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Part-time Undergrads Honored

By Melissa Petsitis
Staff Reporter

Family and friends gathered together on Nov. 9 for Sacred Heart's annual induction ceremony for the Alpha Sigma Lambda Honor Society given by the Associate Dean of University College, Ed Donato and the Dean of University College, Nancy Sidoti.

"Alpha Sigma Lambda is a National Continuing Education Honor Society designed to recognize the special achievements of part-time undergraduate adults who accomplish academic excellence while also facing the competing responsibilities of family, job and the community," said Donato.

"The conditions for membership are that you have a 3.2 academic average, and at least 30 credits at Sacred Heart, 15 of which must be in the Liberal Arts area."

Donato stated that adults bring a lot of experience and maturity to the classroom because they work a lot in these fields and they have "tremendous dedication, purpose, drive and motivation to move ahead in the environment" with their learned knowledge.

"Adult education is really the best form of education because it relates to the fact that you are all playing multiple roles as parents, spouses, employees, students. You are involved in a very busy life as it is, so to accomplish what you've done is really amazing," said Donato.

The Dean of University College, Nancy Sidoti, congratulated the inductees for all their achievements and gave recognition to their families for supporting them.

"Not only do all the students deserve some praise but the people that have supported them, the spouses, moms, dads, sons, daughters, friends, and sig-

nificant others," said Sidoti. "It hasn't been easy to get you here today and I speak from experience."

The part-time undergraduate adults at Sacred Heart not only have the job of completing their schoolwork for the university, but also have the job as a parent, spouse or an employee. The honor society recognized their achievements with membership pins and certificates.

"Besides being a part-time students at Sacred Heart, I work full-time at People's Bank, volunteer at my church's Sunday school program and support my family," said third year computer science major Shelie Kusterer from Derby.

"I think it is important that you provide that leadership, that steady leadership, on a day to day basis and the different goals that you play," said Donato. "It's what really keeps the society together."

Yanks' Torre Engages in "Conversation" to Benefit Local Domestic Abuse Center



Photo by Robert Trenske

Read the full story on pg. 3

University Launches Study Abroad on Emerald Isle

By Anthony Franciosa
Staff Reporter

Starting next semester, Sacred Heart University will launch its new study abroad program in Dingle, Ireland. The one semester, 15-credit program will give students the opportunity to learn about the Irish tradition

firsthand while studying at the Díseart Institute of Education and Celtic Culture.

Many student applicants are excited about the program and believe that experience will broaden their horizons.

"I feel traveling over to Ireland will be an unbelievable opportunity to expand my knowledge of another culture," said Kevin Farren, a freshman from

Braintree, Massachusetts. "I'm eagerly looking forward to participating in the program."

According to Jim Barquinero, vice president of enrollment and planning at Sacred Heart University, students will study a variety of disciplines such as language, literature, music, folklore, history, archaeology, and spirituality, while attending Díseart. In addition, they will also have

access to the comprehensive private library of Rev. Pádraig O'Fiannachta, chairman and founder of Díseart. The world-renowned collection of Irish scholarly works is said to rival the John V. Kelleher Irish Studies Library at Harvard, he claimed.

Information provided by the Study Abroad Office at Sacred Heart states that as a complement to class studies, students will be encouraged to become involved in local community service projects, which will give them the chance to work directly with the people in the region. They will also be able to partake in recreational activities, such as sailing, diving, hiking, golf, and fishing. In addition, students will have the opportunity travel outside Dingle as well.

"During the semester, there will be a one week break during which the students will travel to a different part of the country," said Brenna Kelleher, a junior from Derby who helped the Study Abroad Office promote the program. "The destination will be collectively decided by the students."

While in Ireland, students

will be able to experience Dingle, a fishing port located on the southwestern seaboard of Ireland in the Gaeltacht region of Kerry. Teeming with restaurants, shops, and pubs, the settlement is renowned for its landscapes and scenery, states Study Abroad Office literature.

"Dingle is an extraordinary location," said Dr. Walter Brooks, associate professor of Religion at Sacred Heart. "It might possibly be one of the most beautiful towns in Ireland."

According to Barquinero, who spearheaded the development of the program with Brooks, the University began working on the Ireland program four to five years ago. Initially, the two began scouting locations in Dublin but opted not to establish a program in the Irish capital after deciding that the students would benefit more from a program located in a Gaeltacht region, which is an area in Ireland where Gaelic is the predominant community language.

"[Sacred Heart] wanted to establish a program in a Gaeltacht region in Ireland because we wanted students to experience

Continued on Page 2



Contributed photo

President Anthony Cernera and Rev. O'Fiannachta sign a Declaration of Agreement during a formal ceremony at Díseart formalizing the partnership between the two scholastic institutions.

Hunger Awareness Week Observed On and Off Campus

By Sharmila Munver
Staff Reporter

Starting this Sunday, Nov. 16 SHU marks Hunger Awareness week. Students, faculty and staff members are invited to volunteer or be a guest at a local soup kitchen. Events have been planned for

Meal Swap, which will allow students to use their ID cards at the cafeteria to donate money for local soup kitchens and food pantries.

"UMOJA has been involved in the Meal Swap program over the last few years and it has been very successful. Last year we made over two thousand dollars

fortunate families," said UMOJA President Kivette Parkes, a senior from Kingston, Jamaica.

The events for the week will begin with the Mass, which will be held on Sunday at 10 p.m. On Tuesday a play called "Stuck in a Rut," played by SHU players and directed by Jeremy Gordon, will be performed at 8 p.m. at a location not yet confirmed.

"The play is about what happens when a person gets into problems of homelessness," said Lori Coupe a senior from Cranston, RI.

On Wednesday an Interfaith Thanksgiving Service will be held at 2 p.m. at the University Commons. Some students of different faiths will offer prayers of peace and thanksgiving in their own languages. Also during this time food and monetary collections will be made for St. Charles, St. Stephens (Merton House) and Our Father's House

"The play is about what happens when a person gets into problems of homelessness"

Lori Coupe

(Jesus Saves Ministries). At 7 p.m. Bread & Soup Night will be held at Campus Ministry, followed by a speech from representatives of a local soup kitchen, prayer and reflection for soup kitchen volunteers.

Jim Stipe from Bread for the World will give a speech on Thursday at 2 p.m. in the Mahogany Room. There will also be a letter writing session with Bread for the world.

"Students looking for any information regarding the events should stop by Campus Ministry," said Campus Minister

Noelle D'Agostino.

On a related issue, Coupe said that she wants to establish a student chapter of the "National Student Campaign Against Hunger and Homelessness," at Sacred Heart University.

"It is to raise awareness of how students can help alleviate problems in the areas, like Bridgeport. It is one of the poorest in the country," said Coupe.

She added that if any student is interested in volunteering in this campaign, they should stop by Campus Ministry to get in touch with her.

"UMOJA has been involved in the Meal Swap program over the last few years and it has been very successful. Last year we made over two thousand dollars and this year we plan to beat that"
Kivette Parkes

each day of next week, but the locations have not been finalized yet. Also during this week SHU will hold an UMOJA sponsored

and this year we plan to beat that. All the money received from the Meal Swap will go towards purchasing holiday turkeys for less

Corrections

"Construction to Close University Commons"
Issue 7, pg 1

The plan calls for six new classrooms, not seven.

"New Lab Fees for Media Students"
Issue 8, pg 3

A pull quote in the article's continuation on page 4 is attributed incorrectly to Dr. James Castonguay. The statement was made by Dr. Sid Gottlieb.

"Technology Debate: Elementary to University"
Issue 8, pg 8

Byline should read "Deborah Carrara," not "Kelly Ryan."

People misrepresented
2 Spectrum issues

In an article earlier in the semester, Jeff Aldana and Jenny Graham were mentioned as performing in an event. They were referred to as SHU Players, but they are not. Then they were mentioned as SHU Players again in an editorial in a later Spectrum issue.

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Spring Study Abroad Program Planned for Dingle, Ireland

Continued from page 1

the true Celtic tradition," recalled Barquinero.

The University then teamed up with the Údarás na Gaeltachta, a regional development authority in Ireland that monitors the advancement of the Gaeltachta areas, and began looking for potential sites in Donegal County.

Shortly thereafter, the University and the Údarás na Gaeltachta selected the Balleyconnell estate in Falcarragh, Donegal County as the principle site for development of the program.

However, the location had to be abandoned after Údarás na Gaeltachta could not accumulate enough funds to renovate the heavily damaged estate, which

rebuild the [Ballyconnell] estate," said Barquinero. "However, he told us that the organization knew of an institute in Dingle that was interested in partnering with [Sacred Heart]."

Subsequently, at the request of Údarás na Gaeltachta, Barquinero and Brooks returned to Ireland to scout out the town of Dingle and meet with officials at the Díseart. The trip yielded nothing but positive results.

Soon after, with the help of Údarás na Gaeltachta, which footed all of the University's traveling expenses during the establishment process, Sacred Heart began to build a relationship with Díseart.

In August, Sacred Heart University President Anthony Cernera and Rev. O'Fiannachta signed a Declaration of Agreement during a formal ceremony at Díseart that cemented the partnership between the two scholastic institutions.

The Ireland program will be the first study abroad program to go through Sacred Heart, which will recruit students from other universities to attend the program, stated Barquinero.

Students interested in participating in the program should visit the Study Abroad Office in SC 124 or contact Brooks by email for further information.



Contributed photo
President Cernera, Rev. O'Fiannachta, and others in Dingle, Ireland.

There they met with national and local politicians, educators and businessmen who wanted to establish an American study abroad program in a Gaeltacht region because it would "draw tourism," said Barquinero.

would have cost 3 to 4 million dollars to repair.

"Last fall, a representative from the Údarás na Gaeltachta came to [Sacred Heart] and told [the administration] that the organization would not be able to

Joe Torre Visits SHU in Fight Against Domestic Violence

By Mark Stanczak
News Editor

"In the interest of full disclosure, I have to tell you that I start with something of a bias towards our speaker tonight," admitted Dr. Anthony Cerna, president of Sacred Heart, to a packed theater this past Monday. "You see, I'm a kid from the Bronx..." And that was all he needed to say to capture the attention of this crowd, whose applause made it clear that tonight everyone in the audience was a fan of the Bronx Bombers, if only for an hour.

At 7 p.m. almost every one of the Edgerton Center for the Performing Arts' 800 seats was filled in anticipation of "A Conversation with Joe Torre." Torre, manager of the New York Yankees baseball

team, came to raise money and awareness for the Center for Women and Families of Eastern Fairfield County (CWF), which organized the evenings' events. Activities began at 6 p.m. with an exclusive cocktail reception, for which participants paid \$250 to mingle with Torre and others in the Mahogany Room. A silent sports memorabilia auction, also intended to raise money for the center, began at 6:30 p.m.

Admission to the 7 p.m. "Conversation" was \$50, \$25 for students.

Kristine Hazzard, president and chief operating officer of CWF, spoke briefly about the center and the problem of domestic violence before introducing Torre.

"Hopefully, by the end of this evening, we'll all have something (besides a respect for Joe Torre) in common," said

Hazzard. "You will have a better understanding of domestic violence, the impact it has on families, and what the CWF does every day to help these families through very difficult times."

Hazzard noted that domestic abuse, including "physical, sexual, emotional, and verbal abuse," is a major problem in eastern Fairfield County. According to Hazzard, last year CT suffered 21,328 incidents of domestic violence that resulted in arrests. In addition, she explained that the number of arrests for many towns in this area is growing. During 2002, domestic abuse arrests increased 10% in Stratford, 64% in Trumbull, 20% in Fairfield, and 61% in Easton, noted Hazzard.

"Last year, the center served 2,400 clients," she said. According to their website, CWF serves the communities of Bridgeport, Easton, Fairfield, Monroe, Stratford, and Trumbull.

Torre, whose father was abusive towards his mother, spoke about his personal experience with domestic abuse.

"Growing up in Brooklyn," said Torre, "I was the youngest of five children. When I used to come home after school and I saw my father's car there in front of the house, I wouldn't go home. I would go to a friend's house."

"I was never hit by my dad," he continued, "but the fear of being hit is - I think - sometimes worse than when you do get hit. There's nothing in my mind that is worse than fear... it's a terrible way to try to exist."

Nearly a year ago Torre and his wife Ali created the Joe

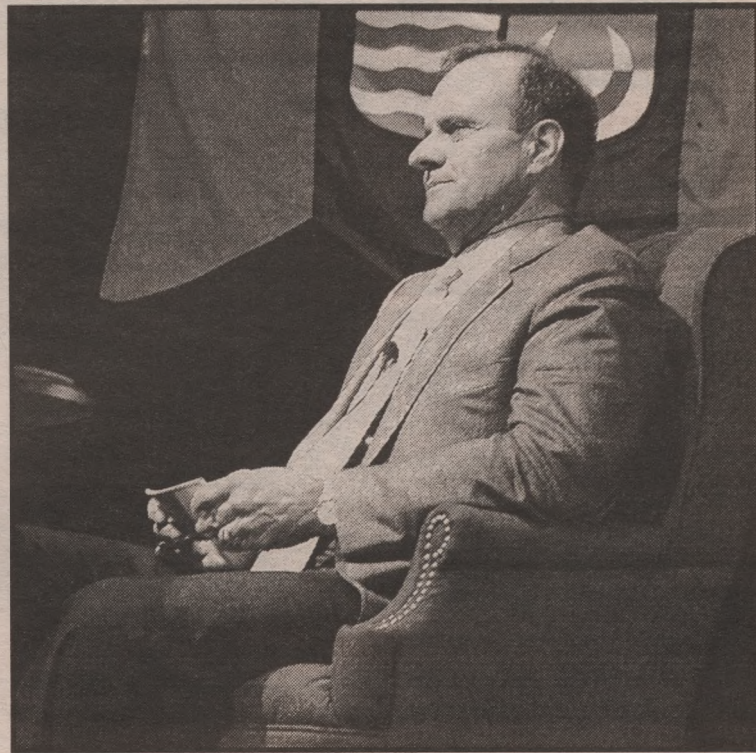


Photo by Robert Trenske

Joe Torre, the Yankees manager who led his team to win four World Series since 1996, visited The Edgerton Center for the Performing Arts in an effort to raise money for CWF, a domestic abuse center in Fairfield County.

children under the age of 10 taking naps there on cots, you realize how many children are affected by this," said Torre.

"We're going to do something about it. And I'm proud to be here," he added, "because that's what you're spending money to do... to make our country and our families safer."

At one point Daniel, a young man who has experienced domestic abuse in his family, was invited onstage to speak about how it affected him.

"Domestic violence has

its are very weak," said Daniel. "They themselves are in pain or angered from something that happened to them. So, not only is violence not the way [to solve domestic abuse], but forgiveness and correcting their path is a better way..."

Aside from the awareness and social action discussed throughout the evening, Torre talked baseball with sports broadcaster George Grande for a while. Torre touched upon his rocky professional relationship with George Steinbrenner, discussed coaching decisions, and delivered a few jokes.

Phyllis Machledt, director of Service Learning and Volunteer Programs at SHU, and her husband, both Yankee fans, were in attendance.

"I actually gave these tickets to my husband for his birthday because he has been a Yankee fan since he was a little kid in Indiana," she laughed. "And he likes Joe Torre."

"We have students who are interns (at the center) and we've had people who volunteer there," Machledt explained. "I will tell you very honestly that I've encountered (the problem of domestic violence) both in Easton, in Fairfield, and in Bridgeport among personal friends. It's every place."

"I think police departments are taking (domestic abuse) more seriously," said Machledt, "I know in Bridgeport they have a special unit that deals with it, and that's been a fairly recent development."

CWF originally began as the YWCA of Bridgeport in 1895. Hazzard, the president of CWF, said that part of the reason for their recent split from the YWCA was to draw in a broader membership, including men. A Conversation with Joe Torre was billed as the center's "inaugural men's event."

Republicans Strong in Off-Year Elections

By Courtney Gotshall
Staff Reporter

The results of Election Day are in. Republicans are still in the majority in many towns and cities across the U.S.

Bush's Republican standing just might have had something to do with the results of the town elections this year. Democrats, Republicans, independents and others all have their own answers to problems such as the war, on a national level, and such as whether or not to expand school buildings on a town level. Looking at fluctuating public opinion of the handlings of president Bush,

Bethlehem, although not huge cities, are just a few of the towns in Connecticut that went Republican for one reason or another.

Sacred Heart's own home and borderline towns of Fairfield and Bridgeport respectively, however, went Democratic. Bridgeport, with Rick Torres as a mayoral candidate, was thought to have had a strong Republican pull. Voter Olia Yelner, a Junior from Trumbull, said that "Bush himself supported Torres."

"The National Republican Party sent campaign help from California," Yelner went on to say that the National support was because "Torres is a Spanish Republican and that would help break stereotypes. Also, it would improve support of the party. This

"I think that Bush has made a big impact on the way people view the country and the way they vote"

Junior, Colin Dailey

the results of Election 2003 were anybody's guess.

According to ABCnews.com, referring to a recent poll on how the nation views President Bush, they found that, "On dealing with Iraq, he's dived from 75 percent approval in late April to 47 percent now. For the first time a bare majority, 51 percent, disapproves. Fewer than one in 10 say Bush has made the nation more prosperous. And in a result that can pack a punch, 58 percent, a new high, say he doesn't understand their problems."

Despite these national views, however, Republicans still managed to have swept the majority of votes in towns all over Connecticut this election.

Southbury, Oxford, and

particular campaign, unlike the popular view of the Republican Party, was also supposed to be a youthful and change driven campaign." However, in the end, Democrat John M. Fabrizi won another four-year term.

"I think that Bush has made a big impact on the way people view the country and the way they vote," said Colin Dailey, a Junior from Fairfield. Looking at results from this election, and asking for answers as to which candidates won which votes, perhaps he is exactly right.

Nationally, the Republican party picked up three states, including California, Kentucky, and Mississippi. Each of these states elected Republican candidates for governor.

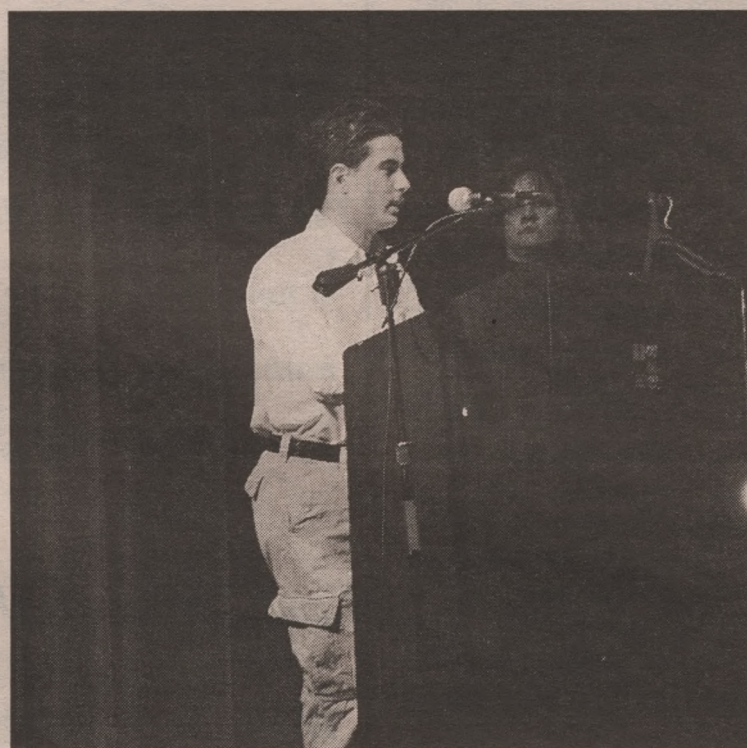


Photo by Robert Trenske

Daniel, whose family suffered from domestic abuse, speaks to the audience about his experience. Daniel and his mother are both involved with the Center for Women and Families of Eastern Fairfield County, which organized and benefited from the event.

Torre Safe at Home Foundation in an effort to combat domestic violence.

"I'm very emotional when I talk about it. When I did go around and visit shelters and see it's naptime and that there are 15

affected my life and, as anyone who has any experience with it knows, the effects are long lasting and are still with me to this day," he confessed.

"The people who perpetrate this type of violence, their spir-

Who, What, and Where Your Guide to SHU Services

- ROTC -

ROTC programs have been a longstanding tradition for universities around the country. Sacred Heart University students have the opportunity to become involved with ROTC in the beginning of their freshman year. SHU students have the added advantage of having Connecticut ROTC classes held right at the university.

Starting in the fall of 2002, Sacred Heart University began hosting the Silliman Company of the Nathan Hale Battalion, the Connecticut chapter of ROTC. Prior to 2002, all Connecticut

extracurricular activities as well as personal interviews.

Accepting an ROTC scholarship does entail a service commitment to the United States Army. This service commitment can be served part time in the National Guard or Army Reserve, or full-time as an active duty member of the United States Army.

ROTC provides the United States Army with approximately 75% of its officers. Created by the National Defense Act of 1916, it soon spread around the country and today has chapters at over 600 college institutions.

Its mission statement, "to commission future officer leader-

Starting in the fall of 2002, Sacred Heart University began hosting the Silliman Company of the Nathan Hale Battalion, the Connecticut chapter of ROTC.

college students were forced to attend ROTC opportunities at the UCONN Storrs campus in affiliation with the Knowlton Company of the Nathan Hale Battalion.

ROTC classes are held once a week, ordinarily on Fridays. The program is sponsored by the Department of History and Political Science. Sacred Heart University offers a four part series of three credit classes based on military history. The classes are taught by Lt. Col. Brian Durban of the United States Army.

During freshman and sophomore year, ROTC holds an elective that meets weekly, as well as voluntary leadership labs and summer programs that involve physical exercise that is geared towards increasing strength and endurance. These programs also stress military bearing, adventure training and leadership development.

During the first two years of ROTC there is no mandatory service obligation. During the junior year or in accordance with a scholarship, students are asked to sign a service contract with the United States Army.

Students that apply for, and receive an ROTC scholarship, attend weekly meetings and classes and are reimbursed with a semester by semester stipend to help defray the costs of education. In addition to the scholarship, winners also receive 250 dollars each semester to help pay for books and meals. Scholarships are awarded based on academic achievements,

ship of the United States Army," reflects the respect afforded those students accepted into its ranks. Students are taught the importance of this statement as well as the importance of a knowledge of military history, which they will have four full semesters of classes on.

The Silliman Company at Sacred Heart University is named for Gold Selleck Silliman. Silliman was a Revolutionary War hero from Fairfield. Connecticut was a predominantly Tory state, though Fairfield stood out against the British throne.

Silliman's home, which still stands on Jennings Road in Fairfield, was put in charge of coastal defenses in order to stop British troops from invading from the very pro-British Long Island. In 1779, Silliman was kidnapped and the British invaded the town with approximately 2,000 troops who proceeded to level the town as a warning against further support of the rebel cause.

Any students who would like more information should contact Lt. Col. Brian Durban through university email or through the Office of History and Political Science, located in the Administration Building. Students can also access information from the United States Army website or the local recruiting office located on Main Street in Bridgeport.

- Compiled by Steve Horvath

Public Safety Briefs

November 6 – 12:52 p.m. – Larceny was reported off-campus. A resident left her wallet in a cab. She was later informed that her bank card had been used. The Fairfield Police were called.

2:11 p.m. – An assault was reported off-campus. A resident was assaulted off campus and the police were called.

2:34 p.m. – Suspicious activity was reported in the main building. A staff member reported two males looking into offices. They were identified as construction workers.

3:13 p.m. – An elevator rescue was reported in East Hall. Residents were stuck in an elevator, with no reported injuries. They were rescued via an elevator service company.

10:06 p.m. – A fire alarm was reported to go off in the main building. The alarm was activated due to an experiment.

November 7 – 11:06 a.m. – A motor vehicle accident was reported in front of the main building. A staff member reportedly struck a parked vehicle with a University owned van. Fairfield Police were called.

November 8 – 7:09 a.m. – Vandalism and Larceny were reported off-campus. It was reported that items were damaged and stolen from the golf course.

3:25 p.m. – A medical injury was reported at the Pitt Center. A visitor tripped on a wire and fell. She declined medical assistance.

10:14 p.m. – A suspicious activity and harassment was reported off-campus. Residents reported a male was following them in a vehicle and acting suspiciously. The Bridgeport Police were called.

November 9 – 1:55 a.m. – Disorderly conduct involving alcohol was reported at West Hall.

1:26 a.m. – An alcohol violation was reported in West Hall. Alcohol beverages were found during a room search. A Residential Life staff member instructed the resident to dispose of the alcohol.

1:43 a.m. – A fire alarm and alcohol violation were reported at Jefferson Hill. An alarm activated for no apparent reason. An officer observed an empty alcohol container in the apartment.

4:19 a.m. – A housing violation was reported in West Hall. A visitor was found in a room beyond visiting hours.

8:36 a.m. – Property damage was reported on the administration road. A grassy area was damaged.

2:52 p.m. – A medical injury was reported on the football field. A resident was injured while playing flag football. She declined medical assistance.

11:29 p.m. – Larceny was reported in East Hall when a potato chip holder was discovered to be stolen from the cafeteria.

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
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Want to see your name in the Spectrum? Become a contributing writer, today!

E-mail any section editor with your story ideas or completed stories, drafts, poems, etc. The staff wants to hear from you, include your thoughts, and give a voice to your opinions.

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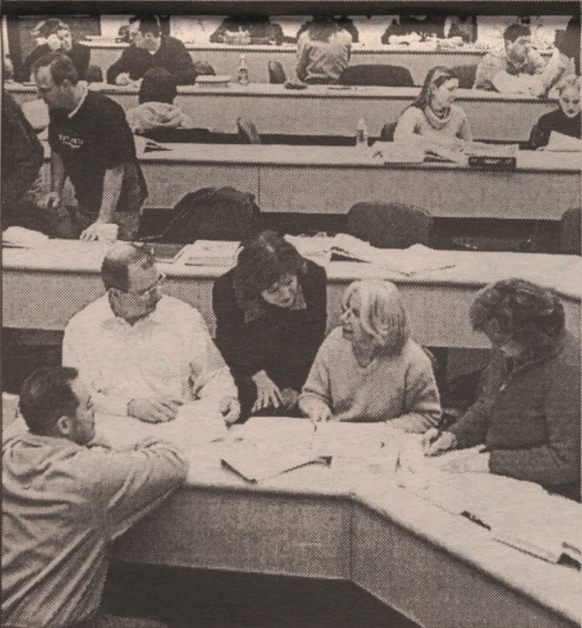
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5:30 p.m. – 7:00 p.m.
Held at the Charles E. Dolan School of Business

PROGRAM SCHEDULE
5:30 p.m. – 6 p.m. Check in and refreshments
6 p.m. – 6:15 p.m. Welcome and opening remarks
6:15 p.m. – 7 p.m. Graduate program presentations

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Poor Planning Causes a Horrible Parking Situation

Dear Editor:

The parking situation at Sacred Heart has always been ridiculous, but Friday, November 7 was probably the worst I've seen it in my three years as a student.

I am a commuter, and my roommate and I arrived at Sacred Heart at 9:15 for our 9:30 class. We have never had a problem parking at that time, but on Nov. 7, Sacred Heart was hosting some kind of event. Us, along with tons of other cars, drove around for twenty minutes, and still not a single spot opened up. Students began creating their own parking spots everywhere, and we

be nearly half an hour late to our class because of an event that was scheduled by our school. It is dangerous to have students create their own spots, parking along curbs and blocking entrances and exits.

It's a good thing that I didn't have to go back to Sacred Heart at any other time that day, because I can only imagine the fender-benders and hit-and-runs that probably occurred in the parking lots. It is common knowledge that parking at Sacred Heart is, and has been, an issue, so would anyone attempt to schedule an event at the school at times when classes are in session?

Luckily my professor was



Photo by Robert Tresnke

The parking lots at SHU are the most full when you need them to be empty!

almost got into an accident several times due to students trying to maneuver around those cars parked along the curb, and others speeding around the parking lot without paying attention.

Finally, we decided to park in front of public safety long enough to run in and tell our professor our situation. We explained the parking predicament, and then went back to public safety to ask what we should do.

Their first response was that we should find a spot along the curb somewhere, but I informed them that there were none. Finally, a public safety officer was nice enough to let my roommate leave her car outside of the public safety entrance so that we could go to class.

It is insane that we had to

understanding, but some others may not have been. Forcing students, who arrived at school on time, to be late or possibly not even be able to go to their classes is irresponsible planning on the part of those in charge of the event.

Being that Sacred Heart is a COLLEGE, the learning and class attendance of the students should be higher on the list of priorities than some event the school is hosting. Next time there is a huge event during school hours, maybe commuters should be notified so that we can be prepared for the horrendous situation we were put through last Friday.

-Contributed by Jennifer Motisi, Asst. News Editor

Food Poisoning? No, But "Dining With The Dean" Was No Cup Of Tea...

By Kerry Freel
Editor-in-Chief

When you turn on a television set at the AmeriSuites Corporate Towers in Shelton, you hear, "Welcome, and thank you for choosing our hotel. We hope you enjoy your stay with us." And choosing the hotel is what I, and many other seniors and juniors, did last year during the housing selection process. And we have enjoyed our stay, and we want to finish out our senior year here!

Time traveling back to the spring, residential life needed students to move into the hotels, and honestly thanked us for choosing it the night we signed up.

But now, suddenly, there are stipulations. Students may be moved out of the hotel onto campus locations closer to SHU, whether they chose to live at the AmeriSuites or Ramada Inn or got placed at either location by default.

Many varieties of pizzas were delivered and distributed to students in an AmeriSuites conference room to cushion the blows to come later on in the evening on Tuesday night. Students discussed the maid service, the maintenance people who like to make cookies for students!, and other aspects to living in the hotel.

As the topics began to digest, topics were discussed that got students riled up. Basically, the drift of the discussion was that SHU wants all students currently at the hotels to be placed on campus or closer to campus, by next semester. One of the main reasons, of course, is the cost. It costs a lot more money to

have residents in the hotels than in other types of dorms.

Dean Larry Wielk assured students that juniors and seniors won't be living in South or West Halls, even if housing became available there, but if enough people transfer or go on study abroad programs, or enough apartments become available on campus (in places like Park Royal and Taft) students may be called and told to relocate.

After reading about the sexual harassment incidents



Icon from flyer announcing meeting
The cartoon kid is happy eating pizza, but there was a lot more to the evening then cheese, sauce, bread and toppings.

reported at Park Royal, and hearing first hand student accounts from friends of mine who experienced Park Royal first hand, cockroaches, crazy plumbing and all, I am furious about the situation and the way in which is was broached to students.

It was explained at the event, titled "Dining with Dean Wielk," that students who opt to try to move off campus may receive a "nominal" compensation for facilitating the relocation process for SHU housing and those associated with it.

Why do other people get to decide where I live next semester

even though I signed up to live in the AmeriSuites last semester? No one was told that this would be a one-semester gig here. Isn't that a bit sneaky sounding?

I'm sure none of the administrators would be so calm if it was their own residence in question and they were told they had to move into different homes with random families next semester. So why do students, who pay quite a pretty penny to go to SHU might I add, become pawns on a chessboard, unable to move but one square hither or thither (controlled by someone else)?

It was explained that by lottery number and year at SHU the most accommodations would try to be made, but that still could potentially mean moving two people into apartments with people they don't know. One positive point mentioned is that the administration wants to try to keep roommates together, thank goodness!

To have someone who chose to live in East Hall live in East Hall for a whole year and never have to worry about a thing is fine. Now, East Hall residents are primarily sophomores. Now take the residents, juniors and seniors primarily, who live in the AmeriSuites. WE are all going to have to relocate. So underclassmen are left alone and carefree while some of us in our senior year, who already have to deal with grad school applications, job interviews and the like, now have to deal with housing AGAIN?

As always, I'm interested in hearing what you have to say. I'd like to hear from administrators, residential life (RAs and otherwise), students in the hotels, and anyone who'd like to voice an opinion.

"Can I Graduate?"

At the risk of sounding like worry-warts, we're concerned about life after graduation.

From anxiety to elation, the editors are ready to move on to the next stages in our lives.

"I'm excited."

"I honestly don't know what I'm going to do."

"Yay."

These are some reactions we've encountered in the office over the past week. But questions also come into our minds as well.

What kind of jobs will we get? Will we use what we learned in our majors? Who will we be keeping in touch with from Sacred Heart in five years from now? In twenty?

There's a song written by the band Third Eye Blind, also referred to as 3eb, and they scream "Can I graduate?" We felt it was an appropriate subject to breach as a newspaper staff because there are only a few issues remaining in this current semester, and also because of the timeliness of registration.

Mothers we may not be yet, but we'd like to warn you that if you're a senior, you should meet with your advisors and ensure that you've completed everything that you need to to complete your major, and all those crazy B2 and Core courses in order to graduate on time.

Every year the staff gets editorials about students who won't be graduating on time, and when it comes down to it, it's each and every persons' own responsibility. Web Advisor will let you check out your standings from the convenience of your dorm and then you can meet with your advisor and grab a major checklist sheet to triple-check and make sure you've completed everything.

One other important factor students sometimes overlook is the amount of credits they have earned so far and what is required to graduate. We recommend everyone double-check this information as well!

Check everything out and then you'll be able to answer the title of the article with no problems.

SHU Gives Short Notice

By Kerry Freel
Editor-in-Chief

I'm the kind of person who likes to know about things in advance. I like to have an idea about what's going on, when, and how I can plan my life to accommodate and include everything that I want to do in that time. With Sacred Heart, this is a real challenge.

I understand that a lot of people hear about events through word of mouth, and that's wonderful. But I just find it frustrating to get a global e-mail that says, "Comedian at 10:10 p.m. tonight!" and it's being sent out at 9:30 p.m.

Why not send everything out on say Mondays so then people can know what's going on all week? I'm not saying you need to give the two week's notice for quitting a job for a fun entertain-

ment event, but a few days for a heads up would be beneficial.

I'm sure the people who go through all the trouble to plan these events on campus are sometimes disheartened when the attendance is minimal at the event. Between coordinating the entertainment, setting up for the event and the original planning to find an entertainer, there are many hours that go into every single function that goes on on campus.

Maybe most of these events are meant for students on campus who live on campus or happen to have had 7:45-10:10 classes and are around on campus when the events happen to occur. But for commuter students, or students who live "on-campus" 15 or more minutes away, a little notice can be a wonderful thing.

Besides getting short notice for fun campus events, sometimes important meetings are not addressed in a timely man-

ner. Meetings with important faculty members are sometimes announced hours before they are to occur. What happens if students don't check their e-mails on

I'm sure the people who go through all the trouble to plan these events on campus are sometimes disheartened when the attendance is minimal at the event.

an hourly basis? They miss out.

People are told to move their cars from certain parking lots, normally with a reasonable amount of time, but sometimes the day before, which is insufficient notice.

Sometimes events are cancelled on very short notice as well. I understand that people get ill sometimes and this cannot

be avoided, so I guess there's no real solution to this problem that I can see, but it's still a pain to be all set to go to an event only to find it cancelled!

As far as registration and graduation, students are definitely well informed and given plenty of notice. But then again, these events occur each and every year at pretty much the same time.

The global e-mails that have been circulating recently that tell the events of the day are very helpful. It would be wonderful to find out everything on Sunday or Monday and just work from there, but at least this is an orderly way of informing the entire SHU community of events going on around campus.

Do you have the organization solution? What do you consider sufficient notice for an event? How would you like to be notified about an event? E-mail the Spectrum and let us know; spectrum@sacredheart.edu.

What Freel's Looking Forward To

By Kerry Freel
Editor-in-Chief

This is almost like a Christmas wish list, which I guess could be considered appropriate considering it's just a little over a month until Christmas, but here is what I'm looking forward to for the rest of this semester and beyond.

In the immediate future, I hope whoever is harassing SHU students with inappropriate questions from a white jeep is dealt with accordingly and disciplined. I hope that I never find another dumpster taking up valuable parking spots ever again in my SHU career!

Movies! I hope the committees that set up movies to be shown for free on campus on the weekends and/or weeknights decide to bring "American Wedding" and "Finding Nemo" to the big screen really soon.

I am so ready for Thanksgiving. Being nervous and stressed out and over-excited during the semester sometimes makes a person lose one's appetite. But on Thanksgiving, everyone's calm (except the cook I guess, give your mom or grandma a hand!) and just ready to devour food all day long. Hurray!

I cannot wait to see Lou Boccardi from the Associated Press on December 1 and hear what he has to say about technology in today's media world. He is such an intelligent man, and by coincidence, my mother actually studied with him, he was one

of her professors, at Fordham University in New York many years ago.

The last final I take will be excellent because it signifies closure for the semester. I'll be working at a Bed Bath and Beyond in New York and have no responsibilities except being on time for work for an entire month.

Christmas will be a wonderful season because I will get to see my brother who I haven't seen in a while, who still doesn't even know I interviewed Vertical Horizon which happened way over a month ago, and his wife who I haven't seen since the Bon Jovi concert we went to over the summer together.

Snow! I can't wait for the first snow of this year!

I can't wait for the Christmas specials on TV, Peanuts cartoons, Christmas Carols, and seeing red and green everywhere for over a month.

My friends from High School and I will get to catch up and spend quality time together in our hometowns for one last time, as we might all be parting ways after graduation.

Of COURSE I'm excited for graduation. Just 184 days of excitement left!

I'm excited to get married and have children someday hopefully. I'm looking forward to the end of all wars. I hope people reach far away galaxies someday.

Are you looking forward to things? Tired of hearing my opinions? Write a story yourself and submit it! Send your stuff to: spectrum@sacredheart.edu.



Compiled by
Robert Trenske

What are your thoughts on file sharing with regards to the recent lawsuits?



"I think it is unfair to the artist who works hard at what they do to produce their individual work whether it be music or movies than for someone to just come along and get it for free."

Fritz McPherson
Senior
Cayman Islands



"Unacceptable"



Olia Yelner
Junior
Trumbull, Connecticut



"I think that the music industry needs to find a way to embrace the file sharing community."

"I think online music purchasing is a better option."

Joseph Sokoloski
Staff
Oxford, Connecticut

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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:

The Spectrum
Sacred Heart University
5151 Park Avenue
Fairfield, CT 06825

Our phone number is
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Government Cautions Student Travelers About Terrorism

By Deborah Carrara
Staff Reporter

Sacred Heart University students, as well as students across the country, will soon be faced with making decisions regarding Spring Break travel plans this year. Several factors should be taken into consideration when selecting destinations for this holiday.

Targeting a large audience of potential travelers, the Office of the Spokesman of the U.S. Department of State issued a statement on September 26 reminding citizens planning international travel to be aware of the continuing threat of acts of terrorism. This "Worldwide Caution" announcement indicates that Al-Qaida is preparing to strike U.S. interests abroad. The public announcement urges travelers to monitor local news and maintain contact with the nearest embassy or consulate.

Noting that terrorists do not distinguish between civilians and officials, it is suggested that heightened awareness is most important when visiting facilities where traveling Americans congregate, including clubs, restaurants, places of worship, schools, hotels, recreation events, resorts and beaches. It is also recommended that attendance at such locations be avoided.

Public announcements such as these certainly affect Chris Paige, a conscientious senior at

Department of State issues cautionary statements regarding students traveling for Spring Break

the past have predominantly taken place in the area south of downtown (not very frequented

imperative that jet-skis and other watercraft be rented only from licensed operators with sufficient medical and liability insurance.

A second location, Cancun, is a popular Spring Break destination, attracting more than 100,000 students each holiday. Cancun is a fairly large city with a population approaching 500,000 inhabitants. With a substantial increase in the number of crimes and rapes committed, the night and early morning hours of this alcohol and discotheque environment should not be taken lightly. It is important, especially for female students, to be conscientious while on holiday.

Danya Jimenez, a sophomore student at Sacred Heart University and native of Mexico, is not planning on going home to Cancun this Spring Break, but has plans with friends to go to Portugal.

"I've spent summers in Cancun, and would definitely still go there, but I would just be more careful when out with friends...(personal safety) depends on each persons behavior while you're there," says Jimenez.

More information regarding safety and international travel can be found listed by destination on the Department of State website at http://travel.state.gov/travel_warnings.html.



Photo by Robert Trenske

Many students fly to foreign countries to study abroad or fly to spring break destinations. This year the government is warning travelers to be extra careful of terrorism in the air and on land.

Sacred Heart University, but this student is resigned in that it will not dictate his personal plans.

"It may scare me a little, but not enough to worry about (traveling). Terrorism is a chance we take being citizens of the U.S. and it should not stop us from doing things that we want to do... I would say that I try to be more aware of things going on than I used to be."

Every February, The U.S.

holiday. Additional reports have been released in an effort to minimize hazards American students may encounter while traveling abroad. Two travel alerts highlight the level of personal safety when considering the Bahamas and Cancun.

The safety and security of the Bahamas has fallen under scrutiny as per an announcement from the department, dated October 10. While most criminal incidents in

by visitors), the more upscale tourist and residential areas are now experiencing a rise in crime.

Additionally, the report notes that water sports industry in the Bahamas is not regulated carefully. Inquiries should be made about the operator's license and insurance coverage when renting equipment. Accidents causing injury and death have been attributed to improper use and negligence in sufficient training. It is

A Diary of Dallas, Texas

By Kerry Freel
Editor-in-Chief

November 5: It still felt like Tuesday, but no, it was Wednesday at 4 a.m. I woke up and had to be downstairs for my ride in half an hour. I ate, went down and met one of the other editors and we met our ride to campus. We proceeded to SHU and picked up a limo, it felt like prom all over again! There was NO traffic whatsoever because it was like 5 a.m. We arrived at LaGuardia and were bound for the Big D, Dallas, Texas. Some of the SHU attendees were a

little freaked out about flying, but everyone seemed fine once we were up in the air.

We arrived in Dallas to find the weather surprisingly similar to that of what we left in Fairfield. We did not see the sun on our trip at all, except for when we were in the airplanes, unfortunately.

When we all walked into the hotel where the conference was held we were surprised by the glitziness, the waterfall, and the typical Texas guy with his tight jeans, big old belt buckle, and traditional beige cowboy hat.

After unpacking and "ooing" and "aaahing" around the hotel, we decided it was time for dinner

despite the crummy weather. We walked around to an area called "The West End" and ate at a restaurant/pub with a rather risqué name. Inside we had napkins thrown around us, were dragged up to dance on a stage, and watched a band, who constantly encouraged people to throw rolled up napkins at one another. We pretty much went back to the hotel and crashed after that crazy place!

November 6: The media conference began. Sessions started at the early hour of 8 a.m. Everyone on the trip went to their respective types of sessions, either on radio broadcasting, yearbook, photography, or

journalism. Most of the sessions I went to were phenomenal. All of the sessions had cutesy titles, which I enjoyed because I'm a goofy sort of person a lot of the time... Honestly some of the sessions that talked about design software that I thought would be helpful to give all of us groups a chance to learn new techniques really just felt like glorified 50 minute sales pitches to get us all to upgrade to the newest software.

I also got a healthy dose of media law while attending my sessions the first day. The woman giving the lecture explained recent cases where newspapers encountered lawsuits and the information

for why these lawsuits occurred. For example, some newspapers received anti-Holocaust ads and proceeded to run them, which caused great controversy in all of the respective communities. One school from Massachusetts was even discussed on CNN because of this ad. The creator of the ad paid a pretty penny to run it, but the amount of controversy that surrounded the ad was enormous and that particular school decided they would never run an ad of that nature again.

The conference was excellent in that respect. Advisors of

See "Big D Diary"
Continued on page 9

Big "D" Diary

Continued from page 8

newspapers who went through incredible ordeals shared their experiences so if something similar happened to any student attending that particular session, they wouldn't just be caught off guard and down the creek without an oar.

The big session that day for newspaper reporters was the sex column session. There was a lot of energy pulsing around the room in that session. Some students were vehemently opposed to having a sex column and insisted it should be a dating column that sometimes discussed issues of a sexual nature. Some

The big session that day for newspaper reporters was the sex column session. There was a lot of energy pulsing around the room in that session.

students wanted to know how to start a sex column on their campuses. And some students were just curious to listen in. The advisers of the panel had very different experiences with the sex column on their college newspapers. One man was from a Mississippi school "in the Bible Belt" that did not have as good success with the column, for lack of content and factual information in his opinion, and one man was from a school that seemed to be doing pretty well with the column.

Another session discussed how to handle tragedies with compassion. Sometimes a staff may feel they do not want to cover a certain story, but to let the rumors tell the story is definitely not the right approach.

At night they had a preview screening of a movie titled, "Butterfly Effect," with Ashton Kutcher. This was no comedy though, as I quickly found out. I honestly didn't even sit through a half an hour of the movie; it was too abusive and violent.

That night we ate at a restaurant that slowly turned. It was very interesting to see a city at night, all lit up from such a steep elevation.

November 7: Just another day in Dallas. We all went to our sessions and enjoyed rides in the glass elevators that transported us from the Lobby Floor to the tenth floor where we stayed for the trip. The sessions again were fantastic, but sometimes I had scheduled myself to attend one seminar and arrived to find no seats. So I made a few last minute decisions to go to different sessions.

I met a guy who goes to col-

lege in Lincoln, Nebraska, one of the big Universities out there. He was the editor-in-chief of one of the daily college newspapers! I was amazed at the amount of work and money that flies around at such places. Students who submit stories there get up to 25 dollars per story depending on the length and quality and such.

The poor guy said he likes to sleep 9 hours a night but can only manage in about 6 because of his classes and responsibilities to the newspaper. I have such a greater respect for other people after getting that perspective! I can't imagine if the Spectrum was a daily. They have a giant staff at this kid's school, but still!

November 8: Saturday, hurray! The last day of sessions and I went to completely different sessions than I thought I'd end up at. The most interesting one dealt with a Hawaii University that had a controversial (to say the least) cartoonist who in my mind is just a pure punk. He drew obscene cartoons and for some reason the editors kept on running these cartoons. But they got so many letters constantly about all the topics this kid dealt with in such an indifferent manner. The poor advisor to that paper and that paper's editor must have nerves of steel after dealing with all of that! Needless to say, besides being informed about more issues than I had known about before, I also gained a greater respect for the Spectrum staffers as well!

After the sessions some people packed, some people ate, and some of us visited the Sixth Floor Museum, which is where JFK's memory lives on. You can visit the window where JFK was shot from. You can also watch video footage of the President's funeral and of some of his televised appearances. It was so interesting to see family portraits and learn the details our high school history books left out about the assassination.

November 9: We missed the closing ceremonies because we had to catch a shuttle to the airport at 8:30 a.m. The trip from Dallas to LaGuardia was faster than expected because of "winds" according to an announcement during the flight. Everyone was happy before we even took off because there was awesome food in the airport, including McDonalds. (I personally enjoyed a giant chocolate chip cookie!)

We picked up the prom-type limo to make the trip come full circle, but this time the limos reeked of smoke and strawberry. Many of us felt nauseated by the time we reached Fairfield and were happy to be home, just dreading the homework ahead of us!

Sleep Deprived Students



Photo by Robert Trenske

According to the National Sleep Foundation, many young adults do not sleep enough each night. For busy college students this sometimes leads to missing class to catch up on sleep or falling asleep during morning classes.

By Vanessa Rubino
Staff Reporter

Tired? You're not alone. According to a recent study by the National Sleep Foundation (NSF), young adults are sleeping less than their older counterparts. The study concluded that more than half (55%) of those between the ages of 18 and 29 report "waking un-refreshed," and have difficulty getting to sleep.

The NSF warns that adequate and quality sleep is essential to the health of college students, yet many Sacred Heart students fail to get the proper amount of sleep. SHU co-eds cite a variety of reasons for staying up later, and skimping on the proper amount of z's.

As classes begin to wind down and finals begin to gear up, many students have been finding themselves more exhausted than usual. Some stay up late to cram for exams or pull all-nighters to finish term papers. Others just find it hard to fit everything into their schedules even if they don't procrastinate.

"It is hard to fit everything in. I often stay up late to get things done for school that I didn't have time to get to during the day," said Maureen Miller, a senior from West Springfield, MA.

"It is very difficult to get to bed early when you are in college because there is always something to do," continued Miller.

The NSF study notes that the

average young adult will stay up later to get more work done. Most sleep experts agree that the average young adult should sleep at least eight hours a day, yet the National Sleep Foundation notes that only one-third (33%) of adults get the recommended amount of z's.

"I try to get to bed as early as I can because I am often up in the morning by 7 a.m.," said Leslie Bolen, a senior from Hampstead, NH who struggles to get the proper amount of sleep during the semester.

"It is very difficult to get to bed early when you are in college because there is always something to do"
Maureen Miller

"But sometimes it is difficult to get to bed. A lot of nights I don't go to sleep until two in the morning," noted Bolen who also added that she believes she needs more than the recommended amount of eight hours to feel rested.

Sacred Heart athletes must also try to fit in the recommended amount of sleep, despite time-consuming and early morning practice and workout schedules.

"I am on the softball team and we just started 6 a.m. practices last week. Plus it is dif-

ficult to stay motivated during your off-season and when your workload begins to pick up," commented Rebecca Cameron, of Youngstown, OH. She is one of the many student athletes who must balance a busy practice schedule with a full course load.

Courtney Cannon, a junior from Ottawa, Canada who is also on the softball team agreed, "It's difficult to get enough sleep when you are waking up early every morning for practice. I am not used to going to bed early, so it has been hard getting accustomed to this new schedule."

College students often overlook the importance of sleep, but new research proves that not getting the right amount of sleep can be dangerous to your health. Researchers at the University of Toronto Center for Sleep and Chronobiology are uncovering information on how sleep heals the body, both emotionally and physically.

It is during deep sleep that the body releases its highest levels of growth hormones, which are responsible for repairs to the body's bones and tissues. Melatonin, another hormone released during sleep stimulates the immune system and suppresses viral and bacterial infections.

The NSF recommends avoiding caffeine, nicotine, alcohol, and exercise late in the evening to prevent difficult falling asleep. Other ways to promote restful sleep are to develop a relaxing nighttime routine and to create a quiet, dark, and comfortable sleeping area.

Britney 'Spears' Morality

Jennifer Motisi
Contributing Reporter

It was only a few years ago that Britney Spears made her way into the music world. The video for her first single, "Baby One More Time" was considered to be "sexy" at the time, featuring the then sixteen-year-old dancing around in a gym wearing a Catholic school girl outfit. Now, just five years later, Britney's new image has people wondering, "Has Britney gone too far?"

After taking a brief hiatus from music, Spears appeared on the MTV Video Music Awards in August and performed a song with fellow singers Christina Aguilera and Madonna. In the still-controversial performance, the young women danced and sang with Madonna (who was dressed in a man's suit) wearing skimpy wedding dresses.

In the last few seconds of the song, Madonna and Britney kissed on stage in front of millions of viewers. This kiss was (and, in some ways, still is) the topic of every entertainment news

show, magazine and newspaper.

Soon after the VMA's, Britney's face graced the cover of many magazines in an attempt to promote her upcoming album release. These pictures, however, weren't the usual belly-baring Britney, but, rather, a half naked young woman. Spears' Rolling Stone cover features the artist topless, wearing only a small pair of underwear covering her lower half, and leaning provocatively against a wall. In turn, the cover of Esquire magazine shows Spears' top half covered in a small dress, but her entire rear end shown.

To many, it seems as though Spears is trying to sell her body over her talent. She told one interviewer, "I don't use sex to sell my music; I use sex to sell myself" and this certainly seems to ring true with her newest onslaught of marketing. According to Access Hollywood, Lorraine Ali, a music critic for Newsweek magazine, was the first to hear Spears' new album. Ali said of the disc, due out in November, that "it's a great club album [but] her voice is just kind of a nice decoration on the top of it, basically."

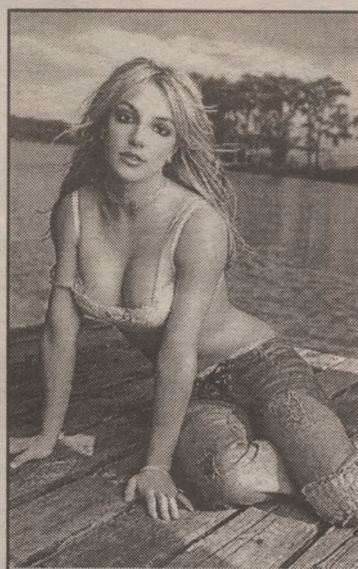


Photo by Mark Seliger
Courtesy of RollingStone.com

Spears in one of her slightly less shocking poses for Rolling Stone Magazine.

In addition to the racy magazine covers and controversial performance, Spears released her video for her new single "Me Against the Music." Both the video and song feature Madonna. Surprisingly, Spears is fully dressed in the video. She does, however, spend the entire time

searching for Madonna in a club setting, and, when she finds her at the end of the video, leans in for another VMA-style kiss.

While Spears denies that her newest campaign is aimed at attracting an older audience, the lyrics to her songs have certainly become more sex-centered. Spears is getting older and more mature, and her fans, mainly young girls and teens, run the possibility of being damaged by the singer's far from positive image. Lines such as "would you undo my zipper, please?" "It's so hot and I need some air/boy don't stop 'cause I'm halfway there," and "my sex drive," are just a few of many sex-focused lyrics that appear on her album.

The backlash over Britney's "sex over singing" standpoint is even making its way into politics. Kendel Ehrlich, wife of Maryland governor Robert L. Ehrlich Jr., recently told peers, "If I had an opportunity to shoot Britney Spears, I think I would." Later Ehrlich publicly apologized, stating that her comment was made in jest and that she regretted saying it.

According to a poll con-

ducted on the Access Hollywood website, sixty-eight percent of voters believe that Spears has taken her image too far. In a similar poll given separately to ten Sacred Heart males and ten female students, 40 percent of the males believe that Spears is going too far, while 70 percent of the females think that her new image is out of line.

Britney's new antics have to make one wonder, "Is this the 'real' Britney or are her stunts all for publicity?"

Junior Angela Koenig of Harrison, NY seems to think the latter. "I wonder if she is doing this all for her comeback," Koenig says.

"It doesn't matter what she does in her music or with her image," complains Junior Joe Finis from New Providence, NJ. "It's not music anymore, just a big popularity contest."

Does sex really sell music? Consumers will certainly find out on November 18, when Britney Spears' newest album "In the Zone" is released across the nation.

Blondes Have More Fun...Again

Nadia Korovesi
Staff Reporter

Similar to the way that the original "Legally Blonde" managed to entertain and amuse by carrying the audience through an implausible storyline with stylish humor and daft jokes, its sequel follows the same recipe for success.

The second installment of the budding Reese Witherspoon franchise, "Legally Blonde 2: Red, White & Blonde," was released on DVD and VHS on November 4. Witherspoon returns as Elle Woods, the blonde sorority girl from California turned Harvard Law alum and lawyer. This time, she's ready to take on the cruel world of Washington D.C. politics with her pink outfits, "strappy" shoes, and a little help from her sorority sisters of Delta Nu.

After being fired by her law firm and postponing her wedding to sweetheart Emmett (Luke Wilson), Elle has now become a Harvard law professor and descends on Washington to

campaign for a bill against animal testing. The reason behind her drastic action is the fact that the mother of her pet Chihuahua, Bruiser, whom she was trying to locate to invite to her wedding, is being held captive by a large cosmetics company that uses animals for testing their products.

Elle joins the staff of Congresswoman Rudd (Sally Field) and is caught by surprise by the backstabbing that goes on in the nation's capital. After being betrayed by the Congresswoman, Elle enlists the help of her sorority sisters and hairdresser friend Paulette (Jennifer Coolidge) in order to push the bill through Congress. All she needs is 216 signatures and she is determined to get them.

Directed by Charles Herman-Wurmfeld, the man behind the film "Kissing Jessica Stein," "Legally Blonde 2" is loosely based on the Frank Capra's classic "Mr. Smith Goes to Washington."

Despite the film's absurd plot, however, the film is extremely fast paced. The combination of an animal rights cam-

paign, legal lingo, and fashion accessories mesh together to create a refreshing lighter side of the grim state of American politics.

Reese Witherspoon once again shines and carries the film almost single-handedly with a brilliant portrayal of her character that is so happy and sure of herself that she is willing to take on all of Congress. The rest of the cast, virtually unchanged from the first movie, does a superb job in supporting her.

The DVD is packed with extra features such as deleted scenes, trailers, and a hilarious audio commentary by the cast.

For those already familiar with Elle Woods, "Legally Blonde 2" is a great sequel that builds on the success of the first film by putting Witherspoon in yet another set of hilarious circumstances. For those who have not seen the original, renting the DVD is a great chance to get into the world of Elle Woods and see how much fun blondes can really have!

Poet Supreme

Colleen Mitrano
Contributing Reporter

"A Love Supreme: amputated feelings and prosthetic apologies" is a book compiled of emotionally charged poems written by Sacred Heart's very own Brandon M. Graham. The poems encompass the feelings one develops while growing up and learning the lessons of life. Each poem makes the reader think about his or her own experiences while growing and learning about love. Graham's poetry captures the physical aspects of love, the challenges an individual faces in life, and the deep, sometimes tender, and sometimes disturbing thoughts a person has while growing up.

In his writing, Graham is able to engulf the reader into his poetic mind by using an array of very descriptive words that allow readers to fully visualize the emotions each of his poems possess. With a wide variety of poems ranging from one titled

"Reflection: On Childhood" which speaks about childhood memories, to "Experiencing Womanhood" a poem that expresses his thoughts about being a woman, to "Relation Ships" a poem obviously about love and relationships, the book is able to grasp every part of life's joyful and painful experiences.

Although Graham is able to incorporate wonderful imagery into his poems ("I too have sat there with the crest of my forehead/ pressed up against the window of inner pain/ hopelessly staring out at passing cities/ and the blurred faces of familiar strangers" from "I Too"), there are a few poems that possess descriptive words that some may find slightly vulgar. However most of the vulgarity used neither hinders or adds anything to the poems' underlying meaning.

Aside from a few vulgar word choices, "A Love Supreme" is a captivating collection of poems that anyone who enjoys reading poetry should take a glance at.

Reagan Movie Impeached by CBS

Jess McCann
Staff Reporter

CBS announced last Wednesday that it would not be airing the broadcast movie "The Reagan's," a movie that was made based on United States President, Ronald Reagan and his life during his time in office. Instead, the movie has been moved to CBS's sister station, Showtime. The decision has created many controversial reactions in both the media world and among SHU students.

"I think that by pulling the movie, CBS looks like it's letting the higher powers take control of the air waves," says an anonymous sophomore from Scarsdale, NY. "It's just a movie and it should be left up to the audience to decide if the subject was correct or incorrect. If not

**"It's appalling that
CBS has caved
in to this level,"**

Steve Johnson, junior

there would never be anything to talk about; there has to be controversy."

"Once again this just proves that Republicans abuse their power, not by just controlling the government but now by controlling the media," notes junior Steve Johnson from Providence, RI. "It's appalling that CBS has caved in to this level."

"Personally being a Media Studies major, this incident really made me think about the future of my profession," explains an anonymous senior from Fairfield. "I don't want to be broadcasting what the government feels I should say. I want to be reporting the truth. If all networks follow in the steps of CBS, we won't have movies, or other controversial shows that move people and help makes changes in society."

It was CBS Chairman



Photo courtesy of the Ronald Reagan Presidential Library website at www.reagan.utexas.edu

Ronald Reagan and wife Nancy, above, are portrayed by James Brolin and Judy Davis in the controversial made-for-TV film "The Reagans."

Leslie Moonves who made the final decision to pull the movie in mid-October after having received complaints and protests about the film's accuracy of the Reagan Presidency. Yet CBS did initially give the go ahead to the movie after its lawyers and censors okay-ed the script and its content.

One controversial issue involves the script in which Reagan is quoted as having said, "They that live in sin shall die in sin" in reference to AIDS victims. According to Reagan's historians, however, there isn't any evidence that he ever said this. Also, the film provides almost no mention of Reagan's role in the economic recovery of the 1980's.

"If this is true, I personally believe that CBS made the right decision," says senior Chris Nolan of Bridgeport. "If you're going to make a movie that's a biography based on someone, then make sure everything in the script is completely accurate. Movies such as these are also used for educational means, you wouldn't want them to be historically inaccurate."

Reagan's historians and those that served him in the White House are defending the issue very seriously.

"This shows that the generation who knew Ronald Reagan and the people who had the privilege of...working with him knew that they had a responsibility to tell his true story," says Frank Donatelli, Reagan's White House political director.

However, USA Today journalist Gary Levin wrote that many producers and networks now feel that others now have the potential to shun controversial subject matter based on political correctness or for the simple fact that their program covers a controversial subject.

"The right to free expression of opinion is damaged by this," agrees Jonathan Estrin a TV producer and dean at Drexel University.

Today, Reagan is 92 years old, suffers from Alzheimer's disease, and is not able to defend himself. Those, like Donatelli, who still support him are very pleased with CBS's final decision to pull the movie and feel that it was a fair choice.

CBS continues to fight the attack from the media and has stood by its decision. Nonetheless, many networks still feel the future of media has been tainted by CBS's rash decision.

Ferrell's "Elf" Hardly Short on Laughs

Jayde Levesque
Staff Reporter

Famed Saturday Night Live comedian and star of such hits as "A Night at the Roxbury" and "Old School," Will Ferrell has wooed audiences into laughter again. Last Friday Ferrell's newest hit, "Elf," premiered to highly anticipating audiences nationwide. Also starring film veteran, James Caan, along with screen favorites Mary Steenburgen and Zooey Deschanel, "Elf" is a family Christmas movie that everyone will love.

Ferrell is cast as Buddy, a human adopted by the elves of the North Pole, and nails his performance dead on. "Elf" is Ferrell's best opportunity to date to break into mainstream comedy and it is clear the he took this opportunity very seriously, especially since he skips around New York City in festive yellow tights during almost the entire film. Furthermore, Ferrell uses this opportunity to reach out to a larger audience, whereas his other hits like "Old School" were directed at a slightly more selective group. "Elf" is a large departure from his more SNL-style films and deals with themes of family, love, and even believing

in 'Old School' to a sweet and silly Christmas Elf," notes Laura Tintle, a junior from Levittown, NY. Tintle, who caught the premiere of "Elf" on Friday night, had anticipated the opening as soon as the first previews were shown.

Other Sacred Heart students that made it to the premiere, especially die-hard fans of Ferrell's

**"I wanted to make
something escapist and
hopeful for kids from
New York," Director
Jon Favreau**

work, also agree that it was a strange transition, but an easy one to cope with.

"It's a family-funny film. It's definitely not 'Old School' funny, but [Ferrell] is the best elf for the job," says Hayley Petrillo, a junior from Lynnfield, MA.

Other than just being another hit for Ferrell, "Elf" is a great accomplishment for director Jon Favreau, a comedic star in his own right. Favreau, a Bronx native himself wanted to capture the New York City feel of Christmas.

"New York just isn't as happy a place as it was when I grew up here, and for my kid, I don't want the city to be defined



Photo courtesy of New Line Cinemas

Ferrell plays Buddy, a human raised by the elves of the North Pole. After speculating about his origins, Buddy sets out for New York City to find his biological father.

in what cannot be seen.

Ferrell himself recognizes that "Elf" is different from his typical bathroom humor, but is nonetheless an endearing comedy and a huge accomplishment. "The comedies I've done were probably viewed by a very specific audience," said Ferrell in an interview on Moviehole.net. "We felt like if we could make this funny enough; it would have an opportunity to be seen by a wider audience."

"It was very strange to see Will Ferrell go from 'streaking from the quad to the gymnasium'

by September 11," explained Favreau in an interview with NewYorkMetro.com. "I wanted to make something escapist and hopeful for kids from New York."

Favreau's hope that "Elf" becomes "one of those yearly holiday TV movies" may certainly be lived out in the years to come. Despite Ferrell's drastic yet interesting transformation, he is perfectly cast as an innocent and loving Christmas sprite. "Elf" may very well be considered a holiday movie, but it is definitely one of big laughs.

Reminder!

This is your last chance to enter a movie onto SHU's Cult List! 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.

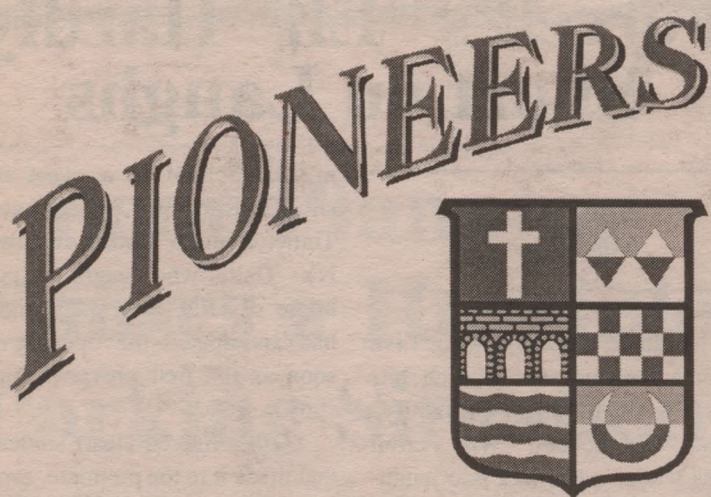
In order to submit an entry, please write to

SHUCultHits@yahoo.com. Is "The 13th Floor" your favorite under-appreciated sci-fi flick? 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."

The deadline has been extended to 8:00 p.m. today, so don't wait until the last minute to send in your submission. The list is slated to appear in next 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

Men's Fencing

The men's fencing team reached a new milestone with its first win ever in Sacred Heart history.

The team traveled to Vassar College in Poughkeepsie, NY to compete against Vassar's varsity team. The SHU team beat Vassar with a score of 16 to 11. The men start the season with a 1-0 record.

Congratulations to all the members of the men's team! The men will travel with the women's team to compete against Case Western at Cornell on Nov. 22. (Contributed by Assistant Coach William Mahoney).

Women's Fencing

The women's fencing team traveled with the men's team to Vassar the weekend of Nov. 8th, and competed again Vassar and CCNY.

The women lost their first match against Vassar due to an incomplete roster. The women's team competed with only 6 of 9 fencers. In order for a team to win a meet, they need to earn at least 14 points; with 3 fencers short the women started down with a score of 0-9. The women defeated Vassar by a score of 14-13.

The women then went on to fence CCNY, and won with a final score of 18 to 9! The women have begun the season with a 1 and 1 record. The women's team will travel to Ithaca, NY to compete against Cornell and Case Western on Nov. 22. (Contributed by Assistant Coach William Mahoney)

Equestrian

The SHU Equestrian Team finished the fall half of the schedule with a win at the Sacred Heart/Fairfield University Intercollegiate Horse Show earning the title of High Point College. The victory was over 11 schools and helped SHU gain a point on current season leader (SUNY Stony Brook) and further distance themselves from the 3rd place team (CW Post). Sacred Heart is currently in 2nd place in the overall Zone 3, Region 1 standings and is a scant 14 points behind the Stony Brook team. The win was a nailbiter coming down to the final class of the day. Senior Lauren O'Connell's 1st place in Walk/Trot assured the team of the victory.

Crystal Taylor was named Reserve High Point Rider after besting a Yale rider in an end-of-day ride off. Four riders were originally in contention for the title, including SHU's team captain Kate Janczak; however, only two riders opted to ride-off for the title. This was Taylor's first Reserve High Point Rider win since joining the team.

Other top finishes for the day came from Janczak, Lauren Pierce, Emily Grayson, Taylor and Lauren O'Connell. For their efforts, Grayson and Janczak now move into first and second place respectively in the Zone 3, Region 1 High Point Rider standings (out of 24 riders in the Region). (Contributed by Head Coach Alysia Cantelmo)

Sorting Out The BCS

By Hank Gargiulo
Sports Columnist

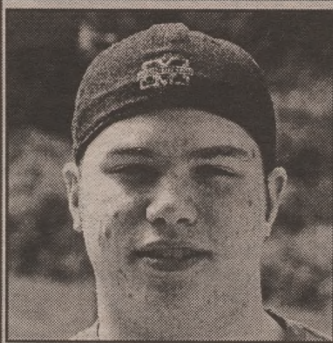


Photo by Robert Trenske

Ah...the Bowl Championship series. Has there been a more ridiculous way to determine a champion in a sport than having a bunch of media types, coaches and computers all trying to determine who the two best teams are each season, then throwing them together in a fruit or flower inspired bowl game, and calling it a season.

Honestly now, how did this happen? I want to know why there is no playoff system for college football. EVERY other level of NCAA football has some sort of playoff system to determine its National Champion, but the I-AA level is too good for that I guess.

Let's break down this year's crop of candidates and try to find out what lies where. First off, the best team in the country is far and away Oklahoma. The Sooners defense is scary good and they have an offense that can certainly score some points. I would even venture to say that they could lose a game, and still remain in the top two in the rankings, which would send them to the Sugar Bowl for the national championship.

Now that we have the top team in the nation figured out, number two should be easy right? Wrong. There is not much separating the next three teams in the rankings in #2 USC (7-1), #3 LSU (8-1) and #4 Ohio State (8-1). After that, nobody of any contention has less than two losses, and it seems extremely unlikely that all three of these teams will lose, opening up the back door for somebody.

This means that there are only four teams from BCS

conferences with less than two losses. Compare that number to the same time last year when ten teams would have qualified for that distinction. So let's look at each remaining team and see if they have a chance.

USC is an interesting case, they certainly have the weapons on offense (read Matt Leinhardt and Mike Williams) to put points up through the air. Their remaining schedule, while not exactly a cakewalk, doesn't have anyone that scares you. They will play at Arizona, host Oregon State, then their rivals, UCLA, also at home.

They can't let up against these teams either, cause a win in which they play bad, could also hurt them in the polls and open the door for either LSU or Ohio State.

And if you're wondering who that one loss to this year is, it was wayyyyy back in September against the Cal Bears, not exactly like losing to a powerhouse. LSU still has a tough part of the schedule to overcome, as they will have to move the party down to Alabama, then head on over to Mississippi to take on the nineteenth ranked Rebels before returning home to take on Arkansas.

This stretch of games should determine the status of LSU's title hopes, as all three teams are conference foes. If they run the table, however, they would be lining themselves up to get into the SEC championship game against either Florida (who is the only team they've lost to), Georgia, or even Tennessee (all three teams have two conference losses in the SEC East).

Ohio State, despite all the controversy since the beginning of the year in dealing with freshman prodigy Maurice Clarett, is still hanging around with a chance to get into the Sugar Bowl. How you might ask? Well simply, they just keep winning games. They are currently tied with Purdue and Michigan atop the Big Ten standings, but have the hardest schedule, by far, of any of the contenders left.

They will host the number 10 Purdue Boilermakers this weekend, before heading to the Big House to take on Michigan, who currently sits one spot

below OSU at number five in the country. If OSU can take both games, they would have a legit claim to defend their title in New Orleans.

Now to the Heisman race. In my mind, there is no debate. Give it to Larry Fitzgerald of

"I want to know why there is no playoff system for level I-AA college football. EVERY other level of NCAA football has one"
Hank Gargiulo

Pittsburgh. The kid is simply a freak, no questions about it. The kid (and I do mean kid as he is only a true sophomore) has grabbed 68 balls this year for 1,282 yards and 17 touchdowns. And by the way, if you do the math he is averaging 18.9 yards a reception.

He also has set the NCAA record with touchdowns in consecutive games, which currently stands at 15, and by the time his collegiate career is over (he is still one year away from NFL eligibility) that number may rise into the 20's.

I know a lot of people are on the Jason White bandwagon, but he is far from the best player in college football. He has good numbers, but that is equal parts of being in system in Oklahoma as it is his talent. Other guys worth a mention are N.C. State quarterback Philip Rivers, Ole Miss QB Eli Manning, and because I'm a number guy and this guy puts up ridiculous passing numbers, Texas A& M AB B.J. Symons.

I know he has no realistic shot at winning it, but just take a look at what the kid has done so far this year. He has the Red Raiders at 7-3 and he has 4,741 passing yards and 44 touchdowns, nobody is within 1,400 yards or 12 TD's of him, but since his team isn't a contender and everyone credits his success to the system he plays in, he's getting no Heisman love.

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Women's Swimming Sets Six School Records in Loss

By Meghan O'Connor
Staff Reporter

Despite setting six university records on the day, the Sacred Heart Women's Swimming Team dropped a close dual meet to Iona College on Saturday, 118-115. Senior co-captain Christine DiPierro (Cromwell) led her team, setting two records in as many races.

"We trained so hard for the past few weeks specifically for this meet, and we all knew that this meet was going to be close and every point was important. Everyone swam and dove their best," said DiPierro. "Even though the score was 118 to 115 Iona, we were the ones who went home as winners," she added.

"Many girls on the team had personal best times, and we are really came together as a team for a great meet" Katie Dervan

Taking charge in the 200-yard freestyle, DiPierro won in 1:59.38, a personal best time, as well as a new Sacred Heart record. Two weeks ago, DiPierro set a school record in the 500-yard freestyle at Wagner, but

shattered that by five seconds against Iona to post a winning time of 5:17.59.

Joining DiPierro in the record books was fellow senior co-captain Katie Dervan (W. Roxbury, MA). Dervan placed second in the 200-yard breaststroke in 2:39.58 to improve on her own Pioneer record. She also picked up a victory in the 50-yard freestyle, with a winning time of 26.91.

"Many girls on the team had personal best times, and we all really came together as a team for a great meet," said Dervan.

The freshman class has already proven to be an important aspect to the team this year, and their success continued against the Gaels. Krystina Eikeseth (Staten Island, NY) broke her own school record, also previously set at Wagner, in the 200-yard butterfly with a winning time of 2:17.12.

Teammate and fellow freshman Eileen Connor (Enfield) followed in second place in 2:22.63. Eikeseth also dominated her competition in the 1000-yard freestyle, posting an 11:11.19, over a minute faster than second place.

On the boards, freshman diver Elizabeth Schweitzer (Pottstown, PA) won both events, setting two school records in the process. On the one-meter board, Schweitzer scored 184.65, along with posting a 181.875 for the three-meter

event. Making a contribution on the boards as well was junior Janna Hebert (Ridgefield), setting personal bests and placing in second on the three-meter, and third on the one-meter respectively.

Also bringing home a victory for the Pioneers was the 200-yard medley relay team of

"Everyone gave all they had. No one could have asked for more" Brianne Ryan

Dervan and Connor, along with junior Angela Koenig (Harrison, NY) and freshman Meghan Ceglarski (Bristol). Koenig led off the backstroke event with a time of 32.54, Dervan swam 33.74 for the breaststroke leg, Connor went 29.22 for the butterfly leg, and anchoring the relay was Ceglarski in the 50-yard freestyle leg with a time of 27.80. As the only Sacred Heart team in the race, the girls managed to hold off three rival Iona teams in a winning time of 2:03.35.

"Everyone gave all they had. No one could have asked for more. Iona was a challenge and we gave them a run for their money," said sophomore Brianne Ryan (Hingham, MA).

The team returns to action this Saturday afternoon against Seaton Hall in New Jersey.



Contributed Photo

The Sacred Heart women's rowing team finished their fall season with their first ever gold medal at the Dowling College Alumni Cup

"Women's Rowing" continued from Pg 16

fall season on Saturday.

The crew team's newest members proved again the Pioneers should be a force in coming years with a solid victory in the Novice Eights event at the Fall Metropolitan Championship Regatta at Iona College, New Rochelle, NY, Nov. 8.

Crews from Dowling, Fordham, Hofstra, Iona, Manhattan College, NYU, Stony Brook and Sacred Heart competed in ten events at Iona's race venue, Glen's Cove, in rough conditions. Stiff wind and cold temperatures made racing difficult for crews in their final fall-season regatta.

"More and more of our boats are going to go out on the race course, and come off with medals around the necks of each girl who pulled an oar..."

Kate Davignon

Sacred Heart fielded boats in all five women's events: Varsity 4+; Varsity Lightweight 4+; Varsity 8+; Novice 4+ (2 crews) and Novice 8+.

Fordham University, who offers scholarships for rowing, typically dominates both men's and women's events at the regatta. While Fordham crews won almost every event on Saturday, their novice women were unable to match the power, speed and skill of the Pioneers in the WN8+ event.

SHU frosh stroke Caroline Picknally, who stroked the gold-winning novice 4+ at Dowling's Alumni Cup Regatta the weekend before, was followed down

the boat by sophomore Jennifer Travers at (7) seat; junior Sarah Kolb (6); frosh Ashley Pratt (5); sophomore Kelly Stern (4); frosh Kristin Schwartz (3); sophomore Erin Nash (2) and frosh Megan Wood in bow. The winning lineup included sophomore cox / lightweight rower Meghan Casale, who coxed SHU's bronze winning novice 4+ at the Hartford Riverfront Regatta earlier this fall.

The Pioneer crew gained an early lead in the six-boat fleet and held it the length of the 2000meter racecourse, winning by open water in a time of 08:14.3. Second-placed Manhattan finished 8.4 seconds behind SHU, Stony Brook (+20.1); NYU (+24.3); Fordham (+59.9) and Iona (+124.1). The gold medal win was the second for any boat in SHU Crew history.

Two SHU novice 4+ crews placed sixth and eighth in an eight boat fleet.

The Pioneer varsity lightweight 4+ placed 3rd behind two of Fordham's boats in that event, beating Iona and Hofstra by many boat lengths. Frosh Tara Ryan coxed stroke Lauren Humphrey, team captain Stacey Lyons, Ali Daly (all juniors), and senior Kate Davignon in their best race yet.

"I can't wait for winter training. I can't wait for spring break. I can't wait to get out on that water again and watch the sunrise reflect off of my oar. I can't wait for the hundreds of memories that I know are to come in the next months...More and more of our boats are going to go out on the race course, and come off with medals around the necks of each girl who pulled an oar, and if mine is one of them, so be it...if not, damn, what an amazing ride it was trying," said Davignon.

THE PIONEER SCHEDULE

Friday, November 14

Men's Ice Hockey	at Army	West Point, NY	7:00 PM
Women's Bowling	at Dual Meet	Greensboro, NC	TBA

Saturday, November 15

Football	at Wagner	Staten Island, NY	1:00 PM
Women's Bowling	at Triad Classic	Greensboro, NC	9 AM
Women's Swimming	at Seton Hall	South Orange, NJ	1 PM
Men's Ice Hockey	vs Army	Milford, CT	5:00 PM
Wrestling	at Bearcat Open	Binghamton, NY	
Women's Cross Country	at NCAA NE Regional	Boston, MA	TBA
Men's Cross Country	at NCAA NE Regional	Boston, MA	TBA

Sunday, November 16

Women's Bowling	at Traid Classic	Greensboro, NC	9 AM-
Women's Volleyball	vs LIU	Fairfield, CT	1:00 PM

Women's Soccer Loses NEC Final in Penalty Shootout

By Loren Aversa
Staff Reporter

The Sacred Heart Women's Soccer team successfully made it to the Northeast Conference Championship game after their 1-0 win over Long Island last Friday afternoon. This win has made it the second time in the past three years where the Pioneer's have made it to the final round of the NEC Tournament.

Unfortunately, the Pioneers did not have as much luck in the NEC finals where they were defeated by Central Connecticut 6-5 in a penalty shootout.

On Friday, Nov. 7 at Moon Township, PA the Pioneers defeated Long Island University by a score of 1-0. Both teams were neck and neck up until the first half of the game keeping it at a scoreless tie. Despite the scoreless half, the Pioneers came on strong, firing eight shots on Blackbird's goalkeeper Stephanie Kansky in the first 45 minutes.

The two teams fought up until the last minutes of the second half forcing the game into overtime. In the 84 minute in overtime the Pioneers struck with full force. It wasn't until senior Paula Pineda (Vigo, Spain) crushed the ball off the cross bar leaving freshman Lisa Burbige

(Babylon, NY) off the rebound to score the winning goal for the Pioneers. The win prepared the Pioneers for the final match in the NEC tournament.

"The semi final game against LIU was not our best game. The important part was that we found a way to pull off a win as a team to get us to where we wanted to be; in the NEC finals," said senior captain Colleen Attard (Bayport, BY).

On Sunday, Nov. 9, the Pioneers arrived at the field in Moon Township, PA to battle CCIS for the NEC Finals. Both teams remained scoreless throughout the entire game forcing the game into overtime.

The two teams battled such intense defense, that the score remained 0-0 throughout both overtime sessions. The two teams had no choice but to end the game with a penalty shootout. Both teams scored five shots on the penalty shootout keeping the score at 5-5. It wasn't until Centrals' Christie Robinson buried the ball into the back of the net allowing for CCIS to walk away with the win and the title.

"After winning the semi-final game against LIU we were both mentally and physically prepared to win this championship. Despite the loss, I truly feel that as a team we played much than Central. The game was a

heartbreaker because teams that play well are supposed to win. Everyone worked so hard from preseason till the last day of practice to get to this point and it was devastating to see how all the hard work was thrown away when you lose in a penalty shootout. The penalties are nothing but a lottery and this time we didn't win. It broke my heart to see that the entire season came down to the penalties. We may not have won the trophy, but for me we were the true winners of the championship because we played much better soccer than the other team," said senior Paula Pineda (Vigo, Spain).

With the loss against CCIS, the Pioneers have officially ended their season with a 10-5-4 overall record.

"I've had a great four year career as a Sacred Heart women's soccer player. I won an NEC championship and went to the NCAA tournament, made it to two championship games and the playoffs the last three years. I've played with some of the best players in the conference and had two of the most dedicated coaches anyone could ever ask for. The seniors left this team with a winning tradition that will continue as the program grows," said Attard.



Contributed Photo

The women's soccer team, whose season came to an end as the result of a penalty shootout, finished the season with a 10-5-4 record overall.

A Season Taken to Heart



Photo by Matt Braley

Despite an early exit in the Northeast Conference semi-finals, the Pioneers gained much experience from the competitive season.

By Meghan Pompey
Staff Reporter

The Sacred Heart field hockey team may have been defeated in the NEC semi-finals but they were winners in the eyes of their coach and in the eyes of Sacred Heart University.

"We began the season with great expectations and enthusiasm. Our first game was a victory over the University of Rhode Island. This was the first time the SHU field hockey won their first game since stepping up to division one and it was only the second non-conference win since we've been in division one. We felt certain it would set a tone for the season. Our third game was a non-conference win, number two for the season over Yale. This was the first time in SHU field hockey history that we beat Yale. We then came back to our home turf and took out St. Francis 8-0. What a beginning of the season," said head coach Chris Blais.

Sacred Heart opened the season with high hopes and the results to fuel them. The team continued on through the season.

"We had ups and downs and flashes of greatness but we weren't able to maintain the intensity and focus for the full seventy minutes of a game. Although there were struggles throughout the middle of the season, the team forged ahead. They learned that in order to be successful they had to continue fighting the battle," said Blais.

"The wins weren't just going to come they had to make them happen. It took some time but finally in our last few games the team really learned what it meant to be a champion. Champions may not always play their best but they always find a way to win. This is what we began to figure out, how to find a way to win even when things weren't going our way," she added.

"The season was a roller coaster of emotions and events. We started the season off strong with some big wins and until

about half way through the season I didn't understand the strides we were actually making," said freshman mid-fielder Sarah Yeaton (Hampton, NH).

"At first it was hard with the team always referring to last year and how far we had come, because I didn't belong to that team, but then I soon realized I am a part of a developing team that I am helping build. I have never been a part of something like SHU field hockey, we are not only a team, but we are a family. I

"What we have learned and accomplished this season is something that will stay with this team forever" head coach Chris Blais

care about each and every one of the girls like they are my sister," added Yeaton.

"I'm very proud of what the team accomplished this year. Our success isn't to be determined in wins and losses. There is more proof of our success in statistics but still, I don't feel that is the answer. What we have learned and accomplished this season is something that will stay with this team forever," said Blais.

"I am looking forward to everything ahead, the loss against Quinnipiac in the semi-finals was tough, but it was a learning experience. I don't want to face defeat again. Losses make you stronger and smarter the second time around. This spring I am hoping to develop new and stronger skills that will carry over to next season. I have seen what we could do this year and now my determination and expectations are even higher for next season. I am looking forward to going even further and making an even better name for Sacred Heart field hockey," said Yeaton.

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Hittin' the Mats

By Ashleigh Bepko
Staff Reporter

Preseason is hard for any team; it is always about hard work and getting ready for the season that is ahead. This year's wrestling team is ready for all that and more because they have all made weight and are ready for the season that is so close upon them.

"I feel the team is going to do well because we have a good recruiting class and a lot of upper classmen that are ready to work hard," said assistant coach and former Sacred Heart wrestler Jason Cucolo

"...we have a good recruiting class and a lot of upper classmen that are ready to work hard" assistant coach Jason Cucolo

Leading this year's team are senior captains senior Michael Messina (Smithtown, NY) and senior Robert Belville (Chagrin Falls, OH), who are in high hopes for another strong season. Messina is the defending Colonial Athletic Association champion at the 141-weight class. He is only the third Sacred Heart wrestler to ever capture the title, and he is going into his third year of competing for the Pioneers looking for another title. Also, Messina was voted to the second team academic All-American team by the national wrestling coaches association.

Robert Belville has also been a starter for the Pioneers for the past three seasons, and he was one of the NCAA Division I Championship qualifiers from the team. He recorded a team high of 36 wins last season and won the Wilkes Open. He earned Academic All-American honorable mention for the third straight

season and competes at the 157 lb. weight class.

"These wrestlers are great ambassadors for the wrestling program and Sacred Heart University," said head coach Andy Seras. "They set a great example for anyone wishing to excel in athletics and academics. Both Mike and Rob have won national honors for their work in the classroom," he added.

After finishing second in the conference at the end of last year the Sacred Heart team was still picked to finish tenth overall in the conference. "Even though it is an insult to the team we don't mind being the underdogs," said Belville

"This is going to be the second year in a row that we are going to surprise this conference and we have no problem with that," said Messina

With ten new freshmen on the roster the Sacred Heart wrestling team is looking to compete for one of the top places in the conference. The INTERMAT rating of all division one universities recognized this group with honorable mention of the top recruiting classes.

The new freshmen include Sherwood Fendryk (Greene, NY) who is a three-time New York section four champion and a New York state champion. He also has recorded over 200 win in his four years of high school. Jesse Fendryk (Greene, NY) is also a three-time New York Section fourth place winner and has recorded over 194 wins in his high school career.

Kevin Fox (Kendall Park, NJ) won the Prep school national championship.

Sacred Heart picked up two local wrestlers, Anthony Hayes (Danbury), who won the 2002 and 2003 Connecticut State Open champion, and finished second at the New England Championships the past two years. The other is Max Pazdan (Fairfield), who was the 2003 Connecticut State Open Champion and finished second in the New England Championship.

Nick Dalicandro (Salem,

NH) is also a back-to-back New England Champion and is a three-time New Hampshire state champion. Matt Stuart (Colonies, NY) finished second in the New York state championship at the 125-pound weight class. He was

"They set a great example for anyone wishing to excel in athletics and academics. Both Mike (Messina) and Rob (Belville) have won national honors for their work in the classroom" head coach Andy Seras

also named a USA wrestling cadet nationals all-American in 2001 and USA junior Nationals all-American in 2002.

Mike Arone (Waltham, MA) was both the 2003 Massachusetts state and New England Champion in the 125 weight class. Brian Bumpus (Brookline, NH) at 145 was the New Hampshire state champion and the New England champion. Craig Bleaken (Clifton, NJ), also at 145, was a four-time Passaic County champion in his high school career.

The team goals for the year are to place second or better, to break the ten win mark, and to put at least five guys into the national championships this year. "With bringing in such a strong class for freshmen who want to work hard and who are helping to pick up the team's intensity up, we don't feel that we will have any trouble reaching our team goals this season," said Messina

You can see the Pioneer men in action at their first meet this weekend at the Bearcat Open held at Binghamton University in New York.

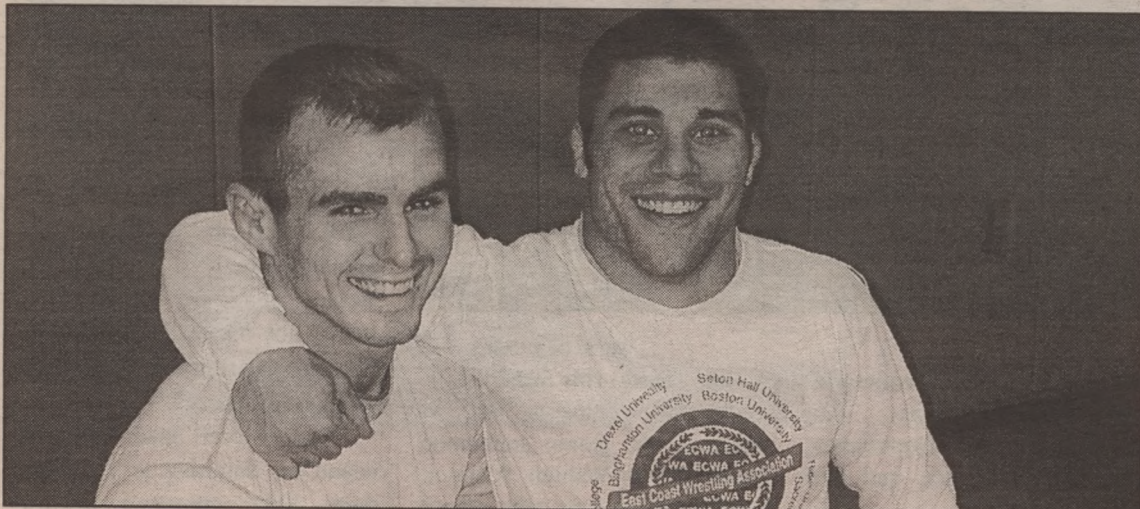


Photo by Susan Magnano

Former Sacred Heart wrestler Jason Cucolo (right), who now serves as the team's assistant coach, has high hopes for this year's team.

B-Ball Preview

By Greg Maurice
Staff Reporter

The Sacred Heart men's basketball team opens up their season on Nov. 22 against the University Of Connecticut, the number one team in the country. Sacred Heart is traveling north to play UConn in front of an estimated 14,000 fans and the game will be televised. "All we need to do is win this game and we will be recognized in the whole country and the game will go down as the biggest upset in college basketball history," said point guard senior captain Omar Wellington from Pennsauken NJ.

The Sacred Heart men's basketball team has 11 returnees, including leading scorer from last year, Maurice Bailey from Hempstead NY, co-captain Wellington and co-captain James Samuels from Uniondale, NY. The team has three newcomers including Joey Haley (Seattle, WA), Jarraid Fye (Queens, NY) and Luc Bernado. Sacred Heart was picked to finish second to last in the Northeast Conference poll for the impending season. The poll is conducted in such a way that all the coaches in the conference vote to rank all the teams in the conference but cannot rank their own teams.

"I think our season is very promising. We had two scrim-

mages and came out victorious in both of them. We have key players in Omar Wellington and Maurice Bailey and the freshmen class coming in is going to add depth. Along with good coaching from coach Bike, it's going to be a turn-around year for Sacred Heart basketball this year. I expect to end up in the upper half in the conference due to hard defense and aggressive offense," said Henley.

"This year's team is better than last year's team and there's a lot we have a lot to build on. We can go far if we work on defense and run our offense," said Fye.

"My expectations are high for this season. We have a mature team and it's a very core group with four seniors. We will not take any excuses this year," said Wellington.

"We have a lot to prove this season. We have the capabilities to finish in the top half of the conference. It's time for us to start playing hard and show the rest of the conference we are not the same easy team we used to be," said James.

The Sacred Heart basketball team has a lot to prove this season. The team has a hectic schedule in which they play nationally ranked teams. They need to prove that the preseason poll was way off and that they have a good team that can compete against teams such as UConn and Marquette.

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Women's Rowing Wins First Ever Gold

By Bethany Buco
Contributing Writer

"Three years ago, I started the fall wondering if we would have a team at all. I never could have imagined that one day we would not only have a team, but a team with a trailer, boats, and pushing thirty members. I never could have imagined that the gorilla hand that shook mine in the cold one fall morning would belong to the best thing that could have ever happened to SHU Crew.

"I want everyone to understand how much it has taken to get to the point we are today—from borrowing boats and trailer space to lending boats and trailer space. From having nine girls of varying sizes to having 20+ girls and being able to row together in a boat filled with girls in the same class, and the same range. We have gone from having no coach to having two of the best leaders

and teachers that a team could ask for. There are days where I get up, and drive to school, and I still just smile when I see all of you standing on the steps shivering, waiting for Casey to pull up in the van. We have come so far," said senior Kate Davignon.

SHU Crew finished their fall racing season on a historic note, rowing away with gold from the Dowling College Alumni Cup on Nov. 2 in Oakdale, NY. The win was a first for any crew in Sacred Heart's young program.

A powerful novice 4+, crewed by frosh stern pair Caroline Picknally at stroke and Ashley Pratt (3 seat), sophomores Kerin Fullam (2 seat) and Jennifer Travers (bow), and coxed by junior Ali Daly, began by finishing with a significant lead in their qualifying heat.

Minutes before launching a borrowed boat, the resilient crew endured a sudden change in lineup forced by the traditional port-rigged configuration. Also, while bow-loaded fours are common,

Ali Daly had never coxed from that position. They had practiced with starboard stroke Jennifer Travers in SHU's only four-oared shell, a stern-loaded boat. The busy race schedule allowed no time to re-rig the unfamiliar boat, so they rolled with the change courageously and settled in.

Sacred Heart led first around the bend into sight toward the finish of the heat. Crews from NYU, Iona, Fairfield and Hofstra trailed in a pack behind the Pioneers, battling for the next three positions that would allow them to advance to the finals. Comfortable lengths of open water separated the SHU boat from the rest of the fleet as they crossed the line to a cheering crowd.

Only Fairfield failed to advance in the five-boat heat. Of the four boats in the second heat, Dowling and Stony Brook advanced over Cazenovia and Sarah Lawrence.

In the six-boat final three hours later, the Pioneers did it

again. Amidst the spectators' roaring applause, Sacred Heart rowed enough in front to savor, in nearing triumph, the final strokes to gold.

Special thanks are extended to the Fairfield University men's team for use of the boat in which the crew raced. The borrowed boat allowed another SHU crew to race the previous event in their own shell. This crew, a fully frosh and novice four, placed second to Stony Brook by five seconds, beating Fairfield and NYU by eleven seconds and over a minute respectively.

Kristin Schwartz, Megan Wood, Ali Vigada, Theresa Salerno and cox Tara Ryan showed the competition that Sacred Heart's frosh contingent is deep with strength and will only get faster. The SHU novice eight placed fifth in a six-boat fleet, beating NYU by more than half a minute but losing to winner Stony Brook by a similar spread.

Tough varsity competition gave the Pioneer crews some

work. Many of the SHU varsity rowers were novice last year, but seasoned crews from more established programs felt their presence nonetheless. The pair, lightweight four, open-weight four, and varsity eight rowed to third of three, third of four, fourth of five and sixth of seven respectively.

Only winning crews were awarded medals. The formal ceremony—overlooking the river from the lawn of Dowling's stately Fortunoff Building—was particularly sweet for the Pioneers. It marked a reward for the determined struggle of all crews past and a measure of what's to come.

After launching their team into a realm of competitive dominance last week, SHU oarswomen enjoyed the momentum through a winning close to their

See "Women's Rowing"
continued on Pg 13

INSIDE SPORTS

COLUMN OF HANK GARGIULO

Hank sorts out the Bowl Championship Series and predicts the Heisman winner. (Pg. 12)

SWIMMING

The women set six school records but fall to Iona in a close meet. (Pg. 13)

WOMEN'S SOCCER

The Pioneers promising season comes to an end. (Pg. 14)

FIELD HOCKEY

The members of the field hockey team reflect on a season they won't soon forget. (Pg. 14)

WRESTLING & B-BALL

A preview of the wrestling and men's basketball teams before they kick off their season.

Football Drops Final Home Game of Season

By Bryan Fogle
Staff Reporter

On Oct. 18, Sacred Heart's football team (6-4, 3-3) defeated Robert Morris University to up their record to 6-1. As is has played out, that was unfortunately the last time the Pioneers have finished a game on the winning end.

Since then, Sacred Heart has dropped three straight, including this past Saturday when they dropped a 12-7 decision to Monmouth University (9-1, 6-1) before a crowd of 1,829 at Campus Field. The final score remained close despite the Pioneers being out gained by over 300 yards on offense at 442-130.

Freshman quarterback Dan Ammel (White River Junction, VT) got the start for the Pioneers under center. The one time Northeast Conference Rookie-of-the-Week award winner threw 14 passes, completing seven for a total of 59 yards and one touchdown. The touchdown was a 21-yard strike to senior wide receiver Marlon Ward (Revere, MA).

Ward finished the game with two receptions for 25 yards and the touchdown while four other Pioneers caught one pass each

for positive yardage. Junior wide receiver Nick Savino (Newtown) had his one catch for 19 yards. Senior running back Jason Bonadies (Southbridge, MA), junior running back Jason Healy (New Milford), and junior tight

ball 25 times for a net total of 58 yards. Jason Healy saw four carries gaining 13 yards and sophomore running back Brian Shalvoy (Southbury) had three carries for five yards.

Despite having to punt 10

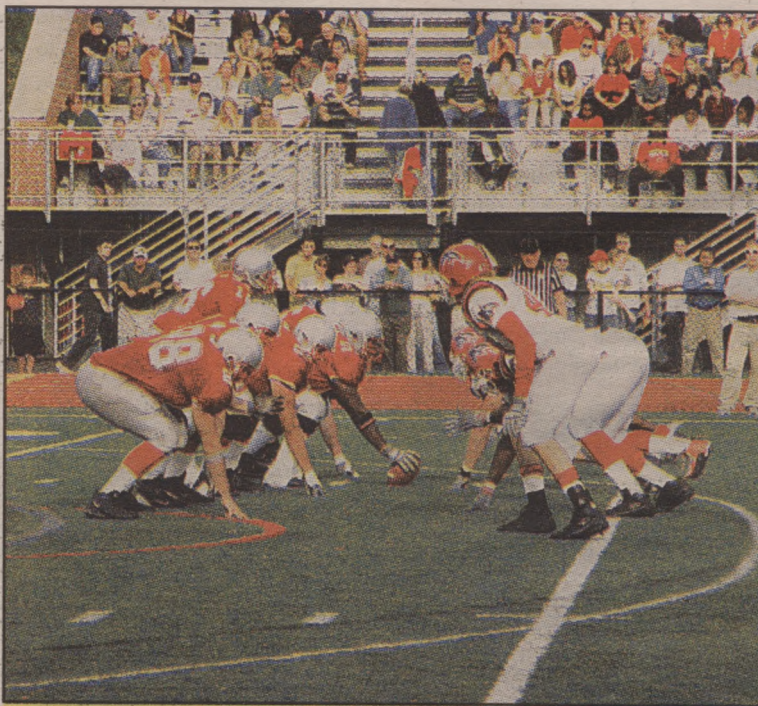


Photo by Robert Trenske

The football team will conclude their 2003 season this Saturday against Wagner College.

end Mike Peshler (Hopkington, MA), had eight, six, and four yards respectively.

Once again, Bonadies "carried" the load for the Pioneer ground game. He carried the

times in the game, sophomore punter Dave Wahlen (Clinton) had his season long punt recording a 72-yarder.

Despite allowing 442 yards of offense to Monmouth, the

Pioneer defense still put forth a strong effort giving the team a chance to come away with the victory. The 12 points they allowed tied their season low which they set at their home opener against St. Francis of Pennsylvania.

"It was hard to be on the field that much, but our defense was able to put up a valiant effort... we never gave up," claims sophomore defensive lineman Rob Kinsley (Fairfield).

Leading the way for the Pioneers was sophomore defensive back Justin Mucci (Staten Island, NY) who had a season high 18 tackles and forced two fumbles, both of which were recovered by sophomore line backer Andrew Grant (New Hartford, NY) who had 12 tackles.

Two Pioneer seniors playing in their final home games, Pete Athans (Ocean, NJ) made eight tackles and Brian Pawlowski (Branchburg, NJ) had seven tackles and one interception. Junior line backer Dave Morson (Ocean, NJ) finished with seven tackles and a sack.

Sacred Heart heads to Staten Island on Saturday to conclude their 2003 campaign against NEC opponent Wagner College. The game will be a 1 p.m. start.