

Sacred Heart is Marching Onto TV

Sarah Decker
Staff Reporter

Sacred Heart University's marching band traveled to Uniondale, NY last Wednesday to participate in a commercial for Verizon's new holiday promotion. The 14-hour day began at 4:45 a.m. with



Contributed Photo/KEITH JOHNSTON
Part of the commercial consisted of the marching band running off the field as they heard Verizon's new promotions.

a 2-hour bus ride to the Mitchell Athletic Complex, where the filming took place.

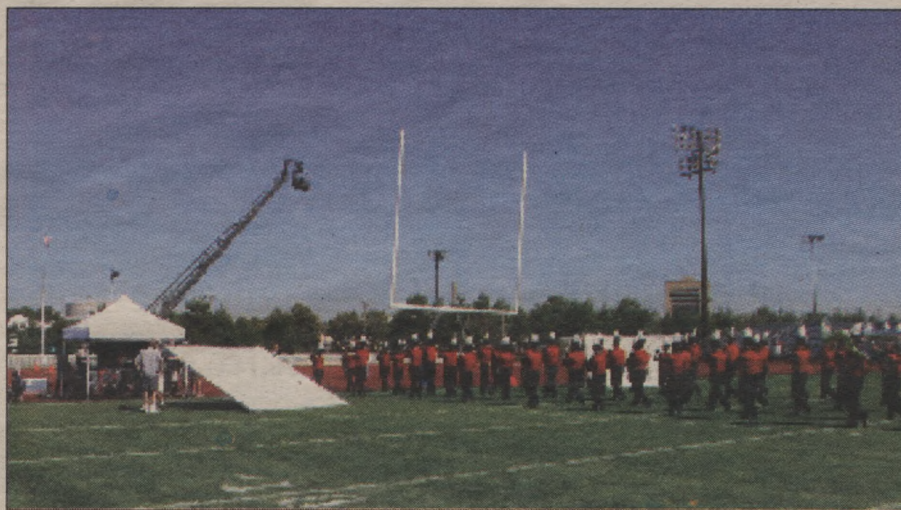
"Let's go for it," Keith Johnston, director of bands, said when the idea was brought to his attention with a phone call on Sept. 3. The advertising agency, McCann-Erickson USA, Inc., was looking for a 50 member band from a smaller university.

The band was not only required to send videotapes, many pictures, and music recordings to the company, but also had to drop off their uniform for the agency to have a closer look. After gaining the agency's interest, the company then had to coincide with Verizon.

The confirmation letter from MacGuffin Films Limited, the production company, arrived on Sept. 15, only a week before the shooting. Sam Chen, a freshman from Cape Cod, MA, traveled to New York City last Sunday to shoot the ending of the commercial first.

"I got to be one of the people in the store, checking out the phones in the end," Chen said, "and I also met many people, including the producers." According to Chen, he knew the filming would go well for the rest of the band.

"The object was for us to have fun," said Jon Parsons (freshman, Boston, MA). In the commercial, the band from "FEU" was out performing on the field at halftime. As the announcer began to talk about Verizon's new promotion, the band sped up the tempo out of excitement. The announcer continued until the band could no longer hold it in.



Contributed Photo/ KIETH JOHNSTON

Sacred Heart Pioneer Marching Band participated in Verizon commercial.

"We ran off the field towards the store, throwing instruments, but not ours of course," said Liz Winn, a sophomore from Boston, MA.

As he expected, "It was an awesome day," said Chen, "Everyone was pumped."

According to Johnston and many members of the band, they wanted to participate for the experience, even before they knew there was a check involved for them.

Mark Adzigian, director of athletic marketing and development, said "Most people do not have the chance to participate in a commercial shoot, so the whole experience should be a unique one that they will remember for a long time."

"We did what people try to do,"

said Jen Blake, a sophomore from Rocky Point, NY. The phone call with this opportunity came unexpected, but it was very advantageous for them.

Although there was a sound over with previously composed music for the commercial, "this is a great opportunity for the Pioneer marching band to represent the University on a national level and to showcase it's collective talent in a fun and different way," said Adzigian.

"This is great for the recruiting aspect," said Johnston, "it is a mark of legitimacy."

The nationally cut commercial should be airing within the next two upcoming months.

Awards Honor Faculty and Staff Excellence

Cristina Baptista
Staff Reporter

Last Wednesday, eight individuals were honored with the Sacred Heart's prestigious Faculty and Staff Awards for 2004. The awards were presented on behalf of the entire Sacred Heart community by university president Dr. Anthony J. Cernera following the annual Mass of the Holy Spirit.

This year, three specific awards were presented: the Teaching Excellence Award, the Faculty Scholarship Award, and the Outstanding Service Award.

Established in 1993 to provide recognition of and support for faculty members who pursue excellence in teaching, the Teaching Excellence Award honors professors who have made a distinct impression upon the quality of instruction at the university. The recipients of this award have also had superior involvement with students in the learning process. This year's recipient of the Teaching Excellence Award is Dr. Mary G. Trefry, assistant professor of management, honored for her passion in the study of organizational behavior and innovative teaching methods.

"It's wonderful to receive any kind of recognition for one's teaching, especially

when you love participating in the learning process as much as I do," says Trefry. "Receiving the recognition at Sacred Heart University, where we have so many dedicated and gifted teachers, is a special honor indeed. I was thrilled!"



Contributed Photo

The "Outstanding Service Award" winners. Clockwise from left to right: Michele R. Peloso, Jill E. Angotta, Cheryl C. Carlson, Dolores L. Jennings, Phyllis C. Machledt, and Lynda B. Moscovics.

Dr. Jane Gangi, associate professor of education, is this year's recipient of the Faculty Scholarship Award. This award was also established in 1993 and provides recognition of and support for the faculty's scholarly pursuits. The Faculty Scholarship

Award honors outstanding scholarship that has resulted in publications and presentations in settings involving both academics and professionals.

"I really am very touched by the award," Gangi says. Gangi's award comes as a result of her textbook, "Encountering Children's Literature: An Arts Approach," which focuses on how the arts help a wide range of children attain academic achievement, especially in reading.

"I am extremely honored to receive this award and thankful to the faculty committee that considered my book," adds Gangi. "There are other very deserving faculty members at SHU."

Gangi insists their honor comes only with thanks to colleagues and other members of the Sacred Heart staff and faculty.

"I spent over six years on the book and had the expertise of a dozen consultants, including two SHU professors, Dr. Jeffrey Cain, assistant professor of English, and Jack DeGraffenreid, assistant director of art and design," says Gangi.

"Sachi Spohn, [circulation assistant and] interlibrary loan librarian, ordered hundreds--more likely, over a thousand--books

wSee "Faculty and Staff Awards..." Page 3

A Lesson In Caring

Brittany Lockhart
Staff Reporter

Last Thursday was the first in the Hersher Lecture Series: Scientific Perspectives on Ethics. At 3:30 p.m. in the Pitt Center Board Room, Dr. Stephen G. Post, writer of "The Moral Ethics of Alzheimer's Disease," presented the first lecture, "Love, Persons, and the Deeply Forgetful: Alzheimer's and Grace." According to Dr. Post, there were two focuses of his presentation, the first being a "focus on the deeply forgetful" and the second being on "a dialog between science, ethics, love, and altruism."

An issue that Dr. Post looked at in his speech was how people think about other people. He brought up the fact that many people have a very

wSee "Alzheimer's Lecture..." Page 2

CAMPUS NEWS

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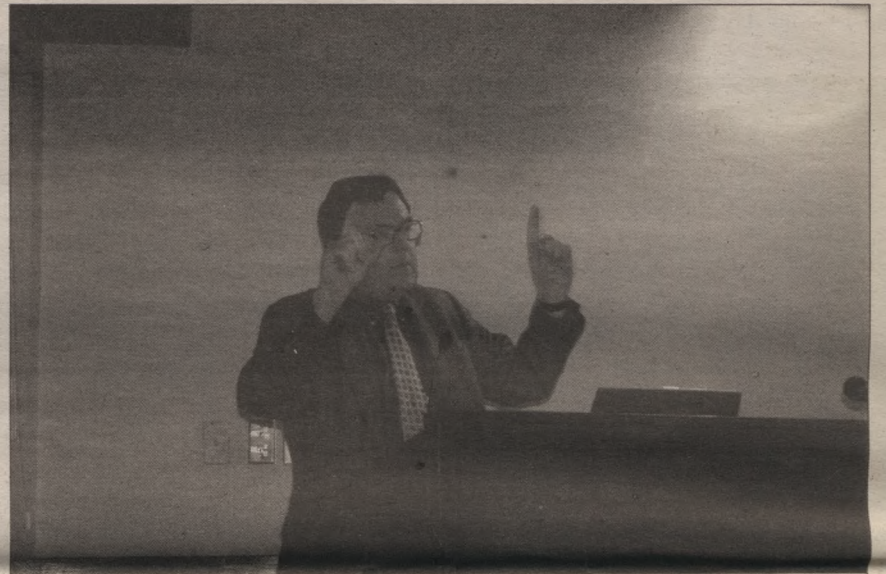
Alzheimer's Lecture

Continued from Page 1

bleak outlook on life, that they think everyone is just out for himself or herself and are harshly judging everyone else. How people think about other people translates to how people treat other people, and when you are dealing with Alzheimer's patients this is a very important factor. "I learned that people

experienced while doing research in this field, one being an "Alzheimer's clown." He used this story to go a little deeper into the characteristics needed to work with the deeply forgetful, two of them being patience and kindness.

Dr. Post said, "Love is the more basic human reality than cognitive facts." Alzheimer's patients respond



The Spectrum/DANYA JIMENEZ

Dr. Post shared his experiences with Alzheimer patients to the Sacred Heart Community.

who work with Alzheimer's patients must have a great deal of knowledge of the disease, and at the same time have patience and understanding. Above all, they must have love for their patients," said Kristian Finneran, a senior from Dumont, NJ.

While it is only one form of dementia, five million Americans suffer from Alzheimer's disease. Dr. Post spoke about the different things he

to the love and caring of others, even if they don't remember who they are. Jennifer Binns, a sophomore nursing student from Wethersfield said, "It is important for everyone to learn about this disease because it affects so many people. We as a society need to know what kind of care to give them because they are humans too, and even though they can't remember things, they still feel."

Campus Events Calendar

September 30

9:00 p.m. - Holy Grounds, Building A. All are welcome to an open mic poetry reading.

10:10 p.m. - A comedy showcase will be held in the Outpost Pub. Sponsored by SET

October 2

7:00 p.m. - Mahogany Room. Student life will be hosting a concert featuring several independent or unsigned bands from the New England area.

7:30 a.m. - 5k Run/Walk. Event will be held on an off-campus route. Exercise and support SHU!

12:30 p.m. - Homecoming Parade. Performance by the SHU band and floats created by various clubs and organizations.

nizations.

October 3

10:00 a.m. - Buses will be taking a trip to the Big E, the New England States Exhibition Fair, in Springfield, MA. Contact Student Life for more information, cost is \$5.

3:00 p.m. - At the volleyball space behind South Hall a beach volleyball tournament between the different residential halls will be held. Contact Theresa Duffy for more information.

October 4

5:30 p.m. - West Hall Great Room. Watch some provocative short films or video clips and talk about them over free pizza.

7:00 p.m. - William H. Pitt Center

Board Room. Rev. Gerald O'Collins, will deliver the keynote public lecture on the topic "Is Resurrection Faith Credible?" Free event, and open to the general public.

9:30 p.m. - The Outpost Pub. Monday night football.

October 5

7:00 p.m. - Managing the Grad School Application Process. Learn what you need to do and when to get into the school of your choice. Contact Mary Jane Miller for more information.

October 6

8:00 p.m. - Room A. Ballroom dance club lesson, open to all FT undergraduate students. Contact Maureen Bell for more information.

For more information about these or other campus events, visit: <http://calendar.sacredheart.edu/>

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CAMPUS NEWS

Faculty and Staff Awards

Continued from Page 1

for me during the past several years. She certainly deserves credit!" Gangi adds.

Recognizing outstanding service by a full-time administrators and staff in assisting the university in fulfilling its mission, the Outstanding Service Award was established in 1994. This award truly "acknowledges those among us who go above and beyond in living out the mission of the University," says Dr. Donna Dodge, SC, vice president of mission and planning.

This year, six faculty and staff members were honored with the Outstanding Service Award: Jill Angotta, director of special services, academic support services; Cheryl Carlson, the Counseling Center departmental secretary, Dolores Jennings, office manager at the Stamford campus; Phyllis C. Machledt, director of service-learning and volunteer programs; Lynda Moscovics, assistant to the dean, College of Business; and Michele Peloso, assistant to the dean, College of Education and Health Professions.

"I was truly surprised when Sr. Donna called me to let me know that I was one of the recipients of the award. I really appreciated the time my co-workers put into the nomination process," says Carlson. "I work with great people in the Counseling Center.

We make a great team and they all deserve this award. I love my job and I love working with the students."

Members of the faculty and staff can nominate individuals for these awards.

Nominations are then gathered before a committee, comprised of past award recipients, reviews the nominations. The committee then makes recommendations to the university president. Lastly, the president makes the final decision as to who earns the awards.

"This award means a great deal to me because of the people who took the time out to write the nomination," says recipient Angotta. "While I do enjoy my work, it's always nice to get a pat on the back from your colleagues."

Angotta works to design individually tailored support and instructions that engage each of her students in active learning both in and out of the classroom. Thanks to

Angotta's work, the Sacred Heart Special Services program has evolved into one of the most successful and sought after programs in the Northeast, according to an information packet of citations released at the time of this year's Faculty and Staff Awards.

"I am honored to be a recipient of an Outstanding Service Award," Moscovics says. "It is very gratifying to receive acknowledgement of and thanks for the work that one does." Moscovics adds that the award itself is the result of having a job she enjoys, a job that requires the completion of demanding tasks in order to help keep things running smoothly in the College of Business.

"I love working at SacredHeartUniversity," she says, "and being part of a team that supports students as they develop

"I love working at Sacred Heart, and being part of a team that supports students as they develop their academic and life skills."

**- Lynda B. Moscovics
Assistant
Professor of
Management**

their academic and life skills. I have made many important friendships in the [more than six] years I have worked here, and

truly appreciate everyone that helps me get my daily tasks accomplished."

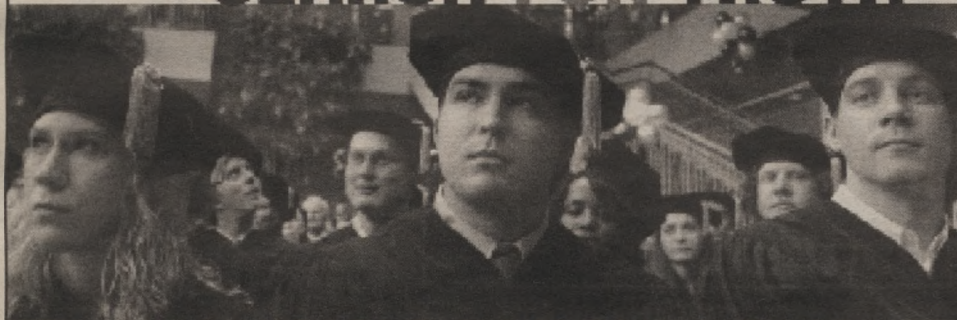
"The award was greatly appreciated," Peloso says of her achievement. "I work with wonderful people who are thoughtful and who don't hesitate to acknowledge others work and accomplishments."

According to the awards citation packet, Peloso has "given the College of Education and Health Profession a reputation for enthusiasm, competence, and humanity" through her selflessness and hard work.

Other award recipient Machledt was honored for her work facilitating ongoing community service opportunities for over 1000 students each semester. Honoree Jennings was awarded for her unwavering commitment at the Stamford campus, including her flexibility during rough, transitional periods.

"There is a large...plaque on the wall outside the Student Union office," says Dr. Margaret Palliser, assistant vice president for mission. "All of the past recipients' names are listed there, including the eight who just received awards." Students are encouraged to view the plaque honoring the award recipients, as well as congratulate the hard-working faculty and staff that comprise a great part of the Sacred Heart community.

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CAMPUS NEWS

Habitat For Humanity Builds Awareness

Kayla O'Brien
Staff Reporter

Dressed in sweatshirts and long pants, 23 members of Habitat For Humanity held their seventh annual sleep out on Friday night. The goal of the sleep out and fundraiser was to raise awareness for affordable housing, especially locally in Bridgeport. The sleep out was held on the Flik patio lawn from 8 p.m. to 8 a.m. the following morning.

Students raised money by having professors, friends, family, and neighbors donate money for the time spent outdoors. The goal was to match or surpass their total last year, \$2,500. By about 8:30 p.m., approximately \$600 had already been raised. Finally, by 8:00 a.m. Saturday morning, "the grand total raised was around \$1,150. We should get around \$1,500," Habitat treasurer, Mike Housasian from Thompson said.

The overall expectations of the

night included "having fun, good recruitment, bonding with old and new members, and to raise money

games and had refreshments such as grilled cheese from a makeshift grill.



Contributed photo/ Phyllis Machledt

Habitat for Humanity members take a break after long hours of work at a house in Bridgeport.

for those living in Bridgeport," Housasian said. Through out the night, the Habitat members played

board boxes, but due to an overwhelming amount of moisture and consequential colds, the students

decided to just stick with the tarp.

Positioned near the Lasertron, Habitat hoped their location would attract freshmen and passer-byers in order to create awareness campus-wide. "Tonight is a set point of what we can or cannot accomplish this year." Fundraising chair, Michelle Robertson said. "We can always use donations and help during work days," said Robertson.

"We wanted to join Habitat for Humanity to get involved and it seemed like a fun thing. It will make us feel good afterwards," sophomore Danielle Bruzese from Staten Island, NY said.

"It's a really great cause and it's great for Bridgeport," Bruzese said. "I love it," Housasian said. "[Habitat for Humanity] is a great organization. Working with them you really get something special out of it." Housasian, along with Burzese and other volunteers, went directly from the sleep out to a building site to kick off the year.

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BEYOND SHU

State Files Civil Lawsuit In Corruption Scandal

Susan Haigh
Associated Press

HARTFORD, Conn. - Attorney General Richard Blumenthal filed a lawsuit Monday charging seven people and four companies with steering state contracts to build juvenile detention centers in Connecticut.

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The civil lawsuit was filed in Hartford Superior Court under the state's unfair trade practices law. It accuses the defendants - including five former high-ranking state officials - of sabotaging and skewing the state contracting process to help a favored contractor, while at the same time depriving state taxpayers of a fair bidding process.

The civil action comes four days after a federal grand jury handed up criminal indictments in the contract-steering scandal that enveloped the office of former Gov. John G. Rowland.

Three of those named in the lawsuit also face federal racketeering charges. They are Peter Ellef, Rowland's former co-chief of staff; his son, Peter Ellef II; and William Tomasso, the contractor at the center of the scandal.

Blumenthal said the lawsuits stem from a separate investigation by his office of the \$57 million contract to build the Connecticut Juvenile Training center, and a similar facility that had been planned for female juvenile offend-

ers.

He said the lawsuit "sends a powerful message to public officials and their cohorts. We will uncover your corruption, and make you pay dearly."

The lawsuit seeks millions of dollars in restitution and thousands of dollars in additional penalties.

Blumenthal said more lawsuits are possible as his office investigates other state contracts, and he would not rule out filing a civil action against Rowland.

"We have ruled out no one as a potential target," he said.

The other defendants named Monday include: Kristine Ragaglia, a former commissioner of the state Department of Children and Families; former Public Works Commissioner Theodore Anson; former Deputy Public Works Commissioner P.J. Delahunty and Ellef's former deputy, Lawrence Alibozek, who has admitted accepting bribes from Tomasso and pleaded guilty to federal conspiracy

charges.

"I think it's fair to say (the lawsuit is) not his primary concern right now," said Alibozek's attorney,

wSee "Connecticut News..." Page 5

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National and Global News



BAGHDAD, Iraq (AP) - Two car bombs killed seven Iraqi national guardsmen and a rocket barrage hit a police academy Monday as insurgents kept up their offensive to subdue Iraq's beleaguered security forces. U.S. jets pounded suspected militant positions in a Baghdad slum. Two U.S. soldiers with the 1st Infantry Division were killed in separate incidents Monday near Balad, north of the capital. The first died in a car crash and the second was killed when a patrol came under fire as it returned from the crash, the military said. More than 1,040 U.S. military members have died since the start of U.S. operations in Iraq in March 2003.

SPRINGFIELD, Mass. (AP) - A district attorney said Monday that he would not prosecute Roman Catholic Bishop Thomas Dupre on child rape charges because the statute of limitations has expired in the case. In an indictment unsealed Monday, Dupre was charged with molesting two boys in the 1970s, becoming the first Roman Catholic bishop to face criminal charges in the sex abuse scandal that has rocked the American church.

SPRING GREEN, Wis.(AP) - President Bush and rival John Kerry paused from private debate practice on Monday to accuse each other of lack of clarity on Iraq as they campaigned in "must win" states for each - the Republican incumbent in

Ohio and his Democratic challenger in Wisconsin. Bush portrayed Kerry as indecisive on the war and Kerry accused the president of "still trying to hide" from voters the extent of what remains to be done in Iraq as both sides maneuvered for advantage ahead of Thursday's leadoff debate.

JERUSALEM (AP) - Israelis killed seven Palestinians in attacks Monday, including a Gaza airstrike that killed one militant and wounded a militia commander, who vowed revenge from his hospital bed. Meanwhile, at nightfall, Palestinian gunmen kidnapped a producer for the TV network CNN at gunpoint, the network's correspondent, Ben Wedeman said. In a CNN broadcast from Gaza, Wedeman said the gunmen stopped a CNN van and extracted Riad Ali.

VERO BEACH, Fla. (AP) - People lined up for more than a half-mile for food and water, while others searched in vain for generators in the sweltering heat Monday as Florida residents began cleaning up all over again, demoralized by the fourth hurricane in six weeks to batter the state. Hurricane Jeanne, with slashing winds reaching 120 mph, claimed at least six lives in Florida over the weekend as it plowed through virtually the same area that was bashed by Hurricane Frances earlier this month.

Connecticut News

Continued from Page 5

William Gerace.

Three Tomasso companies and LF Design LLC, a landscaping firm owned by the younger Ellef, are also named in the suit.

The lawsuit does not allege that Ragaglia, who now works for the Department and Social Services, received anything of value. Rather, it accuses her and the other state officials of "acting unlawfully and outside the proper bounds of their authority as public officials" to give the Tomassos and unfair advantage in securing state contracts.

The lawsuit refers to a 1998 trip to a juvenile detention facility in Marion, Ohio taken by the elder Ellef, Tomasso, Alibozek and Ragaglia. Tomasso was the only contractor who was told the Ohio facility would become the model for the yet-to-be-built Connecticut Juvenile Training School in Middletown, Blumenthal said.

Tomasso was later awarded the \$57 million project.

The lawsuit also accuses Ellef of trying to fire Bruce Bockstael, the chief architect at DPW and the only state official to vote against awarding the contract to Tomasso. Bockstael, the suit claims, raised concerns within DPW about the contract.

Although Ellef allegedly instructed Anson to fire Bockstael, the lawsuit said other people at DPW persuaded Anson to let Bockstael keep his job.

Bockstael later removed himself from the selection process for a girls training school. In that case, two consultants were hired by the state to come up with the request for proposals. They were later hired by the Tomasso Brothers Construction Co., Inc., which was selected to build the facility.

That project was never built.

Both Delahunty and Anson knew the consultants had worked for the state, but that information was not disclosed by the Tomassos, according to the lawsuit.

Delahunty's attorney, William Sweeney, rejected the charges, saying there has been no evidence suggesting Delahunty steered contracts.

"Mr. Delahunty has done nothing to steer any contracts to anybody," Sweeney said. "I would like to see the evidence the attorney general would be able to expect to prove."

Messages were left by The Associated Press seeking comment from the other defendants named in the lawsuit.

Associated Press writers John Christoffersen and Matt Apuzzo contributed to this report.

Perspectives

Commuter Parking

Patrick Scalisi
Arts & Entertainment Editor

Over the past few years, there have been a multitude of editorials about the abysmal parking situation here at Sacred Heart. While I certainly understand that these parking problems cannot be fixed overnight (or even in a few years), there is an issue that I do feel can be rectified by reversing a policy that was put into effect last year.

When students arrived back at school in fall of 2003, commuters were informed that they would now have to pay \$20 for their parking stickers. Since I had been commuting to SHU for two years already without having to pay for my parking sticker, I was understandably upset about the change. At the time, I set up an appointment with Linda Maloney, then Head of Public Safety, who informed me that the cost of the stickers would help to defray the rising cost of security and other post-9/11 expenses. (Mrs. Maloney was very open to seeing me and immediately wanted to set up an appointment to address my concerns, a credit to her position at the university.)

A year has passed since the \$20 commuter parking fee was implemented and I have yet to see any changes for commuters, with the exception of more cars taking up residence in the parking lots. I know it's not feasible to think that a parking garage might have been constructed over the summer, but there are also no new surveillance cameras in the parking areas, no new call boxes throughout campus, and no new heightened security (except for those shiny yellow cones that restrict

access to the front entrance and only hold up lines of traffic when someone stops to ask a question); these things all could have easily been accomplished over the school's four-month hiatus.

So what, then, is the money of this university's commuter population being used for?

I have classes four out of five days a week and have yet to park in either of the commuter lots; instead, I've trekked from North lot every day that I've been on campus. This, of course, leads to the question of why I should pay for a service that I'm not receiving. My car has been hit, my doors have been dented, and I have yet to utilize the space that is reserved for commuters because the lot is consistently full. And if security has been increased, why didn't Public Safety notice that the car in the spot adjacent to my own last Thursday ended up hitting my front end when he or she pulled into the spot?

Unlike residents, who don't necessarily require their own transportation to get around campus, commuters don't have a choice; we need our cars to get back and forth to school. Since we commute, we also have to pay for maintenance on our vehicles as well as gas—I fill up two to three times a week—which is still hovering around two dollars per gallon. Twenty dollars for a useless parking sticker could easily fund an oil change or a full tank of gas.

Sacred Heart University needs to stop charging commuters for (a) a service that they're not getting and (b) for a fee that is obviously not being put to use. Give a refund to all the students that have already been suckered in and find a different way to pad the school bank account.

Laundry Frustrations

Diane Szmids
Staff Reporter

Ever lug a bag full of laundry down two flights of stairs only to find out that every single washer and dryer is broken in the laundry room! The best part of it all is that two weeks ago I had complained to my RA about a broken washer but nothing was done. Instead another week went by only causing every single washer and dryer to break. I don't understand how this problem can be left unhandled. In Jefferson Hills building four there will eventually be a bunch of students angry because we are unable to do our laundry in the comfort of our own living quarters.

The most frustrating part is that, twice already I had placed quarters into the washing machine, which in the end was broken. And of course there is no way for us to get our money back. It may just be me, but throwing away laundry money and not being reimbursed is the worst feeling ever!

Instead of just complaining I went ahead and contacted Buildings and

Grounds. I left a message on their answering machine and also went on the website and posted a complaint. SHU has always asked us to direct housing problems with Buildings and Grounds. Yet for some reason the very next day I received an e-mail from B&G citing that the broken washers and dryers were not something they could help me with.

Now that's fine I can understand if that is not an area that B&G are able to fix but now I am completely lost as to where I am supposed to go in order to have the washers and dryers fixed. It is frustrating because I have followed all the proper procedures but nothing is being done.

On top of it all I had waited a while to do laundry and now I am running out of clean clothes to wear and who knows when the washers and dryers will be working again. Luckily I have some friends with a house, which happens to have a washing machine, so in the meantime I was able to get some of my laundry done. Now let's just hope that when the time comes for me to do laundry again, the problem with the washers and dryers will be fixed.

Dear Debbie,

I just had to let you know how much I appreciated and enjoyed the recent study abroad articles regarding our sponsored Australia and Rome Programs that appeared in the last two editions of The Spectrum. Both Courtney Piliero (Australia) and Umberto Torrielli (Rome) did absolutely stellar work. Both articles were informative, accurate and very well-written. Many, many thanks for the positive exposure. I've emailed both Courtney and Umberto to let them know as well.

Marylou Roof
Coordinator, Study Abroad Programs
Sacred Heart University

PHOTO CONTEST

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

Hurry up!! Today is the last day!!

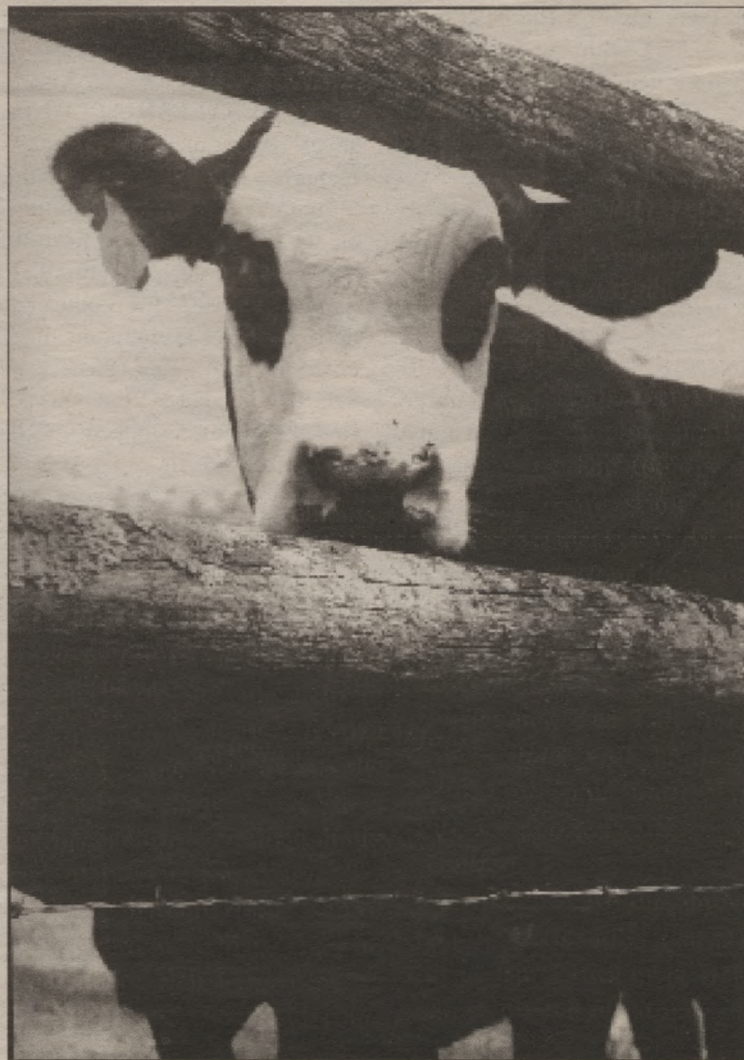
Send your entries to: RyanK28@sacredheart.edu

Are you interested in Advertising and Public Relations?

The Spectrum needs an Advertising Manager.

If anyone is interested, please stop by the Spectrum Office.

Photographer's Pick



Focused in an eye to eye moment with a curious cow. Picture taken in Kent Falls, CT.

The SPECTRUM

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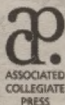
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The Spectrum/DANYA JIMENEZ

He Said... She Said...

What are Ten Dating Don'ts?

Robert Roy
"He Said" Columnist

1. Do not lie. Trust is the cornerstone of a healthy relationship.

2. Please do not try to impress us with your knowledge of certain things if you honestly do not know about them nor have any interest in them. For example, if you know nothing about sports or cars it is fine, we would much rather you be yourself then pretend to be interested.

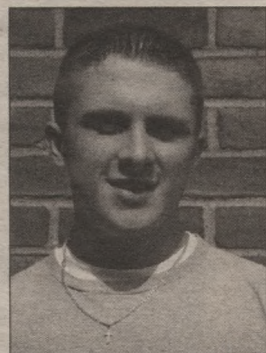
3. Do not talk about your ex-boyfriends. We do not want to hear it or nor do we care about him.

4. Do not tell us gossip. We don't want to hear what some celebrity did or who hooked up with whom at last night's party. That is for you and your girlfriends to discuss.

5. Do not criticize our clothes or how we dress. They are not your clothes and if we are happy with the way we look then you should be happy for us.

6. EAT!!! Starving yourself in front of us is not going to make us love you. Please if you are hungry just be yourself and eat.

7. Do not always say, "whatever you want," when making plans for the evening. We know that you don't mean it; please



The Spectrum/DANYA JIMENEZ

just tell us what you want to do. Most of the time we do not care what we do and when we do want to do something we will make it known.

8. Sweatpants and tank tops are hot. You may think that you don't look good but trust us, if you want us to be attracted to you sweatpants and tank tops are the way to go.

9. Do not stay on the phone just for the sake of it. If there is something to talk about then we will gladly talk but if there is nothing to say don't force the issue.

10. Do not cheat...I am sure that this is a big no for guys as well but it is a given and needs to be stated. It will probably end the relationship.

These are ten important things to remember when in a relationship or dating and I hope that this makes the college dating scene a little less stressful.

Athena Soriero
"She Said" Columnist

1. Don't consistently/ conveniently "forget" your wallet and pin the bill on us, if you don't have the funds take us somewhere that's cheap or do something that's free. Take them for a walk on the beach or on a picnic, all which are, utilize our sappiness.

2. Don't tell us how many "broads you're capable of wheeling." It's not impressive. Talking about how many girls you've been with in the past or that you could get right now; makes you look like a dirty arrogant pig.

3. Don't, make the girl drive or meet you somewhere. Pick her up, even if it means you have to borrow a car from somebody.

4. Don't forget that a keg party where you funnel twelve beers, take eight shots of Jaeger, and make out with an ice luge until you cannot speak or stand any longer, is not under any circumstances considered, "taking her out."

5. Don't forget her name. Shouting out "baby" or any other name while attempting to make any sort of "smooth move," because you forgot her name is never cool.

6. Don't get caught checking out other girls. Try and restrain yourself, no matter how hot that "milf" or seven-



The Spectrum/DANYA JIMENEZ

teen year old you just spotted was.

7. Don't ever talk about your ex-girlfriend even if she brings her up.

8. Don't honestly answer her when she asks you any of these types of questions: "do I look fat in this?," "is she prettier than me?," "is my butt big?"

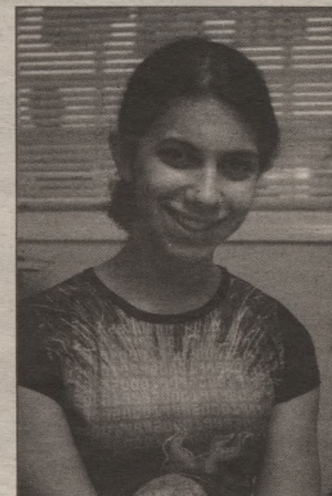
9. Don't brag about how rich you are, especially when you're dirt poor.

10. Don't ever attempt to simultaneously date or hook up with two girls that live together or two girls that are friends, no matter how smooth you "think" you are, it will never work.

P.S. No matter how big of a pig you are at heart or what your motives may be, always open doors and pull out chairs...it makes a world of a difference

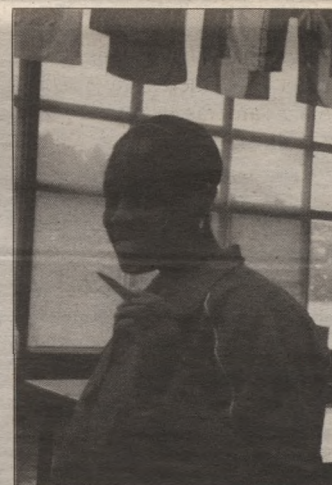


What would you like to see more of in the Spectrum?



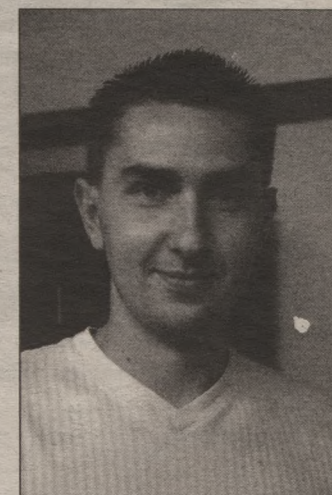
"How about some comics?"

Alyssa Ferdinando
Chappaqua, NY ~ Freshman



"An article on the volleyball team."

Taneisha Cantave
Suffern, NY ~ Sophomore



"Cartoons and illustrations."

Lukasz Glinka
Bridgeport, CT ~ Junior

Impressive Features Article

Colleen

I just want to let you know that I was very impressed by your article on Body Image in last week's Spectrum. I'm so glad you put some information about eating & body image problems in the first paper of the year since we know that freshmen are especially susceptible at this time of transition. Anyway, great job!

Jocelyn Novella
Assistant Director of Counseling
Sacred Heart University

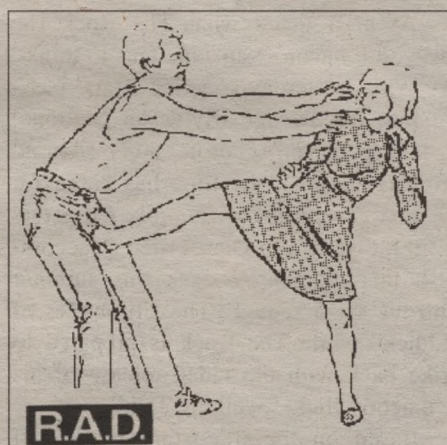
The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are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

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

Office Phone: 203-371-7963
Advertising Line: 203-371-7828
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Website:
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Defend Yourself



R.A.D.
RAPE
DEFENSE

Contributed Photo
"Ladies Defend Yourself," a message from Public Safety.

Word of the Week

Opsimathy:

To Learn; Late education; Education late in life.

Courtesy of Webster's Unabridged Dictionary

—Arts & Entertainment—

Rush to See Live Music at SHU

Bridget Madden
Staff Reporter

John Rush is a solo musician whose unique flavor has swept colleges and clubs around the country. Rush, whose material is an acoustic-rock blend of covers and original music, will be performing at Sacred Heart University on Oct. 12 from 7 p.m. - 9 p.m. in the Mahogany Room.

A week before his show at SHU, Rush, a native of Huntsville, AL., took the time to answer some questions about his passion for music and about his career.

The Spectrum: When and how did you find an interest in playing the guitar?

John Rush: My brother gave me a guitar when I was 12. At the time I was playing clarinet and string base in middle school. I thought the guitar was cool. I learned fast and took lessons.

TS: How long does it take to learn to play?

JR: About 6 months to a year.

TS: When did you first discover your passion for music?

JR: I really developed a passion for music while I was growing up. When I was 10, I started playing the clarinet. I wanted a saxophone, but my mom said that I was playing the clarinet because that's what we had.

TS: It's interesting that you're a half-cover/half original musician. What made

you decide to perform like this?

JR: Nobody wants to pay money to hear original [music]. People like hearing music they already know *and* new stuff. Growing up in the bars, I wanted to make a living and so it evolved into this. As I wrote more of my own music, I put it into the show. People don't feel comfortable hearing all new music.

TS: Do you ever forget words to songs that are requested during a performance?

JR: It usually doesn't happen, but it depends on the song. If it happens, I try to cover it up by reaching out to the crowd as a distraction, but [the lyrics] will usually jump into my head at the last minute.

TS: Are the lyrics from your own songs drawn from your own experiences?

JR: They are pretty much mostly what I'm going through, but some are based on other [experiences]. For instance, one song in particular is about the holocaust.

TS: Is it difficult to perform your own live music using the guitar loop technique?

JR: Well, I have a loop machine. It has a live samplings button and your foot starts recording. Once you hit the button, it plays over and over. It can hold up to 3.5 minutes of music, but it is usually unnecessary. I lead over what is recorded. You wouldn't realize that I was doing this if your eyes were closed. At first it was awkward to get used to, but it's not anymore. It is hard to get timing right, because it has

to be exact. If you mess up when you are looping, then it messes up the loop.

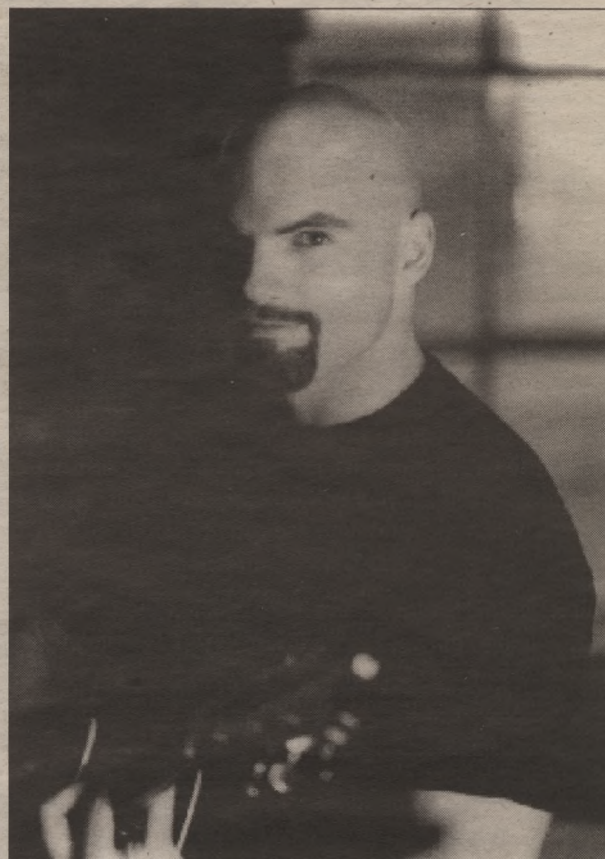
TS: Have you ever lost faith in your passion for music?

JR: It is hard being a musician. If it were just about the music it would be so much easier. I don't lose passion for music; I lose passion for the hectic lifestyle. The business aspect of being a musician gets annoying. In Nashville I thought that maybe I would stop, but that didn't last long.

TS: What kinds of music are you interested in? Do you only listen to the kind of music you play?

JR: I listen to all kinds of music. I am not a big rap or country fan. But I think that 10% of rap/country music is good. Good music is good music. Even though it may not be the kind of music I play, I still enjoy other music such as world music or reggae.

Look for John Rush's exciting live performance at Sacred Heart on Oct. 12. Admission to the event is free with a SHU ID.



Contributed Photo

John Rush is a live musician whose unique shows feature a blend of original material and well-known covers. Though Rush is popular in both clubs and bars, he also tours college campuses and is set to perform at Sacred Heart University on Oct. 12 in the Mahogany Room.

ENTERTAINMENT BRIEFS

On-Campus Events

SATURDAY, OCTOBER 2

- The Independent Music Club will be hosting An Evening of Hardcore at 7 p.m. in the Mahogany Room. The show will feature the bands The First Step, Verse, Have Heart, and Youth Attack. The show is free with a SHU ID and will benefit Verse, whose equipment was stolen earlier this summer.

SUNDAY, OCTOBER 10

- The Hispanic Adult Achievers Program (HAAP) and the Theater Club of Sacred Heart University will put on a performance of the original, student-written play "Mis Ojos Me Denuncian." The show will take place at 3 p.m. at the Edgerton Center for the Performing Arts. Proceeds from the play will be donated to HAAP.

National News

TUESDAY, OCTOBER 19

- October 19 will see the DVD premiere of both "Van Helsing" and "Garfield: The Movie." Though both films were reviled by critics, each took in substantial box office dollars over the summer and are expected to do equally well on video.

- Britney Spears, the never-ending topic of gossip magazines around the world, is now apparently pregnant. According to the British newspaper "The Mail on Sunday," Spears is eight weeks pregnant and pulled her wedding date from November to September to accommodate the situation.

- Compiled by Patrick Scalisi

'Walking Tall' Falls Short of Height Requirement

Patrick Scalisi
Arts & Entertainment Editor

Action stardom is ready to pass on its crown.

At least that's what The Rock (né Dwayne Johnson) wants his fans to think.

With yesterday's action stars passing into middle age (Sylvester Stallone) or taking up other professions (Arnold Schwarzenegger), the time has come for the next generation of action-based actors to fill the void. Vin Diesel tried to accomplish this momentous task this summer with his sci-fi sequel "The Chronicles of Riddick" while The Rock is prepared to strike back with the video release of his own action flick, "Walking Tall."

Based on the true story of Sheriff Buford Pusser, "Walking Tall" is a remake of the 1973 film of the same name. When military vet Chris Vaughn arrives home after an extended tour of duty, he finds that his small, mid-Western town isn't exactly how he used to remember it. Now dominated by a sleazy casino instead of a lumber mill, Vaughn's home has been overrun by miscreants of all kinds.

When Vaughn starts trouble at the casino one night, owner Jay Hamilton (Neal McDonough of "Minority Report") and his thugs beat Vaughn within inches of his life and leave him for dead. With the help of his family and childhood friend Ray Templeton (Johnny Knoxville), Vaughn not only recovers but bounces back and is elected sheriff in an effort to clean up the town.

What follows is the inevitable rock-em, sock-em conclusion. Vaughn begins to make life hell for the casino folks, discovers a thriving drug ring being run by Hamilton and, of course, woos back an old flame.

Though "Walking Tall" is essentially action fluff at its finest, it is perhaps one of the more mature roles that The Rock has accepted since his career began. Though chock-full of used-up action sequences, "Walking Tall" is able to blend The Rock's unique brand of humor with improved acting skills that the former WWE superstar has further honed since his "Scorpion King" days; it was, after all, these two elements that once made Schwarzenegger a star in such films as "Commando" and "Raw Deal."

The "Walking Tall" DVD features commentary by the cast and crew, deleted scenes and an entertaining blooper reel. There is also a featurette entitled "Fight the Good Fight" that outlines the various unspectacular stunts used throughout the film. Though the extras are somewhat disappointing, they earn points for being conspicuously well-rounded.



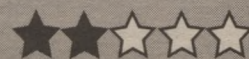
Photo courtesy of MGM

Chris Vaughn (The Rock) surveys the town that he has the duty of cleaning up. "Walking Tall" is a remake of the 1973 film of the same name, a movie that many believe to be one of the all-time drive-in classics of the 1970's.

Trimmed down to a sleek 87 minutes, "Walking Tall" is an entertainment flash-bulb no more or less notable for keeping one occupied for little more than an hour. In this case, it might be wiser just to re-rent the "Rambo" trilogy or, better yet, to see the 1973 original.

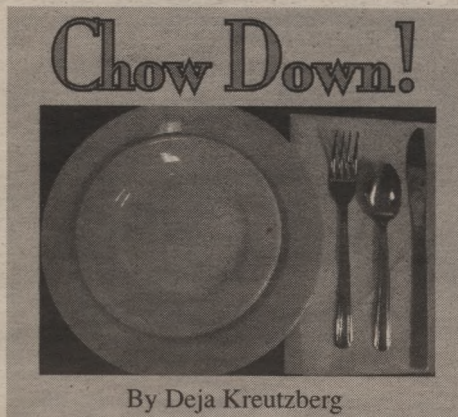
"Walking Tall" is now available on VHS and DVD.

MOVIE REVIEW



"Walking Tall" (PG-13, 87 minutes)
Starring: The Rock, Johnny Knoxville

Blaggards Offers New Look in Old Location



After a long stressful week of classes, every student needs to blow off some steam. With many bars to choose from, the crowd favorite last year was Russels Bar in Fairfield. With its laid back atmosphere, it was a great place to relax, socialize and have some fun.

"Everyone used to go there and the place would always be packed," said Jon Fitzgerald, a senior from Freehold, NJ. "There were pool tables and sometimes they even had a band come in and play."

While notable for its great atmosphere, Russells was also known for its leniency on fake IDs.

"One of the main reasons why everyone went there is because they had no problem getting in," continues Fitzgerald.

Underage drinking proved to be a major downfall for Russells and, finally, the bar was forced to close their doors for good.

Almost a year later, a new restaurant



Before its current look and name, Blaggards was once a bar/restaurant called Russels that often had problems keeping out underage drinkers. Now under new management, Blaggards boasts a polished image and an improved reputation that has helped it become one of the top night spots in the area.

has opened in the space that Russels once occupied. Renamed Blaggards, this beautiful new restaurant and pub has much to offer. With a more upscale atmosphere and design, Blaggards is ready to say goodbye to its past. The dance floor where many Sacred Heart students used to dance has been replaced with a large fireplace that adds an air of ambiance. And where the pool tables used to reside sits a new, redesigned dining room.

When asked about the famous "college night" that Russels once held, manager Kevin O'Halloran explained that,

"[Blaggards] tried to hold a college night, but was unsuccessful at keeping out underage drinkers." While the restaurant may never again hold another college night, O'Halloran invites all Sacred Heart students to come check out the new place.

Student Aaryn Baker, a senior from Poughkeepsie, NY went to Blaggards out of curiosity one day and couldn't believe the changes.

"It was so weird to walk in and see how different the place looked," she said. "The whole feel has changed. It's nothing at all like the bar I used to go to; it's more

upscale now and looks great!"

Along with its new look and name, Blaggards also offers great food. "I went there for dinner and ordered a hamburger. It was really good!" said junior Emily Quinn of Stratford "I actually liked the place so much I am applying for a job!"

With a wide variety of food to choose from, large portions and reasonable prices any dining experience at Blaggards is sure to be a pleasant one. Whether drinking or dining out, Blaggards has great potential to once again become the hot spot for Sacred Heart students.

The Spectrum/DEJA KREUTZBERG



American Idiot Sets New Standard for the Rock Epic

Alex Kantarelis
Staff Reporter

It's been ten years since the release of *Dookie* and Green Day is back with a new album, *American Idiot*. On it, the Berkley, CA trio offers 13 tracks of what they call a "punk opera."

For anyone expecting to hear something similar to Green Day's last album, 2000's disappointing *Warning*, this CD is not for you. The band took their punk style and perfected it in a way that no other genre band has yet to do. As such, *American Idiot* is a concept album, tackling several political and religious themes.

The title track, which is also the album's first single, sets the tone for everything ahead. In classic, three-chord Green Day style, the song questions society and the state of the country. "Don't want to be an American Idiot," sings front-man Billie Joe Armstrong, "one nation controlled by the media."

The next track is an ambitious undertaking in and of itself. "Jesus of Suburbia" is a 9 minute masterpiece in five parts that tells a complete story in the same fashion as albums like the Who's "Tommy." The song opens with a guitar and drum-driven emotional strike, which flows so smoothly into a piano and acoustic guitar ballad that the piece somehow still holds true to Green Day style. The song then builds into an assaulting three-chord punk attack in which Armstrong chants, "I don't care, if you don't care." The bass-driven fourth part slows things down, only to be attacked

by the concluding fifth part, which wraps things up perfectly. In its nine minutes, "Jesus of Suburbia" never gets old.

The next three songs are heartfelt ballads, which are suddenly disrupted by the vicious "St. Jimmy"—an indirect attack on the country and the president.

The next nine minute "operetta," "Homecoming," again comes in five different parts, each part telling its own story and setting its own mood. With experimental beats, and choral sing-alongs, the song acts as a finale to the punk opera that is *American Idiot*.

All in all, Green Day has released an album that is nearly perfect. Fans of the band will crave the fast songs while also falling in love with the ballads. Some tracks that stick out from the rest are "Jesus of Suburbia," "Boulevard of Broken Dreams," and the tuneful "Wake Me Up When September Ends," which, surprisingly, wouldn't sound out of place on a Jessica Simpson record.

The album is best when listened to from beginning to end and has an effect like no other Green Day album to date. *American Idiot* will assure the band a spot in the Rock and Roll Hall of Fame while likely elevating them to almost legend status.

MUSIC REVIEW



Green Day, *American Idiot*
(2004, Warner Music Group)

New Shows Try to Fill 'Friends' Void

Laura Day
Staff Reporter

Since the final episode of "Friends" and the loss of a few other television shows last spring, many regular TV viewers have been wondering if there will be anything new (and worth-while) to watch this fall. Luckily, all of the major networks have plenty of fresh entertainment in store for this television season.

The loveable Joey Tribbiani (Matt LeBlanc) has returned as the familiar "Friends" character in his own spin-off called "Joey." On Thursdays at 8 p.m., fans can watch as Joey adjusts to his new environment in Hollywood. Transported there from New York City, his sister Gina (Drea DeMatteo) and other new friends surround him while he struggles to make it as an actor.

ABC's new drama "Life as We Know It" brings audiences the story of three teenage boys—played by Sean Faris, Jon Foster, and Chris Lowell—on the verge of manhood. Though their every thought revolves around sex, the show also focuses on other aspects of adolescence. According to ABC.com, "Life as We Know It" will tell the story of how "the pressures of growing up affect [the boys'] attitudes toward the things and people they love, and how these experiences with their families, friends, coaches and teachers shape them into men."

"Life" premieres Thursday, October 7 at 9 p.m.

Another interesting drama starting this fall is CBS's "Dr. Vegas." Rob Lowe and Joe Pantoliano star as a physician-turned-in-house-doctor at a casino and a casino/



Ap Photo/MARK J. TERRILL

Matt LeBlanc—seen here with wife Melissa McKnight at the 56th Annual Emmy Awards—will star in a "Friends" spin-off entitled "Joey" that premiered earlier this month.

hotel manager, respectively. The show focuses on Dr. Billy Grant (Lowe) and the unique medical cases he encounters amid the lures of Sin City. Showing at 10 p.m. on Friday nights, this intense drama should always be exciting.

Keep an eye out for these and other new shows this fall as well as returning favorites, such as "The O.C.," "Will & Grace" and "The Real World."

Features

CREATIVE CORNER

Road Signs and Power-lines

Cristina Baptista
Contributing Writer

The passing, flashing monotony

Of thin black threads

Tautly stretched above my head

Monopolizes my mind.

Shadowy cobwebs of memory

Fog the scene, and ambiguous
thoughts

Traipse along the suspending
canopy,

Stretched above the dotted
streets

With red and yellow,

White and black speckled fields.

Spiraling dizzily

In the modern-day pirouettes,

The blinking lights dangling,
too,

With multiple eyes,

Each a different color,

But no hands or feet.

They hang by their napes,

Like mother-plucked kittens.

And the world is ruled by cool,
hol-low machinations

Stopping at red, going at green,

Waiting for surges of power rac-
ing through

Dark, artificial veins.

The world moves for humans

To an inhuman time,

Pulsations without life,

Movement without thought,

Existing without any meaning.

Food for Thought

Nick Neeves
Contributing Writer

Everything is a matter of resources. Just as today wars are fought over oil, sacred grounds, and narcotics, so in yesteryear did the ancients fight over gold, silver, spices and silks. Yet even as the fuels of economy have changed, the fuels of our bodies, minds and hearts have remained constant. We have, and always will need food. But 'food' is not merely a bodily resource, for a person can be starved of mind or soul just as easily (if not more so) as they can have an empty stomach. Feeding all of these mouths is a full-time task for most...but at Sacred Heart, it should be certain that at least the belly and brain are not for want of food. As for the heart...it is, by it is nature, a picky eater - but our community is certainly not lacking in the opportunity for such fulfillment.

Obviously, even generating physical food for the starving is a larger problem than one person alone can handle, let alone solving the psychological and spiritual problems of the world. But even the tiniest ripple can make a difference, epically if it is placed and timed correctly.

Many organizations on campus focus on providing meals for the needy. But there is only one club that feeds body, mind and soul, by working for the awareness of hunger, toward justice in the world to appease our minds, and peace to sooth our hearts. It is called Hunger for Peace (formally the Peace & Justice/Hunger awareness organization).

But who are the brains behind this whole

endeavor? Melissa Knight is one of the club's founders and organizers. She comes from Agawam, MA. Her major is English with a concentration in writing and she plans to graduate this December. When asked about the founding of the club and what the club's first tasks were and what



The Spectrum/ DANYA JIMENEZ
Melissa Knight and Mark Stanczak founders of Hunger for Peace.

the club accomplished last year Knight responded,

"Lori Coupe, who graduated in May, founded the Hunger Awareness group and Mark Stanczak was one of the founding members of Peace & Justice. Both groups started off small, without around five core members. We participated in a few events last semester, but it was difficult for Lori to accomplish what she wanted to do before graduation. Lori paved the way for the Hunger group, and asked me to essentially take over as a leader. This is because the both of us were passionate about the issue of hunger, and decided to do our final Catholic Social Thought Scholars project on the issue. Mark and I decided to merge the Peace and Justice and Hunger Awareness groups into one, because we had similar goals and interests."

Although last year the groups were not able to accomplish everything they wanted they have many goals for this year. One of them is the 'Fair Trade' promotional campaign, in which the club would attempt to introduce fair trade products into the school via Flik or the school store. When questioned on how she and the other members plan on doing this Knight said,

"Last year at Sacred Heart, the Equal Exchange program came to and presented about having Fair Trade products on the college campus. Our group would like to try to have some Fair Trade products here, such as Fair Trade coffee, 'Sacred Heart' t-shirts in the bookstore made by a Fair Trade company."

In addition to the Fair Trade project, several hunger awareness activities were mentioned. One was the concept that Hunger for Peace would get involved with a single soup kitchen community, returning there several times throughout the semester (or year) in order to get more in touch with the local communities needs.

"I thought that it would be more fulfilling and beneficial for the group to develop a one-on-one relationship with a soup or shelter which needs our help. This way, we could attend to their specific needs. Also, we could help them stock their shelves as the holiday season approaches. Most of all, we could get to know the guests and allow them to get to know us." Said Knight.

To find out more information about Hunger for Peace, contact mknight@sacredheart.edu, or mstanczak@sacredheart.edu, or you could simply head to the campus ministry office, where surely they would be happy to provide you with more information. Meetings occur every other Wednesday night at 8 p.m. typically lasting an hour and they are held in the campus ministry office.

Choose To Be Heard: Get Out and Vote!

Colleen Mitrano
Features Editor

With the elections coming up around the corner, there is no excuse for young people between the ages of 18 to 24 not to be registered. Although in the past some politicians have failed to reach out to younger voters; in recent elections more and more politicians have been trying gain support from the very important younger generation.

With networks like MTV having their "Choose or Lose" campaign, it is becoming easier for candidates to speak to the younger voters. In the recent weeks Democratic nominee John Kerry appeared on Comedy Central's "The Daily Show" hosted by John Stuart. He also finished up a campus tour last spring, in hopes of gaining college voters. Even Republican nominee George W. Bush is trying to relate to the younger generation. He has launched a web log called "Barbara and

Jenna's Journal," which details the president's daughter's campaign exploits.

With all this there is really no reason for young people not to get out and raise their voice. When asked, many college students felt it was important that people get out and register and most importantly vote. "I am a registered voter and I think it is important for young people today to vote so everyone can voice their opinions and concerns," said Melissa Delaurentis a senior from Claverack, NY.

With all the concerns people have for the future it is extremely crucial that individuals get out and vote. When asked how she feels about the importance of the younger generation voting senior Lisa Moreno from Wallingford said, "I think it is important for the younger generation to get involved because the decisions we make now will affect their futures. That is why it is so important for people in our age group to get out and vote."

As seen in the past election every vote

counts. Therefore if more people get out and vote there might possibly be no issues this year over who won, and no complaints over the outcome from those who did not vote. "It's extremely important to vote this election we saw in the last one, every vote counts. In the last election over 100 million eligible voters made a huge impact, they didn't vote, if you don't vote, you have no right to complain.

You do have an impact, so just vote!" Said Julie Chouinard a senior from Winthrop, Mass.

So, if nothing else just get out and register to vote. Listen to the news and even tune into MTV for information on the candidates opinions, if you are unsure. It is better to be informed and do something about it, than to be clueless and then complain. If you are not yet registered but are interest just log on to rockthevote.org, and the website will easily set you up to register. So, just remember everyone has a voice, and everyone can be heard.

Do You Know About the Counseling Center?

Lindsay Brophy
Staff Reporter

Taking a depression-screening test is one of the quickest and easiest ways to determine whether you are experiencing symptoms of clinical depression.

The Wellness center is a place where students, faculty, and staff can go if they have health concerns for both physical and mental issues. The Wellness Center is located in the Park Avenue House across from East Hall. Inside is a great place called, The Counseling Center.

The Counseling Center is located on the main floor, and is open from 8:30 am to 4:30 pm. This is a place where students, faculty, and staff can go to discuss mental health needs or issues to a very qualified

staff, who will keep whatever is discussed confidential. The staff provides a free of charge service to all students, faculty, and staff who have paid the health fee. The staff offers short-term individual counseling as well as group counseling. "A person does not have to feel like they have a serious mental health problem to come for counseling; we often see students for homesickness, relationship issues, family concerns, and other developmental problems" says Jocelyn Novella, Assistant Director of The Counseling Center.

The staff of the center also offer help to people who are or have suffered from eating disorders and depression, they can also give anxiety screenings. Students can go for a consultation, which includes providing books, pamphlets, and other resource information. As well as that, you can receive education, debriefing about mental illness, a consultation on stress reduction, time management, study skills, test anxiety, and information about the

field of counseling and other mental health professions. Once again, these services are strictly confidential for students who are 18 and older, this means that they cannot share information with parents, students, staff, coaches, etc., unless a "Release of Information" for is signed.

In addition to the general counselors, The Counseling Center also has a substance abuse specialist, Janice Kessler. She is available to talk with students about many issues, some of these might include a persons own substance use, to concerns that they might have for a family member. She also offers different educational classes to students who have violated the alcohol or drug policy more than once, and just like the other counselors, her services are confidential as well. The counselors are also available and are willing to do workshops and presentations on a variety of subjects from substance abuse to time management as well as stress relief. They also participate in Orientation by offering

sessions to both parents and students on how to successfully transition into college. The counselors participate at the beginning of the year and before second semester with the R.A.'s to prepare them for dealing with counseling-related issues in the Residence Halls.

The entire staff is trained to provide guidance, support, and counseling in the event of a crisis. If an emergency does occur after business hours, a counselor is always on call twenty-four hours a day, seven days a week.

Not only does The Counseling Center provide students, faculty, and staff with a place to go and talk about their issues or problems, but they are also a great source of information. The Counseling Center is very interested and involved in campus life, and are here to aid anyone at all times. They are qualified professionals who want to help, so don't be scared to reach out and get help!

Career Development Receives an A+

Eugene Stacy
Staff Reporter

The opportunity exists for students to take advantage of the Center for Career Development at Sacred Heart. Surprisingly, out of the fifteen students that were asked if they utilized this facility, less than half had availed themselves of this service. Those students that did were more than satisfied with the center's resources.

The assistance that students received at the career center was given an A+. Senior, Christine Baptista of Newington, said, "the people who work at the center are generous and caring individuals who truly want to help you help yourself. The professional yet personable atmosphere of the Center for Career Development definitely makes a stressed out student like myself feel a lot calmer in the end."

The worthy grade was deserving of Christine Davin, assistant director of career development. Jessica Ciemniecki, a junior from Brooklyn, New York, said, "Christine Davin was especially helpful in this [resume workshop] department."

"Christine made me feel completely comfortable and welcome in her office, and was very organized for our meeting," said senior Mel Knight of Agawam, MA.

Senior, Frank Hackett from Pearl River, N.Y., thought is was "really weird" that he was asked this question because he had just gone to the career center the day before. He felt it was a useful source, especially for revising

know what I would be best at and what kind of working conditions I would thrive under." She plans to visit the center again, since this is her last year.

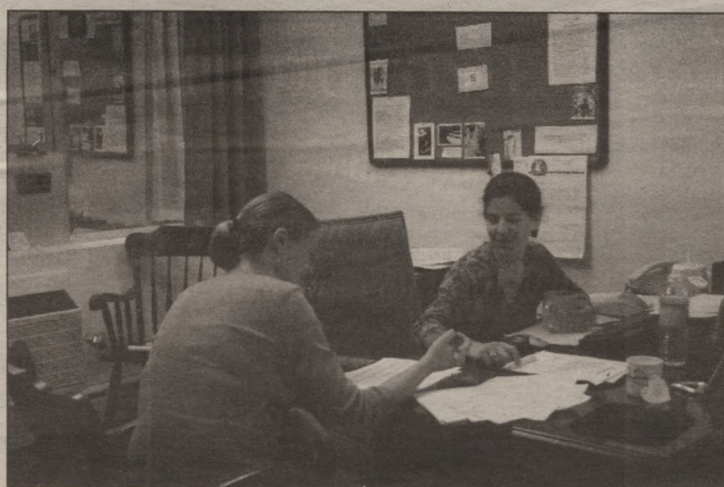
"All in all, I've found the center to be a crucial stopping point for any university student," said Baptista.

Christine Davin was not available for comment, due to her busy schedule; however, she asked that the information for two important events during the month of October be provided for student knowledge.

First, A Professional Etiquette Dinner will be held on Oct. 14 at the Edgerton Center from 5 p.m. until 7:30 p.m. The topic will be "Key Ways for Landing That Job." The speaker will be Ann Marie Sabath, a nationally recognized etiquette expert. Students may sign-up at the Office of Career Development. The cost will be \$8.

Second, The Fall Internship and Career Fair will be held on Oct. 27 from 1 p.m. until 3 p.m. in the Pitt Center. Professional attire is required.

Students are encouraged to contact the Office of Career Development located at 215 Curtis Hall with any career-related questions.



The Spectrum/DANYA JIMENEZ

Carrer development staff help students decide their major and find internship opportunities.

his resume. Among most students, improving their resumes was the most popular reason for seeking advice from the center.

Another reason to visit the career center might be to provide help in deciding your major. Junior, Jessica Mugavero of Vernon, N. J., visits the center quite often. She said, "When I changed my major, they aided me in finding a suitable aim for a career."

In addition, Brittany Hoole (senior Waldorf, MD) went to the center to explore her major. "It helped me by offering personality tests to let me

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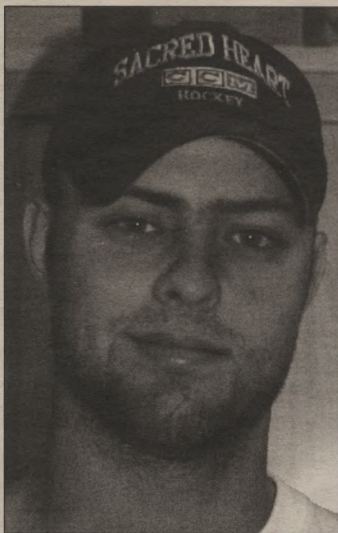
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BEYOND SHU

A Football Preview.... With Three Weeks of Hindsight!



Bryan Fogle
Sports Columnist

This week I was going to write about another great weekend after the New York Yankees won yet another three game series against the rival Boston Red Sox. That however didn't end up going quite the way I planned, so I figured it was high time for a football preview seeing as we are now in week four. This week's installment will be the good old National Football Conference and their East and North Divisions.

NFC EAST

NEW YORK GIANTS – Well I will tell you straight up on this one, the New York football Giants are no joke this year. Last year was a very long and draining season for the Giants and their fans. Apparently the Giant brass took last season squarely on the chin and made some large off-season acquisitions. The pick-up of former NFL MVP and Super Bowl champion quarterback Kurt Warner might possibly be the largest pick up. A proven winner, Warner brings a new look to the Giant offense after the departure of Kerry Collins to the Oakland Raiders. As if sent to the Giants by the football gods, the best quarterback in this past year's draft, Eli Manning will be backing up Warner and will one day be the team's franchise player. A few constants will be around again for the G-men. Tiki Barber will still be seeing the majority of ball carries as well as a high percentage of passes. Last year Barber led the team in catches (69), rushing yards (1,216), and total yards (1,677). Also look for Amani Toomer and Jeremy Shockey to get many a football thrown in their directions. On the defense, it is simple. I have two words for you: Michael Strahan. Last season saw Strahan record 76 tackles (61 solo) and 18.5 sacks.

Prediction: 9-7

PHILADELPHIA EAGLES – I have not much to say about this one. A team that is hungry to take their game to a new level picked up Terrell Owens and Jevon Kearse. A team that is just simply

snake bitten when it comes to the Super Bowl will make it there this season; mark my words. Donovan McNabb has been on the cusp of greatness and the Super Bowl for three years now. With Terrell Owens, he has his new favorite target and look for the duo to put up some ridiculous numbers this season. Another good sign for the Eagles is they will no longer have the three-headed running back monster of Duce Staley, Correll Buckhalter, and Brian Westbrook. Brian Westbrook will be this seasons featured back with Duce Staley moving across Pennsylvania to the Pittsburgh Steelers. Kearse will strengthen what is arguably the NFL's best defense, if that is at all possible. There is no more to say, the Philadelphia Eagles will be the NFC champions.

Prediction: 13-3

DALLAS COWBOYS – So the Cowboys released one of the league's up and coming stars in quarterback Quincy Carter in favor of 206-year old Vinny Testaverde. Testaverde, who is quite possibly the slowest skill position player in the NFL, is still a good player and a proven leader. However, his career is on it's down side and it would be amazing if his body can stand up to all the abuse he will be taking under center this season. His main offensive weapons this season will



AP Photo/PAUL SANCYA

Donovan McNabb should be able to finally lead his team to the Super Bowl after the Eagles made several key acquisitions in the off-season.

be his running back duo of Julius Jones and former Tennessee Titan great Eddie George. A problem with George is that like Testaverde, his career is on the way out. He has taken a beating while getting the majority of carries for the Titans in his career and there is just so much more he can take. The boys also have an aging secondary which a good quarterback will pick apart.

Prediction: 7-9

WASHINGTON REDSKINS – Welcome Clinton Portis and Mark Brunell, do you guys have a clue what you are in for? I really don't care what all the analysts say, the Redskins will finish last in the division. No matter who was brought in during the off-season, new coach Joe Gibbs included, they really are a weak team. After their week two destruction at the hands of the New York football Giants, I think my prediction on this one will come true. The key to football is taking care of the ball when on offense and forcing turnovers on defense. In week two, the 'Skins turned the ball over a ridiculous seven times. I will say no more on this one, it is just a waste of my time.

Prediction: 5-11

NFC NORTH

DETROIT LIONS – My sleeper pick. Before the season even started I was thinking this year might be the year the Lions get on track. Now with a strong supporting cast of players at Joey Harrington's disposal. At any time on the field, Harrington can have proven targets to throw to. On his left side, he has rookie Roy Williams. While only a rookie, Williams has shown glimpses of what he will become and how good he really is now. A standout at Texas, Williams is

1,632 yards and 17 touchdowns, clearly quarterback Daunte Culpepper's number one option will be back for another season of terrorizing secondaries. Culpepper, one of the leagues top quarterbacks next to Peyton Manning, is again trying to lead his team to the NFC title game as he did a few years back when the Giants shut him down, winning 41-0. There really isn't too much to say about these guys, it is really a two-man team. Moe Williams and Michael Bennett will see the carries for the team in purple.

Prediction: 9-7

GREEN BAY PACKERS – I have a question for everyone out there... who is the backup quarterback for this team? With that, do they need one? Brett Favre, who is an absolute iron man taking the snaps for the cheese heads hasn't missed a start since 1992. Now there is a trivia question worth asking. Who was the last player other than Brett Favre to start a game under center for the Packers? If anyone knows, let me know! Okay, back to business. Brett Favre put aside, the Packers are a team with really no superstars, only a chorus of solid players. Ahman Green had 355 carries last season, a number that is over double the total number of carries by all other members of the Packers. Green put up 1,883 yards on the ground with 15 touchdowns to go along with 50 receptions for 367 yards and 5 receiving touchdowns. Favre's top passing options will be Green, Javon Walker, and Donald Driver. Walker and Driver have combined for four touchdowns this season already to go along with 34 catches. The defense will be led by middle linebacker Nick Barnett and strong safety Darren Sharper, a duo that has two interceptions and 38 solo tackles in three games.

Prediction: 8-8

CHICAGO BEARS – I am sorry, Bears fans, but you get one of my worst outlooks. Not like my word is worth the paper this is printed on, but the Bears simply do not have enough talent to put up a winner again this year. Rex Grossman still has yet to come into his own as a solid starting quarterback in the NFL. The lone offensive bright spot for the Bears is Thomas Jones. Jones is seriously a diamond in the rough with this team. Of the six touchdowns the Bears have scored, Jones is accountable for four of them. Already at 1-2, things don't look to be getting much better for the Bears this season.

Prediction: 4-12

In the coming weeks I will give you the rest of the league. I mean after all, I am only given a full print page. Too bad it will take about four to squeeze in every team. Be on the lookout next week however as I give my baseball playoff preview. I have a feeling you all know what team my top dollar is riding on.

MINNESOTA VIKINGS – As much as I make it known that I hate Randy Moss, the boy is good. Coming off a season that saw Moss catch 111 passes for

CAMPUS SPORTS

SHU Football Falters Despite Pricolo's 100-Yard Game

Edwin Napoleoni
Staff Reporter

Sacred Heart lost their third game of the season in disappointing fashion to the best team in the NEC, Albany. The Pioneers were plagued by ineffectiveness in the red-zone and killed by four costly turnovers as they lost 23-6.

"It's disappointing because it's simple execution. We lined up incorrectly to begin with. We can't get our formation in properly, and then we try to switch them over. Once we get them over there now the clock is down. It ended up turning into large turnovers," said head coach Paul Gorham referring to a fumble that led to one of Albany's scores.

The team was pumped up and ready to play as they were extremely animated before the kickoff.

"We were ready. We knew it was a big game and everybody was pumped up. We came out excited in the first half," said junior Eddie Pricolo (Johnston, RI).

The game started out promising for the Pioneers in the first quarter when freshman Jason Payne (Cortlandt Manor, NY) returned the opening kickoff to the Pioneer 40 yard line and set up SHU with decent field position. However, they were unable to take advantage as quarterback Dan Ammel's pass was intercepted in Albany territory. The defense held strong and forced Albany to punt handing the ball back to Ammel and the offense.

"We can build off this game. They

I didn't commit. I'm blocking my man and working hard and the ref takes it away from us. We don't want to blame it on the refs but what can you say," said wide receiver James Wright (sophomore, New Haven).

On their second drive, Ammel was hit hard and fumbled the ball, allowing Albany to recover and setting them up with decent field position. They took advantage of the mistake as any good team would, and promptly scored the first touchdown of the game when their quarterback Nicholas Bazan hit wide receiver Mike Wall with a pretty 40 yard touchdown pass that would put Albany up by a score of 6-0.

"We always have a good mindset. If we turn the ball over we believe our defense is going to stop them and get us the ball back and put it in the end zone. Sometimes it just doesn't come out that way," said Tom Denninger (senior, Newtown).

On the ensuing drive the Pioneer offense again looked effective. They moved the ball 54 yards and seemed to be getting the momentum back on their side. That all changed when they failed to convert in the red zone after Ammel threw his second interception of the game.

The second quarter was more of a defensive struggle. With exception to one scoring drive, Albany was unable to do much against the Pioneer defense and Sacred Heart was rendered scoreless in

the lead," said sophomore Dan Ammel (White River Junction, VT).

Albany came out with a vengeance in the second half. On the opening drive of the half, the Great Danes drove the ball 83 yards with relative ease against a tired Pioneer defense. Quarterback Nicholas Bazan terrorized the Pioneers with his ability to run the ball and make plays. Bazan passed for only 77 yards and one touchdown, but added 61 yards and a touchdown on the ground. With 9:36 remaining in the third quarter he

yards every game and the defense has gotten better every week. This was a big game for him because he got injured against them last year," said Gorham.

Pricolo also scored the only touchdown of the game for the Pioneers as he ran it in from three yards out after a pass interference call gave the Pioneers a second chance to score inside the red zone. That put the score at 23-6 in Albany's favor, and it would stay that way dropping the Pioneers to 1-3 on the season.

Next up for the Pioneers is a very



The Spectrum/DANYA JIMENEZ

SHU wide receiver Bryan Butterworth attempts to break away from the defense in the endzone. He finished the game with two receptions for 25 yards.



The Spectrum/DANYA JIMENEZ

The Sacred Heart fans showed their pride by painting their faces with school colors, but it was not quite enough to lift the team to victory.

were the best team and we played for 60 full minutes. They started to drive but we got some key stops," said junior Andy Grant (New Hartford, NY).

The next two Pioneer drives were plagued by mistakes. Twice in the opening quarter, RB Eddie Pricolo broke a large run only to have it negated by holding penalties.

"The penalties are very frustrating. One was on me that personally I think

the half. The Pioneers missed a field goal with 11:32 left in the second quarter that would have cut the lead in half and putting them at 0-2 in the red zone, a recipe for disaster. After the missed field goal, the Great Danes drove the ball 71 yards down the field and set up a field goal which put Albany up by a score of 9-0.

"We knew we had a shot to win. We were still in the game. 9-0 is nothing to us, a couple of plays and we could have

ran 3 yards for a touchdown putting the Great Danes up with a commanding 16-0 lead.

With 4:17 left in the third quarter Albany's David Fantell broke an impressive 14 yard run for a touchdown that capped a 4 play 90 yard drive that took all of 1:09 to complete. Albany was up 23-0 at this point and was cruising on their way to victory in front of a fairly large and stunned crowd at Campus Field.

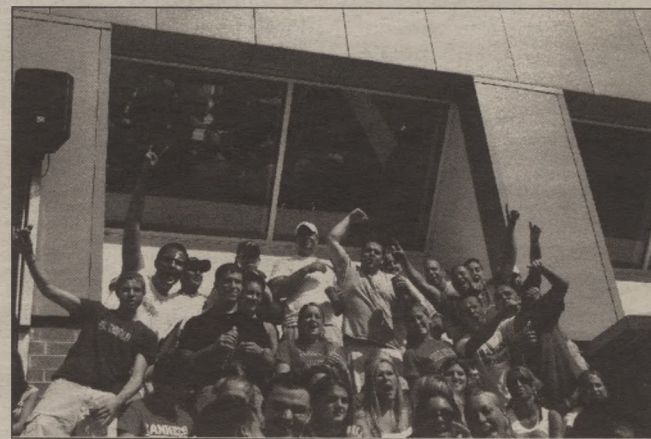
The highpoint of the game for the Pioneers was the performance of their running back Eddie Pricolo who rushed for his fourth straight 100-yard game, picking up 124 yards in 25 touches.

"Eddie is certainly running well and running hard. The O-Line has been playing well and the tight ends and we have seven or eight guys that are all coming off the ball and doing some good things. Eddie is patient back there. He's not looking for a homerun every time, he knows 4 yards can turn into 7 or 12. It's great, he's had 100

difficult Wagner opponent. They will come into SHU boasting an impressive 3-1 record and looking to get back on track after a stunning overtime loss to Central CT in their last game.

"If they give us the same exact same effort in preparation that we had last week, we will be in great shape. I know Wagner is much improved, but we've improved every week as well even though our record doesn't indicate it," said Gorham.

The Pioneers look to get back on the winning side of things on Saturday Oct. 2 at 1 p.m. here on Campus Field.



The Spectrum/DANYA JIMENEZ

The Pioneers will look for their second win against Wagner this weekend at home.

CAMPUS SPORTS

Bailey Hat-Trick Not Enough

Continued from pg. 16

back. Then with just 10 minutes left Bailey was able to get her third goal of the game assisted again by McLane. With just 18 seconds left in the game the Pioneers had a shot at a goal with a penalty corner, but were not able to convert the shot into a goal. This would send the game into overtime.

"We discussed the lineup, but I think we were all thinking about what we individually had to do. Unfortunately it didn't work out", said McLane.

Just one minute into overtime Fairfield midfielder Lauren Pizzi sent a shot straight into the back of the goal. After a

well-fought game, it would end in overtime giving Fairfield the victory at 4-3.

"It's so much harder to lose in OT. You work so hard to come back and get in the game, then to lose when you're so close is so hard. It hurts. We did everything we could," said Carney. The Pioneers drop 4-5 in their season.

This loss drops the Sacred Heart field hockey team to 4-5 on the season and they will play next on Friday Oct. 1 in Moon Township, PA against Robert Morris. Their next home match will be Sunday Oct. 10 at 11 a.m. against Monmouth.



The Spectrum/DANYA JIMENEZ

The SHU X-Men battled rival Fairfield on Sunday in every sense of the word as two of their players were sent to the hospital. They fell by a score of 15-8, but will be playing again this weekend at Stony Brook. Look for the women's rugby team to be making their first home game this Sunday at 1:00 p.m. against Rutgers.

Sports Shorts

Men and Women's Cross Country

HAMDEN, CT (September 24, 2004) - The Sacred Heart men and women's cross country team's returned to action Friday afternoon, competing in the Quinnipiac Invitational in Hamden, the site of this years Northeast Conference Championship. The women finished fifth among a 12-team field while the men rounded out in ninth place among 13 teams.

The women were led by sophomore Kathleen Duffy (Monroe, CT) who recorded a career-best finish in fifth place with a time of 19:24.1. Junior Jenna Pisani (Vernon, NJ) grabbed a top-20 finish by placing 17th in a time of 20:10.5. Fellow junior Erin Kulasewski (West Warwick, RI) was 32nd clocking in at 20:41.2.

On the men's side, SHU's highest finisher was junior Tyler Arnett (Clinton, Corners, NY) who placed 44th with a time of 28:15.7. Not far behind were fellow juniors Robert Howard (Levittown, NY) who finished 49th in 28:22.5 and Robert Gill (Braintree, MA) who was 53rd in 28:35.5.

Both Pioneer teams are back in action next Saturday, October 2nd when they compete in the Fairfield University Invitational.

Women's Volleyball

NEW HAVEN, CT (September 25, 2004) - The Sacred Heart women's volleyball team snapped a 10-match losing streak Saturday afternoon, outlasting the Wagner Seahawks in five games in the Yale Invitational.

The Pioneers and Seahawks played the match of the weekend in the first game of the afternoon session. It looked like Wagner (2-16) was going to come from a game down to win, but the Pioneers fought off a match point at 14-12 and went on to take the final four points to claim a 3-2 win (25-30, 30-19, 31-29, 27-30, 16-14).

Junior Heather Brooks (Regina, SK) racked up a season-best 29 kills in the match, and senior Jillian Frey (Meriden, CT) led SHU with 21 digs. Junior Michelle Clarke (Baltimore, MD) had 57 assists for the Pioneers, and sophomore Brenda Bailey (Costa Mesa, CA) posted a 12-kill, 13-dig double-double.

For Wagner, Kerry Krohn notched 18 kills and 11 digs while Jennine Porter tallied 16 kills and 13 digs and Emmott provided 39 assists.

In Sacred Heart's first match of the day, Manhattan defeated the Pioneers in three games (30-20, 30-18, 30-28). Lori Bambauer racked up 42 assists for the Jaspers. Pfeifer led all players with 13 kills, and Whitney Judkins added 11. Ashley Davis led the defensive effort with 17 digs. Brooks finished with eight kills.

SHU returns to action later this week when they travel to the University of Maine on Wednesday, September 29th.

-Compiled with information from-Sacred Heart Athletics Website

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CAMPUS SPORTS

Women's Golf Finishes 13 of 15

Al Ruggiero
Staff Reporter

The Sacred Heart University women's golf team traveled to Princeton, New Jersey this past weekend to compete in the Princeton Invitational. The Pioneers finished 13th out of 15 teams, with a total score of 742. The Pioneers shot a 368 the first day and a 374 the second day.

The Invitational at Princeton was held at the Springdale Golf Club and included members from the Ivy League such as Harvard, Yale, Pennsylvania and Brown, along with Northeast Conference member St. Francis. Other competitors included Georgetown, Siena, Dartmouth, Bucknell, Lehigh, and LIU- Brooklyn.

Taking first place for the second year in a row was the Princeton Tigers, who shot team scores of 315 and 306, totaling 621. The Tigers ran away with the title beating second place Yale University by 21 strokes and Georgetown by 18 strokes. Princeton Tiger Avery Kiser, shot the low individual score with a 75 and 74 for a total of 149.

Sacred Heart was led by freshmen Lauren Foster (Newington CT) with a two-day total of 180 (89, 91).

"Lauren is a great find for Sacred Heart University golf. She has a tremendous up side even though she played a little bit inconsistent. She has the skill and ability to consistently shoot high 70's to low 80's every time she steps on the course," said head coach Jamie Romeo.

This is Romeo's third year as the women's head golf coach, and he is also the director of both men's and women's golf operations. He is a great addition to the golf program and has helped both the men's and women's teams make great progress.

Five players represented each school at the tournament, with a team's score each day being a total of their top four scores. Foster two-day total was followed by a 183 from freshmen Patricia Heyes (Durobin, Ontario), a 185 from sophomore Kathleen Cummings (Waltham, MA), a 198 from senior Susan Leventakos (Fairfield CT) and a 203 by sophomore Ashleigh O'Rourke (Glenwood, NJ).

"This tournament was a great experience for Sacred Heart golf. It is a building block for our team, we can only get better," said Romeo.

The Pioneers next tournament is the Central Connecticut Invitational, in New Britain, CT. This tournament will be held from Oct. 7 to Oct. 9.

SHU Wins Five, Shuts Down Two

Continued from Page 16

contact. Everyone worked really hard today to get on base, so it was a good team contribution," said Cross-Monzo.

In the bottom of the fifth inning, the Pioneers added two more runs to the scoreboard. Sophomore Jacqui Riley (Burlington, MA) and freshman Brittany Uno (Winnetka, CA) all hit singles to load the bases. Senior Becky Cameron (Girard, OH) came through in the clutch with a single to drive in the third run, followed by a hit from Warren that brought the score to 4-0.

The bottom of the seventh turned out to be a very good inning for the Pioneers. With a 1-2 count, Cameron hit a bases loaded clearing triple to right field and then scored on a single to left field by Amber Warren to put the score at 8-0 after seven innings.

"Basically I've been having a hard time with my hitting probably for the past two years, so I've been working on changing my swing and kept my shoulder in and it worked out, so I'm pretty excited. I hope it stays the same," said Cameron who drove in four of the Pioneer runs.

Starting in the top of the eighth inning, sophomore Bethany Lemenager (New Bedford, MA) went in as relief. She successfully closed out the remaining two innings and struck out the final batter.

On Saturday, Sept. 25, the team traveled to C.W. Post on Long Island for a tournament. Their first game was against Caldwell College, and the lady Pioneers won this game with a score of 6-4.

Lemenager was the winning pitcher allowing only five hits and striking out two. Place went two for three with two RBI's and Warren went two for four with an RBI.

The Pioneers were successful once again in their next game, shutting out C.W. Post 2-0. The winning pitcher was junior Chrissy DeMott (Levittown, NY), allowing one hit with nine strikeouts. Cross-Monzo went three for three and Riley went two for three with two RBI's and a home run.

The Pioneers finished their triple-header on Saturday by defeating Stony Brook with a final score of 4-1. The game winning pitcher sophomore Danielle Mellin (La Canada, CA), allowed five hits with three strikeouts. Cross-Monzo kept

her hitting streak up with two more hits. Uno had two hits with an RBI, sophomore Caitlin Carroll (Los Alamitos, CA) had a hit and an RBI, as well as a hit and RBI from junior Heather Gutkes (Newport, RI) to

"The win against Stony Brook was a good confidence booster for the team. We haven't beaten them in the past three years I've been at SHU, which leaves me with high hopes for the upcoming season."

- Tiffanie Cross-Monzo, Senior, Thousand Oak, CA

keep the winning streak alive.

"The win against Stony Brook, was a good confidence booster for the team. We haven't beaten them in the past 3yrs I've been at SHU. Which leaves me with high hopes for the upcoming season," said Cross-Monzo.

On Sunday, Sept. 26, SHU traveled to Yale to play their final game of the weekend. Once again, the team was successful and beat Yale with a score of 8-5.

Three pitchers contributed for the win: Spehar, who went four innings with seven strikeouts and two hits, Lemenager, who also went four innings with five hits, and DeMott, who went three innings with three strikeouts and three hits.

Riley went three for six with three RBI's and freshman Melissa Mezzanotte went two for five, including a solo homerun. Uno also had three RBI's while going two for six.

The softball team will be playing next this Saturday against Seton Hall, Marist, and St. Francis for the Marist Tournament in Poughkeepsie, NY with their first game at 10 a.m. On Sunday they will travel to Hartford to play a double header against University of Hartford and Marist.

Pioneer Schedule

Friday, October 1

Men's Soccer	at Quinnipiac	Hamden, CT	2:00 PM
Women's Soccer	vs. Long Island	Fairfield, CT	3:30 PM
Men's Tennis	at UConn Invit	Storrs, CT	TBA
Field Hockey	at Robbert Morris	Moon Township, PA	TBA

Saturday, October 2

Football	vs. Wagner	Fairfield, CT	1:00 PM
Softball	at Seton Hall	Poughkeepsie, NY	10:00 AM
Softball	at Marist	Poughkeepsie, NY	12:00 PM
Softball	at St Francis	Poughkeepsie, NY	2:00 PM
Women's	at Fairfield U Invit	Fairfield, CT	12:00 PM
Cross Country			
Men's Cross Country	at Fairfield U Invit	Fairfield, CT	12:00 PM
Men's Tennis	at UConn Invit	Storrs, CT	TBA
Women's Lacross	at Hofstra Tourn	Hempstead, NY	TBA

Sunday, October 3

Women's Rowing	at Riverfront Regatta	Hartford, CT	8:00 AM
Softball	at Hartford	Hartford, CT	10:00 AM
Softball	at Marist	Hartford, CT	2:00 PM
Women's Soccer	vs Wagner	Fairfield, CT	1:00 PM
Field Hockey	at Lock Haven	Lock Haven, PA	1:00 PM
Men's Tennis	at UConn Invit	Storrs, CT	TBA

SPORTS

The Spectrum

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Beyond SHU

NFL Preview!?! (page 12)

Campus Sports

SHU football is led by running game, but falls short. (page 13)

Campus Sports

Women Volleyball snaps streak (page 14)

Campus Sports

Women's Golf led by Lauren Foster (page 15)

Soccer Ties 0-0 in Double OT

Joe Finis
Staff Reporter

The Sacred Heart women's soccer team tied Quinnipiac University with a score of 0-0 on Sunday, Sept. 26. The game went into double overtime without a single goal scored.

"I felt that we played well at Quinnipiac. We just couldn't finish our scoring opportunities, but it will come," said Lisa Burbige (sophomore, Babylon, NY).

aggressive team," said Burbige. "It's always a big rivalry between us."

Sacred Heart came back later with their own similar drive and saw a repeat of what happened on the opposite end earlier when Dana Sheftic (freshman, Baldwinsville, NY) almost scored off a beautiful pass but had it deflected by the Quinnipiac defender.

With less than two minutes left in regulation, the Pioneers pushed Quinnipiac back with everything they had, but just couldn't find the net.

As the game went into its first overtime, the Pioneers continued their strong play and butted heads with the Quinnipiac Bobcats, who proceeded to keep pushing back.

"Their play very physical, but we didn't let them push us around to the point where they dominated the game," said Urbas. "We dominated because we played smart."

When the final horn sounded, the score was even at 0-0. The Pioneers couldn't convert on their scoring opportunities, but they didn't let Quinnipiac convert either.

"I was very proud of the way we stayed strong even though that team was playing very physical," said Urbas.

With Sunday's tie with Quinnipiac brings the Pioneers' record to 2-6-1 on the season. They will play next on Friday, Oct. 1 against Long Island at 3:30 p.m.



The Spectrum/JOE FINIS

The Pioneers will look to win their third game on Friday at 3:30 p.m. against Long Island.

The Pioneers started off the game tough, driving deep and falling back countless times in the evenly matched battle. The game continued in the same fashion until approximately 29 minutes into the first half when the Pioneers seemed to score a goal, but had it called back because of a "handball."

"I felt like we deserved that game so much but we were just so unlucky," said Nathalie Urbas (senior, Pickering, Ontario).

The Pioneers' chances went up around the midpoint of the second half, when one of Quinnipiac's players received her second yellow card and was ejected from the game. Even with Quinnipiac at one player down, the Pioneers couldn't capitalize on the situation. Quinnipiac turned up the heat with the loss of their player and almost put a goal in at 78 minutes, but Burbige saved the goal by standing in the net and blocking the shot with her body.

"Quinnipiac is a very



The Spectrum/JOE FINIS

The women soccer is unable to score for the 6th time this season despite 26 shots on net.

Softball Dominates Weekend Opponents

Caitlin Dour
Staff Reporter

On Friday, Sept. 24, the Sacred Heart Women's softball team continued their winning streak playing American International College. With clutch hitting, good pitching, and solid defense, the Pioneers won with a score of 8-0.

"I didn't hit a lot of my spots, and my curve was off," said freshman pitcher Megan Spehar (Thousand Oaks, CA).

In the top of the fourth inning, Spehar got in to a bit of a jam. With the bases loaded, the batter hit a single, and the runner at third base tried to score but was unsuccessful. The inning ended when the batter hit the ball back to Spehar and was thrown out at first base.

"Megan pitched great, started really good, kept us in the game and then we finally started getting better at bats towards the fourth inning. We executed on the bunt and got the big hit with two outs. We didn't do that a lot last year, so those are all good signs," said coach

Elizabeth Luckie.

Going into the bottom of the fourth inning, there was still no score when American International changed their pitcher. The Pioneers were ready to take advantage of that when freshman Amber Warren (Hendersonville, TN) was hit by a pitch to start off the inning and then Megan Spehar successfully reached on a bunt single.

"We practiced that yesterday for a long time, so I think that helps" said Spehar about bunting.

With runners on first and second, junior Jen Place (Latham, NY) also bunted but was thrown out at first, yet she advanced the runners to second and third. With two outs senior Tiffanie Cross-Monzo (Thousand Oaks, CA) hit a fly ball to left field, which dropped in, allowing the runners to score for the first two runs of the game.

"It was nice to make good, solid

wSee "SHU Wins Five, Shuts Down Two" pg. 15

Field Hockey Falls 4-3 in OT

Lissa von Brecht
Staff Reporter

The Sacred Heart women's field hockey team fought hard and had an admirable comeback, but was still unable to hold off Fairfield field hockey as they lost 4-3 in overtime on Friday at Campus Field.

Scoring opened when the Fairfield Stags scored off the stick of Briana Keene just 1:43 into the game. Then just about nine minutes into the game, Fairfield capitalized on an opportunity off a penalty corner, making the score 2-0. At this point it didn't seem as if SHU could pull it together and they were able to keep position during most of the first half yet could capitalize.

"We knew they were a tough team, especially in our conference, the games are always tough, never a sure thing," said sophomore Colleen Carney (Yorktown, NY).

With about 7:56 left in the first half, Sacred Heart finally answered back when Bryna Bailey (Barre, VT) got a pass from Jenna McLane (Stowe, VT) and shot into the back of the net.

"We were going to do whatever we could to come back, I mean both of our schools are in Fairfield and it was a fight to the end. We knew that and so did they," said Carney.

The score going into the second half would be 2-1 with Fairfield still in the lead, but SHU got their confidence back by scoring just three minutes into the half with an unassisted goal by Bailey.

"I was thinking we could win the game...We had them on their heels. All we had to do was keep pushing the ball at them," said sophomore Jenna McLane (Stowe, VT).

Play would continue, but not for long as the ref called time out just five minutes into the game due to unruly Fairfield fans. It didn't seem as if this got to any of the players because play resumed rather steadily and just two minutes later Fairfield would break the 2-2 score with a goal from Nicole Mazzocchi.

With the end of the game coming closer it didn't seem as though Sacred Heart would be able to get the goal

wSee "Baily Hat-Trick Not Enough" pg. 14