

## SHU Responds to Tragedy, Disaster

Chris Faber & Danielle Holton  
Staff Reporters

Five. Hurricane Katrina was declared a category five hurricane on August 28, 2005. Category five is the highest level on the Saffir-Simpson scale of hurricane intensity. Hurricanes in category five have winds greater than 155mph and storm surge larger than 18ft above normal. On August 28, the day before impact with Louisiana, Katrina had winds of 160mph.

Four. August 29, 2005 Hurricane Katrina made land contact at a hurricane level four. With winds of 145mph, President George W. Bush declared Louisiana, Mississippi, and Alabama a major disaster.

Three. August 30, 2005 three levees breached, leaving 80 percent of New Orleans under water. The levees were only built to withstand category three hurricanes.

337. As of September 11, 2005 there were 337 confirmed fatalities due to Hurricane Katrina.

As with many unexpected natural disasters, there is chaos and looting due to the decline in authority.

"A family friend took his boat to check on my house and was attacked by five men with machetes," said Dr. Michael Adinolfi, resident of New Orleans.

As in that case, looters started to form gangs where neighborhoods used to be. About 40,000 Army National Guardsmen were sent to Louisiana to help with the aftermath and to protect volunteers from these dangers; that's about the same number of Army personnel in Iraq right now.

"If you ask me there should be more



AP Photo/ Mark Humphrey

**Yeqing Lim, the owner of the China Palace restaurant in Gulfport, Miss., looks for items from his business that can be salvaged on Monday, Sept. 12, 2005, two weeks after Hurricane Katrina passed through the area.**

people in Louisiana and less in Iraq, this is our home, our people are in trouble," said sophomore Dan Petisce.

In regards to the violence, New Orleans resident and SHU sophomore, Matt Graham said, "It's probably worse than the media lets on."

It comes as no surprise to learn that shortly after hearing the news of the devastating effect of Hurricane Katrina, Sacred Heart University has opened its doors and its hearts to the many victims.

As one would expect, both the students and faculty at Sacred Heart University are eager to help those in need. Perhaps the most unprecedented action being taken by Sacred Heart, as well as many other Universities across the country, is the enrollment of students who have been affected by the hurricane.

Dr. Anthony Cernera announced last week that Sacred Heart will temporarily admit students affected by Katrina. "The University will

open its doors to any college or university student displaced by Hurricane Katrina, and we will craft a program of study that will contribute to the student's progress," said Cernera

"I think it's great that our school is reaching out to those in need, I think

everyone should do whatever they can to help out in a situation like this," Jonathan Cretella said.

Many students are doing their part to help the victims of Katrina by donating anything they can afford to. The Campus Ministry in conjunction with the Covenant Church of Easton is collecting items such as canned foods, diapers, toiletries, and other non-perishables for a "Hurricane Relief Truck."

Many donations have already been shipped to Biloxi, Mississippi where they are desperately needed. The Campus Ministry is still accepting monetary donations for the hurricane victims in which students are asked to donate whatever they can.

There are many other opportunities for those who wish to be a part of the relief effort. If everyone at Sacred Heart does what he or she can, together we can all make a difference.

Due to the compassion SHU has felt for the hurricane victims they have tried to help as much as possible by allowing students to transfer to SHU, donating money and prayers. Relief efforts are also being done around the community. Hamden, CT town hall is collecting stuffed animals for the children evacuees. Mary Lynn Smith of Branford is a waitress at Branford Friendly's. She has donated a week's worth of her tip money to the Red Cross.

"I think everyone wants to help but doesn't know where to turn," said sophomore Beta Delta Phi sister, Jenn Corridon. While SHU is a far distance away from the affected states, there is a lot that can be done to help, both through the University and the Red Cross.

## SHU WELCOMES CLASS OF 2009

Shaun Mitchell  
Staff Reporter

September is a very special time for college bound teenagers. It is the start of a better future and the start of freedom that comes with being in college.

It's early morning on September fourth, and you are driving on the Merritt Parkway heading toward your destiny that is Sacred Heart University. A feeling of nervousness mixed with tension and fear manifest in the body, while the sound of spinning tires race for exit 47. You realize the hundreds of people surrounding you, taking their luggage and hauling it into the dormitories of Seton, Merton, or Roncalli.

A goodbye to family and friends later, you are officially a college freshman; on your own and ready to take on the world, or at least Flik food. For the nearly 900 incoming freshman this year, that is what September fourth was all about.

It can be a terrifying experience for some, and a liberating experience for others. College usually means the first time for teenagers to move out of the homes and into the real world without mom and dad by their side.

The college experience for Sacred Heart students actually starts back in June when the accepted students partake in the University's orientation program that is run by the Student Life office. We've all been through it, as it gives us a taste of what college life is like with an overnight stay and an endless amount of info sessions that turn out to be really helpful and informative.

"My orientation was so bad that I wanted to enlighten upcoming students about the great things SHU has to offer, and not have them experience the awful time I had at my orientation," said Joshua Sedlock, the VP of Greek Life on campus, who was an Orientation Leader this past summer, and who helped the freshmen matriculate on campus.

Ray Mencio, Graduate Assistant in Student Life, is in charge of the orientation program, and the First Year Experience. The orientation program gives the faculty and administration a good feel for the upcoming students including the size and major demographics of the class.

"There were 899 freshmen coming in during Orientation but that number goes

up and down within the first two weeks of school," said Mencio. "Of the 899 students, somewhere around 42 percent of the students are from Long Island."

Another part of Mencio's job includes keeping the retention rate of students up, which basically means trying to keep the students from freshman year to stay onto sophomore year.

"Right now the retention rate is 83.5 percent and rising. It has been drastically improving over the last two years," said Mencio.

The overall response among the freshmen is an enthusiastic thumbs up. The first couple of days are always the hardest for students. Having to endure 75 minute classes (maybe more), food that does not exactly remind them of home, and finding the right niche of friends are just some of the tasks that freshmen face within the first week of classes.

Now, barely a week into the new semester, the Class of 2009 seems to be professionals in the art of adapting to college life.

"I just want to do everything, you know? It's so great here," said Emily

Wagner, a freshman from Norwich.

Resident student Jaimee Betts from Seymour took part in one of the freshmen programs run by Jane Sanders called Navigating Leadership. She got to experience college life a week earlier than the rest of her class, as one of the perks of this program is moving in a week early.

"Everyone is very friendly which makes it a whole lot easier to adapt to the atmosphere of college life," said Betts.

Even commuters are feeling the joy of the college experience. Dan Shpak is a local resident who commutes to SHU and plans on getting involved with the Commuter Council.

"I feel really welcome on campus. I'm here all day and I go home at night. I love it," said Shpak.

All across the board, Sacred Heart University seems to be a very warm and welcoming place for all new college students, starting with orientation and continuing through Welcome Days and beyond. Residents and commuters alike seem to be experiencing the love that is freedom and the experience that is college.



# CAMPUS NEWS

## 9/11 Remembered in Wake of Katrina

Nina Blair Wales  
Staff Reporter

September 11, 2005 – Four years after an event that forever changed our country, Beta Delta Phi, Kappa Phi and Zeta Iota Lambda sponsored an on-campus candlelight vigil Sunday evening to remember the 9/11 attack on the World Trade Center.

As Sacred Heart students came together to remember those victims of 9/11 at the candlelight vigil, some felt overwhelmed by the current situation that many people are facing around the Gulf Coast.

At Ground Zero in New York City, friends and relatives of the victims gathered for a four-hour remembrance ceremony.

As 2,749 names of those victims were announced, sobs and cries escaped from the crowd.

And while the emotional pain of post-9/11 is and will always be felt by people across the country and the world, many have their current focus on Hurricane Katrina and the devastating effects it has had on the Gulf Coast.

Before families and friends read the names of victims, New York City Mayor Michael Bloomberg expressed his deepest condolences to those affected by Hurricane Katrina.

Although Hurricane Katrina has certainly shifted focus away from this year's 9/11 remembrance ceremonies, it has not been completely over shadowed.

"Today is 9/11 and I think about those

that lost their lives in New York and at the Pentagon but then I think about the thousands of people who have just lost everything in New Orleans. It's just too similar

"Today America is confronting another disaster that has caused destruction and a loss of life. This time the devastation resulted not from the malice of evil

Katrina have eerily similar characteristics, the aftermath of both have and will continue to influence and shape American society.

After September 11, the government took huge strides to reassure public security and public safety.

President George W. Bush formed the Homeland Security Agency, implementing new government policies towards terrorism that were never previously examined.

America may have developed better preventative measures after the man-made destruction that occurred on September 11, 2001, but America's vulnerability to destruction was once again seen after Hurricane Katrina left an entire city under water.

In a similar respect, after Hurricane Katrina, the same awareness and safety measures will be addressed just like they were addressed after September 11.

The same efforts to restore the American spirit post-9/11 will also be applied to those victims of Hurricane Katrina.

Since September 11, 2001, America has transitioned from remembering those lost in the tragedy, to honoring those heroes that helped rebuild and reshape America.

We have to extend that same resilience and hope and apply it to the situation following Hurricane Katrina.

9/11 is a painful lesson in American history and taking the time to remember the event, in good times and in bad, is and will forever be necessary and important.



AP Photo/The Observer-Dispatch, Trevor Kapralos

Alex Dudajek, stands with his wife, Helen, as Cindy Bowman, background center, sits next to her granddaughter, Taylor Kelly, 5, during a moment of silence before the start of a Silent March to honor the heroes of the 9/11 terrorist attacks Sunday, Sept. 11, 2005, in New York Mills, N.Y. Several hundred members of the community participated in the silent march.

to what happened four years ago," said Senior Amanda Martin from Maine.

President George W. Bush made a poignant statement on Sunday, calling attention to the fact that we are once again a nation plagued by a terrible tragedy.

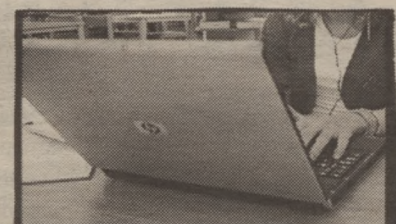
men but from the fury of water and wind. Hurricane Katrina flattened entire towns along our Gulf Coast," said President George W. Bush.

Although the disaster on September 11, 2001, and the recent disaster of Hurricane

Share your space, but live on your own.



All furnishings pictured are from Wal-Mart.



HP Laptop



Bedding



Storage

Get everything for your dorm room at Walmart.com and still afford tuition.

**WAL-MART**  
ALWAYS LOW PRICES.  
*Always*  
Walmart.com



# CAMPUS NEWS

## SHU and Quiznos Unite

Ashley Winseck  
Staff Reporter

BRIDGEPORT - This school year, Sacred Heart students have the benefit of enjoying a popular restaurant chain in a new way. A local Quiznos Sub has created a type of benefit in order to promote business.

Recently, the restaurant chain added another link with the addition of a Quiznos Sub located at 4577 in the Stop and Shop/Staples Plaza on Main Street in Bridgeport. This is the only Quiznos Sub location where Sacred Heart students can receive the benefit of late night food delivery at a discount.

This Quiznos Sub is using a new delivery system to take advantage of the fact that college students tend to eat at all hours of the day. In addition to the typical deliveries of pizza and Chinese food, Sacred Heart students can now enjoy Quiznos subs as late as 2 a.m. over the weekend. Delivery is currently available on Friday and Saturday nights only.

Along with a weekend delivery system, this particular Quiznos offers Sacred Heart students a 10 percent discount on anything purchased with the presentation of Sacred Heart ID.

With benefits such as these, it could be only a matter of time before Quiznos Sub becomes a popular food staple for Sacred Heart students.

"Sacred Heart students give us so much business. In the summer business was so slow," said Quiznos employee Jackie Juarez when asked why this particular restaurant chose to make a deal for Sacred Heart students.

The idea is not only to keep business flowing steadily from Sacred Heart now that students have returned from summer vacation, but also a way of saying 'thank you' for all the business students have provided.

"That's also why we deliver from 9 p.m.-2 a.m. for you guys," added Juarez.

No other schools have been included in the benefits that Sacred Heart students are now receiving due to the large amount of business that SHU has provided for this Quiznos Sub location.

With business better than it was over the summer, it seems that students have been taking advantage of the Quiznos discount.

"I think it's a really good idea," said, junior Colleen Rogers of Allenhurst, NJ. "It makes me want to pick Quiznos over any other sub place,

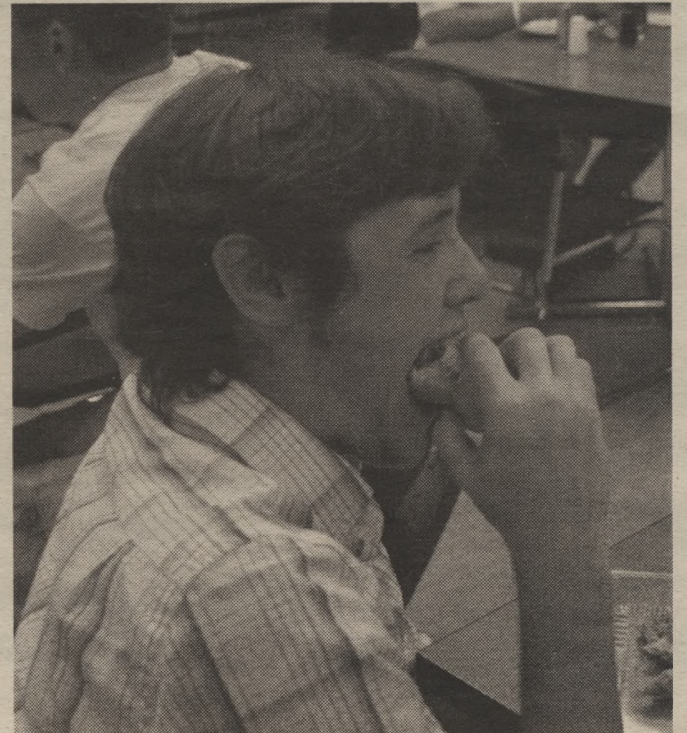
such as Subway. It seems like Quiznos is acknowledging the fact that college students do actually live around here and are, most of the time, short on cash."

If the popularity continues, other restaurants in the area may find themselves in competition for business from Sacred Heart. Even our very own Flik may be competing if so many students continue to leave campus to enjoy a Quiznos sub at a 10 percent discount.

"Hopefully other places will catch on and give discounts to students all the time," said Rogers.

Either way, Quiznos Sub is becoming a more popular term on our campus and one can only hope that with

growing popularity will come growing benefits. For now, go out and enjoy your lunch at Quiznos Sub, and when that midnight hunger craving hits you, you know who to call.



The Spectrum/ ELYSE HARRELL

Phil Dwyer enjoys a sandwich from Flik.

## Fall 2005 Undergraduate Schedule

**LABOR DAY- No CLASSES!- (MONDAY, SEPTEMBER 6)**

**CLASSES BEGIN- (TUESDAY, SEPTEMBER 6)**

**LAST DAY TO ADD/DROP- (MONDAY, SEPTEMBER 12)**

**LAST DAY TO WITHDRAW- WITHOUT PENELTY (FRIDAY, OCTOBER 7)**

**COLUMBUS WEEKEND- (SUNDAY-TUESDAY, OCTOBER 9-11)**

**LAST DAY TO COMPLETE WORK FOR SPRING AND SUMMER SESSIONS- (TUESDAY, OCTOBER 11)**

**MID-TERM EXAMS- (WEDNESDAY- TUESDAY OCTOBER 12-18)**

**THANKSGIVING HOLIDAY- (WEDNESDAY- SUNDAY, NOVEMBER 23-27)**

**LAST DAY OF CLASSES- (MONDAY, (DECEMBER 12)**

**FINAL EXAMS- (TUESDAY-SATURDAY, DECEMBER 13-17)**



# CAMPUS NEWS

## The SHU Club Scene

Shanna L. Rasmussen  
Staff Reporter

Last week on Thursday Sept. 8, the Council of Clubs and Organizations (CCO) held a clubs fair on the patio next to the Flik dining hall.

Sacred Heart students walked eagerly from table to table at the Clubs and Activities Fair. Banners hung from tables lined up on the edges of the sidewalk; some students filed in front while others walked in a flurry as they tried to find the clubs they were interested in. It was a beautiful sunny day for an outdoor event like the fair.

About 20 different clubs and organizations came out and set up tables in order to recruit new members and gain publicity. The organizations included fraternities and sororities, organizations based on student activities, sports, community service, music, government and literature.

A brand new club was advertised at the fair. The Rap Battle Club made its first appearance on campus ever. The club will have Dance Dance Revolution (DDR) games at its meetings, dance competitions with \$100 cash prizes, DJ's and rapping battles that any students on campus may participate in or attend.

"Sacred Heart has a great pool of talent," said Rick Deecken, a sophomore and founding member of the Rap Battle Club.

A global e-mail will be sent out with the time and dates of the Rap Battle Clubs meetings.

Approximately five fraternities and sororities attended. Fraternities and sororities have requirements for joining based on academics, interests or gender.

"One of the requirements is that you must be in one of the Pioneer band

programs," said Nicole Juba, a senior in Kappa Kappa Psi, a band sorority on campus.

Kappa Phi helps underprivileged children in Bridgeport and Nu Epsilon Omega's cause is suicide awareness and domestic violence. Both of these sorori-

ties accept only women.

programs," said Nicole Juba, a senior in Kappa Kappa Psi, a band sorority on campus. The Student Events Team (SET) recruited more than 60 students by the first half of the fair. The organization schedules events ranging from concerts, comedy shows, and trips to Six Flags to

Student Events Team.

Sports clubs attended the fair too. Both men's and women's rugby clubs advertised their organizations as did the SHU Force dancing club, the dance team and the beach volleyball club.

Women's rugby is a sport that most high schools do not offer so the women in the club hope to recruit as many new players as possible, no matter their experience level. The women's rugby club practices from 5:00 p.m. to 6:30 p.m. on the green between the HC wing and the library.

"We get a good number of people interested," said Amanda Neto, a junior, "None of us knew how to play when we started. Many people are there to help."

The College Republicans club and the Democrats club attended the Clubs and Activities Fair. Anyone can join either of the clubs. Each club aims to encourage the ideas of the party it represents.

The Media Students Association (MSA) is an organization that allows students to showcase their creativity and work with the cutting edge technology of the media business. It familiarizes its members with the media studio, cameras and a brand new live editing system.

"No, you don't have to be a media studies major. Anyone can join," said Joe Finis, a senior, to a freshman student interested in joining the club. The MSA meets on Thursday nights in the media studio.

It's not too late to sign up for clubs and activities. Global e-mails are sent out by clubs constantly that advertise meetings and events so students can attend even if they are not interested until later in this semester. Also, the clubs and activities page is currently under construction on the Sacred Heart web site.



TheSpectrum/ Elyse Harrell

Tiffany Mercado proudly wears her sorority letters while on her way to a IRC meeting.

ties accepts only women.

Several clubs participated with which students may be familiar. Returning students have probably heard of SET, SHU Force, and Habitat for Humanity from

relief efforts for national disasters such as Hurricane Katrina. SET organizes events that the students suggest.

"We are the voice of the students," said Vincent Wynne, a senior from the

## Gas Hike Effects SHU Students

BY DIANA MUNIZ  
Staff Writer

Oil industry analysts say that people's traveling habits are being altered due to high pump prices.

With gas prices at more than \$3 a gallon in Connecticut and New York, some commuters may be leaving their cars for a seat on the train. Metro-North railroad started conducting passenger counts last week. So far, there has been an 11 percent increase from the year before, railroad spokesman Dan Brucker said.

Peter Beutel, the president of Cameron Hanover Inc., an energy risk-management firm in New Canaan said that several people he spoke to at Norwalk Community College told him they will now take the train to work and school instead of their cars.

"They find it costs less to take the train than it would to drive that much," he said.

Dan Lo Verde, (senior, Long Island, NY) said, "It seems like every time I look at the gas gauge it's time to

fill up again. I definitely don't drive as much as I use to, the money issue is becoming a problem. Thank God I'm a classroom learning assistant; that helps a little with the expense. I don't have to be shelling out 60 bucks every time I want to fill up."

There are ways to help reduce the amount of gas one uses, here are some tips how: Driving more efficiently- aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds; sensible driving is also safer for you and others.

According to Fuel Economy Guides, gas mileage decreases rapidly at speeds above 60 mph. Each 5 mph you drive over 60 mph is like paying an additional \$0.15 per gallon for gas.

In addition, remove excess weight by avoiding having unnecessary items in your vehicle, especially heavy ones. Also, using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Keeping your car in shape can help your gas mileage as well: remembering to keep your engine properly tuned, checking and replacing air filters regularly and keeping tires properly inflated.

Combining errands into one trip can save time and money instead of doing several short trips that can use twice as much gas. With a little planning, you can avoid retracting your rate and reduce the distance you travel as well, not only saving fuel but reducing future wear and tear on your car.

Jason Tolliver, changes the gas prices at Larry's Service Center in Beckley, W.Va., on Wednesday, Aug. 31, 2005. The sudden spike in the price of gasoline is the result of the damage caused by Hurricane Katrina to the Gulf Coast's oil industry.



AP Photo/Jon C. Hancock



# BEYOND SHU

## Larry David Teams with MTV to 'Curb Global Warming'

Jake Coyle  
Associated Press Entertainment Reporter

NEW YORK (AP) - Larry David and mtvU, MTV's college network, launched the "Curb Global Warming Sweepstakes" Tuesday.

By signing up for the year-long Stop Global Warming Virtual March on Washington, students get the chance to win David's hybrid car from his HBO series, "Curb Your Enthusiasm."

Laurie David, the comedian's wife, founded the virtual march, which is an online petition urging politicians to protect the environment. Giving away her husband's car, though, was news to him.

"She didn't even tell me!" exclaimed Larry in a phone interview with The Associated Press. "She told my assistant!"

Over the phone, the Davids exhibit a dynamic similar to the one shown between David and his fictional "Curb" wife, played by Cheryl Hines.

Laurie David trumpeted the cause: "If not (the students), who? It's their tomorrow we're dealing with here. We've got to get them engaged on this issue. Students carry a lot of power."

But Larry said he wasn't

exactly environmentally conscious during college.

"I was conscious of who I could possibly ask out, that's what I was conscious of," he said. "And I was there during Vietnam. If every student was like me in college, we'd still be in Vietnam."

Students can enter the sweepstakes through <http://www.mtvU.com>, and others may join via <http://www.StopGlobalWarming.org>.

The march, which includes participants Robert Kennedy Jr., Sen. John McCain, R-Ariz., and Leonardo DiCaprio, is to conclude on Earth Day

next April.

In the meantime, the story of Laurie giving away Larry's car seems like perfect fodder for a "Curb" episode.

"It's possible it could happen in the future," David acknowledges.

The fifth season of "Curb Your Enthusiasm" premieres Sept. 25 (10 p.m. ET).

## Amtrak Says it Will Raise Fares to Counter Higher Energy Costs

Donna De La Cruz  
Associated Press

WASHINGTON Amtrak announced Friday it will raise fares nationally to counter higher energy costs, with Northeast Corridor commuters holding monthly rail passes seeing a fare hike of about 50 percent.

The average fare nationally will increase \$3, and the average fare in the Northeast Corridor will go up \$4, Amtrak said. The adjustments go into effect Sept. 20.

"Amtrak must respond to increased costs of operation which have risen for a variety of reasons, including higher energy costs," said Amtrak spokesman Cliff Black. "We periodically adjust fares upward in response to market conditions and we try to set fares at a level that will produce the most revenue."

Amtrak said fuel costs have risen nearly 40 percent over a year ago and are expected to remain high.

Hardest hit will be the approximately 18,000 Northeast Corridor commuters who have monthly passes, whose fares will increase an average of 50 percent. The cost of monthly passes vary. A monthly pass to ride Amtrak between Trenton, N.J., and New York City currently costs \$522. The trains run largely on electricity.

Rep. Robert Andrews, D-NJ, rides



AP Photo/Chris Gardner

Amtrak from Philadelphia to Washington several times a week when Congress is in session, but does not hold a monthly pass. He said that he has heard several complaints from commuters about the fares.

"You could not pick a worse time to raise train fares, with gas prices skyrocketing, making public transportation more attractive," Andrews said. "I sat next to a guy yesterday who said he and his friends were talking about carpooling rather than taking the train."

New Jersey's Democratic senators — Jon Corzine and Frank Lautenberg — were preparing to send Amtrak chairman David Laney a letter Friday expressing their outrage that Northeast Corridor commuters would be bearing the brunt of the fare hikes.

"As electrified rail service, service along the Corridor should be immune from recent elevated oil prices," they said in the letter. "This huge price increase and the way it will be abruptly implemented

appear targeted at taking out the frustration caused by pitiful Bush administration policies on the wallets of Northeastern commuters."

The fare hikes come at a time when fiscally strapped Amtrak's high-speed Acela trains are still not operating at 100 percent. The trains were pulled out of operation in April after cracks in many of the trains' brake discs were discovered.

Limited Acela service resumed in July. Eighteen of Acela's 20-train fleet have been equipped with new brake discs, made from a different design. The cause of the brake problem has still not been determined.

In July, a bipartisan group of senators introduced a bill that would cut Amtrak's operating subsidy by 40 percent, leaving the railroad \$3.3 billion in subsidies over six years. The cuts would be absorbed through cost cutting, restructuring and reform.

Amtrak would receive \$4.9 billion over six years for capital improvements, and the proposal would create a grant program giving states \$1.4 billion for intercity passenger rail service.

Amtrak received a \$1.2 billion subsidy for the current year. Another Senate measure would give Amtrak a \$1.4 billion subsidy next year.

The Bush administration and some lawmakers have pushed to eliminate Amtrak subsidies.



# Perspectives

## How Should You Approach New People on Campus?

Ariane Rasmussen  
Staff Reporter

"Who are you?" are three little words powerful enough to intimidate or befriend someone that swim in the minds of most college students but never leave their lips as they are integrated into college life.

While transitions can be natural for some people, they can be extremely challenging for others who don't exactly know how to go from being in a "community of strangers" to a "community of friends and acquaintances."

Many factors affect a person's willingness to approach others. "The way someone carries themselves makes it easier for me to approach them. If you walk around like you are God then I'm not going to pay you any attention," said Randie Quaglia (junior, Manchester). Teachers can help the "fitting in and meeting people" process by encouraging group assignments in the classrooms.

Teresa Fennell, a freshman from Pawling, NY said, "Classes and group activities definitely contribute to making you feel more comfortable about approaching someone because you have some commonalities, something that you are both on, making it easier for you to start a conversation."

Tyler Arciaga, a graduate student from San Diego, CA said, "Being in sports, clubs, or in classes with some-

one" makes it less intimidating for you to approach others because there is a "common bond."

Chris Marchese, a senior from Middletown emphasizes Arciaga's view explaining that having "mutual friends" helps break down the barriers of approaching others. Some students also feel that their comfort level of approaching others is much higher when they share a dorm building or hallway.

Fennell said, "If a person is in a certain area like my hallway, I would be more likely to go up to him/her because it's a smaller and more intimate setting. I don't approach people in the street because I think that's creepy, but I would definitely also talk to somebody in a classroom. A smaller setting is more conducive to meeting people."

Marchese thinks it is simply easier to approach people in dorms "because you see them often."

On the other hand, Tina Russo a freshman from Long Beach, NY and Quaglia don't think it's easier to approach someone in their dorm.

Quaglia reinforces her belief that it all just depends on "how [the students being approached] carry themselves."

When approaching individuals who share no classes, clubs, sports, or friends with you, Billy Minalga a master's student from Shelton said, "I usually find something to talk about. For example, if someone is wearing a specific sports

hat or shirt, I would start a conversation about that item. I would be as polite as possible but also make a joke to break the ice better."

Reinforcing the use of Minalga's approach, Chellie Noel a sophomore, from Milford said, "I use interests that may seem apparent such as a person wearing a shirt of band you also like."

On the other hand, when there are no obvious commonalities, students use other methods to approach each other. Noel comments that "sitting down with someone you want to meet or simply formally introducing yourself" is another way of breaking the ice.

Doug Vunk a senior from NY said, "I just walk up to someone and say, 'Hi.'"

For those who are shy and need to use more subtle methods when approaching others, Russo said that she "compliments others or asks a question."

When it comes to the question of whether guys or girls have it easier when approaching each other, SHU students are divided. Fennell said, "I think it can be difficult for girls because some of them can be more hesitant to start talking to people, but I think that when they do start talking to other people it's easier for them to converse. But I think that guys have a lot more restriction on what they are 'allowed' to say as opposed to what they are comfortable saying. Some guys, at least at this point

(freshmen), seem to be trying to project a certain persona that is really 'macho.' They are trying to fit in and the [fact that there] are a lot of good athletes here in the school [contributes to this occurrence]."

In contrast, Noel said, "I think that girls are more sociable but [they] do care about who and how they approach someone."

"Girls have it easier because more people are willing to be nicer and to go out of their way to help and be nice to a girl," said Arciaga.

Vunk has a neutral view and said, "Both [guys and girls] have the same problems when they are shy."

According to Marchese, for either a guy or a girl, "it all depends on the person's personality."

Minalga, on the other hand, said, "It's easier for guys, because this society is more male dominated and unfortunately certain students can stereotype women for being too forward."

Russo adds, "It's probably easier for guys because, to me, all they have to have in common is which sport they play and they become friends."

Although views on how to approach others and for which gender it comes easier vary, they all agree that as grade level increases so does a person's ease at approaching others because they are more experienced and have become adapted to their surroundings.

## The SPECTRUM

### Editor-in-Chief

Sarah Decker

### Associate Editor

Kayla O'Brien

### Photography Editor

Elyse Harrell

### News Editor

Adam Kagdis

### Adviser

Dr. Debbie Danowski

### Sports Editor

Travis Flynn

### Features Editor

Diane Szmids

### A&E Editor

Jacqueline Boothby

### Perspectives Editor

Meghan Parisi

### Web Editor

Stephen Conoscenti



## Photographer's Pick



The Spectrum/ KRIS SINGHAVIROJ

An action shot of Sacred Heart football players during their home opener vs. Marist on Saturday.

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

The Spectrum is a student-run newspaper of Sacred Heart University and is published every Thursday during the academic year. All mail should be sent to:

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

Office Phone: 203-371-7963  
Advertising Line: 203-371-7828  
Fax Line: 203-371-7828  
Website:  
<http://spectrumsacredheart.edu>



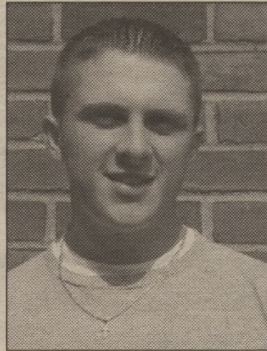
# He Said... She Said...

## Do Summer Relationships Stand a Chance When School Arrives?

Robert Roy  
"He Said" Columnist

Maintaining a long distance relationship is not an easy task while at college; however it is not impossible depending on what kind of person you are. If you have found someone special over the summer you need to step back and make a very realistic evaluation of your feelings about him or her. You should decide what kind of commitment you are willing to make and if you do make that commitment are you actually going to stand by it.

Throughout your time at college you will be tempted time and time again to break that promise. I believe that if you do have a summer relationship you need to be very honest and open with each other while separated. This is the true test of maturity, if you can maintain this relationship then you both are ready to move on to bigger and better things together, however most of time someone will slip up and that can be a disaster, this is where honesty is necessary.



The Spectrum/DANYA JIMENEZ

So before you try to make a summer fling work while separated at school first ask yourself if he or she is worth the commitment you are about to make. If you do not think that you can keep that promise then be honest with your significant other and break it off so you don't break their heart.

Lastly, the Spectrum is searching for a new She Said Columnist. If you read this section and like the column then consider joining myself and the Spectrum staff. Please contact the Spectrum editor if you would like to be part of the newspaper. I look forward to working with the new She Said Columnist.

## WANTED: She Said Columnist

Have a gift for gab? Want to give your perspective on what ladies feel and think about relationships? Well Rob needs a new partner who could be you!

If you are interested and think you are qualified to be opposite of Rob, please give your thoughts about "being exclusive" with your partner. When do you take this next big step in your relationship?

To apply for this position, please send a brief response to the Perspectives editor at Parisim@sacredheart.edu or the Editor-in-Chief at s-decker@sacredheart.edu.



Student Senate called its first meeting of the semester to order on September 6, 2005. As stated in the revised Student Government Constitution, the Senate is required to hold its meetings every Tuesday at 7:40 p.m. Beginning the meeting with his first Vice President Report of the academic year, VP of Senate, Kurt McLoud welcomed all Senators, both old and new.

For the first few Senate meetings, there will be an incomplete board. Presently, Student Senate is comprised of members from the Class of 2006, 2007, and 2008. Senators from the Class of 2006 are Nora Murphy, Justin Gage, Shannon Hines, and Jessica Mugavero. Erin Maurer, Christina Piazza, Valerie Bellegarde, and Aisha Lubin represent the Class of 2007. And finally, Justin Schiavone, Kelly Linskey, Janelle Watson, and Danielle Holton represent the Class of 2008. For any questions or concerns throughout the year, please feel free to contact any of these Senators through Sacred Heart University email or by emailing StudentSenate@sacredheart.edu. Elections for the Class of 2009 Senate representatives will take place on Sept. 28, 2005.

As soon as the Class of 2009 has elected its Senators, the complete Senate board will be taking a day retreat to Camp Jewel. During this time, Senate has the chance to unite new and old members in a fun atmosphere away from the stress of the University. Camp Jewel, known for its team building activities, provides an outdoor adventure filled with ropes courses, canoeing, and plenty of ice breakers. Every year this retreat takes place to join the members of Senate and allow them to get a deeper understanding for who they are working with. If allowed the chance to appreciate fellow board members, tackling obstacles becomes much easier.

This semester, one of the first issues that Senate plans to focus on is its relationship with the other boards within Student Government. The first tie that Senate hopes to strengthen is its interaction with the Executive Board. Led by Jim Daly, the new Student Government President is working with Kurt McLoud and Jane Sanders, Senate advisor, to plan a retreat which will happen Sunday Oct. 16, 2005. Hopefully if allowed the opportunity to bond with each other outside of a formal meeting, it will make for a more productive result throughout the year. Hopefully the unity of these two boards will yield a visible connection and a creative change.

The Student Senate would like to welcome all students to their meetings every Thursday at 7:40 p.m. in the Faculty Lounge. Within the Senate, there are committee members who are specialized in helping students answer questions and get ideas heard throughout the university. The committees are divided into Academics, FLIK dining services, Student Union, Public Safety, First Year, Residential Life, Spirit, Tradition, and Athletics, and Buildings and Grounds. Any questions and concerns will be addressed however, even if not pertaining to any of the previous committees. Senate just wants to help the student body. We wish all students the best of luck for the remainder of the year!

- Contributed by Erin Maurer.

## SHU Students are Back in Action

Meghan Parisi  
Perspectives Editor

Campus is once again filled with SHU staff, faculty and students. Sure the summer may be over and it's time to get back into school mode, but we will not forget the memories that summer has left upon us. It's time to get back into the zone of early morning classes, homework and weekend fun.

My name is Meghan Parisi, I am a Junior and also the new Perspectives Editor for "The Spectrum." I'm determined to make this year not only successful for "The Spectrum" but also to get the most out of all of my classes. As new students are still adjusting to the new lifestyle of being away from home and having total control of the choices they make they should be aware that this is the time to take full advantage of the classes they are taking and the different activities and clubs that are offered.

Sure some courses are required and you may not enjoy them

as much as others, but make the best of the classes you are taking. You may have a course that you dislike but your professor is someone who can guide you and teach you different techniques of learning and studying. A good professor can be a mentor or even a friend to students. Be sure to fully take advantage of the relationships you can form, for this is the time to learn and grow not only as a student but also a young adult.

For new students it's normal to feel overwhelmed but my advice to you is to pace yourself. It's a brand new experience and way of learning so the best way to get use to everything is by taking everything one step at a time. This is the most important time to truly flourish and find out what you like.

Take your time to adjust. I'm sure most of you are still feeling out how you feel about being away from home and attempting to figure out what possibly is my major going to

be. That is fine, this is the reason why you chose to come to Sacred Heart. This is the time where you explore. It's your first interaction with being in a "real world" setting. Take it day by day and with an open mind.

I've always been interested in writing and communicating with others through all different sorts of topics. I'm extremely excited to be one of the new editors of "The Spectrum" and to be working with such a great determined staff. I encourage the SHU community to voice what they like or even dislike so our staff are able to progress and interest all on campus. I would like to welcome everyone and wish everyone a successful and prosperous academic year.



# —Arts & Entertainment—

## Pin Thin: A New Celebrity Trend

Gina Saccaro  
Staff Reporter

The recent trend with women celebrities has been thin, frail bodies as a result of dieting. Since celebrities are constantly in the media, women and young girls find themselves wanting to be as beautiful and thin as the celebrities they see everyday.

Many of the popular dieting habits of these celebrities are unhealthy, and can have a huge affect on young girls' eating habits. The exposure to thin celebrities is pressuring girls to look as slim as possible, which may be putting them at risk to disease or possibly death.

"Pictures of celebrities can be found anywhere and they are constantly reminding me of what society thinks we should look like. It puts pressure on me and many other females to keep in shape so that we can get as close to the 'celebrity look' as possible," said Cheryl Difabio, a freshman from Philadelphia, PA.

No matter how hard we try to stay away from it, there's no escaping the "pin thin" look of celebrities and models. Learning to not be envious of these super-skinny celebrities is easier said than done.

"Seeing an abundance of thin celeb-



AP Photo/Diane Bondareff



AP Photo/Jacques Boissinot

**Lohan and Olsen with their "new" slim figures.**

rities does affect my body image. You look at how skinny people are and you think that's what you're supposed to look like. But at the end of the day, I just like to be comfortable in my own skin," said Elizabeth Onorato a sophomore, from Malverne, NY.

Women have always been con-

science about their weight, and celebrities have been "pin thin" for years. Young celebs such as Lindsay Lohan, Mary Kate Olsen, and Nicole Richie, are prime examples of what young girls focus on looking like. In a way, the media is somewhat to blame for tiny celebrities. The media is constantly criti-

cizing everything about celebrities from their clothes, to their hair, to their bodies.

"I don't believe celebrities lose weight on purpose or do it because of other stars. I think they get skinny because they have so much to deal with. Between family problems and their work schedules they probably don't eat healthy or eat enough. So a celebrity looking frail and thin really does not affect me," said Christie Feraudo, a sophomore from Freehold, NJ.

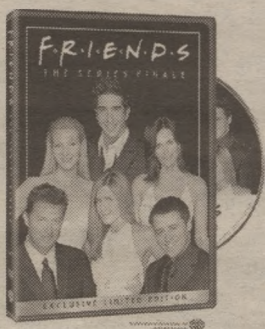
It seems as though a lot of girls these days are looking to celebrities as a model of what they are expected to look like. Although there are a lot of girls who want to be the mirror image of celebs, such as Lindsay Lohan, there are also girls who are happy with who they are.

"Regardless of how thin celebrities are getting, no one wants to be fat. As long as I'm not fat, I don't need to be stick thin," said Jenine Kleeman, a sophomore from Manalapan, NJ.

Celebrities often think it is better to be skinny, so they keep losing weight. In reality, they are becoming less attractive than what they were at a healthy size. Hopefully in the future, young girls will realize that the distorted self images some celebrities have for themselves are not healthy, and being "pin thin" isn't as attractive as they think.

## The Latest Trend of TV on DVD

Jaclyn Hull



DVD sales have rapidly grown ever since the seasons of the most popular TV shows have been released to devoted audiences everywhere. Targeted college students have purchased these DVD collections so that they can stay on top of the latest gossip between hit TV shows such as *Friends*, *The O.C.* and MTV's *Laguna Beach*.

Between studying, sports activities, and their own social life, college students don't always have a half hour to set aside to watch what has happened on their favorite TV drama this week. By recording re-runs on DVD, producers have touched the hearts of loyal fans and

have made it easy for them to stay captivated in their favorite TV programs.

Ever since the tenth season of *Friends* went off air May 2004, fans of the TV success have set aside time to catch the re-runs on DVD.

"I have all ten seasons on DVD and continue to watch them since the final episode last fall. It was a perfect way for me to catch up on what I had missed since the show aired during my cheerleading practice time," said Lindsey Jiampetti, a junior from Somers Point, NJ.

Four months after *Friends* had ended, MTV launched *Laguna Beach*, a reality series filming beautiful people in "the real Orange County".

"I had never watched *Laguna* originally, but since the show has been hyped up so much lately, I just went out and bought the first season on DVD to see what everyone was talking about," said junior, Mallory Angell of Tiverton, Rhode Island. Even though the first episode of *Laguna Beach* aired in September of 2004, the show really seems to be taking off now, one year later.

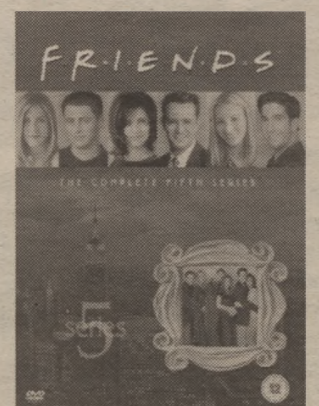
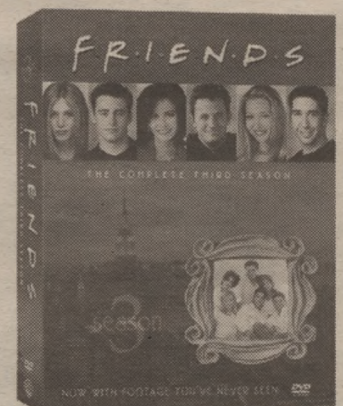
The seasons of these TV shows don't

need to come to an

end in order for shelves to be emptying in your local Walmart or Best Buy. FOX Network's *The O.C.* is one of the most popular TV shows brought to DVD courtesy of Warner Bros.

"Having all of the episodes on DVD really gave me something to go back to at the end of the day. I love my seasons of *The O.C.* because the days when I couldn't watch to see if Marissa and Ryan were getting back together, I was able to catch what I had missed once the seasons came out on DVD," said Emily Quin, a senior from Stratford, Connecticut.

This pop-culture phenomenon will continue to soar as long as prime-time soaps such as *The O.C.* and *Laguna Beach* continue to air. Thick boxes containing these TV/DVD sets can be found on shelves throughout the dorms on campus, and while walking through the halls, one is likely to catch up on the scripted lives of Marissa and Ryan, or the high school experiences of Kristin and LC.



Contributed Photos/ Amazon.com



# DMB: New vs. Old

Matthew Libassi  
Staff Writer

Dave Matthews Band. Three words synonymous with mass popularity, especially to your typical college student, and the band's newest CD release "Stand Up," will not be a let down.

Dave and his band's newest CD, "Stand Up," recently released from RCA, boasts some new founded themes with a strong political stance. The music is typical of a Dave Matthews Band CD with a few minor deviations, but packed with its fair share of upbeat and characteristic tunes.

When compared to other Dave Matthews CDs, how does it stand up? "Well, the Dave Matthews Band is really a jam band. Their sound is usually a little less polished, a little less studio than "Stand Up." Their new album also has a pretty prominent jazz influence," said sophomore, Bridget Steckis.

As Stekis said, Dave Matthews Band is known as a jam band - a group that often deviates from their studio song and improvises on stage, which is again a more jazz style. "Stand Up" strays from this old formula, and may turn off old fans who are used to an album like the band's debut, "Under the Table and Dreaming." But all in all, that is not a major concern.

If compared with something like Matthews' solo album "Some Devil," the songs are a dramatic shift, from the melancholy to a more positive feel. For instance, the track "Louisiana Bayou" has more swing to it, offering a more energetic, "get-up-and-dance" mood, unlike the single "Gravedigger" from Dave Matthews' solo CD. This just shows that the emotional state of mind that Dave Matthews Band displays slowly progresses and changes with each CD.

As is the status quo with many bands of recent, political beliefs stand out as well in the new CD, with titles

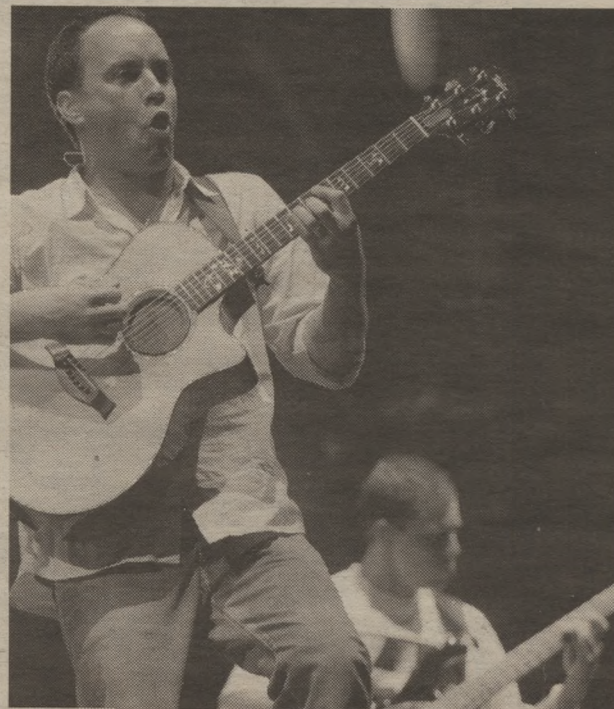
aply named "American Baby," and "Everybody Wake Up." On one track, "American Baby Intro," there are sounds of gunshots and bombs exploding - no doubt a commentary on the events over seas.

"I'm not going to apologize for things that I say and things that I think. Maybe I would phrase things a little differently," Matthews said in a recent article on VH1.com. "But I'm not going to apologize for anything."

Dan Duvall, also a sophomore and longtime fan of Dave Matthews Band said, "It's a good CD. Some of the songs are very similar, but I understand where the band is coming from and they really seem to want to make a statement about the war and world affairs."

So what is the final verdict?

The new CD has some great elements to it, and shouldn't disappoint or alienate most fans. If a fan was looking for some ultra new styles or radical change, they aren't going to find it, but for a serious Dave Matthews Band listener they can hear some varia-



Allmusic.com/DAN WINTERS

tions from the days of old. So when it comes down to it, Dave Matthews Band can proudly stand up alongside with their newest album.

## MUSIC REVIEW



Dave Matthews Band, *Stand Up*  
(2005, RCA Records)

## What's Happenin': R Bar

Joel Roch  
Staff Reporter

Friday or Saturday nights are meant to be spent out on the town. With a new year there are new places. There is a new hot spot located off Exit 40 in Milford, which is only about a 15-minute drive. It's called R Bar and there's a very good chance it is going to be a regular on the Sacred Heart bar scene. The price is right, the drinks are abundant, for those over the age of 21 of course, and the atmosphere is right on.

Admission into the club is 18 plus, which is great for the younger students in the crowd. The night that this reviewer attended there was no cover charge until 10:30 and only 3 dollars after. The inside of the club is very spacious and roomy, allowing for a large amount of people to fit inside the walls. There is also a patio outside incase you want to get some fresh air. Both the inside and the patio had Dj's. The first spun the usual assortment of Hip-hop and R&B and the second entertained us with my preferred selection of music- classics from the 80's and 90's. Besides the interior and exterior dance floors, there were also

several spots where couches were provided incase someone needed to rest their feet or just hang out.

The bar layout was great for



AP Photo/Jane Mingay

accommodating a larger crowd with several bars serving an assortment of liquor and beer. Unfortunately this reviewer is not of age yet and therefore not allowed to drink alcoholic beverages. However, the drink specials looked rather enticing and priced for the college student's wallet.

The only downside to this Saturday night excursion was the long wait outside of the club. It took more than 20 minutes to get inside, which seemed

strange once you passed through because the club had plenty of room and could have fit a lot more people. The other downfall was the bathroom situation. At one point the line for the women's room was too long for most of ladies in the crowd and they eventually had to take over the men's room. Also, the distance from school might also pose a problem for those without cars.

Besides these minor and almost expected problem's, R Bar proved to be a great time and money well spent on a Saturday night. This club has great potential and I expect very good things from this establishment.

### SPRING BREAKERS

Book Early and SAVE

Lowest Prices

FREE MEALS/PARTIES BY 11/7

WORK AS REP BOOK 15  
EARN 2 FREE TRIPS OR  
CASH!

Highest Comission

[www.sunplashtours.com](http://www.sunplashtours.com)  
1-800-426-7710

### SPRING BREAK 2006

With student Travel  
Services to  
Jamaica, Mexico, Bahamas,  
and Florida.

Are you connected?

Sell trips, Earn cash, &  
travel free!

Call for Group discounts.  
Info/reservations  
800-648-4849

[www.ststravel.com](http://www.ststravel.com)



# Features

## Freshmen Learn to Cope With College Life



The Spectrum / ELYSE HARRELL

Freshmen walk to and from classes in front of Seton and Merton Halls.

Victoria Licata  
Staff Reporter

All over the U.S. the high school graduates of 2005 are embracing a new world of opportunities that await them at their very own college or university. Coping with the transition from living at home and having much more structure, to now having their own freedom in an unfamiliar place, is a life altering change in any young adult's life. The new freshmen are thrown into a mix of upperclassmen and busy hallways. Here at SHU we look to make a warm and encouraging community for each individual.

Dorm life as a freshman has its pros and cons. Having curfew all over again, not being able to have a car, sharing a bathroom with several other students and not having their own bedroom is a new way of living for many.

"The bathroom gets gross and it is a major problem trying to get in the shower sometimes. The comforts of your own bathroom and shower are unfortunately left back at home," said freshman, Brooke Esposito, Mahopac, NY.

Many of us can remember the challenges of living in freshmen dorms and from experience we can share the lack of enthusiasm that students have for the bathrooms.

From 12:00 A.M. Monday through Thursday and 1:00 A.M. Friday and Saturday nights freshmen are expected to be obeyed by the dorm visitation hours. Some freshmen have problems with the rule but others do not really mind it.

"I had a curfew for people to be out of my house when I was home. So the rule doesn't really matter to me," freshman, Jillian Koster, Hackensack, NJ.

Both of these opinions are com-

monly shared throughout the freshmen class. But in the haste to hate the school rule, some students realize that the hours are set to help the welfare of all the students living in the freshmen dorms.

Time management is also a problem for many freshmen. Balancing classes, homework, clubs, activities, sports teams and any other involvement that the student may have, becomes overwhelming and sometimes the largest reason for stress.

"Being a cheerleader it gets hard to do my work and hang out with friend because I have practice a lot of the time," said Brooke Esposito.

Sports teams and practices take up an immense amount of time, and make it difficult to find time to study. This is why most teams have study hours set for them by their coaches. The coaches make sure that they have ample time to take care of their studies.

Many of the freshmen agree in saying that faculty and upperclassmen have been helpful in aiding them with any problems or fears they may have. Walking around unfamiliar halls wide eyed and nervous, sitting in classes where they do not know anyone is very nerve racking.

"Blackboard is very helpful in trying to help us keep track of what is due when and how to do everything," said freshman, Kristen Guertin, Providence, RI.

This is an effective way to help the students out and have some sort of guidelines for them to follow.

Being free of parental restrictions and having to learn how to manage time is the hardest part of being away from home. Adapting to college life takes time. Class schedules are spread out,

you sleep when you get the chance to nap and you are the only person who controls when you have to sit down and get your work done.

College is not easy academically or socially for anyone. There are always the ups and downs that seem to come

along with the path to learn. But it is a very exciting experience for anyone who attends.

"You are starting the process in which you can learn what you want to do with your life. It's your first chance to be an adult and that is the most exciting thing about being away from home," said Jillian Koster.

Anyone who has tackled their freshmen year will probably tell you how much they either loved it or hated it, but if you can make it through, the benefits are worth the time and effort. SHU is an excellent place to try and define futures, and many of the freshmen will come to see that as they progress they will feel more comfortable in their new environment.

*Don't forget to visit our  
Spectrum website for  
these & additional  
stories!*

**Come see us at:**

[www.spectrum.sacredheart.edu](http://www.spectrum.sacredheart.edu)

**SPECIAL 10 % OFF\*\***

**DELIVERY AVAILABLE\***

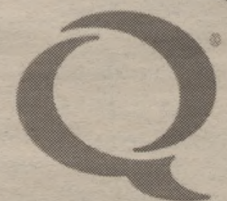
\*\* With Student ID, Not valid with other coupons or promotions, or delivery orders

\* Delivery on Friday and Saturday nights to Sacred Heart Residence Halls only between 9pm and 2am

**BROOKSIDE CENTER**

Stop & Shop &  
Staples Plaza  
in

Bridgeport / Trumbull



**Quiznos SUB**

MMMM...TOASTY!

**372 - 7827 (SUBS)**



**PARTY PLATTERS and  
BOX LUNCHES AVAILABLE**

**Hours:**

Mon-Thurs 11 - 10 pm

Fri-Sat 11 - 11 pm

Sun 11 - 9 pm



# Student Campus Barber Builds Clientel

**Dallas Kalmar**  
Staff Reporter

Need a fresh haircut? Can't get to the barbershop? No worries, the barbershop is now at your fingertips. A cheap price for SHU students is the catch line. South Hall's resident assistant also functions as a resident barber, and is marketing himself accordingly.

A 19-year-old double major in Business and Spanish, Sean Hilderbrand is not just a guy cutting hair, he's a licensed professional barber. Hilderbrand takes his barbering skills seriously and uses self-promotion to get his name around campus. You may have come across his consumer-savvy flyers, now circulating from dorm to dorm. This sophomore is not just posing as some kid that knows how to cut hair, but actually is professionally trained.

Through an apprenticeship program at A-1 Barbershop Academy in New York, Sean learned the tricks of the trade and since graduation, has built up quite the clientele.

"I started doing reception at my mom's salon, and then became an assistant manager. I started cutting friends hair on the side and thought, hey, I could do this and started my apprenticeship. I came to SHU and had a few clients as a freshman, but this year it really seems to be taking off" said sophomore, Sean Hilderbrand from Pawling, NY.

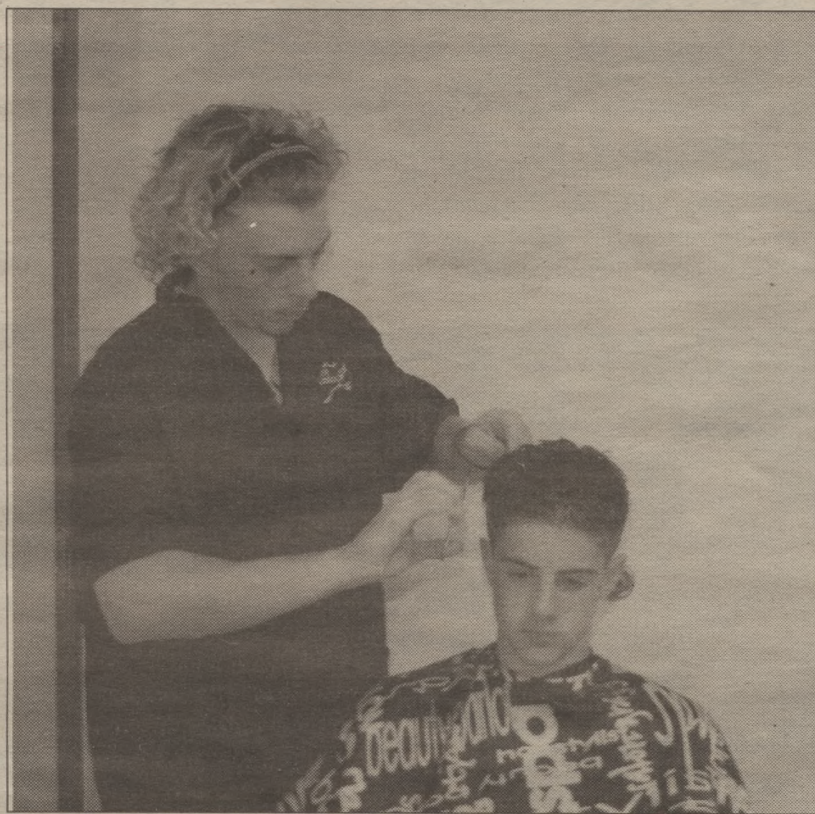
This entrepreneurial sophomore boasts styles to accommodate almost

outs, low fades, skin fades, and shape-ups. Hilderbrand also offers women in need

\$15 dollars. A bargain for many of us who know what it is like to pay over \$40 bucks for a trim.

"I started cutting hair because it would be a good way to make extra money but I quickly realized that I enjoyed doing it. So I guess you can say it's a labor of love," he said. So if you're looking for a clean up, Hilderbrand is available by appointment and is fairly flexible. No more trips to the mall or going all the way back to your over-priced stylist; Hilderbrand knows the value of the student dollar.

Senior Willie Geddish from Carle Place, NY, one of Hilderbrand's clients said, "oh my God, this is a fresh cut!" Hilderbrand can be reached via phone at (845) 494-3120, e-mail: hilderbrands@sacredheart.edu, or by AOL Instant Messenger, at FreshCuts32.



The Spectrum/ELYSE HARRELL

**Barber Sean Hilderbrand doing what he does best, cutting a client's hair.**

everyone, and at a price that is affordable. Specializing in men's hair, he offers New York styles, specifically tape-ups, blow-

of a simple trim or those participating in Locks for Love to call upon his services. His prices range from an affordable \$10 -

## Looking for a Job? Workstudy Positions Are Still Available

**Theresa Vosilla**  
Staff Reporter

Now that the academic year has begun the time has come where many of us receiving financial assistance are feeling the pressure to find a work-study job. Though many might dread the thought of adding more to our already over flowing work load there are many great opportunities and positions available.

As part of financial assistance many students receive work-study. This is a form of aid funded by the Federal Government, which helps students meet educational expenses through part-time employment during the academic year. Many of these jobs are held on and off campus. After a student has completed a FAFSA form and are found eligible then they will receive a job referral form. After that the student will want to review the list of employment opportunities. You can find this list at the schools financial aid website where there is a list of employment opportunities for students.

Following that you should arrange an interview with the prospective employer by contacting them at the numbers listed with the jobs. When on an interview you should bring your job referral form and your class schedule with you. At that point if you are hired you should bring the completed referral form with you back to the financial aide office. If you are not hired you can return to the financial aid office and they will work with you to find

a different job opening.

After you take a look at the employment opportunities you will see that there are many different jobs that could meet any ones interests. There are paid community service opportunities, which could entail tutoring, and mentoring young children in the area, or becoming an assistant leader in



The Spectrum/ ELYSE HARRELL

**Victoria Walter and work study boss Andrew Rosabianca work together on some files.**

a local Girl Scout troop. There are also on and off campus jobs available in different departments and areas in the school. There are many opportunities for office assistants in many different office departments. If sports are a big interest of yours there are positions as team and equipment managers. Students can also use work-study to help them with their majors. If you are a math major why not apply for a job in that department? It can help you meet people

in the department and other students with your major and similar interests.

Students must remember that when they begin a work-study position they must treat it as a real job and are expected to act as professionals. Students are expected to dress appropriately and follow dress code regulations if there are any in place. You are to perform designated duties and responsibilities as given. Work schedules should be established so that they do not interfere with your classes. Work-study jobs should be taken seriously and professionally.

When students take advantage of work-study they can use it to their own benefits. Not only are you making money but also you are working with other students and are being given an opportunity to branch out and meet new people on campus, which can be great for new students or anyone looking to meet new people and branch out.

Junior Jonathan Okolowitez, from Rhode Island, found this very true. "I met so many new people that I never would have met from working in the Pub," said Okolowitez.

You can also learn things that will be beneficial to your careers. Working along side people in professional setting will give you a valuable experience. There are still many employment opportunities available, you can reach the Office of Financial Assistance at (203) 371-7980, or by e-mail at SFA@sacredheart.edu.

## Express Yourself

If you enjoy expressing your self creatively then this is your opportunity! Send me some of your work! We accept anything from poetry, quotes, opinions, concerns - We want it ALL!!

**Just contact:**  
**Features Editor**  
**Diane Szmidt at:**  
**d-szmidt@sacredheart.edu**



# BEYOND SHU

## Fans Excited About 'The New NHL'

Kris Singhaviraj  
Staff Reporter

It's a new NHL now. The league that was forced to cancel the entire 2004-05 season has died. And in its place, a new game with new rules and a whole new attitude has been born.

For hockey fans, especially those dying for the NHL to return to the ice, these new rule changes are fresh and exciting. But many still remember the disappointment from a year ago.

"Last year was very unfortunate for hockey fans to see their favorite sport locked-out for such a long period of time," said men's ice hockey goaltender Jason Smith, a junior from St. Lambert, QC. "Some management issues had to be revised and we had to be patient."

The NHL itself took many hits: it lost much sponsorship, much of its popularity, and many of its fans. But the people involved in building the NHL also were affected.

"Any time a professional team strikes, not only does it affect the players and coaches, but also the fans and the people who love the sport in general," said women's ice hockey goaltender Stephanie Boulay, a junior from Anchorage, AK.

The wait for a new NHL season is over and fans are lining up to see the sport they could not see last year.

"I'm excited to see them play this year," said Joe Finis, a senior from High Bridge, NJ.

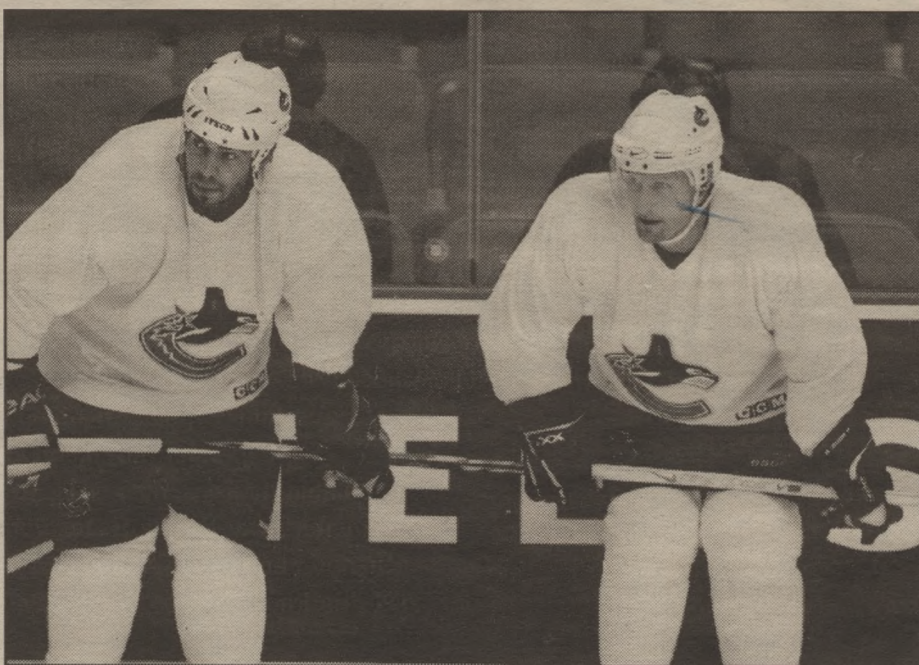
Seeing how these rule changes will affect game play is paramount in the minds of the fans. Contract and salary cap issues have already made their mark on

team rosters, but the main changes will affect the way the game is played.

For starters, goalies are now restricted from playing the puck in trapezoid zones along the end boards. If a goalie is caught in the no-play zones, a delay of play penalty will be issued and a player will have to serve time in the penalty

there is a tie at the end of a regular season game, there will be a sudden death five minute four-on-four overtime. If no one scores, it will go to a shootout.

Each coach will pick three players and each will take one penalty shot. The team with the most goals in the shootout wins.



AP Photo/ Duane Burleson

Todd Bertuzzi (left) and Markus Naslund discuss new rule changes in the NHL.

box.

Dimensions of the games have also changed. The goal line has been moved back two feet closer to the boards and the blue line has been moved two feet closer to the center line, making the offensive zone four feet larger and allowing offensive players more room to score goals.

Ties have been done away with. If

However, if there is still a tie by the end of six penalty shots taken, the shootout goes to sudden death. This revamped rule guarantees a winner in the game.

"(Shootouts) will definitely raise fans from their chairs," Smith said.

Another big change to the game of hockey is the salary cap that teams are forced to follow. Many players have been

affected by this new financial structure.

"(The salary cap) displaced a lot of veterans who have been with teams for a long time," said Finis. "It forces teams to get rid of experienced players to bring the team's salary under a certain number."

With so much player movement in the off-season, nobody can really tell where his team stands anymore.

"I think that Tampa Bay is still the team to beat this year," said Finis. "The only major loss to their championship team is Nikolai Khabibulin. It is a big loss, but they got Sean Burke in his place, and he's a solid goalie."

Jason Smith is excited to see his team, The Penguins, this season.

"(Mario) Lemieux and (Sidney) Crosby will certainly post up numbers like never before," Smith said.

Although, some fans are just excited to see the game and can't tell who is the team to see.

"I honestly think it is really up in the air. I think a lot of teams will look differently and the mental attitude of the coaches, players, and owners will greatly affect

the outcome of play this year," Boulay said.

The loss of last year's NHL season is nearly behind fans with the start of a new season.

"Hockey has a new face and I think people will love it," Smith said.

Despite the loss of last year's season, some feel that the changes to hockey will benefit the sport.

"A year off can do a lot for a program, both good and bad," Boulay said.

The new NHL season starts on October 5, 2005.

## Women's Volleyball Set To Spike Competition

Dario Melendez  
Staff Reporter

With seven returning lettermen and the addition of six freshmen and one transfer, the Sacred Heart women's volleyball team looks to rebound from its 5-21 record a year ago.

"We were a very young team last season, only graduating two seniors," said Head Coach Liz McGreevy, who is entering her fifth season as head volleyball coach.

Finishing last season tied for fifth place with Fairleigh Dickinson and Quinnipiac in the Northeast Conference, McGreevy chalked the outcome of the season up to the lack of experience.

"It was a rebuilding year to say the least," McGreevy said, adding, "But it gave me a great opportunity to place some of my younger players in live game situations and soak in some much needed game experience."

Led by the three seniors, co-captains Michelle Clarke, a setter from Baltimore, MD, Brenda Bailey, an outside hitter from Costa Mesa, CA, and Heather Brooks, a middle defender from Regina, SK, the regenerated Pioneers are depending on its team leaders and others to guide them

through the 2005 season.

"I just try to lead by example, both on and off the court," Brooks said.

With her veteran leadership, McGreevy feels a surge of confidence in her team.

"Everyone is very vital to our team success," McGreevy said. "With our two returning senior captains and Heather Brooks, who was a transfer last year and has dominated since day one, I have no doubt in my mind that leadership would even be a concern this year."

McGreevy was also quick to mention two underclassmen with strong performances for the team thus far: freshman Katie Thomas, a libero from Wappingers Falls, NY, and sophomore Samantha McMillan, a setter from Manassas, VA.

"Last year I was just a freshman," McMillan said. "And I was a little intimidated, but now that I have a year of experience, I just play with more confidence and more composure. Plus it doesn't hurt to have a great group of hitters like Heather Brooks, Christine Duffy, Brenda Bailey, and Kendra Sloan to pass to."

Though the Sacred Heart women's

volleyball team lost its season opener 3-0 to Holy Cross on September 7, the team leaders were the strongest players. McMillan led the Pioneers with a triple double, recording 10 kills, 12 digs, and 18 assists. Brenda Bailey and Heather Brooks each pitched in eight kills while Michelle Clarke put up 11 assists and Katie Thomas recording 15 digs.

**"With some fine-tuning they should be a force to reckon with."**

**Liz McGreevy**

**Women's Volleyball Head Coach**

With strong performances in its season opener, McGreevy said she was very confident in her team going into last weekend's Lafayette Tournament.

The team came out of the weekend with one win under its belt, defeating NEC opponent Quinnipiac on Saturday 3-2. But the team dropped three other matches, getting swept by both Hartford

and host school Lafayette on September 9, 3-0 and 3-0, and losing to NEC opponent Fairleigh Dickinson, 3-1.

But McGreevy said she is still very confident in her team and the rest of the season.

"I'm very optimistic," McGreevy said. "We have a great crew of girls. Our defense is the best it's ever been and our offense is strong, but with some fine-tuning they should be a force to reckon with." And with nine underclassmen, including a recruiting class which McGreevy feels is very strong, the team feels winning is a goal well within grasp.

"There's always room for improvement," McMillan said. "And with this amazing freshmen class, though we are still a young team, I'm confident in a winning season this year."

With goals set high in hopes of a promising season, the 2005 women's volleyball team is eager to bounce back.

"We have an amazing team this year," Brooks said, "we all came together in the beginning of the season and set a team goal—to win the NEC tournament—and I can definitely see that happening."



# COLUMNS

## From The Fantasy Football Files

Brad Holland  
Assistant Editor

Okay fantasy football addicts...fanatics...aficionados... here it is: all the insider dirt you need to help you beat your friends, humiliate your boss, win the championship and bask in the glory, fame and fortune that is the life of a winning fantasy GM. We're here (myself and my expert contributor, "Fantasy Expert no. 81") to give you an extra edge—that little piece of information that turns your team from a group of individuals to a high scoring, rock solid team of fantasy football dominance.

We aren't here, however, to tell you what you already know. The Peyton Mannings, the Ladanian Tomlinsons, the Randy Moss-es...these guys are automatics. The only reason they should be on your bench is if you're looking to throw a game. This feature is about finding that diamond in the rough...that trout in a lake full of catfish—it's about picking players who will help turn an awful team into a merely bad team; a mediocre team into a playoff contender; a playoff team into a championship team. And like I said, we've got the expert to help you through. It's a pity we can't let you know who he is, because we have no business having him around. He's that good. Believe me when I tell you, this guy knows his stuff. And he's going to help you win your 2005-06 football pool. Flattered? Good. Now let's get started.

Lots of action last Sunday, week 1 of the NFL season. But if past seasons have taught us anything, it's not to pay attention to week 1. The trick is to figure out which players are starting trends, and which are just plain flukes.

Now let's get down to it. Did anybody know Willie Parker's name before last Sunday? We do now. After his dominating 209 combined yard performance against the Titans, fantasy owners were crawling all over each other to get to the add/drop boards. But don't expect too much for too long—with the return of Jerome Bettis and/or Duce Staley, there could be a severe reduction in Willie Parker touches and Willie Parker yardage.

Regardless, the man, the number, the legendary "Fantasy Expert no. 81" says not one of Parker's 209 yards of offense was a fluke. If you haven't stopped reading to pick him up yet, do so now. This column can wait.

Okay you're back. Good. Use this guy to cash in on some early victories before Bettis and Staley

come back to reclaim the ball. Then, in addition to having an early winning record, you'll always have a good HB available on your bench, ready in case of injury or trade. And hey, if he wins games early for you, he deserves a ring late with you.

And where were you during Larry Fitzgerald's coming out party?

amongst the league elite. Saying all that, however, Smith's reunion tour could hit the skids in week 2, when he goes up against the boys who put the 'D' in Defending Champions. The good thing about a Steve Smith vs. Patriots week 2 matchup? We'll know right quick if he's for real.

As for the QB position? No

it? Yes. Can Culpepper dominate without Moss? Of course. Hold off on these guys for one or two weeks. If their stock continues to drop, consider trading while you can still get a marquee player in return.

There was noise at the HB position as well. Priest owners beware of the explosive 9 carry, 110 yard, 2 touchdown performance of Larry Johnson, who will supposedly be backing up the Priest for the year. Many more performances like that, and he could push the Priest right out of his pulpit and onto the bench. You heard me. If he's available, and you need HB depth, Larry Johnson will be a solid signing.

Here's the thing: the KC line has played together so long they're starting to name their sons after one another. It's a line that knows how to protect any HB. If Priest gets hurt, or begins to slow down, then Walker could be seeing more touches, which means he'll definitely be seeing more endzones. Again, think depth.

Finally, the Lions: our expert appears to have a soft spot for the MoTown Machine. Roy Williams, Charles Rogers, Marcus Pollard, Kevin Jones and Mike Williams — does anyone in the league have more targets than Harrington? Probably not. Should you put Brady on your bench and run with Joey?

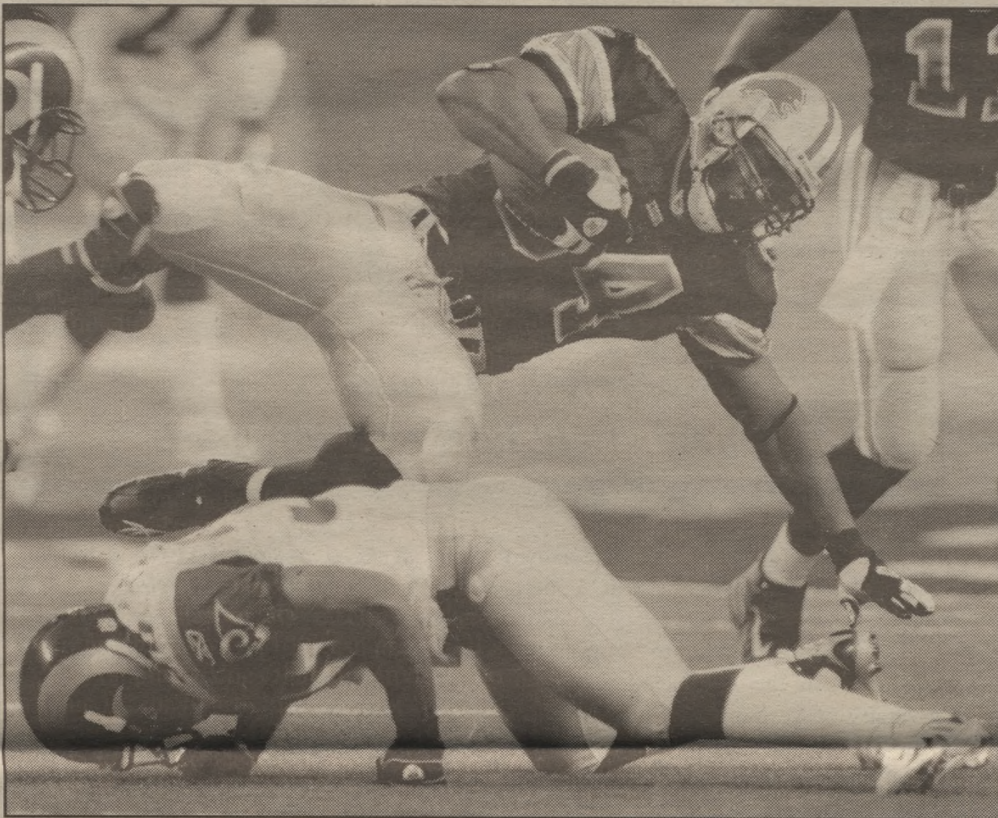
Probably not. But he's a nice insurance policy, especially with nobody around to pick up the ball if he can't hack it. Garcia is out for the year, and Joey may be ready to shoulder the Lions. And anyway, he's probably the best bench QB in the league.

If he's the guys though, you could be in for a long season.

Depth. Depth, depth, depth...you win with depth. Those who have it win championships, pop champagne and enjoy all the kudos.

Those who don't have it just go home.

And that's all folks. But remember...after some week 1 surprises, some disappointments, and even some shocks, it's natural to doubt even the strongest of rosters. But 0-1 never lost anybody a playoff berth. Go down to the locker room and discuss the importance of consistency with your boys. But stick with them until you're 0-3. Then you can start selling the farm. Before that happens, however, trust your instincts, do your research, and get those lineups in on time. And if you have any questions for "Fantasy Insider no. 81," send your questions into sports editor Travis Flynn.



AP Photo/ Duane Burleson

Thanks to plays like these, Kevin Jones has lead the NFL in rushing yards over the last 10 weeks.

The kid seems to have figured this league out already...his 13 catch, 155 yard, one touchdown performance puts him as the potential steal of the draft, especially with Arizona going to the air on a regular basis.

More news: with the possible season-ending ACL injury to Javon Walker, Donald Driver is now the top target in Green Bay. This means more touches, but it also means tougher coverage, and possible double-teams. However, with Farve looking for some redemption against Cleveland this Sunday, he could have, as our Sunday Sophocles puts it, a "monster performance." And that could set him up for the year. "Fantasy Expert no. 81" says he's good for depth, but a championship team should have more talent in the WR position.

Another WR to keep an eye on: Steve Smith from Carolina. Smith owners were tickled pink this past Sunday watching their newly repaired WR dash for 138 receiving yards and a touchdown. Remember, this is the same Steve Smith who sat out all of last season — his stock may have dropped, because hey: out of sight, out of mind. But it seems the injury held no lasting effect, and he's ready to claim his seat

real surprises there — and the "Fantasy Expert no. 81" says you're on your own for Eli Manning. But who could have predicted Daunte Culpepper with zero touchdowns after week 1, much less three picks and two fumbles? He couldn't have carried a football in a basket Sunday afternoon; he would've lost the basket. In fact, after the game our insider saw him grab a little boy's football to autograph it. He dropped that too.

Another struggling QB with no business struggling in his opening game: Brett Farve. Farve just couldn't get into a rhythm against Detroit (not known as a defensive powerhouse, all potential aside), and led his Packers to the lowest offensive output with him as a starter in the past 14 years. Bly and friends made him look sick.

The thing is, both of these quarterbacks are simply too good to have bad seasons. Bad by their standards maybe, but both are good enough to warrant a start each and every week, regardless of their position or opponent. Farve and Culpepper both have too much character to throw an entire season.

"Fantasy Expert no. 81" breakdown: Does Farve still have



# ON CAMPUS

## Field Hockey Prepares For Conference Matchups

Erica Rico  
Staff Reporter

The women's field hockey team, seven games into their regular season, holds a record of 0-7. Despite their rough start, players and coaches are optimistic that the following 11 games will be successful.

"We have played a lot of tougher schools, teams that have had strong programs for over ten years, and we have been able to compete with the teams. We have worked through some tough presses. We are trying not to worry about the record," said Head Coach, Chris Blais. "Even though records show that we have lost seven out of seven games, the team is getting better and better."

"We are using these games to prepare us for the conference games," senior Captain Erika Francisco said. The Pioneers are not letting the seven losses affect their mentality.

"Last year Dartmouth started their season off 0-9 and came back and won their last ten games," said Blais.

The conference games will determine their placement for playoffs. These matches will be at the peak of their season.

"Our team goal is to win the NEC conference," junior midfielder Jenna McLane said. "I feel that we will go farther than last year, where we ended in the semifinals.

We have skill above and beyond that of last year's team."

The team is young. There are nine freshmen, and only two seniors, out of the 22 member squad. Captain Francisco adds that the freshmen "are very strong, a huge asset to the team and were part of a huge recruiting year". In fact, last week

held a similar fate. The Minutemen scored with seven seconds remaining to beat the Pioneers 2-1.

"Offensively we are strong with our corner unit, which is made up of seven players. The players are very strong and have executed well," Blais said.

The Pioneers scored their only goal

the field and is very helpful in the back," Blais said of the midfielder. "She has great speed in the back, takes good risks, and is good on breakaways."

The team believes they are getting better each game.

"Each game we move up a step; I feel that we are now five steps from where we were in the beginning of the season," midfielder McLane said.

Prior to the season start, the returning players toured Australia and played in the 2005 Eastern University Games, in which the team came out on top, winning the gold medal of the tournament. The tournament added to the team's experience.

"I think we have more skill and more endurance this year; Australia helped us," Francisco said.

"Individually we have one of the best teams I have ever coached at Sacred Heart," Blais said. "We are working on using the individual talent to get better and better. Once we click well on the field, team-wise we are going to be very hard to beat."

The Pioneers will play their first conference game at St. Francis University in Pennsylvania on Sunday and will play their first home game on the September 14 against Lehigh University. The team will continue their season with a positive outlook and are hopeful for a turnaround to redeem themselves for the tough start to their season.

***"Our team goal is to win the NEC... Each game we move up a step; I feel that we are now five steps from where we were in the beginning of the season."***

***Jenna McLane***  
***Women's field hockey midfielder***

freshman forward Carisa Eye was named Rookie of the Week for the NEC conference.

The Pioneers traveled to Vermont this weekend where they competed against the University of Vermont on Friday and fell to the Catamounts 2-0. Sunday's game against the University of Massachusetts

this weekend against UMASS off their only corner in the game. Similarly, last Wednesday when the team faced Boston College, again they put two goals away on their corner plays.

"Katie Bohren, who was out quite a bit of pre-season and unable to play five games due to a leg injury, is back out on

### Pioneer Schedule

#### Friday, September 16

Men's Soccer	at Maine	Orono, ME	3:00pm
Women's Soccer	at Stony Brook	Stony Brook, NY	5:30pm
Women's Volleyball	at High Point	Providence, RI	2:00pm
Women's Volleyball	at Hartford	Providence, RI	4:00pm

#### Saturday, September 17

Football	at Iona	New Rochelle, NY	1:00pm
Men's CC	at SFPA Invit.	Loretto, PA	11:00am
Women's CC	at SFPA Invit.	Loretto, PA	11:00am
Men's Lacrosse	Alumni Game	Fairfield, CT	12:00pm
Women's Volleyball	at Gardner-Webb	Providence, RI	2:00pm
Women's Volleyball	at Providence	Providence, RI	4:00pm
Women's Golf	at Dartmouth	Hanover, NH	All day
Women's Tennis	at URI Duais	Kingston, RI	TBA

#### Sunday, September 18

Softball	at Caldwell	Brookville, NY	9:30am
Softball	at CW Post	Brookville, NY	11:00am
Softball	at Stony Brook	Brookville, NY	2:00pm
Women's Soccer	at Stetson	Stony Brook, NY	11:00am
Field Hockey	at St Francis PA	Loretto, PA	11:00am
Women's Tennis	at URI Duais	Kingston, RI	TBA
Women's Golf	at Dartmouth	Hanover, NH	All day
Women's Track	at Yale Invitational	New Haven, CT	10:00am

### Field Hockey Home Games

#### Saturday, September 24

Lehigh	Fairfield, CT	1:00pm
--------	---------------	--------

#### Sunday, September 25

Siena	Fairfield, CT	1:00pm
-------	---------------	--------

#### Friday, September 30

Lock Haven	Fairfield, CT	4:00pm
------------	---------------	--------

#### Sunday, October 2

Rider	Fairfield, CT	2:30pm
-------	---------------	--------

#### Sunday, October 16

Robert Morris	Fairfield, CT	noon
---------------	---------------	------

#### Monday, October 17

Seton Hill	Fairfield, CT	3:30pm
------------	---------------	--------



# ON CAMPUS

## For Men's Soccer, New Era Begins With Barosso

Matt DeRosa  
Staff Reporter

Unfortunately summer is coming to an end; however, the Sacred Heart men's soccer team is back in action and is ready to cause quite a stir.

This season will be interesting to watch, especially considering the new coaching change that had taken place on December 6 of last year. On this date, Joe McGuigan announced his retirement after 20 years, stepping down as Head Coach while accepting a job with administration.

Ten days later Joe Barosso, the women's soccer Head Coach here at Sacred Heart, resigned from his position to take over the Pioneers men's soccer program.

He plans to help the men's team to the top of the Northeast Conference, where his women's team has been in recent years.

"I want to try and establish a family-like atmosphere with my team", said Barosso. "My expectations for this team is that we remain a well-disciplined team and perform our best every time we step onto the field."

Barosso had coached the women's soccer team for eight seasons and compiled a 71-66-5 record. The 2001 women's program was the starting point for the Pioneer's recent run of success through the Northeast Conference.

That season, he led the team to its first post-season tournament appearance where it had a great run, capturing



Contributing Photographer/ CHRISY ANN FLYNN

Tony Allegro is one of five starting seniors who will be called on to produce offense for the Pioneers.

*"I want to try to establish a family-like atmosphere with my team."*

**Joe Barosso**  
**Men's Soccer Head Coach**

its first-ever NEC crown while assuring its spot in the NCAA Tournament. Barosso was named NEC Coach of the Year for his efforts.

He has played professionally both in Europe and the United States. He played for a First Division club in Portugal, competing in the UEFA Cup and for both the Connecticut Wolves and the Boston Storm in the A-League of the USISL. Barosso was also a member of the United States National Team in 1990-1991.

He is excited about his first year of coaching the men's soccer team and is

ready to prepare his team the best he can. He is looking forward to sharing his knowledge and strategies that helped him to succeed during his career.

Barosso is not the only new face on the team. The organization has gone out and recruited four international freshmen. Matthew Jones, a goal keeper, and Anthony Anzevui, a defender, are from England; David Backman and Jonathan Allback, both defenders, hail from

Sweden.

"The four new internationals are very solid and will be a big part of our success," said Captain Neal Shapiro, a senior midfielder from Vernon, NJ. "Even though they are freshman, we are already counting on them to help lead the team on the field."

"We have a great mix between returning and newcomers," said Captain Glenn Wilken, also a senior defender, from Ridgefield. "I think the newcomers are

*"We feel we can show up to every game and win it."*

**Neal Shapiro**  
**Men's Soccer midfielder**

really eager to learn from the experienced players, and they are willing to do anything to win."

The team also has five returning seniors who will receive a lot of play-

ing time this season: forward Nick Lloyd, midfielder Tony Allegro, forward Gustavo Netto, Wilken, and Shapiro.

"The attitude on the team is more positive, we feel that we can show up to every game and win it," Shapiro said.

The players feel very confident in the team and believe they can make a strong run for the playoffs and possibly make the NEC tournament this year, which would be a major improvement after posting a 1-14-1 overall record only a year ago.

"We had a rough season last year, but in a way I learned a lot from losing," said Netto, a senior from Sao Paulo, Brazil. "It wasn't pleasant, but (losing) gave me a much better attitude for this year."

The Pioneers pulled off a huge season opener win on Sept. 3. Their newly acquired goalkeeper Jones delivered a shutout debut while the Pioneers have equaled their win total from the 2004 season in the opening week.

"Matthew Jones is better than what I expected and is full of talent," Barosso said after the game.

The final score was the Pioneers 1-0 over Bowling Green. Unfortunately the Pioneers were unable to build on their opener win and dropped the next two games against Wisconsin Green Bay and Providence.



# SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

## Pricolo's 203 yards, 3 TDs Not Enough

Oliver Kranichfeld  
Staff Reporter

The Sacred Heart men's football team lost 22-20 in their home opener to the Marist Red Foxes on Saturday, falling to an overall record of 0-2, despite another monster game from senior tailback Ed Pricolo.

"All together, we played more as a team. It seemed to come together at the end, but it couldn't get us the win," said Bill Hayden, a junior defensive lineman from Milford, PA.

Although Sacred Heart lost the game and dropped to 0-2 overall, Pricolo racked up over 200 total yards of offense, most of which resulted from running through gaps created by the offensive line. He rushed for 171 yards on 26 carries, including three touchdowns.

Junior quarterback Tyler Arciaga was 18-32 for 183 yards with two interceptions and zero touchdowns. Alvin Franklin led the receivers with six receptions for 74 yards.

Both Sacred Heart and Marist entered Saturday's contest coming off losses the week-end before. While some view non-conference games as non-chalant affairs, Saturday's game turned into a thrilling battle complete with physical runs, untimely penalties, and multiple turnovers.

Arciaga got off to a rough start by throwing an interception on the first play of the game into the hands of Nick Salis, a junior at Marist. The Pioneers held Marist to a field goal with 11:49 remaining in the first quarter.

Senior James Luft, the Marist starting quarterback, emerged as a double threat with both his arm and legs, passing for 185 yards and scrambling for 62. Luft scored on Marist's next drive, dashing his way into the end zone for a 14 yard touchdown.

The Pioneer's run defense held the Marist running back Obozu Ehikioya to 61 yards on 23 carries.

With Marist leading the game 10-0, Pricolo's running ability was put on full display; he showed every member of the crowd that he's a game-changing player. After a 31 yard reception to junior wide receiver A.J. Franklin, Pricolo capped off the 58 yard drive with a one yard touchdown run with 3:15 left to play in the first half.

The touchdown had the Pioneers trailing the Red Foxes 10-7 going into halftime.

Marist controlled the time of posses-

goal, with sophomore fullback Tom Duffy connecting on the other end of a 24 yard reception. Ed Pricolo's rushing accounted for 43 of the 80 yards, as he ended the drive with another one yard touchdown run.

Marist responded immediately, however, with Luft connecting with wide receiver Prince Prempeh for a 20 yard touchdown reception.

Brad Rowe, in a very uncharacteristic fashion, missed the extra point attempt with 5:23 left to play in the game.

crowd went into a frenzy with the score, and the team was livid with anticipation.

The Pioneers received a costly penalty for an illegal substitution before they even attempted the two-point conversion, sending them from the three yard line to the eight. As a result, the Pioneers opted not to run.

Arciaga's final pass to Franklin was deflected by Marist and declared incomplete. Marist proceeded to run the clock out to finish the game and capture the win 22-20.

The Pioneers' defense put up impressive numbers. Despite having problems handling the ball, Corto racked up 11 total tackles and a sack. As a unit, the Pioneers have retained most of their core group from last year, including Andy Grant, Bill Hayden, Jon Wilson, Rolando Garcia, Zak Kepner, and Dave Mihalov.

Multiple penalties and turnovers were detrimental to Sacred Heart's ability to score.

A defensive pass interference was called on Jason Payne when there was a potential that the play could have been an offensive pass interference penalty.

A long kickoff return was recalled due to a holding call on the Pioneers. The final penalty for an illegal substitution also set back Sacred Heart.

The mood for optimism remained, however, for a large share of the team despite their record. After all, major improvements were made following their 56-21 loss to Holy Cross.

"We need to come out strong and stay strong, because at the end it didn't play out the way we wanted it to," Hayden said.

"Our defense got a lot better," said Zak Kepner, a senior defensive back from Largo, FL. "We came together a little more. We held them out to a lot of three-and-outs and punts. We only had so much gas, and we got a little tired at the end."

The Pioneers will play Iona next Sat. at 1 p.m. in New Rochelle, New York.



The Spectrum/ TRAVIS FLYNN

**Ed Pricolo jumps on the mountain of linemen and stretches for a fourth quarter touchdown. He only needs 228 more yards to become SHU's all-time leading rusher.**

sion throughout most of the game, as it became quite evident in their 8:41 drive to open the second half. The drive was capped off with a 21 yard field goal from Brad Rowe, extending Marist's lead to 13-7 to wind down the third quarter.

On a separate drive, Rowe kicked a 38 yard field goal in the opening minute of the fourth quarter, giving Marist a 16-7 lead.

The Pioneers still had plenty of fight in them, however, and started clicking on all cylinders. The Pioneers marched 80 yards down field after Rowe's last field

The miss of the extra point brought the score to 22-14. The Pioneers could have tied the game in one drive, but they would have needed to score and then complete a two-point conversion.

A botched 16 yard punt by Marist left the Pioneers on their own 47 yard line with just over two minutes to play. From there, Arciaga and Pricolo found chemistry working together.

Two plays after Arciaga hit Pricolo for a 13 yard reception, the senior tailback rumbled down the field, breaking multiple tackles, for a 40 yard touchdown. The



The Spectrum/ KRIS SINGHAVIROJ

**Ed Pricolo breaks three tackles and side-steps two more defenders, with key blocks from Alvin Franklin, Joey Henley, and Justin Jarry, on his way to the endzone.**