

## Perspectives

Watch Guys and Girls Battle it Out in the New "He Said, She Said" Column

## Features

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'Rock Against Bush' Hits Chords with Young Voters (page 8)

# Damaged Furniture Leads to Rude Welcoming for Freshmen

Diane Szmidt  
Staff Reporter

The freshman class of 2008 has finally arrived,

eager and excited to get settled and unpack their belongings into their dorms. Many of these feelings of excitement soon turned into frustration and disappointment as the freshman class soon found out that their dorms weren't in the best shape.

There is a large number of unstable and damaged furniture in South and West Hall. At the end of each year, the class prior is charged a damage fee. This fee is then paid by the students and used to fix any impairments that may have been done throughout the year. These repairs are usually supposed to be taken care of before the new freshman class arrives, but in this case many of these repairs still have not been taken care of. Several freshman have become frustrated with their damaged furniture. Erin Logue, (freshman, Attleboro, MA) living in West Hall is disappointed with her living conditions. "In my room three or four



The Spectrum/ DANYA JIMENEZ

Students found beds, chairs, and various other damaged furniture in the dorms.

draws don't have handles and I can't open them." Sean Thomas, another student also living in West Hall sleeps in an unstable bed, "My bed is very wobbly." Students are told to report any damages or problems

to their resident assistants. Most of the time these reports are left unattended to. Meghan Sullivan, a South Hall resident, said, "Me and my friends have reported the problems and nothing has been done

since the day we moved in." At this time many freshman are dealing with draws that are missing tracks and handles and also rocky and unstable beds. Another student, Mark Sabbagh (freshman, Goshen, NY), has been using a broken chair. "My chair is broken and I fall through it every night!" Sabbagh has reported this to his RA, yet no one has come by to take a look at it.

Many of these damages have left students feeling frustrated and unimportant, and actions are currently being taken to improve freshman housing. According to Dean Wielk, who is in charge of campus furniture, the damages will be taken care of and there is a list that prioritizes the damages. The list, which was created this summer, points out the most important things needed to be done. On the top of the list is the need to fix 10 wobbly beds. Dean Wielk explained that there is a crew of six workers who try and get to all the problems and are working hard to repair damages.

Furthermore, the freshmen furniture is old and there are going to be some-

♦See "...Freshman Dorms" Page 3

## Sun-Sational Saturday - A Sun-Sational Success

Kayla O'Brien  
Staff Reporter

What better way to start the year before tests and homework then to spend it

outside on a beautiful day in a carefree atmosphere of rides, games, food, friends, and just plain fun? Sponsored by SET, Prologue, Zeta Iota Lambda, Commuter Council, WHRT, IRC, and UMOJA, Sun-Sational Saturday was held on the Flik patio on Saturday, September 11. The event ran from 12 to 4 p.m. and drew a steady crowd of eager students.

Organized for all Sacred Heart students, the event primarily targeted freshmen, hoping to "keep [them] on campus during the weekends so that they see there's more than just academics at Sacred Heart," says Jimmy Dolan, a member of the IRC (senior, Massapequa, NY). Located conveniently across from the freshmen residence halls, South and West, the students enjoyed the sound of popular music provided by Sacred Heart's very own radio station, WHRT.

Among the many activities to participate in, Sun-Sational Saturday featured a bungee challenge, human foosball, a rock

wall, and even a photo keychain table where students could take pictures with their friends and put them on their very own keychain.

Not only did the event keep one's attention, it also kept one's appetite satisfied. Students were offered free, yes free, food. There was everything from cotton candy, popcorn, Good Humor ice cream, Sno Kones and even grilled favorites provided by the IRC.

All of the members of the various organizations were very excited about this event. Although it had a slow start to the day, members had high expectations. This annual event "is a lot of fun and hopefully it will get bigger as the years go on," said Jessica Fortin (senior, Nantucket R.I.), the Vice President of SET. Each year the organizations plan more special events and attractions to draw in the students' attention. When asked what she thought of the event's attention, Lauren Foster (freshman, Newington) said, "It's a great idea and it brings everyone together." All in all, the day proved to be yet another successful mission accomplished for the organizations involved.



The Spectrum/ DANYA JIMENEZ

Students enjoyed various games, as well as free food last Saturday.

## North Hall Lives Up to Expectations

Sarah Decker  
Staff Reporter

Many students were anxious to return to the school year to see their friends, continue

their social life, and gain more knowledge and experience. However, this year students also had another aspect to look forward to.

North Hall, consisting of three buildings, is the newest edition to Sacred Heart University.

"Students have difficulty understanding that they are not apartments. They are suites," says Director of Residential Life, Allen Machielson. Each building has three floors containing private suite style living areas, and Resident Assistants and Buildings and Grounds are still permitted to key into each suite. Curtis Lewsey (senior, Greenwich, NY), a Resident Assistant going on three years agrees with Machielson by saying "It is a combination of Jefferson Hill apartments and East Hall suites."

Students were amazed at the quality of the new building. "After seeing other

♦See "North Hall..." Page 2



# CAMPUS NEWS

## North Hall Lives Up to Expectations

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college dorm-tries, I feel like we live in a hotel," said Quinn Shaw, a junior from Millbrook, NY. Everything from the bathrooms to the study lounge and common areas are luxurious, spacious, and in great condition.

The excellence does not stop at the suites. On the bottom floor of building one there is a fitness center and the Holy Grounds Café.

The fitness center is smaller than the Pitt Center, but is still sufficient for a good workout. There are numerous weight machines, cardio equipment, and a spinning room. The fitness area, along with the rest of North Hall, is equipped with modern technology, including Wireless connection throughout the buildings, several plasma televisions and sound systems.

The Grand opening of the Holy Grounds Café took place on Wednesday, September 8 at 9:00 p.m. with a performance by the band Supergush. The café sells a variety of beverages, from coffee to tea and smoothies. Sandwiches, muffins, coffee rolls, and cake are a few items from the food selection. And of course, you can't forget the Hershey's ice cream!

The café also provides entertainment on many occasions throughout each month. "Music Mondays" have different bands play beginning at 9:30 p.m.

Other activities planned for

September include singer Jay Hansen, "Lost in Translation" for movie night, a book discussion of "The DaVinci Code", poetry nights, and open mic nights.

Not only the students, but Flik employees as well commented on how much they liked the comfortable atmosphere. Whether you are looking for something fun to do, spend quality time with your friends, or just sit back and relax, the Holy Grounds Café is the



The Spectrum/ DANYA JIMENEZ

Students are enjoying campus life at North Hall.

place to be.

The opening of North Hall was a huge success. On Thursday, September 2, 2004 many students, faculty, and staff members gathered around the new building for the ceremony. Dr. Cernera and a trustee did the cutting of the ribbon that lead to a grand tour of the private suites, study lounges, fitness center, and the Holy Grounds Café, all of which lived up to the expectations.

North Hall is not only a place to further academics, but to enjoy social life. And it was definitely worth the wait and anticipation.



The Spectrum/ DANYA JIMENEZ

North Hall's 'Holy Grounds' coffeehouse opened last week.



The Spectrum/ DANYA JIMENEZ

The Holy Grounds Coffeehouse offers a variety of snacks for students and faculty.

## Campus Events Calendar

**September 17, 18, 19**

T.B.A - SHUvivor

**September 19**

11 a.m. - Apple picking trip to Silverman's farm

**September 20**

4:30 p.m., Faculty Lounge - Study Abroad Information Session - Rome

5:30 p.m., West Hall Great Room - Campus Ministry "movie clip and pizza night" - Join the Campus Ministry to watch some short films or video clips, and discuss the screening over free pizza

10:10 p.m., HC classrooms - Greek RUSH - Around the Worlds

10:10 p.m., Mahogany Room - Hypnotist Robert Channing

**September 21**

10:10 p.m., HC classrooms

Meet the Fraternities

10:10 p.m., Mahogany Room - Singer Jay Hansen

**September 22**

10:10 p.m., HC classrooms - Meet the Sororities

10:10 p.m., University Commons - Bingo

**September 23**

3:30 p.m., Pitt Center Boardroom - Lecture: "Love, Persons, and the Deeply Forgetful: Alzheimer's Grace." The lecture is part of the Hersher Lecture Series: Scientific Perspectives on Ethics will feature Stephen G. Post, Ph.D. of Case Western Reserve University, School of Medicine.

8:00 p.m. - Trip to Milford Bowling Lanes

10 p.m., Outpost Pub - Concert - Sick Ticket

**September 24**

6 p.m. to 7 a.m., Patio/lawn - Habitat Sleep-Out. This is the Seventh annual sleepout to raise awareness of poverty and housing issues worldwide, and in Bridgeport.

10:10 p.m., Patio/lawn - Laser Tron (Laser Tag)

**September 26**

11:00 a.m. to 4:00 p.m., Classrooms, Mahogany Room, University Commons, Edgerton Center for the Performing Arts - Leadership Institute. Programs will be given all day long about leadership and training on how to effectively run meetings and organizations.

**September 27**

5:30 p.m., West Hall Great Room - Campus Ministry "movie clip and pizza night" - Join the Campus Ministry to watch some short films or video clips, and discuss the screening over free pizza

10:10 p.m., Mahogany Room - Pajama Jam. Open to all SHU full time undergraduate students- come and dance in your pajamas!

**September 29**

2:00 p.m., Mahogany Room - Student Government election speeches for the Freshmen class. Meet the candidates, and voting will begin directly following the speeches.

7:00 p.m., North Hall, Holy Grounds Coffeehouse - "The DaVinci Code" book discussion.



# CAMPUS NEWS

## 9/11 Vigil: Students Gather to Honor Heroes

Brittany Lockhart  
Staff Reporter

This past Saturday, Campus Ministry and the sisters of Beta Delta Phi, Kappa Phi, and Zeta Iota Lambda held the third annual

a role in helping people move on with their lives after the attack. The sisters of Kappa Phi spoke about one of their sisters, Amy O'Dougherty, who was killed at the World Trade Center. She was 23 years old and a member of the Delta class of Kappa Phi.

They also shared statistics on how many were lost in New York, Washington D.C., and Pennsylvania on September 11.

This year the focus of the vigil was less on loss and more on the heroes that emerged because of the disaster. Senior Amanda Griffiths from Westwood, NJ said, "I think it is important that we remember this day not only for the lives that were lost, but also for those that are still being affected." The sisters of Beta Delta Phi read the stories of volunteers who were either in New York City or Washington D.C. on that fateful day. Among them were stories from retired policemen and American Red Cross volunteers. Sue Haar (senior, East Northport, NY) said, "We miss those police officers and firefighters and rescue workers who were lost that day, and even though it does make us sad, we want to make sure they are remembered for the things they did to serve our country."

Near the end of the service, attendees were invited to come up to the microphone and share the names of loved ones that they lost in the tragedy. A few of the sisters of Zeta Iota Lambda finished off the evening by singing the song "God Bless the U.S.A." by Lee Greenwood. Kristian Finneran, a senior from Dumont, NJ said, "It was a very touching and moving experience. I was glad to see the support from everyone on campus."



The Spectrum/DANYA JIMENEZ

Students lit candles in remembrance of those lost on September 11.

September 11 Vigil. Just over 200 people gathered in the quad to remember the lives lost on that day just three years ago. The evening started off with a prayer from Father Andrew Caravel from Campus Ministry.

It was a prayer for peace, and Father Andrew explained that the candles that were handed out symbolized that. The prayer also asked for God's forgiveness because it stated that we have not done our part in keeping peace in the world. Red, white, and blue ribbons were also handed out for the attendees to wear.

The sisters of Zeta Iota Lambda then read a poem written by one of their own sisters, Kacey Selmer, about how God played



The Spectrum/DANYA JIMENEZ

Greek Life members sponsored the September 11 Vigil.

If you would like to submit an article idea or an event for our campus events calendar, please send an e-mail, with your contact information, and specific information about the event to Jennifer Motisi, The Spectrum news editor at: J-Motisi@sacredheart.edu

## Damages in Freshman Dorms

Continued from page 1 ♦

damages that cannot be fixed. According to Dean Wielk, there are goals set for the near future to improve freshman living. "My goals in the next two to three years are to refurbish South and West Halls, starting with the beds." There are a great deal of students rooms to get to and the school will only provide help to those that really need it.

It seems that there are talks of repairing the damages in South and West hall. As for when the freshman class will see any improvements, they can only hope it is sooner rather than later.

## SHU Welcomes Record Number of Freshmen

Umberto Torrielli  
Staff Reporter

Founded in 1963 as the first and only lay Catholic uni-

versity, Sacred Heart has grown from a small commuter school to the third largest Catholic school in New England. Not only that, but SHU is one of the fastest growing universities in the East. Proof of this lies in the fact that this year SHU has accepted its largest ever number of freshmen onto its 57-acre campus. That's right, 882 new students hailing from 19 states started moving into their new homes on Saturday, Sept 4. Although mostly located in the South and West halls, some freshmen will also settle into other dorms from amid Sacred Heart's 10 residence halls.

The class of 2008 will include, amongst others, four sets of twins and 23 graduates of a college preparatory school in Huntington, Long Island known as St. Anthony High School. The majority of these new students, 482 to be exact, come from the Mid-Atlantic with 373 from New York, and 109 from New Jersey. New England is also widely represented with a total of 314 freshmen of which 203 Connecticutians and 111 Massachusettsians.

Such an achievement was no easy task for the undergraduate staff at SHU whom had to dedicate much time to the enrollment process. Denise Tiberio, the Associate Dean of Students believes that to bring in a class of over 880 students this year is "...a wonderful compliment to our Admissions Staff who have worked so hard throughout the year in to working with these students."

As for the freshmen themselves, they seem to have adapted themselves to college life quite rapidly and are enthusiastic about the whole new experience. In fact, after a long weekend of unpacking and moving into the dorms, it didn't take long for the weariness to quickly dissipate, mostly due to the many new friendships created during the first few days at SHU. As freshman Pat Fillian Tinton Falls NJ) said, "So far this year has been awesome. Sacred Heart is a great place to be!"

Many other freshmen share the feeling that they are in good hands at Sacred Heart. Freshman Kristin Balbi (Armonk, NY) said, "Being in SHU is an adventure in itself. It has been great from day one. The dorms are great and the people are nice. All the teachers are very attentive to my needs and are very understanding. This is only in one week of being here. I definitely picked the right school for me."

All in all the class of 2008 seems to be off to a good start, and everything that can be hoped for is that the subsequent years will follow the same trend in the expectation that SHU will continue to grow at such a fast pace.



# CAMPUS NEWS

## Study Abroad: Exploring the Australian Outback

Courtney Piliero  
Staff Reporter

*On Monday, September 13, Sacred Heart University's College of Arts and Sciences held an informational meeting regarding the study abroad program at the University of Notre Dame Australia. SHU's study abroad program is located in Fremantle, Western Australia.*

If you have ever envisioned yourself traveling to a foreign Country or fantasized experiencing the diversity of another culture, the study abroad curriculum at the University of Notre Dame Australia could be an ideal opportunity for you. In the words of Dan McNamara, a Sacred Heart student who partook in the program, to study in Australia was an, "incredible journey."

SHU students of a sophomore standing and higher, with a GPA of 3.0 are welcome to apply. It is estimated that five to 15 students will be accepted, however, it is debatable according to the interest level of the student body.

To obtain an application you can either: one, stop by the study abroad office located in room SC124 and pick one up, or two, simply go online and visit the website at <http://studyabroad.sacredheart.edu>, to download one. The deadline to apply, however, is approaching fast, as the University of Notre Dame, Australia has to have preparation time in order to accommodate accepted students. The last day to submit an application is September 24.

Once abroad, students will be housed in hotel rooms overlooking the nineteenth century architecture of the city of Fremantle, located close to the University. The quaint atmosphere of this town-type school presents students with the prospect to travel half way around the world

and be a part of Australia's first Catholic University.

Not only will students become familiar with the lifestyles of the residents of Fremantle, but they are also presented with the chance to take a fieldtrip to another city, Broom, where they will live along side the natives. This trip into Australia's outback cannot even come close to the most rustic camping trip offered in the United States. The outback will allow students to emerge themselves in a lifestyle unlike anything imaginable, where dinner comes by way of one's own hand, and showers come accompanied by all types of creatures, from spiders and tree frogs to friendly snakes.

Megan Connell, who also recently studied in Australia said that it was an "amazing, life changing experience."

To study abroad is a privilege in which students represent both their homeland as well as Sacred Heart University. Once there, it is expected that students will obey all rules and regulations of the

country they are visiting, and in doing so, will be proud ambassadors of their nation.

Students looking to explore the world, as well as themselves should consider seizing this rare break, but at the same time should be wary of the attached challenge. Classes offered at the University of Notre Dame, Australia grade quite differently from what students will be accustomed to. In reference to the grading system in the United States, where students begin with a hundred percent score, Australia's system operates in the completely opposite manner. The student begins with a zero and must gain points according to the caliber of their work. In Australia, an eighty is equivalent to an A, which again differs greatly to the typical expectancy of a student from Sacred Heart.

If, however, you desire the once in a life time opening to accept the challenge, and embrace a new reality, the University of Notre Dame, Australia is your answer.

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# BEYOND SHU

## New Report Card Flunks American Colleges on Affordability

Justin Pope  
Associated Press

A new, independent report card flunks America's colleges in

a key subject for many students and parents: affordability.

While noting progress in areas such as student preparation, the biennial study by the National Center for Public Policy and Higher Education drops the country to an "F" in affordability from the "D" it received in the nonprofit group's report two years ago.

Among individual states, only California, Utah and Minnesota earned higher than a "D." California still had the top grade of any state, but its "A" from 2002 fell to a "B" in the latest report after sharp tuition increases.

The report card evaluates states on the performance of their private and public four-year schools and community colleges in five categories, with grades ranging from A to F.

On affordability, the report card contradicts some recent studies that argue increases in financial aid have kept pace with recent tuition hikes, so real college costs have stabilized.

The report card, titled "Measuring Up 2004," grades affordability in part by comparing net college costs with the average family income in each state. By that measure, the study claims, college is becoming less affordable in most states.

In New Hampshire, for instance, college costs amount to 32 percent of average family income compared to 23 percent a decade ago. In New Jersey and Oregon, colleges cost 34 percent of family income, compared to 24 percent and 25 percent, respectively, in 1994.

David Breneman, dean of the Curry

School of Education at the University of Virginia and an adviser on the report, said the combination of higher prices and a population boom among college-age people is likely to bump students from four-year colleges to more affordable community colleges, and from community colleges out of the system.

"For at least another five to eight years we're looking at a real denial of opportunity," he said.

The report also claims states have made some progress over the last decade preparing students for college, as measured by such factors as the percentage of students taking advanced math and science. In West Virginia, for instance,

the percentage of high schoolers taking upper level math and science courses has nearly doubled, and the percentage of eighth graders taking algebra has more than doubled to 25 percent.

The report notes that higher education, by failing to bring more students into the system, hasn't met its end of the bargain.

"We can no longer attribute all of our college access and quality problems to the failure of public schools," said Patrick Callan, the center's president. "The fact is, high schools have improved over these last 10 years and we haven't seen commensurate higher education gains."

Travis Reindle, director of state policy analysis at the American Association of State Colleges and Universities, said such claims are overstated.

"It's almost as though these numbers are leading us to string up the 'Mission Accomplished' banner on K-12 education," Reindle said. "I think it's a little early for that. Just because the students are taking college prep courses doesn't mean that they're getting the core competencies for college."

**"The Report Card, titled, 'Measuring Up in 2004,' grades affordability in part by comparing net college costs with the average family income in each state. By that measure, college is becoming less affordable in most states."**



### National and Global News

**Pinar Del Rio, Cuba (AP)** - Whipping winds and walloping waves lashed western Cuba and the communist country's tobacco-growing region Monday, as Hurricane Ivan strengthened to a Category 5 storm — the most powerful — and barreled along on a new course toward the U.S. Gulf Coast. The wall of Hurricane Ivan's eye brushed the tip of Cuba at about 6:45 p.m. as it moved through the Yucatan Channel on its way to the Gulf of Mexico, the island's top meteorologist reported. The slow-moving storm, carrying 160 mph winds, has already killed at least 68 people in the Caribbean and Venezuela and could hit the Florida Panhandle, Louisiana or Mississippi by Wednesday.

**Baghdad, Iraq (AP)** - U.S. warplanes unleashed devastating airstrikes on a suspected hideout where operatives from an al-Qaida-linked group were meeting Monday, and hospital officials said 20 people died. One strike hit an ambulance as it sped away with wounded, a hospital official said; the U.S. military said innocent lives were spared.

**Washington (AP)** - Sen. John Kerry sought to make President Bush pay a political price Monday for the expiration of a partial assault weapons ban, but other Democrats reacted warily on an issue that has hurt the party in recent elections. "George Bush made a choice today. He chose his powerful friends in

the gun lobby over the police officers and the families he promised to protect," the Democratic presidential candidate said a few hours after the end of a decade-old ban on 19 types of military-style weapons.

**Washington (AP)** - An appeals court ruled Monday that the government can seek to execute Zacarias Moussaoui if he is convicted on terror charges but said he must be given fair access to al-Qaida witness statements that might support his defense. Moussaoui, the only U.S. defendant charged with crimes related to the Sept. 11 attacks, contends he had no role in planning the hijackings, and at least three high al-Qaida officials in custody can reinforce that claim.

**Washington (AP)** - A 10 year federal ban on assault weapons ended last Monday. Now, assault weapons can be purchased legally, much to the disappointment of gun critics and the excitement of gun owners. The ban was signed in 1994 by President Clinton, and originally outlawed 19 types of assault weapons

**Moscow (AP)** - After the recent terror attacks on Russia, President Vladimir Putin announced his intention to create a series of anti-terror plans that would create a central, powerful anti-terror network. This plan, which Putin signed on Monday, gives the government one month to draft their proposals for a plan of action.

### Connecticut News Briefs

**New Haven** - Women of New Haven, Connecticut can now sleep a little more soundly- a man believed to be a serial rapist is now behind bars. Chavis Williams was charged with raping a woman on August 21, and, according to the associated press, police Chief Francisco Ortiz believes that Williams is responsible for at least three other attacks. The police are currently waiting for DNA results so as to conclusively link Williams to the other attacks and these results are due back within the next few weeks.

The other three sexual assaults occurred in July and August. The first attack occurred on July 9, as a woman walked down a path, alone. The second took place on July 24, when a jogger was raped as she made her way through a park. About a week later, on July 30, a third woman was raped when her home was broken into. Just as police were beginning to notice a connection between the three assaults, a fourth victim emerged. This woman was attacked while she was sleeping; the suspect broke into her home and threatened to harm her four year old son if she did not cooperate with him.

Three days after the final rape, police were able to obtain an arrest warrant for Williams. He was found hiding in a closet on August 27, and is currently in jail in lieu of 500,000 dollar bail.

**Hartford** - Naugatuck Valley Community College, Western Connecticut State University and the University of Connecticut are teaming up in an attempt to end Connecticut's nursing shortage. The schools are planning to make it easier for nurses to earn degrees in a simple, three step process. Students will attend Naugatuck Valley Community College, then transfer to Western for their bachelor's degrees. After that, the students will transfer once again, this time to the University of Connecticut to obtain a master's degree.

**Hartford** - Last Monday, two men forced their way into a home where three adults and four children were inside. A car and money were both stolen from the family. One man, who was armed with a gun, is said to be average height, and about 220 pounds with brown hair. The second is described as about six feet tall, weighing about 150 pounds.

**Bridgeport** - Scott Smith, a man who pleaded guilty to the 1995 murder of Melissa Mills was sentenced Monday to 45 years in prison. Smith and his accomplice, Timothy Solek, were convicted separately of this crime after giving conflicting statements to the police. Solek was convicted of murder and second-degree sexual assault. Later, Smith was convicted of murder and first and third-degree sexual assault.



# Perspectives

## Welcome Back SHU

Nadia Korovesi  
Editor-in-Chief

The summer is officially over and a new academic year has already started.

The feelings are mixed as we have to say goodbye to the nice memories of the summer, but at the same time, we have fully charged our batteries for the semester that is about to start.

My name is Nadia Korovesi, I am a senior and an International student from Greece. Three years ago my original plan was to do a year abroad to our university then return to my country and finish up my studies there. Things changed in my mind as soon as I got here because I realized that the educational system at Sacred Heart would help me best to what I wanted to do... be a journalist.

Over the summer I experienced some of the most fascinating moments of my life. My country hosted the Olympic Games and I had the opportunity to live those magical moments firsthand. I was there from day one but unfortunately, I was not able to stay until the end, as I had to get ready for school. Nevertheless, up to the point I had to come back, I enjoyed every single game I could!

From the time the Olympic committee announced that Greece is going to have the Olympic Games of 2004, my country has been transformed in every aspect. The roads were improved, new high ways were constructed, a new airport was erected, and new stadiums for every Olympic game were added. Foreign journalists and visitors praised the well-organized events and most of them said that they were the best Olympic games ever made. I have never felt more proud for my country!

Usually good moments do not last forever and this one is not an exception. As every other college student, I am back to school and thirsty for knowledge.

Every year the anticipation to meet the professors is something that makes most students nervous. Many times you like the

course but not the instructor, or you have good communication with your professor but hate the course. After three years of studying I figured that the good instructors are just a few. Try to find them and make them your mentors; like a sponge try to absorb the good qualities from them. The good educators can make you not only a better student but a better person as well.

My small advice to the new coming students is that you need to have courage and motivation in order to succeed. You are about to experience one of the biggest steps in your lives. The transition

from high school to college is your first contact with the "real world." You might have the uncertainty of what is going to happen next, or you might feel lonely and separated by your family. At this university it is very helpful that you can have a more close and personal relationship with your instructors, which makes you feel part of a bigger family.

Being the editor of a newspaper is something I have always wanted to do and now I am living the fulfillment of my dream. I know I am carrying a great responsibility and that I will do whatever I can to inform and satisfy my readers in

the best possible way. I came here to learn and improve myself; therefore my staff and I are open to any kind of criticism and suggestions. If our readers do not express their dislike on what is printed, then we will not be able to make any progress. Additionally, if you do not tell me what you like, then I will not know that we are on the right track and that you are satisfied with the outcome.

As the editor of "The Spectrum" I would like to welcome everyone, and wish to all of you a good academic year full of personal and professional success.



A night shot of the Olympic Stadium (OAKA) in Athens, Greece during the Olympic Games.

The Spectrum/NADIA KOROVESI

### PHOTO CONTEST

*Have you taken any good pictures over the summer? Send them in and win \$50!!!*

Send your entries to: [RyanK28@sacredheart.edu](mailto:RyanK28@sacredheart.edu)

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### Photographer's PICK



The door of an old house in Queretaro, a colonial city in Mexico.

The Spectrum/DANYA JIMENEZ



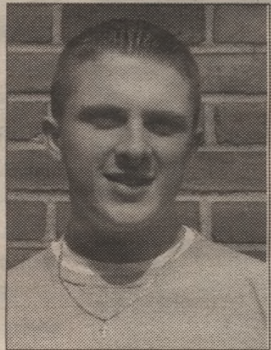
# He Said... She Said...

*How do you view bachelor/ bachelorette parties? Do you feel it is more of something men or women look forward to do one last time before marriage?*

Robert Roy  
"He Said" Columnist

Bachelor parties are a great idea and should be enjoyed by both men and women. However, there are certain conditions that must be met prior to one last single bash of your proverbial "single life." They also are a great risk as they have the ability to end relationships due to uninhibited drunken actions which could come back to haunt you three or four years into marriage.

Many people entering into marriage feel their single life needs closure and bachelor and bachelorette parties are an ingenious way to do this. One last night of crazy partying with your best friends a few nights before you get married, is there any better way to end your unmarried life? However, this is an important issue to many couples and both sides must agree that having this last party is appropriate. If one of the people in the relationship does not agree



The Spectrum/DANYA JIMENEZ

with it, it must not be carried through. This is an important topic which must be addressed prior to wedding plans.

It is known that bachelorette and bachelor parties can be detrimental to relationships. There are many opportunities for cheating as the alcohol will be flowing like a river while there are strippers galore. The couple must set boundaries prior to the events and both must adhere out of respect for their spouse to be. If both people agree and boundaries are set and followed, then I say party on and have a great time ending your unmarried life.

Athena Soriero  
"She Said" Columnist

Bachelor parties are just a great excuse to get wasted, smoke cigars, make bad jokes, and invite over a few strippers for the evening. For the most the party isn't really being thrown for the groom in the first place, but entirely for the sake of their friends. Yet none of that really matters because everybody wins, it's a guaranteed good time for the singles, and it plays as a safe ticket to a long night of drunken freedom for the married ones.

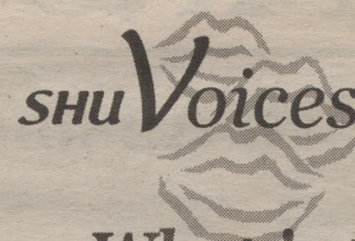
The bachelorette party on the other hand most likely just evolved due to pure jealousy and not wanting the guys to have all the fun. The average bride to be is not exactly going to be concerned about going out and having their "final night of craziness" before their marriage. Male strippers aren't all that attractive either, so there's not too much to be excited over. It's really just a means to provide some type of justification for the fact that their husbands and boyfriends are



The Spectrum/DANYA JIMENEZ

out with all guys doing and talking about things that will never leave the party. A bit of a feminist lash back to keep things "fair"; next thing you know grooms will fight back and start throwing bridal showers to compensate for their losses as well.

As far as partying one last time before marriage is concerned obviously if they're getting married they aren't exactly losing sleep over never being able to party like a single person again. It's not like you're exactly flying solo right before getting married in the first place, and attending a party that consists solely of people of the same sex isn't exactly a single person's paradise.

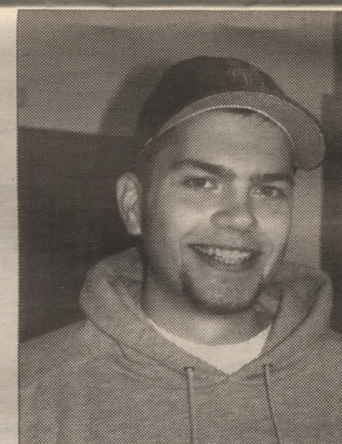


**What is the best part of your summer vacation?**



"Traveling! Going back home to Albania."

Aida Calapo  
Bridgeport, CT ~ Freshman



"I didn't have to worry about any schoolwork."

Marc DeLaurentis  
Hudson, NY ~ Sophomore



"Mentoring kids at the Winthrop lighthouse program."

Marlene Pressoir  
Fairfield, CT ~ Sophomore

## Fall 2004 Undergraduate Schedule

**Labor Day - No Classes (Monday, September 6)**

**Classes Begin - (Tuesday, September 7)**

**Last Day to Add/Drop - (Monday, September 13)**

**Last Day to withdraw without penalty - (Friday, October 8)**

**Columbus Weekend - (Sunday, October 10- Tuesday, October 12)**

**Last Day To Complete Work for Spring & Summer Sessions**

**(Tuesday, October 19))**

**Mid-Term Exams - (Wednesday, October 20- Tuesday, October 26))**

**Thanksgiving Holiday - (Wednesday, Nov. 24- Sunday, Nov. 28)**

**Last Day of Classes - (Monday, December 13)**

**Final Exams - (Tuesday, December 14- Saturday, December 18)**

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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<http://spectrumsacredheart.edu>

## Word of the Week

**Abate:**

*To reduce or suppress something, for example, noise.*

**Other forms:**  
*abating, abated, abatement*

*Courtesy of Meriam-Webster's Dictionary*



# —Arts & Entertainment—

## ‘Rock Against Bush’ Hits Chords With Young Voters

Alex Kantarelis  
Staff Reporter

Fat Wreck Chords is back with a follow up to April's *Rock Against Bush Volume 1*. Much like the first installment, *Volume 2* has become a soundtrack for many generation Y youths to express their feelings about our current president, while adding lightning-fast guitar riffs and pounding drums.

The compilation offers a wide musical range with 28 bands offering their own unique musical stylings to the album. The disc's range extends from punk legends like Bad Religion to pop stars No Doubt. And while some songs on the compilation were released previously on other albums, many are completely new.

The music kicks off with a brand new song by Green Day entitled "Favorite Son," which was written earlier this year specifically for the compilation and is hands down the best song on the CD. "Unity," by legendary California punks Operation Ivy, is an anti-war song that was written during the Reagan administration, but that still holds a powerful message today.

Other memorable songs on the CD come from such popular acts as the Foo Fighters, Rancid, Dropkick Murphys, and Yellowcard. In addition, the Massachusetts-based Only Crime offers an incredible song called "Doomsday Breach," which easily holds its ground against the songs



Photo courtesy of RCA Records

The Foo Fighters are just one of 28 bands featured on the album *Rock Against Bush Volume 2*. The CD, a follow-up to the wildly successful and controversial *Rock Against Bush Volume 1*, is now available in stores and at [www.fatwreck.com](http://www.fatwreck.com).

provided by the more established bands.

The compilation also includes a DVD full of music videos, politically driven comedy, and a few political shorts that are definitely worth checking out. The 20-page booklet includes plenty of Anti-Bush material, including a four-page rant by Justin Sane of Anti-flag, a statement written by every band in which they express their own personal opinions, and "20 More Reasons to Hate Bush Jr.," a sequel to *Volume 1*'s original list.

While this disc is a huge political force among its target audience, it won't burn a huge hole in your wallet. Priced that only eight dollars, *Rock Against Bush Volume 2* is a huge success and will surely be on loop in your disc-man for months to come.

For more information about the Rock Against Bush albums, or to check out voter initiatives for young people visit [www.punkvoter.com](http://www.punkvoter.com).

For information about the various bands featured on the Rock Against Bush CDs, to view pictures, download MP3s or to purchase either of the albums, visit the Fat Wreck Records home page at [www.fatwreck.com](http://www.fatwreck.com).

### MUSIC REVIEW



Various Artists, *Rock Against Bush Vol. 2*  
(2004, Fat Wreck Records)

## Summer '04 Was A Hot Time For Entertainment

Alison Pohorylo  
Contributing Reporter

Ah, the summer of 2004—93 days between the end of spring and beginning of fall meant for beaches, barbecues, road trips and, of course, entertainment. This summer was no exception to the unwritten rule that the warmer months are heated up by more than just the sun. Here are just a few examples of the best of the best:

**Comedy:** Summer '04 kept audiences rolling in the aisles with laughter. Ben Stiller scored a hit with his comedy film "Dodgeball," paying homage to the sport of "violence, exclusion and degradation" from everyone's childhood. Will Ferrell's portrayal of newsman Ron Burgundy in "Anchorman" was hilarious, not to mention some of his best work since his days on "Saturday Night Live."

The comedy hit of the summer came in the form of the Fox Searchlight/MTV film "Napoleon Dynamite," a story which chronicles the high school life of a super-geeky teen. Originally slated to open in mid-June, "Dynamite" continued to pick up in theatres through August.

**Music:** Robin to (then) Puff Daddy's Batman, rapper Mase disappeared from the music scene in 1999. Five years later, after finding himself spiritually and becoming a minister, Mase is once again dominating the airwaves with his new single "Welcome

Back," which samples the theme music from television's "Welcome Back Kotter." The combination of the classic theme and a great beat have made for a stellar comeback.

**Television:** In the past, finding one channel that could be watched religiously was always a challenge. This summer, that all changed with VH1's summer lineup of programming appropriately entitled "Big Kahuna Summer." Shows including "A-Z" and "Best Week Ever" as well as movies like "Man in the Mirror" made a welcome change from the scantily-clad, screaming 18-year-olds plastered all over other popular music channels.

But the number one reason that VH1 was the top TV pick of the summer: "I Love the '90's." Memories of slap bracelets, grunge, and the "Macarena" made our childhoods flash before our eyes. VH1 loves the 90's. And we love VH1.

**Concerts:** There is no better way to spend a hot summer night than hearing a favorite band play a live show. The past few months have been filled with music, ranging from the classics to the hot new stars. The surviving members of The Grateful Dead—now simply The Dead—made their way to the east coast with guitar great Warren Haynes along for the ride. The Beastie Boys joined British rock gods, The Darkness, along with The Strokes, Cypress Hill, Brand New, and

many others for 92.3 K-Rock's annual Dysfunctional Family Picnic music fest at Jones Beach. Local hero John Mayer reunited with neo-soul rockers Maroon 5 for another tour, this time playing the bigger arenas across the country. Even legend Tom Jones got in on the summer tour action, breaking the hearts of women young and old in Stamford.

In addition the music fest scene this summer was huge. The Bonnaroo Music Festival rocked out for its third year in a row in Manchester, TN while fans had an opportunity to say goodbye to the band Phish in August's appropriately-titled Phish-Fest.

And now, it's September. Back to classes, back to FLIK, back to Fairfield. The days are getting shorter and colder. The nights are spent reading. (Or not.) But don't worry, the fall promises to bring us more great moments in popular culture. So as the dog days of summer fade into hazy memories, just know this: there will always be reruns.

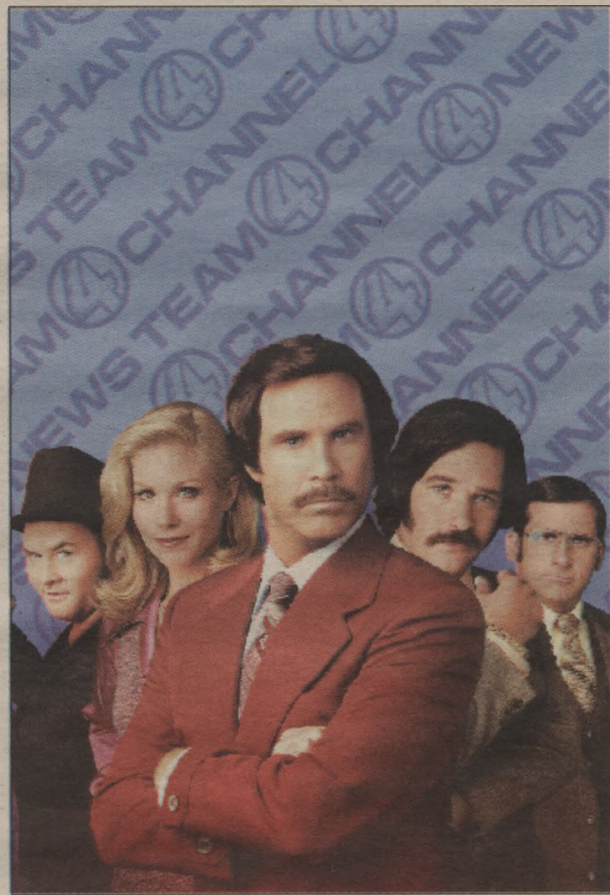


Photo courtesy of Dreamworks

Anchorman was just one of the hit comedies that kept audiences laughing throughout the summer of 2004. Along with the music and television choices over the past four months, there was enough entertainment to keep students busy through the warm, relaxing days of summer.



# Braff, Portman Shine in New Film 'Jersey State'

Deja Kreutzberg  
Staff Reporter

"Garden State" is Zach Braff's first attempt at flexing his writing and directing muscles. Generally known for his work on the NBC television show "Scrubs," Braff has successfully entered the feature film arena with this new quirky film.

Braff plays Andrew "Large" Largeman, a wannabe actor living in L.A. His only claim to fame is a walk-on role as the "Retarded Quarterback" in a made-for-television movie. Living his life in a drug-induced coma, Andrew is generally numb to the world.

News that his paralyzed mother has died tragically sends Andrew on a journey back to his hometown. He hasn't seen his father (Ian Holm) in nine years and tries to avoid confrontation with him at any cost. And instead of owning up to his responsibilities, Andrew heads to party with his old high school friends.

Even though he hasn't been home in nine years, Andrew realizes that not much had changed since he left, with the exception of one friend who became a millionaire due to a new invention he created. Among all the people with whom he is reunited, Andrew also makes a new acquaintance in a young girl named Sam (Natalie Portman). She shows Andrew the

world in a different light and the two begin to fall for each other.

Sam's bright, eccentric and hopeful outlook on life completely contradicts the way that Andrew has lived all these years. She shows him how to once again open up his heart and let in pain, love, anger and sadness. Sam also brings Andrew out of his self-induced coma and shows him how beautiful life is.

Braff has made a great effort in merging drama and comedy together in this film, which isn't an easy feat. While other movies concentrate solely on plot structure, "Garden State" appeals more to the audience's emotions and feelings.

Braff has created a film that proves to be universally understood. One can always relate to reuniting with old friends, dealing with strange relatives and finding that special someone who makes your heart soar. While some parts of the movie, such as a scene inside of an old hotel, were not necessary and completely outrageous, the film is very refreshing and well done.

## MOVIE REVIEW



"Garden State" (R, 109 minutes)  
Starring: Zach Braff, Natalie Portman



Photos courtesy of Fox

"State" of Confusion: [Above] Andrew (Braff) and Sam (Portman) are unsure how to react to each other in the new film "Garden State" although they still have time [Below] for an easy ride through the suburbs of New Jersey.

## Audiences May Just Fall for A Certain "Jersey Girl"

Bridget Madden  
Staff Reporter

"Jersey Girl" is the story of a man who faces an exciting chapter of his life that suddenly takes a turn for worst. Starring Ben Affleck as Ollie Trinke and Jennifer Lopez as Gertrude Steiny, this loving duo is cut down to one as 27-year-old Ollie finds himself a single father when his wife dies of an aneurism at childbirth. Ollie loses himself through grief, but eases into recovery through the love of his daughter Gertie (Raquel Castro) and some help from his father (George Carlin).

Jersey Girl is told through Gertie's point of view as she shares with her class the story of her family. After his wife's death, Ollie continues working as a publicist in New York. Struggling to live in New Jersey and depending on his father for caretaking, many complications arise as he tries to juggle his responsibilities.

The busy lifestyle that accompanies his job is the only outlet for Ollie to escape the devastation of facing his wife's death. Ollie's career, however, comes to a screeching halt when he explodes at a press conference due to the stress of his own personal life. The coalescence of drama, comedy, and romance that follows produces a fulfilling story for any moviegoer.

Just when Ollie feels as if his life can't get any worse, Maya, (Liv Tyler) a vivacious video clerk drags Ollie out of his stagnant depression and into a hopeful future. Maya's frank personality is simply irresistible and Ollie soon finds himself captivated. Even Gertie, now eight, immediately takes a liking to Maya.

While "Jersey Girl" lacks the creativ-



Photos courtesy of Miramax

Ollie (Affleck) has to deal with plenty of "Jersey" girls including [Right] neo-hippie Maya (Tyler) and [Above] daughter Gertie (Castro). "Jersey Girl" is the latest comedy from renegade director Kevin Smith.



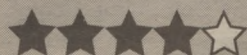
ity and shocking plots of some new films, it does manage to maintain a down-to-earth style of reality; "Jersey Girl" is a real-life story to which many people can relate. The out-of-this-world themes that have been flooding theaters tend to confuse the mind, while this film captures the audience as it tears and lightens the heart strings all at once.

According to Fred Topel, "Jersey Girl" is based on the anxieties of writer/director Kevin Smith becoming a father. The

film shares shocking, humorous, and sad moments to reveal the unexpected events of one's life that expose the real quality of parenthood.

"Jersey Girl" is available now on VHS and DVD.

## MOVIE REVIEW



"Jersey Girl" (PG-13, 102 minutes)  
Starring: Ben Affleck, Liv Tyler

## ENTERTAINMENT BRIEFS

### On-Campus Events

SUNDAY, SEPTEMBER 19

• The SHU Gallery of Contemporary Art will be putting on its first exhibit of the year entitled, "It's for the Birds." The creative and amusing exhibition will run through October 28.

OCTOBER 28 - 31

NOVEMBER 3 - 6

• The Edgerton Performing Arts Center will be putting on a production of William Shakespeare's "Twelfth Night." The show will be directed by Kyle Minor and will take place at the Edgerton Center.

### National News

TUESDAY, SEPTEMBER 21

• Geeks will rule the day when the original "Star Wars" trilogy premieres for the first time on DVD. Available in a four-disc boxed set, the series will include "A New Hope," "The Empire Strikes Back," and "Return of the Jedi" as well as a fourth disc of strictly bonus material.

TUESDAY, OCTOBER 12

• The summer blockbuster "The Day After Tomorrow" will hit video shelves in a chilling two-disc special edition that will feature plenty of extras. "Day After" was the third top grossing film of the summer, pulling in more than \$185 million.

• Johnny Knoxville and Sean William Scott have been cast in the upcoming "Dukes of Hazzard" film. The remake of the classic 1980s TV show will also star pop princess Jessica Simpson and will be directed by Broken Lizard's Jay Chandrasekhar.

- Compiled by Patrick Scalisi



# Features

## CREATIVE CORNER

### Lonely

Colleen Mitrano  
Features Editor

Lonely is being locked away from  
the world

Locked in a small confined box.

with no light only black

with no sound, except for the  
tapping of my tears hitting the hard  
cold floor.

With no sight except of what i can  
see in my mind.

With no warmth and love except of  
what's left of my dying heart.

With no feelings except for my on  
going anger

that burns, till one day it will  
finally explode and i'll be gone.

With no one else except me, the  
only one who

will comfort my dying soul, the  
only one who

will grieve my death, the only one  
who knows

how being lonely feels, and what  
being lonely

really is.

If any Sacred Heart student

or faculty member is will-

ing to share their work, do

not be shy! If you are inter-

ested please submit your

poems to me through my

email:

C-mitrano@sacredheart.edu

## Don't Be Bored—Get Involved!

Meghan Parisi  
Staff Reporter

Looking for stuff to do around campus? There are so many ways to get involved at Sacred Heart. Both on and off campus Sacred Heart conducts many activities which aid in the process of getting to know others; and on becoming part of an organization in which individuals like yourself are looking to get involved. There are over seventy clubs and organizations to become involved in, varying from Greek life, student government, media organizations, athletics, the performing arts, recreational groups, and also academic groups. The activities range from the biology club to ball room dancing. Intramurals are also very popular and allow students to get involved in different sports activities and broaden their Sacred Heart experience by taking part in their favorite sport without the competition and hard practices. There is about every type of club or organization to fit everyone's interest and if not you can also get something started that you and others would get involved in. For some who are unsure of what they might be interested in the Students Activities Office also known as (SAO) is located in the Hawley Lounge on Monday through Friday from 10am to 8pm. All fresh-



The boys of Alpha Sigma Psi enjoy the day and hope to recruit more members during the activities fair.

men are encouraged to stop by and start becoming part of the SHU community. Hawley Lounge is also a great place to stop in and get to know others. It provides a lot of fun activities to take part in such as pool, ping pong, video games and a place just to lounge and be with friends. Freshmen are always encouraged to get involved in campus life. Not only do you get to take part in something you like but you also meet so many other people which open you to so many more opportunities to get involved. Take action as soon as possible and make sure you choose enjoyable and beneficial clubs to fit your interest to make your year at Sacred Heart a great one.



The Spectrum/ Danya Jimenez  
Students have fun at the Activites Fair.

## Become A.L.I.V.E.!

Eugene Stacy  
Staff Reporter

Dr. Mary Jo Mason, director of counseling and assistant dean of students for wellness at Sacred Heart University is head of a support and therapy group known as A.L.I.V.E., which stands for A Lesson in Violence Education. This group was established in 1996 by Dr. Ann Louise, a former director of Counseling at Sacred Heart University to address the need to have support for students who have experienced violence in their lives, whether it be physical, sexual, emotional or mental.

These weekly meetings act as a foundation for support as well as a forum to educate others. In the past, the meetings have been held at the Counseling Center, but Dr. Mason is looking into a new location, which has yet to be determined.

During these meetings students talk about past and present issues, in order to come up with better approaches in dealing with their problems. To further the awareness



The Spectrum/ DANYA JIMENEZ  
Dr. Mary-Jo Mason head of A.L.I.V.E.

of abuse, A.L.I.V.E. sponsors educational programs and activities during the spring. Recently Dr. Mason emailed all fresh-

man, sophomores, juniors, seniors, and graduate students information about the existence of A.L.I.V.E. Her goals are to both, "raise awareness of the affects of abuse that linger in peoples lives and to educate the campus on sexual assault."

For more information on joining this support group, you may contact Dr. Mary Jo Mason at 203-371-7955.

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helpful librarians  
available..."**

**Fall Library Hours:**

Mon - Thurs...8:30 am - midnight  
Friday .....8:30am - 6:00pm  
Saturday .....9:00am - 5:00pm  
Sunday.....12:30pm - midnight

Reference Desk - 371-7726  
Circulation Desk - 371 - 7702



# Body Image Isn't Always 20/20

Colleen Mitrano  
Feature's Editor

Imagine standing in front of a mirror and feeling nothing but disgust at what you see; and then realizing it is you. That is the feeling that thousands of students feel everyday. Low self-esteem and other body image issues plague students of all ages every year, leading many to take life-threatening extremes to achieve the image that they want.

The beginning of the school year is always the hardest time for individuals to feel secure about their appearance. Being in an environment where everyone is competing to fit in can be extremely damaging to a person whose self-perception is already negative. Yet what most people fail to realize is that the body that they are trying to achieve is really unrealistic. Although the images the media presents to the public are open to an individual's interpretation, it is these images of very thin attractive people that are influencing people's views of what the ideal body is. The image that the media presents to the viewing public is something that is unnatu-

ral for most people to achieve without going on some crazy diet or taking such a drastic extreme like getting plastic surgery. But before people start doing things like that people should be made aware of a few statistics:

1. The average American woman is 5'4 and weighs about 145 pounds.
2. The average American model is 5'11 and weighs about 117 pounds.
3. Most fashion models are about 98% thinner than the average American women.

Although these statistics are out there most people fail to even hear about them because magazines and film only like to present the stereotypical view of "beauty." Because the media is accessible to anybody even young children are beginning to be affected by these distorted views. According to the website about.com in their women's issues section "about 42% of elementary school students between first third grade want to be thinner and about 80% of children who are ten years old are afraid of being fat." If children this young are already having issues with their

appearance one can only imagine what it is like for somebody in a college atmosphere where to some the key to fitting in is looking good.

Although some people can rationalize and accept who they are, many cannot. While many students are just struggling with assignments others are struggling with that and their physical appearance. Even though people are becoming more aware of these problems, individuals still are overlooking the signs that they themselves or a friend might be in trouble. Some signs to look out for are:

1. If one starts to share beliefs that their experiences in life are affected by their body weight.
2. They say negative comments about themselves and their appearance.
3. Low self-esteem
4. Unexplained changes in weight, food consumption, and or exercise routines.
5. A preoccupation with food consumption, calories, and exercise.
6. Self-defeating statements after food consumption.

7. Mood swings, isolation, fatigue, and depression.

All those listed are good ways of identifying if someone or yourself is going through a tough time with your own image of your body. Once these symptoms are identified one should speak to a friend or a just someone he or she is comfortable to establish a way of controlling their feelings. However there are ways to even prevent you or someone else from finding themselves in a battle with self-esteem. Like be realistic about the size you are and understand that it was probably based on your genetic history. If you feel inadequate don't obsess just exercise in a way that you enjoy on a regular basis. Finally if you are feeling stressed turn to friends and family for encouragement do not let issues eat up at you from the inside. Although it is hard to feel good about yourself all the time one cannot always feel bad either; so the best advice would be just learn to accept yourself for who you are and hopefully you will find yourself at peace and relaxed with every aspect of your appearance.

## How To Be Stress Free

Lindsay Brophy  
Staff Reporter

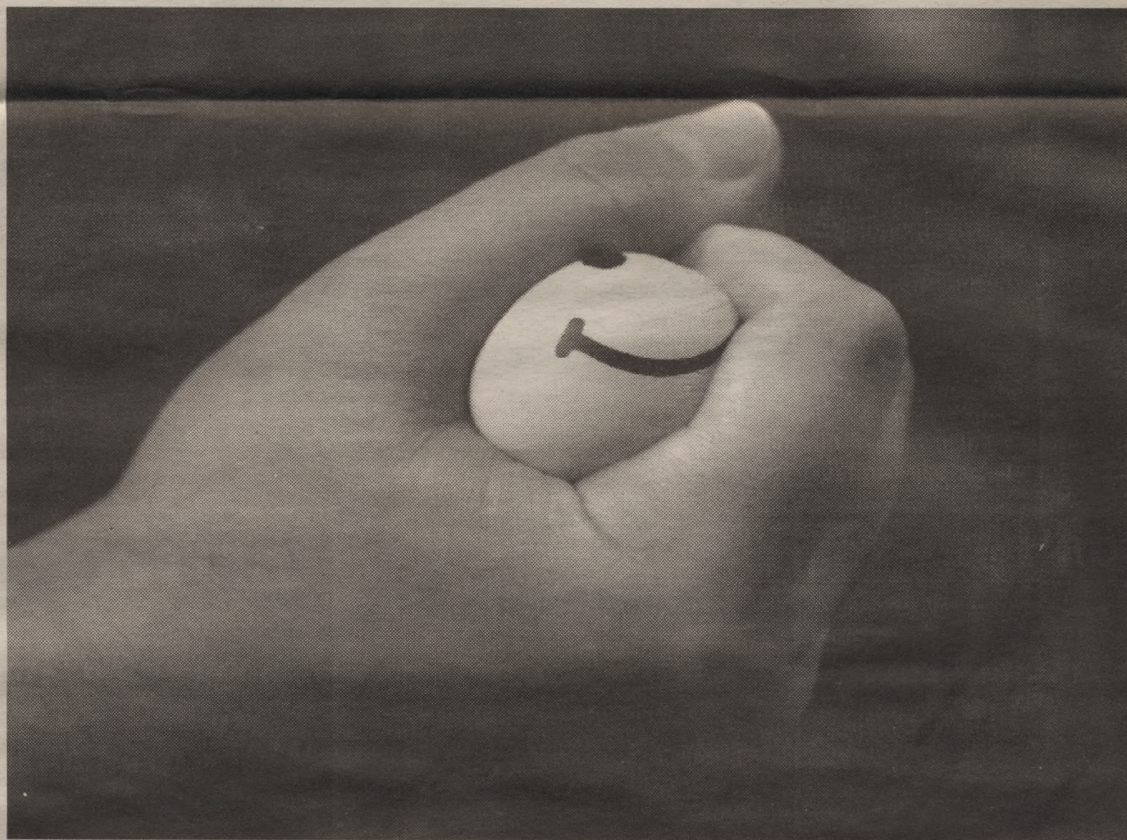
*College students experience high stress at predictable times each semester due to academic commitments, financial pressures, and lack of time management skills. When stress is perceived negatively or becomes excessive, it can affect both health and academic performance, but there are ways of preventing that...*

The beginning of the school year is a stressful time for all students, especially college students. College life creates a lot of stress. Most students have to deal with starting new classes, moving away from home, and adjusting to living with roommates. For most freshman, this is the first time they've lived away from home. At first students can experience excitement, homesickness, loneliness, anxiety about roommates and professors, and anxiety about results of early-semester exams and papers. For example, a student responding to what stresses her out says, "Getting re-adjusted to the college life is stressful, and I stress mostly about my bank account because I spend a lot of money at the beginning of the year, and then I realize I have to budget and save." (Kristine Schneller, junior, Danville, CA.)

Although there are many things to stress about at the beginning of the school year, there are many techniques that can help to become stress free. Time management is a key element in helping concentrate on the results and not the activity. It is important for students to focus on priorities so that the most important jobs get done.

Time management helps reduce long-term stress by giving direction when there is a lot of work to do. Keeping a "To Do" list helps students deliver work reliably without letting tasks slip through the cracks when you have a heavy workload. Other stress free techniques that you can do to relieve stress when you feel overwhelmed are creating diversions and taking a break daily to do something that is healthy for you and your body. Taking a break from what your doing to simply breathe in and out can help you calm yourself and put things in perspective. Sacred Heart University also offers many different classes in aerobics, kickboxing, yoga, and Pilates. These classes are offered at various times and days at the Pitt Center, not including Friday or Sunday. Students can find information on specific times and days for each class through the universal e-mails that are sent to all students.

All of these techniques can be applied to everyday life and really help you on your way to becoming stress free. Effective planning and use of these techniques and activities should help keep your mind and body at a steady calm. And remember, a simple "breathe-in-breathe-out" exercise is a quick fix in times of stress and anxiety. College is a fun and exciting time in your life, but no one ever said it was easy!



The Spectrum/DANYA JIMENEZ  
Clenching your hands together is a common way people deal with stress, that is why the stress ball has become such a popular device in fighting stress.

**If there is anyone who would like to write for features or have their organization featured in the paper please submit your name and idea via email.**

**Dance Instructor  
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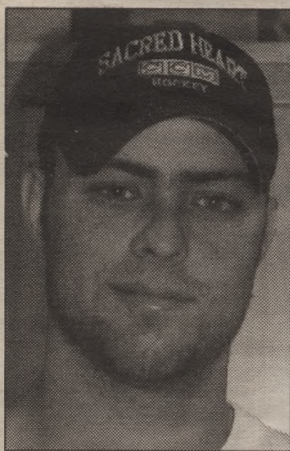
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# BEYOND SHU

## Pennant Race Fever in MLB



By Bryan Fogle  
Sports Columnist

The 2004 Major League Baseball regular season is now down to its final month, a month that will either make or break many teams' playoff hopes. With only the St. Louis Cardinals running away in their division with a 17.5 game lead, there are still five divisions left to find a champion. The only other divisions that have teams with a lead greater than five games are the American League Central with the Minnesota Twins and the National League

East with the Atlanta Braves, but in all honesty, did anyone out there think they weren't going to win the division? Not like they haven't won that division every year since the Philadelphia Phillies last won it in 1993. The remaining four divisions are wide open, and could possibly take until the last game of the season to declare their champion. With that said, it will almost assuredly take a full 162 games to determine each league's Wild Card winner as well.

The American League East Division is almost without a doubt what most people here at Sacred Heart are keeping the closest eye on. On August 16th, the New York Yankees had a 10.5 game lead over the Boston Red Sox. Since then the Red Sox have picked up eight games in the standings and cut the Yankee division lead to 3 games on September 14. This turnaround can be attributed to a few factors. First off, the Yankee pitching staff has been utter garbage of late, with their number one starter being "El Duque" who at the beginning of the season was entirely off the Yankee pitching radar. With starting pitchers like Kevin Brown, Javier Vazquez, and Mike Mussina, who are the Yankees turning to for a spark in their starting rotation? "El Duque" and Jon Lieber, two pitchers who did absolutely nothing in baseball in the 2003 season. Another factor is the Red Sox are simply on fire lately both offensively and with their pitching. This all said though, I am going to stick with my gut feeling and my Yankee pinstripe pride and say the Yankees will win the division... by all of at most 1.5 games and the Red Sox will clearly take the Wild Card.

The Minnesota Twins will wrap up the American League Central by September 20<sup>th</sup> so I can keep this one short and to the point. While they have been winning games recently with the combination of strong pitching by Johan Santana and 206 year old Terry Mulholland (actually 41 years old) and timely hitting by perennial all-star Torii Hunter and rookie first baseman Justin Morneau, who in only 56 games this season is batting .256 with 17 homeruns and 45 RBIs. The only way I foresee the Chicago White Sox taking over this division is if rookie right fielder Joe Borchard continues to hit 500-plus foot homeruns at an alarming pace of three per game. Basically, this division is in the hands of the Twins.

Now the American League West may be the tightest division. With just under 25 games remaining on their schedule, the Oakland Athletics hold a slim 1.5 game lead over the rally monkey's favorite team, the Anaheim Angels. As recent as two weeks ago this was a three-team race with the Texas Rangers fully in the hunt. But unfortunately

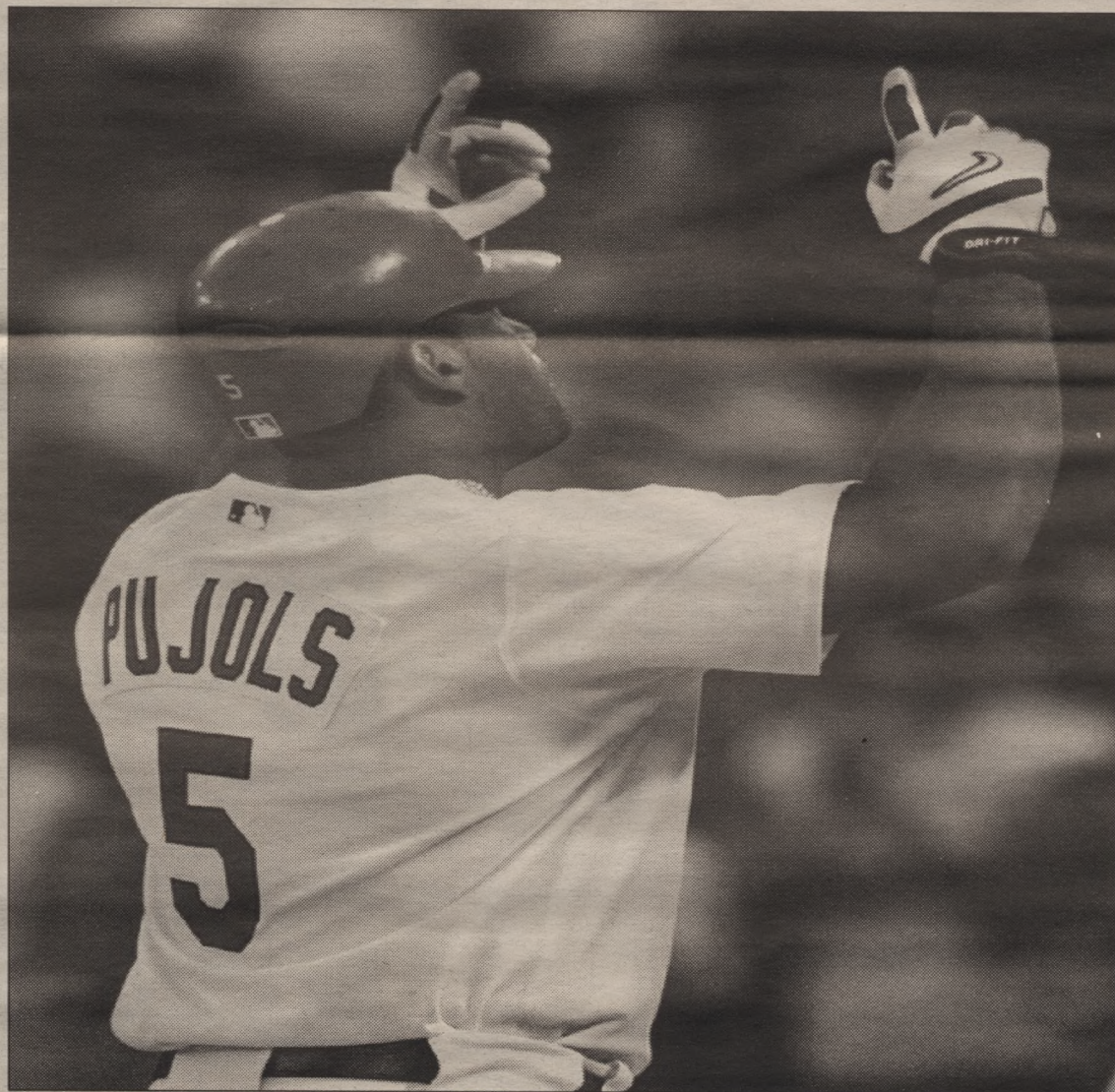
for the Rangers, it seems as though they have shut it down, falling back 6 games and inching closer and closer to another heartbreaking season of no playoffs. With Oakland presently taking their lumps from the Red Sox, the door is open for the Angels to move in and even further cut this lead down or even surpass the A's in the race to the division pennant. With the remainder of both team's schedules containing a big three-game series at

Anaheim on September 24 through the 26, this division is wide open.

I'm sorry Mets fans but it looks like yet another disappointing season for you and your beloved Amazins'. The Atlanta Braves just know how to win games and under the leadership of Bobby Cox and the ever-nervous Leo Mazzone, the National League East title goes yet again their way. Somehow even without the dynamic trio of John Smoltz, the professor Greg Maddux, and the man who needs to wear a seatbelt when riding in New York City taxis, Tom

a season to remember. On any given day, the Cardinals have three strong National League MVP candidates in their lineup. Albert "I am 23 and headed to the hall of fame" Pujols is batting .329 with 43 homeruns and 110 RBIs. Scott "RBI machine and hot corner vacuum" Rolen is batting .320 with 33 homeruns and 121 RBIs. Finally there is the ageless wonder Jim "I rob a homerun every game and hit two myself" Edmonds who is batting .319 with 41 homeruns and 107 RBIs. There are simply no weak spots in this lineup. As a team the Cardinals are batting .277 with 188 homeruns and 710 RBIs. There is no question in this division, just look at the numbers.

The National League West leaders, the Los Angeles Dodgers, hold a 4.5 game lead over the San Francisco Giants. This lead is smaller than the numbers indicate. A 4.5 game lead over a team that has Barry the Great is basically equivalent to a two game lead. Yes the Dodgers do have their own



AP Photo/James A. Finley

The sky is the limit for Albert Pujols and the Cardinals as they are close to clinching a playoff spot.

Glavine, the Braves still win. It might not be the same brand of baseball we are all used to seeing from them, but they get the job done. Today's Braves are a different breed of younger players like Rafael Furcal mixed with seasoned all-stars like Andruw and Chipper Jones. I have never been a fan of the Braves myself, but they get the job done and every year, including this year, finish on top of the National League East.

The division race in the National League Central has been over since day one of the regular season. The St. Louis Cardinals, a team with no "ace" of their pitching staff, are having

legitimate MVP candidate in Adrian Beltre, who is having his best season of his career, but the Giants have Barry Bonds and he is simply the greatest player in the game. Just short of 700 career homeruns look for Bonds to lead the Giants back into contention, whether it be the NL West or the NL Wild Card.

My predictions may not be overly accurate but hey, when will a Yankee fan ever say the Red Sox will overtake them for a division pennant? Also, it takes a person who has no knowledge about baseball to not give the Giants a legitimate shot in their division. Look forward to a great month of baseball leading up to great playoffs and hopefully then a great World Series.



# BEYOND SHU

## Federer and Kuznetsova Win U.S. Tennis Open

Caitlin Dour  
Staff Reporter

Roger Federer defeated Lleyton Hewitt on Sunday, September 12 to capture the first U.S. Open Championship of his career.

"Players like Roger Federer and Lleyton Hewitt make watching tennis fun and interesting for me. The matches are high energy and after watching tennis during the Olympics this summer, I made sure to watch the U.S. Open," said junior Amanda La Para (Paterson, NJ).

Federer, from Switzerland went in to the U.S. Open the top seeded player in the world. Federer defeated Hewitt, who is the 2001 U.S. Open Champion, in three sets, 6-0, 7-6, 6-0. By defeating Hewitt, from Australia, Federer has become the first man to win three Grand Slam titles in one year since Mats Wilander in 1988.

Federer also won the Wimbledon Championship this year, and by winning both Wimbledon and the U.S. Open, became the first since 1995 to win back-to-back championships. He is also 4-0 in Grand Slam Finals. Before the U.S. Open Finals, Lleyton Hewitt was on a winning streak of 16 matches in the U.S. Open series. In an interview on usopen.org, Lleyton Hewitt was quoted as saying about Roger Federer "he definitely has a chance at becoming the best of all time."

With two Wimbledon titles, an Australian open title, and now a U.S. Open title, he is on his way to doing just that, and Federer's career could rival those of Andre Agassi, Pete Sampras and John McEnroe. At only 23 years old, Federer has overwhelming power and a crushing forehand, which could give him the chance at becoming one of the best players ever.

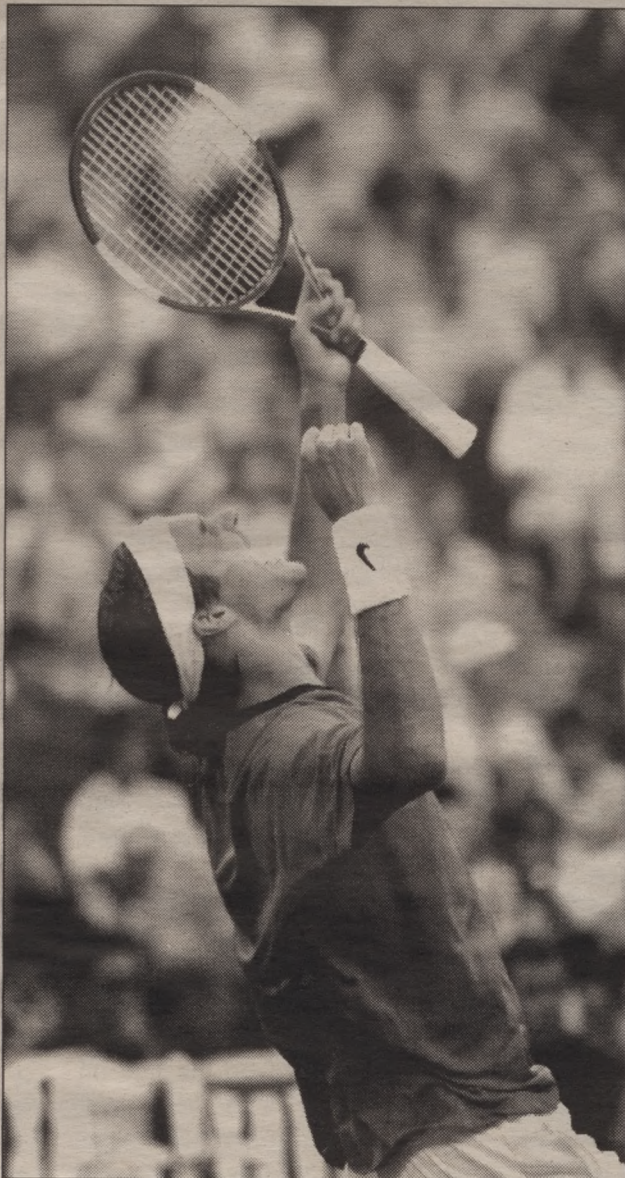
In the women's championship, 19-year-old Russian Svetlana Kuznetsova defeated Elena Dementieva, 23, on Saturday September 11 in two sets, 6-3, 7-5. Even though Kuznetsova had done very well in other tournaments, she could not make it to other Grand Slam events. By winning the U.S. Open title, Kuznetsova becomes the third straight Russian to win a Grand Slam title this year.

Earlier this year, Maria Sharapova won the Wimbledon championship and Myskina won the Roland Garros championship. Coming in to the U.S. Open, Kuznetsova was ranked ninth in the world, while Dementieva was ranked sixth in the world. To advance to the finals, Kuznetsova played her best and beat such veterans as Mary Pierce, Nadia Petrova, and Lindsay Davenport. Kuznetsova played aggressively without showing nerves and proved to be the player she knew she was.

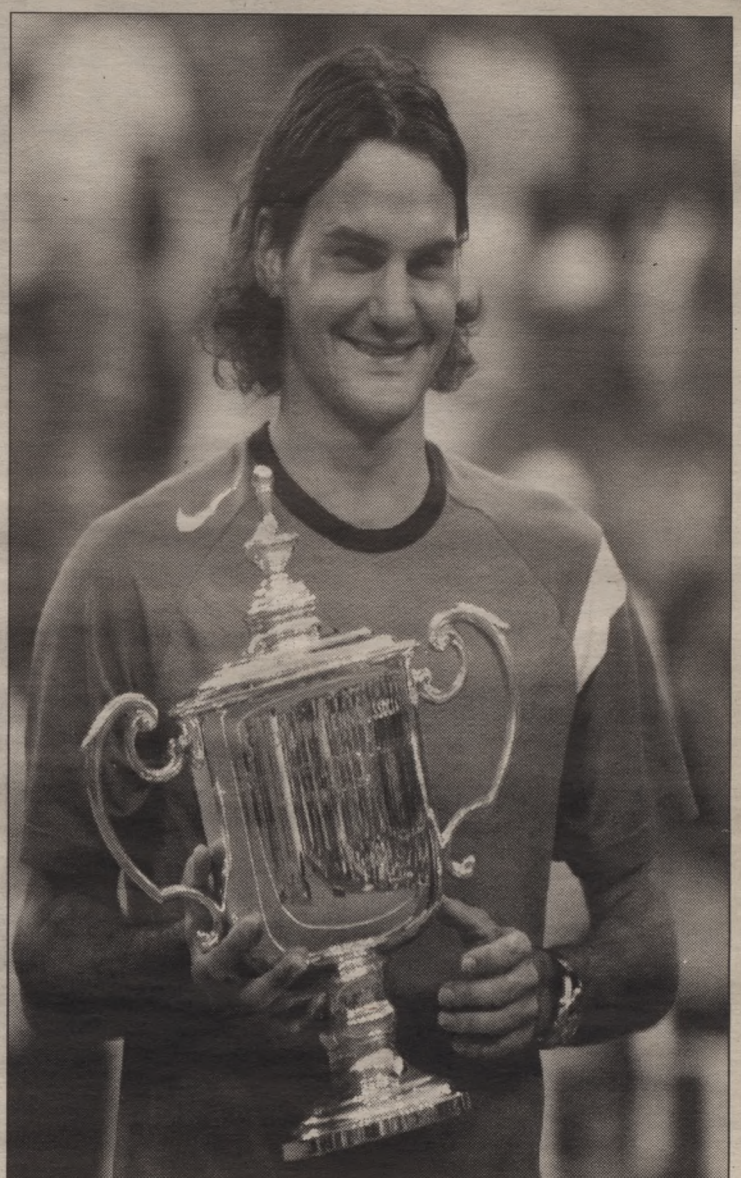


AP Photo/Richard Drew

Svetlana Kuznetsova, of Russia, makes a return against compatriot Elena Dementieva, during the women's singles final at the U.S. Open tennis tournament in New York, Saturday Sept. 11, 2004.



Roger Federer's dominance has made him into the top male player in the world and the first since 1988 to win three Grand Slams in one calendar year.



AP Photo/Kathy Willens



# CAMPUS SPORTS

## SHU Softball Sweep Doubleheader Start Year 2-0

Ed Napoleoni  
Staff Reporter

The  
Sacred  
Heart  
Women's  
softball

team got their season off on the right foot twice as they swept rival teams Quinnipiac and Hartford in a doubleheader to start the Fall 2004 campaign a perfect 2-0. In both games SHU was powered to victory by the combination of solid pitching, good defense, and timely clutch hitting.

"They came out and swung the bats, and we had outstanding pitching performances from all four of our pitchers. So when that happens and you put some runs together you can win a lot of games," said head coach Elizabeth Luckie.

In Game One of the double dip Sacred Heart cruised to a 3-0 shutout victory over a talented Quinnipiac ball club who really couldn't seem to figure out Sacred Heart's one-two pitching combination of sophomore Bethany Lemenager (New Bedford, MA) and junior Chrissy DeMott (Levittown, NY). Also complimenting the stellar pitching performance was the Pioneer's equally stellar play on defense. DeMott, who benefited from the exceptional play in the field said, "Our defense was really good today, I really think we've improved from last year."

Shortly after their dominating performance in game one, the Pioneers had little time to celebrate, or feel tired, as a determined Hartford team awaited them in game two.

"When you win the first game you're pretty pumped up, you're ready to play the second game," said Lemenager.

The Hartford Hawks also came to play as they rode an incredible performance by their starting pitcher

Caitlin Eichler from Madison as she tossed four innings of no-hit softball and retired 10 of the first 12 batters she faced.

Conversely, Pioneers hurler Danielle Mellin (Madison) struggled in the 1<sup>st</sup> inning, promptly allowing two runs on two hits. She was able to overcome a shaky start and limit the Hawks to only one run in her final 3 innings of work.

"Basically it was one pitch that wasn't really working for me, and I made some adjustments and was able to come back and get them on it," said sophomore Mellin.

"No matter what's going on, as a pitcher I have to stay within myself and know that no matter what the score is I still control the tone of the game. I could give it up and throw in the towel and they would have a lot more runs and we wouldn't even be in it. By focusing on what I have to

spark they needed when she led off the 5<sup>th</sup> with SHU's first base hit. Then the ceiling fell in on Eichler's performance as the next three batters all reached base bringing the Pioneers to within 3-1. After a wild pitch allowing another run to score, freshman sensation, pitcher Megan Spehar from CA, lined a single to drive in two more runs and put the Pioneers up 4-3. That's all the offense the Pioneers would need as it was Spehar's turn to relieve starting pitcher Danielle Mellin.

"I knew I had to be focused to go out there. I was a little nervous since it was my first time for Sacred Heart, but I knew I had to stay focused and concentrate on what I had to do, and basically just give it my all," said Spehar.

She put on quite a show in her collegiate debut throwing three perfect innings and striking out six of the



The Spectrum/ED NAPOLEONI

**Megan Spehar knocked in three runs and struck out 6 in her SHU debut.**

do and keeping my composure I can keep us in it."

Mellin held the score at 3-0 until the Pioneer's offense exploded for four runs in the 5<sup>th</sup> inning. Catcher Caitlin Carroll gave the offense the

nine batters she faced. The Pioneers added another four runs in the top half of the 7<sup>th</sup> inning and picked up their second victory of the day 8-3.

"We only had one practice, but were very talented, we came together even though the majority of our team is freshman and sophomores. Our goals for the season are to make the playoffs, and to do well," said Tiffanie Cross-Monzo, a junior from Thousand Oaks, CA.

The Pioneers feel good about starting the season off on a positive note and have nothing but high expectations for the rest of this season. They will put their undefeated record on the line on Saturday Sept. 18 as they travel to Amherst, Ma to play a doubleheader against Holy Cross and UMass.



The Spectrum/ED NAPOLEONI

The softball team will play a doubleheader on Saturday in Amherst against Holy Cross and UMass. -

## Football Loses 35-28

Al Ruggiero  
Staff Reporter

The Sacred Heart football team traveled to Loretto, PA this past Saturday to play a key Northeast Conference game against the Red Flash of St. Francis University, but was defeated by a final score of 35-28.

The Pioneer's defense could not handle the one two punch of St. Francis' two running backs, Todd Harris and Ricky Taylor. They wore down the Pioneer defense combining for 274 yards and two touchdowns on the ground. The ground attack of St. Francis helped the Red Flash control most of the game as they had the ball for 37:37 compared to the Pioneers 20:44.

The Pioneers also established a solid running game, with junior Ed Pricolo (Johnston, RI) running for 178 yards on 24 carries and one touchdown. Through the air, sophomore quarterback Dan Ammel (White River Junction) threw for 193 yards with one touchdown, and completing 13 out of 39 passes. St. Francis' quarterback Anthony Doria threw for 198 yards and one touchdown completing 12 out of 28 passes.

Despite the fact that the high powered offense of the Red Flash put up 35 points and gained a total of 467 yards in total offense, the Pioneers may have beat themselves, turning the ball over five times.

"We just made too many mistakes, and turned the ball over too many times" said senior linebacker Dave Morson (Ocean, NJ).

Ammel threw three interceptions and the Pioneers coughed up the ball three times, accounting for two lost fumbles. Accompanying the five turnovers, the Pioneers were also penalized seven times for 46 yards.

"We had a good chance to tie up the game, but we just couldn't execute," said sophomore wide receiver Joey Henley (Kent, WA), who was recently named the North East Conference football rookie of the week.

This Pioneer charge came late in the game down one touchdown as they drove deep into Red Flash territory. Ammel attempted two passes to Henley, but were unable to get into the end zone.

"In order for us to start winning some games, we have to pull together as a team and play together," said Morson.

After losing their first two games, the Pioneers are going to have to do exactly what Morson said in order for them to play well the rest of the season. This Saturday the Pioneers look to rebound off two early season losses, as they face Iona in their home opener. Game time is set for 2:00 PM at Campus Field.



# CAMPUS SPORTS

## Women's Soccer Falls Short

Lissa von Brecht was a great day for  
*Staff Reporter*

fall soccer. The sun was shining and the temperature settled at a mediocre 75 degrees. However, the day did not turn out so great for the Sacred Heart women's soccer team as they fell to the Northeastern Huskies, 2-0, at Campus Field. The first goal of the game came 43 minutes into the first half from a direct kick scored by Husky, Jessica Pfeifer. The Pioneers would go into the second half not scoring and only having three shots on goal.

"Anytime a team scores on us, regardless of how it was done, we just have to keep our heads high and focus on our game and the way we play," said senior and captain Lisa Harvey (Gales Ferry).

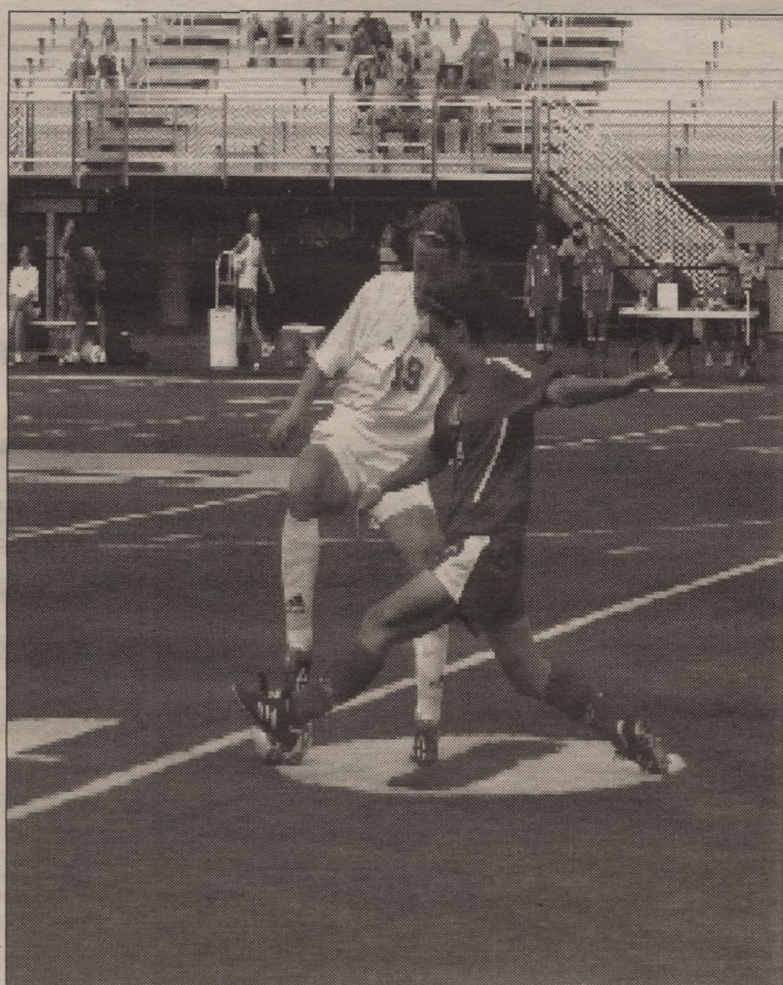
The second half started up and it seemed as is the Pioneer women would not let the first goal get to them. They were ready to start this game over. However, an unfortunate incident gave Northeastern player Jessie Haidamaka a chance to improve their lead to two. A shot from to the top corner went right over the

hands of sophomore goalie Ashley Mocarski (Stratford).

"All mental breakdowns hurt teams and that's basically what the goals were today," said Harvey.

Later in the second half the Pioneers just got unlucky as they had several chances to score with three great shots, but were unable to capitalize. Junior Erica Rico (Cranston, RI) started off the series of shots by missing a direct kick just right. A few minutes later sophomore Lisa Burbige (Babylon, NY) had a great shot that was tipped over the net by the fingers of the Northeastern goalie. Later in the game, senior Nathalie Urbas (Pickering, Ontario) had another shot but just missed to the left of the goal. This series of unlucky misses would cause the Pioneers to fall to Northeastern. The shots on goal were 8-6 in Northeastern's favor.

This loss forced the Pioneers to fall 1-4-0 on the season. Their next games take place against Siena and Albany at the University of Albany tournament this weekend. Sacred Heart will not return home until October 1 when they will take on Long Island University.



The last time the women's soccer team started the season 1-4 they won the North East Conference.

## SHU Rugby Teams Looking for Players...

The Sacred Heart Rugby team started in the fall of 1992 at Seaside Park in Bridgeport with about a dozen players. Today it has more than two dozen stout-hearted men who are devoted to keeping this tradition strong at Sacred Heart. Since mid-August they have been practicing in the Quad several hours each day-sometimes in daily three hour sessions.

New players are always welcome. Just come down and introduce yourself to any one of the seniors: Dan Vitano, John Horvath, Bill Cavagnaro, or Greg Haney. Coach Eric Bicik encourages students to be part of this great tradition.

The Women's Rugby team is also up and running and practicing everyday under the able coaching of Ian Goodnow. The team welcomes newcomers. Just show up and introduce yourself to any team member or the coach. You will not be disappointed to be part of the Heart Tradition.

### Women's Schedule

Sept. 26	at Army	Away	2:00 PM
Oct. 3	vs. Rutgers	Home	1:00 PM
Oct. 10	at Vassar	Away	1:00 PM
Oct. 17	vs. Columbia	Home	1:00 PM

### Men's Schedule

Sept. 19	vs. Maris	Home	3:00 PM
Sept. 26	vs. Fairfield	Home	3:00 PM
Oct. 3	at Stony Brook	Away	1:00 PM
Oct. 17	at Iona	Away	1:00 PM
Oct. 24	vs. Vassar	Home	2:00 PM

## Pioneer Schedule

### Friday, September 17

Men's Soccer	vs. Maine	Fairfield, CT	3:30 PM
Women's Soccer	at Siena	Albany, NY	3:00 PM
Women's Volleyball	at Wofford	Princess Anne, MD	1:00 PM
Women's Volleyball	at UMES	Princess Anne, MD	5:00 PM
Women's Golf	at DCI	Hanover, NH	All Day
Men's Golf	at CCSU Invit	New Haven, CT	TBA

### Saturday, September 18

Football	vs. Iona	Fairfield, CT	2:00 PM
Softball	at UMass	Amherst, MA	TBA
Softball	at Holy Cross	Amherst, MA	TBA
Women's Volleyball	at Youngstown St.	Princess Anne, MD	10:00 AM
Field Hockey	vs Rhode Island	Fairfield, CT	10:00 AM
Women's Volleyball	at Columbia	Princess Anne, MD	4:00 PM
Men's Golf	at CCSU Invit	New Britain, CT	TBA
Women's Golf	at DCI	Hanover, NH	All Day

### Sunday, September 19

Softball	vs Alumni	Fairfield, CT	12:00 PM
Women's Soccer	at Albany	Albany, NY	4:00 PM
Field Hockey	at Lehigh	Bethlehem, PA	1:00 PM
Men's Golf	at CCSU Invit	New Britain, CT	TBA
Women's Golf	at DCI	Hanover, NH	All Day



# SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

## Beyond SHU

Sports Columnist writes about  
baseball playoff races (page 12)

## Campus Sports

Men's football loses  
to St. Francis (page 14)

## Campus Sports

Women's softball wins doubleheader  
(page 13)

## Campus Sports

Women's soccer team falls short  
at home (page 15)

# Women's Tennis Team Rallies on the Courts and in the Classroom

Joe Finis  
Staff Reporter

"A good night's rest, eat healthy in the morning, and stretch," claims freshman Kristina Frassanito's (Little Neck, NY) whose pre-match preparation seemed to work well for the Sacred Heart women's tennis team this Saturday September 11, as they went 9-4 on the day at the Fairfield University Doubles Invitational.

The Pioneers had three teams competing in the tournament and one team for exhibition. Sacred Heart's first flight team of Pamela Pillo (sophomore, Shelton) and Lauren Galatie (junior, Monroe) finished the day with a record of 3-1, defeating teams from Providence College, the University of Albany, and the University of Rhode Island. The team breezed through

winning three straight sets to hold their opponents to 7, but lost in a heartbreaker. The team of Schnell and Shoop finished 2-2 for the day.

Sacred Heart's third flight team of senior Katelyn Kittredge (Medfield, MA) and junior Lissa Von Brecht (Cumberland Foreside, ME) also started off the day 2-0, defeating the teams from Fairfield University and Albany. The match versus Albany was one for the history books as Kittredge and Von Brecht came back from a 7-4 deficit, winning five straight sets to finish off Albany's team in a tiebreaker. The team from SHU then rolled over Holy Cross in an 8-2 semifinal match, before suffering their first loss in the third flight finals match against Stony Brook in an 8-2



The Spectrum/ JOE FINIS

Katelyn Kittredge and doubles partner Lissa Von Brecht were named NEC Tennis Co-Players of the Week.

think we have a lot of good opportunities this fall to build the team and I think we're going to do really well."

Entering his seventh year as the coach of both the men's and women's tennis teams at SHU, coach Mike Guastelle seemed to be optimistic about the coming

year for tennis.

"We've got five or six of our top players back from last year and a couple of freshman that should help us out... it's going to take some time, but everything's going well so far...time will tell, we'll see where we're going to be at."



The Spectrum/JOE FINIS

Pam Pillo and Lauren Galatie were a doubles team in the Fairfield University Doubles Invitational.

the first rounds of the tournament, outscoring their opponents 24 games to 9, but lost a tough match in the first round of the semifinals to Providence. "We played a lot of tough teams," said Pillo.

The second flight team of junior Darcy Shoop (Rocky Hill) and freshman Jessica Schnell (Schenectady, NY) opened the day for Sacred Heart with an 8-8 match that had to be taken to a tiebreaker set. Shoop and Schnell got the win off of an amazing point versus the team from the University of Rhode Island.

Their second match saw a victory over Fairfield University's second flight team in an 8-5 match. The Pioneers were invincible up until their first third round match of the day when Shoop and Schnell lost a tough battle against Albany's team. The second flight team's last match of the day saw a stunning comeback attempt from Shoop and Schnell,

match.

Kittredge also competed in an exhibition match after her first round tournament match. Teaming with Frassanito, they defeated Providence in an 8-4 match. When asked about how she felt about joining the team, Frassanito said, "At first I was really nervous, but I'm getting used to it now. [My teammates] are being very welcoming...I enjoy it."

Over the summer, the Sacred Heart women's tennis team received the honor of being named an Intercollegiate Tennis Association All-Academic Team. Earning an average GPA of 3.34, the team has made it as an ITA All-Academic Team for three years in a row.

"I see it as a really great opportunity for the team to get together and for me to kind of show them the ropes after four years of tennis," said Kittredge about having a small team full of young athletes. "I



The Spectrum/ JOE FINIS

Darcy Shoop competing in a match against Rhode Island.