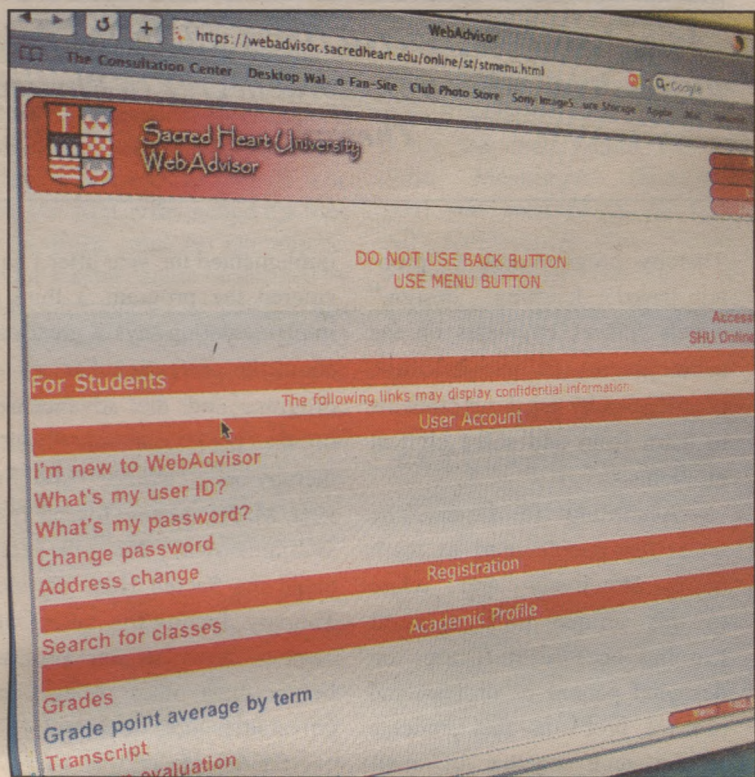




Contact News Editor Mark Stanczak at: m-stanczak@sacredheart.edu

Big Changes for Spring 2004 Registration



New online registration with Web Advisor (left) aims to make life easier with one stop convenience for signing up for classes and viewing GPA, requirements and other information.

But, students take a hit as new fees intended to keep technology current are levied on all Media students starting this spring.

SEE STORIES ON PAGE 3!

Photos by Robert Trenske



SHU's "Greatest Show"

By Courtney Gotshall
Staff Reporter

This year, on Oct. 31, some students had other plans than celebrating Halloween-It was the first day of Sacred Heart's Thirteenth Annual Family Weekend. For those who aren't familiar with this event, it is a themed and fun-packed three-day weekend put together by the Student Life Office in which the families of SHU students are invited to visit the school and to attend multiple special events.

Past Family Weekends have had such themes like the "A Madrigal Affair" medieval theme of last year. This year, it was "The Greatest Show on Earth" and students and their families were able to enjoy the Barnum and Bailey's Circus themed events.

"I think it's a great idea to bring everyone together," said Kathy and Paul Hartel, who's son, Steven, is a freshman here. They enjoyed the fact that Family Weekend allows students to bring their families in so they can show off their school and their friends among other things.

Some of the highlights of the weekend included: Friday's Ringmaster Soiree in the Mahogany Room, and Saturday's Under the Big Top tailgate party, Three Ring Performance football game and the evening's P.T. Barnum's Wingding Family Dinner Dance, and Sunday's Ballyhoo Brunch, all in the Pitt Center.

The Ringmaster Soiree gave the attendees a chance to mingle with Dr. Cernera, faculty, administration, and each other. This

Continued on page 2



Photo by Robert Trenske

The theme of Family Weekend, Fall '03, was "The Greatest Show on Earth," as seen in this display.

Tuition Increase Compares to National Average

By Anthony Franciosa
Staff Reporter

On Oct. 21, the College Board released its annual survey on college tuition and financial aid. The report discovered that during the 2003-04 academic year, tuition and fees at four-year public universities swelled 14 percent, while the sticker price at four-year private institutions increased 6 percent.

As a result, tuitions reached an average of \$19,710 at private colleges and \$4,694 at public universities. According to USA Today, College Board President Gaston Caperton felt the increases were the product of a flat US economy, which may have adversely effected appropriations in public universities and endowments at private institutions.

At Sacred Heart University, tuitions and fees for the 2003-04 academic year totaled \$20,220, a 4.8 percent increase from the previous year. Jim Barquinero, Vice President for Enrollment Planning and Student Affairs at the University, did not specify whether or not the private institution raised tuitions because of a decrease in endowments, however he did state that the University increased tuition to remain competitive with rival schools.

"[Sacred Heart] needs sufficient funds to remain competitive in the marketplace," said Barquinero. "[To do so] the University needs to make constant qualitative improvements to its academic faculties and programs so it can retain its high standard of excellence. If not, recruits may dismiss the institution as the focal point of their college search."

Before publishing its tuition cost for this academic year, Sacred Heart compared its proposed price with the projected rate of 50 of its competitors, said Barquinero. According to information provided by his office, Sacred Heart would have the median tuition rate among its benchmarks if all of them raised their pricing by 6 percent during the 2003-04 academic year. With this in mind, Barquinero emphasized the fact that Sacred Heart includes a technology fee in its billing, which increases the total cost of tuition. Nonetheless, he stated that the technology program was a core component of the academic curriculum that made Sacred Heart stand out among its competitors.

Even though the tuition rate was \$20,220 this academic year, Dean of University Financial Assistance Julie Savino pointed

Continued on page 5

Family Weekend

Continued from page 1

wine and cheese party was one of the first events of the weekend, aside from registration in the Art Gallery, called Get the Show on the Road. During the Under the Big Top tailgate party, jugglers, clowns, and hayrides were not the only fun awaiting Pioneer fans, but also rides on the "Last Penny" hot air balloon were available. The Three Ring Performance football game following allowed those who went a chance to experience having classic SHU Pioneer spirit. That evening at the P.T. Barnum's Wingding Family Dinner Dance, the fun continued. This casual dinner and dancing event was anything but ordinary as guests got a chance to watch Mapapa African Acrobats put on a show.

And, towards the end of the special weekend, the Ballyhoo Brunch was a relaxing finish-complete with a musical quartet.

"Halftime was very nicely done," said Rura Cavagnaro, an attendee who's son, Bill, a junior, and daughter, Courtney, a freshman, attend SHU.

Other events included: comedian Steve Russell who joked, juggled, and fire-eat his way through the Send in the Clowns experience in the University Theatre, Balancing Bear Bingo in the Dining Hall, and a Parent/Family Mass held in the Pitt Center.

"...Family Weekend is a really nice experience," said Jason Bowsza, a senior, who attended. He felt that the whole Student Activities Department did a great job with this event.

Corrections

"Construction to Close University Commons"

Issue 7, pg 1

The wording of paragraph one suggests that Mr. Giaquinto told the Spectrum the U.C. would be closed the first week of November. Mr. Giaquinto's original plan would close the Commons at that time, but no specific closing date has been set for the revised plan.

"Advertising Department's First Client..."

Issue 7, pg 10

The first word of the headline should read "Art" instead of "Advertising."

A&E Section Heading Area

Issue 7, pg 10

The section heading does not include the A&E Editor's contact information and special Spooktrum edition nickname which was Patrick "The Scarecrow" Scalisi. It did not print on the newsprint but printed on the proofs, so we report this error though it was through no fault of the Spectrum/Spooktrum staff... This error therefore also makes page 2 of issue 7 incorrect in the corrections box (to get technical and correct the corrections box) because the information never went in and was therefore never incorrect, just not there at all!

*** ACT NOW!

Book 11 people, get 12th trip free. Visit the official website for spring break '04. The best deals to the hottest destinations. Group discounts for 6+ www.springbreakdiscounts.com or 800-838-8202.

SHU Approves Doctoral Program

By Melissa Petsitis
Staff Reporter

The Doctor of Physical Therapy program will admit its first class at Sacred Heart University to the DPT curriculum in Fall 2004. The Doctor of Physical Therapy (DPT) is a clinical doctoral degree that prepares graduates to enter the physical therapy profession.

The Department Chair/Director of the Physical Therapy Program, Dr. Michael Emery, has worked together with his fellow faculty and staff to make this change for the University.

"The University has been supportive with the change," said Emery, and has put a great "investment to the Physical Therapy program to make it happen."

Students must have a baccalaureate degree either from Sacred Heart or outside of the University. The opportunity of completing an undergraduate degree and a DPT degree within six years is offered to the University's undergraduates. This combination of three years of undergraduate course work and three years of graduate course work is only available to students majoring in Exercise Science,

Psychology, or Biology.

"I think that the new doctorate program at Sacred Heart is a great opportunity for past, current and future students. The faculty and staff have worked extremely hard to create the best program for all of us," said Nikki Harriman from Hollis, ME.

The Doctor of Physical

ket is strong for physical therapists, although changes in the health care delivery system, such as managed care, have brought supply and demand for physical therapists into greater alignment. The program will prepare Sacred Heart graduates for future careers and goals with a DPT.

"While the DPT will be

As of Fall 2004, Sacred Heart will be the first university to offer a Doctoral degree in Physical Therapy

Therapy program has a "problem-based learning design," which "places emphasis on the development of a reflective practitioner by teaching students to learn from and solve clinical problems."

According to Emery, he feels that people tend to learn more effectively and relate to this unique problem-based learning because it focuses on designed patient or professional practice problems that students can research together in small groups.

The American Physical Therapy Association (APTA) reports that approximately 90,000 physical therapists practice in the United States today. The job mar-

implemented the year after I have entered the program, I think its implementation says a great deal about the professionalism of our program and the advancement of the profession of Physical therapy as a whole," said first year MSPT Abbey Joseph from Williamstown, NJ. "I commend the Sacred Heart Physical Therapy faculty for taking the step to advance our program before most other colleges and universities have done so."

Sacred Heart was the first university in Connecticut to offer a Masters degree in Physical Therapy and as of Fall 2004, Sacred Heart will be the first university to offer a Doctoral degree in Physical Therapy.

Online Email Sports New Outlook

By Sharmila Munver
Staff Reporter

Last Thursday SHU students logged onto a newer version of Outlook Web Access email. Version 11 of OWA, which had been beta tested by Microsoft was supposed to be launched on the Sacred Heart servers over the Thanksgiving break. However, an executive decision was made during a routine maintenance process to upgrade early.

"Something happened where we were implementing another website and a bunch of things broke [and] I decided to do the upgrade at that time," said Charles Morrell, an Infrastructure Administrator. "It is much easier to troubleshoot problems with Microsoft on the newer stuff than the old stuff."

The upgraded version offers the users an option to change the frontend look of their mailboxes. Additionally, it also offers standard formatting tools such as a built in spell checker in multi-languages, bold and underline options. The frontend changes

will allow students to personalize the color and fonts on their mailboxes, include signatures on outbound emails, apply automated reply, block emails, change user password, etc.

The upgrade version also offers a new feature called "Rules," which allows the user to automate certain tasks. For example, emails from certain login names can be automated to be allocated into a certain folders, or even be deleted.

Given the new control in the email system the students expressed mixed reactions to the OWA upgrade.

"[The look] is ok. I mean I had problems sending emails to YAHOO accounts before, so I don't really use [OWA] very much. I use my AOL to email my friends," said Pavandeep Spal, a sophomore from Stratford.

"I only have problems sending emails when the server is down. I do like the new look. I think the other one looked so plain and old that it needed the step up. I like the fact that I can be home and still log on to the school email," said Greg Moler, a junior from Woodbridge.

Christine Fasano, a sophomore from Bethpage, NY said that at first she was caught by surprise when she was faced with an unfamiliar look of the Outlook email.

"It wasn't so bad as long as I can get all my emails. I remember last year I had a lot of problems. I couldn't send out emails to YAHOO or Hotmail, but this year not so much," she said. "It kind of fixed itself."

Saburo Usami, Director of Networking & Telecomm said that if there is a problem with any inbound or outbound email, it maybe an individual issue.

"If it's something that the helpdesk or the call center can't help you with, we can track it down as an individual issue, and make sure that you are getting all the outbound and inbound that you need to be getting," said Usami, "The only reason why you should not be getting certain types of messages is because they're considered Spam from known domains."

Morrell said that they have tested the upgrade.

"We are confident that it will work," he said.

New Lab Fees for Media Students

By Jennifer Motisi
Assistant News Editor

Sacred Heart students are used to paying the regular fees for courses taken every semester. It is understood that various science labs, as well as a course load of over 18 credits garner an extra charge, but other classes have always been covered through tuition. This common practice has now been altered.

Beginning this spring, there will be a fee for each and every media studies and communications technology course. History and theory classes, such as history of the motion picture or the history of broadcasting will now cost five dollars per credit, equaling a total of 15 dollars per class.

All production classes, such as news writing and reporting or video production will now carry an extra fee of 25 dollars per

believes that this new fee will offer great returns for students.

"We seriously believe that the investment in these lab fees is a wise investment for students, and that it will pay back high returns in the not so distant future when our MS and CTS students enter the 'real world' after college."

Senior Mike Burns of New Providence, RI, Vice-president of the Media Studies Association and producer and anchor for the channel three news on the Shuperstation, has mixed feelings on these fees.

"Media Studies/Communications is certainly a competitive field and with a limited skill set, using depleted, and in some cases obsolete resources, a potential seeker searching for work in a media related field will find themselves dead in the water. I absolutely believe that with how technology is incessantly chang-

"I absolutely believe that with how technology is incessantly changing, our Media Studies department needs to keep up with the pace.

However, I am not sure that dipping into the wallets of students is the best solution"

Michael Burns

credit, or 75 dollars per course. Dr. James Castonguay, Chair of the Media Studies and Digital Culture department, offers several reasons for these sudden charges.

"Given the highly competitive nature of the Media Studies and Communications fields, to prepare our students for the future, we need to make sure they graduate with a state of the art education, trained in the latest cutting edge technologies, equipment and software.

"In order to achieve this, a lab fee of 25 dollars per credit for our production classes is necessary to help defray a portion of the cost for supplies, equipment, software, and maintenance of the new digital Media lab, MSDC Studio, and multimedia and digital production courses," Dr. Castonguay said.

Dr. Castonguay added that the Media Studies and Digital Culture faculty are actively looking for grants, which will also add to the budget of the department.

Besides keeping the production equipment on the cutting edge, the money from the history and theory classes will be used to keep the video library current and up to date.

With these sudden charges come many questions, including the necessity for this new equipment, and what the benefits for students will be. Dr. Castonguay

ing, our Media Studies department needs to keep up with the pace.

"However, I am not sure that dipping into the wallets of students is the best solution. As a senior, the spring semester will be my last and unless that money is going to be coming back to me through an increased skill set, then I do not see how the changes can be justified for those of us who are on our way out," Burns said.

Dr. Sidney Gottlieb, Professor of Media Studies and Digital Culture believes that fees should be considered, but must be gone about in the right way.

"Individual courses often need more 'support' because of special material requirements, and perhaps it makes sense that at least some of that support should come from the particular students taking the course. Our department has been 'under funded' for a long time, I also think that there are other ways for the university to increase the funding of our department that would not be entirely reliant on extra fees collected from students.

"And I think that the policy of adding on new fees to cover things that used to be covered by tuition needs to be monitored very carefully. While I think it is legitimate to charge lab fees for some courses,

Continued on Page 4

Be Advised! Web Advisor, Available Now

By Kerry Freel
Editor In-Chief

They're coming! They should be in mailboxes possibly as early as tomorrow! You know them, even if you don't love them. They're the cards you need to register for classes, and this year, Doug Bohn, University Registrar said, they are colored "hot pink." Sometimes the card requires students to get a signature, to pay off a parking ticket from the day he or she made his or her own parking spot, or sometimes students need to straighten out their financial aid arrangements. While Web Advisor is a great new asset to the SHU community, it cannot take care of these signatures for you.

Tired of waiting around at the Registrar booth to get into your desired classes? Frustrated that the person right in front of you got into the class you wanted and took the last seat? Well Web Advisor can help you register quickly and conveniently, without even stepping foot on campus! From the same school that brings you Blackboard and other fun on-line gizmos comes Web Advisor.

In all seriousness, Web Advisor has many convenient devices that make it user friendly and very appealing. Students can log into Web Advisor through a link off the Registrar's website, which can be found on the SHU website, or can be found by typing in: http://registrar.sacredheart.edu/web_advisor.htm.

Right now, students and staff can log on to Web Advisor and follow the instructions to get their temporary password. The log-in process is similar to that of logging into SHU e-mail. As Bohn explains, whoever tries to access Web Advisor must already have an active SHU e-mail account because your temporary password for the Web Advisor system will be e-mailed to your SHU e-mail account.

Don't worry if you're already upset about having to do something else with a computer. For those not wanting to take the technologically advanced plunge into Web Advisor, the Registrar window will remain manned to help students register for classes. But Bohn hopes many will take advantage of the Web Advisor set-up.

"I hope they don't all come to the window," Bohn said.

So what does Web Advisor have to offer? Besides being able to check midterm and final grades, a makeshift "transcript" which will tell you all of your grades in each semester that you've attended SHU, and your current total GPA, but this will not count as an official college transcript and will not have your

"I hope they [students] don't all come to the window"
Doug Bohn,
University Registrar

name on it if you print it out, Bohn explains.

Students can also check a degree audit which has been completed for them to check and see if a B1 area, for example, has been completed which will enable students to choose classes that they need to take in order to graduate! Bohn warns that people who have taken Honors courses may have discrepancies with their audits because the computer might put the course in a section that it doesn't necessarily have to go under. (On an editorial note: you should check very thoroughly through what courses you've taken and what you need to take to ensure you graduate when you plan to!)

Another luxury the Web Advisor offers is that it practically makes your schedule for you. You have the option to type in up to three different class categories (English, Biology) and levels (100, 300) and you can select certain days (Monday, Wednesday) that you'd like to attend these classes and at what times during the day you'd like to go to class and the Web Advisor will tell you what's offered with your specifications.

You can start using Web Advisor today! It's been up and running since Tuesday afternoon. While you can't register yet, (that doesn't start until November 11 for seniors who pre-registered in the spring), you can log-in and be on the lookout for your temporary password so your registration experience next week will be more efficient, Bohn said.

And no need to worry if you make a password and forget it. While you should try to make it something you will remember, you can always log in again, just as if you were a new user, and the

system will e-mail you another temporary password. Then you change that password again as you did the first time.

Bohn also mentioned that students need to see their advisors if they have not already pre-registered for the spring semester. You must visit the advisor who is designated on your card. If you have changed your major, if your advisor has left and you'd like to select a new one or whatever the reason, you can go to any department's secretary and tell them who you'd like your advisor to be.

This is important, because Web Advisor will not work properly and your registration information will not be processed if the block that is in place, which is lifted by your advisor, remains. The block was implemented to ensure that students do seek advisement.

Also put in place is a system so that undergraduate students cannot register for things like certain AHEAD courses or graduate courses that are not applicable.

Web Advisor will be up and running continually and can be used for registration purposes up through the week before the spring semester begins. All add / drop situations after that point will need to be addressed at the Registrar window.

Freshmen are not allowed to partake in the web registration through Web Advisor, "come April, they will," Bohn explained, but may use its other features.

Although Web Advisor is accessible at any time, the feature of it that deals with the registration process is only up from 8 a.m. to 8 p.m. Michael Hougasian, Senator for the class of 2005 and active member of the Academic Committee, explained that 150 to 200 students should be able to be on at any given time without freezing up the network system.

Web Advisor solves two other common course registration problems. Instead of running to check the television screen to be sure your class hasn't been filled or cancelled, you can log into Web Advisor. Web Advisor will tell you the correct classroom you should report to for class, how many students are in the class approximately, who your instructor is and other such information.

For more information on Web Advisor log on to it and the Registrar's website. For any technological problems dial extension 7575.

Terpischore Temporarily Cancelled

In an e-mail from Keith Johnson, Director of Bands, sent on Nov. 4 at 5:57 p.m., he announced, "I have been forced to look at the viability of the guard program for this current season. The factors that I have been looking at are: a large per-student investment (non-SHU students do not get factored into this equation); a very high staff to student ratio; a very small number of SHU students involved; a program that was nationally ranked during the 2003 season.

"Regrettably, I have come to the conclusion that, while Winter Guard is an activity that I want to see become an integral part of the

Pioneer Bands program here at Sacred Heart, that the many different financial, personnel, logistical, and space issues that face us this year require that the program be put on hiatus. Effective immediately Sacred Heart University Guard Program - Terpischore will halt operations."

Johnson's e-mail also states that guard members will be refunded, SHU will be keeping the name "Terpischore," and the Winter Guard program has the possibility of regaining "active status for the 2004-05 season."

-Compiled by Kerry Freely

Who, What, and Where Your Guide to SHU Services

- Athletic Training -

Located in the Pitt Center across from the equipment room, Athletic Training provides services to every athlete at Sacred Heart. Athletic training specializes in maintaining and rehabilitating the health of SHU athletes.

The training room is open all day long from 8 am to about 7 pm. There is never a point in the day where no certified trainer is present to provide assistance to someone in need.

While in the training room, athletes are treated with ice, electronic stimulation, ultra sound, and even hot wax therapy. Athletic Training has the resources to use the latest methods of physical rehab to work with the athletes.

Athletic Training is also a source for physical therapy. Any injury that needs more attention than most can be fully rehabbed by using the wide variety of equipment. Athletes recovering from surgery, major sprains, or broken bones have all they need to make a full recovery in the Athletic Training room.

The Athletic Training department consists of Julie Alexander

(Asst. AD / Athletic Training), Michael Hann (Assistant Athletic Trainer), Leo Katsetos (Assistant Athletic Trainer), Ang-Dung Nguyen (Assistant Athletic Trainer), Carrie Silkman (Assistant Athletic Trainer), Tara Kozulko (Grad. Assistant Athletic Trainer), Kevin O'Hagan (Grad. Assistant Athletic Trainer), Ivo Wesseling (Grad. Assistant Athletic Trainer) and Rachel Wonderlich (Grad. Assistant Athletic Trainer).

Although each trainer is assigned to a specific team, they are always there to help all of the athletes whenever they need assistance. During the course of one day, athletes from each team go to the training room for treatment and before the day is over, each athlete has received treatment.

Injuries occur every day at Sacred Heart, some worse than others. It is up to the people who work in Athletic Training to make sure the athletes that represent Sacred Heart recover and continue to play at a healthy level.

- Compiled by Greg Cappello

Public Safety Briefs

October 28 - 1:27 p.m. - There was a domestic disturbance reported off-campus. A staff member reported she was involved in a domestic dispute.

2:44 p.m. - There was a motor vehicle accident reported in the North Lot. It was reported that two students were involved in an accident, but no injuries were reported. Both parties declined police notification.

2:56 p.m. - A motor vehicle accident was reported off-campus. A staff member was involved in an accident with a University rented vehicle. The State Police were called.

10:55 p.m. - A fire alarm was reported to activate in South Hall. An alarm was activated due to a resident's using an aerosol spray.

October 29 - 5:09 a.m. - Vandalism was reported in South Hall. An elevator was damaged. It was placed out of service.

October 30 - 9:41 a.m. - Larceny was reported in the Library Parking Lot. A visitor's wheel and wheel cover were stolen from her vehicle.

10:11 a.m. - A motor vehicle accident was reported at the information booth roadway/Two students were involved in an accident, no injuries were reported. They declined police notification.

11:32 a.m. - Larceny and a fire safety concern were reported at Taft Commons. Officer conducting a fire safety inspection observed fire extinguishers were missing from three apartments.

11:26 p.m. - An assault was reported at Taft Commons. A resident was hit with a paint ball causing injury to her leg. She declined medical assistance.

Paying More For Media Labs

Continued From Page 3

I think it is important that these fees be kept reasonable and proportionate (the lab fee for every course need not be the same, and the fee should have some reference to the actual cost of materials that the students will

upgrading equipment, etc. There may be a rationale for using lab fees to help cover the latter, but I tend to think that's what tuition is meant to cover!"

Charging for lab classes is not a new concept; science departments have been doing it for years. However, being that this charge is so sudden, students

the other hand, could entice them to join the growing majors and learn to use the state of the art materials.

Whatever the case, the Media Studies and Digital Culture department remains optimistic on the final outcome of these charges. Dr. Gottlieb sums it up best;

"Lab fees are like a tax. I'm by no means against taxes in principle; but I do feel more comfortable paying taxes -- even increased taxes - if I feel that the money generated is based on a fair assessment, goes where it is supposed to go, and is spent purposely and effectively"

Dr. James Castonguay

use)," Dr. Gottlieb said.

Dr. Gottlieb also thinks that it is important that the money the students are paying will go to the right places.

"I'd ask for a clarification from those who initiate these fees about basically what they are meant to cover. It's one thing to pay a lab fee to cover materials that a student will use during the course of production work, and another to ask students to pay an extra fee for maintaining and/or

may be surprised at this new fee. Dr. Castonguay assures that media studies and communications students will be provided with one-on-one explanations of these fees during the upcoming advisement week.

Will there be backlash over these fees, or will students appreciate the use of their money for new and important equipment? These fees may discourage some students from taking media and communications classes, or on

"Lab fees are like a tax. I'm by no means against taxes in principle; but I do feel more comfortable paying taxes -- even increased taxes -- if I feel that the money generated is based on a fair assessment, goes where it is supposed to go, and is spent purposely and effectively. If all these conditions are met, I think that the few extra dollars added on to the cost of an education will be well worth it."

THE SPECTRUM VOLUNTEER NETWORK

NATHANIEL WITHERELL

- Saturday, November 8, 1:30 - 3:00 PM
- Greenwich

Senior's Birthday Party - every second Saturday of the month a celebration is set in the common room for all seniors at the home. Volunteers are needed to assist them back and forth to the party. If you can help out, or drop off some store bought or home made baked goods, please do let us know.

AMERICAN CANCER SOCIETY

- November 7-8, 2003
- Best Western Royal Plaza Hotel, Marlborough, MA

Are you interested in helping the Relay For Life of Wilton grow in 2004??? We are looking for some interested members of the SHU community to step up and join the leadership team. If you think you're interested then you won't want to miss this year's Leadership Summit.

The Leadership Summit will provide all

Contact: carrarad@sacredheart.edu

the necessary training which will focus on the development of leadership, survivorship, teams, fundraising and event development.

SOUP KITCHEN WITH CHERIE

- Saturday, November 8
- Stamford

Join Cherie in Stamford at the next soup kitchen. Volunteers need to spare only an hour of their time from 4:30 to 5:30. Got 60 minutes?

Attention Students!

Be informed of what's happening at Sacred Heart. Come to the State of the University Address on Wednesday, November 12 from 7-9 p.m. in the theatre.

Student Government President Guy Savage and Sacred Heart President Anthony Cernera will address the issues important to YOU, so come with questions!

Student Resident Harassed at Park Royal

By Brian Thorne
Staff Reporter

A Sacred Heart University student residing at 2600 Park Ave. reported to Bridgeport police that a neighbor in her building had acted inappropriately on Oct. 25. Junior Jaclyn Jennett (Northfield) alleged that her neighbor's son, Jayson Ostomie, had obtained her phone number from a doorman at Park Royal without her permission and had started calling her. Bridgeport Police Officer J. Cintron was dispatched on Oct. 26 to file an incident report.

According to the police report, Jennett, a Sacred Heart University student and a resident assistant at Park Royal, was organizing a Halloween party on Oct. 31 for all of the children living in the building. Jennett had noticed that a young girl resides in an apartment close to her's. Ostomie, the father of the young girl, is 35 years old and sporadically lives in the apartment with his mother. Jennett spoke with Ostomie and proceeded to invite the young girl to the Halloween party. Ostomie told Jennett that his daughter was unavailable that night and could not attend the Halloween party, but that he could. Jennett felt that Ostomie's response was awkward. The exchange took place on Oct. 9.

Later that month on the evening of Oct. 25, Ostomie obtained Jennett's home telephone number from the front desk at Park Royal

and called her. She was not home, but Ostomie obtained Jennett's cellular phone number from her answering machine. Allegedly, Ostomie called Jennett and asked her for a date. Jennett refused and explained that she was not happy that he had gotten her home phone number and cellular phone number without her approval.

"In no way are we are not allowed to give out the telephone numbers of the residents here," said an employee of Park Royal who asked to remain anonymous. "The doorman that gave out [Jennett's] phone number is buddies with [Ostomie]."

Officer Cintron attempted to contact Ostomie, but was unsuccessful. Police also left a note on Ostomie's door asking him to call the Bridgeport Police Department to further discuss the incident. Cintron classified the type of incident as harassment in the police report. No other police action has been taken at this time.

"I called my resident hall director first to ask him what to do and he told me to call Public Safety," said Jennett. "Public Safety informed me that I had to notify the Bridgeport Police Department. [Public Safety] was

Program' designed to decrease tensions between community residents and off-campus living environments. In the near future, I would like to work with the police, students, and the residential community to implement this program. I wrote to Bridgeport Police Chief Wilbur Chapman to meet with him regarding these issues and I'm waiting for his response."

Maloney also advises students living off campus to be aware of their surroundings and take certain safety precautions.

"Talk with neighbors," said Maloney. "Know what is routine and what is unusual. Be aware of all unfamiliar persons in or near your apartment complex. Don't open the door to someone you don't recognize. Be aware of people requesting information with no apparent need for that information. Don't provide personal information such as ...cell phone number, or any other information that someone could use."

"Furthermore, report anything suspicious to the Department of Public Safety and your local police department."

Jennett moved out of her apartment on Friday Oct. 31 to another Park Royal apartment.

"My whole intention in moving wasn't even [Ostomie]," said Jennett. "I was moving way before [the phone calls] even happened."

Mr. Ostomie was not available for comment regarding this story.

"In no way are we are not allowed to give out the telephone numbers of the residents here. The doorman that gave out [Jennett's] phone number is buddies with [Ostomie]"
Anonymous Park Royal Employee

According to the police report, Jennett is now frightened because she later learned from other Park Royal residents that Ostomie is a possible alcoholic and drug user. An employee of the building also warned Jennett that Ostomie allegedly has a history of violence.

"Nothing really happened," said Jennett. "It just bothered me ...that he went out of his way to get my phone number. It scared me. I didn't want to take any chances so I just called the police. He has not called back since."

actually really great about it. They came with the police to my apartment and sat with me (while police were there)."

"I'm happy that I made the call to the police right away because I just think it was good to have [the incident] on record. So now, if something else happens ...I can take further action."

"I regret that Jaclyn had such a negative experience with her neighbor at Park Royal," said Director of Public Safety Linda Maloney. "My future plans are to implement a 'Good Neighbor

Tuition Increase

Continued from page 1

out that the average Sacred Heart student does not pay the full-published amount. According to Savino, much of Sacred Heart's student body receives some form of financial aid, which helps them match the cost of tuition to date. Literature provided by her office stated that a total sum of \$47,587,259 in financial aid was distributed among 3,278 students

Barquinero confirmed this objective and added that the University struggles each year when deciding how to spend their tuition-dependent budget.

"For every dollar we collect, we have to decide which one of those dollars are used for [institutional] financial aid and which one of those dollars are used [to enhance our academic facilities or programs]," said Barquinero. "And that's the tension."

"We make sure that our pricing is fair and affordable because we want our students get the best education for their dollar"

James Barquinero

this year. \$19,984,282 of that lump sum came from grants and private gifts, while the remaining \$27,602,977 came loans and work-study.

"Our mission at Sacred Heart University is to provide an affordable education to all who qualify to be here," stated Savino.

Eventually, he stated, the University will formulate a budget that satisfies both domains.

"We make sure that our pricing is fair and affordable because we want our students get the best education for their dollar. That's the goal [of the University]," concluded Barquinero.

Are you artistically inclined?

The Spectrum is holding a contest, open to SHU students to design a new masthead for our front page. Entries should include the name of the newspaper, our slogan, and publication information (volume and issue number) and contact information.

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 EXTENDED: 5 p.m. on November 28, 2003

EDITORIALS

Technology Takeover @ SHU

By Kerry Freel
Editor-in-Chief

Well now we have it all! We have media studies classes that use video cameras, digital cameras, we have class presentations involving laptops, overhead projectors, and LCDs (to do powerpoint presentations). It seems that technology is taking over at Sacred Heart.

We have our wireless laptops that usually work, some people have Imacs and now we have so

much available on-line. I can't help but discuss this technology issue as I edit through this issue of the newspaper. There are already more than three technology linked stories going in, and it's only 6 p.m. on Monday!

The SHU e-mail system got a facelift and it now has a lot more blue coloring to it. Web Advisor allows on-line registration so students don't have to camp out overnight to get their desired classes. In fact, they don't even have to leave their dorm rooms!

The computer lab in the HC Wing was revamped over the summer. The SHU Blackboard system has also recently been updated. Our website has an extreme amount of information on it and is also frequently updated with current news and events that pertain to SHUsters.

What are your views on Technology at SHU? What would you like to see in the future? Write to the spectrum: spectrum@sacredheart.edu. Please include your name, year or position at SHU and "hometown."

Want to see a story here? Write one!

Send your comments,
opinions and stories to:

spectrum@sacredheart.edu

The Spectrum

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The SHU Voices

Compiled by Robert Trenske

How do you feel about the new up-coming online registration?



"You can register online?"

Chrissy Pedrena
Brooklyn, NY
Sophomore



"It's about as exciting as going to church!"

Alex Kantarelis
Worcester, MA
Junior
Brian Gardner
Maynard, MA
Junior



"No, I have yet to see any error handling for students who have exceptions to the normal course progression. Will it be able to identify these special cases?"

Patience Allen
Sebec, ME
Senior

Editorial Policy

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

The Spectrum is a student-run newspaper of Sacred Heart University and is published every Thursday during the academic year. All mail should be sent to:

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Should Students Be Censored?

By Kerry Freel
Editor-in-Chief

Have you ever walked down the hallways, minding your own business, and heard more cursewords coming out of peers' mouths in a few quick moments than you'd hear in most full-length feature films? Well... I have!

I just try to get through each day in one piece. I go to classes, assemble the paper, catch up with friends, and try to figure out my future. My thoughts are often interrupted by the "f" and "s" curses as I'll call them. I am not saying it's terrible to use curses, in every situation, but I think their use has been blown out of proportion.

If a person trips and crashes into another person on the way down, either party is entitled to at least think of a choice word.

But more and more I hear people engaged in conversation with their friends who discuss a fight they were in at some point and while stating their responses, mention many curses.

On one occasion, I saw two girls who were talking as loud as they could practically, walking right next to a professor, and cursing as though they were in a private room in front of a television or something.

I guess I'm a fuddy duddy and a goodie goodie or whatever else you can think of, but I just do not think that cursing promotes anything positive. Yes, sometimes it is good to vent anger and frustration, but I am just overwhelmed with hearing all these curses in the hallway. And it's not that I'm trying to "listen in" on conversations, it's that the people are talking so loudly people down the hallway a good distance could probably hear the same thing as me who is

just passing by.

Should SHU be a curse-free zone? Well, I'm sure that'd be a pretty impossible goal to accomplish. Unless they gave out some crazy tickets, like when you make

I guess I'm a fuddy duddy or a goodie goodie or whatever else you can think of, but I just do not think that cursing promotes anything positive.

your own parking spots in the parking lots on campus. Cursing tickets, \$40 per offense. I don't even think that's a good idea, but it just might eliminate the problem! I just did not encounter this same problem in my high school, so I guess that's why I'm surprised it's such a big thing here

in college. It seems that in my years here, it's gotten worse and worse.

Cursing makes people more violent I think. Because the more you curse, the more you are in an angry mood most likely. Unless you're one of those people who curses when he or she is happy.

But cursing is not the only thing that can be censored. What people say and do, and publish in student publications, can also be censored. At SHU, the newspaper is protected by the freedom of the press, our constitutional first amendment right.

But there are filters everywhere. With the newspaper for example, each editor reads through the stories he or she receives and makes any changes necessary to make the story either fit the allotted space or conform to the style guidelines.

Then there's another set of editors who oversee the final stages of the newspaper, includ-

ing myself, who add in or delete anything we feel appropriate to make the newspaper the most informative it can be.

Sometimes these censorship issues can be very controversial. People feel they should be able to do and say anything, but where are the lines crossed? If someone is offended by someone else, should they just ignore that person, or should the person doing the offense be "punished" somehow?

I don't have all the answers to these questions, I just think it's an interesting topic to discuss in today's terms.

Would you like to comment on this editorial? What do you think of cursing? Have you had similar experiences? I want to hear from you! Let your voice be heard! E-mail the Spectrum at spectrum@sacredheart.edu. Please include your name, year or position at SHU and hometown in your responses.

Bound For The Big "D"

By Kerry Freel
Editor-in-Chief

As this issue is read by the SHU community, several of its members will be in Dallas, Texas for a Media Conference. Not just any media conference but the ACP/CMA's Eighty-second annual National College Media Convention. Members of this group include Spectrum news-

year. The conference runs from Wednesday to Sunday.

The conference aims to improve students' strength in all areas of media. Last year, the conference was in Florida and in other years it has been held in New Orleans, Louisiana. Students from all over the country come to the conference to learn from the experts.

These experts include professionals, who get paid!, for jobs and careers students are trying to

ally at least five session times offered each day of the conference with over 20 sessions running at any one time. Sessions can span the spectrum from writing good headlines, to learning how to manage a staff of any type of organization, to learning technology like design software or digital camera equipment, how to deal with diversity in publications and on the air, and how to market publications and shows to a student body.

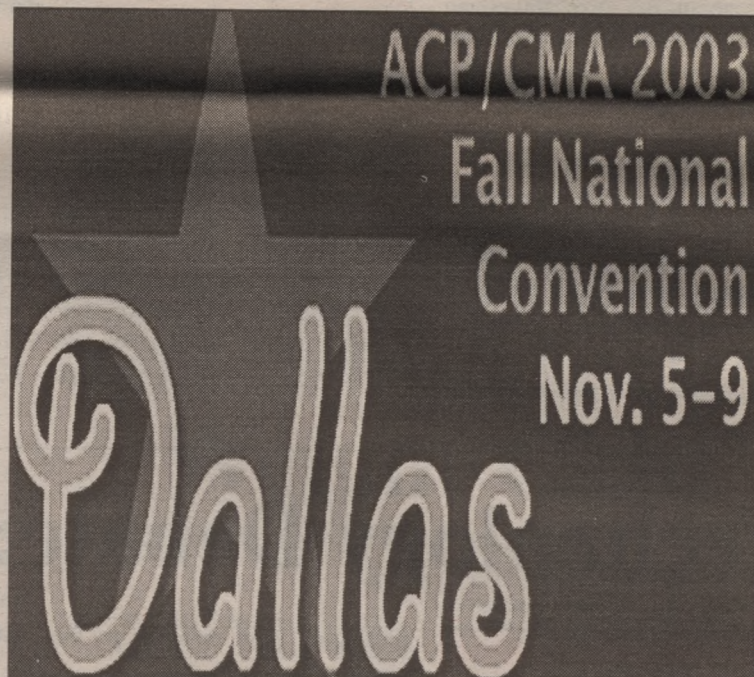


Photo Courtesy of CMA database

The 82 Annual ACP/CMA convention is taking place in Dallas, Texas this year.



Photo Courtesy of CMA database
Molly Ivins, author of "Bushwhacked: Life in George W. Bush's America," is one of the keynot speakers at the media conference.



Photo Courtesy of CMA database
Barbara Bradley Hagerty of NPR will speak in Dallas.



Photo Courtesy of CMA database
Paula LaRocque will try to make students better writers at the CMA conference.

pursue. Another purpose these professionals serve is to explain the "real-world" circumstances they work under. They explain how they handled certain controversies, what has worked well for them and what hasn't been as successful.

Sessions usually run for about an hour, and there are usu-

And the sessions are not the only opportunities students have to learn at these conferences. Students can meet with those who run the sessions after to ask more specific questions and maybe even get a business card to keep up a correspondence. Students can swap publications or tapes to learn how other schools func-

tion and what the good and bad aspects are.

There are also keynote speakers, well-known authors and other media personalities, who talk about a particular topic and entertain questions from the audience.

This year the keynote speakers for the conference are Molly Ivins, author of "Bushwhacked: Life in George W. Bush's America," among other books, Barbara Bradley Hagerty of NPR, National Public Radio, and Paula LaRocque, who wrote "Championship Writing: 50 Ways to Improve Your Writing" and had regular columns for "Quill," a journalism magazine.

Students can have their publications critiqued by professionals, which is a wonderful learning experience and improves the quality of everyone's hard work.

Other groups on campus participate in conferences as well. The Student Government usually attends a conference to help enforce leadership skills and learn new ways to manage all the issues college students have to deal with.

Have you heard about a conference or participated in one with SHU or otherwise? Share your experiences in the Spectrum! E-mail spectrum@sacredheart.edu, be sure to include your full name, hometown, and year or position

paper editors, Prologue yearbook editors, and WHRT radio managers.

Dallas, referred to by many as "The Big 'D'," is home to cowboy hats and warm weather, and a Hyatt Regency hotel, where the conference is being held this

FEATURES

SHU Students Weigh-in on Weight Gain

By Vanessa Rubino
Staff Reporter

Many freshman college students dread heading off to school, fearing that their waistlines may expand more than their intellects. College freshman beware, according to a recent study by Cornell University, the freshman 15 could be real. Poor eating habits, less exercise and bigger portions are some of the reasons freshmen tend to gain weight. These unhealthy eating habits can turn the freshman 15 into the junior 30.

Megan Baker, who is now a senior, says that she put on some extra pounds her first year at Sacred Heart. "I gained weight freshmen year and realized I had to do something about it," says Baker, an international business major from Charlestown, NH. She has since lost the weight by changing her eating habits and increasing her level of activity.

"I go the gym. I try to eat healthy, like salads and sandwiches," continues Baker. She attributes her weight gain to "lots of drinking, unhealthy eating, and a lack of sleep." The Cornell study states that col-

lege freshmen gain an average of 4.2 pounds during their first 12 weeks on campus.

calories and fat content. Plates of mozzarella sticks and deep fried onion rings are just the beginning

dents who crave sweet snacks. "Living in FLIK made me fat," says Julia Nemetz, a senior from

conscious students can choose from. A salad bar that includes different types of fresh veggies and low-calorie dressings is an alternative for students who prefer lighter fare. "It is a standard with FLIK that we provide a well balanced meal to our customers," said Paul Sabio, the food service director from FLIK who manages the dining services at Sacred Heart University. FLIK's food and nutrition philosophy is dedicated to providing healthy choices for campus dining facilities. A nutrition specialist is also employed on FLIK's corporate staff whose job is to review menus for nutritional value.

The FLIK food and nutritional philosophy states, "To the extent possible, we prepare our foods from scratch, limiting the use of processed foods and avoiding foods containing artificial flavorings, preservatives (M.S.G.), and high levels of sodium."

It also states that FLIK uses "minimal amounts of fat in food preparations. We primarily use olive and canola oils, which have more monounsaturated and less saturated fat than other cooking oils. We use non-hydrogenated

See "Weight Gain"
Continued on page 9



Photo by Robert Trenske

Many college students gain the dreaded freshman 15 in their first year of college. Although Sacred Heart's food service, FLIK, claims they provide healthy food, many students blame poor diet for their increased weight.

The causes aren't hard to spot. Just walk into FLIK, and you will see a variety of tempting and unhealthy food choices. Offerings of steak sandwiches and cheeseburgers are filled with high

of the fast food style cuisine that many college students opt for when on the run. Tables topped with cookies, donuts, and cake are right beside a freezer filled with ice cream for the stu-

Shelton. Like others, Nemetz argues that it is hard to eat right when healthy choices are limited.

But Flik also offers healthy meal options that more health-

Technology Debate: Elementary to University

By Kelly Ryan
Staff Reporter

A common argument of introducing more technology in the elementary classroom is the risk of encouraging social isolation and deterring social development. Much exploration into this topic has been done and findings suggest that with proper planning, computer enhanced lessons translate into higher student achievement with the added bonus of improving parent-teacher communication.

Vicky Ipacs, an education student at Sacred Heart University, who hopes to teach math to high school students, agrees that a teacher well versed with current computer technology can use their time and energy more effectively in preparing and

presenting new material to the classroom.

"I love technology and feel it is important to keep kids updated, but with proper supervision. The Internet can be a dangerous place for kids between the ages of 13 and 17. I hope that as a teacher, I will be able to keep parents involved in what is going on in the classroom and the progress that their child makes," said Ipacs.

David Granbow, a fifth grade teacher in Hudson, Wisconsin, has done consulting on technology use in kindergarten through grade five, feels strongly about the benefits of computer technology in early elementary grades.

"Computers can be tools that help students develop positive social skills and that help build community, both inside the classroom and in the larger world. But, as with any other classroom tool, you need to introduce computer

work thoughtfully."

Vincent Gaccione, a part time student at Sacred Heart University, has hopes of teaching

"I hope that as a teacher, I will be able to keep parents involved in what is going on in the classroom and the progress that their child makes"

Vicky Ipacs

middle or high school kids in the near future.

"I believe that computer technology introduced early and properly can be most beneficial for young students. The earlier it is introduced, the easier it will be for them in middle and high

school years," said Gaccione. "I'd like to know that I'm presenting the best learning environment to my students; that I'm presenting material in a manner that encourages them to work together and learn from each other at the same time."

Recently, CDW Government, Inc. (CDW-G) put together a survey to measure the use and results of computer technology in the classroom and also to explore the resulting new trends in education technology. CDW-G has a great interest in this area, as it is a company that produces brand name technologies for kindergarten through grade 12 schools nationwide.

The Teachers Talk Tech survey revealed that 85 percent of the 600 teachers surveyed overwhelmingly agreed computers were a valuable teaching tool that improved their students' overall academic performance and 75

percent reported improvement in the attention span of their students.

Other important findings from those surveyed showed that 58 percent of teachers felt that by posting homework assignments online they were able to increase overall completion rates. Computer technology increased communications with parents for 63 percent, and another 72 percent stated that they believe students who have computers at home have a major advantage over those who do not.

It is clear that not all surveyed were as enthusiastic about technology in the classroom. Findings show a direct correlation between the average number of hours a teacher used the computer to how strongly they

See "Technology in the Classroom"
Continued on page 9

Dealing with Diabetes

By Kelly Ryan
Staff Reporter

Imagine waking up each day and having to give yourself shots of insulin and checking your own blood. Imagine doing this while you're away at school. Think about being at a party and having to reject alcohol more times than being able to drink it.

College students with diabetes face these issues. A big night out for some student's is an unhealthy risk for those living with diabetes. Alcohol, which has high carbohydrate content, is something diabetics should stay away from, turning one of the freedoms of college life into a potentially hazardous situation for diabetics.

However, expert Karen Calmers, director of nutrition services at Joslin Diabetes Center in Boston says, "Drinking in moderation, with good glucose control, is fine from time to time."

A Sacred Heart freshman, who wishes to remain anonymous, speaks about being diabetic. "While I was a senior in high school, my main worry was if I could or couldn't go away to college because of my diabetes."

She continues, "Being away from school means being totally independent with my disease. Since I've had diabetes since I was 10 years old, I can pretty much handle it on my own. It's not me who is worried about me being here with diabetes, it's mostly my parents who are constantly worried if I'm doing what I'm supposed to be doing."

She comments, "I tell limited people about my disease. I don't want people obsessing over it but I do have to tell my close friends, just in case something happens while we're out or while we're around the dorms. It's for my own good that people I care about know."

She also says "I do drink from time to time. If I know I'm going to be drinking, I'll give myself a little more insulin. I know how my body works [...] Drinking isn't something I can do everyday, but it's okay for me to be a regular college freshman and drink with my friends from time to time."

She admits that eating food in the cafeteria isn't really hard with diabetes. "It's not the food that really does the damage. What is really the problem is the drinks. I can never drink a glass of soda or even orange juice. Those are the type of things I have to stay away from, at all times." The National Diabetes foundation notes, "Approximately 17 million

people in the United States or 6.2 percent of the population, have diabetes. While an estimated 11.1 million have been diagnosed, 5.9 million people remain unaware that they have the disease."

There are 3 types of Diabetes. Type 1 is caused by the body's failure to produce insulin. It is estimated that five to ten percent of Americans who are diagnosed with diabetes have type 1 diabetes. Oppositely, type 2 diabetes is where the body fails to use its insulin properly. Approximately 90-95 percent (or 16 million) of Americans who are diagnosed with diabetes have type 2 diabetes. A part of type 2 diabetes is Pre-diabetes. This is a condition that occurs when a person's blood glucose levels is higher than normal but not high enough for a diagnosis of type 2 diabetes. It is estimated that at least 16 million Americans have pre-diabetes.

The last diabetes is called Gestational diabetes. This affects about 4% of all pregnant women, which is about 135,000 cases in the United States each year.

New studies from Harvard University show that type 2 diabetes is linked with heart disease/heart attacks for young adults age 18-44. The study showed that those with type 2 diabetes are 14 times more likely to suffer a heart attack and up to 30 times more likely to have a stroke than their peers without diabetes.

"This means that huge numbers of people are going to get heart disease, heart attacks and strokes years, sometimes even decades, before they should," says Teresa Hillier, MD, who specializes in endocrinology. "Young adults are increasingly likely to be overweight and diabetic. Our study is the first to look at the health outcomes of young adults who get diabetes; and the greatly increased risks of

Technology in the Classroom

Continued from page 8

felt about the benefits of their use. Furthermore, it was noted that among teachers with more than 10 years of service only 69 percent found the use of computer technology to make their job easier, while 80 percent of the teachers with fewer than 10 years experience found it to be most helpful.

One new trend in teaching is how teachers tap into the wealth of information that they have among themselves. Teachers are networking and building their curriculum based on past successes and failures of their peers over the Internet. SchoolWorld Internet Education, found at www.education-world.com, is just one example of a global program that offers technological advice as well as group project ideas to teachers around the world. John Halse, its founder, recognized that educators lacking in computer experience inhibited effective utilization of computer technology in the classroom.

"Most teachers ... spend many hours looking for programs and projects, but they don't know where to look," said Halse. "The best part to all of this is that we have experienced teachers helping and teaching the less experienced... We have U.S. teachers participating and assisting teachers in Iraq, Russia, Yugoslavia, Vietnam and many other countries. We have students from these countries participating in the same projects together and

heart attack and stroke are very alarming."

Though people are living with diabetes and controlling it, diabetes is a serious disease. "Nothing is ever the same in diabetes," comments expert Chalmers. "How alcohol affects one person [with diabetes] is never going to be the same as how it may affect another."

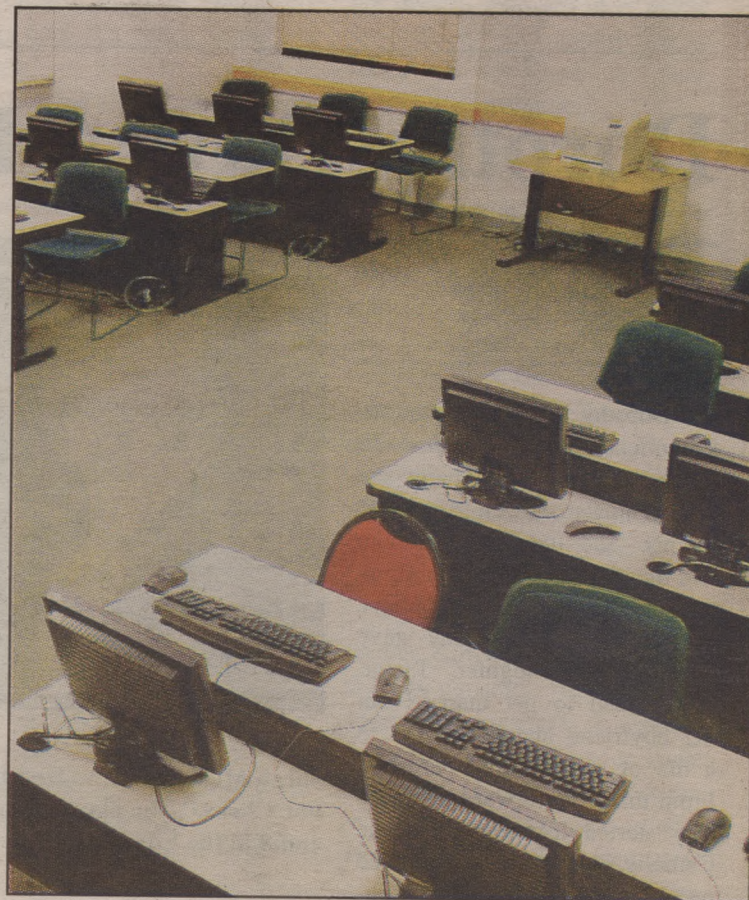


Photo by Robert Trenske

Technologically advanced universities, like Sacred Heart, spark the debate on whether or not technology is a requirement for elementary schools.

communicating with each other."

Thoughtful integration of computer technology encourages more peer-to-peer interaction within the classroom and can unite classrooms around the world. With earlier introduction to computer based work group assignments, students can further enhance their own social development simply by working in an environment where they are

more likely to offer each other feedback, which involves critical thinking and learning from not just the teacher but also from one another.

The benefits of technology in the classroom are evident throughout Sacred Heart's campus. Imagine what the technology will be like when the elementary students go to college.

Weight Gain

Continued from page 8

canola oil for fried preparations.

Although many students blame weight gain on cafeterias, high-fat cafeteria foods aren't the only reason why students seem to put on weight. College students tend to stay up later, and eat more food in those extra hours, including fattening foods from delivery services and 24-hour fast food joints. Add to that increased portions, and less physical activity, and the pounds pile on.

Increased consumption of alcohol is another reason why students may put on excess weight. Beer, wine and liquor have no nutritional value and are nothing more than empty calories.

"I gained 30 pounds freshman year from drinking beer and sitting in FLIK," said Jen Brown, a senior from Woodstock, who has since lost the weight.

Sacred Heart students also have busy schedules that force many students to select for less healthy choices.

"It's difficult to eat three square meals a day. There isn't as much structure. You're up later and you eat more and you burn less calories at night. So it is inevitable that you are going to gain weight," says Katie Hudson, a junior from Huntington, NY. She believes that it is easy to keep excess weight off if you are dedicated to a healthy lifestyle. "People can go to the gym. Buddy plans also help to keep people motivated. Classes like yoga or kickboxing can also be fun," continues Hudson. Many Sacred Heart students have jumped on the fitness bandwagon to prevent putting on the freshman 15.

The Cornell Study states, "That the freshman weight gain could, in fact, be the same phenomenon that is contributing to the epidemic of obesity among all Americans -- that a relatively small increase in calories each day or week has the profound cumulative effect of adding a significant amount of weight over the years."

Did You Know:

- Approximately 17 million people in the United States, or 6.2% of the population, have diabetes.
- About 151,000 people less than 20 years of age have diabetes. This represents 0.19% of all people in this age group.
- Overall, the risk for death among people with diabetes is about 2 times that of people without diabetes. However, the increased risk associated with diabetes is greater for younger people (that is, 3.6 times for people aged 25-44 years versus 1.5 for those aged 65-74 years).

Facts compiled by the
American Diabetes Association

Dorothy Day: A Legend, A Biography, A Play

Nadia Korovesi
Staff Reporter

Dorothy Day converted to Catholicism when she was 30 years old. Up to that point she was an atheist, as well as a single mother. She lived with a man and they were both free thinking enough that they didn't believe in marriage. When Day gave birth to her daughter, Tamar, she wanted to get married but her boyfriend abandoned her to a life of solitude and hardship. From that time forward, Dorothy Day started learning about the Catholic Church and she became one of the most influential religious figures of the twentieth century.

On November 7 and 8, the Center for Catholic Thought, Ethics, and Culture (CCTEC) will present a play about the life of Dorothy Day at the Edgerton Center for the Performing Arts. In a recent interview, the director and coordinator of CCTEC, Dr. Brian Stiltner, talked about the upcoming play, and about the new academic program to teach



Photo contributed by Dr. Stiltner

Sarah Melici portrays Dorothy Day in her one-woman play "Fool For Christ." The play will be performed at SHU on November 7 and 8 in the Edgerton Center for Performing Arts.

Catholic ideas, literature, and history in a variety of disciplines.

The life story of Dorothy Day had always impressed the faculty and staff of CCTEC and when they discovered a play that presented the details of her life in a unique fashion, they were compelled to pursue it.

"Sister Margaret Palliser, [one of our staff members], noticed a news article about a year ago that Sarah Melici has created

a play based on Dorothy's Day's life and she was also performing it," says Dr. Stiltner. "We thought that we should present this play because it would fit nicely with the activities we do, and we also wanted people to know about this really important member of the American Catholic tradition. It is an attempt to tie together our Catholic mission, and our social service of being responsible in the community," he explains.

According to Stiltner, the title of the play, "Fool For Christ," is associated with Dorothy Day and her life in a very interesting way.

"[The title] tries to reflect that she tried to live a life that modeled Jesus and that she often looked foolish to the rest of the world," Stiltner continues. "She was willing to be foolish for the sake of Christ and she represents the idea of living a way of life that is not very popular and looks foolish to other people. When [Day] started converting to Catholicism, some of her friends thought she was giving up at her principles but she thought that this was really consistent with her principles."

The play "Fool for Christ" is the first major cultural activity that CCTEC will present to the Sacred Heart University community and will hopefully set a precedence for the future.

"The new academic program and center tries to draw together faculty, staff and student interest in focus on interdisciplinary study of all things Catholic. We run an interdisciplinary program in Catholic social thoughts. So, for instance, students read things

like Dorothy Day, and we try to present lectures and cultural events," says Stiltner of the way the play relates to the program's agenda.

Dorothy Day was also always involved with social justice and she considered herself a supporter of socialism in the 1920s and 30s.

"I always remember one of her quotes: 'When it comes to politics I go as far as I can to the left, and when it comes to the Catholic Church I go as far as I can to the right,'" recalls Stiltner. "She thought she was a very traditional Catholic and many progressive liberal Catholics see her as a legend."

"Fool for Christ" will give students the opportunity to learn about Dorothy's Day's life and about her biggest belief: that the most important thing in life is love. Be sure to look for the performance this weekend at the Edgerton Center. Admission for SHU students is free with a Sacred Heart ID, while general admission is \$10. Indeed, "Fool for Christ" looks to be an entertaining and educational look at one of the religious trademarks of the twentieth century.

The New SHU Video Store...Sort Of

Jess McCann
Staff Reporter

Located next to the on-campus ATM is a brand new way to rent movies. Now, instead of getting into your car and driving across town to pay \$3.99 for a video at Blockbuster, you can rent a DVD in your pajamas from the new DVD rental vending machine that was recently installed in the academic building. Better yet, the DVDs are guaranteed to always be cheaper than Blockbuster and always consist of the latest new releases.

"Prices will go up from one dollar after the first month, but are guaranteed to always be cheaper than Blockbuster," says Mike Moylan, head of the Student Union.

Though it is just an introductory fee to gauge how successful the DVD machine will be, right now students can rent a DVD for just ninety-nine cents. Every Tuesday the rental machine

will have its videos changed or upgraded and the DVDs available will be chosen according to the top forty videos of the week. Students can also call the twenty-four hour customer service number if they would like to make any requests or encounter any

"Personally, I love to rent movies and for just one dollar—it's a great deal!"

Joe Sangianario, junior

problems.

The idea to have the rental machine installed came from Mike Moylan, who did the research and discovered that machines such as these were springing up all over the tri-state area and that such a service might prove to be both lucrative and entertaining for the school.

DVD rental machines origi-

nated in Manhattan and are now a common sight in New York City. They allow consumers the ability to rent DVDs at the grocery store, on the corner of the street, or in your apartment building, rather than driving to a specialized video store like Blockbuster or Hollywood Video.

"It's pretty cheap and conveniently located on campus," says one senior. "The only drawback is that you can keep the movie for just one night."

"Personally, I love to rent movies and for just one dollar—it's a great deal!" exclaims junior Joe Sangianario of Westboro, MA.

To rent a DVD you just have to use a debit or credit card. The card is necessary to keep track of the DVD's usage and any late fees—the standard rate is \$1.99 per day—are charged directly to the renter's credit or debit card. DVDs are also available for purchase as previously-viewed product and usually cost about \$24.99 each.



Photo by Robert Trenske

The new DVD rental machine has all the convenience of a video store, but costs much less and is right here on campus.

Right now, students that choose to purchase a DVD get a special promotional code that is good for one free rental. Also, if students rent five videos on the same debit or credit card,

they will receive a sixth rental for free.

"I love the fact that I can just walk across from my dorm and rent a movie, not to mention the fact that it's so cheap," says one freshman from South Hall who wished to remain anonymous.

Maria Gomez, an exchange student from Spain, agrees: "I like the idea of the free rental after you rent five movies...and also the fact that the machine is so accessible on campus."

For now, this new technology on campus is just a case study to see how successful the machine will be. For the month of November, DVD rentals will remain one dollar. If the machine proves to be a success, more rental machines have the potential to be placed in different places throughout the Sacred Heart campus. So go ahead and take advantage of this new opportunity; head down to the academic building instead of Blockbuster to rent a DVD!

Is Jay-Z Retiring From Rap?

Matt Philipp
Staff Reporter

Jay-Z has been talking about retiring from rap for a while now and the time may have finally come. November 28 will be the date of his very last record release—at least that's what he is telling his fans at the moment. However, many believe he won't stay retired for too long.

Jay-Z, (a.k.a. Shawn Carter) will turn 34 on December 4. He has been rapping for nearly fifteen years and is arguably the best lyricist in rap today. The idea of Jay-Z never recording another album is hard to imagine for hip-hop fans. He already has called himself the "Michael Jordan of Rap" in past songs, and many hope that he will follow in the basketball great's footsteps and un-retire several times before he finally calls it quits.

Jay-Z has drastically changed his rap style since his very first recordings. He originally rapped extremely fast and was known as Jazzy which was later shortened to Jay-Z. Today he is more laid back and possesses one of the best flows in the entire industry. He is also very unique because he does not write down any of his raps down; all of his songs are recited from memory.

Early on, Jay-Z took his rap career into his own hands. After seeing how record labels treated his friend, Jaz, Jay-Z decided to start his own record label. As a result, Roc-a-Fella Records was born, started by Jay-Z, Kareem Burke, and Damon Dash, a childhood friend.

Jay-Z's debut CD, "Reasonable Doubt," was released in 1996. It went on to achieve gold status, meaning it sold more than 500,000 copies. Since then, the rapper has released seven more solo albums, with his eighth coming later this month. He and R. Kelly also teamed up for the classic album, "The Best of Both Worlds." In addition to those albums, Jay-Z has appeared on numerous



Photo courtesy of MTV.com

Jay-Z's latest effort, "The Black Album," will perhaps be his last record before retiring from the rap scene.

soundtracks, compilations, and a multitude of mix tapes.

The solo recording career of Jay-Z will come to an end on "Black Friday," November 28, the day after Thanksgiving. Normally CDs are released on Tuesday's but Jay-Z's "The Black Album" is getting special treatment as the disc is slated to be his

Jay-Z wants "The Black Album" to "capture the spirit and hunger of his early days."

final album. The rapper will also be performing his first ever concert at Madison Square Garden on November 25. The concert sold out in less than a day.

Details on the CD were kept under tight wraps until a couple weeks ago when a listening session for the media was held for the album. The record will contain twelve tracks with a different producer on each. The CD has several big name producers attached to it, including Timbaland, Eminem, The

Neptunes and Rick Rubin. It also features a few new, lesser-known producers. The album will feature no guest rap appearances, a rarity in the majority of rap records.

The first single off the album, "Change Clothes," is produced by the Neptunes. The song has Pharrell of the Neptunes singing on the hook and is similar to their last collaboration, "Frontin'." The only other song thus far released from the album is "What More Can I Say."

Jay-Z recently told MTV that he wants "The Black Album" to "capture the spirit and hunger of his early days, before he became a household name." The two songs released showcase this desire exactly and "What More Can I Say" shows off Jay-Z's extraordinary skills and resembles many of his earliest recordings.

The main question now is, will Jay-Z actually stay retired? The answer is unknown at this time, but many believe he will eventually return. Even if he never comes back, Jay-Z will always be known as one of the most creative and influential rap artists of all time.

Independent Music Finds A Place at SHU

Jayde Levesque
Staff Reporter

Hardcore and punk fans have finally found their niche in an otherwise overloaded pop scene at Sacred Heart University. While most of the music and entertainment found echoing through the crowded hallways of SHU is either seen on MTV—or similarly on the College Television Network (CTN)—SHU's own underground punk fans have formed their own music medium. Now, anyone who finds themselves captivated by the genres that span hardcore and underground punk have finally found a place to go and share their experience with others just like themselves.

Recently, the on-campus group known as the Independent Music Club was approved by Student Life in the hope that it will bring a new, cutting edge to the many varied layers of Sacred Heart—and already it has already begun identifying with SHU students of all academic levels. Further adding to the diversity already present at SHU, the club seeks to promote underground music around campus.

"Bands like Dave Matthews are good, but we are trying to bring smaller bands the attention they deserve," says Alex Kantarelis, vice president of the club and a junior from Worcester, MA. "Everyone should try to not always listen to what is on MTV,

underground music and, slowly in the past two years, we talked about it more and more until we finally got really serious about it," notes John Faherty, president of the club and, together with Kantarelis, one of the founding members.

By scouring the internet, posting on messages boards, attending local shows, and reviewing demo tapes, members of the Independent Music Club search for bands that would like to perform for SHU students. Already slated to perform on November 8 is the Lone Rangers, an entirely Sacred Heart student band. Also on the roster are The Distance, based in CT, and Think I Care, a better known hardcore punk band from MA. The show's aim is to introduce the Independent Music Club to the rest of the university, as well as expose the genre as a whole to anyone who is open to the experience.

The Lone Rangers, formed of all Sacred Heart students, as well as members of the Independent Music Club has been placed on the bill in hopes of bringing attention to smaller, independent bands such as themselves.

"We put ourselves on the show because we figured it would attract a crowd," said Brian Gardner, lead singer of the Lone Rangers and junior from Maynard, MA. "It's for people on campus or friends who might not have listened to the music before."

And if students haven't heard

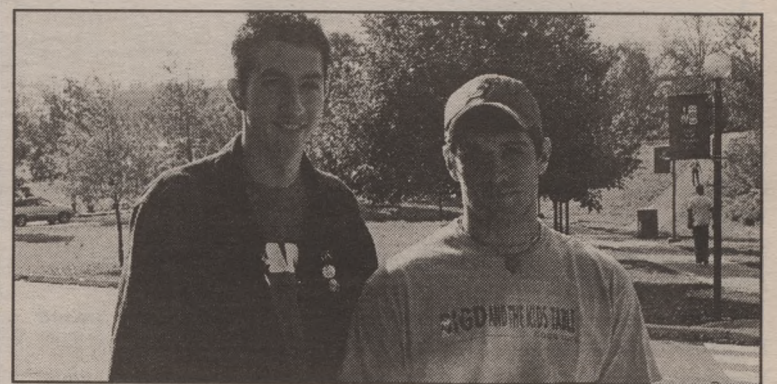


Photo by Robert Trenske

Alex Kantarelis and John Faherty: the masterminds behind the Independent Music Club

open their minds a little more and experience something different," explains Kantarelis of the group's core philosophy.

Essentially, the Independent Music Club acts as a booking agent for smaller bands to progress in the underground scene. However, the goal of many of the bands that the club represents is not necessarily to become mainstream, but rather to simply increase their following and to speak with those who enjoy their sound.

"Two years ago, we just had this crazy idea to have a club for

any of the music before, you can count on the Independent Music Club to familiarize you with the latest underground hardcore show they can provide. Once again, the show sponsored by the Independent Music Club will take place on November 8 in the Mahogany Room and is free to SHU students. And if you're into more than just attending the performance, the Independent Music Club is always open to anyone not-so-mainstream and interested in punk music.

Reminder!

Time is running out for the SHU Cult Hits deadline! As noted in earlier issues, the A&E section of The Spectrum is compiling a list of SHU's Top Cult Hits and now we need reader submissions! Entering your favorite cult film is easy and we need as many submissions as possible to make our list a success.

In order to submit an entry, please write to SHUCultHits@yahoo.com. Is

"The Streetfighter" your favorite Sonny Chiba kung-fu flick? Did "Session 9" really mess with your head? Now you can enter all of your unsung favorites onto our list with one simple email.

Remember: each entry must include your full name, grade, title of the film you wish to enter, and a short explanation of why you feel the film belongs on The Spectrum's list of SHU's Top Cult Hits. The subject of your email

should read "SHU's Cult List."

All entries must be received by 8:00 a.m. on Thursday, November 13, so don't wait until the last minute to send in your submission. The list is slated to appear in the following week's issue of The Spectrum based solely on reader response. Please limit one entry per student and happy watching!



Sports Shorts

Compiled by Katie Atkins
Sports Editor

Women's Equestrian

Members of the Sacred Heart Equestrian Team traveled to Stony Brook, NY this past weekend to compete in the 27th annual Molloy College Intercollegiate Horse Show. The team had another strong day, finishing 3rd out of 11 teams, and maintaining 2nd place in the overall Zone 3, Region 1 standings.

Wins by Emily Grayson in Open Flat & Fences, Ashley Coppola in Intermediate Flat, Jessica Reynolds in Novice Flat and a 2nd place finish by Crystal Taylor in Intermediate flat were all key to the team's success. For her efforts, Grayson earned the show's High Point Rider title and will move up in the Region's Cacchione Cup standings.

The Molloy show closes out the Long Island portion of the fall show schedule. Team members will close out the fall season on Sunday at the Sacred Heart/Fairfield University Intercollegiate Show at New Canaan Mounted Troop in New Canaan, CT. (Contributed by Head Coach Alysia Cantelmo)

Women's Cross Country

After guiding the Sacred Heart women's cross country team to its third consecutive second place finish at the Northeast Conference Championship, head coach Christian Morrison was named NEC Women's Cross Country Coach of the Year. For Morrison, it is his first time taking home the NEC honor (Courtesy of Sacred Heart Athletics website).

Senior Katie Wrinkle (Medford, NY) was named the Sacred Heart University athlete of the week for the week of Oct. 27-Nov. 2. Wrinkle captured this honor by winning the Northeast Conference Individual Championship this past weekend.

Women's Volleyball

The Sacred Heart women's volleyball team lost a 3-0 match to Manhattan College this past Monday. The loss drops the team's record to 3-24 overall.

Men's Ice Hockey

On Saturday, Nov. 1, the Sacred Heart University Men's Ice Hockey traveled to Postdam, New York to compete against Clarkson. Both teams failed to score goals in the first period, but displayed aggressive play as they headed into the second. Clarkson won the game 4-1 to bring the Pioneers record to 0-4 on the season. The Pioneers will pick themselves up and travel to Quinnipiac this weekend. The weekend series begin on Nov. 7 at 7 p.m.

Holding Nothing Back at the NECs

By Ashleigh Bepko
Staff Reporter

Going into the North East Conference Championships this past weekend the Sacred Heart University men and women's teams were looking for a strong finishes from all their top runners. This past year they have put together one of the best combined seasons in the history of the school.

For the past two years the women's side has come in second to St. Francis (PA), but this year with their three top runners senior Katie Wrinkle (Medford, NY), senior Suzanne Neglia (Andover, NJ), and senior Christina Mendoza (Union City, NJ) were looking to compete for the top spot.

"The team ran an amazing race, every single girl gave it their very best and because of that we have no regrets," said Wrinkle.

Unfortunately for a third year in a row they came back in second place to the now three-time champion's St. Francis, but Wrinkle took home the individual title. The men's team also had their best finish ever, in their five years since entering the NEC conference placing fifth.

"The team ran a solid race and they all should be very proud of themselves," said Neglia, "We could have never accomplished what we did without each other or without all the fans that cheered us on."

With only a six point loss to St. Francis (PA), the women's team still had a good showing putting two runners in the top ten, Wrinkle and Neglia, and the top seven all managed to stay in the top 35.

Wrinkle finished the race in first place beating the second place runner by 36 seconds. This was her first individual win at the NEC's in her four year career. This first place finish earns her All-NEC's for

the second year in a row.

"After coming in 4th my freshman year, 3rd my sophomore year, 2nd my junior year it turned out just perfect to win it this year," said Wrinkle, "Going into the race I knew it was going to be tough competition so I just went out easy for the first mile while the front girls took the race out at a very fast pace, eventually the girls began to drop off the front pack and I took the lead with 2 miles to go, and just held on with everything I had."

The next Pioneer to cross the finish line was Neglia who was seventh overall. With her time of 19:55 she earned her first All-Northeast conference honors.

"I was super psyched about my place and I owe my 7th place position to Coach," said Neglia, "because I would have never finished as hard as I did if not for his encouragement throughout the race, especially during the last mile."

Sophomore Erin Kulasewski (West Warwick, RI) took 15 place that caused her to just miss all conference honors by just one place. Her time on the course was 20:20.

The rest of the top seven runners were led by senior Christina Mendoza (Union City, NJ) who was in 17 place with a time of 20:26. Next was freshman Kathleen Duffy (Monroe) in 18 place at 20:28, senior Erin Roche (Stony Point, NY) in 30 place at 21:10, and rounding off the top seven was junior Cheryl Beaulieu (East Hampton) in 33 place and a time of 21:22.

"This has been the closest we ever came to winning," said Roche, "We aren't disappointed because we worked as a team and did the best we could. It was definitely one of the best races we've ever ran."

Once again senior Matt Uzenski (Oceanside, NY) lead all Sacred Heart runners for 22 place. He turned in a time of 28:07, which lead the team to its best team finish in the NEC

championships.

"It's been a great 4 years," said Uzenski "It's nice to leave on a high note and see that the program has improved the way it has in such a short time"

Next for the men was sophomore Robert Howard (Levittown, NY) in 26 place with a finishing time of 28:21. Howard was followed by Tyler Arnett (Clinton Corners, NY) who finished with a time of 28:40, which was good enough for 28 place.

"Placing 5th at NEC's, 3 spots higher than we ever have in school history, is amazing," said Arnett, "I know I'm going to miss the senior guys so much next year but I think if we continue in the direction we're going, we can place even better in the Northeast Conference next year"

Sophomore Robert Gill (Braintree, MA) was in 37 place with a time of 29:18, followed by freshmen Timothy Larson (Smithfield, RI) who was in 41 place with a time of 29:36. Next over the finish line was senior Joe Zalak (Middle Village, NY) who was in 44 place with a finishing time of 29:40.

"We ran well as a team and finished higher than any team before," said Zalak, "It's nice to know as a team that we were able to help the program improve to a higher level"

The last of the top seven runners for the Pioneers was freshmen Robert McDermott (Lindenhurst, NY) who finished at the 30:17 mark to place in 51.

"It's great to see all the hard work we've put in this season payoff with a 5th place finish at NECs, when we were only expected to finish in 7 place," said junior Mike Hannon (Stony Point, NY)

Both teams will be back in action Saturday Nov. 15 at the NCAA division one northeast Regional that are being held in Boston, MA.

Spring Break - Nassau / Paradise Island, Cancun, Jamaica and Acapulco from \$489. Air, Hotel, Transfers, Parties and More! Organize small group - earn FREE TRIPS plus commissions! Call 1-800-GET-SUN-1.

And You Thought Midterms Were Over

By Hank Gargiulo
Staff Reporter



Photo by Robert Trenske

Before we begin with the grades for the NFC, we'll need to go ahead and fix a couple of, umm, editorial errors from last week. So we'll give the Steelers a C-, Titans an A and the Texans a B- (adjusted for their win this weekend). It's time to break out the gradebook for the NFC.

NFC East

Dallas Cowboys (6-2): If you told me that after eight games the Cowboys would have been in first place I would have laughed at you, took time to catch my breath, then laughed again. What Bill Parcells has done in the Big D is nothing short of amazing. He has made Quincy Carter look like a real quarterback and resurrected Terry Glenn's career. But can they make it last? We will find out as they hit their toughest stretch of the schedule which includes games against Carolina,

Miami, and the rest of their divisional foes. Grade: B+

Philadelphia Eagles (5-3): What happened to Donovan McNabb? Is it just me or did he used to be good? A quarterback rating of just 61.5 to go along with a three-headed running back approach doesn't exactly spell success. Philly needs to pull at least one of those heads from their backside and pick a back and stick with him, running back by committee doesn't work in the NFL and coach Andy Reid should know that. Grade: C

New York Giants (4-4): I had to hear all off-season from all my Giant fan friends how they were going to go all the way and other such nonsense, and frankly a 4-4 start isn't exactly impressive. This season had disappointment written all over it from the beginning, which was epitomized in the Cowboys game. I will give them credit for the win over the Jets on Sunday, but keep in mind the G-Men have just as many wins at the Meadowlands as the Cowboys and Dolphins have, not a good stat. And will someone please tell the Giants that fumbling is bad, cause they are doing it like its going out of style. Grade: C-

Washington Redskins (3-5): I'm taking bets on what will happen first, either Daniel Snyder fires Steve "Fun 'n Gun" Spurrier, or I finish writing this column. It looks like I'll finish first, but it might be close. All is not lost for the 'Skins as they

look like they have a legit QB in Patrick Ramsey, though he has just eight TD passes on the season. Their defense is tough enough to keep them around and LaVarr Arrington is just scary. Lavernius Coles has been a solid pickup, but just one TD grab in 42 catches isn't exactly worth the bloated salary he gets. Grade: C-

NFC North

Minnesota Vikings (6-2): Randy Moss is finally playing like its his job (wait a second, it IS his job!) and the Vikings are actually winning. Daunte Culpepper is playing like an All-Pro and their defense has played well enough so that the offense isn't being outscored. I know they've lost two in a row, but one was to Brett Favre (who I will cover later) and the other to a good Giants team. Hard to get a real sense of what they are capable of, but their second half schedule should set them up for a playoff run. Grade: A-

Green Bay Packers (4-4): Never, and I mean NEVER bet against Brett Favre, unless he's playing in a domed stadium, but I still would not recommend it. What this guy does is just amazing. His consecutive games streak, while not Ripkenesque, is the gold standard for quarterbacks in the league. And imagine what this guy could do with some real wide receivers. Why hasn't the management in Green Bay addressed this situation. Imagine the numbers

he'd be capable of putting up with a guy like Terrell Owens or Randy Moss, someone needs to get on it in Wisconsin and get a legit receiver to the cheese state. Grade: B-

Chicago Bears (3-5): Well it only took the Bears six weeks to figure out what it took the Steelers eight years to figure out. And that is that Kordell Stewart is a horrible quarterback. No two ways about it, the man stinks. I mean what is going through the Bears minds? Who makes the decision to sign a guy who has laid an egg in absolutely every big game he's ever play in the NFL? Are they still going by the hail mary he threw in college? I don't get it, how do these people have NFL jobs and not me? Grade: C-

Detroit Lions (2-6): I like the Lions, I think they have a good young offensive nucleus in place with Harrington and Rogers. If they can pick up a running back in the draft they could be the next Aikman-Smith-Irvin tandem. This year, however, they are just plain bad. Worst offense (in terms of yardage gained) and the second worse defense (points agsinst) are not good signs for new head coach Steve Mariucci. But it can't get any worse right? Grade: D

NFC South:

Carolina Panthers (6-2): What a job John Fox has done here. With absolutely no quarterback, an unwanted runningback, no true number one receiver the Panthers are on top of the NFC south al thanks to defense. Who can forget their dramatic win over the Buc's after blocking a PAT at the end of regulation. Think I'm kidding, they are averaging only 18.9 points a game and giving up 17.4, not much room for error there. Second half of the schedule is no cakewalk, but doesn't exactly strike fear into their hearts either. Grade: A

Tampa Bay Buccaneers (4-4): Hmmm, what went wrong here? Seriously, someone tell me cause I can't figure it out. They have virtually the same team that won them a championship last season, and they are struggling at .500. The defense is still the most stingy in the NFL allowing less than 14 points a contest, but they have had their loaf this season, including letting Indy rally late in the fourth on a Monday night, then going out and getting hammered by the 49ers. I'm not about to write them off because their D is as good as it is, but their grade will suffer for the gaffs. Grade: B-

New Orleans Saints (4-5): The Saint's are just a little disappointing this year. Remember, they were a win away from the playoffs last season before fall-

ing on their face. They have the weapons on offence to get it done and their defense is competent, they just need some luck. Maybe they should head down to Bourbon Street and get a local witchdoctor to put a spell on all visiting teams. Grade C

Atlanta Falcons (1-7): When people asked how much loosing Uber-QB Mike Vick for a good part of the season would hurt the Falcons, I don't they envisioned it being this bad. Vick is the most dangerous player on the field whenever he suits up, and when you take that out of the game for the Falcons you take away their identity as well. It might be too late for them this year, they should just hope Vick decides to pack it in so they can get a high draft pick, that way they can start adding some pieces for the wonder kid to work with. Grade: F

NFC West

Seattle Seahawks (6-2): Definitely didn't see them leading the division at the halfway point. But Hasselback has been strong, Alexander is a tank with the ball and their defence has held. Lets just see if they can keep it up for the second stanza. Grade: A-

St. Louis Rams (5-3): I think it is clear that Kurt Warner benefited from a system and the fact that he was the MVP twice is almost a joke now. Marc Bulger has been more than the Rams could have expected in Warner's multiple absences due to injury, and Mike Martz finally made the right decision in making him the number one over Warner. And where is Marshall Faulk hiding this season? Someone should try to find him and remind him that at one point he, not Mike Vick, was the most dangerous player on the field. Grade: B-

San Francisco 49ers (4-5): (Fair warning, I am a 49ers fan, that being said, don't expect an unbiased opinion here.) It's like the 49ers beat the Giants in the playoffs last year thanks to the Giants special teams units dropping the ball, and then they decide to emulate that by parading kickers into the lineup. First it was Jeff Chandler, then Owen Pochman and now Todd Peterson. will Terrell Owens just shut up and play some football. If you stop dropping balls then I'm sure you will be thrown to more. And does anyone else smell a quarterback controversy brewing after Tim Rattay's stellar performance? I know I don. Grade: C+

Arizona Cardinals (3-5): Arizona has a football team? Nobody here know so why should I pay attention to them. Grade: F

Until next week

THE PIONEER SCHEDULE

Friday, November 7

Women's Soccer	vs LIU	Moon Township, PA 1:30 PM
Men's Ice Hockey	at Quinnipiac	Northford, CT 7 PM

Saturday, November 8

Football	vs Monmouth	Fairfield, CT 12:30 PM
Women's Swimming	at Iona	New Rochelle, NY 1:00 PM
Women's Ice Hockey	vs Holy Cross	Milford, CT 5:00 PM
Women's Volleyball	at SFPA	Loretto, PA 6:00 PM
Men's Ice Hockey	at Quinnipiac	Northford, CT 7 PM
Women's Rowing	at Grimaldi Cup	Pelham Bay, NY

Sunday, November 9

Women's Equestrian	at SHU Invit	Fairfield, CT 10:00 AM
Women's Volleyball	at Robert Morris	Moon Township, PA 1 PM
Women's Ice Hockey	vs Quinnipiac	Milford, CT 3:30 PM

Silva Scores in Final Collegiate Game

By Meghan O'Connor
Staff Reporter

Playing three games to finish up the season, the men's soccer team recorded a loss, a tie, and a win this past week in Northeast Conference play. Wrapping up the 2003 season, the team had their final goal of the season scored by lone senior Carlos Silva (East Haven) on Senior Day.

"Carlos has been one of our team leaders from the start. He always has a positive outlook on our situation, no matter how bad it gets, and he always shows up ready to play. A real role model type player," said sophomore Chris Gray (Concord, MA) after his captain's final game in a Sacred Heart uniform.

Silva nailed a penalty kick 2:24 into the first half during the final game of his collegiate career against Mount St. Mary on Sunday. Junior Rui Rainho (Bridgeport) drew the penalty early in the game to set up the kick, with the 1-0 lead holding until the 32 minute when the Mount tied it on a loose rebound.

Despite two overtimes, neither team could capitalize on their scoring opportunities, leaving the game in a 1-1 tie to end the season at 2-9-6.

"In the last three games, I would say the biggest thing is that we switched back to a 4-4-2 lineup that we had in the beginning of the year and we don't give up many goals. On the offensive side we have had our chances to score, we just haven't put them away," said junior Richard Tomczykowski (Bedford, MA).

"Against Mount, freshman Ricarti Mendes (Campinas, Brazil) played outstanding, and junior Paulo Ribiero (Divinopolis, Brazil) had a strong game. Junior Sylvester Kaar (Hayward, CA) was all over in the second half, but it's too bad the touch isn't there," said Head Coach Joe McGuigan.

Earlier in the week on Tuesday, the Pioneers recorded their second win of the season with a 2-1 victory over St. Francis (NY). Defender Mbwana Johnson of St. Francis helped Sacred Heart by putting them on the scoreboard first when he unintentionally headed the ball

into his own net.

St. Francis didn't threaten much, and the Pioneers created a lot more opportunities that were missed that could have put the game away early. A handball in the second half set up the game-winning goal as Mendes converted the penalty kick for his second goal of the season.

"I was a little nervous, but then when I started to run to kick the ball, the keeper had left already for one side of the goal, so I just kicked to the other side," said Mendes.

"Freshman Eric Bradley (Wexford, Ireland) and sophomore Glenn Wilken (Ridgefield) were very good on defense once again, Kaar played hard up top, and Silva played outstanding on probably one of the most talented and fastest kids in the league," said McGuigan. "Moving sophomore Neal Shapiro (Vernon, NJ) to midfield made a great impact. He is one of the cooler heads and best athletes on this team," he added.

McGuigan labeled the game as the best team effort of the year. Between the win and the tie, the Pioneers traveled to Quinnipiac

University on Friday, forcing the game into double overtime with a 0-0 tie at the end of regulation, and after the first additional 10 minutes. Three minutes into the second overtime, Shapiro was called for a foul in the box that resulted in a penalty kick that the Bobcats successfully knocked in.

Sophomore Chris Gray (Concord, MA) led the team in putting together three outstanding games in goal for the Pioneers. He recorded eight saves in the three games, only giving up three goals, one being the penalty shot verse Quinnipiac.

"His play in the past three games was outstanding. Chris was able to control the entire box incredibly well. His distribution gave us valuable counter attack opportunities," said fellow sophomore goalkeeper Matt Weston (Storrs).

"Silva has just played his heart out in the last two games, and everyone else has been playing so well also. It's too bad we're clicking at the end of the season but it's a positive outlook for next year," said McGuigan.

"Against Mount, freshman Ricarti Mendes (Campinas,

Brazil) played outstanding, and junior Paulo Ribiero (Divinopolis, Brazil) had a strong game. Junior Sylvester Kaar (Hayward, CA) was all over in the second half, but it's too bad the touch isn't there," said Head Coach Joe McGuigan. "Sophomore Tony Allegro (Enfield) clearly stood out, and it shows we have a lot of depth with him. It's a positive sign having a full back of that caliber."

"Finishing is an individualistic touch in people, and it isn't something that can be taught," said McGuigan. "I'm looking forward to working at it during the winter and seeing how the spring season is, as well as next year. Our record this year has been a positive reflection of our progress, and we have stopped the slide. We have a positive attitude and when we get that finishing touch, we will be set."

"I think this season was a lot better than seasons past. The team was a lot closer to each other than past few years. Unfortunately, we didn't get the results we had hoped for, but, things are looking promising for Sacred Heart soccer in the future," said Silva.

Pioneers Win Spot in NEC Tournament

By Loren Aversa
Staff Reporter

The Sacred Heart Women's Soccer team ended their regular season with a bang on Wednesday afternoon, Oct 29 in Staten Island, NY, when they defeated Wagner College by a score of 3-0.

The win against Wagner was essential to the Pioneers because it locked a place for the team in the Northeast Conference Tournament that will be taking place next weekend at Robert Morris. The Pioneers ended their season with a 9-5-3 overall record and a 7-2-0 in the Northeastern Conference.

The Pioneers came on strong in the first half of the game, putting themselves on the scoreboard in the 39 minute when freshman Colleen Bardelli (Selkirk, NY) slammed a rebound shot off of Christel Kalweit (West Barnstable, MA) for her first career goal of the season.

"We knew we had to win this game in order to clinch second place in the conference. Bardelli had a great impact on the team when she got in, and that was shown when she scored. After that, we picked it up and played hard to pick up the win," said junior Stephanie Shewciw

(Washington Twp, NJ).

The second goal was scored by Kalweit in the 53 minute, making it her fifth goal of the season when she slammed the ball just under the post to make the score 2-0.

Finally, in the 79 minute of the game, senior Jill Bizeau (Suffield) sealed the deal on a breakaway and scored the third

"Now we are focused on the playoffs. We want this so bad, especially for our seniors. We are really going to miss them"

Natalie Urbas

and final goal of the game.

"The victory was really important for us because it secured our second place spot in the playoffs. It was without a doubt that all of us knew the importance of this game going into it. After the win against Wagner it's safe to say that the team is feeling good and we are ready to win another championship," said senior Paula Pineda (Vigo, Spain).

Now that the Pioneers

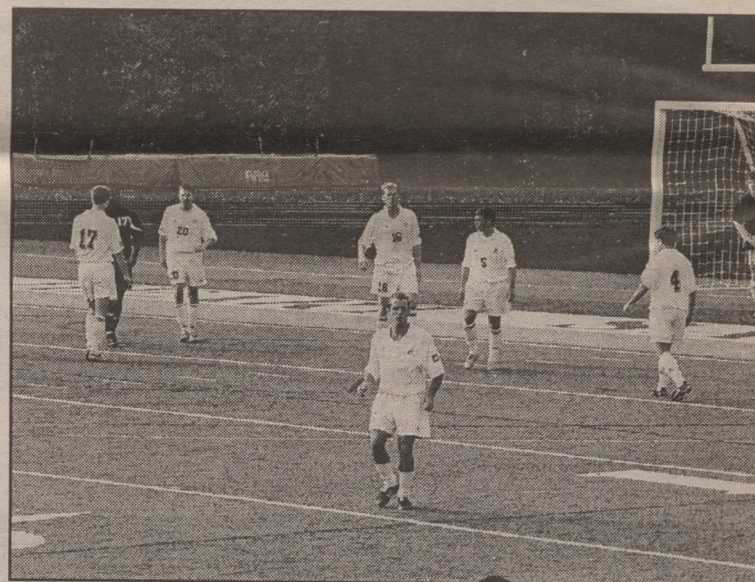
"We knew we had to win this game in order to clinch second place in the conference"
Stephanie Shewciw

have established a spot in the Northeastern Conference, they will be the # 2 seed in next weekend's tournament.

"We wanted to make the playoffs but we also wanted to come in second place in the league, so we knew we had to win the game without a question. Winning the game was great because not only was it our last conference game but it also guaranteed us second place. We didn't have to worry about how other teams did cause were already in," said junior Natalie Urbas (Pickering, Ontario).

"Now we are focused on the playoffs. We want this so bad, especially for our seniors. We are really going to miss them," she added.

Central Connecticut is currently #1 and Monmouth has also gained a spot in the tournament. The Pioneers can be seen in action at Robert Morris with the opening of the tournament on Friday, Nov. 7.



With Chris Gray in goal, the men's soccer team ended the season with a loss, tie, and a win.

Photo by Robert Trenske



Senior Carlos Silva (#8) looks on during Senior Day as Neal Shapiro holds off a player.

Photo by Robert Trenske

Field Hockey Out of NEC Tournament

By Megan Pompey
Staff Reporter

The Sacred Heart University field hockey team was hoping to advance to the finals for the first time in the NEC tournament, but were once again unable to capture that elusive playoff win. Kristen McCarthy netted the lone goal of the game for Quinnipiac. "Our season cannot be defined by the unfortunate loss though, this team made a name for Sacred Heart Field Hockey this year. We had our ups and downs, but overall I can say that we showed a lot of talent and teamwork making us a tough competitor for any team," said senior Captain Julie Messenger.

The game was scoreless in the last moments of the first half when McCarthy came off the bench and netted the unassisted goal with 3:35 remaining in the half. Quinnipiac goalkeeper Erin McKay made three saves in recording the win while Pioneers junior goalkeeper Robyn Breer (Montpelier, VT) made one save. Both teams only had five shots each in the game. Quinnipiac will advance to the championship game against top seeded Rider on Nov. 2 at 12 p.m. "It was a tough loss, not exactly how I pictured my last game to be. Quinnipiac came out strong and capitalized

on opportunities, and although we played hard, and with heart, we couldn't put the ball in the net," said Messenger.

Freshman forward standout Becky Ford (Salem, NH) was named Northeast Conference's 2003 Rookie-of-the-year. Ford was also named to the NEC All conference second team while teammate senior forward Julie Messenger (Hinsdale, NH) was selected to the NEC All Conference First Team. Joining Ford on the NEC All Conference Second Team are

"We had our ups and downs, but overall I can say that we showed a lot of talent and teamwork" Julie Messenger

Pioneers senior defender Andrea Marsden (Bennington, VT) and junior goalkeeper Robyn Breer (Montpelier, VT).

Ford has had an outstanding first season with the Pioneers as she led all NEC rookies this season in goals scored with seven. Her 44 shots were also best among NEC rookies. Ford currently ranks sixth in the NEC in scoring with 15 points (seven

goals, one assist) and her 0.83 points per game ranks seventh in the NEC. Ford scored her first collegiate goal in a 3-2 win at Yale on Sept. 6, and had a four-game goal scoring streak in the first half of the season. Ford was named NEC Rookie-of-the-week in consecutive weeks, Sept. 8, and Sept. 15.

Messenger earned All-NEC honors for the fourth time in her collegiate career, as she led the Pioneers in goals (12), assists (7) and scoring (31 points). Messenger was named NEC Player-of-the-week twice this season, Sept. 2 and Oct. 20. Messenger also became just the second player in NEC history to earn all-conference honors four times in her career. "I am definitely going to miss being on this team more than anything. Although we didn't win a championship, I'm proud to be on a team that never gives up and works so hard," said Messenger.

Senior defender Andrea Marsden scored one goal with four assists for six points on the season, and ranks among the national leaders in defensive saves with nine. Goalkeeper Breer leads the NEC in saves with 144, ranks second in the NEC in goals against average (1.96) and saves per game (8.47), and ranks third in shutouts (2) and goals against average (1.97).

Over the past four years, I have seen a great development in this program. It's a really good feeling to know that we played a role in it. I know SHU field hockey can only get better with a great coach like Chris Blais. She has more than enough talent, enthusiasm and love for the game to make a championship team and I can't wait to see it," said Messenger.



The Sacred Heart field hockey team was eliminated from the NEC tournament by Quinnipiac.
Photo by Matt Braley



The game against Quinnipiac remained scoreless until the last moments of the first half.
Photo by Matt Braley



Because of their victory against Sacred Heart, Quinnipiac will next take on top seed Rider.

Photo by Matt Braley



Several Pioneers were named to the All-Conference teams and Freshman Becky Ford was named Rookie of the Year.
Photo by Matt Braley

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Pioneers Lose Two in a Row

By Bryan Fogle
Staff Reporter

This past Saturday was a prototypical fall day for New England. It was a gorgeous 72 degrees with a sky full of sun and with a slight breeze blowing. The stage was set for Sacred Heart's third of four home games this season with this game being the highlight of the Family Weekend festivities.

Unfortunately for the Pioneers, the great conditions, and the largest home crowd of the season (3,138), couldn't help them pull off their seventh victory of this 2003 campaign.

The story of the game for the Pioneers was their turnovers. For the game, they fumbled the ball five times, losing all five, to go along with two interceptions thrown by freshman quarterback Dan Ammel (White River

Junction, VT).

"We lost all five fumbles... the ball just didn't bounce our way," said Head Coach Bill Lacey.

Ammel, getting the nod for the start, threw a season-high 34 passes, completed 20 for 174 yards to go along with two interceptions.

Unfortunately for the Pioneers, Ammel caught the fumble bug, fumbling twice and losing both. Both fumbles came on snaps to begin plays.

Ammel's 20 completions went to five different receiver including freshman wide receiver Alvin Franklin (New Haven) who caught eight passes for 75 yards. Senior wide receiver Marlon Ward (Revere, MA) had five catches for 63 yards.

Junior tight ends Mike Peshler (Hopkington, MA) and Glenn Kelloway (North Andover, MA) combined for five catches for 23 yards.

Junior wide receiver Nick Savino (Newtown) caught two passes for 13 yards.

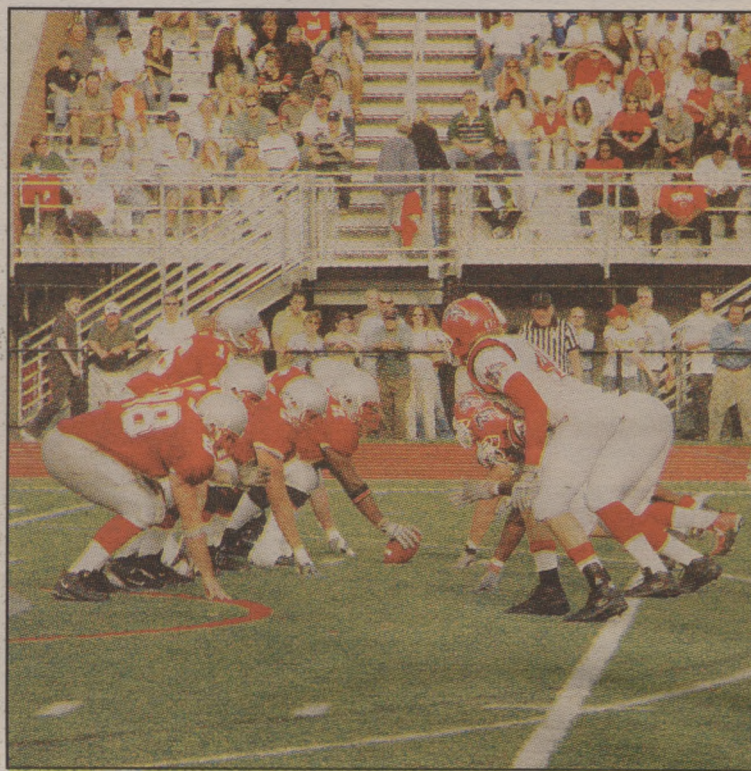
Senior running back Jason Bonadies (Southbridge, MA) had another strong game carrying the ball with 18 carries for 80 yards and a touchdown.

Junior running back Jason Healy (New Milford) carried the ball four times gaining 9 yards. Despite a total of minus eight yards rushing, Ammel ran for a touchdown.

Despite the loss, Coach Lacey still gave credit to his team.

"Our guys never quit. I give them a lot of credit for not giving up and fighting through," he said. With this loss, Sacred Heart falls to 6-3 overall and 3-2 in the Northeast Conference.

Sacred Heart concludes their home schedule at 12:30 p.m. this coming Saturday at Campus Field against Monmouth.



The Pioneers conclude their home schedule at 12:30 p.m. this coming Saturday against Monmouth.

By Robert Trenske

INSIDE SPORTS

CROSS COUNTRY
Katie Wrinkle wins the NEC individual championship as the women lose by just six points.
(Pg. 12)

COLUMN OF HANK GARGIULO
Hank hands out midseason grades for the NEC teams.
(Pg. 13)

MEN'S SOCCER
Senior Carlos Silva scores in his final game for SHU.
(Pg. 14)

WOMEN'S SOCCER
The Pioneers win a spot in the NEC tournament.
(Pg. 14)

FIELD HOCKEY
The women's season ends as the team loses to Quinnipiac in the first round of the NEC tournament.
(Pg. 15)

Kobe Returns to Laker Lineup

By Greg Maurice
Staff Reporter

Los Angeles Lakers shooting guard Kobe Bryant made his season debut on Nov. 1 after missing the first two games of the season due to a knee injury and his legal troubles.

He heard mostly boos, but a few cheers, as he made his return at the team's game in Phoenix and wound up playing more than he expected. It seemed that nearly every time Kobe touched the ball, he was booed incessantly by the Suns' fans.

Bryant made three of four free throws in the final 66 seconds, finishing with 15 points in the Lakers' 103-99 victory over the Phoenix Suns. He scored 15 points on 4-for-12 shooting in 37 minutes. Bryant was booed in the game each time he touched the ball.

Earlier in the day, Bryant said he would not let the reception bother him. "I have been through a lot, much heavier stuff than worrying about what the crowd is going to say."

That's not really my concern," Bryant said in an interview with ESPN, according to the Associated Press. Kobe had a

weak knee because he had surgery in July in Colorado and he is awaiting trial on a charge he sexually assaulted a 19 year old woman in his hotel room the night before the operation.

With the recent additions of veteran all-stars Karl Malone and Gary Payton to play along with Kobe Bryant and Shaquille O'Neal, the Lakers have big expectations for the season. Kobe Bryant is one the key pieces to

"I have been through a lot, much heavier stuff than worrying about what the crowd is going to say"
Kobe Bryant

coach Phil Jackson's triangle offense.

In addition to Kobe's off-court antics, much attention has been placed on his most recent feud with teammate Shaquille O'Neal. Last week O'Neal made a bold statement regarding the Lakers as, "my team, and if you have a problem, just leave."

This statement is said to be directed at Bryant whose contract is up after this season. Bryant

fired back by saying that Shaq should worry about his physical game and quit running his mouth all the time.

Sacred Heart Students reacted to Kobe Bryant's comeback on the basketball court. "Kobe Bryant is the best player in the NBA since Michael Jordan, there is no reason for the fans to boo Kobe on the court. They need to know that he will take the NBA to a place that we have never seen before

Most of the fans are booing because of his silly court case and because he is too cocky to be the best in the NBA," said sophomore Nick McCalum.

"Phil Jackson is a genius, that's why the Lakers are going to win the championship. I believe there is no conflict between Shaq and Kobe. Coach Phil Jackson set it up to make people not think about Kobe Bryant's legal troubles. We do not hear anyone talking about Kobe Bryant going to court since the confrontation of Kobe Bryant and Shaquille O'Neal. That's easy weight for Bryant to handle season because he handled it last year," said senior Malik Labeet from Pawtucket, RI.

However, some students think differently about Kobe Bryant's debut. "Kobe Bryant is getting the reception that he

"I believe there is not conflict between Shaq and Kobe. Coach Phil Jackson set it up to make people not think about Kobe Bryant's legal troubles"
Malik Labeet

deserves. He put his own self in that situation, he should have known better. He needs to know that the fans are going to boo him because he is being accused of raping a 19 year old girl," according to Andy Rawlins from Carmel, NY

"Nothing is going to happen to Kobe Bryant this year. In my opinion, it's just a girl trying to get rich off him. Kobe is the nicest guy in the NBA. There is no way he would do such of thing to jeopardize his career," said senior Angel Rodriguez from Philadelphia, PA

The NBA season has started, it's time for Kobe Bryant to show that he is ready and that he will not let his legal troubles get in his way.