

2004 Homecoming A Hit Among Students and Alumni

Sarah Decker
Staff Reporter

Homecoming weekend is one of Sacred Heart University's biggest alumni events. Starting early last Saturday, various events took place and were enjoyed by current students, parents, fans, and returning alumni.

"Out of the three years I have attended homecoming weekend, this is the biggest turnout I have seen," said Sarah Morris, a junior from Pittsfield, MA. "From what I saw, every event looked successful."

Sponsored by the Student Alumni Association (SAA), Student Physical Therapy Association, and the Student Athletic Training Organization, the 5K Fun Run and Fitness Walk was the first event of the day beginning at 8:30 a.m.

The SAA organized the parade, which began at 12:30 p.m. at the Park and Ride behind Jefferson Hill. Various organizations created floats and the marching band walked in the parade while performing for the spectators.

"The executive board, along with the other members, began planning the parade in April," said the president of SAA, Samantha Couture (senior, Durham), "so we prepared for a great turnout."

The excitement grew as the Pioneers took on and defeated Wagner at 1 p.m.



Contributed Photo/ROBERT TRENSKE

Homecoming parade featured floats from various student organizations.

"The feelings are unexplainable," said junior, Zak Kepner, a football player from Largo, FL. "I've never experienced a win that big."

"The crowd was unbelievable," said junior Brianna Plosky, a cheerleader from Middletown, "the school spirit everyone had made homecoming weekend all that better."

"This is an opportunity for alumni to reconnect with their alma mater and each other," said Robert Cottle, director of Alumni Relations and Annual Giving.

Alumni met up with old friends under the tent from 1 p.m. to 4 p.m., and were offered beer, wine, soda, hamburgers, hot dogs, veggie burgers, and chips to enjoy.

"The kid's corner was great. It gave

my little brother and sister something to do instead of bugging my mom during the game," said Nicole Guilbert, a junior from Narragansett, RI. Opposite the alumni tent, children cheered on the Pioneers while jumping on the dragon moonwalk, getting their faces painted, playing games, and snacking in the kid's corner sponsored by SAA.

The very popular tailgating took place throughout the whole day. Whether gathering with friends and heading to North Lot, or purchasing a Tailgate Village pass to tailgate on the hill, it was a huge party for everyone.

"I'm looking forward to becoming an alumni after seeing the things that the University offers," said Christina DeVecchis, a junior from Lindenhurst, NY. The events continued throughout the evening. At 5 p.m., an Alumni mass took place in the chapel. Beginning at the same time, the International Alumni Wine and Cheese Reception was held in the Pitt Center boardroom until 7 p.m.

The class of '99 had a Reunion party to end the night from 8 p.m. to midnight at Captain's Cove. Off campus as well, Beta Delta Phi sorority held their 40th anniversary banquet at the Villa Bianca in

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Internship a 'Capitol' Opportunity For Students

Cristina Baptista
Contributing Writer

'Tis the season for politics, and while the current Presidential Election is the foremost thought in many people's minds, there are local opportunities for students to get involved in the political realm, starting with the Connecticut State Capitol.

Sponsored by the Connecticut General Assembly, the Legislative Internship Program provides students with the opportunity to experience firsthand both the formal and informal aspects of the state's legislative process. According to the assembly's website, a "major objective of this program is to prepare interns to perform the necessary support services desired by the legislators for whom they are working; i.e. bill analysis and tracking, spot and in-depth research, drafting of news releases and speeches" and so forth.

The internship program begins in late January 2005 and runs throughout the academic Spring semester. Interns are assigned to a legislator and will have the responsibility of performing a variety of tasks, including monitoring committee and floor action, analyzing legislative proposals, managing constituent casework, and conducting policy research. The internship opportunity also involves an academic component, including orientation sessions, seminars, and written papers.

"The internship was such a great experience, says Rebecca Ann Millet, a senior and political science major from Bronx, NY who completed the program as



The Spectrum/BILL SILVESTRI

Dr. Rose, chair of the History and Political Science department, advises students participating in the the Legislative Internship Program.

a junior. "Working in the capital allowed me to track bills, research different topics, I helped make campaign flyers, and even assisted in writing speeches for my representative."

Dr. Gary L. Rose, professor and chair of the history and political science department, has been Sacred Heart's Campus Advisor for this internship program for the past 23 years. As the advisor, Rose's role

in the internship program is multi-faceted.

"I promote the program, I make recommendations, I review all the fieldwork and the legislators' evaluations of their [students'] performance," says Rose. "I grade the paper on the state operating budget [each intern must write] and provide feedback, and I also require interns...to read my own book on Connecticut politics, and do a review on that, so that they can context their experience." He adds that this work is "above and beyond what other advisors do and other schools require" in regards to their roles in the internship program.

"There are a number of assignments, up there [at the Capitol] that students have to complete, and I have to review all of the field evaluations and I also have to grade the papers they are writing," Rose says, in regards to his work with the program.

Rose adds that, even though the legislators will make a recommendation up at the Capitol Building itself, grading the students' papers on a one through five scale,

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First of Three Lectures on Work of I.B. Singer

Bill Silvestri
Web Editor

The First in a series of lectures on the influence of I.B. Singer took place on Sept. 29. The Ryan-Matura Library along with The Center for Christian-Jewish Understanding, The Department of English, and The Department of Media Studies and Digital Culture presented Dr. R. Barbara Gitenstein.

Dr. Gitenstein is the first woman President of the College of New Jersey in its 148-year history. An active scholar, Dr. Gitenstein is author of the book *Apocalyptic Messianism and Contemporary Jewish Poetry*. She has also published numerous articles, reviews and book chapters on Jewish and American literature. Dr. Gitenstein was educated at Duke University and she received a Ph.D. at the University of North Carolina, Chapel Hill.

The Center for Christian-Jewish Understanding, or simply the CCJU, is host to the series on I.B. Singer. Rabbi Joseph H. Ehrenkranz and David L. Coppola direct the CCJU.

"We gather Jews and Christians together and sometimes Muslims to promote understanding and dialogue. We encourage inter-religious dialogue main-

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CAMPUS NEWS

'Capitol' Opportunity for Students

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the grading does not end there.

"I require a lot more than what other advisors do," says Rose. "I want my students to not only write the paper that's required for the program, but on this end [at Sacred Heart], they have to do a lot more for me and do a lot more political analysis."

"Ninety-five percent of students, I would say, have had a positive experience and have found [the internship] to be very educational," Rose says. "Obviously, there's always that small percentage that didn't have the kind of experience they hoped they'd have because they found themselves at the copy machine."

Rose goes on to say, however, that despite such problems, he does oversee the program very carefully.

"The students are assigned to different lawmakers, and what you really want to make sure is that the lawmaker understands the importance of an internship... that they understand that these kids are up there to get a good education and to learn about government first hand, and to really do hands on work," says Rose.

"Once in a while, I'll have a student say, 'they just have me answering the phone,' and what I do is get on the phone, call the intern supervisor, and I have the student transferred to another legislative office. So, I resolve it. But that's a tiny fraction of the students who participate in the program. The vast majority really do good work," Rose says.

Rose's involvement with the program is not the typical advisory role found at other universities.

"Also, I'm somewhat unique with the program in that I work very closely with the director of the program. I have helped set up the test that's given...all the interns take a test up there [at the

Capitol]," Rose adds.

"I'm a little more than just an advisor—I'm very much associated with the program," he says. "And I have served also as a participant in the orientation program...I've gone up to the Capitol and spoke to all the interns, about a 100 of them, about the program. I talked to them about the importance of the state legislature and a little political history, and I would like students to be able to context their experience so that they can understand their place there."

Normally 90-100 students intern at the state capitol during each legislative session. Sacred Heart normally has around five to seven interns in the program.

"The reputation of the Sacred Heart interns is really very, very good. They have a reputation of reliability, punctuality, and getting a lot of work done—getting the job done. A lot of them have been offered jobs, in fact," says Rose.

Three former interns from Sacred Heart are currently employed at the Capitol, according to Rose, and these students have gone on to work for the committees at the Connecticut State Legislature, or they have gone on to work for the Democratic or Republican caucuses as staff workers.

"They've really gotten their feet in the door of public service," Rose says of these former interns. "[The program is] a step into public service. This is really what this is an opportunity for. I'm really thrilled when a [student] gets offered a job like that."

"This internship was one of the greatest experiences I have had at Sacred Heart. I have a greater understanding of Government operations and the state capital," says Millet. "I would highly recommend anyone interested in politics to take part in this internship," she adds.

Undergraduate students from all dis-

ciplines, not just political science, are considered for the internship.

"Quite honestly, very few people from other majors pursue the internship...certainly, no one is precluded," says Rose. "But I'd be happy to support students from other programs."

Applications are due to Rose on Nov. 1. Then after receiving applications during the month of Nov., all applicants will be interviewed, and selections will be announced in early Dec.

"The one thing that we emphasize here [at the university], as part of the mission, is public service, and this internship squares with that pretty well, I think. The issues the interns work with are issues that serve the public," says Rose.

Students interested in interning at the Connecticut State Capitol should contact Rose via e-mail at rose@sacredheart.edu or call (203) 371-7999 or (203) 371-7745 for further information and applications.

For information regarding the program itself, students may visit the Connecticut General Assembly's website at <http://www.cga.state.ct.us/isc/cga.state.ct.us/isc/>.

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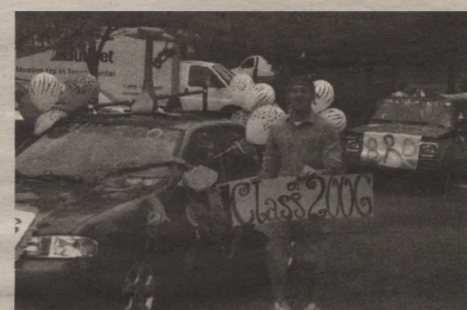
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Homecoming 2004

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Contributed Photo/ROBERT TRENSKE

The class of 2006 represents themselves at the annual homecoming day parade.

Seymour.

"Homecoming assists with our objective of involving as many alumni with the life of the University," said Colleen Rooney, assistant director of Alumni Relations.

Mark Adzigian, director of athletic marketing and development said, "Homecoming has really grown in the past six years under the leadership of Rob Cottle and Colleen Rooney in the Alumni Relations Office to the point now where it is an all-day event that captures the spirit of Sacred Heart in an atmosphere of camaraderie and everything that is good about the collegiate experience."



Contributed Photo/ROBERT TRENSKE

The pioneer Marching band kept the crowd pumped at the Homecoming Football Game.

SHU Hosts the First of Three Lectures on the Work of I.B. Singer

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ly," said Coppola. "We also want to be able to broaden opportunities for people to experience Jewish-Christian understanding through the arts, or in this case, through an artist."

Isaac Bashevis Singer was an accomplished author of fiction and Nobel Laureate, whose body of work includes dozens of short stories and several novels, which explore the themes of redemption and damnation, the Jewish-Polish experience, and the spiritual and psychological barriers between men and women in twentieth century society.

Dr. Gitenstein delivered a lecture entitled, "Traditions Askew: Yidishkayt

and Kabbalah in I.B. Singer's Fiction."

Dr. James Castonguay, Associate Professor of Media Studies and Digital Culture stated, "I hope that more of our students turn out for the rest of the series to learn more about this important writer and fascinating personality."

According to a press release from Sacred Heart University, "Dr. Gitenstein devoted much of her efforts to researching the impact and influence of I.B. Singer while she was working on her doctorate."

"This is what I used to do my research on before I became an administrator, and this was the first time that I have been able to do this in a while," said Gitenstein.

In 1978, I.B. Singer and his wife

visited the university and gave a lecture to students, faculty, and staff. Later on that evening, Singer accompanied a small group of students to a New York restaurant and a record of this conversation was included in Stewed Prunes and Rice Pudding: College Students Eat and Talk With I.B. Singer.

"I would like people to appreciate just how interesting of an author Singer is, but also to get excited about reading somebody else that's maybe a little different from what they have read," said Gitenstein.

Dr. Gitenstein had a wonderful time lecturing at SHU and said that, "People were so gracious and so welcoming. There was a great audience and they asked fabulous questions," said

Gitenstein.

"I am grateful to University Librarian Dennis Benamati, Dr. Michelle Loris, and Dr. Coppola for organizing this event, and look forward to being a part of the series in November," said Castonguay. "I found Dr. Gitenstein's presentation to be engaging and informative. She was able to offer nuanced readings of Singer's texts while also grounding her close analysis in broader religious, historical, and linguistic contexts."

The CCJU would like to remind the Sacred Heart University community that part two of the series will take place on Oct. 17, featuring Dr. Michelle Loris, professor of English. The series culminates with a lecture by Dr. James Castonguay on Nov. 7.

CAMPUS NEWS

Recycling for a Greener SHU

Kayla O'Brien
Staff Reporter

Sacred Heart's school colors are most certainly red and white, however the Sacred Heart University Campus Ecology Team is on a mission to make the campus a much greener place. A group of about 10 faculty members have made it a priority to make Sacred Heart a more ecological place. Recently, the team has gone from placing recycling bins in offices, to planting trees and shrubs around campus, to literally monitoring the recycling bins, making sure that everyone is doing their part. The team has currently made big waves, but they still have a long way to go. The only way SHU can become a greener campus is if everyone takes action.

"It was one thing to have an idea and another thing to do something about it," said Professor Grant Walker. The group began in 1999, when there were no recycling containers to be found around Sacred Heart. Walker and other concerned faculty and students decided to take the matter into their own hands.

They started out small with recycling paper around the office and then soon

throughout each of the buildings on campus. By the end of the school year, about two tons of paper had been collected.

"I think it's very important for a college to participate in this type of effort because it makes a huge impact on the environment," said Sandi Signorelli, a junior from Harrison, NY. During the 2002-03 school year, bottles and cans became the focus in addition to recycling paper as well. Blue recycling bins were placed in the corridors and everything seemed to be coming along in the right direction.

"This [task] cannot just be accomplished by a handful of people, but needs the total support of everyone and commitment to make it happen on campus," said Matt Kelly, Manager of Campus Cleaning Services. "If someone decides to use a recycling bin to discard leftover lunch then that recycling bag is immediately contaminated and must be put into the regular trash receptacle," said Kelly.

Much of the efforts are being voluntarily made in a place where each student usually passes by at least once a day, Flik. In Flik, students are encouraged to use washable ceramic plates and silver-ware, rather than the plastic "to-go" containers. Something so easy can make a big dif-

ference not only on the cost but also in the local environment. Not only are the plastic containers terrible to manufacture, but also once they are used, they must be dumped somewhere. From campus, the garbage is taken locally to the Wheelabrator Incinerators in Bridgeport.

"They have a big high chimney where all of the vapors go up, and they say the chimney has cleaners so that the air released is okay, but maybe environmentalists say one of the worst things for the environment is incineration," said Walker. The garbage that is burned does produce energy, however environmentalists are worried about the toxic emissions.

"90 percent [of the garbage] is vaporized and 10 percent is ash. The ash is then scraped out and put in trucks where it is then buried in the ground in Putnam. This can not be good for anyone's health," said Walker. One must consider the possibilities of what the burial can do to the underground water, etc.

This is where students can do their part and help the efforts. By taking the time to grab a plate instead of a container, and by separating trash from recyclables, the ecology team will be well on their way. Another way students have already started

helping is by planting trees.

"We planted 25 little guys. Planting these trees really made us feel good. We did not plant these trees just for improving the environment, we did it because we want to add to our campus and show our appreciation to the school for the good times it has shown us," said junior Mike Galdieri (Palisades Park, NJ). The brothers of Sigma Delta Chi recently joined Walker by planting cedars and white pines along the path to East.

"It felt good to know that we were helping the environment and making the campus look better," said junior Matt Romano (Ronkonkoma NY).

"Our plan over the next year is to fine tune the current operation, education, training of the staff that have some responsibility for this effort, make the community aware of our programs through monthly reports, and to get more people interested and involved in the process," said Kelly. In the meantime, they are currently proposing that the University commit itself to "green building" as certified by the Leadership in Energy and Environmental Design protocol of the United States Green Building Council.

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CAMPUS NEWS

SHU SIFE Offers Valuable Experience

Courtney Piliero
Staff Reporter

SHU SIFE (Students in Free Enterprise) is an organization founded in 1999 that gives students the opportunity to earn college credit while participating in practical, real business projects. The club is always looking for new members, and students of any class or major are invited to join.

What better way to earn college credits than to be a member of a school club which explores business in the real world, allows you to utilize classroom experience, and gives you a social link to other students? SIFE, Students in Free Enterprise, is a school club that allows you to do just this.

The national organization was founded at Sacred Heart University in 1999 with the help of Dr. Lyons. SIFE has taken off and been growing ever since. It is a club open to students of all majors despite the focus on business oriented projects. These projects involve helping members of the local communities of Bridgeport and Fairfield, as well as local businesses.

According to Sal Liistro, a senior from Middletown, and a member of the club for the past two years, "everyone can gain something from being in SIFE."

In the past SIFE has done projects with neighboring elementary schools and also women's shelters.

For the past two years members visited these shelters to help women who had lost their bearings get back on their feet. They taught them interview skills, helped them create resumes, and focused on the proper attire suitable for job interviews.

SIFE has also worked with companies such as Bic, and was contacted by Bigelow Tea last year to design a marketing campaign to promote tea to college students. Members then constructed surveys and gave tea samplings to students. As a result Bigelow Tea is now sold in a variety of flavors in the SHU marketplace.

Due to the business concepts involved in the program, active club members are also able to earn one credit per semester.

Rebecca Lineberry (Middletown), this year's president of SIFE commented, "students who participate in SIFE have the opportunity to gain valuable experience that will help them in their future careers, as well as give them the chance to meet new people and become more involved in activities on campus."

The club partakes in about five projects per year, and in the spring meets before a panel of judges consisting of representatives from different businesses. Here they compete with other schools in the region that also participate in SIFE, and are rated on the sufficiency of their work for the year, including the quality of projects and media outreach.

From here they can go to nationals, and finally internationals depending on their placement. With the exception of last year, SHU SIFE has consecutively placed in regional competitions and advanced to the nationals in Kansas City.

Junior Pete Pavone of Chestnut Ridge, NY is a new member to SIFE this year. He commented, "for me SIFE seems like a great opportunity to become involved in the free enterprise world."

The club held its first meeting of the year on Sept. 26, and will usually be meeting on Sunday evenings. The date of the next meeting is not yet available, but will occur within the next few weeks.

The club is eager for new members, as this year SIFE will be introducing new projects, and working with a variety of new companies.

For more information you can contact Rebecca Lineberry, the club president, at Lineberry-R@sacredheart.edu

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BEYOND SHU

Presidential Debate Leaves Questions Unanswered

Umberto Torrielli
Staff Reporter

The first of three televised presidential debates, hosted by the University of Miami, focused on issues regarding foreign policy. The candidates laid down two different views vis-à-vis Iraq which was at the center of the ninety minute confrontation.

The debate, opposing President George W. Bush and Senator John Kerry of Massachusetts, was moderated by Jim Lehrer of PBS. Lehrer stated that, "The umbrella topic is foreign policy and homeland security, but the specific subjects were chosen by me, the questions were composed by me."

The debate allowed both candidates to lay down their conflicting outlooks on mainly the Iraqi situation in front of a national audience of over 62.5 million viewers. Both men reiterated views echoing from the campaign trail, with Kerry criticizing the President over his decision to go to war in Iraq, and President Bush

attacking Kerry on his contradictory statements and opinions.

The President maintained his convictions that the Iraq war was a necessary step in the fight on terrorism and said, "my opponent looked at the same intelligence I looked at and declared, in 2002, that Saddam Hussein was a grave threat. He also said in Dec.. of 2003, that anyone who doubts the world is safer without Saddam Hussein does not have the judgment to be president. I agree with him."

On the other hand, Senator Kerry provided his beliefs that the war on terrorism had lost focus on the real targets, and that the United States had unnecessarily gone to war with Iraq. Kerry stated, "the President just talked about Iraq as the center of the war on terror. Iraq was not even close to the center of the war on terror before the President invaded it."

The debate was a contrast between two very dissimilar worldviews and styles of leadership, but also showed the diversity of debating methods. The common consensus among people interviewed after the event was that Kerry had won the

debate more on style than on substance. Philip Scali (Senior, Fairfield) stated, "I was highly impressed with Kerry's performance. He was clear, concise and professional. Surprisingly, the President lacked the confidence and intellect he needed to retaliate effectively. I am anxious to see how these debates will influence our upcoming elections."

This opinion was reflected in the first post-debate poll by NewsWeek, conducted Sept. 30 through Oct. 2, which showed John Kerry leading by 47 percent against 45 percent for President Bush in a three-way race including independent candidate Ralph Nader. This statistic reverses a three month trend which had the incumbent steadily leading the challenger.

Several SHU students, however, felt that the debate left many issues unanswered and provided no real winner. Junior Rodmir Labadie (Stamford) said, "John Kerry was more focused on putting Mr. Bush in the hot seat than on answering the real issues. This forced the President to be constantly on the defensive. Unfortunately, Kerry was able to convey his ideas in

a way that was more in touch with the people, by using points that strengthened his side of the issues. If anything I would say the debate was a tie, and the concluding remarks by both parties left the debate unresolved. I hope the next debate will be more conclusive."

Regarding the content of the debate, Erica Kodila (Junior, Mineola NY) said, "I think the debate was pretty successful... foreign policy is a major factor in this election and hearing what each candidate had to say about it will definitely influence my vote."

With only one month left to Nov. 2, this first presidential debate has marked the debut of the last stretch towards Election Day. Even though the contenders to the White House might have cleared up certain issues, other questions can now be raised in light of the upcoming debates, such as if Kerry will manage to build on the momentum created by the first debate, or if President Bush will regain his usual confidence and claim the stakes next time around.



National and Global News

HAMPTON, N.H. (AP) John Kerry said Monday that President Bush has sacrificed hopes for disease cures offered by stem cell research to "extreme right-wing ideology." The Democratic presidential candidate promised to fund more embryonic stem cell research with federal money if elected.

BAGHDAD, Iraq (AP) Insurgents exploded two car bombs at the gates of the main U.S.-Iraqi headquarters in Baghdad and near major hotels Monday, killing at least 21 people and wounding 96. In Fallujah, U.S. warplanes struck what the military called terror hideouts, killing 11. The two car bombs ripped through central Baghdad streets about an hour apart.

MOJAVE, Calif. (AP) A stubby rocket plane powered its rockets and appeared to blast through the Earth's atmosphere for a second time in two weeks Monday to capture a \$10 million prize meant to encourage space tourism. SpaceShipOne, the rocket plane funded by Microsoft co-founder Paul G. Allen, appeared to top its required altitude within minutes of firing its rockets, said Peter Diamandis, who founded the X Prize eight years ago.

STOCKHOLM, Sweden (AP) American researchers Dr. Richard Axel

and Linda B. Buck shared the 2004 Nobel Prize in physiology or medicine on Monday for their work on the sense of smell showing how, for example, a person can smell a lilac in the spring and recall it in the winter. Their genetic work revealed a family of "receptor" proteins in the nose that recognize odors, and they illuminated how the odor information is transmitted to the brain.

WASHINGTON (AP) The Supreme Court turned away a challenge Monday to the federal do-not-call registry, ending telemarketers' bid to invoke free-speech arguments to get the popular ban on unwanted phone solicitations thrown out. The court, without comment, let stand a 10th U.S. Circuit Court of Appeals decision that upheld the registry of more than 57 million phone numbers as a reasonable government attempt to safeguard personal privacy and reduce telemarketing abuse.

MOUNT ST. HELENS NATIONAL MONUMENT, Wash. (AP) Mount St. Helens belched steam thousands of feet above the volcano's crater Monday, apparently the largest burst yet as days of tremors and low-level earthquakes have raised fears the volcano will blow at any moment. Scientists said it was unclear whether a larger eruption was still expected.

Connecticut News

Associated Press

NEW HAVEN - After filming a documentary about the Connecticut Juvenile Training School, some New Haven youths are calling for the closure of the \$57 million Middletown facility.

The group held a news conference Thursday and challenged state officials to justify the school's existence and expense, The Hartford Courant reported.

"We called this press conference today to make sure you hear us loud and clear, this facility needs to be shut down permanently," said Doneisha Chatman, a 16-year-old member of the filmmaking group, Youth Rights Media. "Apparently, some government officials are still blinded to this reality."

About a dozen youths documented conditions inside the high-security center for troubled juveniles for about four months last spring. They interviewed staff and spoke to youths who were once housed there.

The result was a 25-minute documentary titled "CJT\$: At What Cost?" that argues in favor of closing the training school. It premiered in June and received favorable support at several screenings across the state.

Three Yale University graduate students formed Youth Rights Media in 2000. One of the group's members is Travis Ruffin, a former training school resident who returned with the film crew in an attempt to convince the public there are a

multitude of problems there.

The documentary crew said it uncovered a number of problems at the training school, including:

About 75 percent of the approximately 75 boys at the prison-like facility are there for nonviolent offenses.

It currently costs the state \$514,000 to house a boy at the training school for one year or \$1,400 a night.

Boys at the school live in cramped cinderblock "cells" with narrow windows that provide limited views of the outside.

Boys from the school said they were routinely restrained by staff, a possible violation of state policy, which allows physical restraints only when youths are an immediate danger to themselves or others.

The film crew said it was frustrated that the state continues to support the training school when it has problems with violence, poor programming and weak management. The group believes the facility warehouses and punishes juveniles rather than educating and rehabilitating them.

Gov. M. Jodi Rell praised the training school two weeks ago for the steps it took over the summer to improve its overall environment. Rell, however, did say she would like the center to feel less like a prison and more like a home.

After a string of violent outbursts last spring, the Department of Children and Families said it worked to retrain staff, improve program and educational services for the boys and close a high-security building where many of the assaults occurred.

Perspectives

Lack Of Parking

Sarah Decker
Staff Reporter

I, as many other students I'm sure, think one of the major problems on our campus is parking. As a commuter this year, my only options for parking are in the commuter lot, or North lot. The commuter lot does not hold many cars, and if you dare to park along the curb, you get welcomed back with a ticket after class. Therefore this leaves me to park in North. However, unless you get there at 8:00 a.m., you have to park in a distant spot. It is even possible, like I have seen it many times, for the lot to be full. This means, you either park illegally, hoping not to be caught, or drive around until you can chase someone to his or her spot. This causes you to be late to class, and frustrated too early in the day. If you are not late because of the turning signal, like Kelly Ryan said in her editorial last issue, you are now late because you can't find a spot.

I remember, as a sophomore, I was assigned parking in North lot. I was not as lucky as my friends to be chosen for the small South lot. Sometimes, after arriving late at night, I would have to walk from North all the way up to East; sometimes by myself. This is just another hassle that I don't think students should have to deal with.

Now, as a junior, I still have parking issues. I work in Residential Life, which you all know is located in East Hall. The inconvenience of parking in North continues, because after class, I have to hike

up the hill because there are no parking options up at East. I am not as courageous as other people, but some people, heading for East Hall, park along side streets and walk down the road. This could be very dangerous for you, as well as your vehicle.

It is not only me who has the problem; I am just the one voicing it. Many of my friends live in J-Hill and also have issues. Due to the lack of spots there, the overflowing cars are parking in the tennis court lot at the Pitt. Again, causing more parking problems for other areas. Now the Pitt center spots are diminishing, not only causing problems for students, but for faculty, staff, and the public gym members as well.

Like many students, I am on the run, hoping I can park and run into Flik to grab a sandwich to eat on the way to work. This is not an option... there is no such phrase as quick parking at this University. The 20 minute parking spots are omitted from in front of public safety and you will be ticketed if you hazard along the curb. That is understandable because of fire lane issues, but where can you park for a quick five minutes? North lot, no longer making it a quick stop.

There are so many concerns a college student has, and parking should not be one of them. I know there are plenty of people who can relate to this. I am not sure of possible solutions, but something in the future must be done, especially due to the increased number of incoming students every year.

Why Don't YOU Register to Vote?

Nadia Korovesi
Editor-in-Chief

In less than a month, on Nov. 2, 2004, elections will take place to determine the next President of the United States. As the election season heats up, all over the world people are turning their TV sets to watch with great interest the election of the leader of this free country. Despite the recent rhetoric against the United States, true or perceived, this country still remains the pinnacle of justice and freedom. As a foreigner, I would like to share my thoughts with you, in regards to a very important aspect of the elections, namely, registering to vote.

In my country, Greece, registering to vote is not an option. Turnouts of over 90% are not uncommon and all Greek citizens are automatically registered to vote in their local councils. Until recently, failure to show up and vote resulted in severe civil penalties. Therefore, you can imagine my surprise when I read the statistics on voter turnout in the United States.

I believe that voting is the cornerstone of any free and democratic nation. It is the method by which the people express their political will and are actively involved in governing their country. Maybe once in four years is not ideal, but the present political system is the best there is. As Winston Churchill once said "It has been said that Democracy is the worst form of government except all the other that have been tried."

People like to complain constantly about how poor the education system is, how unfair the health care system is, or how bad the economy is doing. However, I bet you that more than half of these same people did not vote in the last elec-

tions. How can you expect to be heard if you do not participate in elections?

While it is easy to criticize the government and the politicians for all the things they do wrong, it is much harder to take a look in the mirror and make an opinionated choice that is the best for the future. Nobody is perfect and mistakes will be made. Things will not change overnight and every election is a small step toward the ideals we all share. But the only way to make a statement is to vote. If you do not vote nothing will change.

Another common excuse is that the regular people do not have the power to influence the political outcome. It might sound cliché, but every vote counts. You do not have to look further than the 2000 Presidential election to find a better example.

Just think of all those countries ruled by ruthless dictators who decide for themselves what is the right choice for their citizens and ask yourselves one question: Do you want to live in an environment where decisions are made for you?

Voting is a sacred privilege. A privilege that should not go wasted and carries with it a host of responsibilities. Because the way you cast your vote will impact not only this country for the coming four years but also, in this modern era of globalization, to a large extent the future of all mankind. Not registering to vote is like throwing away your chance to be part of shaping the world. So, regardless of your political orientation every eligible citizen should register to vote. This is the only way you will fulfill your duty to your country and make your voice heard.

You can register to vote now at www.congress.org and many other websites. Hurry up! The last day to register is Oct. 12, 2004.

Congratulations to the Photo Contest Winners!!!

1st Prize (\$50): Keri Wilson

2nd Prize (\$25 Gift Certificate to Angus Steak House)
Diana Smith

3rd Prize (\$20 Gift Certificate to Angus Steak House)
Mark Stanczak

4th Prize (\$10 Gift Certificate to Angus Steak House)
Kathryn O'Conner

Claim ALL prizes at the Spectrum Office!!

The SPECTRUM

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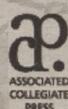
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Winner's Photo



The photo that won the first prize: fishing nets at a luau in Hawaii.

Contributed Photo/Keri Wilson

He Said... She Said...

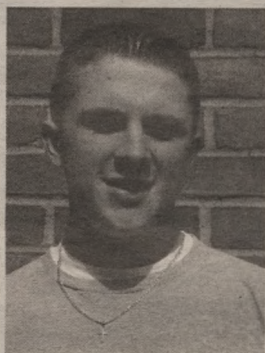
What goes on behind the scenes of a guy's or girl's night out?

Robert Roy
"He Said" Columnist

A guy's night out is one of the most sacred nights of a college student's life. Well, maybe it is not sacred but it is one of the best times a guy will ever have. All big nights begin the same way with a shower and a shave. Cologne is very important, as scent is directly linked to memory and you always want to leave a lasting memory with the girls you will meet during the course of the night.

For guys, clothes really are not a big deal. We throw on a long sleeve button down and a pair of jeans, which is a pretty common outfit for a guy right now. A simple preparation and this is now the beginning of an awesome night. Next a designated driver is chosen. We always want to make sure we are responsible.

Before going to a club, guys will typically "pre-game" and start the party before going out. This will allow us to release all fears and inhibitions, so once you get to the club you will be on your way to a wild night. However, before going out, we actually have to choose where we'll end up. Something



The Spectrum/DANYA JIMENEZ

we consider when choosing the club or bar is certain themes that may be going on that night. For example, short skirt night or lingerie night.

We usually like to begin the night by buying a round of drinks. Next comes the most important part of the night: a huge reason we came out as a group of guys. We want to meet girls. We're trying to find someone we're attracted to, yet someone we can talk to or get to know. We'll even just hit the dance floor and keep the rounds coming.

The music is loud and the drinks are free flowing. We let our inhibitions go and just have a lot fun. The guy's night out is without a doubt one of the best nights a guy will have.

Athena Soriero
"She Said" Columnist

I'm sure that everybody has seen a group of girls out at a party, bar, or club having a "girls night out". What we do once we're out isn't really the story here. The true story is arranged within what goes on before hand because just about half of a girl's night out is actually spent getting ready to actually go out.

The preparation is always extremely important, whether the destination is a little hole in the wall Bridgeport bar, a themed keg party, or a dress to impress club. If you could be a fly on the wall in a house full of typical college girls on a Saturday night it would look something like a Barbie tornado.

There are half naked girls running rampant, rotating in and out of the shower; a blow-dryer, straightening iron, curling iron, or cell phone charger occupying every electrical outlet almost blowing a fuse. While clouds of toxic fumes from hairsprays and perfumes load the air.

There are girls halfway to tear shopping out of everybody else's closet. You can also find about 5 people miraculously doing their hair and makeup in front of a single mirror. There is usually at least one of the girls



The Spectrum/DANYA JIMENEZ

who's talented enough to multi-task during all of this, she can simultaneously be on the phone and the Internet giving every last detail for the night from where everyone will be to how the group is going to get there.

Hours later, plans have been finalized, the perfect outfit has been coordinated, the boxed wine completely drained, and we've convinced that one friend to leave the mirror, or not change their outfit again.

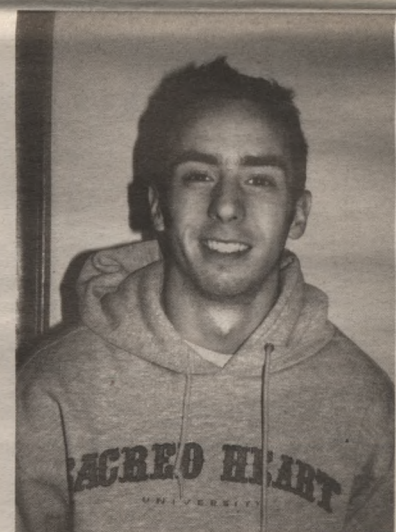
Now by means of divine intervention the journey "out" begins. We get in the car, sing at the top of our lungs, pass around a tube of lipgloss, talk about boys and we finally make our arrival where most people "assume" a girl's night out would begin. However, after this short briefing, we all know when a "girls night out" really begins.

SHU Voices
What are your plans for Columbus Day weekend?



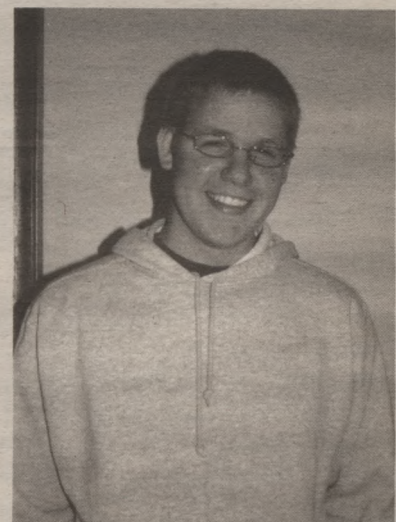
"Going home!"

Katelyn Botsford
Cresskill, NJ ~ Junior



"Working...probably!"

Michael Prescott
Fairfield ~ Sophomore



"Playing my guitar."

Chris Fontana
Cortlandt, NY ~ Junior

Would you like to make comments on what the "He Said.../She Said..." columnist have to say? Would you like to ask them any questions? Feel free to send them an email at spectrum@sacredheart.edu

Eating Disorders Support Group

Dear Editor:

The Renfrew Center of Southern Connecticut offers a free eating disorders support group that is available every Saturday morning at 11:00 a.m. (excluding holidays). This group is professionally facilitated and is designed for people struggling with eating disorders and for their friends and families. This is a drop-in group open to anyone in the community.

The Renfrew Center of Southern Connecticut is located at 436 Danbury Road in Wilton, Connecticut.

For more information about The Renfrew Center of Southern Connecticut or any of its programs, call 203-834-5020 or visit www.renfrewcenter.com

Thank you very much.

Elly Sidel
Clinical Outreach Coordinator
The Renfrew Center
436 Danbury Road
Wilton, CT 06897
1-203-834-5020 xt 11

Defend Yourself



R.A.D.
RAPE
DEFENSE

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

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

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<http://spectrum.sacredheart.edu>

Word of the Week

Abdicate:

To renounce, abandon, cast off, or relinquish a right power or trust

Other Forms:

abdicated, abdication, abdicator

Courtesy of Webster's Unabridged Dictionary

—Arts & Entertainment—

Julianne Moore Steals the Screen in 'The Forgotten'

Deja Kreutzberg
Staff Reporter

Lost car keys and misplaced eye glasses are all mishaps that happen in every-day life. Every now and then our memory seems to slip and we forget the specifics of our normal daily actions. But, imagine waking up one day only to find that every clear memory that you have ever had of your life seems to be a lie. Your friends and family members tell you of a reality that you have no recollection of. Is your mind playing tricks on you? Are you crazy? Did the reality that you knew ever really exist? All of these inventive ideas are the premise for the new film "The Forgotten".

After losing her son Sam (Christopher Kovalski) fourteen months earlier in a plane crash, Telly Paretta (Julianne Moore) still can't seem to let go of her grief. Her daily routine consists of waking up every morning and going into Sam's room to touch his old toys and to look through photo albums. One day, Telly enters her son's room only to find that all the pictures in the photo album have disappeared and that all the videos have been erased.

Looking to her husband Jim (Anthony Edwards) as the culprit for these acts, Telly comes to learn that he never remembers even having a son; he never existed.

Telly turns to her psychiatrist, Dr.



AP Photo/BARRY WETCHER

Telly Paretta (Julianne Moore), whose 8-year-old son disappeared during a plane crash, meets a father (Dominic West) who has had a similar experience with his own daughter. Together, they team up to try to find the answers behind what appears to be an otherworldly case of mass kidnapping in "The Forgotten."

Jack Munce (Gary Sinise) for answers only to be told that she has manufactured a memory because of post traumatic stress from a still-born miscarriage. Unable to

understand or accept how her universe has so drastically changed, Telly sets out to find another parent who lost his child in the crash. Together Telly and Ash Correll

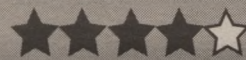
(Dominic West) go in search of their missing children. They soon find out that what ever they are up against doesn't want them to find out the real truth of the situation.

"The Forgotten" represents a striking comeback for director Joseph Ruben. His knowledge of psychological thrillers and the dynamics that make them work is evident in this film. While the script does have some holes and unanswered questions, the movie definitely keeps audiences on the edge of their seats as they question every move that the characters make.

Moore's range and ability in this film is amazing to watch. Her portrayal of a grieving mother is so convincing and natural that she creates a much-needed believability factor. Her emotional and soul-baring scenes are counter balanced by co-star Dominic West. While this sci-fi thriller proves to be tense at times, West provides the comedic relief needed to break up the story.

With its amazing visual effects and its thought-provoking plot, "The Forgotten" is one film that will be hard to forget.

MOVIE REVIEW



"The Forgotten" (PG-13, 96 minutes)

Starring: Julianne Moore, Dominic West

Charlotte Martin Finds Herself *On Your Shore*

Bridget Madden
Staff Reporter

Charlotte Martin sings from the soul in a new genre of music that transcends pop. Her new album, *On Your Shore*, which was released on September 16, offers personal experience on issues such as love, fear, longing, regret, joy, and rage. These easily

Martin breaks the singer/songwriter mold with shocking lyrics that fight against conformity.

relatable emotions scream passion within the record from start to finish.

Martin debuted on the music scene when she released her first album *In Parentheses* in 2003. Containing four songs, these riveting tracks revealed the intimate thoughts and secrets of 27-year-old singer/songwriter. With *On Your Shore*, Martin (a native of Charlotte, IL) is back behind her piano as she lays herself bare confronting old ghosts ("Haunted"), passing conflicted feelings for long-term love, lusting for someone new ("Madman"), and struggling to hold onto some slender sense of self ("Something Like A Hero").

Martin's style is a cross between that

of Tori Amos and Sarah McLachlan and the angelic quality of her voice is quite similar to that of Madonna. *On your Shore* explains the desperation of relationships as Martin sings, "Here I am in my insecurity/ Here I am with my damaged dignity/ Here I am your pulling me in too deep." The album also explores both the beauty and ugliness of life.

Martin breaks the singer/songwriter mold with shocking lyrics that fight against conformity and stand for the liberation of one's self. Martin also reveals her weaknesses and introduces her true self to a world that hides away.

On your Shore is comprised mostly of love songs that describe the traps of love that hold someone even when one knows it is time to let go. Martin's lyrics are extremely deep and personal which evoke complex meanings. Even though some of the songs are a bit vague, their meanings are open for interpretation which may leave the listener with a personal understanding of the album.

Martin is set to hit the road on a small club and college tour with singer/songwriter Matt Nathanson to support *On Your Shore*. Her month-long string of dates kicked off on October 4 in Toronto and wraps November 8 in Cleveland, OH.

For further information on Martin go to www.charlottesmartin.com.

MUSIC REVIEW



Charlotte Martin, *On Your Shore*
(2004, RCA Records)



RCA Records/YARIV MILCHAN
Singer/songwriter Charlotte Martin released her sophomore effort last month and then hit the road to promote the new record. *On Your Shore*, which is a passionate blend of self-discovery and love, is an impressive mix that promises to secure Martin a place among her respected contemporaries. The CD is available now through RCA records and can be purchased at www.charlottesmartin.com.



Independent Music Club Rocks Out Mahogany Room

Laura Day
Staff Reporter

Last Saturday, the Independent Music Club (IMC) invaded the Mahogany Room when it brought eight live bands that rocked Sacred Heart University harder than ever.

The show entitled -- An Evening of Hardcore--was intended to benefit the headlining band, Verse, who had their van broken into and most of their equipment stolen over the summer. Drawing a sizeable crowd, the show generated enough money to be able to donate \$1,000 to the band.

The first two acts, Fired Up and Look Alive, got the crowd pumped and definitely ready for the night. Signs of Hope played next; this band from Bridgeport played with a level of force that seemed to dominate the entire stage. Nearly everyone was dancing and singing along, which barely begins to describe the intense atmosphere that only strengthened as the evening progressed.

One of the most popular bands of the evening was Youth Attack, an up-and-coming hardcore band from Worcester, MA. Their live show was bursting with energy. The crowd swarmed toward the stage, dancing and moshing to their strong, solid beats.

Have Heart was another hardcore band from Massachusetts that played with just as much enthusiasm as the bands before them.

My Revenge came all the way from Burlington, VT and brought pandemonium with them. Crowd participation only

increased for this band, a trend that continued for each of the performers that came after them.

Toward the end of the night, when things would usually be winding down, The First Step stepped in and began a second wind of raw energy that kept the audience vigorous and ready for more. By the time Verse, a Providence, RI band, was geared up for their set, the crowd was eager for a grand finale. The headliners helped the night to reach an amazing crescendo and go out with a bang. The show quickly

Drawing a sizeable crowd, the show generated enough money to be able to donate \$1,000 to the band Verse.

became delightfully and amusingly out of control and it was hard to tell where the band ended and the fans began.

The Independent Music Club will be hosting more shows throughout the year. Any music enthusiasts who missed this entertaining and powerful performance will have more chances to get involved in the fun.

Those interested in joining the Independent Music Club can attend any of the group's meetings every other



The Spectrum/NICK KELLY

[Above] Youth Attack gets the audience rough and rowdy during Saturday's Evening of Hardcore, hosted by the Independent Music Club. [Below] Verse, the headlining band of the night, rocks the Mahogany Room into submission. This was the first show hosted by the IMC and easily set the standard for things to come.

ENTERTAINMENT BRIEFS

On-Campus Events

FRIDAY, OCTOBER 15

• "Late Night Catechism," a comedy by Vicki Quade and Maripat Donovan, will be performed for one night only at the Edgerton Center for the Performing Arts. Tickets are \$37.50 for general admission and \$22.50 for students and seniors.

National News

MONDAY, OCTOBER 4

• Janet Leigh, the famed actress who met an unfortunate end while showering in Alfred Hitchcock's "Psycho" died this past Tuesday. She was 77. Though active through the 1970's, Leigh's career leveled out during the 80's and 90's and she starred in almost no films up until 1993. Most recently, she appeared in "Halloween: H20."

TUESDAY, OCTOBER 26

• "White Chicks," the latest comedy from the Wayans Brothers, will premiere on video and DVD. The film grossed \$69 million in theaters over the summer.

• The "Star Wars" DVD set as well as the new video game "Star Wars Battlefront" grossed a combined total of \$115 million dollars in one day. Most of the profits will go to LucasFilm Ltd. with various fees paid to 20th Century Fox for distribution rights.

- Compiled by Patrick Scalisi

'Fahrenheit 9/11' Stokes More Controversy On DVD

Alex Kantarelis
Staff Reporter

Controversial director Michael Moore returned to the small screen this past Tuesday with the video release of "Fahrenheit 9/11."

Even before the opening credits, "Fahrenheit 9/11" begins to poke fun at the 2000 presidential race, hinting that the election might have been fixed. This allegation is followed by another ridiculous sequence that outlines the actions of President George W. Bush in the first few months of his presidency. With scenes of Bush messing up interviews and constantly being on vacation, Moore makes a mockery of the President. The sequence ends with what Bush did on September 10, 2001.

Moore opens his next sequence with a black screen and audio of planes hitting the World Trade Towers. He then shows Bush reading to children at an elementary school in Florida for more than ten minutes, knowing that a second plane had hit the towers.

Many other aspects of George W. Bush's presidency are examined throughout the film, including Bush's administration and airport safety. "Fahrenheit 9/11" also spends a great deal of time discussing the war in Iraq. Video of Iraqi civilians crying about the destruction of their homes and families is upsetting and makes Bush seem like an enemy.

Moore is not as visible in "Fahrenheit



AP Photo/DOUGLAS TESNER

Michael Moore gestures during a program on Sunday, Sept. 26 in Elk Rapids, MI on the first leg of a 60-city pre-election tour to promote the issues presented in his documentary "Fahrenheit 9/11."

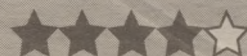
9/11" as he was in "Bowling for Columbine." The director only appears in a few scenes and instead lets leaders, politicians, and others help him tell the story. Moore's opinionated and overzealous style brings something new to the documentary genre and infuses it with an almost entertaining quality; the film has grossed \$118 million so far in the U.S. alone.

The "Fahrenheit 9/11" DVD is loaded with bonus features, including several deleted scenes. There is also a good deal of bonus material that was put together especially for the DVD release, including some funny scenes of Arab-American comedi-

ans and their post-9/11 lives. Their testimony concerning the 9/11 Commission is also worthy of note.

Audiences that enjoyed "Bowling for Columbine," will certainly be captivated by "Fahrenheit 9/11." Students and young voters that have strong opinions—either positive or negative—about the current president need to see this documentary.

MOVIE REVIEW



"Fahrenheit 9/11" (R, 122 minutes)

Features

CREATIVE CORNER

040804 [For Dad]

James Micheal Ashworth
Contributing Writer

I lay awake as the full moon glows
light on my face
I've been here an almost all too
familiar place
So dark and curious the sky, blue-
black entrapping the star
Those midnight spotlights seem
so distant so far
I awake seems two hours slept
Before the sun rose I heard the
lonely song
Beckoning in my thoughts of
promises left kept
From the start I knew the source, a
bird where his lyrics belong
Lacked I slept, for things must be
reassured
Reminding me of the things past
endured
The anxiety renews, as surely does
the morning sun
I listen to the sounds, as the bird
becomes one with a choir
Of all things I dream and have
kept unsung
I'm alone again for choral observ-
ers silence and retire

A Quiet Goodbye

Kelly Ryan
Perspectives Editor

Your offerings were hollow
Easily shattered by the naked sound
Of my heart breaking and yearning.

If there was love, you let it go
If there was hope, you watched
Me fly away with it.

You have become a distant point
On the horizon of a rocky shore.

I will not ache any longer to turn
back the clock.
Just as I am sure you never did.

Be Educated on Breast Cancer

Meghan Parisi
Staff Reporter

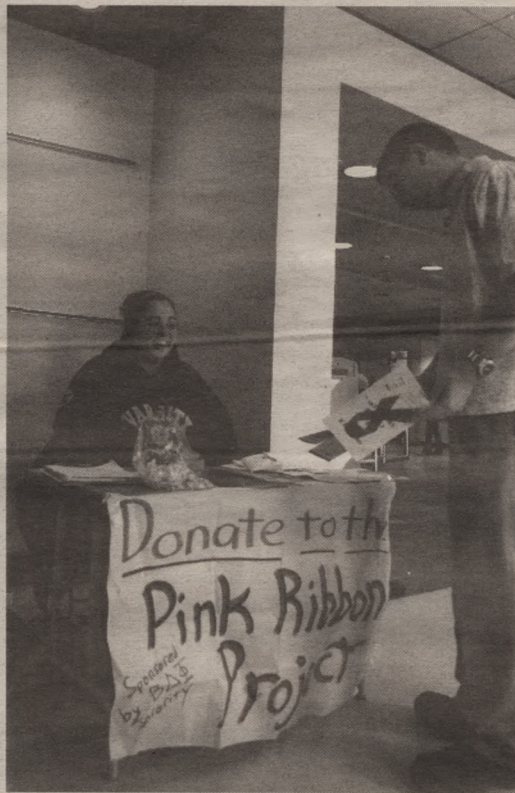
As the end of the year of 2004 approaches it begins the 20 year mark of the National Breast Cancer Awareness foundation being in progress in detecting breast cancer, diagnosing and treating women around the world. In 2003, the National Breast Cancer Awareness Month campaign celebrated its 19 years of educating and helping women around the world learn about breast cancer. Especially the importance of detecting the disease in its earliest stages through screening mammography, clinical breast examination, and for women 20 years of age and older, breast self-examination.

So many women never seem to get around to do a self-breast exam. This can be the result of being scared or even unsure of what to do. So when should women do a self breast exam (BSE)? The best time to do one is usually about a week after your menstrual cycle, when breasts are not tender or swollen. Most lumps in the breast are usually found by the women themselves and most lumps tend not to be cancerous. Doing a monthly BSE could help women find a lump early, which is when breast cancer can be treated most effectively.

What should women do if they find a lump? The first thing to do which is usually most difficult is to stay calm. Most breast problems are usually not cancerous and can be treated. Next you should contact your physician and get the lump checked out to make sure nothing is harmful or cancerous. "There are so many advancements in treatments today and according to your own self a

different treatment might be better for your own body," said Sheila Wheeler, Director of Health Services.

The third Friday in October each year is National Mammography Day, which was declared by President Clinton



The Spectrum/ DANYA JIMENEZ
Sacred Heart students contribute to the Pink Ribbon Project, which helps bringing breast cancer awareness to campus.

in 1993. Throughout the month of October, radiologists provide discounted or free screening mammograms. This year 2004, National Mammography Day will be celebrated on October 15. As you get older, there are many exams that you should have as a young woman to check for breast cancer. One is a regular breast

exam by your doctor every three years once you are 20. And later on, the doctor will schedule you to have a mammogram which is a low-dose x-ray of your breast. By beginning to do breast self-exams now, you will play an important role in your own breast health.

As women we should learn that it is normal to give ourselves breast exams and can detect any changes and contact our physicians immediately. For added safety you should check your breast while standing in front of the mirror or when you are in the shower because it much more convenient in locating dimpling of the skin and to check how your breasts feel.

Want to get involved in promoting breast cancer awareness? You can become a NBCAM Program Leader and continue to pass on the word about the importance of early detection for breast cancer.

NBCAM programs can be found in various places all over your community such as medical centers, clinics, worksites, nonprofit community centers, shopping malls, places of worship and other places where groups gather.

Program Leaders who run these breast cancer awareness programs are all different types of people. Some are community volunteers, health professionals, and breast cancer survivors anyone who has an aspiration to make a difference should get involved. Breast cancer is something that shouldn't be brushed off. It is a serious matter and in both in men and women can leave to other problems health wise. So take the precautions now to take better care of your body. So decide to have a BSE now. These tests could save your life and the lives of others as well.

The Power of a Leader

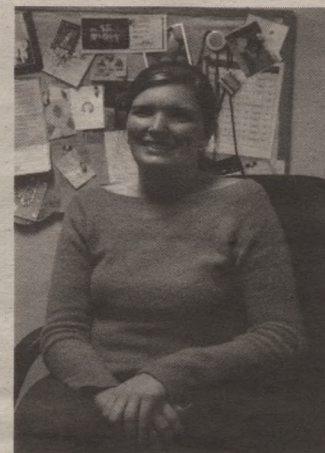
Christine Dziubinsky
Staff Reporter

Jane Sanders, a volunteer of Association of Fraternity Advisors, has been recognized for her dedication regarding the improvement of fraternity affairs and services. "I was honored with the The Association of Fraternity Advisors (AFA) Volunteer of the Month Award. AFA consists of Greek Life Advisors across the country. As a volunteer, I donate my time and services to improve AFA" said Ms. Sanders. As AFA's September volunteer of the month, Ms. Sanders is acknowledged as a true leader, both for her outstanding participation in Greek Life, and her construction of an online resume posting site for graduate students.

"I was recognized for creating an online resume posting site for graduate students who are interested in applying for Greek Life Administration positions," explains Sanders when inquired of her recognition of a true leader. The online resume will allow graduate students interested in

pursuing Greek Life Administrative positions to post their resumes online, where prospective employers will evaluate and quite possibly request an interview with the student. The employer must post a position with the placement service in order for graduate students to gain access to the site. Ms. Sanders spent a great deal of time applying the details regarding the online posting site, allowing students yet another option for job application and searching.

As a "true leader," Ms. Sanders inhibits the qualities most respected and valued by many Sacred Heart students. Her dedication, hard work, and outstanding efforts in regards to Sacred Heart Greek Life and the AFA refer Ms. Sanders a role model, perhaps encouraging other to donate their time and become a volunteer. The central office of AFA offers an involvement form to any individuals wishing to explore their talents in a current position they are serving, in addition to trying something new. Like Ms. Sanders, a volunteer's time and efforts will be properly acknowledged and recognized. The Spectrum wishes to



The Spectrum/DANYA JIMENEZ
Jane Sanders was recognized for her support to Greek Life.

express our congratulations regarding Ms. Sander's acceptance of being recognized as a true leader. Allowing others to excel in the workforce by contributing your own efforts as an employee deserves praise and gratification.

Don't Be Lazy: Walk to Help Diabetes

Lindsay Brophy
Staff Reporter

In the United States alone in 2002, 18.2 million people, that's 6.3 percent of the population have diabetes. There are 13 million people diagnosed, and



The Spectrum/ DANYA JIMENEZ
The brothers of Alpha Sigma Psi support Diabetes awareness programs.

an alarming 5.2 million people that are undiagnosed.

The total amount of people under 20 years of age that were diagnosed in the United States in 2002 comes out to 206,000 which represents 0.25 percent of all people in that age group.

Approximately one in every 400 to 500 children and adolescents has type 1 diabetes. Clinic based reports and regional studies indicate that type 2 diabetes is becoming more common among Native American, African American, Hispanic and Latino children and adolescents.

There are many things that students,

faculty, and staff can do to help raise awareness and contribute to the cause.

On Sunday, October 10th there is a walk at Fairfield beach, and the Sacred Heart Community needs volunteers to help out and walk for diabetes. "Diseases like diabetes that are very wide spread need fund raisers like this to help spread awareness as well as raising money for a cure," said Heather Fogarty, a junior from West Islip, NY.

Also The Brothers of Alpha Sigma Psi are looking for company sponsorships. They need companies that will donate over \$100 and will have their logo put on a "No More Needles!" t-shirt. They also ask for help from the students. If undergrads donate at least \$1 dollar each, they will have raised over \$2000!

As well as that, Massachusetts Electric Company has agreed to double all donations up to \$2500. The brothers of Alpha Sigma Psi will be selling

needles, insulin, pumps, etc. for different donation amounts in FIHK. Keep in mind that all of these things sold are all drawn on paper, which means that they are not real. It is suggested that you give as much as you can towards this cause.

They are looking for more team members to join them, so if anyone is interested they invite you to come and join. If you have any questions or if you just want to help out, contact the Team Captain Dan McNamara at D-McNamara@sacredheart.edu.

The Brothers of Alpha Sigma Psi want to thank the Sacred Heart community for your continuing support. So get out there and take a walk on Fairfield beach, join the cause, or make a donation because once again, your help and donations are greatly appreciated and it goes to a great cause.

New Club Rides Onto Sacred Heart Campus

Eugene Stacey
Staff Reporter

If you enjoy spending time outside having fun while still staying healthy then the cycling club is for you!

A brand new club is being formed for students, faculty and staff who are interested in cycling. The first meeting was held Sept. 30 in the Mahogany Room with nine students and three faculty members present. Many students expressed interest through e-mail, but were unable to make the meeting. Most of the responses received by Dr. Richard Magee, Assistant Professor of English, came from women.

The club will be student run and because it is brand new, there are no set rules as of yet. Dr. Magee will be the leader until the group decides on their officers.

"The club should be open to everyone and emphasize all common goals within the sport of cycling: fitness, training, camaraderie, and competitions," said David Wahlen, junior from Clinton, he hopes to become one of the leaders.

"I see this as being recreational," said Magee. Activities of the club will depend upon the type of riders this club attracts, such as racers, mountain bik-

ers, or those just interested in burning calories. Dr. Magee has had experience in both road and mountain biking.

"I love riding," said Craig Materna, junior from Burlington, VT, "I'm actu-



Contributed Photo/RICHARD MAGEE
Professor Magee, advisor of the Cycling Club, has been a tri-athlete for four years.

ally pretty excited for the upcoming ride." He was interested in recreational biking.

"Surprisingly enough, I've discovered there are some really fantastic roads around here to ride on," Magee said. Both weekend and weekday rides will be scheduled depending on the availability of members and, of course, the weather.

The club will be part of the Council of Clubs and Organization (CCO). The group will also be joining both the USA Cycling, which is the national government body for all cycling in the country, and the National Collegiate Cycling Association (NCCA).

"It's fun to have people advanced, but I think it would be even more fun to watch people start off at the beginning and then grow stronger," said Magee. He plans to have different levels in

the club for both beginners and more advanced riders.

"I have been a tri-athlete for about four years and I absolutely love biking. So now I am very excited to have a group to bike with," said Sarah Todd, senior from Hemstead, NY.

At future meetings, the club will elect officers, decide on a name, and choose their jersey colors. Charity rides and community events will also be discussed along with an annual fundraiser, which is required according to CCO rules.

"I am a friend of Professor Magee and I wanted to come out and support him, and I also love cycling," said Dr. Amy Vanburen, Assistant Professor of Psychology. She is one of the faculty members joining the club.

A ride has been scheduled for Oct. 7 at 3:30 p.m. starting at the Pitt Center. For more information contact Richard Magee at MageeR@sacredheart.edu.



Contributed Photo/ RICHARD MAGEE
The cycling club will be a part of the USA Cycling and the National Collegiate Cycling Association.

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BEYOND SHU

Bry said....

Who Will Go Further the Yanks or Red Sox?



Bryan Fogle
Sports Columnist

Seeing as my journalistic freedom was infringed upon and apparently I can't write what I want to without people complaining, this nice short piece of work on my part will demonstrate why the New York Yankees will go farther in the Major League Baseball playoffs than the Boston Red Sox. However I will not "bash" the Red Sox because that is not how I do things.

First off, no matter how the regular season went, the Yankees have historically stepped things up in the playoffs, as they are on an entirely different ball game than the regular season. Since the nice year of 1918, the Yankees have shown not only dominance in the regular season, but also in the playoffs. Having won all 26 of their World Series championships since the Sox won their last, I don't believe I need to say too much more on this topic.

I will give the Red Sox the edge on the starting pitching for the playoffs. Yes Yankee fans you heard me say it. Unfortunately there is no way around this because you can't prove the numbers wrong. With an earned run average (ERA) of almost half a run higher than the Yankees, the Red Sox are better in that aspect. The pitching situation puzzles me, however. With all of the big names the Yankees picked up in this past off-season, wouldn't you believe they would do a little better than an ERA of 4.69? Apparently punching a wall is Kevin Brown's best option when he has a bad start... good one Kevin, good one.

The relief-pitching situation obviously goes to the Bronx Bombers. Let me pose this question for everyone: who is a better closer, Keith Foulke or Mariano Rivera? Rivera, who has been absolutely lights out since 1996 has that edge by far. Now in his ninth season for the Yankees, Rivera has 336 saves, topping the 175 by Foulke.

The set-up man battle goes to the Yankees as well. The off-season acquisitions of Paul Quantrill and Tom "Flash" Gordon proved to be huge pick ups for the Yanks, combining for a record of 16-7, with an ERA of around three. Gordon, a flame thrower who would be a closer for any number of other major league teams, is quite possibly the best set-up man in the game. Don't get me wrong Red Sox

fans, Alan Embree is a good pitcher with a ton of major league experience, but he really is no comparison to Tom Gordon.

As for the offense, this one is a tough call. I will vote for the Yankees and I will tell you why. From top to bottom, the Yankees have the most well rounded lineup in baseball. Again Red Sox fans, don't get me wrong, the heart of your lineup is amazing. Your big three, Manny Ramirez, Johnny Damon, and David Ortiz combined for a batting average of .304, with 104 homeruns and 363 runs batted in.

The Yankees big three... wait. Who are the Yankees big three? It is more of the Yankees big five or six. For all intents and purposes, I will say the Yankees big three are Gary Sheffield, Hideki Matsui, and Alex Rodriguez. Between the three, they combined for a batting average of .291 to go along with 103 homeruns and 334 runs batted in. The thing is, you simply cannot stop with those three players.

Now you have to add in Derek Jeter and his .292 batting average, with 23 homeruns and 78 runs batted in. Jeter exemplifies class and professionalism in the game of baseball and is really what all kids should model their games after. Jeter never gives up on a play and is willing to sacrifice his health and well-being to be sure his team wins.

Another player you need to tack onto this offensive juggernaut is Jorge Posada. Posada batted .272 with 21 homeruns and 81 runs batted in.

Finally, you have to add Bernie Williams into this mix. Even though his production has slowed down this season, he still put up very good numbers. While batting .262 with 22 homeruns and 70 runs batted in, Williams still has the knack to come through in the clutch and as in the past year, has made the playoffs his number one stage.

Overall, the Yankees out homered the Sox 242-222 this season. The Red Sox only had those three players (Ramirez, Ortiz, and Damon) with over 20 homeruns. The Bombers had six players to top the 20 homerun mark, those were the "big six" mentioned above.

I will go nowhere near the defense for the teams, seeing as the Red Sox committed 118 errors to the Yankees 99. The Yanks also had a better fielding percentage edging out the Sox .984 to .981. The Yankees turned over 386 double plays compared to the Red Sox' 345. Oh I apologize, did I begin to go into more numbers?

When all is said and done, the Yankees will go farther in the playoffs than the Boston Red Sox. You can't lie when the numbers come into play and I, just as sure as my name is Bryan, made those numbers come into play. And finally I have one last number for all you Red Sox fans, well one more number and four more names... 1986, and Babe, Bucky, Buckner, and Boone.



Guy Savage
Guest Columnist

Before you begin to read this article I want to get one thing straight. I am not one of those fans who think the "Yankees Suck" or question A-Rod and Jeter's relationship. I am a down-to-earth Red Sox fan who has come to the realization over the years that the Yankees are a great ball club. I would even bet that I know more about the Yankees than many of their "fans" (by fans, I mean the kids who think it's cool to wear the NY cap, but wouldn't have been caught dead in it in the period 1983-1993).

Now that I have all that out of the way, I can explain to you exactly why the Red Sox are in a better position to go deeper into the playoffs than the Bronx Bombers.

As much as it hurts to bring the memories back up, the 2003 playoffs must be discussed. During the American League Championship Series last year, all the experts talked about how the Red Sox had the bats and not the pitching while the Yankees had some power, but dominated in the pitching aspect.

This year the roles are 100% reversed. It is the Yankees that are going to have to rely on their power to take them to their fifth title in nine years, as their starting pitching remains a question mark. Red Sox march into the playoffs, however, with a very formidable staff of proven pitchers.

The Yankees will roll out the used-to-be great, but most recently up and down, Mike Mussina as their ace for the playoffs. Since their dominance began in 1996 the Yankees haven't really had a super front line starter. They have relied on guys such as David Wells, Roger Clemens and Andy Pettitte, whose combined Yankee postseason records are a ridiculous 31-17. That was then, this is now.

The Yankees now round out their rotation with the unproven and unsteady Javier Vasquez, Jon Lieber, a guy who is one pitch away from another Tommy John surgery, the oft-injured and mean spirited Kevin Brown, last year's Cy Young runner up and this

year's Cy Yuck Esteban Loaiza, and finally maybe their best post season pitcher El Duque, Orlando Hernandez. If these pitchers can hold a lead for 5 to 6 innings the Yanks have a great chance of winning because they still do have one dominating bullpen, led by Tom Gordon and the greatest closer of all times, Mariano Rivera. The key word of the last sentence is "If." This writer doesn't believe that the Yankees pitching will be able to outlast the Minnesota Twins, never mind the Red Sox.

The Sox on the other hand have seen their starting pitching go from suspect at best to probably the deadliest in this year's playoffs. This is all thanks to the off-season acquisition of resident Yankee-killer Curt Schilling. Schilling, coupled with Martinez, gives the Red Sox the most potent 1-2 punch in the playoffs. Having Schilling and Martinez able to pitch a combined three games in a five game series gives them an edge over any opponent. Pulling number three duty in the rotation will be Tim Wakefield, who has had his share of ups and downs, but can still win a game or two when needed. Rounding out the rotation is Bronson Arroyo, a young, crafty pitcher in whom the Red Sox feel very confident.

Last post season the Sox bullpen was unstoppable. This season however, the Red Sox bullpen is the team's only question mark. Scott Williamson, Alan Embree, Mike Timlin, and Keith Foulke must come up big if they want to be drinking champagne come late October.

The Red Sox also have a superior bench in comparison to their rival. The Sox are equipped with the speed of Dave Roberts and Gabe Kapler and the defense of Doug Mientkiewicz and Pokey Reese. All four players can be called on at any time to supplement the Sox' already potent line up.

The Yankees on the other hand are going to have to rely on Ruben Sierra, Tony Clark, Bubba Crosby and a host of other not-yet-ready-for-prime-time players.

What the Bronx Bombers are missing, as they have in the past three years, is that key player, someone like Tino Martinez, Scott Brosius or Paul O'Neill. Without such a player the Yankees will not be able to perform as well as they would like.

Simply put it comes down to starting pitching and the bench players, both of which hands down go to the Red Sox. This may not be "the year" for the boys from Boston, but they have a better chance of being October heroes than their New York counterparts.

CAMPUS SPORTS

Lady Pioneers Dominate Monmouth

Caitlin Dour
Staff Reporter

The Sacred Heart women's tennis team won their first match of the season with an exciting 6-1 victory over the Monmouth University Hawks.

"I thought we played very well compared to how we played last week against Marist. Monmouth is a team that we're probably a little better than, for the most part, but I just thought we played much better, and played really well, especially Lissa who plays fourth singles, and Jessica who played fifth singles. They struggled last week, but played really well last week in singles. Overall I think anytime we can win a conference match it's a good thing," said tennis coach Mike Guastelle.

The Pioneers received their first team point by winning two of the three doubles matches. The first doubles team consisting of junior Lauren Galatie (Monroe), and sophomore Pamela Pillo (Shelton) got things started with an 8-1 win.

"There were a lot of great points in my match and I was happy with the way I played. I had a great time playing doubles with Lauren. We were communicating well and played great," said Pillo.

Also in doubles play, junior Darcy

Shoop (Rocky Hill) and freshman Jessica Schnell (Schenectady, NY) dominated their opponents with an 8-5 win.

"I am expecting our best season yet and Thursday was a great example of how far we have come over the years. As the only senior, a performance like Thursday proves that we are one of the top teams in the conference. Even though I personally lost on Thursday, it is a good example of how strong the team will be this year," said senior Katelyn Kittredge (Medfield, MA), who was defeated 6-2, 6-3 in the sixth singles spot.

In the singles matches the Pioneers earned wins in the first five spots. The team was lead once again by Galatie and Pillo as both ladies won their matches 6-1, 6-0. Shoop again collected a victory with a 6-2, 7-5 win over her opponent in the three spot. Junior Lissa Von Brecht (Cumberland Foreside, ME), posted a dominant 6-0, 6-1 in the four spot and Schnell earned her first collegiate singles match win in the fifth spot by the same score.

"She's a good athlete, and that's probably the hardest thing to teach somebody when they come to play college tennis because you're either really athletic or you're not and she's a really good athlete. Now it's my job to sort of teach her how to play the points and she was always a solid

high school player, but I think she has a huge upside just because she's very athletic. She plays second doubles for us too because of her athleticism. She's a good vollier and she's only going to get better if she works hard in practice so it's easy to coach Jess," said Guastelle.

"Monmouth is a solid, consistent, but by playing smart, consistent, and confident, that is how we won the match," said Kittredge about the Hawks who now post a 3-2 record on the year.

The match was scheduled to be played at Sacred Heart, but was moved to Milford early on because of rain. This did not leave either team with a lot of time to warm up, but the Pioneers showed the strength and power that they knew they had.

"I think we were confident because we had beaten them (Monmouth) twice last year and they had a couple new players, but we have a couple freshman players also. I think the team knows that last year we got to the semi's in the conference so I think our goal is to reach the finals and it's a realistic goal for them," said Guastelle.

The team is again in action this weekend when they travel to Stony Brook, NY on Friday to play Wagner at 3 p.m. and then play there twice on Saturday against Stony Brook University and Hofstra University.

SHU Runner Shines

Lissa Von Brecht
Staff Reporter

Besides providing a good education, if there were one thing that Sacred Heart prides itself on it would be its success on the field, the court, or the ice. However, this success in several sports would not come easy without the dedication of the athletes.

One particular athlete who stood out this fall in her sport is Katie Duffy, a sophomore from Monroe who runs for the cross-country team. Duffy was recently named the SHU Athlete of the Week for September 20-26. To gain this recognition Duffy was able to finish in the top five at the Quinnipiac Invitational and run a personal best of 19:24 on September 24 and then on October 2 she won the Fairfield Invitational.

"It's always gratifying to see an athlete like Katie, who works very hard, experience success like this," said cross-country coach Christian Morrison.

When thinking about a sport like cross-country one must realize that a much concentration is involved. To go

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Pioneer Schedule

Friday, October 8

Women's Soccer	at Monmouth	W. Long Branch, NJ	3:00 PM
Women's Tennis	at Wagner	Stony Brook, NY	3:00 PM
Men's Soccer	vs Long Island	Fairfield, CT	3:30 PM
Field Hockey	at Rider	Lawrenceville, NJ	4:00 PM
Women's Hockey	vs. Vermont	Milford, CT	7:00 PM
Men's Hockey	at Vermont	Burlington, VT	7:00 PM
Women's Golf	CCSU Invit	New Britain, CT	All Day

Saturday, October 9

Women's Rowing	at Housatonic	Shelton, CT	8:00 AM
Women's Tennis	at Stony Brook	Stony Brook, NY	9:00 AM
Men's X-Country	at NEC	Boston, MA	12:00 PM
Women's X-Country	at Fairfield U	Boston, MA	12:00 PM
Men's Tennis	at Wagner	Stony Brook, NY	12:30 PM
Men's Lacrosse	vs Alumni Game	Fairfield, CT	1:00 PM
Women's Tennis	at Hofstra	Stony Brook, NY	3:30 PM
Women's Hockey	vs RMU	Milford, CT	7:00 PM
Women's Golf	at CCSU Invit	New Britain, CT	All Day

Sunday, October 10

Men's Soccer	vs St. Francis	Fairfield, CT	2:00 PM
Women's Soccer	at Mt. St. Mary's	Emmitsburg, MD	12:00 PM
Women's Rowing	at Conn Regatta	Middletown, CT	8:00 AM
Field Hockey	vs Monmouth	Fairfield, CT	11:00 AM
Women's Volleyball	at Quinnipiac	Hamden, CT	1:00 PM
Women's Hockey	vs RMU	Milford, CT	3:30 PM
Women's Equestrian	at St. Joseph	Yaphank, NY	TBA
Women's Golf	at Mershon Invit	Telford, PA	All Day

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CAMPUS SPORTS

A Little Goes A Long Way: 1-0 Victory is Win 100 for Barraso

Joe Finis
Staff Reporter

The Sacred Heart Pioneers women soccer team beat the Wagner Seahawks 1-0 at home on Sunday. The win brings the Pioneer's record to 3-6-3 on the season, and 1-1-2 in the Northeast Conference.

"I think they played extremely well," said head coach Joe Barroso.

"We had so many opportunities and you need more than one goal to relax a bit. As long as it stays one to nothing, there's never any time to relax. But overall, they played well."

Sunday's game saw the Pioneers win a textbook victory, posting 16 shots in the first half alone against Wagner. The Pioneer defense gave their goalie Kathleen Mulheran (freshman, Edina, MN) an easy day in net. They allowed only four shots against her all game, and she saved them all with ease.

"We possessed the ball for the major-

ity of the game; we just had trouble finding the back of the net," said senior Ashleigh Bepko (Guilford).

The game was scoreless throughout the first half and continued that way into the second half until freshman Meagan Riemer (Ellington) put a well placed shot on goal just over the keeper's hands and into the net at 51:04.

"It was a little bit of luck, and it just went in," said Riemer.

Sacred Heart continued to shut down Wagner's offense, holding them to only two shots in the second half. While the defense triumphed in the backfield, the offense continued to pressure the Seahawks' defense.

"I think that we played really well as a team," said freshman Alyssa Long (Smithfield, RI).

In the final minutes of the game Wagner managed to drive downfield, but the Pioneers held strong, quickly tak-

ing away any opportunities the Wagner Seahawks might have had.

one," said Riemer.

At the final horn the Pioneers had put up 27 total shots against Wagner while holding them to a mere four. SHU also had no corner kicks taken against them, showing the domination of the Pioneer defense on the day.

"Our goal is to get back to the conference playoffs. We're headed in that direction and hopefully it'll be 4 years in a row," said Barroso.

Sunday's win over Wagner gave Barroso career victory 100 as a head coach. This year is in his eighth with the Pioneers and his outlook for the season is a positive one: "[We've had] a bit of injuries, but no excuses. I think they're playing well," said Barroso.

The Pioneers next game will be on Friday October 8 when they head to West Long Branch, NJ to take on their conference opponents, the Monmouth Hawks at 12 p.m.



The Spectrum/JOE FINIS

The Pioneers are 1-1-2 in the NEC this year.

"We did what we needed to do and what needed to be done and I think we had a lot of opportunities to score and we got

Men's Tennis Competitive at Uconn

Al Ruggiero
Staff Reporter

The Sacred Heart men's tennis team competed strongly in the UConn Invitational last weekend with four players advancing in the singles tournament and both of their doubles teams advancing. The invitational focused on individual rather than team competition and there were players came from schools such as Marist, Quinnipiac, Lehigh, Hartford, Rhode Island, Holy Cross, New Hampshire, Fairfield, and Monmouth.

"This was a very competitive tournament and was a great experience for our team," said junior Kevin Teague (Yonkers, NY).

There were four flights in the singles

from Marist. The doubles winners in both flights A and B were from Leigh.

The Pioneers had freshmen Jared Dye (Bridgeport) and junior Peter George (Lynnfield MA) competing in the flight A singles matches. Dye lost to Andrew Chan from Quinnipiac 4-6, 6-1, 10-4 in his opening match. George made it to the second round, but lost to Brian Kelly from Quinnipiac, 6-0, 6-0.

In flight B senior Alex Kantarelis (Worcester MA) lost his first match to Jay Friedman from New Hampshire, 6-2, 6-3. Freshmen Joe Merendino (Bronx NY) lost his first match as well.

Representing the Pioneers in flight C were freshmen Chris McDonell (Naugatuck) and sophomore Kevin Guidiciopetro (Mountainside, NJ). McDonell lost his opening match to Jorge Acuna from Hartford, 6-0, 6-0. Guidiciopetro lost his match in the second round to Paul Goldbeck from Fairfield, 6-1, 6-1.

In flight D, the Pioneers had sophomore Ernie Keer (Bayhead, NJ) and junior Kevin Teague (Yonkers, NY). Keer and Teague both advanced to the second round, but unfortunately came up short. Both of the Pioneers doubles teams also lost in the second round.

"We all played really hard, we are going to get much better as the year goes on," said Keer (Bayhead, NJ).

"Everyone on our team has a ton of talent, once we get the younger kids to get experience, we will start winning a lot more," said Guidiciopetro.

The Pioneers' mentality is that this is a rebuilding year, and that they can only get better. Their next match will be against Wagner in Stony Brook, NY on October 9 at 12:30 p.m.

"Everyone on our team has a ton of talent. Once we get the youngest kids to get experience we will start winning a lot more."

Kevin Guidiciopetro

tournament and two flights in the doubles tournament. The winners of the flight A singles tournament was Ty Esler from Lehigh, while Mark Santucci of Marist won over fellow teammate Ray Joseph for the flight B title. The flight C and D winners, Frankie Algier and Sean Tully were also

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CAMPUS SPORTS

Continued From Page 13

out there and run a race is a big responsibility and there is more strategy than going out every time and trying to beat your best time in a race.

"To be honest, during the race I am most likely thinking about my tasty cinnamon raisin peanut butter and apple butter sandwich I made for after the race... Sometimes I think about the portion of the race I am running, but not the whole race because that would be to overwhelming," said Duffy about her thoughts during this particular race. Duffy

never ran cross-country when she was in high school, but she has always been used to running on the track. Not only did she have to transition from high school level running to college level running, but she also had to learn how to run the hills and terrains other than a track.

"I would call her transition gradual. When she was a freshman we had two very strong seniors, Katie Wrinkle and Suzanne Neglia, ahead of her. Katie is really starting to come into her own now," said Morrison.

However, Katie is not the only Duffy

that has decided to make her way onto the cross-country scene here at Sacred Heart. Her twin sister Anne is also on the team.

"I would say having her on the team is extra support because she's been with me my whole life and knows what kind of things I need to do before a race. I can always count on her to take that important last minute trip to the bathroom with me before heading to the starting line. Also it helps having her on the same team because then my parents don't have to pick whose meet to go to because then we would find

out who their favorite twin would be," said Katie about her twin.

"One of the things I'm most proud of is the chemistry we have on this team. The women work hard, strive for success, and have a lot of fun together. They are all on the same page in this regard, and the level of support they give to one another is profound," said Morrison.

The cross-country teams' next race will take place on Saturday Oct. 9 at 12 p.m. at the New England Championships in Boston, MA.

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Hours of Operation

7:00 am - 11:00 pm Monday - Wednesday
7:00 am - 11:00 pm Thursday & Friday
7:00 am - 11:00 pm Saturday
7:00 am - 11:00 pm Sunday



Holy Grounds

The Holy Grounds is a great place to eat, relax, and socialize. The Holy Grounds has a variety of menu items, including pizza, pasta, and sandwiches. The Holy Grounds also has a bar and a lounge area. The Holy Grounds is a great place to eat, relax, and socialize.

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Beyond SHU

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Campus Sports

Women's tennis beats up Monmouth for this season's first win (page 13)

Campus Sports

Women's Soccer wins, 100th victory for coach (page 14)

Triumphant Homecoming for SHU Football in Overtime Thriller

Ed Napoleoni
Staff Reporter

On an ugly overcast afternoon, the sun shined on the Pioneers in an exciting double overtime classic that saw SHU defeat a pesky Wagner team 30-24.

"With the homecoming and stuff as a player that gets you more excited. Everyone that was there was there to see them. That's what I told them. You're the event. Don't be part of it, be it. Let everyone enjoy your performance," said head coach Paul Gorham.

They were the event. The Pioneer fans were treated to a game worth the price of admission as it featured everything from drama, to controversial calls by the officials, to suspense and even a game saving field goal. The event was so big that it even placed brother against brother.

Freshman tailback Jason Payne (Cortlandt Manor, NY) was staring at a familiar face when he glanced across the field to the opposing sideline.

"My brother was on the other team, so I stayed focused from the beginning of the week until the end of the week," said Payne.

Payne showed his focus and determination in the fourth quarter when he played a key role in setting up the Pioneers for a dramatic game tying field goal. Even with his brother talking on the sidelines he managed to rush for an impressive 64 yards in only 13 touches.

"There was enough talking before the game, and even on the field. He was on the

every carry, rising to the occasion Pricolo sat out most of the crucial drive with severe cramping in his legs.

"I started getting cramps going up to my hamstring and I would go in for a few plays and it would cramp back up. In the end they took me out so I didn't rip anything," said Pricolo.

The cramps weren't enough to keep Pricolo from getting his fifth straight 100 plus yard game as he rushed for an astounding 245 yards on 31 touches with two touchdown runs.

"Eddie's just an inspiration to all of us. If he can run like that coming off the injury he had last year, and he had cramps the whole game that just gives us motivation," said sophomore quarterback Dan Ammel (White River Junction, VT).

Ammel certainly looked motivated the entire game keeping his composure and completing 12 passes in 24 attempts for 133 yards with two touchdowns, including the game winner. Ammel and the offense even overcame questionable calls by the officials on several occasions, negating big plays that would have undoubtedly swayed the momentum in SHU's favor.

"I thought nothing was going to go our way. We had so many flags and questionable calls, but the refs got a job to do. We just got to go through that. If they're going to throw flags then they're going to throw flags, and we still won. That's how we play. We had to beat the officials and the other team," said Ammel.

The Pioneers came out excited and

they moved the ball was by passing it. Shutting their running game down was a big success for us," said junior Andrew Grant (New Hartford, NY).

Wagner got on the score board first as they promptly took advantage of an over zealous defense that had yet to settle down. Wagner's Warren Barnett broke an impressive 23 yard touchdown run and put

more a part of the team as a freshman contributing to a win like this," said Payne.

Lars Anderson (Fairfield) kept his composure, as Wagner tried to intimidate him by calling consecutive timeouts, and kicked a dramatic game tying field goal with only 37 seconds left in the game. This knotted the score at 24-24 at the end of regulation.



The Spectrum/DANYA JIMENEZ

The Pioneers will attempt to use the bye week to their advantage as they look to improve their 2-3 record with five remaining games on the schedule.

SHU in an early 7-0 hole. Eddie Pricolo then answered with a 40-yard touchdown run to tie the score. After Wagner scored a touchdown on a 68-yard pass, the Pioneer defense took over and didn't allow another score until the fourth quarter.

Conversely, the Pioneers answered back with two more touchdowns as Pricolo added his second rushing TD with a 31-yard scamper. Ammel gave the crowd a glimpse into the future as he hooked up with sophomore wide-out Alvin Franklin (New Haven) for a 5 yard TD, putting the Pioneers up 21-14.

"It's good (to have a running back like Pricolo) we can count on him for 100 yards, whether it's in the first quarter or throughout the game. To have an effective passing game we need a good running game," said Franklin.

The third quarter was a defensive battle as neither team scored, but Wagner managed to squeeze 10 points out in the fourth quarter putting them up 24-21 with 4:29 remaining in the game. SHU refused to accept defeat as a limping Pricolo gave the team a shot in the arm gaining positive yardage, and hobbling off the field in obvious pain. Jason Payne then stepped in and led the Pioneers into field goal range.

"It feels wonderful. I feel like I'm

"When the ball went through the uprights I knew we were winning the game. There was no doubt in my mind we were winning this game. We've been through too much to not pull out a W," said Ammel.

In overtime Wagner and SHU traded defensive stops, and Wagner missed two crucial field goal attempts.

"I turned around and it was wide and I said 'Oh my god we're going to finally win one like this.' It was a great feeling and I felt the rush and I hadn't felt it in a while," said Grant.

After the second missed field goal, Ammel and the Pioneers smelled a victory. Ammel hooked up with Franklin for his second touchdown of the game, a 24-yard pass that landed them in the end zone and sent the crowd at Campus Field into frenzy.

"I was going to AJ (Franklin) the whole way. We could've won on a field goal, but I wanted to get six (points)," said Ammel.

The win put the Pioneers at 2-3 overall for the season right before their well-deserved bye this weekend. They look to get back to .500 when they travel to Poughkeepsie, NY to take on Marist College on Sat. October 16 at 7:00 p.m.



The Spectrum/DANYA JIMENEZ

The Pioneers for 292 yards and held Wagner to a mere 95.

sideline talking out to me and I was talking out to him. It's all love," said Payne.

Junior star tailback Ed Pricolo (Johnston RI) drove down the field with ease, seemingly picking up a first down on

hungry for a victory. The offense looked smooth and the defense was hitting extremely hard, knocking Wagner off their game.

"We shut them down. The only way