, so we changed the academic calendar and added more time to the Thanksgiving break, making it the equivalent of Spring Break

during the second semester."

Sacred Heart University has always recognized Columbus Day as a holiday.

"Almost every year the Faculty Senate of the university has a discussion about the academic calendar and they recommend an academic calendar to the president," said Dr. Forget, the Vice President of Academic Affairs at Sacred Heart.

"It includes, and has included every year that I have been here, and I suspect every year for many before [my arrival], the Columbus Day weekend as an extended holiday from classes including the Monday and Tuesday. It would be fair to describe it as a long standing University tradition."

"I believe that some of [the schools in session on Columbus Day] may disregard Columbus Day as a holiday due to contemporary historic controversy surrounding [Columbus] as a

human being," said a public relations representative at a local university who asked to remain anonymous.

"I am sure that none of those institutions, or mine for that matter, would attempt to schedule classes on Martin Luther King Day because of the prestige and dignity associated with his name. I think [Columbus's] greatness is now in question."

"[Columbus], of course was well known in his own time and then was forgotten for a couple of centuries... and really didn't get back to being famous until the nineteenth century," said Dr. Gradie, Professor of history at Sacred Heart. Dr. Gradie teaches an entire class devoted to Christopher Columbus.

"He [Columbus] was adopted by Americans to mean many things. I think that historians recognize that he is a controversial figure. Hundreds of books have been written about Columbus. But say you chose fifty, you could find...fifty different ways of looking at him."

"Some people see him as... a great hero and a person who discovered America for Europe. Other people, [Native Americans] for example, see him as a person who started a lot of bad things. Certainly many [Native American] groups do not think Columbus was much of a hero. He's a mixed bag," said Dr. Gradie.

"He did something that changed history and something that affected millions and millions of people throughout generations," said Dr. Gradie. "So when you have a figure of that stature, they (sic) are going to be controversial."

"The issue about Columbus as a controversial historical figure did not emerge during the Academic Affairs Committee discussion with the Faculty Senate when they were talking about the calendar," said Dr. Forget. "The

assumption was that a four day weekend about six weeks into the semester was a very helpful [break] for students living a greater distance from home. It provides an opportunity for them to make that trip home if they so desire. The driver is convenience to the student."

Many Sacred Heart students do take advantage of the long weekend. "The Columbus Day break gives me an opportunity to go home, which I'm very excited about," said Senior Kate Casubon (Dudley, MA).

"Hundreds of books have been written about Columbus. But say you chose fifty, you could find... fifty different ways of looking at him"
Dr. Charlotte Gradie,
History Professor

Junior Pat Devine from Montville is also returning home this coming weekend. "I like Columbus Day because we get the two days off," said Devine.

There are no classes on October 14. However, some faculty members are required to work on that day.

"That Tuesday is a faculty institute day on which the faculty has opportunities for their own professional development as a group," said Dr. Forget. "We do professional development together. So while the students don't have class, the faculty does have to work at the university on that day. The other driver [for the extended weekend] is utilizing the Tuesday for faculty development."

Students Question Sports Page Safety

By Melanie Petsitis
Staff Reporter

Tire slashing and stolen radios? The Sports Page in Bridgeport is one of the local bars for Sacred Heart students to come together and hang out each weekend. However, the Page is located in Bridgeport where numerous incidents have occurred to students' cars parked alongside of the bar.

During the first week of school, senior Julia Paradis (Milford) drove her car to the Page and parked on the side of the road. As she left that night with a couple of friends, she drove about 2 minutes down Park Avenue to find that her tires had been slashed.

"I felt very frustrated that my friends and I were stranded in the middle of Bridgeport," said Paradis, "but it was nice to know that people from Sacred Heart were more than willing to help us out."

After about an hour of waiting and a few attempts by other students to change the tire, a Sacred Heart graduate was kind enough to help out Julia and her friends and put a doughnut on her car.

Unfortunately, that was not the only incident that happened at the Page. Within a week of each other, senior Tonya Sweet (Marlboro, Mass) and senior Mike Boyle (Dover, NH) both had their radios stolen from their vehicles that were parked in the surrounding area of the bar.

"I don't care for it [Page] too much, their management doesn't care about the people that go there, and they didn't care about what happened last night [Oct. 1]," said Boyle. "I was and am still very pissed and I'll never drive my car there again."

"I felt very frustrated that my friends and I were stranded in the middle of Bridgeport, but it was nice to know that people from Sacred Heart were more than willing to help us out"
Julia Paradis

"It's sad that we can not go out down the street from our school without having to worry about the damage that could be done to our cars," said senior Alison Wagner from Massapequa Park, NY.

"If I didn't have to drive there, I wouldn't," said senior Andrew Oshan from Huntington, NY who feels that the Sports Page is not safe anymore due to the prior events.

"I think that certain areas of Bridgeport get a bad rap, when in reality, it isn't true," said Christopher Hanson (Wallingford) a Bridgeport Physical Education teacher. "The people that say 'bad' things about the town, are

those who have never been there before. Although the Sport's Page is located in a worse area than others, Bridgeport in general should not be negatively looked upon."

According to crime statistics from the 2001 FBI Uniform Crime Reports and the Associated Press, Bridgeport has 6,916 property crimes, which include burglary, larceny and auto theft. Fortunately, the city is dropping in crime rates from 2001 and saw a 9 percent drop in burglary, 23 percent drop in larceny, 15 percent drop in motor vehicle theft.

The FBI's Uniform Crime Reporting Program measures serious crime based on figures provided by police departments around the nation. The report found a 10 percent decrease nationally in all serious crimes.



Photo by Nick Sobanski

The Sports Page located on Park Avenue in Bridgeport.

Homecoming '03

By **Teressa Diaz-Hennessey**
Staff Reporter

This year's goal for many students that attended Sacred Heart's Homecoming was not only a time to show your school spirit, but also a time to reunite with many alumni. Many students and alumni tailgated, gathered under the alumni tent, attended the football game, and then proceeded to an outing of some sort.

"We really had a great time and enjoy attending this event every year to catch up with each other's lives"

Kristen Giniso

"All of my college friends and I met at school in one of the parking lots at 11 a.m. to tailgate. We brought snacks, drinks, and music, and reminisced about our days here at Sacred Heart. We really had a great time and enjoy attending this event every year to catch up with each other's lives," said Kristen Giniso, an alumnus from Yorktown Heights, NY.

Tailgating was not only for Alumni though. Michael Giaquinto, a junior from Fairfield and a brother of Omega Phi Kappa Fraternity said, "Tailgating during homecoming gives us the opportunity to see our alumni brothers that we don't usually see. Our alumni brothers also get a chance to bond with and get to

know better the current brothers of Omega."

Students and Alumni also attended the football game, and witnessed a record breaking victory by the Pioneers over Marist. During the game there were performances by several groups including the cheerleaders, dance team, band, and colorguard.

"It was extremely encouraging and inspiring to look in the stands while we danced and see so many school spirited students, alumni, and fans," said Lindsay Lukowski, a junior from Syracuse, NY and a member of the dance team. David Morson a junior and football player from Ocean Township, NJ, was glad to see so many students, faculty, alumni, and fans supporting them. "It's always good to come out with a win...and a school record breaker to top things off," said Morson.

All the excitement throughout the day quickly ended at school, but started up again that evening. Many students and alumni went out after the football game to their old hangouts which included South Norwalk and other bars and pubs in Bridgeport.

Lisa Cassinelli, an alumnus from Wallingford went to a bar in Bridgeport where she always used to go with her sorority sisters and friends. "We had a great time, I just wish I could do this more often, but having a full time job now doesn't help the situation much. But that's why I'm looking forward to next year's Homecoming and all the great fun that comes along with it," said Cassinelli.

A University on the Rise

By **Kacey Semler**
Contributing Writer

When the Rev. Walter W. Curtis founded Sacred Heart University in 1963, it was a commuter school, with its first graduating class of 173 students. Unbeknownst to Rev. Curtis, however, was future expansion and fruition for the educational institution. Today, with more than 6,000 full and part time students, Sacred Heart has become a renowned university.

For seniors, the past four years have brought on numerous improvements and additions both socially and academically. And, for Sacred Heart alumni reflections on their past college experiences seem obsolete.

"I've noticed so many changes over the years at Sacred Heart. From the Pitt Center, to new dorms, to the expansions on the HC and SC wings and the biggest changed the number of students. I mean everything has growing pains, but I feel that the changes at SHU have definitely been positive," said Charles Bennedum, of Bridgeport, Conn., assistant director of bands and a member of the graduating class of 2001.

In 1990, Sacred Heart became an official residential school, constructing the first on-campus dormitories, South and West Halls. Since then, it has acquired off-campus housing locations, along with the creation

of Jefferson Hill, and the most recent, East Hall, a sophomore dormitory completed in 1999. And, as the university continues to accept an increasing number of students, it continues to provide adequate housing facilities—the groundbreaking ceremony for North Hall occurred on September 13.

In addition to the new dormitories, the University's dining area has been refurbished and the cafeteria underwent major renovations. A smaller facility, "Mini Flik," offers students other cuisine options, while the Marketplace sells a variety of non-perishable food and other staples.

"Over the last few years, the university has grown tremendously. From mass on Sundays to Flik, Sacred Heart has improved," said senior, Jason Bowsa, of northern CT.

"I feel like Sacred Heart is expanding in positive ways, but that the focus may be a little off. The growth is in areas that are designed to make us more appealing to incoming students, and not necessarily dealing with the problems at hand for the existing students," he added.

Sacred Heart University was the first IBM ThinkPad university in Connecticut, requiring incoming freshmen to have a laptop computer. In 2000, the school instituted the "refresher" program, through which students trade in laptops during their junior year, in exchange for a newer, upgraded version. More

recently, Sacred Heart has gone wireless, allowing for students to be connected to the network and Internet, without having to plug into a data jack. And, with each technological advancement the school upgrades these tools—brand new Dell computers were installed this summer in the 24-hour computer lab, while Media Studies, Graphic Arts, and Computer Technology majors are provided with Macintosh laptops to better ensure their learning experience.

Although students often wander the hallways discussing various on-going issues of parking, housing, etc., some understand that change comes gradually and in due time.

"Nothing's perfect—no university is. I've seen so many improvements since I began in 2000 and I'm more proud with each change. And, in my opinion, if the class size is growing, as long as we can accommodate the students with university buildings and sufficient faculty, it will only benefit Sacred Heart," said Kathleen Hellmann, (Queens, N.Y.) a senior, who served as one of this year's orientation chairpersons.

"Ten years from now I can only hope that orientations increase in size and number, not only allowing for future students to become members of the community, but also allowing for more current students to get involved as leaders and share

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THE SPECTRUM VOLUNTEER NETWORK

Making Strides Against Breast Cancer: The American Cancer Society

- Sunday, October 19
- Sherwood Island Park, Westport

Help make breast cancer a thing of the past by volunteering. Last year, this 2.5 to 5.0 mile walk attracted 4,500 participants. Participate as a walker, or volunteer your time.

Peter Pan Children's Fund

- Sunday, October 12
- The Inn at Longshore, Westport

The Peter Pan Children's Fund is a non profit organization (national) that promotes philanthropy by young people in support of children's hospitals including Connecticut Children's Medical Center, Bridgeport Hospital Pediatrics, Children's Hospital at Montefiore Medical Center in the Bronx, and the Children's Hospital at the Westchester Medical Center. Funds also go to hospital programs for children.

Volunteers are needed to work the silent

auction and registration. There is a special meal provided for staff.

Cardinal Sheehan Center

- Saturday, October 25

The Beastly Ball - an adult Halloween costume party, complete with prizes, cocktails, dinner and of course dancing - and with a wonderful raffle to boot - all to benefit many functions in Fairfield County. First, we teach PE to parochial schools in Bridgeport and Fairfield who do not have the facilities in their school to do so. Programs include Summer Day Camp, After School and Saturday, which are open to the public, but particularly meeting the needs of the inner city youth of Bridgeport.

MMRF "Friends for Life" Fall Gala

- Saturday, October 25
- Hyatt Regency - Greenwich, CT

Honorary Corporate Chairman - Dave Burwick, CMO, Pepsi-Cola North America
Master of Ceremonies - Deborah Norville, "Inside Edition"

Contact: carrarad@sacredheart.edu

MMRF Spirit of Hope Award Recipient - Sharon Osbourne, Cancer Survivor/Talk Show Host.

Volunteers are needed for this year's black tie gala for the customary duties which include stations at the silent auction table, spotters for the live auction, raffle ticket sales, check out assistance and break down of the tables at the gala's end.

Kids Care @ The Emergency Shelter in Norwalk

- Sunday, October 26

The October Kids Care morning will focus around Halloween and the makings of a fun holiday. As usual there will be a craft table, and also a snack making table. To volunteer at this event you will only need 2 hours of spare time.

The kids love it, and appreciate all that we do. Donations of art supplies, and/or children's clothing are always welcome.

Study Abroad Goes Down Under

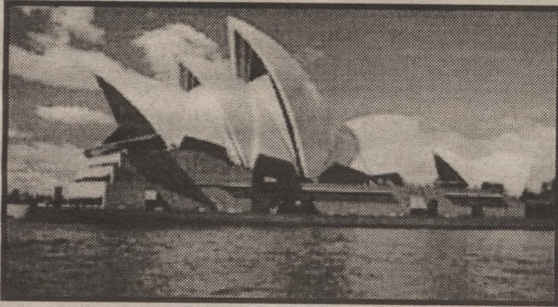
By Courtney Gotshall
Staff Reporter

For those who have not yet seen the bulletin on the Sacred Heart webpage, read the global emails sent out, or heard via word of mouth, the newest destination for students interested in studying abroad is "down under" at the University of Notre Dame Australia.

In previous years, Luxembourg was the education destination chosen, and more recently, The American University of Rome in Italy, for the Study Abroad Program. Bernie Gilmore, Director of Public Relations, reported on Sacred Heart's website that this time around, "...SHU and NDA have partnered to provide SHU students with a full and balanced university program in Fremantle, Australia, where present and past merge into a rich mix of cultures and traditions that are typical of the older university towns in Europe."

"Well, personally, I think going to Australia would be a really great opportunity. I mean, studying in another country is a

really great way to broaden your horizons and make you more worldly. After all, we do have a more global economy especially with the internet and national trade. Not to mention Australia is one of the most beautiful places on Earth and is relatively untouched in a lot of parts," said



Scenic Australia.

Contributed Photo

Kerry Shamaly, a junior from Derby.

In order to be a part of the program for this upcoming Spring 2004 semester, students must be either a Junior or Senior and have a minimum GPA of 3.0. Many courses are available for students to take up while at the University of Notre Dame Australia.

The fee for this program is what a student would pay for SHU tuition, plus an extra \$1,000.00 to use the Study Abroad Program. Gilmore also mentioned on the website that "Students are responsible for travel expenses

to and from Australia, as well as housing, meals, books, and personal expenses. Financial aid is applicable to the program." Students interested can contact Coordinator of the Study Abroad Programs, Mary Lou Roof. Sophomores can also inquire for information as well.

"Australia seems like an interesting place and \$1,000.00 extra doesn't seem like a lot of money to pay for a once in a lifetime experience down under," said Olia Yelner, a junior from Trumbull.

"I'd love to go to Australia for school if I had the money. I think it's a really great opportunity," said Jen Cyr, a junior from Cromwell.

"I think it's great...any chance the students get to go overseas is a great experience," said Colin Dailey, a junior from Fairfield.

For those interested, Gilmore has posted details of the program on the website and the Study Abroad Office is located at SC124. Also, Mary Lou Roof's email address is Roofm@sacredheart.edu. Friday, Oct. 24, is the application deadline.

El Colegio de Educacion y Profesion de Salud se enorgullece en patrocinar la celebracion del Mes de La Herencia Latina en la Universidad de Sacred Heart. El Colegio esta dedicado a la diversidad de sus estudiantes, facultad y empleados. Ofrecemos programas en Educacion, Entrenamiento Atletico, Ciencia de Ejercicio, Enfermeria, Terapia Ocupacional y Terapia Fisica.

Para informacion relacionada con clubes y organizaciones de estudiantes, favor de comunicarse con:

Presidente del Club de Pre-Terapia Fisica: Rachel DiBenedetto, e-mail: R-DiBenedetto@sacredheart.edu Tele fono: 365-4437

Presidente del Club de Pre-Terapia Ocupacional: Angela Notaristefano, e-mail: A-Notaristefano@sacredheart.edu Tele fono: 718-344-8340

Para informacion sobre los programas, favor de comunicarse con:

Dr. Michael Emery, Terapia Fisica: 365-7656
Dr. Pamela Levangie, Terapia Fisica: 365-7656
Janet Betts, Terapia Ocupacional: 365-7682
Departamento de Educacion: 371-7800

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University Expansion

Continued from page 4

their experiences with others," she added.

Prospective students can choose from 31 various majors and 15 graduate programs. Throughout recent years many academic divisions have received accolades and accreditations, while others are expanding, such as the newly formed department of Media Studies and Digital Culture, and the Human Movement and Sports Science program.

Student Life has also expanded to accommodate the diverse needs of the Sacred Heart community. New clubs and organizations, like SHU Force, a non-competitive dance group, Zeta Iota Lambda, a sorority founded last May, and Sunshine Kids, a

community service based program benefiting local children, have all added to the menagerie of extra-curricular activities.

The William H. Pitt Center was established in 1997 (before this athletic center, was the old gym—known as the University Commons) equipping the University's 32 Division-I teams with cardiovascular and strengthening machines, in addition to providing a recreational center for students.

"Knowing some of the plans the university has for the future, I know SHU will continue to grow and it will be positive for the university and the surrounding area. I definitely feel more proud of being an alumnus. Seeing where the university was 8 years ago and where it is now, it's amazing," said Benedum.

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EDITORIALS

Contact Editor-in-chief, Kerry Freel, with editorials at:
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"Queer Eye" Not For Every Guy

Dear Editor,

As reality TV sinks to new lows, network executives have once again found themselves a new cash cow: "Queer Eye for the Straight Guy," a remarkably fresh and utterly offensive new series flooding popular culture. Sure the show is a major success, but at what price?

In a society that caters to special interest groups and attempts at all times to be PC, it is a wonder that this show has

not been viciously attacked as an offensive stereotype of a group that struggles for a respectable identity.

While I'm not surprised that no condemnation has come from conservative quarters (White males apparently don't have the right to be offended.) I cannot believe that the gay community has embraced this new show as a positive reflection of their lifestyle.

Though the stereotype of gay men as notoriously good dressers may not be the worst of all stereotypes, it remains a stereotype.

*Without question,
there is more to the
gay community than
their abilities to color
coordinate accessories
and spruce up poorly
decorated rooms*

Is every gay man a great dresser? Do they waste their days reading fashion magazines and designing their own jeans?

Without question, there is more to the gay community than their abilities to color coordinate accessories and spruce up poorly decorated rooms. What about jobs? Do gay men work? Do they have concerns other than the what's hot and what's not? Not according to "Queer Eye..."

While the show is obviously offensive to the straight male community (Some men can actually dress themselves without assistance.) It should be obvious that "Queer Eye..." is even more detrimental to the image and attitude towards the gay community.

It never hurts to have good fashion sense.

There is nothing wrong with flamboyant behavior. However, "Queer Eye" wrongfully exploits the gay community and takes away any hope they have of being recognized as ordinary citizens as opposed to "queers."

Respectfully,

Steve Horvath

Class of '04



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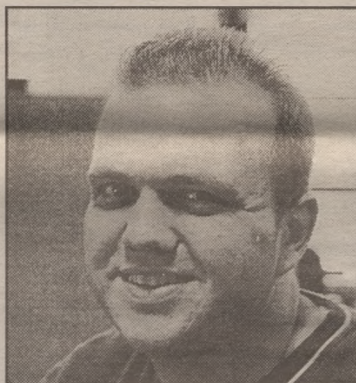
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The SHU Voices

Compiled by Robert Trenske

What are your plans for Columbus Day Weekend?



"A lot of sleep and a little studying."

Raymond McKeon
New York City
Junior



"We are going to the parade in NYC and then we are going to spend time with our sisters, Beta Delta Phi!"

Brittany Lockhart (Top)
Fairlawn, NJ
Sophomore
Kimberly O'Kane (Bottom)
Stony Point, NY
Sophomore



"I would say studying and resting up for midterms, but knowing me, I'll probably do everything but that."

Allison Hecht
Wallingford, CT
Junior

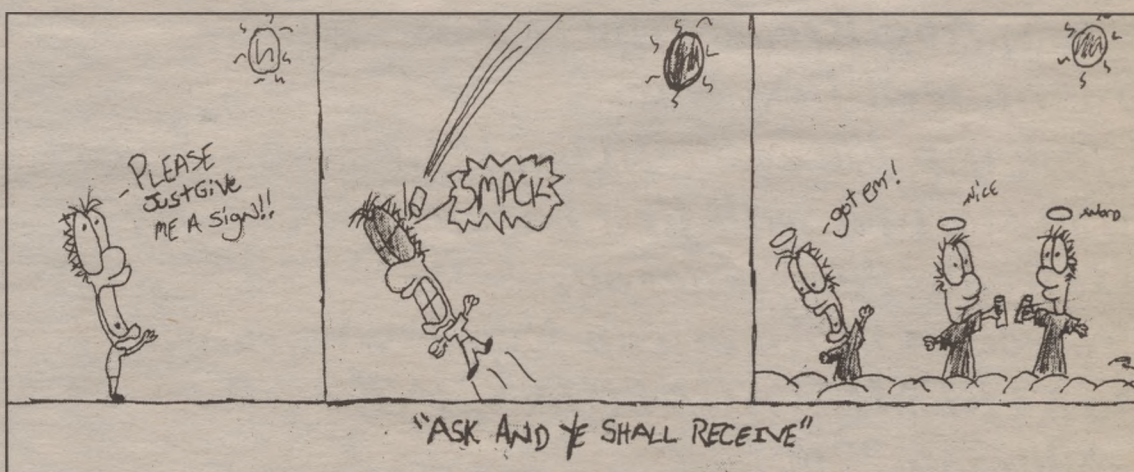
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By Patrick Reinhart

Everything I Wanted: Meeting Vertical Horizon

By Kerry Freel
Editor-in-chief

One day I was sitting in my house in New York, just doing some homework, when my oldest brother, Mike, comes into my room and proceeds to pop a cd into my cd player before I realize what's going on.

"You've got to listen to this. I really think you're going to like this sound," Mike explained. So I cast my books aside and listened as the mellow melodies filled my ears.

"What group is this?" I asked.

"Vertical Horizon," my brother replied.

"I barely live in the guitar world"

**Sean Hurley
Vertical Horizon
Bassist**

A friend of his in the music business gave him a copy of the Cd, and he had liked it so much that he shared it with me.

Ever since that first listening, I've been hooked on the group! The album my brother played for me, "Everything You Want," was not the band's first album, so I went online and ordered the earlier albums as well.

I loved all the different songs; the lyrics really hit home and made absolute sense to me. I even got to order some rare CD for myself, with four tracks on it, including an interview with the band from the late '90s, because one of the CDs I'd ordered had this form in it that allowed me to do so. It had songs on it that have never before been released on an actual album of the band's, like "Glass Waltz."

So eventually I heard that

the Barenaked Ladies would be performing at PNC Bank Arts Center, a concert venue in New Jersey, and Vertical Horizon was scheduled to open. My brother, his wife, and I all went to the show and had a great time.

But I was sort of disappointed that I only got to hear the band perform about 6 songs, since they were the opener.

I didn't see the band again in concert until last May, at Mulchay's in Wantagh, on Long Island, New York, with my college roommate. This concert was definitely one of the best times I've ever had. Vertical Horizon played for about two hours and since we'd arrived so early, my roommate and I waltzed right up to the front row of the place where we had a great view for the entire show!

Now that you understand how much I enjoy the band and their music, you can appreciate my excitement when I got to meet them and interview bassist Sean Hurley last week at their performance at Toad's Place in New Haven.

After a few phone calls and a few e-mails, I was given permission to interview Sean Hurley at 5:30 p.m. My roommate and I arrived early at this concert too and were allowed in to listen to the band's sound check with family and friends of the band and their touring crew. I was on cloud nine!

We were looking through a sort of fence that Toad's Place has up and the band was waving to us and smiling in between songs. At sound check's conclusion, we were introduced to Sean Hurley!

We sat in a booth at the venue and discussed the electric base, which is definitely different than a standard guitar. Hurley said, "I barely live in the guitar world." He explained that his instrument is an octave lower than a guitar and performs a completely different function for

the music in the band. Owning a "gluttonness" 32 of these specialized instruments throughout his life, Hurley explained that he bought many but acquired some in other ways.

"I've gotten so many free ones. I went from owning five or six to 25 really quickly... Every one has its own personality... If you get a free instrument you can say you've arrived successfully in the music world," Hurley explained. He owned his first base at the age of 11.

I was surprised that he did not have any musical influences in his family, because I thought most musicians did.

"Everyone in the band has a little musical heritage. I have absolutely none. Not even a grandparent. We had a neighbor who lived up the street who was a drummer," Hurley explained. His neighbor had a brotherly type of influence on Hurley's musical career.

I can only imagine how insane a band's touring schedule must be, and Hurley put it in perspective for me.

When there's too many cooks in the kitchen, from my experience, it can get a little funky... Matt is our fearless leader and we push, upset, yell, cry, and all get our needs met musically"

Sean Hurley

"I'm not getting up until like, 11:30, 12. There's an energy, that the workday starts at 9 o'clock [pm], so I'm up until 2 or 3 [am]. I want to watch a little TV and try to have a little glass of wine after work... wine is good for us. It's hard, but you have to be a noc-

turnal creature, and consequently you miss out on the earlier part of the day; it's a sacrifice," Hurley said.

"We're on a rolling house in the bus. All of our stuff is in a small space, with eight or nine guys... When you get home you get to stretch out," he explained.

Hurley recently got married to a woman he's been with for over four years. He explains that she does not just "tag along" on the tour with him but leads her own life. "Everyone has to have their passion," he said.

How a song actually comes together is something that I've always wondered about and Hurley explained the procedure Vertical Horizon uses.

"We've created this pattern. The seed comes from Matt, we've all agreed, as most bands do, that this man is our leader. When there's too many cooks in the kitchen, from my experience, it can get a little funky... Matt is our fearless leader and we push, upset, yell, cry, and all get our needs met musically," Hurley said. So this involves compromising, advising, and listening. Everyone brings his special talent to the table and combines in a way everyone in the band enjoys.

Some songs are created and then put on the backburner. There's a prime example of this on their newest album that their tour is promoting, "Go," called "Goodbye Again."

"We worked on [Goodbye Again] back when we were doing "Everything You Want," and we vetoed it... Then it came up again four years later. We were in a different place. It's funny how the band is an organism. You grow as a team. That's what this new record is to us, it's our evolution. This album, "Go," is where we are now," Hurley said.

Before performing the band doesn't have too many set rituals. Hurley likes to brush his teeth or swish mouthwash fifteen minutes

or so before showtime and the band always huddles, Hurley explains, and asks, "Who're we rocking for tonight?" and they come to a decision based on what family members are in the audience or whoever they are in the mood to "toast" to.

After the interview my roommate and I got our pictures taken with Hurley and he signed an album cover for my brother (don't tell him, it's a surprise!). Then after the show each band member signed a shirt for me and a press pass for my roommate.

The show was an amazing blend of new and old. They played songs from early on in their career, "The Man Who Would Be Santa," "On The Sea," and "Heart in Hand."

"...the band is an organism. You grow as a team. That's what this new record is to us, it's our evolution"
Sean Hurley

Then they also played a bunch of songs from "Everything You Want" like "We Are," "You're A God," "Everything You Want," "Best I Ever Had," and "Shackled." And of course they performed many songs off their newest CD, "Go," like the song they opened with, "Inside," "When You Cry," their newest single, "I'm Still Here," "Forever," "Sunshine," and the song Hurley mentioned during the interview that has been around for a while and re-surfaced, "Goodbye Again."

So now, other than graduating, getting a job, getting married, having kids, and buying a house, my life is complete. I met my favorite group and got some great mementos to help me remember one of the best nights I've ever had!

Students May Get More Than Tuition Covers

Tick tock. The time was trickling by. With tip of the pen pressed on the paper and the other end of it pressed against my forehead as if digging a hole to outflow words,

After agonizing over what to write about, I couldn't write.

I waited agonizingly for something to happen that would charge life into my brain.

Suddenly, aha! Parking space. Yes, that's what I will

write about. As soon as I attempted to write the first letter on page, a pain so sharp shot through the nerves in my wrists that the pen slipped through my fingers. The pulse in blood veins pounded hard in my thin wrists as if on the verge to explode. Carpal Tunnel Syndrome!

After agonizing over what to write about, I couldn't write.

The table is just a couple of inches shorter than my shoulder and the chair is so low forcing the writer to lean the upper body at the shoulder length on the table, rest the forearms and wrists while writing or typing.

This causes tiredness and

will lead to shoulders to hunch up. Carpal Tunnel Syndrome is caused by a pressure in a nerve in the wrist.

One of the ways to treat the pain is to either limit the activity that involves usual movements such as writing [or] typing...

In the beginning you may not realize that this can be a serious problem, because at first the

pain seems to come when you are tired.

But the more you type or write on these kinds of tables and chairs, the worse the pain will get until it hurts to even move the fingers. In my case it took a few years. Sometimes, instead of pain there is numbness, tingly feeling in my fingers, or hand.

One of the ways to treat the pain is to either limit the activity that involves usual movements such as writing, typing or working on something small that requires hands and fingers to stay in same position.

But that is nearly impossible for a college student as there are

always assignments to write or type. Sacred Heart should provide comfortable work chairs and tables to ensure students' safety.

Sacred Heart should provide comfortable work chairs and tables to ensure students' safety.

Contributed by Sharmila Munver

One Man Band Rocks Sacred Heart Financial Assistance

By **Brandon M. Graham**
Staff Reporter

Strip away the titles husband, father, and Co-Director of Undergraduate Financial Aid and what you will see is Jeff Pietrangeli, a 30 something Italian-American with a love for playing instruments, writing music, and a passion for Rock-n-Roll.

On his musical influences, Pietrangeli notes, "My dad was a good influence and he is also a musician. He would play The Beatles and other 60's music."

Pietrangeli has always had an appreciation for music and has been playing an instrument since he was five years old.

"There was always music on in the house so playing an instrument and singing in the choir was almost a nature progression. I've always had the ability to learn songs without ever reading music," comments Pietrangeli.

Pietrangeli alluded to how his boyhood dreams materialized into various bands throughout high school and college, but how he never thought of pursuing music a career or as a major.

Currently residing in Trumbull Pietrangeli enjoyed growing up in Bridgeport where

he attending John Winthrop, St. Andrews, and Notre Dame High School. He eventually graduated from Sacred Heart University with an undergraduate degree in

turned out. Pietrangeli spent his first year of college at Fairfield University. However, while taking a summer course here at Sacred Heart, Dr. Dhia Habboush

Surgical in North Haven.

"I found the work very unsatisfying. I was basically in a lab with a machine all day," comments Pietrangeli.

ing his 10-year stint at the university, beginning in the cashier/student accounts office for his first six years, Pietrangeli has begun toying around with the idea of utilizing his Masters in Education background in the future.

But he was quick to comment, "Teaching is a possibility, however, I am very satisfied with my current job. It's very rewarding to assist students through the four-year financial aid process."

Pietrangeli confesses that a large part of what makes his job great is the daily human interaction and the sense of community on campus.

"I have been able to develop relationships with families and have helped them understand the process, making them feel a little bit more at ease," states Pietrangeli.

With a consistent number of students both young and old spinning the door of his office, Pietrangeli has been able to ask them what they think of his own music.

Omar Wellington, a senior point guard from Lawnside, NJ says, "[Pietrangeli's] music is certainly entertaining and I think the more he defines his target audience the more successful he'll become."

See "One Man Band"
Continued on page 9



Photo by Robert Trenske

Jeff Pietrangeli, Co-Director of Undergraduate Financial Aid, has a passion for making music.

chemistry, biology minor, and a Masters in Education.

Although Pietrangeli admits that studying chemistry was not one of his passions, it sure has proven to be a key catalyst in the shaping of how his life has

and Dr. Babu George assisted Pietrangeli in his efforts to get a great financial aid package, encouraging him to further his education at Sacred Heart. After completing his undergraduate work he began working for US

Currently Pietrangeli can be found on the first floor of Curtis Hall, neatly tucked away in his corner office. As Co-Director of Undergraduate Financial Aid he oversees the financial aid process for upper classmen. While enjoy-

Bars and Restaurants Snuff Out Smoking

By **Vanessa Rubino**
Staff Reporter

Are you sick and tired of battling with second-hand smoke when you enter your favorite restaurant? Maybe you are angry that you will not be able to light up a smoke at your local bar. Restaurants and bars across the state are posting no smoking signs and stowing away ashtrays in accordance with new smoke-free legislation.

The Connecticut House of Representatives recently passed a law to ban smoking in all workplaces, including restaurants and bars statewide. Connecticut is the fourth state in

the nation to pass smoking ban legislation, following California, Delaware, and New York. Those who support the legislation argue that it is a breath of fresh air and a chance to force smokers to lead a healthier lifestyle. Opponents of the smoking ban argue that the new rule could hurt commerce and close businesses. Cerina Savino, a senior from West Haven, who works at both a restaurant in New Haven and a bar in South Norwalk, believes that it protects the health of the employees and patrons. "I love it, but I am worried that it may slow down business," said Savino. Like many others, Savino worries that the ban will force smokers to visit other businesses. "I think that it may prevent smok-

ers from going out or force them into private clubs where smoking is allowed," she continued.

"I love the fact that I can go out now and actually breathe. It's hard to have a good time when you're coughing from second-hand smoke"

**Laura Senenko,
Senior**

The smoking ban requires restaurants, bars, and indoor workplaces to become smoke-

free. The ban applies to any businesses with five or more employees are required to provide a smoke-free work environment. Although the legislation is comprehensive, there are ways for some businesses to get around the rule.

The legislation is different for businesses with five or fewer employees. These small business owners with five or fewer employees must provide a smoke-free workplace upon the request of one employee. State casinos like Mohegan Sun are exempt from the ban due to a special casino permit that grants smoking on the premises. Foxwoods Casinos recently applied for a similar permit. The state granted the casino and resort a provisional permit at the end

of September that will last for ninety days. Clubs throughout the state are also exempt from the ban unless they received a club permit after May 1, 2003.

The ban was enacted in bars and restaurants on Oct. 1, 2003 and establishments with café and tavern permits will be forced to become smoke free on April 1, 2004. Many students have noticed that their favorite hang-outs still allow smoking. This is because the average Connecticut bar holds a café permit. Approximately 780 restaurants and bars across the state have café permits, which allow smoking for the next six months. "I love the fact that I can go out

See "Smoking Ban"
Continued on page 9

SHU Student Reflects on Walk for Cancer

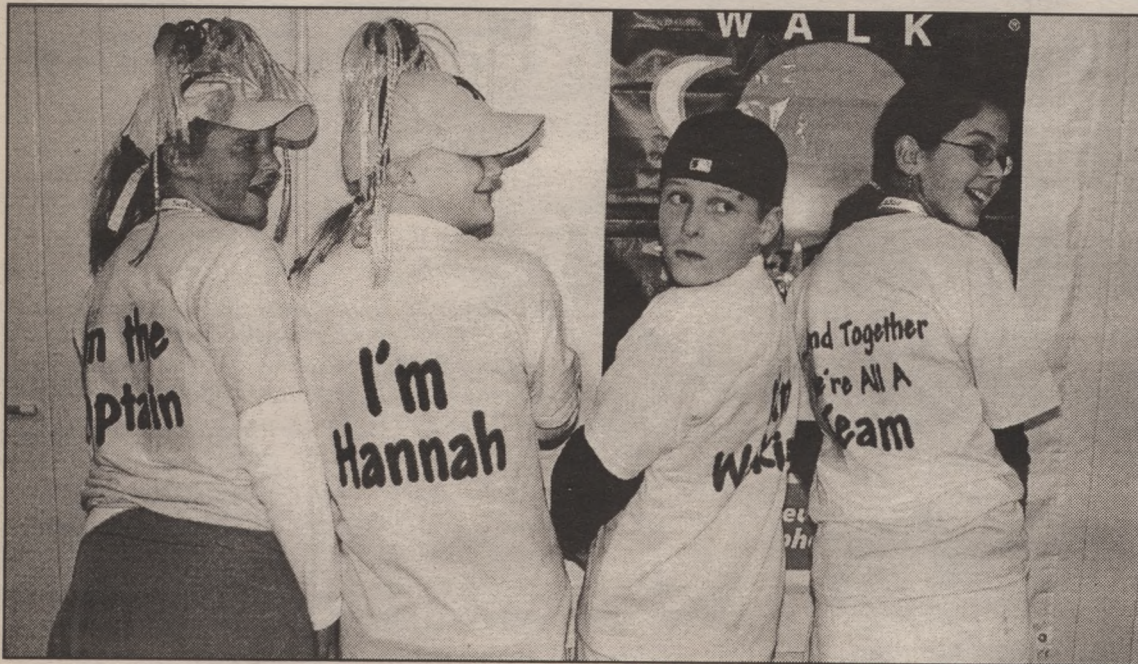


Photo by Deborah Carrara

The "Team Hannah" walkers at the Leukemia and Lymphoma's Light the Night Walk show-off their lime green shirts, which they wore in honor of friend Hannah Kollar who has leukemia.

By Deborah Carrara
Staff Reporter

Two thousand people stood there. Two thousand people, all listening to the story of a young girl faced with challenges like never before. In the chill of the evening, we all heard the story of "Team Hannah."

One month ago, Hannah Kollar, an 11-year-old student at Tomlinson Middle School in Fairfield, learned that she had leukemia. It was then that her best friend, Olivia Diffenbach, knew that she had to do something. Organizing friends, family and schoolmates alike, Diffenbach began her quest to raise as much money for the Leukemia & Lymphoma Society as she could. They all participated in the Society's Light The Night Walk in honor of Kollar.

Proudly wearing lime-green team shirts Kollar's supporters walked side by side for their friend in need. In one month's time, Diffenbach's goal of 200 walkers was surpassed, and ultimately became a force of 260. Collectively the walkers raised \$18,000 for the walk; they raised it to find a cure for Kollar.

Minutes later, another story is told to this troop of many, gathered on this clear night. Joey Caruso was also abruptly pulled from the joyful childhood all children deserve. Caruso is a 13-year-old student at Hillcrest Middle School in Trumbull. He was diagnosed this year with leukemia.

It was Kenny Piccolo, Caruso's best friend, who formed the "Friends of Joey Team." Piccolo did little, other than

homework and fundraising these past few months, working hard to raise as much as he could before the Fairfield walk. Piccolo's efforts resulted in him personally raising \$4,423 for the "Friends of Joey Team" and the search to find a cure.

On this night, Caruso finds himself surrounded by friends and family, love and support, right in the middle of an annual walk and fundraiser. Too weak to walk the 2-mile track through the waterfront community of Fairfield, he rode in a police car and watched two thousand people light the night with illuminated balloons for him; for him and Kollar, as well as thousands of other people around the world.

Leukemia knows no boundaries, we can be certain of that. For each victim there is a story. For each victim, there is a family that once trusted in the "routine of today" continuing tomorrow. For these families comes a new perspective and a new "routine."

I find myself doing the photography for the Light The Night fundraiser again this year. Perhaps it is because of focusing my camera on the faces behind each story, I find myself drawn in so close to the people that take fear and turn it into strength. Kristen Koenig, a survivor whom I recognize from the Light The Night Committee kick-off party last February, is not only in attendance, but makes her way to the podium. She smiles to the crowd as she composes herself and looks out to their faces.

"I can now say, I will be here to celebrate my thirtieth birthday in four days," Koenig comments. She is radiant and filled with emotion as she shares with us conversations she has had with

her father, a man who has obviously been a mainstay of support for her since the beginning of her illness. Fondly, referred to as "Klicker" by friends and family alike, she is celebrated as her team, "Sunflower Friends," walked in her honor again this year. This time, this red headed beauty did not need the assistance of a wheelchair and was able to walk beside them; this time they raised \$33,000.

In the background, I see Wendy Logan, the Campaign Director of the Leukemia & Lymphoma Society's Fairfield Chapter. She stands listening to Koenig speak on this breezy night at the Pavillion. I can see Wendy, smiling happily for Koenig, and touched by her words. I know how devoted she is to each and every one of the survivors and their families that she has come to know. She has relied on hard working staff members and volunteers year after year in order to run a successful event.

This year, her efforts were realized when over two thousand people came together on this night, and raised more than \$160,000 to fight blood related cancers. This year, the community came together for people like Koenig, Caruso, and Kollar in unprecedented numbers, and their actions spoke in volumes.

It is this kind of spirit that we need to celebrate. It reminds us that we as a community are better when we are a team; when no one is left to stand-alone. We are better as a people, when we unite with a common goal; for in that common goal we can challenge ourselves and offer our personal best. I witnessed just that, on this night of two thousand people.

One Man Band

Continued from page 8

"Anyone that comes into this office, whether a student or work-study, is asked if they wouldn't mind coming and giving a listen to his newest track and then offering some constructive criticism," adds Mike McLaughlin, Co-Director of Undergraduate Financial Aid.

Pietrangeli describes his music as, "A cross between folk and rock. It is very different than anything out there now."

Also included in his repertoire is his ability to entertain and contribute to the inspirational music genre that has catapulted him into success with various churches in the Bridgeport area and has secured him a permanent position in his church's full piece band.

"[Pietrangeli] does a variety of music, even some inspirational music which I feel is reflective of his own life because he is a spiritual person," comments McLaughlin.

Pietrangeli recognizes that a great deal of his writing is a combination of introspection and observation of everyday life. Whether he is enjoying a train ride to New York City or a walk around campus, he can always be found with a pen and paper in hand.

"I do a great deal of writing from my own experiences. A lot comes from my own personal relationships with friends, family, and just watching people interact in American culture," asserts Pietrangeli.

A considerable amount of his writing is based on true life, real events, and having to deal intimately with real feelings and emotions. Pietrangeli's honesty and ability to convey a sense of

sincerity in his lyrics is what makes his music unique, and also adds to the artist-listener connection.

"His music is trans-generational. His newer tracks have been an attempt to become more contemporary and appeal to a younger audience," states Kelly Betts, Director of First Year and Transfer Students Financial Assistance.

Pietrangeli also plays all the instruments, including the drums, guitar, keyboard, and harmonica, that are on his tracks. He is completely involved in the process from the creation of the music to the actual production and performance.

"[Pietrangeli] is very comfortable in front of an audience, it seems somewhat natural for him," adds Betts.

"I am open to positive and negative criticism. I don't think an artist can truly grow without people constantly critiquing their work. I want to produce the best music I possibly can and the criticism contributes to that process," adds Pietrangeli.

A selection of his music can be found on www.mp3.com under his stage name, Jeff Dittiro, which he figures is a lot easier to remember. Pietrangeli has encountered success on the website reaching number one in the town of Trumbull and the top ten in Connecticut.

"I was able to find his music on mp3.com and he has been such a good advisor these past three years and to see that he does more than crunch numbers was a real treat," comments Marjorie Petit, a senior nursing student from Boston, MA.

Pietrangeli encourages the Sacred Heart community to go online and critique his music and offer feedback.

Smoking Ban

Continued from page 8

now and actually breathe. It's hard to have a good time when you're coughing from second-hand smoke," said Laura Senenko a senior from Nanuet, NY.

"They implemented it in New York a while ago, and I think it is a great idea that Connecticut is doing the same thing," said Senenko. Health experts argue that phasing out public smoking will make it easier for smokers to quit. Yet many smokers believe that it takes away their right to enjoy an evening out on the town. "I think it is a good idea, but at the same time I think it infringes

on the civil rights of smokers," said Courtney Cannon, a junior from Ottawa, Canada.

"They should have separate rooms so that it gives people a choice on whether or not they are exposed to smoke," continued Cannon.

Many restaurants banned smoking before legislation required them to do so, but some restaurants and bars think that the smoking ban could easily put them out of business. This new legislation is a landmark decision that will affect both smoking and non-smoking residents alike, leaving restaurants and bars waiting for the smoke to clear.

Maria Trades Sesame Street For Park Avenue

Patrick Scalisi
A & E Editor

If there is one constant that has profoundly marked childhood in America for the past thirty years, it is "Sesame Street." Almost everyone has grown up watching the show that has so permeated pop culture that it continues to run new episodes more than *thirty* years after its inception. Marked by constant reinvention throughout the years, "Sesame Street" continues to influence each new generation of American children.

On October 1, Sonia Manzano—best known for her role as "Maria" on the legendary television show—paid a short visit to Sacred Heart University to give a lecture entitled "1...2...3...Who Put Latins on TV?" One of many events scheduled in celebration of Latino Heritage Month, Manzano's lecture touched upon the importance of having strong role models from a wide range on ethnicities present in early childhood education. Before her presentation, however, Manzano was gracious enough to set aside a few moments to speak with me about her life experiences, her role on "Sesame Street" and sev-

eral projects that she has planned for the future.

"Writing eliminates anxiety and you only need yourself," states Manzano as she describes the differences between her dual jobs on the "Sesame Street" set. Since 1981 she has written as well as acted for the show and continues to maintain a passion for her art. She goes on to say that, "You don't need a lot of people to be creative. You can write all day, all night, as long as you want and there's no one to tell you what to do or how to do it. I just find writing so liberating." Manzano smiles in contentment on adding this last bit of information.

An aging star of television and theater, Manzano is very down to earth and quick to laugh. She is the kind of actress that has not let fame go to her head and informs me that she stores her dozen plus Emmy awards under the piano in her home. Not at all difficult to converse with, Manzano asks polite questions about the school and my major. Even the fact that we are holding an interview in an unfinished conference room doesn't seem to dampen her spirits.

"I was on ['Sesame Street'] about ten years," she begins again. "I started out performing and I loved the show so much and



Mrs. Sonia Manzano during her visit at Sacred Heart.

Photo by Robert Trenske

I wanted to know more about it. I started to question the Hispanic bits...and the producers said 'Ok, if you think you know what you want to do, how about trying it yourself?' And that's exactly how I started writing."

Manzano's writing for "Sesame Street" helped to fill a void that she had felt as a child. Both during the interview and

her lecture, Manzano adamantly expresses the lack of Hispanic influence on television when she was a child. "There were no people of color on television when I was a kid," she says. "If you saw someone of color on television, you would scream and yell for your parents to come in and look because it was so shocking." Indeed, "Sesame Street" was one of the first television shows *ever* to showcase something other than a white family living in harmony, and with Manzano's introduction in 1971 there was now not only an African-American couple featured, but a Hispanic one as well.

Manzano also credits her writing for "Sesame Street" with giving her a more intimate look at the inner-workings the television world as well as an outlet with which to express her unique point of view. "I write from myself," she says and this, indeed, does seem to be her motto. Drawing from her own childhood experience of growing up in the South Bronx, Manzano incorporates a good deal of her family life—both past and present—into her writing. She even has two children's books in production, the first of which is entitled, "No Dogs Allowed," and is slated for early 2004. Manzano slyly notes

that the book may or may not be drawn from a real-life event that happened to her family.

Manzano's presentation at Sacred Heart marks the near-end of her lecture circuit, which will finally conclude when the new season of "Sesame Street" begins filming in only a few short weeks. Overall, she feels that minorities have made great strides in the mass media since her childhood days, but also indicates that there is still work to be done.

"There's still a curious kind of stereotype," she says in relation to a few instances that she has observed in film and television of late. "Everybody makes assumptions...and we all have to work on not making those assumptions."

The best roles, Manzano says, have nothing to do with ethnicity, but everything to do with being human. Actors, actresses, and celebrities need to convey what their humanity asks of them—as a spouse, a parent, or a neighbor—and not merely their ethnicity, she notes.

And, as for her favorite star that's ever paid a visit to "Sesame Street?" "The ones that made the most impression on me are the musical stars, [especially] Stevie Wonder and Tony Bennett. They were classys guys."

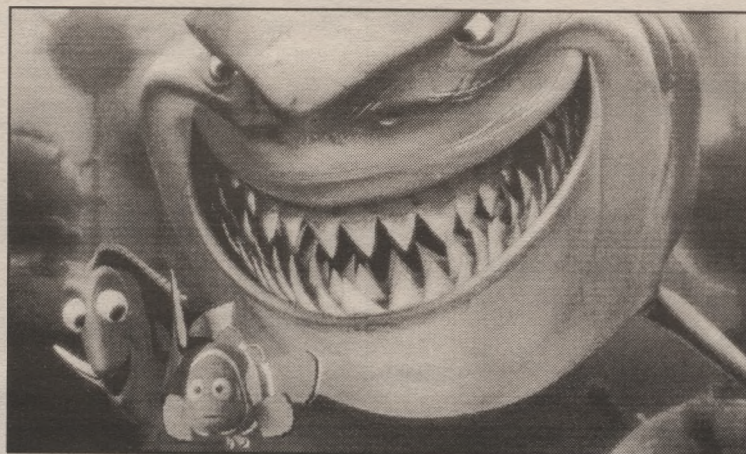
Students Await Video Release of Summer Hits

Jess McCann
Staff Reporter

The anticipation for holiday shopping will soon begin again as autumn quickly approaches and people wait for the newest movies to be released at video stores. Between October, November, and December there are a number of summer box office hits that will become available for purchase or rental on DVD and VHS.

The first of these high-profile releases is the second part of a highly-anticipated sci-fi trilogy. In less than a week, "The Matrix Reloaded," starring Keanu Reeves, Laurence Fishburne, and Carrie-Anne Moss will be available in video stores around the country.

"I'm personally looking forward to seeing 'The Matrix Reloaded' because I never got the chance to see it in the movies. And Keanu Reeves is hot!" exclaims freshman Enid Velez



"Finding Nemo" is just one of many summer blockbusters set for a holiday release.

Photo courtesy of Disney/Pixar

from Bridgeport.

Also set for an upcoming release is Disney/Pixar's CGI film "Finding Nemo." Featuring voiceovers by the likes of Albert Brooks, Ellen DeGeneres, Willem Dafoe, and 9-year-old Alexander Gould, "Finding Nemo" will become available on November 4, alongside Reese Witherspoon's romantic hit sequel, "Legally

Blond 2."

"'Finding Nemo' is the movie I'm looking forward to renting because it was the best movie that was out this summer, and was definitely the most entertaining," says sophomore Kate Gruber from Staten Island, NY.

"I want to see 'Finding Nemo' again," explains sophomore Mike Accetta from

Naragaskit, RI. "I thought that it was a really funny and well-made animated movie."

Other favorites among students include "Bruce Almighty" starring Jim Carrey and "X-Men 2," both due to hit video stores on November 25.

"I haven't seen 'Bruce Almighty' yet but I heard it was a really good movie and that it was really funny," states senior Vivian Comacho of Bridgeport. "I've been waiting to rent it."

"I'm a big fan of Jim Carrey's so I really want to watch 'Bruce Almighty' again. I thought it was hysterical," agrees sophomore Jim Schmidt of Middlefield.

Alinafe Mpanda, a sophomore from South Africa, chimes in with a different opinion: "I have to say I want to see 'X-Men 2' again because the plot was [excellent]. I don't really like action packed movies but this one was good."

Other summer hits that are still awaiting video release are "Terminator 3: Rise of

the Machines" with Arnold Schwarzenegger on November 11, "Tomb Raider 2: The Cradle of Life" on November 18, "Pirates of the Caribbean: The Curse of the Black Pearl" on December 2, and "The League of Extraordinary Gentlemen" on December 16.

"I really want to see 'Terminator 3' says freshman Frank Balestriere on the multitude of releases. "I think it's the best out of all the [Terminator movies]."

"I enjoy action packed movies, and 'Pirates of the Caribbean' is a movie I really want to see," says Josh Enos from Paulsboro NJ.

With so many choices set to hit stores in only a few months, renters will be lining up to get their fix. Whether your tastes gravitate toward action blowouts, sci-fi thrillers, or romantic comedies, one thing is for certain: this holiday season will have a movie for everyone.

Is There Any "Real" Left In Reality TV?

Jennifer Motisi
Contributing Reporter

The reality era reached its peak a few years ago with the debut of shows like, "Survivor" and, "The Bachelor," but that hasn't stopped networks from cranking out new reality series with each passing season. All of these new shows cause much speculation, but how "real" are they?

"The Osbournes," a series which followed rocker Ozzy Osbourne and family through events in their lives, premiered on MTV two years ago. The show was an instant success and the public was interested to see what kind of crazy stunts the family would perform. Much of the show circulated around fights in the Osbourne house, typically

that "Newlyweds," like "The Osbournes," is edited to make the characters appear a certain way. Again, one fight will be filmed and then stretched over several episodes. By filming all of Simpson and Lachey's respective moments of stupidity and seriousness, and condensing a years worth of footage down to several hours, these moments seem to define the characters.

"American Idol" also created quite a buzz last year when Ruben Studdard just barely beat Clay Aiken for the Idol championship. In the last episode of the show, while host Ryan Seacrest announced the margin between the votes, audiences were made to believe that the difference between the two contestants was only a few thousand tallies. Seacrest later corrected himself with a much larger figure. (It is interesting to note that first sea-

Studdard and Aiken's albums were both pushed back, with Aiken's set for release first on October 14; Studdard's would follow more than a month later on November 25. Was the show fixed in Studdard's favor, or did interest just switch to Aiken after the finale of the show?

Finally, a new dating series entitled "Cupid" premiered on CBS over the summer which focuses on Lisa Shannon and her search for a potential husband. Hundreds of men tried out for a spot on the show and the contestants were narrowed down to thirty within the first few episodes. It was around this time that Robert, a fitness model, emerged as one of the more controversial and strange men of the bunch. Robert's antics—trying to untie Shannon's bathing suit top, singing to her, and picking a fight with her in front of his friends—all caused people to wonder why he ended the season in second place.

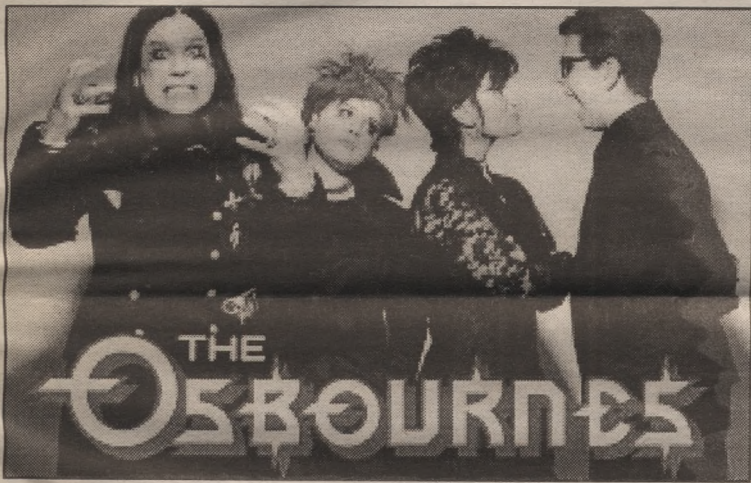
Interestingly enough, Robert has appeared on several other reality shows. On one episode of "Last Comic Standing," cameras spotted him flexing on the beach and scouts asked him to be a member of the audience. Soon after, he appeared on an episode of E!'s, "Girls Behaving Badly," stripping for a crowd. And most suspicious was his stint on "Blind Date." Robert, who appeared pleasant and sensitive, if a bit odd, on "Cupid," was showcased on "Blind Date" in a much different light. Wearing a tiny Speedo bathing suit, he was filmed in a heavy lip lock with his date, and later inferred that the two of them had slept together after the show. Was Robert really as interested in Lisa Shannon as he seemed, or was he simply looking for publicity?

The reality factor of a reality show may never be determined. Most dating shows such as "The Bachelor" and "For Love or Money" are said to be fixed and scripted. "The Real World" and "Fraternity Life" are believed to set cast members up for fights and controversial moments in order to maintain viewer interest. According to studio executives, the public is interested in reality shows because they can watch the interesting moments of other people's lives. But is what the public is seeing just as controlled as a staged and scripted sitcom? We may never know how true the "real" in reality is.

son winner Kelly Clarkson beat competitor Justin Guarini by several million votes). Consequently, Studdard and Aiken released their new singles at relatively the same time.

An interesting parallel emerges when one examines the singles that each of the Idol contestants sing. It is a little known fact that Studdard's song "Flying Without Wings," is actually a remake. The song originally appears on the 2000 self-titled album of a pop group called Westlife. Consequently, Westlife, which had become extremely popular overseas, was put together and produced by Idol judge Simon Cowell.

So, while Studdard was forced to sing a remake of a fairly new song, Aiken was granted a brand new one. Also strange is that fact that their albums were originally scheduled to be released on the same date. The first season of "American Idol" had strict rules concerning time constraints on albums releases, resulting in Guarini and other Idol contestants being forced to wait six months after Clarkson's album to release their own. Later,



The Osbournes catapulted to fame on their reality show.
Photo courtesy of Buena Vista Home Video

between siblings Kelly and Jack. It seemed as though the two never got along and any viewer could easily believe that they hated each other.

However, towards the end of the show's last season, Kelly spoke up about this common misconception. She told MTV reporters that arguments between her and Jack were often edited in such a way that it would appear that life was just an ongoing fight between them. An argument that was filmed one day over a matter of twenty minutes would be cut and edited so as to appear over several different episodes. The rest of the family was also likely misrepresented due to such editing tactics.

Similarly, MTV's "Newlyweds" seems to be a product of resourceful editing as well. This new reality show follows singers Jessica Simpson and Nick Lachey in their first year of marriage. On the surface, Simpson seems to be incredibly stupid and naïve, while Lachey is presented as mature, serious, and always annoyed with his new wife. After more careful viewing, though, it becomes obvious

Mike Errico "Skimming" Into Fame

Nadia Korovesi
Staff Reporter

Mike Errico is a native New Yorker that had shown a preference to R&B and soul music from a very young age. This is

chosen long before the album's release, was inspired by the soul records that fuel much of the music on the disc.

As an artist, Errico has the ability to focus the attention of the audience by creating a hypnotic mood with his songs. The atmospheric character of "Monday



Mike Errico's "Skimming" features a unique blend of genres and is now available in stores across the nation.

Photo by Mike Errico
Contributed by PAI Media and Velour Records

perhaps the reason why his songs showcase a rock style with a touch of party favor and healing tonic. Although he has worked mostly in his hometown, his new album, "Skimming," should help him break out of the New York music scene. Errico delivers a release that has the potential to push him into national spotlight. He is part of a new generation of folk rockers who aren't afraid of revealing the worst that life can offer and respond with their best songwriting skills.

On September 23, "Skimming" was released nationally. After finishing work on the songs of his new album, Errico had started looking for a release partner and found a home with recording company Velour at the beginning of the year. After hard work from both sides, "Skimming" was finally set for release with meteoric results. The album consists of 11 tracks that can make the listener relax and enjoy the rhythmic melody of Errico's unique sound.

"We are thrilled to be working with Mike," said Sean Hoess, president of Velour Recordings, on the PAI Media website. "As an artist, Mike embodies the qualities that Velour has sought out over the last four years—brilliant songwriting, an unbelievable live show...and most importantly the musical depth to sustain a long term career."

At first, "Skimming's" cover art comes off as quite bizarre. It shows a blue sky with clouds in the background, and on the left of the foreground are antennas and a satellite dish. However, "Skimming's" 11 tracks reveal straight away the oddness of the cover. The concept, which was actually shot in Hartford and

Morning," and "Underwater," in particular, capture this vibe and have the listener hanging on every word. On the chorus of "Underwater," Errico sings, "Meet by the river/Forget you're someone's daughter/Meet me by the river/I'll see you underwater."

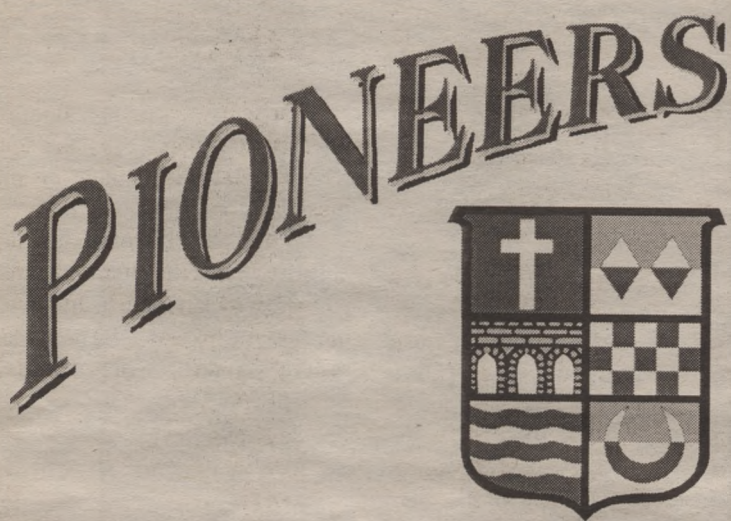
In addition, the use of electric guitar, drums, keys and bass complete the fullness of the sound, and allow the songs to

As an artist, Errico has the ability to focus the attention of the audience by creating a hypnotic mood with his songs.

become fully realized.

While every song has great acoustic qualities, three tracks immediately stand out from the reasonable balance of tones on "Skimming." The rock-driven energy of the title track, the playfully intimate lyrics of "Strawberry Song," and the top-shelf sensibility of "(Not So) Sad" provide a mainstream contrast to the less conventional tunes that present Errico as a moody singer and songwriter.

Altogether, Mike Errico's second studio album is definitely a success. His music is original and his songs will suit many different dispositions. For fans of rock, folk, and pop music, "Skimming" is truly a worthy addition to any collection.



A Great Game/ A Little History

A few years ago, 1992 to be exact, I watched a small group of Sacred Heart undergrads at Seaside Park. They had formed a club to play Rugby. They practiced and played their matches at Seaside Park in Bridgeport.

The Rugby Club has grown and now some 45 men and 30 women practice each afternoon in the quad and play their matches on JHill. To defray their expenses the Xmen/women conduct various fund-raisers during the course of the school year. Their last home match is

this Sunday, Oct. 12 at 2 p.m. against West Point.

Come out and watch these dedicated players in a very physical match. Learn some new vocab like: scrum, scrum-mage, knock-on, line-out, try, and touch line.

I have enjoyed watching them and remain an ardent fan.

*Contributed by Dr. Gerry
of the greater Sacred
Heart area*

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Three Crazy Nights

By Hank Gargiulo
Sports Columnist

One pitch can make all the difference. One pitch can make one team go home and cry, and the other to shower in champagne. One pitch can put every hospital north of Hartford on suicide watch, or on alcohol poisoning watch. One pitch from Derek Lowe can end the season for the Oakland Athletics, or be another painful memory for the Boston Red Sox faithful to be haunted by for eternity. On Monday night, Lowe made that one pitch, and much to my relief, as well as every other Red Sox fan, that one pitch crossed the plate for strike three, ending Oakland's season, and giving the Red Sox a ticket back to New York for the A.L.C.S.

The road to this one pitch started two nights in Boston. Down two games to none in the best of five series, Oakland looked to erase their own ghosts of the past (Oakland has now lost a MLB record nine consecutive games when on the verge of eliminating their opponents) and sweep the Sox at their home park. Little did they know that this would just be the pre-ambles to the most amazing three games I have ever seen my team play.

Saturday night's game featured everything. Well, everything but great defense. The aforementioned Lowe started for Boston going against Ted Lilly of Oakland. Both pitchers were on their game as neither allowed an earned run (each gave up an un-earned run). Lowe would leave after seven strong innings and turn it over to the much-maligned Boston bullpen. But this is when the team's newly adopted rallying cry "Cowboy Up" started coming to life. Mike Timlin and Scott Williamson combined to pitch four perfect innings of relief. I don't think the Sox have had four perfect relief innings since the Reagan administration. Now who knows how long they really could have

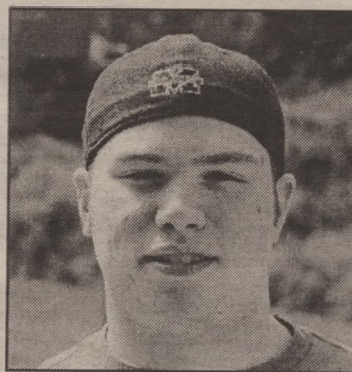


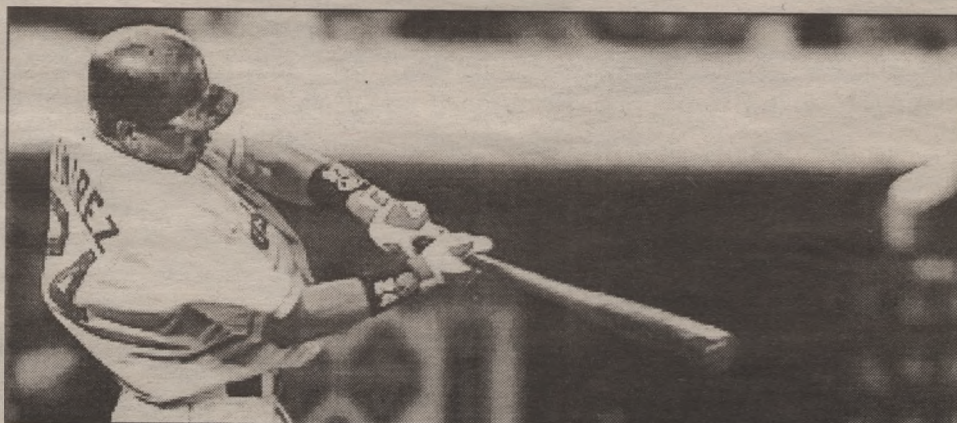
Photo by Robert Trenske

kept this performance up, so Trot Nixon, ailing from a strained calf, stepped up to the plate to pinch hit for Gabe Kapler. With the game, series and season on the line, Nixon hit a shot to centerfield. The ball hung in the sky for what seemed like an eternity, but when it landed all 35,000 plus on-hand at Fenway Park were sent into hysteria. Nixon's home run was the first walk off home run in extra innings since Kurt Gibson's memorable blast at Chavez Ravine, also against the A's.

There is an old baseball saying that goes "Momentum is only as good as your next day's starting pitcher." Going by this adage the A's certainly had the advantage going into game four. But as quickly as Tim Hudson set the Red Sox down in the first, he was gone with a strained oblique muscle. This left the pitching duties up to Steve Sparks, a knuckleballer who spent most of his career with the Detroit Tigers. Sparks did admirably giving up two runs in four innings. The real story was in the other dugout, as John Burkett gutted out five and a third innings, ultimately leaving after a Jermaine Dye homerun that put Oakland up 4-2. But just as it had the night before, the Red Sox would not go without a fight. A Todd Walker home run would cut the lead to 4-3, setting the stage for a dramatic bottom of the eighth for Boston. Nomar Garciaparra doubled off of Oakland closer Keith Foulke and advanced to third on a Manny Ramirez single. This brought David Ortiz up to the plate. Now Ortiz, who had been red hot down the stretch

was 0-16 heading into the at bat. But Ortiz, undaunted, launched a double to right field plating both Garciaparra and Ramirez giving the Sox a 5-4 lead. Now this is where you would expect a meltdown by the bullpen to let Oakland back into the game right? Wrong. Scott Williamson would be called in to finish the game off. Without even hesitating Williamson struck out the side for the easiest big game save I can remember for the Sox in a year. I was beside myself.

This set up an epic game five battle. Pedro Martinez versus Barry Zito. Let me tell you that my stomach was in knots from the first pitch to the last. Neither team was able to really establish control as both pitchers were throwing like their season depended on it. A four-run sixth inning would be all the offense the Sox would get, as the A's hung around scoring in the fourth, sixth and eighth. Now some games define teams, or seasons, or individuals, but the ninth inning seemed to completely change everything. Williamson, who had been so dominant the night before, just couldn't find the plate walking the first two batters. He was promptly removed in favor of the sinker-baller Lowe. A sacrifice bunt by game-one villain Ramon Hernandez moved the runners to second and third. This is where Lowe would define what it meant to "Cowboy Up." After striking out pinch hitter Adam Melhuse and walking Chris Singleton, Lowe was in a bases loaded two out situation. His first pitch was taken for a called strike. The second missed to even the count up at 1-1, followed by a foul ball to put the hitter, Terrance Long in the hole 1-2. Then that one pitch was thrown. Long could only look as he never took the bat off of his shoulder. The celebration started and the Red Sox are heading back east to do battle with the Evil Empire, a.k.a the New York Yankees. I have never witnessed three more dramatic games, and probably never will.



Manny Ramirez's 3-run homer off of the A's Barry Zito in the 6th inning of Game 5 put the Red Sox up 4-1.

Photo courtesy of ESPN.com

Women's Soccer Wins on Homecoming Saturday

By Loren Aversa
Staff Reporter

The Sacred Heart women's soccer team was very successful over Homecoming weekend, coming out with a 2-0 Northeast Conference win over Mount St. Mary's and having one of their teammates named Sacred Heart Athlete of the Week. The victory against Mount St. Mary's was the Pioneer's third consecutive win, improving the team to

"It's always a good feeling to be recognized as a good athlete by your own school"
Paula Pineda

5-2-3 on the year and 3-0-0 in the NEC.

On Saturday morning, Oct. 4 at Sacred Heart's campus field, the Pioneers scored their first goal when senior Paula Pineda (Vigo, Spain) went off of a pass by junior Ashleigh Bepko

(Guilford) and slammed the ball into the net only 25 seconds into the game. "Saturday's game has been our best game of the season. The fact that we scored in the first minute of the game took the pressure off our feet," said Pineda.

Pineda was named Sacred Heart Athlete of the Week for the week of Sept. 22 through Sept. 28. So far, Pineda has had a successful season putting 2 goals away, gaining the 2-1 win against St. Francis, scoring the game winning goal against the Red Flash, and once again contributing to one of the goals needed in shutting out Mount St. Mary's. "It's always a great feeling to be recognized as a good athlete by your own school. I was extremely proud to be named athlete of the week and every athlete should feel the same way," said Pineda.

The Pioneers held their opponents for the entire half in the game against St. Mary's. In the second half, junior Nathalie Urbas (Pickering, Ontario) sealed the deal with 25 minutes into the game.

Urbas caught a pass off of teammate junior Ingrid Olsson (Stockholm, Sweden) and crushed the ball into the net for

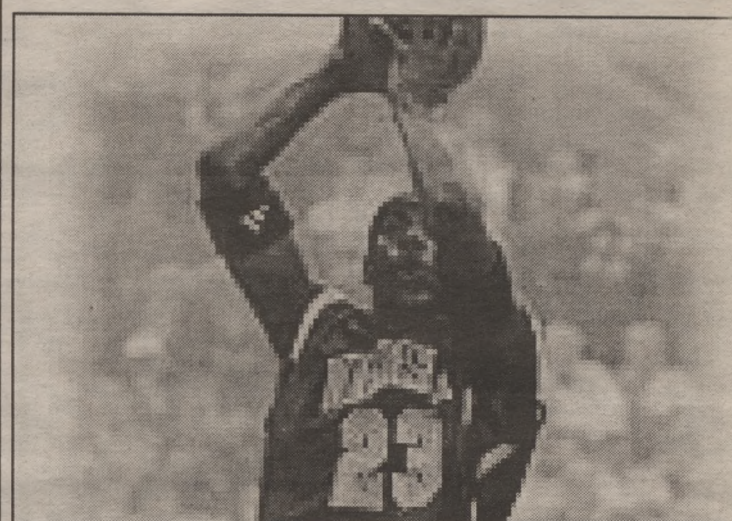
"As time goes on, our team is making connections between the ways everyone plays"
Paula Pineda

the second and last goal needed to win the game. "We played really well. It was a good feeling to be out there when everyone was working together in the same mind state," said Urbas.

Senior goalkeeper Leslie Konsig (Milburn, NJ) recorded her sixth shut out of the season with four saves in Saturday's game.

"As time goes on, our team is making connections between the ways everyone plays, we are putting our skills together for the sake of the team, we are putting our individualities together and are coming as a team, which makes the overall team work a lot more productive and more spectacular soccer wise," said Pineda.

The Sacred Heart Women's soccer team can be seen again in action on Friday afternoon at 3:30 p.m. on Campus field, where they will battle Monmouth.



LeBron James was the number one pick of the 2003 NBA draft
Photo courtesy of LeBronJames.com

It's All About LeBron James

By Greg Maurice
Staff Reporter

Last Thursday, Oct. 2, the Cleveland Cavaliers conducted their annual media day. In recent years, the event has been greeted with the Cavs losing seasons and the bad weather. But not this year. Not as long as LeBron James, the rookie phenomenon, is on Cleveland's roster.

James, the number one pick of the 2003 NBA draft is 18 years old and graduated from St. Vincent/St. Mary's high school this past June. He is perhaps the most exciting and talented athlete in sports today.

James led his high school team to both a perfect season and the Ohio state title. He signed a \$90 million shoe deal with Nike. LeBron works hard on both ends of the floor. Whether hitting a big jumper, dunking on his adversaries, or playing solid defense. The highlights of LeBron James are out there.

"Everybody cares about us this year. All the guys in the team are going to get exposure, not just LeBron. Last year, we didn't even make the SportsCenter highlights some nights," said LeBron's teammate Zydrunas Ilgauskas, according to ESPN.com. The Cleveland Cavs have sold out all the home games already.

Sacred Heart athletes have different opinions about LeBron James. "He has the potential to be a good player and I believe he will live up to what people expect from him. The NBA players know how hype he was in high school.

Those players are going to go at him every night to prove to him that the NBA is a different level of basketball than high school," said fifth year graduate student on the men's basketball

team from Hempstead, NY, Maurice Bailey.

"LeBron is just getting paid from his success in the basketball court in high school. LeBron is a man-child, he weighs 230 lbs and he is 6 feet 8 inches out of high school. Of course he dominated in high school basketball because no one was his size. It will be hard for him to be as successful in the professional league because everyone will be as big as or bigger than him," said freshman on the men's basketball team from Seattle, WA, Joe Henley.

"I don't think he deserves all that money because he hasn't played any game against real competition yet. It hurts him by giving him all that money, he might not even play hard when the season starts because he is rich already. He was living a kid's life, and he is about to live a grown man's now" said sophomore rugby player Nick McCallum (Bronx, NY).

"I think LeBron has a lot to prove being so highly publicized out of high school and especially being that he is coming straight out of high school to go to the NBA. I think some players might be jealous and others just look at him as being another player coming into the league. He is getting so much attention these days because the world of basketball is thriving on the next Michael Jordan and many believe that he might be it" said junior football player Dave Morson (Ocean, NJ).

"The kid has a lot of skills; it has been said by a lot of NBA scouts. He would not be the number one pick of the draft if he was not that good," said senior track team member Paul Herman (Bronx, NY).

Watch LeBron James kick off his NBA career on Wednesday, Oct. 28 on ESPN at 10:30 p.m. when the Cavs take on the Sacramento Kings.

THE PIONEER SCHEDULE

Friday, October 10

Men's Soccer	vs Monmouth	Fairfield, CT	12:30 PM
Women's Soccer	vs Monmouth	Fairfield, CT	3:30 PM
Field Hockey	vs Colgate	Fairfield, CT	10:00 AM
Women's Cross Country	at New England Champ	Boston, MA	12 PM
Men's Cross Country	at New England Champ	Boston, MA	12 PM
Women's Volleyball	at Quinnipiac	Hamden, CT	5:00 PM
Men's Ice Hockey	at Merrimack	North Andover, MA	7 PM
Women's Golf	at CCSU Invitational	New Britain, CT	
Men's Tennis	at Stony Brook Duals	Stony Brook, NY	

Saturday, October 11

Football	at Siena	Loudonville, NY	1 PM
Men's Ice Hockey	at Providence	Providence, RI	7 PM
Men's Tennis	at Stony Brook Duals	Stony Brook, NY	
Women's Bowling	at Pennsylvania Classic	Lancaster, PA	9 AM
Women's Rowing	at Housatonic	Shelton, CT	
Women's Golf	at CCSU Invitational	New Britain, CT	
Women's Tennis	at Stony Brook	Stony Brook, NY	

Sunday, October 12

Women's Equestrian	at St Josephs NY	Yaphank, NY	10:00 AM
Women's Volleyball	vs St Francis-NY	Fairfield, CT	1:00 PM
Field Hockey	at New Brunswick	Orono, ME	TBA
Women's Bowling	at Pennsylvania Classic	Lancaster, PA	9 AM
Women's Tennis	at Stony Brook	Stony Brook, NY	TBA
Women's Rowing	at Head of CT	Middletown, CT	All Day



The red and white teams face off as the men's hockey team kicks off their season.

Photo by Meghan O'Connor

Red and White Match Opens Hockey Season

By Nick Brown
Staff Reporter

The Sacred Heart University men's hockey team is extremely fired up about this season. After finishing tied for third last season, the Pioneers are certainly striving to improve their record from last year and reach the top of the MAAC Tournament.

Last year, the team shared third with Holy Cross. The Pioneers ended the season by losing to Bentley College in the first round of the MAAC Tournament. This year, the Pioneers are expected to finish fourth, according to the Atlantic Hockey preseason coach's poll.

This information disappointed some players, but the fact that the poll places them lower than they finished last year acts as an incentive to achieve more. Sacred Heart University is part of a new addition in NCAA Division I Hockey League referred to as Atlantic Hockey. Other schools in this division include A.I.C., Canisius, UCONN, Holy Cross, Mercyhurst, and Quinnipiac.

On Saturday Oct. 4, the Sacred Heart University men's hockey team competed in their annual Red and White match. Everyone seemed to enjoy themselves and display fierce competition on the ice. The day brought the team together and helped them find everyone's strengths and weaknesses to form the best squad possible. In the Red and White match just about everyone on the team plays and experiences first hand what hockey at Sacred Heart is all about.

During the match, Red and White battled and gave the crowd a satisfying afternoon as they kept the score even throughout the game. In the end, Red left victorious by a score of 7-6. The

game included goals by Pierre Luc O'Brien (Nicolet, QC), James Hughes, and Sean Reilly. Also a series of hair-raising checks were delivered as well as impressive defense from the goalie and defensemen.

After the match, I had the opportunity to spend a few minutes with junior John Faherty (Suffex, NJ). Faherty has played in the Red and White match before and commented on the game with extreme enthusiasm.

With a cheerful grin on his face he stated, "it was my fourth year taking part in the game and it keeps getting better, I had fun." Furthermore Faherty continued to share his excitement by exclaiming, "this game serves as a great way to get me in shape for the season." Faherty is one of many Pioneers eager to take the ice this year.

Hard work and the same intensity displayed at Saturday's Red and White game should be more than enough to boost Sacred Heart to the top of the MAAC this year. The favorite as at this point seems to be Mercyhurst. Their team has recently been voted by the Atlantic Hockey Association coach's poll as the team to beat this year.

Also, Quinnipiac and Army seem to have strong squads this year after both teams received "player of the year" honors last season. In any case, Sacred Heart looks forward to giving these teams competitive matches and making their team as much of a powerhouse as they possibly can.

With the guidance of veteran players and supervision from the coaches, the Pioneers could surprise some folks this season. The team will play their first regular season match at Merrimack on Oct. 10, and their first Atlantic Hockey game against Holy Cross at the Maine Black Bear Classic on Oct. 18.

Road Trip to PA Results in Two NEC Losses

By Meghan O'Connor
Staff Reporter

With the remaining part of the regular season schedule consisting of all Northeast Conference games, the Men's soccer team dropped two in Pennsylvania last weekend to Robert Morris and St. Francis by the same score of 3-1. Junior Paulo Ribiero (Divinopolis, Brazil) found the net against Robert Morris, while junior Rui Rainho tallied his third goal on the season at St. Francis.

"This weekend we played well we just didn't get the results. We just can't seem to play a full 90 minutes and that's our biggest problem," said junior Richard Tomczykowski (Bedford, MA).

First, the team visited Robert Morris last Friday, traditionally a top Northeast Conference team, showing up in the playoffs the last four years. Each team held the other scoreless through the first half, despite 17 shots taken before the break. Sophomore goalkeeper Chris Marchese (Middletown) made six of his eight saves in the first half, while Robert Morris freshman Tomer Chencinski finished with 3 saves for the game.

The Pioneers played very well the first 45 minutes of the game and controlled the tempo of the game, but just couldn't convert. Finally breaking the 0-0 tie at 66:13, Ribiero fired a shot past the Colonials goalkeeper to register his first goal of the season. Junior Sylvester Kaar (Hayward, CA) assisted on the goal.

"I was very happy with my goal, because I usually don't start games and I needed that goal so Coach can get more confidence in me," said Ribiero.

A minute later, Robert Morris senior Jamie Dodds tied the score at 1-1 on a penalty kick, and took a 2-1 lead with under 20 minutes remaining when senior Said Ali scored his first of two goals for the game. Under the five-minute mark, Ali scored again to secure the win for the Colonials. Dodds

assisted on both Ali goals.

The absence of sophomore Glenn Wilken (Ridgefield), due to his red-carding last game, was apparent to McGuigan.

"There are four or five guys that if they aren't in the line up it impacts us, and he's one of them," said McGuigan.

"We played really well until the last 20 minutes, Robert



Junior Paulo Ribiero had his first goal of the season during Friday's 3-1 loss.

Photo courtesy of Sacred Heart.edu

Morris was given a penalty kick soon after we took a 1-0 lead and we broke down from there," said Marchese.

"Robert Morris was a tough team. I thought that we played with them the whole game, especially in the second half. We attacked them quite a bit and got a lot of shots on goal. When we finally scored a goal we relaxed a little too much and made a crucial error tactically, which allowed them to score off a penalty kick," said junior captain Rui Rainho (Bridgeport).

Two days later, the Pioneers took on another conference rival in St. Francis (PA), falling by the identical score as the previous game, 3-1. The game stood even at another 0-0 halftime tie.

Red Flash junior Bernie Showers opened up the scoring in minute 51, and senior Aaron Williams doubled that lead with a break away goal seven minutes later.

Rainho sliced the lead to one

with his third goal of the season, capitalizing off a rebound and nailing it past goalkeeper Bobby Pipech, scoring the lone goal for the Pioneers. With less than five minutes remaining, freshman Scott Thompson locked the victory on a rebound.

Sophomore goalkeeper Matt Weston (Mansfield) suffered the loss for the Pioneers, recording eight saves out of 16 shots on goal from St. Francis.

"The game Sunday was an example of how vital it is to stay focused for the full 90 minutes. We played a solid first 45 minutes, but in the second half we lapsed for a short time and they were able to capitalize," said Weston, "I played hesitantly, and that allowed their offense to pressure us in situations that I should have controlled."

"Everyone played a solid game but those that really elevated the game were Ricarti Mendes, Rui Rainho, Glenn Wilken, and sophomore Neal Shapiro (Vernon, NJ). We had Neal sweeping and he played an outstanding game," said McGuigan, "Sophomore Tony Allegro (Enfield) and junior Alan Tomczykowski (Bedford, MA) were solid on the outside for us."

"It's the small things that make a difference that is what we have to clean up to make us a better team. Overall I think we played very well this weekend even though the results don't show," said Rainho.

"With only one senior we have a young team and it's hard to put everything together in one season, but they are starting to. We have a lack of composure and maturity, and when we find out how to play 90 minutes we will win," said McGuigan.

Taking a break from traveling, the Pioneers are home this Friday at Campus Field hosting Monmouth University at 12:30 p.m.

"We've been playing good soccer and I'm confident in the team heading into the bulk of our Northeast Conference schedule," said Wilken.

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Men's and Women's Tennis Off to Strong Start

By Katie Atkins
Sports Editor

The Sacred Heart men's tennis team opened their season by competing at the Fairfield University Doubles Festival, which was held the weekend of Sept. 13 and 14. Senior Ryan Darragh (Bayport, NY) and senior Steven George (Lynnfield, MA) won their doubles match to lead the Pioneers to a 7-4 record for the weekend.

In a home match on Sept. 17 against St. Peter's, the Pioneers emerged with a 6-1 victory. Sacred Heart was lead by senior Jeff Bowers (Naugatuck), who won his singles match out of the #2 spot and teamed up with senior Pat Darragh (Bayport, NY) to take their doubles match. Four

days later, SHU traveled to Vassar College in Poughkeepsie, NY to compete in the ECAC North Men's Tennis Championships. The team tied for fourth place with Vassar College with 10.5 points.

On Friday afternoon, Sept. 26, the Sacred Heart women's tennis team kicked off their season with a 7-0 loss against Long Island University at home. For their second match of the year the team traveled to West Long Branch, NJ to take on Monmouth University but this time, the team emerged with a 6-1 victory.

Sophomore Lauren Galatie (Monroe), who was the top performer for Sacred Heart, won both her singles and doubles matches in the #1 spot. Galatie's doubles partner, freshman Pam Pillo (Shelton) also won her #2 singles match.

Also picking up wins for Sacred Heart were sophomore Darcy Shoop (Rocky Hill), who won her #3 singles match and #2 doubles match with teammate junior Katelyn Kittredge (Medfield, MA). Sophomore Lisa Von Brecht (Cumberland Foreside, ME) and freshman Megan Fonos (Stony Point, NY) both won their singles matches, at the #4 and #6 spots, respectively.

Last Friday, the women captured their second win of the season with a 6-1 victory over Manhattan College in Riverdale, NY. The Pioneers were lead by Pillo who won singles at #2 and doubles with teammate Galatie at #1. Shoop and Kittredge also won their singles matches.

Both the women's and men's team are back in action this weekend at the Stony Brook Duals tournament.

A New Month Brings a Fresh Start for the Pioneers

By Megan Pompey
Staff Reporter

The Sacred Heart Pioneers began the month of October with a big 3-2 win over Vermont. Senior forward Julie Messenger (Hinsdale, NH) scored the game-winning goal two minutes into overtime to give the Pioneers a much-needed win on the road.

SHU took an early 1-0 lead when fellow senior defender Andrea Marsden (Bennington, VT) scored off a penalty corner, with an assist going to Messenger. Freshman mid-fielder Colleen Carney (Yorktown Heights, NY) pushed the Pioneers to a 2-0 lead with a goal of her own midway through the first half.

Vermont however, would fight back, cutting the lead in half just two minutes later when Carol Rodriguez put the Catamounts on the board. Whitney Gage would tie the game off a penalty corner with 22:50 remaining in the second half. "It was a pretty choppy game. There was no real flow for either team," said Head Coach Chris Blais.

The game went into overtime and Messenger scored the game-winner, her seventh goal of the season. Junior goalkeeper Robyn Breer (Montpelier, VT) made eight saves in the match, six of which were in the first

half, in recording her fifth win of the season. Ariel Ever made four saves in taking the loss for the Catamounts.

"I am really proud of the team," Blais said "In our pre-game meeting we spoke about how sometimes we won't play our best game or the surface may not be the preferred playing field

in the first half and put us on the defense immediately. They scored two goals in the first half and we were having a difficult time getting the ball over the fifty-yard line. We dominated the second half but had a hard time getting the ball in the net," said Blais.

Katharine Lary opened the scoring 10 minutes into the game as she netted what would prove to be the game-winning goal. Jessica Weinstein also added a goal for the Friars. Pioneers junior goalkeeper Robyn Breer (Montpelier, VT) made four saves in taking the loss.

The Friars out shot the pioneers 15-8 in the match. "We need to improve on playing the entire game at a high tempo intensity. In order to be successful, we need to put together two halves and come out strong at the very start. We have an excellent team and some very talented players. They need to start believing in themselves and in each other," said Blais.

"Sarah Yeaton (Hampton, NH) had a great game for us. She did a great job getting free hits off quickly and was very aggressive in the midfield. Christy Bobe (Greenfield, MA) was also a leader for us and had an excellent game," she added.

The Pioneers will travel to NEC rival Rider on Oct. 8th to play a make up game at 4 p.m.

(grass vs. turf) but regardless of any of the outside factors we need to find a way to win and that's just what they did yesterday," she added.

SHU faced the Friars of Providence College on Friday Oct. 3. The Pioneers field hockey team was shutout for the second time this season at the hands of Providence College. Melissa McGow led the Friars with two goals in the victory.

"Providence came out strong

Homecoming Game

Continued from Pg 16

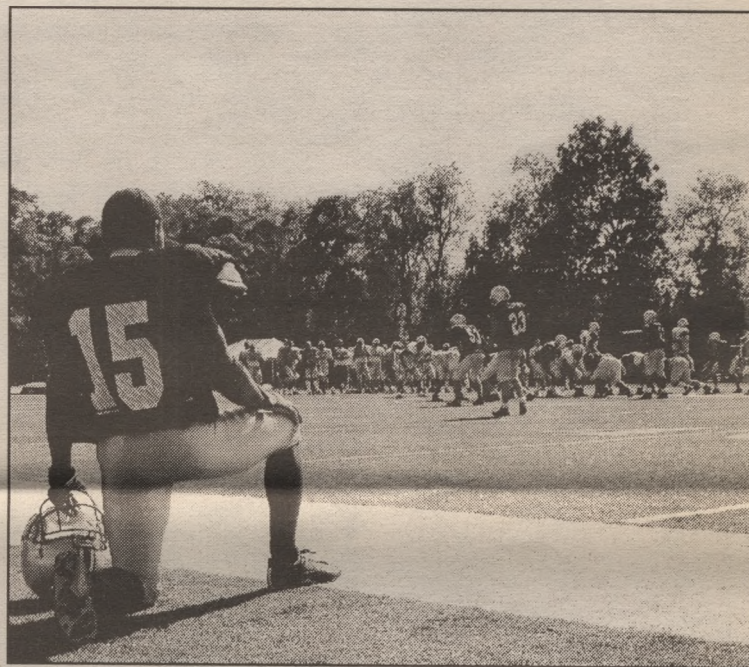
The stingy defense only allowed three touchdowns in the game, while intercepting the same amount of passes. When asked about how the defense attributes to their success, sophomore defensive lineman Rob Kinsley (Fairfield) says, "it would have to be the heart and intensity that everyone brings to the field everyday... we are very well prepared for the games."

Senior defensive back Pete Athans (Ocean, NJ) had one interception. Also, senior defensive back Mike Scott (Groton) intercepted one pass and returned it for 33 yards that would eventually lead to a Pioneer touchdown. Junior defensive back Briton

Keel (Franklin, MA) also had an interception for the Pioneers.

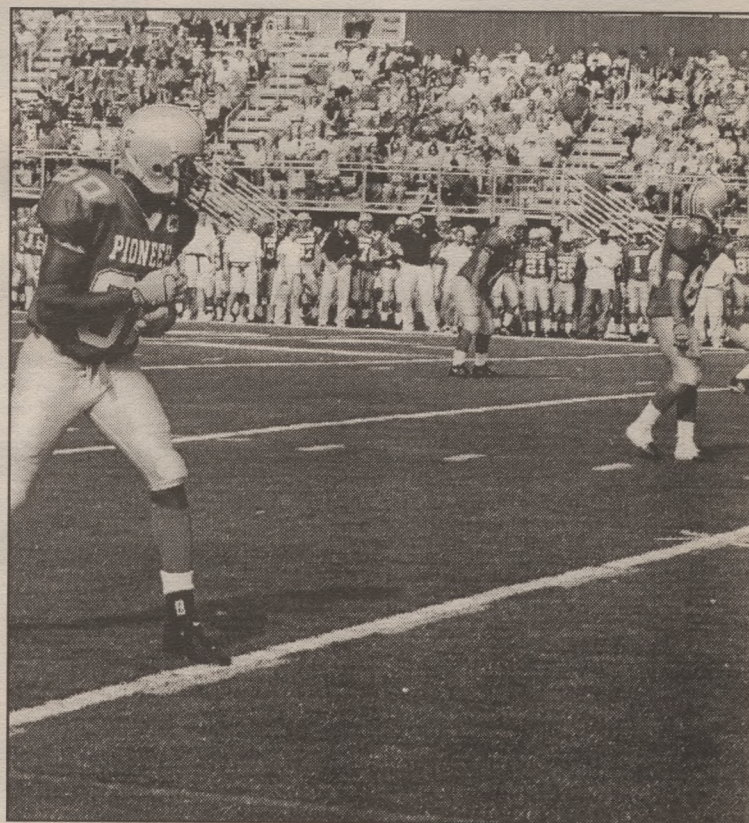
The special teams played well for Sacred Heart, giving the offense decent field position on various occasions. The two big kick returns were turned in by Athans, who returned a kick off 46 yards, and by sophomore linebacker Zach Kepner (Largo, FL), which was returned 42 yards for the touchdown on a botched onside kick by Marist.

The Pioneers begin a three-game road trip this coming weekend when they play a 1 p.m. game at Siena. They then travel to Pittsburgh to play Robert Morris College and complete the road trip with a game at Iona College.



The football team set a record for points scored in a regular season game with 56.

Photo by Susan Magnano



The football team travels to Pittsburgh to play Robert Morris this Saturday at 1 p.m.

Photo by Susan Magnano



Men's Cross Country Team Wins Fairfield Invite

By Ashleigh Bepko
Staff Reporter

On Oct. 4, 2002 the men's and women's cross country teams finished the Fairfield Invitational in second place. Their top runners of last year were senior Katie Wrinkle (Medford, NY) and senior Matt Uzenski (Oceanside, NY), but Uzenski did not only lead his team last year, but he was the first ever individual first place finisher for Sacred Heart's men side.

Now one year later, the top two runners are the same but the outcome is slightly different. The men's team won the race with 57 points, beating Fairfield who finished with 50 points, and Siena with 53, and the women's team taking second with a one-point loss to Siena.

"During Saturday's meet at Fairfield, the weather was perfect for racing," said sophomore Rob

Gill. "As a team we all worked together well and formed packs throughout the race to help push each other. It was a good team effort and a great experience for our first invitational win," he added.

Uzenski defended his title from last year with a time of 27:32. Even though it was eight minutes slower than last year's race, he managed to beat the second place runner, Pat Gaffney from Siena, by eight seconds.

"We had a confidence among ourselves that was obvious even before the gun went off," said Uzenski, "We took control of the race right off the bat. We worked as a pack and were able to pull each other along during the middle portions of the race. It was the definition of teamwork," he added.

Sacred Heart took six of the top ten places, with their seventh runner taking 13 overall. Leading the next group of runners

over the finish for Sacred Heart was sophomore Robert Howard (Levittown, NY) with his best time of the year, (27:59)

"It's such a great feeling to do something as a team that deserves recognition"

Tyler Arnett

and taking fourth place overall.

Following him was senior Andrew Renna (Danbury) with a time of 28:15 for sixth place overall, sophomore Robert Gill (Braintree, MA) finishing seventh at 28:31, senior Joe Zalak (Middle Village, NY) with a time of 28:31 and taking ninth place, sophomore Tyler Arnett (Clinton Corners, NY) was tenth with a time of 28:50, and the last of the Pioneer's top seven runners was

Christopher Dowsey (Medford, NY) with a time of 29:00.

"It's such a great feeling to do something as a team that deserves some recognition," said Arnett, "and it's also nice to finally see some of the rewards of the hard training we've done all summer and so far this season."

On the women's side, Katie Wrinkle won the race for the second year in a row with a time of 19:09, her fastest of the year, and beating the second place runner, who happened to be teammate senior Suzanne Neglia (Andover, NJ), by 23 seconds. For Wrinkle, this is her fourth straight top 15 finish, and she has two consecutive top five finishes.

Neglia also had her best race of the year with a time of 19:27, and a second place finish. Following Wrinkle and Neglia was senior Christina Mendoza (Union City, NJ) 19:57 taking seventh place, freshman Kathleen Duffy (Monroe) 20:06 in eighth,

freshman Anne Duffy (Monroe) at 20:20, sophomore Erin Kulasewski (West Warwick, RI) at 20:36, and the last of the top seven runners for the girls side was Terressa Howard (Meriden) with a time of 20:47.

"It stung to lose to Siena by only one point, but it just pumps us up more for NEC's because we definitely won't want that to happen to us again," said Wrinkle.

The men and women of the cross country team are back in action tomorrow at noon in the New England Championships held in Boston, MA. at Franklin Park.

"This is one of the top three most important races during the season," said senior Megan O'Connor (Scotia, NY), "and both teams are looking for a good amount of personal best time since this is a fast course. We should have some impressive performances coming off of the Fairfield race"

INSIDE SPORTS

HANK'S COLUMN

Hank revels in the victory of his beloved Red Sox (Pg. 12)

LEBRON JAMES

The #1 NBA draft pick will get his real test when he plays in his first NBA game (Pg. 13)

WOMEN'S SOCCER

The Pioneers record a victory on Homecoming Saturday (Pg. 13)

MEN'S HOCKEY

The Red and White match kicks off the opening of the men's ice hockey season (Pg. 14)

TENNIS

The men's and women's tennis teams are off to a strong start (Pg. 15)



The seniors of the men's cross country team accept their trophy after winning the Fairfield Invite.

Photo by Heather Crosby



The men's and women's cross country teams are back in action tomorrow at noon at the New England Championships in Boston. Photo by Heather Crosby

Pioneers Set New Record

By Bryan Fogle
Staff Reporter

With a packed Campus Field crowd of 2,510 crazy Sacred Heart football fans, the Pioneers played quite possibly their most dominating game ever as a member of NCAA Division I.

With the 56 points the Pioneers scored, they set a school record eclipsing the previous record of 55, scored against Assumption College in the 2000 season. Offensively, the Pioneers out gained the Red Foxes of Marist College by a 326-189 margin.

Making his first career college start in place of injured senior quarterback Joe Kroells (Burbank, CA), freshman quarterback Dan Ammel (White River Junction, VT) threw 11 pass attempts, completing six for a total of 152 yards and two touchdowns.

On the receiving end of the Ammel passes were senior wide receiver Marlon Ward (Revere, MA), who caught half of Ammel's completions for a total of 69 yards and one touchdown. Junior tight end Mike Peshler (Hopkington, MA) caught one

pass for a gain of 39 yards. Junior wide receiver Steve Clayton (Pontiac, MI) caught a 27-yard touchdown pass and junior wide receiver Nick Savino (Newtown) made one catch for 17 yards.

Quite possibly the offensive story of the game was the 139 yards on 27 carries and the three touchdowns scored by senior running back Jason Bonadies (Southbridge, MA).

Both the 139 yards and three touchdowns were career-highs for Bonadies. Also getting carries in the game for the Pioneers were sophomore running back Brian Shalvoy (Southbury) and junior running back Jason Healy (New Milford) who both had two carries for 22 and 9 yards respectively.

Sophomore running back Mike Penta (East Haven) carried the ball three times for 11 yards and one touchdown. Anton Armstead, a sophomore running back out of New Paltz, NY, had four carries for six yards.

The Pioneer defense turned in another typically strong performance allowing only the 189 yards of offense by Marist.

Please see "Homecoming Game" on Pg 15