

SHU Spreads Christmas Cheer to Children Around the World

Kayla O'Brien
Staff Reporter

This Christmas season, members of the Sacred Heart community have the opportunity to change a less fortunate child's life – and it only takes a shoebox to do so. Sponsored by the International Christian Missionary and Relief organization Samaritan's Purse, Operation Christmas Child is looking to beat last years' record of contributing 50 shoeboxes to send to impoverished children around the world. Participants receive (or can use their own) shoeboxes and fill them with small necessities such as soap, toothbrushes and toothpaste, socks, mittens, and even toys and treats.

"I think the desire to serve and the gratification and personal growth it brings, are a very integral part of most, if not all, of the Sacred Heart community, and so they have embraced this outreach very enthusiastically," said coordinator Dr. Mindy Miserendino, assistant professor of psychology.

The children are very appreciative and each year there can never be too many boxes.

"I've been told that there are often not enough gift boxes to go around; and that these children, who have literally nothing, open their boxes and share with the others who didn't get a gift box," said Miserendino.

Students are encouraged to work together in order to make this year an even more successful one. Individually or with a group of friends, students can help to make a difference in a child's life. The boxes will be divided up for boys or girls and then in

the age groups of two through four, ages five through nine, and age 10 through 14.

"I have three kids of my own, and can't imagine them living with the hardships that so many of the world's children

Christmas Child. There have also been many other individual volunteers such as Carol Ann Dabek in Campus Ministry and Professors Jeff Cain, June-Anne Greeley, Sheila Mosely and Frances Wasilnek, to



Contributed Photo/ SAMARITAN'S PURSE

Children are excited to receive their Christmas boxes.

suffer," said Miserendino. "Students, faculty, and administrators who participate in this program of course bring joy to the children that they touch, but they themselves benefit as well."

The shoebox volunteers are a huge part of the project but, but it has also been made possible through the help of many Sacred Heart organizations. Over the past five years, Circle K's members have manned tables, collected boxes, and helped to support and promote Operation

name a few.

"My hopes for Operation Christmas Child, this year and every year, would be that we would all realize how rich and blessed we are, and would be moved to reach out and help [many] children who have so much less," said Miserendino.

The collections will run through Friday, November 18. Anyone interested in helping can find out more information through Dr. Miserendino or Campus Ministry.

IT Addresses Web Advisor Issues

Umberto Torrielli
Staff Reporter

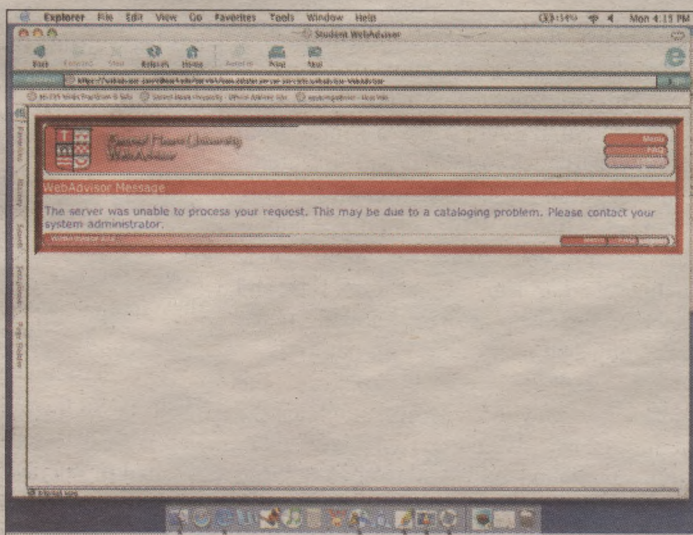
Sacred Heart University's online registration implementation known as Web Advisor has undergone multiple down times and problems in the past, particularly in recent weeks, leading to student frustration.

Web Advisor is an online collection of tools which allows SHU students to check their grades, view their GPA's, and directly register for classes. This is a remarkable time-saving tool for the students but also for the Registrar faculty who have to deal with thousands of demands each semester. Recently however, the system has caused many problems for students who have not been able to access it, a real irritation when the classes offered and seats available are being so hotly disputed.

Senior Philip Scali (Fairfield), said, "Web Advisor is not getting the job done. The SHU Staff needs to reevaluate its investment and consider implementing a new registration software application. As an expanding university it is essential that we have the necessary technologies and

that they function effectively."

Certain students complained directly to members of the faculty and the IT department about the inaccessibility problems without knowing exactly who to point their fingers at, or what the issue was. To clarify these problems, Mike Trimble, the Assistant Vice President for Technology, sent out a global email explaining the situation as well as describing the additional upgrades that were done to the servers. "We added two GBs of additional dynamic memory, two additional processor modules, optimized the hard drive array (we have 10 hard drives in this server) with an additional



The Spectrum/DANYA JIMENEZ

A web page that many Sacred Heart Students became frustrated with this past registration week.

controller, reconfigured the manner in which the server's network connection negotiates its speed with the network, and finally re-indexed the files within our databases in a manner we have not previously tried."

♦See "Is Web Advisor..." Page 2

2,000 People Attend Last Week's Open House

Diane Szmidt
Staff Reporter

Eager and curious prospective students and their families attended the Open House on Saturday morning. The day was filled with events and well organized sessions that helped introduce the visitors to the SHU community.

The Open House was held at the William H. Pitt Center, where parents and students gathered and listened to several staff members on a variety of topics. The Pitt Center was split in half with one lecture section and the other was filled with representatives from every organization, club, sports program and major to help inform visitors about the many different opportunities and interests SHU has to offer.

Dean of Admissions, Karen Guastelle, one of the many staff members that helped organize the Open House, understands the importance and purpose of the event.

"It is an opportunity for [prospective students] to speak first hand with the experts in their academic program of study, folks who work within student life, club advisors and coaches. This is a key event in assisting prospective students to help decide if Sacred Heart University is fit for them and if they will submit an application for the fall," she said.

Over 2,000 people attended last Saturday's Open House, 900 of whom were students. The day began with a Presidential welcome from Dr. Cernera via satellite from Luxemburg. "We use picturitel to have him present in real time at the event for the families. Having Dr. Cernera welcome the parents was a wonderful opportunity to showcase the University and the leader that we are in technology among other colleges and universities. Both parents and students alike were very impressed" said Guastelle.

Parents and students also attended the Academic and Student Life Fair. This fair gave prospective students and parents the opportunity to speak with professors, coaches, and students who are experts in their field.

"In the Theatre we had a student session with presentations from Career Development, Admissions, Public Safety, and Student Life. The parents were treated to a session moderated by Vice President Barquinero and the parents had the opportunity to ask questions on the many facets of the University," said Guastelle.

"Students love our Open House format, it is a personal yet very informative. On behalf of the entire Admissions Staff I would like to thank everyone on campus who assists in making this day a success," said Guastelle.

CAMPUS NEWS

New Events Revive Outpost

Brad Holland
Staff Reporter

For those sick of showing up at a bar only to see it closed down, empty, or being raided by the police, there is good news. The Outpost is back.

For almost a year the Outpost had been in decline, with even the regulars beginning to seek their entertainment elsewhere. Senior Pub Nights and Monday Night Football still drew crowds, but regular weekdays were largely ignored. There were even nights when the place didn't open at all because there was nobody there to serve. For Mike Makoski, who was appointed to run the Outpost in September of 2003, his job was clear; he had to bring the students back. This was no easy task, especially for a man with no experience.

"I had no previous knowledge of running a pub before then," said Makoski, a Grad student from Marlborough. It was clear he needed help. So he met with his two managers, Dave Wahlen and Alex Saltmarsh, to plan how they would make this year better than the last. They believed it was important to make the Outpost a much more community oriented place, to



The Spectrum/DANYA JIMENEZ

these last 4 years. It's a great place to unwind," said Lapointe. Mirroring the actions of many other students, Lapointe had supported the Outpost in the past, but lately hasn't shown up like before. This is exactly the problem Makoski needed to fix, and therefore, his most ambitious program was aimed at those old enough to drink.

During the spring 2004 semester, Makoski instituted his "50 Beers Around the World" challenge. To participate, students sign up with the Outpost and spend the remainder of the semester attempting to drink one each of 50 different types of beer. Every Monday the Outpost releases four different beers, and participants have the option to drink them that week or later on in the semester. When all 50 beers have been drunk, students turn in their cards and claim their prize.

A fully stamped card will earn an engraved Beer Tankard and a space on the "50 Beers Club" plaque behind the bar. This became a major factor in revitalizing the Outpost.

"Students love the challenge," said Makoski, "and the

idea that if they complete something they get immortalized in the pub."

"It's something that I take very seriously," said Barclay Folk, a senior from Kelowna, British Columbia and an Outpost Pub regular. "There's nothing," Folk claimed, "like walking into the Outpost and seeing your name up on a plaque behind the bar. I'm very proud of that, and it helps me sleep at night knowing that I accomplished everything I set out to do."

For Folk, the dedication paid off, but not everyone who signs up completes the requirements. "We currently have about 75 students signed up," Makoski said, "and I estimate that 30 might complete it this semester." It takes a real commitment to make it to that final glass but even those who don't finish are exposed to several beers they wouldn't normally drink, and perhaps some they've never even heard of.

This has become the spirit of the new Outpost. It is a place to try a new beer.

Penguin Plunge Raises Money for Special Olympics

Courtney Piliero
Staff Reporter

Between the stress of registering for classes and the seemingly endless reign of exams, and then mix in life's daily aggravations, this is a key time for students to take time to rewind and regroup.

On December 4 at the East Haven Town Beach, Special Olympics Connecticut will take on the Long Island Sound with their Penguin Plunge as they raise proceeds for SOCT's. All the money raised will go towards their year round fitness training and sports competition program for both children and adults throughout the state of Connecticut. While the goal of the event is to get as many participants as possible, recruiting penguins may not be the easiest of tasks since the water may be a little chilly this time of year.

Joe Dellaposta (junior, Shirley, NY) said, "I wouldn't normally just jump into icy water, but this is for a really good cause and I think it's important to do whatever it takes sometimes to raise money for things that matter."

If this seems like an interesting event, there are numerous ways a person can partake. First, students could be the brave plungers, in which case they would have to solicit donations from businesses, teams and other groups. Students can also get

their families and friends involved by challenging them to be by their sides as the reality of the icy water comes to life. If their desire is not to be a part, the mere support of them being there is also always nice.

Derek Wells, a senior from Eastport, NY said, "I think this is a great chance to get involved and lend a hand to those less fortunate, plus it is a fun activity and a good way to help out our community."

It is necessary to raise a minimum of 25 dollars in order to participate, and with the accumulation of 100 dollars there will be the opportunity to receive prizes.

Businesses are also encouraged to join as a group and raise money together. If not everyone wants to actually be a penguin, the company can pick one person and support him or her while still collecting donations as a team. There will be an award given to the individual who raises the most money, as well as to the group or business that is top in fund raising.

Since this event has been part of the program it has help to raise over 725,000 towards the cause. It is with the assistance of every person that makes a difference, and being a part of something that greatly benefits someone else is always self rewarding as well.

For more information go to:
<http://www.soct.org/>.

Is Web Advisor Fixed?

Continued from Page 1 ♦

These substantial improvements seem to have fixed Web Advisor which has been up and running since Friday, Nov. 12. There also seems to have been a considerable speed increase which many of the students interviewed, such as Raphael Rezende (freshman, Greenwich), noticed. Rezende said, "Although I was kind of upset that I couldn't access my mid-term grades or view the class availability for that matter, at least now Web Advisor seems a lot faster."

Trimble pointed out that Sacred Heart is not the only university which uses the Web Advisor system, and that these too had problems which prompted Datatel to issue some updates to fix the difficulties encountered "Other universities using Datatel's Web Advisor were experiencing similar issues. If you remember, last semester we didn't have troubles to the degree that we did last week. What was the difference; well we upgraded our version and applied the patches that Datatel provided us. It should not have choked."

A few regional Universities were contacted in order to verify this information, but the only one which responded that also uses Web Advisor was Quinnipiac University located in Hamden. Apparently they did not suffer from the same issues as SHU students did. Dorothy Lauria, a member of QU's Registrar faculty said that Quinnipiac students "are not experiencing any registration difficulty or delay." It is unknown however whether or not the IT department at QU applied the Datatel patches or if they use the same hardware as Sacred Heart.

Mike Trimble offered one last thought regarding the IT department's work. Trimble stated, "Our goal has always been to provide service so trouble free as to make ourselves nearly invisible. As you can see, we only become noticeable when something we support fails." In any event, fortunately the problem seems to have been resolved and registration via Web Advisor will hopefully be available for those who wish to use it rather than wait in line at the Registrar's office.



The Spectrum/DANYA JIMENEZ

The Outpost is open week nights at 9:30 p.m.

create an atmosphere where people wanted to go to the Outpost for the night, and not just to drink. This has been their focus for over a year now, and their efforts have begun to bear fruit.

"We're trying to push it as a programming space not just for seniors who are over 21 but for all the students on campus," Makoski stated. Recently the Outpost has been reaching out to the entire University with events like Open Mike Night, Dance Parties, Mocktail Nights and other activities. It also plays host to some great local bands, such as Sick Ticket, Joe Belezany and the Limit. And of course students who want to drink can still find cold beer on one side of the room.

This is still a pub, after all. Makoski wanted to create an atmosphere that kept people entertained, and kept them coming back. He needed to get students like Kevin Lapointe, a senior from Quebec City, Quebec, to once again look at the Outpost as a good night out.

"I really found a home at the Outpost

CAMPUS NEWS

Calculating Success: Finance Panel Opens Doors for SHU Business Students

Sarah Decker
Staff Reporter

Career Development opened the door to the finance world for 22 Sacred Heart students last week. Four panelists gathered in the Pitt Center boardroom from 7:00 to 8:15 p.m. to discuss the different career options in finance, share their perspectives as professionals in the field, and relay advice about what it takes to be successful.

"We tried to focus on diversity in the panel," said Mary Jane Miller, executive director of Career Development. "This way, students can get a feel for different perspectives in the field of finance."

The first panelist was Jay Cruice, entrepreneur and president and chief portfolio strategist for Cruice Investment Advisors, Ltd. The company offers comprehensive financial counseling services to successful professionals, executives, and small business owners. Sean O'Neil, division manager for First Investors Corporation, was another panelist involved in financial planning, managing 25 people at the firm.

"I really liked how they incorporated an entrepreneur along with someone from the corporate world," said Sarah Morris, a junior from Pittsfield, MA. "It showed the variety of opportunities out there."

Eric J. Anderson, HQ financial analyst for IBM Global Services, was the panelist involved in Corporate Finance.

"The corporate finance panelist was very helpful in terms of what I was looking for in my future," said Elvin Colon, a senior from Carteret, NJ.

The last panelist offered a different perspective. Terrence McNicholas is a recruiter for financial analyst and corporate accounting positions for Staffing Opportunities Solutions. McNicholas explained to the students what employers are looking for.

"The career panel exposes and challenges students' decisions in what area of finance they want to be in," said Miller. "Each panelist spoke for about ten minutes, and about something different."

Experiencing first hand the day-to-day life of someone in the finance field expanded on the material learned in the

classroom. Professors in the department promoted the panel to their classes in hope for a big turnout.

"Bridget Lyons [a DPS Assistant Professor of Finance/Economics] was instrumental in making this happen," said Miller. "It was a collaborative effort by many people."

Anderson and McNicholas are both alumni, and Cruice and O'Neil both recruit from the University. Each have a relationship with Sacred Heart, whether giving back, or gaining new interns and employees.

"It was very beneficial as far as what options there are after college, and how to go about pursuing your career goals," said Colon.

At the end of the evening, there was fifteen minutes for questions and answers.

"I came with many questions, and I left with every single one answered," said Morris. "I found out what it takes to be successful."

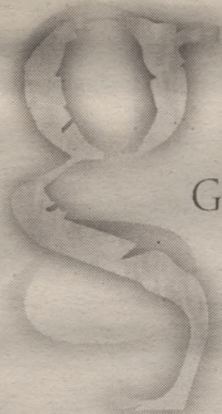
"It was a great exchange back and forth," said Miller. "In my book, it was a great success."

**Linda Liefland, PhD.
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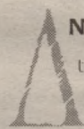


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CAMPUS NEWS

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Winter Weather Advisory Concerns Students

Diane Szmidt
Staff Reporter

As autumn months are winding down, the New England area begins to prepare for a cold winter.

Experts believe that temperatures may be cooler this winter. According to the Annual Weather Summary for November 2003 through October 2004, "Winter will be two to three degrees colder than nor-

prepare state drivers for the winter driving season, the Connecticut Department of Transportation suggests a blend of common sense and preparation. "Give yourself plenty of extra time for getting to your destination. Speed limits are for perfect, dry conditions. On winter's icy roadways, half the speed limit may be suicide. Take the time to clear all windows of snow, ice or fog before starting out. Also clear any snow off the hood, it comes loose when



AP Photo/BEURMOND BANVILLE

Experts have predicted a very cold winter this year.

mal, on average. Expect especially cold temperatures from November through early January, with the coldest temperatures in mid-December. Temperatures from mid-January through March will be relatively mild. Snowfall and precipitation will be near normal, on average. After widespread snowfall in late November and early December, expect below-normal snow through January. February will be a snowy month, and early March will be marked by heavy wet snow, at least inland. The October month will also have above-normal rainfall."

The insistent rain and cold weather may not bother everyone a great deal but others cannot stand temperatures dropping. "I'm not happy about having a very cold winter because it makes it annoying to walk to class. The sidewalks are always icy," said Sandra Signorelli (junior, Harrison, NY).

A cold and snowy winter can lead to unsafe and dangerous conditions to drive in. Sacred Heart has a large amount of students that are commuters, and if the roads are icy there may be delays, cancelled classes, or closing of the University all together. "New England winters have always bothered me. It's troublesome driving in the snow, walking around on campus when it's freezing out. Though I guess we have to look at it from a brighter side, at least we can look forward to enjoying some days off and changing up our wardrobe," said commuter Philip Scali (senior, Fairfield).

The unpredictable nature of Connecticut's weather is a reminder of how dangerous the snow can be. To help

driving."

Icy roads or frozen patches of ice may cause extreme driving conditions. It is important to be cautious and careful when driving. According to the Connecticut Department of Transportation, "at 30 degrees ice is twice as slippery as it is at 0 degrees. It also forms first and lasts longer on bridges and in the shade. If you hit an unexpected patch, don't try to brake, accelerate or downshift. Let up on your accelerator and let your vehicle "roll" through the slippery area. When freezing rain is occurring resulting in icing conditions, please pull over to the side of the road until the road has been treated with sand and salt."

As the temperatures begin to drop and the time comes to put away the shorts and t-shirts and bring out the sweaters, hats, and gloves, trying to embrace the winter may help the transition. The snow-covered mountains will bring for an excellent skiing season and for those that don't ski there is also ice-skating. "I love the snow and everything about it, so a rainy October isn't a bad thing because that just means it will be all snow in the winter. The more snow the better the skiing," said Patrick Devine (senior, Montville).

For those that just cannot bare the cold weather, taking the time to meet up with old friends and family can be enjoyable. Also cozying up by the fireplace and catching up on a good book that you have been meaning to finish can be relaxing. The winter weather may mean hibernation in your home but it can also be a time to reflect, meditate, and take up some new hobbies.

BEYOND SHU

Powell Tells Aids He Will Leave Bush Cabinet

George Gedda
Associated Press

Secretary of State Colin Powell and three other Cabinet members submitted their resignations, a senior administration official said Monday, as the shake-up of President Bush's second-term team escalated.

Besides Powell, who had argued Bush's case for ousting Iraqi leader Saddam Hussein before a skeptical U.N. Security Council in February 2003, others whose resignations were confirmed Monday included Agriculture Secretary Ann Veneman, Education Secretary Rod Paige and Energy Secretary Spencer Abraham.

The departures of Attorney General John Ashcroft and Commerce Secretary Donald Evans had been announced last week.

Bush already has chosen White House counsel Alberto Gonzales to succeed Ashcroft.

Most of the speculation on a successor has centered on U.N. Ambassador John Danforth, a Republican and former U.S. senator from Missouri, and national security adviser Condoleezza Rice.

Abraham, a former senator from Michigan, joined the administration after he lost a bid for re-election, becoming the nation's 10th energy secretary. If he stays at the post until the end of this term, as is planned, he would become the longest-serving secretary at the department.

Abraham struggled in attempt to get Congress to endorse the Bush administration's broad energy agenda, but he was unable to convince Congress to enact energy legislation. Abraham, on another front, worked aggressively to expand the government's efforts safeguarding nuclear materials and convinced the White House to put more money into nuclear nonproliferation efforts. He also pushed aggressively to expand research into hydrogen-fuel vehicles.

The leading candidate to replace Paige, meanwhile, is Margaret Spellings, Bush's domestic policy adviser who helped shape his school agenda when he was the Texas governor.

Powell has had a controversial tenure in the secretary of state's job, reportedly differing on some key issues at various junctures with Secretary of Defense Donald H. Rumsfeld. Powell, however,

has generally had good relations with his counterparts around the world, although his image has been strained by the difficult U.S.-led war in Iraq.

Powell, a former chairman of the military Joint Chiefs of Staff under the first President Bush, led the current administration argument at the United Nations for a military attack to oust Iraqi leader Saddam Hussein, arguing a weapons-of-mass-destruction threat that the administration could never buttress.

Powell submitted his letter of resignation to the President on Friday. He will go about his usual schedule and will continue at full speed until a successor is named and in place, a senior administration said.

For many months, Powell had been viewed as a one-term secretary of state but he has always been vague about his intentions. He had said repeatedly in recent weeks that he serves at "the pleasure of the president."

There had been speculation that Powell might elect to stay on until after the Iraqi elections at the end of January, but the senior official made no reference to that possibility.

Powell's role in shaping foreign pol-

icy was one of promoting moderation and traditional diplomatic alliances with friendly nations. His influence was measured, though, since most of Bush's other senior advisers generally took a harder line and they often prevailed.

Earlier, after the 9-11 attacks, Powell helped fashion a fragile coalition of countries for the war against terrorism, careful to request all the help a country could give without pushing any country beyond its limits. Similarly, when leaders decided to end or shorten their troops' duty in post-war Iraq the State Department avoided any harsh reaction, saying simply that it was up to each country to make up its mind.

Iraq has dominated Powell's attention during his nearly four years as secretary of state. Powell will perhaps be best remembered for that U.N. Security Council appearance on Feb. 5, 2003, during which he argued that Saddam must be removed because of its possession of weapons of mass destruction.

There is no evidence that those claims had any foundation. Powell has maintained all along that the use of force of by the American coalition in Iraq was justified.



National and Global News

BAGHDAD, Iraq (AP) Fierce battles between insurgents and U.S. and Iraqi forces killed at least 16 people Monday in Baqouba and south of Baghdad - the latest in a wave of clashes that has swept Iraq's Sunni Muslim heartland even as American forces move against the last remaining pockets of resistance in Fallujah. A convoy of ambulances and relief supplies trying to enter Fallujah was forced to turn back because the fighting made it too dangerous, the head of the Iraqi Red Crescent said. The Red Crescent and Red Cross have been unable to gain access to people inside Fallujah during more than a week of violence.

LAREDO, Texas (AP) Bridges to Mexico in this traffic-choked city began testing a new immigration security program Monday that requires some U.S. visitors to be fingerprinted and photographed as they cross the border. The screening by the Homeland Security Department was being tested Monday at Gateways from Mexico in Laredo and Douglas, Ariz., and the Canadian border city of Port Huron, Mich.

VIENNA, Austria (AP) The U.N. atomic watchdog agency gave its support Monday to Iran's agreement to suspend all uranium enrichment activities, the key

element of a deal with European countries aimed at ensuring Iran does not develop nuclear weapons. The United States, which has been pressing for tough U.N. action against Iran, has not yet given its position on any deal, saying it is waiting for word from Britain, Germany and France, the three nations negotiating with Tehran.

LOS ANGELES (AP) In March, NASA launched an experimental jet that reached a record-setting speed of about 5,000 mph. Now researchers want to leave that milestone in the dust. NASA's third and last X-43A "scramjet" was set to streak over the Pacific Ocean on Monday at 7,000 mph for 10 or 11 seconds - or 10 times the speed of sound.

HARTFORD (AP) With the state recovering from former Gov. John G. Rowland's corruption scandal, Chief State's Attorney Christopher Morano said he'll renew his annual request more authority to fight corruption and organized crime.

Unlike most states, Connecticut does not authorize Morano's investigators to issue subpoenas. Instead of demanding documents and testimony, state investigators can only request them.

Under pressure from the Catholic church and civil libertarians, lawmakers have so far refused to give the authority.

Connecticut News

Matt Sedensky
Associated Press

LEAWOOD, Kan. - A 29-year-old Connecticut man with family ties in the Kansas City area was charged Tuesday with the 2002 death of a Leawood teenager whose parents waged a relentless effort to find their daughter's killer.

Benjamin Appleby, of Bantam, Conn., was arrested Monday by Connecticut State Police for the attempted rape and murder of 19-year-old Ali Kemp in Leawood on June 18, 2002. An affidavit filed by Connecticut authorities said Appleby confessed to the crimes.

He was charged Tuesday in Johnson County with premeditated, first-degree murder.

Ali Kemp had just finished her freshman year at Kansas State University and was working at a neighborhood swimming pool in the Kansas City suburb when she was killed. Her father, Roger Kemp, found her body in the pump room of the pool where she worked. Morrison said Kemp had been strangled.

Authorities said they received two tips on Appleby - one within six months of Ali Kemp's death and one in the past several weeks. They were among thousands of calls on the case received by police during the past two and a half years.

"I never thought we wouldn't get this predator," Roger Kemp said. "And we got him. We wanted him and we wanted him bad. We say this is our guy."

State police picked up Appleby on Monday on an unrelated warrant from 1997, when Appleby lived in Connecticut

under the alias of Teddy Hoover II, police said. Those charges include risk of injury, disorderly conduct and public indecency, state police said.

While in custody, Appleby was questioned about Kemp's death.

"He did provide information and evidence that caused Kansas detectives to conclude that this accused was to be charged," Connecticut State Police said in a statement.

Appleby has been arrested several times in Missouri and was convicted on felonies including second-degree robbery and second-degree sexual misconduct, according to the Missouri State Highway Patrol. The Connecticut warrant application lists several other Missouri charges for Appleby.

Morrison said Appleby had a small pool-cleaning business when Kemp was killed. But a different pool-cleaning company had the maintenance contract for the pool where Kemp had worked.

Leawood police asked authorities in Connecticut to get a DNA sample from Appleby to possibly match it with blood found at the crime scene, including on Kemp's shirt and bra, according to the application for an arrest warrant.

Police have that sample, Connecticut authorities said, but testing was incomplete. Morrison would not comment about DNA evidence.

Kemp's killing still reverberates in her upscale Leawood neighborhood.

"We still pray about it," said Charlotte McGahan, 55. "It was just so tragic, it just hits you hard."

Perspectives

Is FLIK A Rip?

Dear Editor:

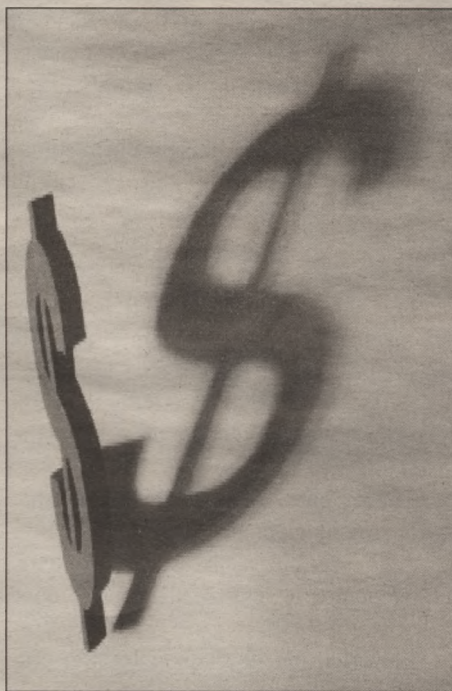
Let me start with saying that the views and statements in this letter are my opinion only. However, the prices and experiences discussed are factual.

I have been a patron here at the university for some time now, and I am growing ever more frustrated with the outrageous prices of food that is being charged by FLIK. High prices, price inconsistency, and rudeness are just the start of the complaints I have heard from students and faculty alike. In FLIK's defense the quality of the food and the choices on the menu is above what most Universities offer to their residents, faculty and staff, although others might find otherwise.

However, these positive points do not justify the constant monopolizing and unfair pricing. Some examples of this would be, a hotdog \$2.50, a cheeseburger \$2.95 to \$3.95 (depending on who the cashier is), four chicken nuggets \$4.95, one chicken leg or thigh \$4.95, just to name a few. It seems to me that McDonalds charges only \$1.00 for a DOUBLE cheeseburger, and you can get a really good New York hot dog for the same price in the city (but we are not in the city, and the hot dogs are not as good).

One can also purchase five chicken nuggets for \$1.00 at any fast food provider. Taco Bell charges \$1.00 for a taco that FLIK feels is worth \$2.25. I think my point is clear. Given that students

don't always have time or access to purchase food elsewhere FLIK has an unfair advantage, not to mention that FLIK also runs the market place where you pay \$2.00 for a cup of soup that is rumored to come from a can.



Contributed Photo Illustration

At the end of the school year any remaining balance on student accounts is pocketed by this monopolizing hog, unless you give in to their high prices and buy out their inventory. It is my belief that students are supposed to be preparing for the real world in college. Why are they being charged airline prices

for food and home needs? It would seem to me that FLIK needs competition such as an on campus Subway Sandwich shop or a deli stand. When proposed by this idea FLIK prevents this by having their contract state that they will be the only provider of food to the campus.

The only convenience students get by using their accounts is not having to pay tax, but remember neither does FLIK aside from the usual business taxes, so it's no sweat off their back. It is not a truly subsidized system. Maybe the Student Government or the student body as a whole should find ways for students to be treated more fairly.

Last year FLIK claimed that the price of containers was the reason for their then high prices, but since that time the prices have only gone up. Oh, and remember mash potatoes are only \$1.10, but if you want gravy it's \$3.95. Let's also not forget that FLIK wastes food everyday by just throwing it out, rather than giving it to soup kitchens or the homeless.

Maybe if we were not so busy ripping everyone off, their prices would be reasonable, and they would sell more food rather than having it not bought and thrown away.

This editorial was sent anonymously to "The Spectrum." We are not responsible for the opinions voiced in this forum.

Thanksgiving: An Unknown Tradition in Other Cultures

Nadia Korovesi
Editor-in-Chief

When I first came to the United States, three years ago, I felt the need to be adjusted to the cultural differences of this country. One of them was the Thanksgiving tradition.

While I was in Greece I knew what Thanksgiving was, but I didn't realize how important it is for Americans to celebrate the holiday with their families. In my country we do not celebrate Thanksgiving Day or anything that remotely resembles the spirit of it. In an effort to feel part of the American culture, during my first year in the United States, I decided to roast turkey, prepare stuffing, mashed potatoes and raspberry sauce, and I gave thanks at the Thanksgiving table. It was a new, and rather extraordinary, experience for me.

Even though Thanksgiving might have lost part of its original meaning with the passage of time, I believe it is still a great opportunity for family members to get together, sit around the table and give thanks to each other.

The more time I spend in this country the more I appreciate the value of Thanksgiving. Even though the story of Thanksgiving tradition applies only to the American culture, I believe that everyone could celebrate this day. It is a good opportunity to feel thankful for being alive, and take the time to give thanks to the people that make a difference in your life.

The SPECTRUM

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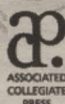
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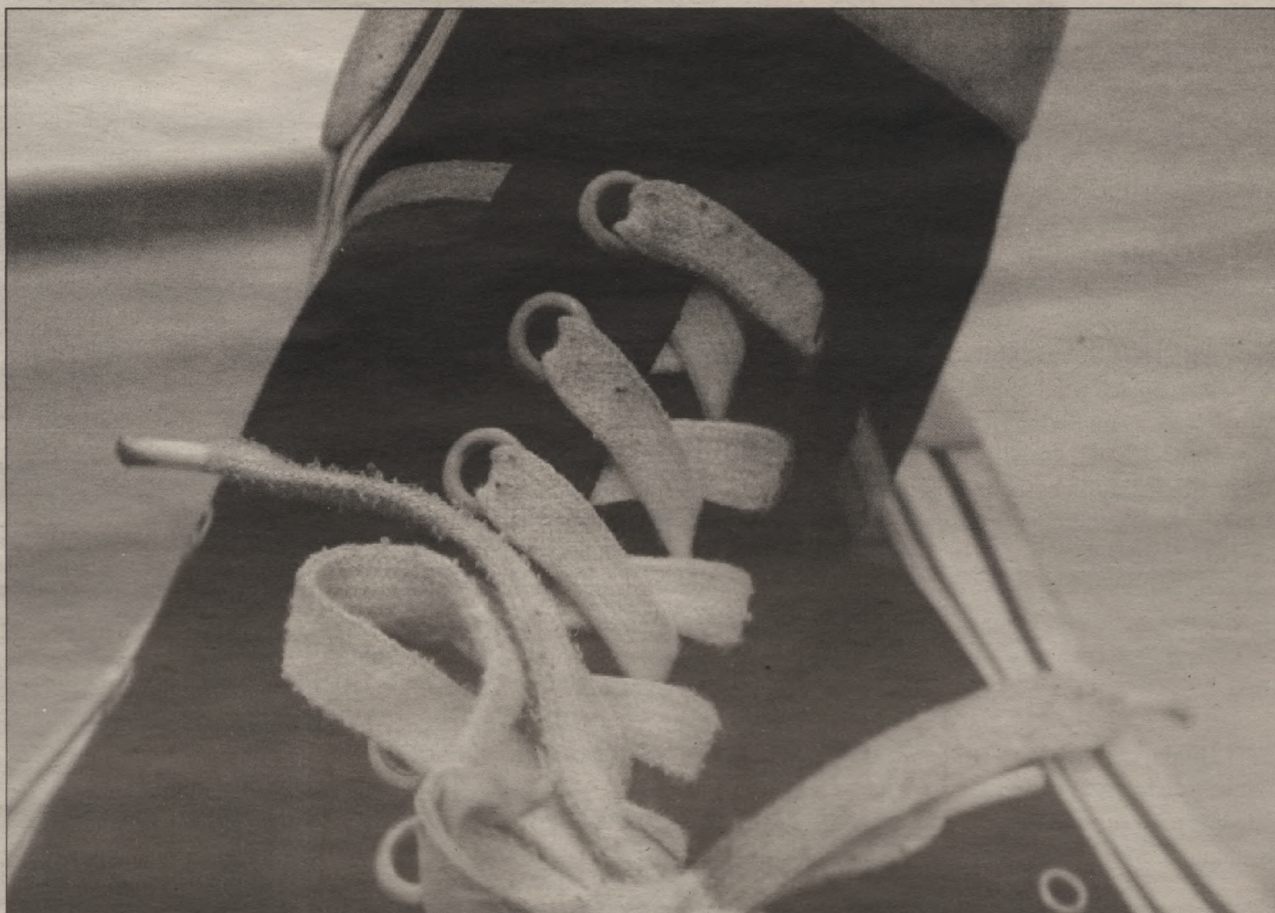
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Photographer's Pick



The Spectrum/DANYA JIMENEZ

An extreme close-up of Photo Editor's (Danya Jimenez) favorite pair of shoes.

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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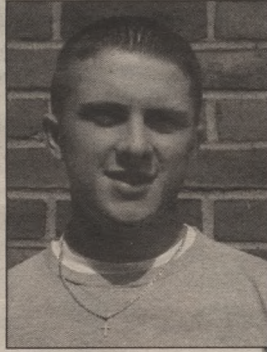
He Said... She Said...

What is the ideal first date?

Robert Roy
"He Said" Columnist

The perfect first date is an oddity on the dating scene. There are many options for the first date, which can be successful and hopefully will result in a second date. Dinner and a movie is a classic first date that creates opportunities for conversation while limiting the time with silence. After the movie he can always talk about the movie as a last resort to avoid the dreaded awkward silence. The uncomfortable and embarrassing silence is a date killer and will almost always destroy the opportunity for a second date.

A long walk on the beach and dinner afterwards is an awesome date but is sometimes risky as there is a need for a lot of conversation. However, if all goes well on the beach and at dinner there will most likely be a second date. Another option is a sporting event such as a baseball or football game as long as she is interested in sports. There is much opportunity for conversation and it will also show if they have a common interest. If the daters are friends before the date, renting a movie and making dinner creates a relaxing atmosphere and will be a low-pressure date. This date will be successful if



The Spectrum/DANYA JIMENEZ

both are comfortable with each other before the date.

Proper etiquette is essential on the first date. First of all, be a gentleman. Hold doors and pull out chairs. Bringing flowers will always earn him points. Pay for everything during the night. Never make her pay for anything on the first date. Dress should be semi-casual; jeans and a button up shirt are a good choice. Lastly, if all is successful, the night will end with a good night kiss or more and definitely a second date.

Overall, in my opinion the perfect first date is the classic dinner and movie. It creates the most opportunities for conversation and is almost always successful. Dress casual and be a gentleman. A romantic first date will always create an opportunity for fun and another date.

Athena Soriero
"She Said" Columnist

First, it should be just the two of you. Using another couple as a set of training wheels or a single third wheel is a bit juvenile. If you need somebody to hold your hand that bad then you aren't mature enough to be dating in the first place.

Second, you should go out. Going to FLIK or hanging around one of your places does not constitute as a date. The guy should also always pay on the first date, along with deciding the destination, unless the girl makes some type of demand.

A good first date also should not be plagued with awkward silences or be played out pick up lines. If you know ahead of time that you're really that uninteresting and boring, then premeditate some conversation topics. On the ideal first date both people would also pass each other's "inconspicuous" interviews and various other tests. This may sound silly but we all know there's nothing better than being attracted to a person who meets all of the criteria on your personal "checklist."

Finally, the night should come to a close with some sort of physical contact and a sincere promise to phone or see each other again.

You only get one first date.



The Spectrum/DANYA JIMENEZ

So try to make it good, but not great. If the first date plays out to be some type of fairy tale you're both being set up for a great deal of disappointment. Anything that starts off perfect will only get worse. Don't set the stakes too high for yourself by spending tons of money or looking too good. You'll have to maintain or outdo this every date there after.

Side note: Boys, don't concentrate too hard on making a move. This will only cause you to zone out, and chances are if you're caught in "la-la" land on the first date you probably won't get a chance to make a move. Girls, don't be so harsh if a guy is putting in the time and effort, throw him a bone. Don't just leave him standing on your stoop with nothing but an empty wallet, and a bitter attitude toward the entire female race.



On Thursday, Nov. 11, 2004, the Senate hosted "Meet SG (Student Government) Day." This ice cream social event was intended for the students of Sacred Heart to come out and meet the Senators, Class Board members and Executive Board members who work all year long bettering the university for them. There was a great outcome of students, both in and out of Student Government. Not only did this event bring people to meet SG members, but it also brought the board members closer together. Many of the people on the boards are new to Student Government this year. This event gave all students the opportunity to get to know others, especially their representatives in Student Government. It also allowed board members to get their names out to the student body. By getting closer to the student body, members in SG will be more likely to be approached by students on a frequent basis. This bond between the students and their Senators and Class Boards not only strengthens the University, but also makes for an effective election for the Spring semester. The Senate would like to thank all the people who participated in this event.

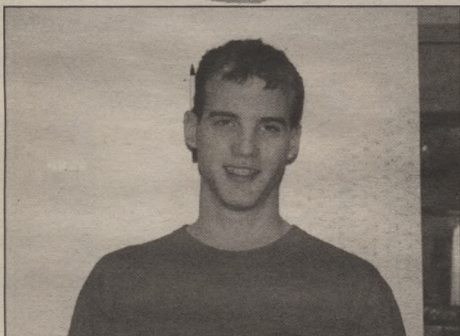
Student Government has moved the date of SOTUA to Dec. 1, 2004 in the Edgerton Center (university theater). Unlike last year's State of the University Address, this December, there will be no question and answer session. Rather than having a rapid question asking session between the students and the University Cabinet, the Executive Board is inviting Dr. Cernera and the student body President to speak. Student Senate would like to welcome any questions from the students after SOTUA. Please direct any questions at Senate's email address: StudentSenate@sacredheart.edu. This alternate format of SOTUA is commonly used at other universities around the country, and Student Government hopes it will be a success. All students are invited. Please look for additional advertisements prior to Dec. 1, 2004.

The Spirit, Tradition, and Athletics Committee would like to thank all "SHU ZOO" members for coming to the first club meeting. Over 30 students were in attendance and ready to show school spirit at sporting events. One of the most recent events was Saturday's home football game. Several members of the club were ecstatic to display the letters "S-H-U-!" which had been painted on their chests. Coca-Cola even donated several prizes to the "SHU ZOO" for their efforts in starting their club. These prizes were given away at the football game Saturday, Nov. 13, 2004 based on attendance and school spirit.

- Contributed by Erin Maurer.



What type of Thanksgiving tradition do you have?



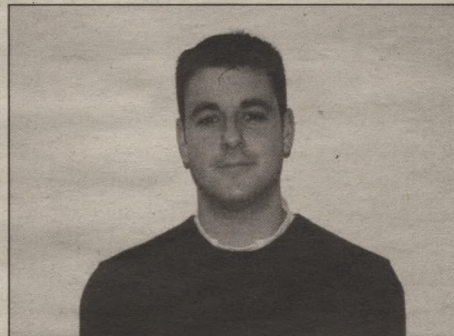
"A big dinner with my family, then the football game."

Chris Johannes
Southbury ~ Senior



"All my relatives gather for dinner. This year it's at our house."

Courtney Gotshall
Oxford ~ Senior



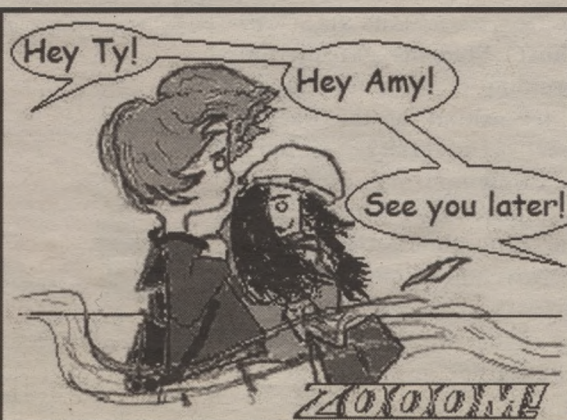
"It's my birthday! So I celebrate."

Nick Brown
West Springfield, MA ~ Junior

The CARTOON of the week



11/18/04



The Spectrum Cartoonist/ ALYSSA FERDINANDO

Come voice your opinion at a Senate Meeting!
Thursdays at 7:40 p.m. in the Faculty Lounge

Arts & Entertainment

'Dinner' Theater

SHU PLAYERS TAKE AUDIENCES ON COMEDIC JOURNEY

Deja Kreutzberg
Staff Reporter

It's eight o'clock p.m. and the SHU Players are waiting anxiously behind the Edgerton Center stage. The curtain is about to rise on a revival of the classic comedy, "The Man Who Came to Dinner." Sacred Heart University alumnus, Jeff Guillot, wanted to grace the stage with this timeless play, which was written in 1939 by playwrights George S. Kaufman and Moss Hart.

As the play opens, Sheridan Whiteside (Guy Savage) has just slipped on a patch of ice while entering the mansion of Daisy (Alison Pohorylo) and Ernest Stanley (Dan Hooks), Ohio aristocrats who had the good luck to persuade Whiteside to come for a visit.

Due to his unfortunate fall, Whiteside, an eccentric, acid-tongued radio lecturer, has been bound to a wheelchair and forced to stay in their household for six weeks until his bones have healed.

Whiteside soon takes over the home and phone, insulting everyone mercilessly. The hosts, houseguests and children must all put up with Whiteside's angry demeanor because they either want something from him or because Whiteside has information about them that he can use for blackmail.

Talented senior Guy Savage took on the demanding role of Sheridan Whiteside.



The Spectrum/DANYA JIMENEZ

Sheridan Whiteside (Guy Savage, second from left) looks on at the ensuing chaos that his presence has caused. The recent SHU Players production of "The Man Who Came to Dinner" played to packed houses at the Edgerton Center last week.

Having only appeared in one other play at Sacred Heart, this was his largest and most rewarding role to date.

"This role was definitely a large undertaking—500 some odd lines is pretty tough," said Savage. "This character is also very different from me, so it was a challenge to get into the character. I was very happy with the turnout though and it was a truly amazing experience."

Flexing his acting muscles with natural delivery, facial expressions and all-out body language, Savage easily stole the stage. His comedic timing and stage presence was apparent to the audience,

as he had them rolling in their seats with laughter.

Alison Pohorylo delivered another of the play's notable performances, in her Edgerton stage debut. Playing Mrs. Stanley was not only a rich experience for Pohorylo, but also for the audience. Her natural portrayal of an alcoholic aristocrat was on point and understated which made her instantly relatable to the audience.

"I have always wanted to be involved with the SHU players and since I am graduating in May, I knew that it was basically a now-or-never situation" said Pohorylo. "Playing this role and participating in

this play has definitely been the most rewarding thing I've been involved with at this school."

Senior Alex Kantarelis also gave an uproarious performance as the quirky Doctor Bradley. Kantarelis' characterization of his role is evident in every aspect of his body language, which was a unique and perfect compliment to his strange character. With a plastered smile, waddled walk and huge rimmed glasses, Kantarelis personified the word "geeky."

"My character was this old doctor who doesn't really know what is going on," explained Kantarelis. "It was a comic relief character so my job was basically to come out and make everyone laugh."

While "Man Who Came to Dinner" was successful in many ways, some of the cast left much to be desired. Many of the supporting roles were filled by performers that had no real energy or stage presence which, in turn, created dull, lifeless characters. This not only brought down some scenes but also interrupted the fast-paced hilarity of the production itself.

When all is said and done, though, the SHU Players managed to take audiences through a wonderful story that created lasting memories for both the audience and the cast members.

"From the director to the crew to every actor, everyone was awesome to work with. We had a blast and a very memorable experience!" said Savage.

Faculty Steals Spotlight at New Art Exhibit

Bridget Madden
Staff Reporter

The Sacred Heart University Gallery of Contemporary Art hosted the premiere of their annual exhibit of works by the Art and Design Department faculty last week. The display proved to be a combination of both depth and talent.

The Gallery of Contemporary Art is an intimate corner of the SHU community that consistently showcases a true passion for the arts. A variety of works are now on display at the faculty exhibit that include digital photography, oil canvas, colored pencil and oil on linen.

Some of the works include "The Broken Arch," and "Pomegranates" by Anahit Ter Stepanian. "Broken Arch" is an interesting oil on canvas that portrays the back of a girl in the foreground and a house in the background.

Professor Jack DeGraffenried created a black color pencil on oil linen work entitled "Stretch" that depicts a woman stretching for either dance or ballet. The picture's well-defined usage of colored pencil creates a realistic rendition of a dancer that could easily pass for a photograph.

"Lake Zoar Fog" and "Westport Deli"

were both created by Professor Stefan Buda. "Lake Zoar Fog" is a digital photograph of a lake in which Buda utilized the reflection of the water to give an eerie appeal to a tree. The photo is composed in black and white, which only further added to its appeal.

In addition, Buda also displayed a digital self-portrait of himself. The picture's use of shadow creates an abstract portrait and surreal portrayal of the likeable art professor.

Other pieces of work include Christine Goldbach's two oil on linen pictures entitled "Trevor - front" and "Trevor - back," "Amy" by Steven DiGiovanni, and many more.

The current exhibit at the Gallery of Contemporary Art is an excellent way to recognize the outstanding talent of the Art and Design faculty. Their unique visions display not only an amazing gift for what can be created with the utility of mere instruments, but also what an exemplary model the art students of Sacred Heart University have to work with. Students and art seekers alike should visit the gallery during its normal operating hours to awake their senses in a tranquil atmosphere. The faculty display will continue to run throughout the month of November.



The Spectrum/MARK STANCZAK
[Above] Students gaze at the unveiling of the new faculty art exhibit at the Sacred Heart University Gallery of Contemporary Art last Thursday. The display will run throughout the month of November. [Right] Jack DeGraffenried poses with one of his works on display, a watercolor and color pencil composition entitled "Extend."



'Shrek 2' DVD Features Ogre-Sized Laughs

Alex Kantarelis
Staff Reporter

November 5 saw the DVD release of one of the summer's biggest hit, "Shrek 2." The computer animated film, the sequel to 2001's "Shrek," is a take on the fairy tales we grew up with and comes packaged in a two-disc set that has plenty of extras.

In the original film, Shrek (Mike Myers) is a grumpy ogre who is happy living alone in his swamp. His life changes after he meets a donkey named Donkey (Eddie Murphy) and falls in love with Princess Fiona (Cameron Diaz), whom Shrek comes to find out is also an ogre. For the sequel, the animated comedy trio returns to take over where the first installment ended, with Shrek and the Princess happily married and Donkey still supplying the third wheel.

When Fiona's parents, King Harold (John Cleese) and Queen Lillian (Julie Andrews), invite the newlyweds to their castle in the kingdom of Far Far Away Land, the royal parents are shocked to find out that the newlyweds are both ogres. King Harold assumes that Fiona will change back into a human when she is rescued by Prince Charming (Rupert Everett) and Charming tries to win Fiona back with some help from the Fairy Godmother (Jennifer Saunders) and Puss-in-Boots (Antonio Banderas).

"Shrek 2" is funnier than the original, with many hilarious sequences. Puss-in-Boots steals the show with his witty one-liners and slick demeanor. Some memorable scenes include a satire of "Cops," called "Knights," where Puss is arrested for possession of catnip, and a sequence where Shrek and Donkey break into the Fairy Godmother's office in an attempt to steal a love potion that will save the day.

The best part of the movie is definitely all of the supporting characters. While



AP Photo/CHRIS PIZZELLO

Shrek alterego Mike Myers poses with "Shrek 2" costar Julie Andrews at the DVD premiere party held in Beverly Hills on Nov. 8.

Myers, Murphy, and Diaz are consistently funny, the smaller roles bring in the most laughs. Cleese is very convincing as the King and Saunders do a great job as the spiteful Fairy Godmother.

The best performance, however, belongs to Banderas, who brings his perfectly-timed comedic skill to the movie. Better known for his serious roles, Banderas delivers some of the funniest movie moments of the year.

The DVD is full of extra features which provide more options than just watching the movie. There are two commentary tracks, one by directors Kelly Asbury and Conrad Vernon and the other by producers Aron Warner and Mike Andrews, that discuss the technical aspect of the film. There is also a feature entitled "Technical Goofs" that highlights some of the film's digital animation mistakes that occurred during the animation process.

The most memorable bonus feature on the DVD is definitely "Far Far Away Idol," a parody of American Idol. Even Simon Cowell makes a cameo as a mean-spirited judge who pans the singing and dancing abilities of the movie's characters.

"Shrek 2" brought in over \$400 million, making it the hit of the summer, and most likely, the biggest movie of the year. The film's success has already spurred a third installment, which will come out sometime in 2006. In the meantime, though, the "Shrek 2" DVD will make a perfect addition to your collection.

MOVIE REVIEW



"Shrek 2" (PG, 92 minutes)
Starring: Mike Myers, Eddie Murphy

ENTERTAINMENT BRIEFS

On-Campus Events

THURSDAY, NOVEMBER 18

• The band Bowling for Soup will perform at the Sacred Heart University Pitt Center at 8:30 p.m. Doors open at 7:00 p.m. and tickets are \$2 for all full-time undergraduates and \$10 for non-Sacred Heart students.

WEDNESDAY, DECEMBER 1

• Acoustic performer John Hampson will perform at the Holy Grounds Coffee House in Donovan Hall. The event, sponsored by SET, will take place at 10:10 p.m.

National News

• Ashlee Simpson is begging the producers of "Saturday Night Live" to give her another chance on the show. Simpson was shamed at her last SNL appearance when her guide track began without her. There is no word yet whether Simpson will be invited back.

• Tom Cruise announced that he will attempt to climb Mount Everest when shooting wraps on his new film, "Mission: Impossible 3." According to an interview posted on the Internet Movie Database (IMDb), Cruise said, "I really enjoy climbing - and Everest is the ultimate challenge."

• Director Michael Moore has announced plans to begin work on a sequel to his hit documentary "Fahrenheit 9/11." Moore, who was adamantly against President George W. Bush's reelection, is planning to film over the next several years.

• Goldie Hawn and Kurt Russell have reportedly split after a 21-year romance. Reps for the actors have not confirmed the rumor as of yet.

- Compiled by Patrick Scalisi

COUNTRY CROONER



AP Photo/M. SPENCER GREEN

Gretchen Wilson performs at the Country Music Association Awards show on Tuesday, Nov. 9, 2004, in Nashville, TN.

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Features

CREATIVE CORNER

You See...

Colleen Mitrano
Features Editor

You see someone standing in the hallway, going through their bag, trying to find something.

You think oh, they must be disorganized.

You see some girl hogging the mirror in the bathroom, fixing her makeup.

You think oh, she must be conceited.

You see some boy in the cafeteria, piling food onto his plate.

You think oh, what a pig.

You see someone crying in the hallway, carrying on to her friends.

You think oh, what a drama queen.

You see someone standing in the middle of a crowd being obnoxiously loud, drawing attention to their direction.

You think oh, what a jerk.

You see someone's reflection in a window.

They look average just like everyone you comment on, and then you realize it's you.

You think oh my god, what do people think when they see me?

If anyone is interested in contributing any work please submit it through email:

c-mitrano@sacredheart.edu.

Learn Why You Are Giving Thanks

Meghan Parisi
Staff Reporter

When Americans think of Thanksgiving Day they tend to think of comforting home cooked food, family gatherings, and much intended preparation for a filling and thankful day. But many do not know where this day of thanks has rooted from. Why we all join together around the table until our stomachs are filled and we laugh with family members while watching the typical November football game.

"Thanksgiving is a time to forget about the trivial things in life and be grateful for what you have. It's a time to be with loved ones and enjoy each other's company. I look forward to it every year," said Kristin Ferreria, a sophomore from Cranston, RI.

The American Thanksgiving holiday began as a feast of giving thanks in the early days of the American colonies almost four hundred years ago. In 1620, a boat filled with more than one hundred people sailed across the Atlantic Ocean to settle in the New World. The Pilgrims settled in what is now the state of Massachusetts. Their first winter in the New World was difficult. They had arrived too late to grow many crops which had made them struggle to survive.

The following spring the Iroquois Indians taught them how to grow corn (maize), a new food for the pilgrims. They showed them other crops to grow in the unfamiliar soil and how to hunt and fish.

In the autumn of 1621, bountiful crops

In the following years, many of the original colonists celebrated the autumn harvest with a feast of thanks. After the United States became an independent country, Congress recommended one day during the year to give thanks for the whole nation to celebrate and be united as one.

In 1863, at the end of the civil war, Abraham Lincoln asked all Americans to set aside the last Thursday in November as a day to celebrate Thanksgiving.

"I am looking forward to spending time with my family and friends. I think the origin of thanksgiving is about getting together with your family and friends to share in a meal and be thankful for what life has given you," said Marie Sapienza, a

sophomore from Milford, NH.

As everyone comes together to celebrate this time of thanks, we should each individually show gratitude to those around us such as family, friends, teachers and others who have helped us with something along the way. Thanksgiving Day is a time to help others and get involved as the Native Americans did for the Pilgrims and why not also show appreciation for all



Contributed Photo

Turkey, stuffing, and cranberries appear to be the Thanksgiving dinner of choice for many Americans. The image of families sitting down to a feast including these foods is how the holiday is depicted.

of corn, barley, beans and pumpkins were harvested. The colonists had much to be thankful for, so a big feast was planned. They invited the local Indian chief and 90 Native Americans. They brought deer to roast with the turkeys and other wild animals offered by the colonists. The colonists had learned how to cook cranberries and different kinds of corn and squash dishes from the Native Americans.

How Did You Do This Semester?

Lindsay Brophy
Staff Reporter

It's that time of year again. Fall semester of 2004 is quickly coming to a close. Where did the time go? How did you do this semester? Are a few questions on many people's minds.

"Well senior year hasn't been as hard as I expected it to be. It's not that the work load has gotten any lighter but because I am only taking classes that pertain to my major I really enjoy what I am doing, so it seems easier," says senior Siobhan Fogarty, from Cortland Manor, NY.

It seems like only yesterday that we were all moving in to the dorms or our houses off campus. The first few weeks of school came and went while we were all busy settling in. Now there are only a few weeks before final exams, and it makes everyone wonder, where did all the time go?

Midterms quickly flew by, and now we

are already registering for spring semester. Many cannot believe that they are almost ready to go home for winter break.

And with winter break almost here,

For some students, first semester is harder because they have to get back into the flow of going to school and doing schoolwork after being able to relax during summer break. Each student also has different situations that they go into the semester with. Oliver Kranichfeld a junior from Rye, NY transferred here from Westchester Community College and he says, "I have slightly more work here from my old school. I don't think I'm doing as well this semester as I have in the past semesters due to personal issues and problems in general, and more distractions, I don't think I'm doing bad, just not as good."

First semester of each year comes and goes quickly every time. Each year students get to experience first semester differently as a freshman, sophomore, junior, and then finally a senior. This semester has certainly flown by and finals are quickly approaching. So make sure you study hard and get good grades this semester, so when someone asks "how did you do this semester," you'll be able to respond, "great!"

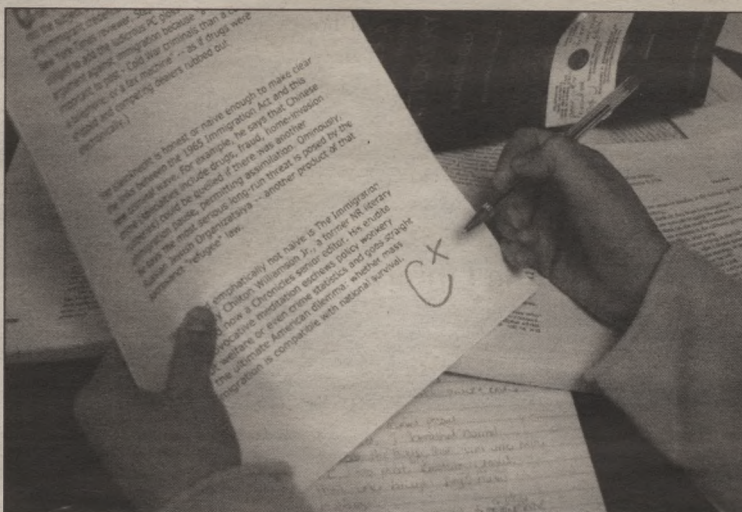


Photo Illustration/DANYA JIMENEZ

At the end of the semester students often stress about the grades they received.

comes along the question... how do you think you did?

"I think I did well overall, and the semester is flying by, I feel like I just got here," says Matt Looney, junior from Maywood, NJ.

Help Those In Need This Holiday Season!

Christine Dziubinsky
Staff Reporter

As students from Sacred Heart prepare to leave school for Thanksgiving and Christmas breaks, there is a sense of relief to return to the comforts of home. Seeing friends and family that have been long missed, attending various social gatherings, eating and shopping are just a few of the aspects of home students look forward to.

However, as many indulge in their comfort zones, one can assume that there may be those not as lucky.

Finding a way to help those who are not so lucky to enjoy comforts of friends and family, food and cheer, clothing and shelter, will only work to fulfill the holiday season. Before people pack their cars with bundles of laundry and luggage, students attending Sacred Heart, may find ways to help others have a holiday season worth looking forward to as well.

Sacred Heart University clubs and organizations offer many opportunities to help those less fortunate. Finding ways students can offer help to these organizations

will better the outcome of these sponsored events. The more individuals who lend a hand, the more smiles and appreciation the event will return.

During the month of November, The Sacred Heart University Art Club will sponsor a clothing drive for individuals in the Bridgeport area. The clothes will be donated to the Community Closet FSW in Bridgeport. Offering the clothing to adults and children in need. There are always the things living in people's closets and drawers that they despise, so perhaps donating these "wretched" items will help others in the community. The deadline for donating clothing is November 30. Remembering a small dona-

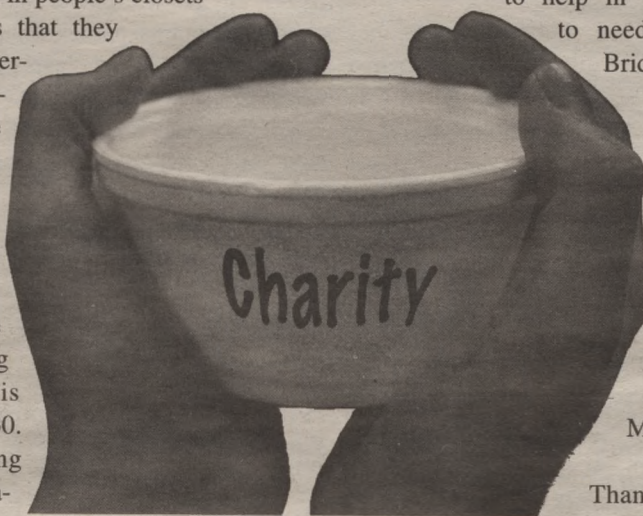


Photo Illustration/DANYA JIMENEZ

tion or act of kindness reaps larger scale results.

In addition to the clothing drive, Campus Ministry and Service Learning remind students of Hunger Awareness Week Volunteer opportunities. While busy collecting food for needy families for Thanksgiving, Phyllis Machledt urges individuals to help those who are counting on us. Students may choose from a various list of soup kitchens and food pantries to help in serving dinner to needy families in Bridgeport.

However, if you can not personally attend these events, canned food and paper products are being collected by Campus Ministry as well.

Throughout Thanksgiving and

Christmas seasons, Sacred Heart students are given an opportunity to help those in need.

After Thanksgiving passes, students will be able to donate different toys and gifts for the less fortunate. Toys for Tots urge community involvement by asking individuals to donate gifts for under privileged children. In addition, clubs and organizations around Sacred Heart will be offering events and urging individuals to donate various items for the upcoming holiday season.

As you open your emails each days and begin deleting at the sight of the unknown, remember the less fortunate described in those emails need your assistance. We are a community at Sacred Heart, associating with different individuals and events to better ourselves and the community we have built. However, remembering the community outside our campus will strengthen the SHU community, giving us a reason to celebrate the holiday season. So, before you bid friends and peers a happy holiday, allow yourself to bring joy to those who cannot have a joyous holiday.

What's Your Hobby?

Eugene Stacy
Staff Reporter

Students at Sacred Heart seemed to have acquired various hobbies. They range from familiar, to totally out of the norm. Some of these pastimes have been going on since early childhood. Their individual hobbies are quite interesting, and can act as a diversion from their stress filled workday.

"I love the piano because I can sit down and play and forget about everything else," said Jessica Mugavero, a junior from Vernon, NJ.

A number of hobbies are seasonal. Inclement weather can provide the perfect conditions for some, while others prefer a cloudless day.

"My hobby is downhill skiing. I began skiing at age four, and used to go with my dad every Saturday," said Theresa Arsenault, a freshman from Saugus, MA.

"My hobby is horseback riding. I started as a young girl at a riding academy, not too far from my house and I just fell in love with it," said Meghan Santoro, a freshman from Winthrop, MA.

Some hobbies express feeling of movement. They are practiced indoors and can be creative, some to the point of laughter.

"My main hobby is dancing. I have been dancing ballet for twelve years. Now, I just dance when I go out with my friends to bars or clubs," said Marielle DiBella, a freshman from ParkRidge, NJ.

Sports related hobbies are also big, and could be twofolded. Students can get involved or watch from the sidelines.

"My favorite hobby is playing soccer. I enjoy playing soccer because it's Brazil's most popular sport and I grew up watching and playing it," said Paulo Henrique Amaral Ribeiro, a junior from Divinopolis-MG, Brazil.

"My particular hobby is volleyball.

I love playing the game and watching other sports," said Samantha McMillan, a freshman from Manassas, VA.

Some hobbies are dangerous, while others can be unique.

"I like to skydive for the adrenaline rush. I have been doing it for three years. I saw it in movies. Rambo skydives, so he got me into it," said Pete George, a junior from Lynnfield, MA.

"I collect sea glass. It is a small piece of glass smoothed over by the ocean over time from the salt. I got in the habit of looking for it and I had a good eye to find it," said Nick Zuzolo, a junior from Medford, MA.

"I am a matchbox collector. Anywhere I go, I'll just ask for a matchbox, and I throw them all into a jar. I have matchboxes from all over the country," said Matt Yarmosh, a junior from Long Island, NY.

Whatever their chosen hobby might be, students all agree that they are relaxing to the mind, and offer a nice change from the everyday routine.

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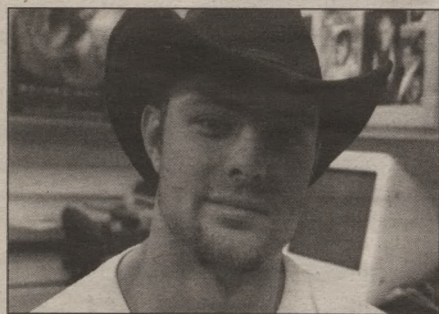
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BEYOND SHU

NBA Eastern Conference Preview



Bryan Fogle
Sports Columnist

With the National Basketball Association season already underway, here is my preview and prediction for the Eastern Conference. So here you have it, team-by-team and division-by-division with my playoff preview included.

Boston Celtics

Prediction: First in Atlantic Division, Third in Eastern Conference

Well New England sports fans, it looks like good old Celtic pride will return this season up in Boston. Even though the Celtics roster of 16 has seven new faces on it, the two key pieces to their winning puzzle remained from last year's squad. Perennial all-star Paul Pierce and his 23 points per game from last season return as the team's go to player, and Ricky Davis returns as the team's second leading scorer from last season, bringing his 14.1 points per game back to the lineup.

A key off-season move was the acquisition of Gary Payton. "The Glove," comes over from the Lakers in a move that also marked the return of Rick Fox to the Celtics. Fox proceeded to retire. Payton brings with him 14.6 points per game to go along with 5.5 assists.

New Jersey Nets

Prediction: Fifth in Atlantic Division

Sorry Net fans, I think your brief run as an Eastern Conference powerhouse has ended. The off-season saw you lose two of your top four scorers in Kenyon Martin and Kerry Kittles, who combined for 29.8 points per game last season (16.7 for Martin and 13.1 for Kittles).

The positives are that the heart of the team has returned in the name of Jason Kidd. Kidd, an MVP candidate year after year joins Richard Jefferson as the two returning scoring threats.

A nice surprise to the Nets and basketball world is the return of Alonzo Mourning, who was nearly on his deathbed 18 months ago. Mourning has had a strong start to this comeback season, averaging 11.8 points per game to kick off the season's first six games.

A few semi-big named signings from the Nets this off-season were Travis Best, Jacque Vaughn and former Celtic Ron Mercer. It looks like this season will really be one of "hard knocks" for the Nets.

New York Knicks

Prediction: Fourth in Atlantic Division

I hate to say this as a Knick fan, but

this season has the makings of being yet another sorry one. Even with the signing of Jamal Crawford from the Chicago Bulls (17.3 points per game in 2003-2004), who brings a new scoring presence to the Knick lineup, the outlook still appears bleak.

Allan Houston, the backbone of the team and longest running current member begins the season on the injured list and the Knicks will sorely miss his 18.5 points per game.

The positive is that Stephon Marbury returns healthy for his second season in a Knick uniform. Marbury will provide a much-needed spark in this Knick offense. Marbury, averaged almost 20 points and 10 assists per game last year.

Philadelphia 76ers

Prediction: Second in Atlantic Division, Fifth in Eastern Conference

The 76ers actually seem to have a promising look for this season. All-world guard Allen Iverson brings his 26 points per game to the table every night and just an attitude that at any time can take over a game.

Even with the losses of Glenn Robinson, and Eric Snow, look for new names to step up their play this season and add a scoring touch to the 76er lineup. Center Marc Jackson is off to a strong start putting in a modest 13 per game and sharpshooter Kyle Korver is making almost 50 percent of his three point attempts. A team that has only one superstar will truly look to its mid-level players to put a winning season together.

Toronto Raptors

Prediction: Third in Atlantic Division, Seventh in Eastern Conference

In a city that loves its hockey, the center stage at the Air Canada Center will belong to mister "Air Canada" himself, Vince Carter. One of the most electrifying players in the league, Carter will be the focal point of most opponent's defense.

This attention will lead to high quality scoring opportunities. Rafer Alston, is leading the Raptors in scoring this season after being signed to the team in the off-season as a free agent from the Miami Heat in 2003-2004.

Also looking to add to the scoring will be Chris Bosh, Jalen Rose, and Morris Peterson.

Chicago Bulls

Prediction: Fifth in Central Division

This is not the Bulls of Michael Jordan and Scottie Pippen. No this is the Bulls of Kirk Hinrich and Eddie Curry.

The team's average age of 25 is one of youngest in the league. The Bulls have a solid core of young guys who in a few years will make up a winning team. These players include former Duke Blue Devils Luol Deng, Chris Duhon, and former UConn Husky Ben Gordon.

Cleveland Cavaliers

Prediction: Fourth in Central Division

One of the biggest one-man teams in the league, the Cavs will have to play as a team to make the playoffs this season. LeBron James, the young man who many believe will be the next Michael Jordan, doesn't know how to work with teammates. He is great player and putting in almost 30 points per game this season, but the thing is, great players have a tendency to make teams better.

If they want to be a force in the division and conference the James will need help.

Zydrunas Ilgauskas has started off his season on a high note as well, and all of his scoring will come off rebounds or the charity stripe.

Detroit Pistons

Prediction: Second in Central Division, Fourth in Eastern Conference

Ah yes, the Detroit Pistons, the reigning world champions. I don't think that will be happening again this season. Last season the Pistons allowed only 84.3 points per game. Even though it is still early in this season, they are allowing an average of 98.7 so far. I highly doubt they will continue to allow that many throughout the season and believe that they will have a strong run to the playoffs.

This team surely can score though. Richard Hamilton and Chauncey Billups are putting in 20 per game, the two-headed Wallace monster of Ben and Rasheed are averaging 13.

Indiana Pacers

Prediction: First in Central Division, First in Eastern Conference

I believe what will be said come season end is "Indiana Pacers, Eastern Conference champions." The team is perennially strong and will have another year of playing together as a group under their belts and this season looks promising.

The Pacers still have a solid core of young talent that has only gotten better and hungrier for a championship this season. Ron Artest and Jermaine O'Neal are combining for nearly 50 points per game. Not to sound corny, but these guys are good.

Milwaukee Bucks

Prediction: Third in Central Division, Eighth in Eastern Conference

Even after their fairly strong start, they don't strike up much in my head in terms of winning basketball. Michael Redd and Desmond Mason, two players who still have much basketball left in their legs, will be the go-to players for this team, averaging nearly 43 points per game combined so far.

A pleasant surprise for the Bucks should be the play and leadership of Keith Van Horn, who should get them around 15 to 18 points per game for the season. The one problem with this team is that they have a very short bench when it comes to scoring threats.

Atlanta Hawks

Prediction: Fifth in Southeast Division

Next to the Chicago Bulls, they are the worst team in the Eastern Conference. Even with standout player Antoine Walker, the rest of the team is really a bunch of has-beens.

Players Kenny Anderson, Jon Barry and Kevin Willis, have been in the league like 50 seasons, and are all entirely too old for this team will go nowhere this year.

Charlotte Bobcats

Prediction: Fourth in Southeast Division

I won't lie, I don't know anything about this team other than they are a new franchise and that they have former UConn player Emeka Okafor. Of the 15-man roster, I know maybe four of the names. I do see them finishing higher in the standing than the Hawks, but the team I played on in seventh grade could give the Hawks a run.

Miami Heat

Prediction: First in Southeast Division, Second in Eastern Conference

Well the Heat now have Shaq and that alone says to me "watch out." Ironically the leading scorer on the Heat is sophomore sensation Dwayne Wade, who is putting in nearly 25 per game. This team got exponentially stronger with the signing of O'Neal and with an inside presence they have a legitimate shot at the top spot in the East.

Orlando Magic

Prediction: Second in Southeast Division, Sixth in Eastern Conference

The Magic had an off-season of exchanging superstars, getting Steve Francis from the Rockets for Tracy McGrady. Now with Francis, and Grant Hill healthy, the basis for a good team is back in the mix. Definitely look for a whole new ball game in Orlando this season.

Washington Wizards

Prediction: Third in Southeast Division

Sorry to all those die-hard Wizard fans; you will be decent this season, but will come up short of the playoffs. Still a young team, the Wizards will be there soon, but not right now. Kwame Brown and Antawn Jamison should lead this team to a decent season, one that should put the Wizards back on the right track.

Would you like to make comments on what the sports columnist said? Would you like to suggest a topic or ask a question? Feel free to send an email to N-Kelly@sacredheart.edu

CAMPUS SPORTS

Not Enough for Swim Team

Lissa von Brecht
Staff Reporter

The Sacred Heart Women's Swim team added another loss to their 2-3 record on Saturday Nov. 13, against Iona College (1-0) 122-81, at the University of Bridgeport.

"Overall the girls swam a good meet. Since we were facing a difficult opponent, I told the girls that this would be a good time to try a new event. I was impressed with the way they took on a new challenge and really rose to the occasion," said head coach Kim Dolan.

"I think we are much more in favor

"Our divers have had a huge contribution to our meets. They aren't always recognized as much as they should be, but our divers are sometimes the winning points in our meets," said Ryan.

The loss to Iona has not got the girls down, as they know they did their best to achieve the points that they did earn.

"As a team we try to have fun, and winning with such small numbers isn't always an option, but we do always put the best meet line-up to achieve it," said senior Lauren Wheeler (Southboro, MA).

Even without the opportunity to win as often as other teams with more people would, Wheeler and Ryan try to keep their girls pumped up no matter what, showing that numbers don't matter when it comes to teammate support.

"We are the link from the girls to the coaches, as well as showing them we are always a person that they can talk to," said Wheeler.

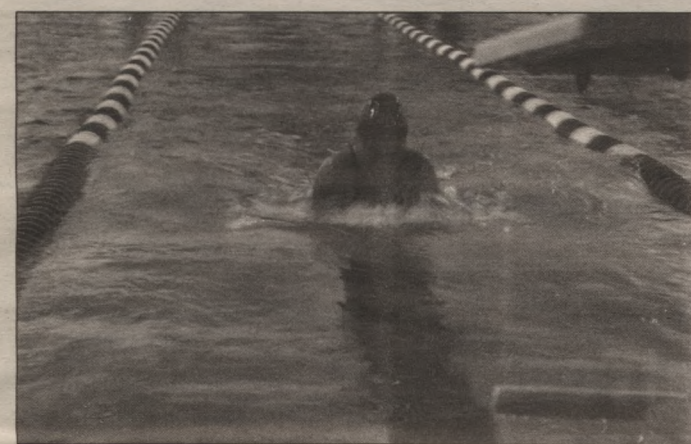
Even though the girls have the support from each other, there is one thing that they feel

is missing, the support from the Sacred Heart community.

"I definitely think it is a disadvantage for the team to swim off campus, unfortunately that is the situation we face. I wish that we did get more support from the Sacred Heart community. The more cheers you get, the better you perform. That goes for all sports," said Dolan.

"We would love to see more students at our meets cheering for the girls to get them motivated. We all seem to do better when we know there is an audience out there to impress so come and watch," said Ryan.

All home meets take place at the University of Bridgeport and the swimmers of Sacred Heart will have their next meet against CW Post in Brookville, NY on Nov. 20.



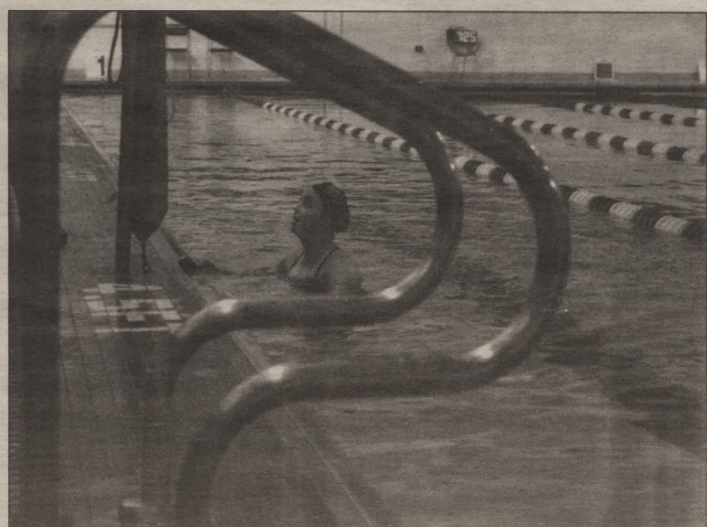
The Spectrum/ DANYA JIMENEZ

Still SHU was able to come away with a couple first place wins and some season's bests.

of concentrating on having fun while doing our best....we have some really strong girls, but we do not have the numbers," said junior captain Brianne Ryan (Hingham, MA).

When it comes down to it a team's success in swimming has a lot to do with their amount of people, and with only nine swimmers it was tough for Sacred Heart to hold off Iona's 23. For example, a team could have ten people and put one or two girls in each event and win first and second place, but still lose the meet because the girls on the other team get points no matter what place they come in.

Still SHU was able to come away with a couple first place wins and some season's bests. Sophomore Krystina Eikeseth (Staten Island, NY) won the 200-meter butterfly event with a time of 2:32.93 and sophomore Elizabeth Schweitzer (Pottstown, PA) was able to pull away a win in the 3-meter diving competition. Freshman Adriana Morgan (Poughkeepsie, NY) had a season's best in the 200 Free with a time of 2:20.97 and in the 400 Free with a time of 4:54.77.



The Spectrum/ DANYA JIMENEZ

SHU women's swim team competed against Iona College on Nov. 13.

Basketball Team Looks to Put on 'Dancing Shoes'

Brian Fitzsimmons
Contributing Writer

To most basketball fans, the first snowfall signifies a new season full of lightning-quick fast breaks, explosive dunks, high-flying alley oops, and laser-like sharp shooting.

The Northeastern Conference is ready to kick off the 2004-2005 season shortly, and the Sacred Heart men's team considers themselves a brick wall that opponents will unexpectedly hit.

Every squad begins with a clean slate and the Pioneers are ready to thrive on this mindset.

"We're going to surprise a lot of people," said red shirt freshmen guard Steve Boyle (NH). "We see ourselves competing with anyone."

Schools including Monmouth, Fairleigh Dickinson, and Central Connecticut State have conceivable chances of adding the year 2005 to their conference title banners, and have the talent necessary to go to the NCAA tournament or the "Big Dance" as it is referred to.

"Our ultimate team goal is to win our conference because then we'd have the opportunity to compete in the NCAA tournament," said 6'10" senior and forward Kibwe Trim (San Juan, Trinidad).

Trim comes into this season as the

team leader who must carry the rebounding loads. He will also find plenty of assist opportunities due to the good shooting of the swingmen. If the guards pound it down low, defenses will react to him and then a pass right back to the outside will lead to a good look for a guard to drill a long range jumper.

"I don't feel any pressure having to grab a good amount of the rebounds," said Trim, "I just have to do my thing, and work hard."

Trim, who is the last one to leave practice, realizes that every aspect of his game can be worked on, even his strong points.

"This past off-season, I worked very hard to improve on moving away from the basket, and allowing myself to have confidence in a fifteen foot jump shot," said Trim.

One would think this is wishful thinking from a team one year removed from a 12-15 record, but all twelve players beg to differ.

The Pioneers are coached by Dave Bike, who won a National Championship in 1986 as a Division II school. He has the fourth highest total of victories of coaches with less than five years of experience in Division I, and has the 24th highest total of any active Division I men's basketball coach.

♦ See "Basketball" on Page 14

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CAMPUS SPORTS

Pioneer Football Ends on High Note

Ed Napoleoni
Staff Reporter

The Pioneers closed out their season in winning fashion, clobbering Robert Morris 24-3 and clinching their fifth consecutive winning season. The win bought the Pioneers to an impressive 6-4 overall record as SHU reeled off five wins in their last six games.

"This is the best we could be at this point. They've improved and as a coach that's all you can ask. When you believe in a system you get more production out of it, and they all believe in our system," said head coach Paul Gorham.

The Pioneers established control early in the game as they quickly jumped out to a 14 point lead, scoring touchdowns on their first two possessions. That proved to be more than enough for a Pioneer defense that played its best game all season, holding a talented Robert Morris offense to only 3 points, the least they have allowed all season.

"We did a great job. We had a great practice and when the other team is down 14-0 early, they become more predictable," said Gorham.

The Pioneers had to play without their star running back, junior Eddie Pricolo (Johnston, RI), as he was forced out of action due to an injury he suffered against Monmouth.

"I got tackled on the sideline and I sprained my ankle and my achilles," said Pricolo, who suited up, but did not play.

Replacing Pricolo as the starter was freshman tailback Jason Payne (Cortlandt

Manor, NY), who was up to the challenge. In his first start as a Pioneer, Payne proved how dangerous he can be, by burning the Colonials on several different occasions and rushing for a career-high 127 yards in 28 carries. To put that into perspective, Robert Morris as a team only managed to rush for a pitiful 63 yards.

"Coach told me right before the game that I was going to be the starter. I didn't know until I got here so I didn't have much time to think about it. When I got in



The Spectrum/ NICK KELLY

The Pioneers totalled 176 rushing yards while holding Robert Morris to only 63.

there I knew that I could do it from other games that I've played in. I just had to do it for a longer period of time now," said Payne who also caught two passes for 37 yards and one touchdown and returned a kickoff for 51 yards.

"Jason did a great job. We knew he had the capability to do it and he showed everybody. It's great having him as a weapon because we are both coming back next year so we have two options in the backfield," said Pricolo.

Handing the ball off to Payne was sophomore quarterback Dan Ammel (White River Junction, VT), who has improved tremendously this season. He together another fine performance, completing 11 passes in 25 attempts for 155 yards and three touchdowns.

"He's come around because he understands what's going on. It's a lot to expect from a quarterback to pick up a whole new offense at any level. So we definitely understand each other better. He's grown a lot," said Gorham.

"Danny Ammel has matured a lot and has really become our leader in the huddle and on the field. We all look up to him," said Pricolo.

The Pioneers end a season that didn't start off promising as they got off to a 0-2 start and seemed to be destined for a losing season. Still they were able to turn it around and finish with a 6-4 record, and were nearly unbeatable at home with a 4-1 record at Campus Field.

"We really came together as a team. It has been a great experience for me coming off of last year. It has been a lot of fun," said Pricolo.

The Pioneers finished in fourth place behind Monmouth, Central Conn. State, and Albany, all teams that defeated SHU.

Basketball

Continued from Page 13

The team returns eight players led by Trim, sharp shooter Luke Granato (Rocky Hill), and sophomore forward Joey Henley (Kent, WA). Also if he stays healthy, 7'2" center and senior Mading Mading (Khartoum, Sudan) can block shots by the bundles and has the potential to become a weapon that can contribute to the rebounding.

These talented veterans and red shirt transfer from Boston College, junior Tavio Hobson (Seattle, WA), can also help teach a talented freshmen class that boasts athletic swingman Drew Shubick (Stoystown, PA), 6'7" Brice Brooks (Silverdale, WA), and Boyle.

In the off-season, the team had a set workout program and the result was that all the players' strengths increased, enhancing the low post game and quick fast break offense. Another advantage the Pioneers have is that their big men are mobile, which means that if they opt to execute a full court press they will not be beat down court.

Many veterans, talented freshmen, an arsenal that includes strength down low, finesse shooting outside, and overflowing confidence has the Pioneers wanting to convince us all that they are for real. The NCAA tournament is still time away, but get ready for an exciting season that may allow them to put on their dancing shoes.

There are a lot of assets to this anxious bunch, but chemistry and rebounding still remain lingering question marks. Get a first glimpse at what these Pioneers are made of on Friday, Nov. 19 at 7 p.m. in the William H. Pitt Center as they take on the Great Danes of the University of Albany.

Pioneer Schedule

Friday, November 19

Men's Basketball	vs Albany	Fairfield, CT	7:00 PM
Women's Basketball	at Yale	New Haven, CT	7:00 PM
Women's Ice Hockey	at Neumann	Aston, PA	7:30 PM

Saturday, November 20

Women's Swimming	at CW Post	Brookville, NY	12:00 PM
Women's Ice Hockey	at Neumann	Aston, PA	1:30 PM
Women's X Country	at ECAC Champ	Bronx, NY	TBA
Wrestling	at Cornell Invit	Ithaca, NY	All Day
Men's Cross Country	at IC4A Ch	Bronx, NY	TBA
Women's Bowling	at Triad Classic	Greensboro, NC	TBA

Sunday, November 21

Women's Bowling	at Triad Classic	Greensboro, NC	TBA
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CAMPUS SPORTS

Equestriennes Face Obstacles On and Off Horse

Continued From Page 16

friends are on the team and we all just hang out all the time and we joke around."

"It's just great...everybody's like my family," said Janczak.

Their brief minutes of competition are over, the riders look forward to the simple pleasures of their long days.

"After I'm all done, all I want to do is hang out in the toasty van," said Lay.

"All I want to do is eat or sleep," said LaSalandra, adding that the riders only desire food, showers, and sleep as soon as they return to Sacred Heart.

The challenges of academic life also await the riders as they return home.

"When I'm not with the team I am most likely doing work and studying. I work on trying to keep my GPA up because the equestrian team had the highest cumulative GPA of all sports last semester and we'd like it to stay that way," said sophomore Sara Spagna (Babylon, NY), who competes in novice flats and fences.

"I CLA, I'm a tutor in the athletic department, I'm in SAA. I used to play volleyball and softball but I don't do that anymore because I ride," said McGovern.

McGovern, Janczak and LaSalandra are also members of the Honors Program.

"I'm taking a full course load and I'm always at the gym. We have a lot of team stuff that I always have to do, so, I'm trying to keep track of the team," said Janczak, a physical therapy student.

For freshmen riders, the transition to the team was pleasantly easy.

"All the upperclassman have been wonderful and they're all really helpful and really there for you," said LaSalandra, adding "The team support is great and the team spirit is great."

Despite the long hours of commitment that the equestrian team puts into their sport, athletes and students often overlook them. Cantelmo said the athletic department has been extremely supportive of the team and program, she added that equestrian "is not an extremely spectator-friendly sport."

"We really don't get much support from other students. They don't come to watch our competitions, as they would go to a football or soccer game. We are barely acknowledged at all," said Spagna.

In addition while most other athletes play for scholarships the equestrian team



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Sara Spagna competed in novice flat even after taking a fall earlier in the day at the fences.

also trains year-round, but none are offered. Riders must also cover the expenses of their own uniforms and equipment, unlike other sports where these items are supplied by the school.

"It's an expensive sport that many don't realize," added Spagna.

There are also many misconceptions about the challenge involved in equestrian and whether or not it is a sport.

"I think it's misconceived that the horse does everything, which isn't true because it takes a lot of strength and a lot of endurance, especially in the cold.... It's not as easy as most people think," said Janczak.

"I think that once [other students] understand that this is a sport then they accept it. It's just that people really don't understand what we do...there's a lot involved," said LaSalandra.

Despite the difficulties and lack of recognition from the university community, the riders are content with their sport.

"If it wasn't for equestrian and the

girls on my team, I would probably have transferred," said Lay, who chose the university specifically because it had an equestrian team.

SHU's equestrian team is also smaller than that most other schools', with only two senior riders, and lacks a rider for the walk/trot/canter division, which often causes setbacks.

"I think next semester we can definitely do a lot better than we have, but we have a couple...of people who have been sick or hurt [and] the better riders have not been at every show,

so it's hard, but I think we can definitely pull it together for next semester," said McGovern.

"Everybody's been really dedicated and really committed themselves. Sometimes you don't get the best draw for a ride, but everyone's had really great attitudes and finished, and has been there for one another," said LaSalandra.

As the team comes to the midpoint of the 2004-2005 season, they hope to follow up the success of last season, which saw a third place Regional finish and a strong showing at the third annual VEC.

"We've done pretty well. We have a really young team, so it's really hard...but they're coming along, and I think that they're going to do a lot better next year," said Janczak.

The Connecticut Tri-Host in Bethany this past Sunday was the team's last show of the semester. The team will compete next in Westbrook on Feb. 27 at the Yale University Horse Show.

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'Ring' Leaders

SHU EQUESTRIENNES DEMONSTRATE COMMITMENT, CAMARADERIE

Cristina Baptista
Contributing Writer

They train twice a week, pay for their own lessons, and often wake up at 4:30 a.m. to drive miles to shows. Competitions tend to last all day, and yet, what it boils down to for each member of the Sacred Heart equestrian team is five minutes in a ring with one judge making the final decisions.

The few minutes riders spend competing in either flat or fence events are the focus of each equestrienne's day.

"You just think that, for the five minutes you're in the ring, this is what you have to do, that you have to get it done," said sophomore Kelly McGovern (Cranford, NJ), a competitor in walk and trot.

"You just have to stay focused and say, 'this is the five minutes of my day that really count,'" she added.

Sacred Heart alumni Alysia Cantelmo and Justin Gregory coach and train the team, respectively. Gregory also owns Fox Ridge Farm in Newtown, the team's training facility.

Seniors Kate Janczak (Ballston Spa, NY) and Emily Grayson (Greenwich) are the team co-captains. At the April Varsity Equestrian Championships (VEC), both became the first riders in team history to win classes at the national level.

Not only do equestriennes rely on equipment, teammates, and preparedness, but on an unpredictable animal as well. Riders are assigned horses via luck of the draw as the horses they will ride are unknown until show-day. Each horse also comes with its own unique tack.

"It becomes the rider's task to adjust to the horse and equipment presented to them, all without even a chance to warm-up," said Cantelmo.

"It's hard because if you get a bad draw, no matter how well you ride, you could still do bad, just because the horse isn't having a good day or doesn't jump well," said McGovern.

The challenges of relying on a horse extend further and become apparent in competitions themselves.

"You can't verbally communicate with the animal at all," said freshman Michelle LaSalandra (Stamford). "There are so many physical aspects of how you communicate with the horse without actually speaking to it. It's hard to learn how to perfect all those things, and there's always something new to learn."

"Shows are a real test of your skills because it tests everything a rider knows when getting on a horse you don't know and jumping around a course," said freshman and novice flats and fences competitor Erin Leech (Enfield).

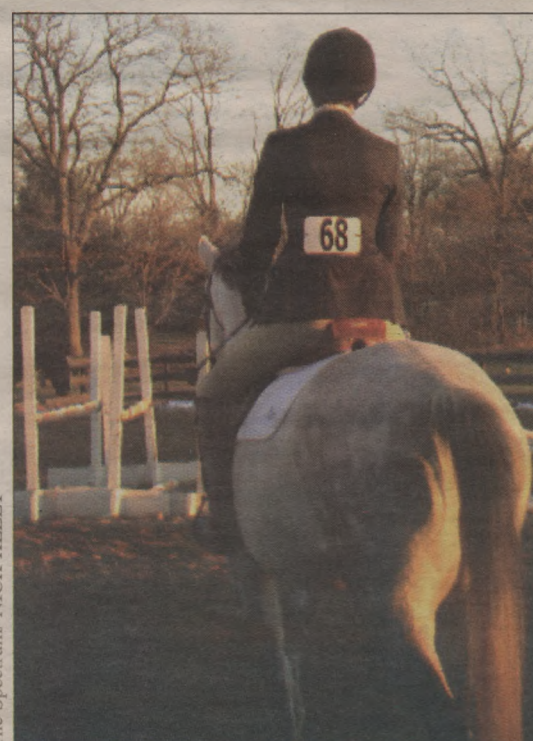


When their five minutes in the ring is over, each rider supports her teammates from the sidelines. Freshman Nicole Lay (Springfield, NJ) often passes among her teammates, giving out stickers to boost team morale and indicate team spirit, but the riders' athletic and personal lives is a camaraderie extending farther than the competition ring.

"We love each other. We're very close-knit. We like to hang out with each other outside the team. We just had a sleepover last night," said Lay. "We have a lot of fun and we get along so well. We just support each other."

"We have a lot of fun together," said McGovern. "All of my

♦ See "Equestriennes..." Page 15



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