

Giving From The Heart

Chris Faber
Staff Reporter

On Tuesday, September 20 the Media Studies Association hosted a fundraiser for the victims of the tragedies in the Gulf Coast. "Giving From The Heart: The Hurricane Katrina Relief Telethon" took place from 10 am to 1 pm in the main Academic Building.

The program was the creation of two Media Studies classes, Democratic Technologies and Television Production.

"Like everyone else, I was horrified and ashamed of the images I was seeing," said Greg Golda, Professor for the Department of Media Studies, and teacher of the two classes. "My wife and I donated money and cleaned out our closets but I also wanted my classroom experience to be both timely and practical."

During this three-hour program, that was broadcasted live on Sacred Heart's Channel 3, the classes endorsed several projects they have come up with to aid the victims of Hurricane Katrina. The students also interviewed several clubs and organizations around campus to see what they are doing to help.

"We're hoping to book performers, the SHU Force dance team and other talented folks to help out," said Golda. "While we [were] live on Tuesday we will expand

the recording of the show and it will play for some time on Channel 3. We'll list how to give materials and money to continue the giving."

Donations made by the telethon are

being given to the Red Cross in order to help with their efforts in the fast recovery of the Gulf Coast.

Anyone and everyone was encouraged to come down to the live broadcast and

voice their opinion on the situation and to inform the Sacred Heart community of what they are doing to help.

"The whole effort of the telethon [was] to show that these events, and the kind works of the students, staff, and faculty happen everyday at this school," said Golda. "We [were] asking all the groups and individuals that have participated in some way to come to the taping and tell us their stories."

The telethon can be viewed on any on campus television, including those in the dorms, on channels 3 and 6.

Those who were not on campus during any of the scheduled broadcast times are encouraged to watch through the live web feed, which can be found at www.DemTech.org.

The program is not only a great opportunity to make a donation to those in need, but also one that will show the Sacred Heart Community what their peers are doing to help the countless number of victims devastated by Hurricane Katrina.

"I saw it as an obvious synthesis of the course work I was building for my two classes," said Golda. "We just hope that after some of the media spotlight has faded we can keep up some



The Spectrum/Chris Faber

Jacqueline Boothby interviews two students from the Democratic Technologies class that helped in creating this event.

Mike Domitrz Wants to Know, Do You Ask?

Shanna L. Rasmussen
Staff Reporter

The Edgerton Center for the Performing Arts was packed for the first installment of a lecture series scheduled for the 2005-2006 school year.

All 800 seats were filled and about 20 students stood against the walls.

Mike Domitrz spoke for the first of six Student Affairs lectures to be held this school year. The lecture was called "Can I Kiss You?" he covered issues within the areas of dating and sexual assault. All first year students were required to attend.

The vast majority of students were engaged throughout the entire discussion.

When Domitrz asked for responses from the audience the room roared with, "Yes!" and "No!"

The first topic discussed pertained to body language. Domitrz explained that body language is an important way to communicate while dating, but it is not the only way.

Each partner should ask before touching the other person because body language can easily be misread. Asking, "Can I kiss you?" can eliminate unwanted advances resulting in hard feelings and possible guilt.

"You should take equal responsibility in relationships," said Mike Domitrz.

The lecture aimed to teach students not to objectify themselves.

"When you act like an object, you will be treated like an object, you don't seem real," said Domitrz.

Domitrz created humorous dating scenarios throughout the lecture in order to show the students how effective verbal communication can be in preventing any unwanted and potentially harmful situations.

The lecture went into depth about sexual assault. Domitrz's sister was raped, so sexual assault is a topic that is very important to him.

"I would grow to discover that survivors of sexual assault are amazing people," said Domitrz.

Domitrz aims to promote the phrase "Do you ask?" rather than "No means no." The fact is that most people do not ask before they make sexual advances.

In the case of a sexual assault it is usually left to the victim to say yes or no even if they are not asked. Domitrz would rather scrutiny be put on the advancer to determine if they asked or not. Silence is not an open invitation.

The lecture was designed to teach students how to prevent situations in which sexual assault could take place.

Domitrz made it very clear that friends of students who drink alcohol should try to keep them from making decisions they ordinarily would not make.

"You wouldn't let someone drive drunk, so you shouldn't let someone go home with someone drunk," said Domitrz.

It is important to know that even if someone takes every measure they can to keep from becoming sexually assaulted, it can still happen.

"You could ask, you could set the boundaries, you could do everything right and you could still be raped," said Domitrz.

Sexual assault is the fault of the perpetrator, not the victim.

Students seemed to enjoy the lecture immensely. Laughter was heard throughout the theater when Domitrz made jokes and students also concentrated on him when he made serious points. Students learned that asking before acting could be very beneficial while dating.

"In the end the entire crowd thought, 'yeah that's the perfect way'," said Rich Deecken, sophomore of Trumbull, C.T.

The Center for Women and Families, located in Bridgeport, promoted their services at the lecture. Any victims of sexual assault can contact the center 24 hours a day at (888) 999-5545. Counseling services are also available on campus.

Please do not be afraid to ask, it can only benefit you, without consent you will get in trouble.



The Spectrum/Elyse Harrell

Asking, "Can I kiss you?" can eliminate unwanted advances resulting in hard feelings and possible guilt. Mike Domitrz started off the SHU lecture series when he spoke to freshmen about the dangers of silence.

CAMPUS NEWS

Freshmen Behavior Brings Positive Outlook

Ashley Winseck
Staff Reporter

A new school year could mean new trends for campus drinking statistics. The class of 2009 surprised members of Residential Life this year by not overdoing the party scene.

expectations around campus, there were no changes in the drinking behavior of other classes according to Machielson.

There are many theories as to why such a change has occurred this year.

Freshmen say that there wasn't access to any sort of alcohol for their first weekend at SHU.

"We can never find any sort of party

on campus are pleased with this fresh start.

Psychology Professor Ron Hamel said, "It is a positive finding that no freshmen were transported to the hospital the first weekend of school."

"It's hard to know early on," said Machielson. However, he and others are hopeful that this first weekend is a good indication of what the rest of the semester will bring.

One theory has attributed the change in behavior to the goals and attitudes of this year's freshmen class. Rather than focusing on finding the next big party, freshmen this year have been giving more attention to campus activities.

"They have shown a different type of interest," said Leonora Campbell, Judicial Officer.

"It varies from year to year, but a huge number of freshmen have signed up to be involved."

The administration has seen a certain initiative from the class of 2009.

"The freshmen class this year seems very involved, with record numbers coming out to the activities fair," said the Director of Residential Life.

While freshmen this year have been showing a greater interest in campus activities than in years past, they also came to this university with a different type of education already implanted in them.

Janice Kessler, the Alcohol & Other

Drug Program Coordinator confirmed that this year's freshmen class were different than others.

"What happens with freshmen is that they usually aren't very experienced with alcohol," said Kessler. But this past year, at orientation, Kessler gave a lecture to incoming freshmen on the effects of alcohol poisoning.

"I'd like to think that that had an impact," said Kessler.

During this lecture Kessler also found that these freshmen had already had experiences with alcohol.

"We asked how many students personally knew someone who had died from alcohol. Ninety-nine percent raised their hands," said Kessler.

Kessler, who is starting her fifth year at SHU, said the number of students who raise their hands when asked that same question has been increasing with each year. With numbers increasing, Kessler, Campbell and others have started Peer Education Coalition.

"Sometimes students don't want to go to a counselor," said Campbell. Many students were trained on how to deal with drug and alcohol related situations. The goal of Peer Education is to be available to the students and help them deal with any issues they may have.

"We know that college students are going to drink," said Kessler, "our goal is reducing that high risk drinking behavior."

So far, Sacred Heart's freshmen are off to a good start.

"The freshmen class this year seems very involved, with record numbers coming out to the activities fair."

Allen Machielson, Director of Residential Life.

This year, freshmen did not live up to the expectations of wild parties and out of control drinking. For the first time in four years, there were no hospital transports for freshmen due to alcohol related incidents.

"We've already seen not only hospital transports down, overall incident reports of illegal use are down," said Allen Machielson, Director of Residential Life.

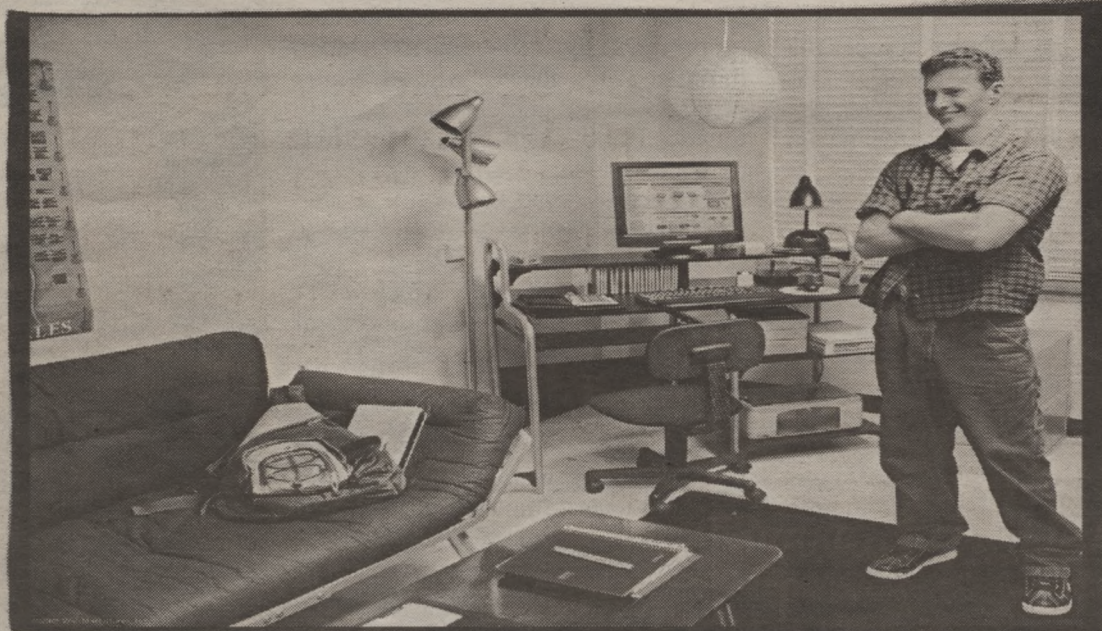
While the freshmen have changed

or anything, I was really surprised," said Kelly Castaldi, freshmen, Shelton.

"I guess [drinking] is usually off campus," said Krystina Jimenez, freshmen, Wallkill, N.Y.

With a full two weeks of the semester now complete, Sacred Heart is rejoicing the change seen in this year's freshmen class. Those involved with alcohol issues

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CAMPUS NEWS

English Club Aspires To New Levels

Diana Muniz
Staff Reporter

"Big things are happening."

The English Club, in its fourth year of existence, is beginning to tap into the creative spirit here at SHU. Also known as "The Literati," the English club was founded three years ago by senior Chris Crutchfield (Somers).

"I started it with Sabine Auguste," said Crutchfield, "to provide an intellectual medium for English majors and like-minded individuals to co-exist. Oftentimes it worked, sometimes it didn't. Despite this, for me it has been and will always be a success. Through the group I have made friends and forged relationships with people I otherwise would have never met."

Meetings are held every Thursday at 4 p.m. in the Mahogany room. It is a place for people with any form of creativity in the arts; whether it is in music, art, dance, drawing, painting or writing.

"We need everyone," said Brad Holland (Vernon, B.C.), current Literati president. "We need writers, musicians, artists, web designers, poets, actors, playwrights and cartoonists. We want everyone here at SHU to get together and share their talents, in order to get new ideas out into the University."

Holland said, "This is a revolution. We want to develop new ideas and new forms of creative and imaginative writing. We need everyone we can, all the talented people here at SHU to come together to build something bigger than all of us."

He also believes the group will be

good for mental well being. "Open discussion is healthy," he says. "It gives you an upper hand and keeps you on edge; it keeps the mind and spirit going, it is food for your intellect."

In addition to sharing ideas and establishing a place for discussion, students can go to get help from other students by having their work revised, corrected and improved. Each month the group plans to host paper sharing nights, where courageous souls go to read their papers and submit themselves to interpretation from the group.

"We aren't here to tear anyone down though," said Robinson. "We're here to build."

Criticism is integral to the creative

process; it takes flat pieces of work and fleshes them out. Criticism also allows a person to view a regular piece from different points of view, just as Picasso did with his profiles. It gets the creative juices flowing.

The question is, where is all of this work going to go? "Well," said Robinson, anyone who writes wants to publish. So...the book is the hook."

The book he speaks of is the annual publication Horizons. Each spring Dr. Sandra Young, English professor here at SHU, collects and publishes the best creative writing and artwork from the course of the year. Young and her selection committee choose the finest, original and most stylistic pieces of literature

from anyone in the University.

Horizons includes: poems, drawings, stories, artwork, musical lyrics, essays; anything original, innovative and creative.

By fusing together many different angles and viewpoints, students will have the basis to turn their work into masterpieces. The group intends to submit these "masterpieces" to the SHU creative writing journal Horizons at the end of the year.

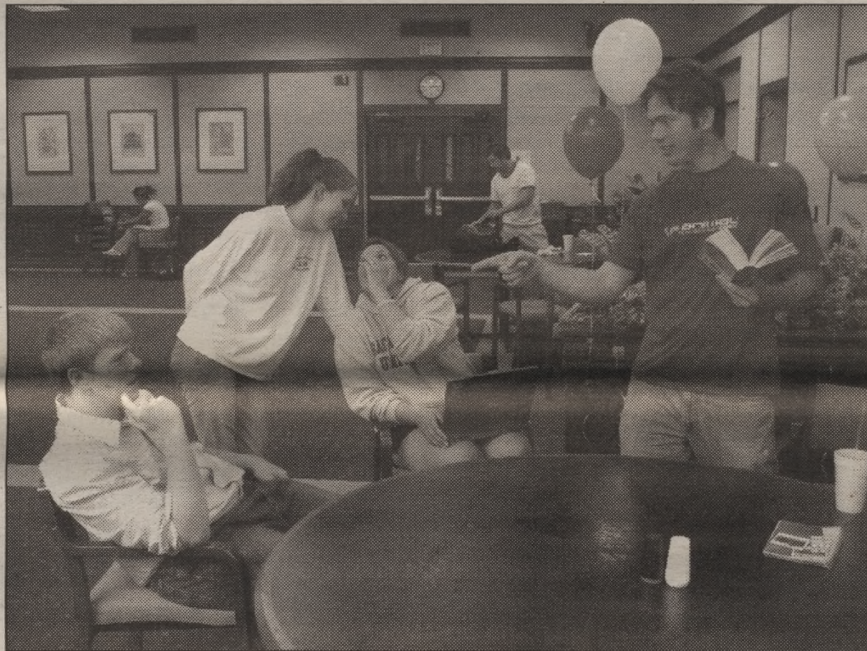
"And Horizons isn't even the end of it," Robinson said. "In fact, it's only the beginning," he said, and smiled. "Big things are happening."

Dr. Rich Magee, the faculty advisor for the English Club hopes many students will come to voice their opinions.

"I think one of the biggest benefits of the English Club is to introduce SHU English students to what it's like to be an English major," said Dr. Magee. "This is exactly what being an English major is all about."

"I mean, you know what your classes are like, you know what writing a paper is all about, and you know how to read and interpret...but what are the bigger things out there? There is public relations work, teaching, grad school, literary theory, law school...The way I see it, the English Club is sort of this mesh that connects all of your other classes and experiences together, and helps to put them in some sort of context."

"It will give you a new way to think about what being an English major is all about," he said.



The Spectrum/Travis Flynn

Members of the English Club are involved in a heated argument.

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CAMPUS NEWS

Senior Awarded 2nd Place in Statewide Writing Competition



The Spectrum/Courtney Pustay

Diana Muniz smiles for the camera.

Nick Brown
Staff Reporter

Last semester, senior Diana Muniz wrote an article for The Spectrum which targeted a topic that many students are concerned with.

She had noticed a new trend where

students, mostly female, were wearing bracelets that supported a website that aided people lose weight.

After visiting the website, she discovered that perhaps the address was causing more harm than good.

Diana Muniz is a senior and a media studies major. She commutes to SHU from Stamford, but is originally from the Bronx in New York.

Before attending Sacred Heart University she told the Spectrum that she had moved around quite a bit, from the Bronx to all over Massachusetts to Connecticut.

The site Diana found, had pictures that portrayed extremely skinny girls as beautiful.

Diana studied the site and even went through the trouble of showing it to a SHU professor for a second opinion on this matter.

The professor analyzed the article and came to the same conclusion as Diana, that this particular website encouraged eating disorders.

After further research, Diana wrote the article that she has recently received high recognition for.

In the spring, Diana was a member of The Spectrum writing staff. Before she

joined the staff as part of her media studies requirement, she had been writing poetry in her spare time and always seemed to have a knack and an enjoyment for putting words down on paper.

After she had written the article for the Spectrum, she received her first award.

She received the award for the best article of the semester and then the article began receiving more attention outside the campus.

Recently, The Society of Professional Journalists (SPJ) in Connecticut presented her with second place for the best article statewide in their college section.

"I was literally in shock, I did not expect to get the award, I had previously won the award for the best article of the semester and never thought I'd win the state contest," said Muniz.

"Young girls are really tortured by the concept of beauty, its been said before but the way women are portrayed on television and in publications creates an image that is almost impossible to achieve and some girls are killing themselves to try to obtain this appearance."

Last year was the first year Diana had her work published and she knocked it out of the park in her first semester. The article caught the attention of The Spectrum staff,

editors and advisors, which aided in the statewide recognition after being read by a good portion of the student body.

According to Diana, she plans to write in the future.

"I love being a journalist, I love to write, that's my passion," said Muniz.

In addition to writing she also enjoys photography and wants to eventually work in publications.

"[After graduation] I would really like to work for an international magazine like Cosmo or Vogue, as a features writer or maybe even a translator," said Muniz.

Diana's ability to speak several different languages sparked her interest in translating for an international publication. Besides being a talented writer Diana speaks Spanish, Portuguese, French and she is currently learning Italian.

After winning this prestigious award, Muniz ensures that she will not stop writing anytime soon. Besides being on the newspaper staff last semester, she is a contributing writer this semester as well as the assistant editor to the Spectrum's new magazine that will be available to the school later in the semester. With her passion for writing, hopefully we will be reading more of her work as the year continues and in the future.

Students Rush for Friendship & Opportunity

Shaun Mitchell
Staff Reporter

Toga parties, frat houses, and all out debauchery are the stereotyped images of Greek Life. Forget all that with Sacred Heart, as the fall rush is a relatively small event.

Some students don't even realize that during the fall semester of each academic year that there is in fact a Greek rush process. It usually just flies under the radar of the average college student. Some students actually thought that rush didn't take place last fall because it was so quiet.

"Fall rush is informal. Only returning students can participate so the numbers are smaller," said Jane Sanders, the Coordinator of Greek Life.

Freshmen cannot participate in the fall rush because of a policy that has been put in place by the University the year Sanders took up the post of Coordinator of Greek Life. The administration is looking out for the greater good of the SHU community.

"Freshmen can't rush in the fall to ensure that all new students, including

transfers, get adjusted to Sacred Heart, including the academic community. It is important to know your Greek organizations first. We like to give you a semester to get settled," said Sanders.

There is no time like the present to get to know your Greek organizations here at SHU. There are currently eight active organizations – that is three active fraternities, and five active sororities.

The fraternities include Lambda Sigma Phi, Alpha Sigma Psi, Omega Phi Kappa, and Sigma Delta Chi.

The sororities include Phi Omega Tau, Beta Delta Phi, Zeta Iota Lambda, Kappa Phi, and Nu Epsilon Omega.

Sacred Heart University's Greek life is very unique in the fact that all the organizations are local, not nationally recognized chapters. These organizations give Sacred Heart an individuality that other Universities don't have.

"What is best about the organizations at SHU is when you join the organization, you know everyone and everyone knows you. It is a close, tight knit family. Being in a national

is almost like going to a family picnic where you meet your 23rd cousin from the cast away side of the family.

"You just don't know everyone in your organization. You might share the same name but deep down you don't know anything about them," said Josh Sedlock, senior, Naugatuck, and VP of Greek Life.

The other great thing about our Greek Life is the fact that our organizations all have a cause or a purpose.

For example, Phi Omega Tau is dedicated to help AIDS research and they hold the annual Sacred Heart University AIDS walk.

National fraternities don't have that luxury of helping others while maintaining a great brotherhood or sisterhood.

It is that time of year, for returning students to take the opportunity to partake in Greek rush if they so desire. The Greeks are taking a different approach, to the rush process. This year they have rush representatives to assist in the process.

"My job is to recruit people to a sorority in general, not just mine. I

want to get students involved," said Kristen Fitzpatrick, sophomore, Miller Place, L.I. "I personally joined Greek life because I wanted to be a part of something great."

With rush right around the corner for this semester and the planning for January's spring rush the Greek Life office is very hectic. Even with the rush representatives helping, Jane Sanders is a very active woman on campus this time of year.

"We are really excited about meeting potential members. We are hoping for a successful rush in January," said Sanders. "We encourage the freshmen to attend the various Greek Life events to ensure that you can make the right decision in the spring."

Keep an eye out for all Greek Life events on campus and if there are any questions, feel free to contact Jane Sanders at sandersj@sacredheart.edu. Happy rushing!

BEYOND SHU

Academic Integrity Challenged

Nina Blair Wales
Staff Reporter

Colleges and universities across America have created academic integrity policies to curb cheating and plagiarism. Although these policies exist and the consequences of both are well known, students are still taking risks.

If a student typed "paper on ethics" into an Internet search engine, the top yielded results are sites directing students to fast, easy, and downloadable papers about ethics.

From the ethics of the death penalty, to the ethics of abortion, and ironically, even the ethics of cheating and plagiarism, hundreds of papers are available at a student's disposable.

If you continue to further investigate the search results, there are even sites that provide tutorials on how to cheat and not get caught.

The Internet has made it increasingly easier for students to avoid their responsibilities to complete their assignments.

Sacred Heart created an academic policy that specifically outlines what constitutes cheating and plagiarism.

Although the policy contains standard and conventional explanations of what the university considers as cheating and plagiarism, students often do not adhere to the rules.

"I know cheating is wrong and I know copying another person's paper is also wrong but I will still do it", said an anonymous Sacred Heart University junior.

It is this type of mentality and brazen attitude that have recently sparked counter measures to battle the ever-evolving ways students cheat and plagiarize.

Professors and collegiate advisors have created new tools and applications to end or at least make plagiarism less accessible.

Websites have been developed that specifically focus on the prevention of plagiarism.

Professors can visit websites like www.turnitin.com or www.iThenticate.com to verify that a student's paper is their

own original work.

By simply scanning a student's paper into the computer and uploading it to one of these websites, the website can then identify phrases and sentences that have appeared in previous publications.

Although these new websites have certainly made it easier for professors to manage and reduce plagiarism; some professors and teachers are unwilling to truly address the problem.

"Who wants to sit around looking for websites trying to find out if a paper is plagiarized or not...pretty soon you're a private investigator," said a Stanford University professor, from an article in Tech Web News.

The most state-of-the-art application and technology can be available to combat student's plagiarizing but if the professor's are do not acknowledge the problem and make an effort to eradicate it, the websites are useless.

However, university professors can only do so much to prevent plagiarism; they are not supposed to be academic

babysitters.

Therefore, it is primarily the responsibility of the student to present their work in a fair and honest way.

If the student takes the time to create original work, there would not be essay and paper authentication websites.

Yet even with the consequences of receiving an "F" for a grade, personal humiliation, and potential expulsion, students are still taking risk.

As stated in the Sacred Heart University academic integrity policy, it is the mutual responsibility of both faculty and students to prevent plagiarism and cheating.

Professors believe that cheating and plagiarism is definitely wrong but they are unable to find a permanent solution to preventing plagiarism and cheating.

Students realize that cheating and plagiarism is morally wrong but, many are still not ready to abandon their lazy ways, and the SHU professors are finally ready to stop cheating.

It's All Fun & Games Until The Bill Arrives

Danielle Holton
Staff Reporter

Having a mall one exit away from campus isn't necessarily the greatest thing for the check card users here. Unless they keep track of their checkbook it could be costing them more money than the shopping trips themselves.

"I used to keep track of my checking account by my ATM receipts, turns out that's not a reliable way," said Mark Maleri, sophomore, Seymour. Maleri is not alone in thinking that what the ATM says is available, is correct.

ATM receipts are not necessarily correct because of checks and check cards. Because these items are used and take a couple of days to clear, merchants have set up a system to take more out of the checking account than what was authorized. This is done as a safety precaution for them, as a way to ensure their payment.

Eleanor Cook from Wachovia Bank customer service said, "Say you go to a Restaurant and spend \$30, if you put it on your check card the Merchant automatically charges you \$35, because they want to charge you if you leave a tip as well. When the charge clears they will only take the \$30 you signed for and the \$5 will be put back into your account. The merchant automatically does this; the bank really has no control over it."

Check cards compare to credit cards in a few ways. Check cards provide the flexibility to pay for things without having cash on hand or a check.

A difference is the money comes directly out of a checking account instead of getting a bill in the mail. However, because there is a credit card logo on the

check card, people forget that the money does come from a checking account so it is essential to make sure the money is in the account.

It's all fun and games until the overdraft charge. An overdraft charge is a fee for spending more money than is in the checking account.

Unlike a credit card, if more money is spent than actually available, it does not affect your credit score.

The predicament occurs when you get an overdraft charge because they can add up. If the account is with Wachovia the overdraft fee is \$30 if you live in Connecticut. Each time overdrafting occurs with Peoples Bank the fee is \$28 no matter where you live. If the account is with Bank of America, previously Fleet, the overdraft fee is based on the number of times overdrafting occurs each year.

For instance, "The first time an overdraft occurs in one year there is a fee of \$19, the second to fourth time in the same year there is a charge of \$31, the fifth time and over there is a maximum charge of \$34," said Steve Due, Bank of America representative for Customer Service.

The question is: what can be done to prevent an overdraft fee?

Most banks provide an "Overdraft Protection" program. This is where having a protection account, either a savings account or a credit card, is put to use. If overdrafting occurs, instead of applying an overdrafting fee they will go to the protection account for reimbursement.

The catch is that the protection usually costs a minimal fee. In Wachovia it's \$5 fee for every transfer over, People's bank is a \$1.50 monthly fee for it's services, and Bank of America charges a \$10 transfer fee.

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Perspectives

What Jobs did Students Take on This Summer?

Ariane Rasmussen
Staff Reporter

Ever wondered where SHU students were this summer? Based on the students interviewed by The Spectrum, most were busy working one, two, or even three jobs covering anywhere from 10 to 60 hours a week and averaging 40 hours. Amongst these students, job functions varied as greatly as the type of experience they had. While some jobs were directly related to the student's major, others were not.

"I worked at John Winthrop School as a camp counselor. I loved being able to work with kids from different backgrounds, financial statuses, and connecting with the Bridgeport community. The worst part was that the long morning academics were strenuous for some of the kids," said junior, Social Work major Taneisha Cantare from Suffern, N.Y.

Biology major sophomore Michelle Mortali, Hamden said, "I worked as an orientation leader and in an ice cream parlor back home. The best part about being a SHU orientation leader was meeting, working with, and helping new people. The worst part was sometimes working from 5 a.m. to 2 a.m. and then having to get up the next day and do it all over again."

"My job was to help a lady who owns a small movie store in the cen-

ter of my town. The best part about working there was that she let me take home free movies whenever I wanted to. It was pretty cool to give people my opinion about movies because they took it seriously," said sophomore Jay Gagliardi, Northford, Media Studies major.

Some students had to deal with special circumstances at work like sophomore Heidi Marine majoring in Social Work (Trinidad, Wis.) who "started the summer off watching two kids and ended up having about 11 kids" with only two of them actually paying her to which she said that she "loved playing with them but hated feeding them."

Physical Therapy graduate student Suzanne Bastos, (Naugatuck) also loves helping people and said, "This summer I worked at St. Vincent's Medical Center as a CNA. The best part of it is the patient-care, but the worst part of it is the profession I am in right now. We do not get enough respect from other health-care professionals."

Justin Colby, junior, Saco, ME majoring in Exercise Science said, "I was a cook for a restaurant at an airport this summer. The people I worked with were great, but the hours were tough because I had to wake up so early."

When it comes to the positives and negatives of his job, Rob Edwards,

junior, West Sayville, N.Y. majoring in Criminal Justice said, "I life guarded on Fire Island at Ocean Beach. The worst part was waking up early and [the fact] that I didn't really have much of a summer because I was at the beach working 40 hours a week. [But] I got to hang out on the beach all day - it doesn't get much better than that."

Organization at a job site can also be a major negative factor for a student, Blake Holl, freshman, Smithtown, N.Y., Physical Therapy major said, "The best part of my job at Uncle Giuseppe's was getting discounted products. The worst was that the managers were horrible and contradicted themselves. It just wasn't a very well-rounded organization."

Christine DeSanno, sophomore, Port Jefferson, N.Y., Pre-Med student, who was a physical therapy assistant and a waitress said, "The best part of my job was that I made a lot of money during the week working as a waitress and the worst were the hours. The physical therapy job also became boring after a while because I wasn't directly working with the people. It was only my first step in getting into the field."

English major Annie Bellettiere, junior, Brooklyn, N.Y., who interned with the Brooklyn Cyclones, said "I had an incredible experience that made me realize that I want to work in public

relations after I graduate. The worst part of it was that I had to do a lot of heavy physical labor, but I made a lot of connections there."

Majoring in Criminal Justice, Hayaana Marine, sophomore, Trinidad, WI, said, "I worked at an insurance company in NYC. The best part of my job was that I was able to get a feeling for the job setting and to experience commuting to N.Y. from Conn. as well as dealing with the issues that came up."

Although some jobs did not specifically deal with the student's major, it did provide him/her with some type of an insight in the field.

"I was a nanny for three families this summer. At one point, I experienced working with an autistic boy which I found really interesting and educational," said junior Liz Orlando, Carlisle, MA majoring in Psychology.

Students acquired summer jobs either by posting a "job needed" ad in the town newspaper, utilizing the help of SHU's Service Learning Program, using an acquaintance's aid, or by simply submitting an application.

Regardless of the method used to get the job, and whether or not the positives outweighed the negatives of that job, these students definitely had very different experiences from each other this summer.

The SPECTRUM

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

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Coming Soon...

For anyone interested in writing for The Spectrum -
take part in our guest column!

*Ever wonder the importance of internships? Need
help with job/career search strategies? Send in
your questions & get professional answers.*

Please email all questions to the Editor-in-Chief at s-decker@sacredheart.edu

Planning to travel outside of the US?
Still haven't gotten your passport photo taken?

The Sacred Heart Mail Center Invites you to:

Passport Day

Wednesday, September 28, 2005
From 10:30 am to 2 pm
IT Conference Room

The US Postal Service will be on campus to take passport photographs and process applications. For more information & rates, please visit: www.state.gov and click on "Passports".

He Said... She Said...

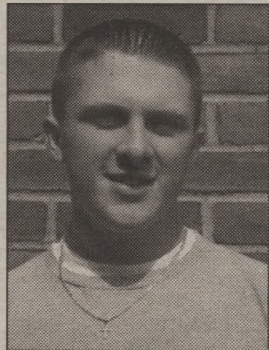
What Makes or Breaks Relationships?



Robert Roy
"He Said" Columnist

This is an obvious answer isn't it? Most people would say physical attraction. When you question their motives, they will simply retort with arguments about how that is the first thing you notice. They will support it with the idea that having a huge sexual attraction will maintain that "spark" in the relationship. Yes that is great, the spark is important, however compatible personalities will give you a much more healthy and meaningful relationship.

These qualities will become evident as time passes in your relationship. Once you sit and actually have a deep conversation with your significant other you will know if you have compatible personalities. If you want a quick, relationship that lasts no more than a few weeks then by all means go for the looks, but if you want a significant, committed



The Spectrum/DANYA JIMENEZ

relationship then find some who you can relate to and have more than just sexual attraction.

If you can find a combination of both of these, however, you will have the ability to grow and nurture a strong, lasting relationship. When you look at your significant other and after three years he or she still takes your breath away and you can still sit and have a real conversation then you absolutely have something special...do not ruin something that good.

Rachelle Murphy
"She Said" Columnist

Relationships are based on trust, support, and hopefully love. In relationships you experience ups and downs, and your significant other is with you through everything. What do you do if your relationship changes and you are faced with new series of challenges, all stemming from your significant other? What would be the dealbreaker of your relationship?

1. Cheating- Cheating is inexcusable. If your significant other cheats on you, there should be an automatic break up. This action just shows you that your partner does not care about your feelings. If he did, then he would not have cheated.
2. Lying- This goes along the same lines as cheating. Obviously, in order to cheat some lying has to be involved. Your partner shouldn't lie or mislead you about important things. You do not have to know everything.
3. Unavailability- Your partner is there for you no mat-



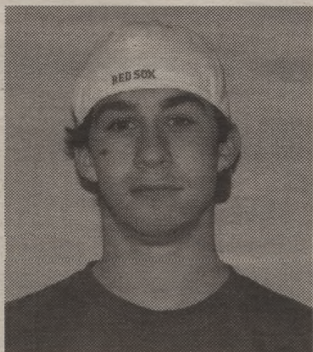
The Spectrum/ELYSE HARRELL

ter what. If they suddenly become M.I.A., you should have a talk with them. You are in a relationship to support and care for one another.
- 4. Vanity- This may seem like a shallow point. However a lot of women feel that they shouldn't wait for a man. Women want manly men; someone who can make them feel safe, not someone who spends more time in front of a mirror than a woman does.

All of these factors could potentially lead to a breakup, but the most important thing is to follow your heart.



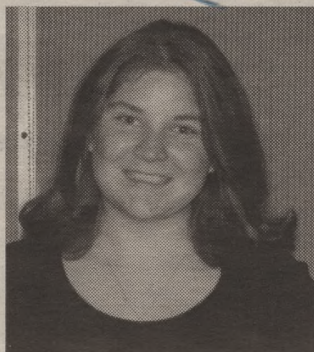
What is your biggest pet peeve in a relationship?



"I hate it when a girl can't trust me and always gets jealous when I talk to other girls."

Jeff Frechette

Goffstown, NH ~ Freshman



"Saying they will call and never do it."

Rachel Brophy

Dalton, MA ~ Junior



"When a guy doesn't introduce you to their friends."

Danica Lalli

Corom, N.Y. ~ Sophomore

Senate called to order the second meeting of the semester on Sept. 13, 2005. Although it is still very early in the year, plans are being made for events to reach the student body. As reported in our last issue, Senate has high hopes to reach the students this semester. An event is being planned for the upcoming month to reach out to the students. Getting Senate's name out to the students is very important, and hopefully an event of t-shirt tie-dye will do just that! More information will be sent to students in the coming week.

To all the students who are not aware of the Student Senate, a brief introduction is in order. Senate is a branch of the Student Government here at Sacred Heart University that works to make changes for the students in response to concerns addressed by the students. Kurt McCloud, VP of Senate calls Student Senate "a forum for students to raise general concerns. We take those concerns to administration and are essentially the link between administration and the students." One of the most unique things about Senate is that they hold meetings which are open to the students. They look forward to being able to field questions directly from students, and are honored to pull up another seat to the table of discussion.

Committees within the Senate as a whole are important in the process of connecting to the administration. For example, the new committee this year is called Student Union. This committee is chaired by sophomore Senator, Justin Schiavone. The links to the faculty are Kathleen Haughey and Mike Moylan. What this means is that when students come to Senate and express a concern regarding something within the Student Union, Justin would field the question. Justin would then go talk to his links in the Union and would find out more information about the topic at hand. By asking his links more about the student concern, he is more likely to provide a better outcome response. One of the issues which Justin will be inquiring about this semester includes accuracy and efficiency with the SHU shuttle. This and other issues that were brought to the attention of the Senate last year actually made the Senators realize how important having an individual committee for Student Union issues really is.

Please feel free to bring any concern to the Student Senate. The success of this organization truly lies within the hands of the student body. If Senate is not receiving the input and opinions of the students, it is very difficult to make changes for the benefit of the community. Voicing concerns will not only help the affected students by connecting more quickly to faculty links, but it also helps Senate be a better and more effective organization on campus.

- Contributed by Erin Maurer.

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

—Arts & Entertainment—

57th Annual Emmy Awards Show

Matthew Libassi
Staff Reporter

Isn't that Michael Bluth from *Arrested Development*? It's Jack from *Will and Grace*! This Sunday big-name-no-name TV personalities strutted their stuff on the red carpet for the 57th Annual Emmy Awards.

Hosted by Ellen DeGeneres, the Annual Primetime Emmy's started off with a big bang on the red carpet. Stars from all across your TV channels, including Jason Bateman, Zach Braff, and Doris Roberts, made an appearance at the awards show.

But does anyone really watch the Emmys? The stars on the boob tube do not really have the same clout as someone on the big screen, and yet TV stars become a household name, and a personal friend—like Joey, Rachel or Monica from *Friends*.

"I used to watch the Emmys when I was home and watched TV programs regularly. But now that I am at college, and don't really have time to watch shows, the Emmy's aren't that important to me," said Justin Schiavone, sophomore, Huntington N.Y.

The Emmy's do hold an importance to many, but the pizzazz of the red carpet isn't just the same as let's say the Grammy's or Oscars— but the dresses are. For some, the Emmys still mean glit and glamour or who wore what and when.

"I like watching the Emmys because

of the dresses. My roommates and I sit around laughing at or drooling over them," said Christine Fahey, senior, the Bronx N.Y.

Like Fahey, Dorrie Huen, Junior, Riverhead, N.Y. said she "just watches the Emmy's because of what the celebrities wear, or what the major winners are like best drama series. Otherwise the show just drags on."

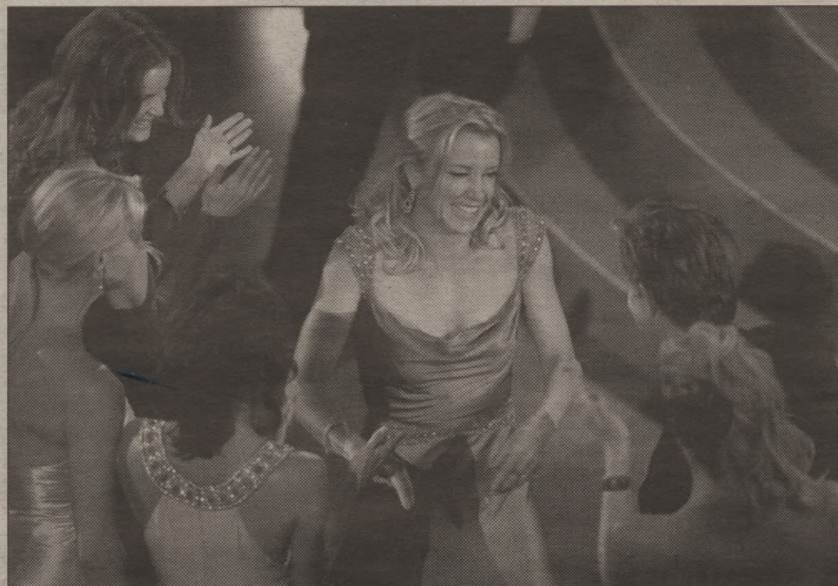
But despite anyone's personal feelings about the Emmy's themselves, the 57th annual awards was an overall success, with performers rocking the stage.

The show opened with a magnificent tribute of this past year's funniest moments performed by the Black Eyed Peas and Earth, Wind, and Fire.

The new Emmy idol pitted stars like Kristen Bell, Gary Dourdan, Megan Mullally, William Shatner, Donald Trump, and Macy Gray against each other, allowing the audience to crown Mr. Trump as the big winner of this year's Idol, who performed the "Green Acres" theme song with Meghan Mullally.

Each performed a TV theme song, allowing the audience to reminisce of past favorites and have the public call in during the show to choose their Emmy Idol. The performances were surprisingly funny, entertaining, and downright good.

The show went off without a hitch and Ellen really kept the crowd entertained by her little comments and ongoing gags throughout the show.



AP Photo/Mark J. Terrill

Felicity Huffman is congratulated after she won the award for outstanding lead actress in a comedy series for her work on "Desperate Housewives."

Some real touching moments shined through the night with tributes to the victims of Hurricane Katrina, Johnny Carson, Peter Jenkins, as well as moving montage of all deceased TV personalities and business contributors.

Some big winners included the best comedy series going to *Everybody Loves Raymond*, best Drama going to *Lost*, Tony Shalhoub taking home the gold for best comedy actor, and Felicity Huffman from *Desperate Housewives* for best lead actress in a comedy series.

"All in all I was pleased with the Emmys, it went pretty smoothly and I really thought the tributes added to the show," said Stephen "Russell" Zito, sophomore, Gilford.

Whether it is the Emmy's, Grammy's, or Oscar's, people-watch award shows for the celebs, what they wear, and the major performers and winners. Even if you don't necessarily watch TV regularly, just tuning into the Emmy's definitely would have kept you entertained for an evening's worth.

Celebrities and Students Help Hurricane Katrina Victims

Gina Saccaro
Staff Reporter

Hurricane Katrina's disaster to New Orleans has effected the entire country. Celebrities as well as the Sacred Heart community are doing their best to help.

With celebrities constantly in the spotlight it only makes sense that their relief benefits will be successful. Celebrity fundraising is found everywhere from clothing to TV shows.

"I think that it is a good idea that the celebrities are helping out. It encourages people to contribute by following in their example, since everyone is influenced by the media anyway," said Amanda Falzon, sophomore, Valleystream N.Y.

A number of celebrities are helping out the gulf coast. Celebrities include Teri Hatcher (*Desperate Housewives*), Michael Jackson, Jay-Z, Snoop Dog, Mariah Carey, James Brown, and Lauryn Hill.

Teri Hatcher has teamed up with a fashion company called "My T" to create T-shirts with powerful and inspiring words. Half of the proceeds will go directly to the Red Cross to help the victims of the hurricane disaster.



AP Photo/NBC, Paul Drinkwater

Actor Charlie Sheen walks out to sign a Harley-Davidson on the Tonight Show with Jay Leno.

"I think that the aid certain celebrities are giving to help the Hurricane Katrina victims is very generous. It's important that the people who are in the eye of the public help because that sets an example and inspires other people to donate or help," said Nadayne Limerick, sophomore, Massapequa, N.Y.

Michael Jackson is working on a single to help in the relief benefits entitled "From the Bottom Of My Heart." Jackson is collaborating with the industries top performers. All of the profits from Michael Jackson's Hurricane Katrina relief single will go straight to the victims.

Along with celebrities, students and faculty at Sacred Heart are doing what they can to help. The events on campus that are taking place to help really show the dedication the students here have in helping the victims.

"I felt really bad for all the people who lost homes and lives, and belongings. I also feel really badly for the people who had to get sent home or are stuck at school," said Dayna DiBiasi, junior, Happaage, N.Y.

Some of the on campus activities include donations of food and supplies, as well as a relief benefit that took place on the Flik patio on Sunday September 18. The cheerleaders also distributed bags at the last home football game for anyone who wanted to donate money.

The relief benefit which took place on Sunday included a spare change table, comedians, food, music and raffles. A lot of students showed their support.

"I think it's great that the country as well as the Sacred Heart community is pitching in to help the victims. It must have been so devastating for them," said Colleen Deegan, sophomore, Massapequa Park, N.Y.

The benefits that celebrities are host-

ing as well as the benefits here on campus are just a small step in helping New Orleans. It is going to take a long time to rebuild, but if people keep contributing, the relief effort will be more successful.



AP Photo/Monty Brinton

Mariah Carey performs on Shelter from the Storm: A Concert for the Gulf Coast, in Los Angeles Friday, Sept. 9, 2005.

What's Hot and What's Not: NYC's Spring 2006 Fashion Week

Jaclyn Hull
Staff Reporter

With the start of the season, some students can't stop thinking about the fashion trends for Fall 2005. From embellished jeans and gaucho pants, to cropped sweaters, hobo bags, and boho tops, students find themselves rushing the jewelry counters to pick out chunky ethnic jewelry to match Fall's most popular browns and teals.

But while talk on campus seems to be about Fall styles, the world's fashion capitals are moving onto designs for their Spring lines during fashion week, which was held last week in New York.

Fashion week is an event that takes place worldwide when fashion designers display their season collections through a series of fashion shows attended by big store buyers, high-end media, stylists, celebrities, and their most wealthy clientele.

"Being from New York, fashion week is always something I look forward to. Seeing what's new for the next season makes shopping so much easier and helps out when I'm picking out what to wear when I go out Thursday nights," said Jenna Orlando, Junior, Eastchester, NY.

Different shades of browns, blues, and teals tend to be the it color for Fall, while Spring lines showcase softer colors- lots of white, shades of beige, and more greens, from emerald or lime to avocado.

"I love that brown is so popular this season, with everyone still tan from the summer, I think it compliments most skin tones," said Shauna Zajac, Junior, Westbrook. "I also like the new layering

style, it's as if it's not even cool to show your stomach anymore, I like it plus I think it looks really cute."

As far as wearing the new trends, waists are being set higher on one's natural waistline making it easier to layer a braided belt over a long tunic, and pants are being sewn with wider legs, to balance out the body giving a slimmer appearance. Belts can also be worn just below the bust line to give a longer looking effect. Dresses hit the runway with again, higher waists in floral fabrics hitting just below the knee, a style that originated from the 1950's.

Reoccurring designs throughout some of the designers at Fashion Week showcased oversized bows worn across the bust, floral embroidery, and lots of ruffles. Come spring, ruffles will be everywhere, on soft chiffon and satin fabrics at the bottoms of skirts and across tops close to the neckline. Other detailing to look forward to is the very feminine texture of contemporary eyelet and lace.

Victorian inspired shirts were a hit, detailed with major ruffling, and billowy, puffy sleeves. Large pendant necklaces accessorized most outfits, interchanging a few with oversized wood beads, braided rope, or woven leather. This is quite a change from the past silver or gold bling phase.

"I think the beaded necklaces like the ones found in Forever 21 are really cute, it kind of gives girls a more down to earth type look which I find to be very pretty," said Lisa Meyer, Junior, North Haven. With the lighter textures and colors for spring, stores will be showcasing more subtle and natural looking styles.

Fashion designer Ralph Lauren continued to swear by his favorite natural and nautical designs of white, navy, cream and black for his Spring collection. Even though his colors were not out of the ordinary, his models sported oversized gold bags with gold heels. Lauren shoes may be a little pricy, but other designers had a different idea for more affordable pairs.

Not only was Payless Shoes one of the biggest sponsors for fashion week, they walked the runway as well. Some models slipped on Payless' collection of shoes which showcased stylish shoes perfect for college students on a tight budget. A familiar trend paired with almost all collections were the ballet inspired flats worn with combinations from dresses or skirts, to shorts, slacks, and the popular cropped pants.

For those with a different taste of fashion that won't be into the delicate, more natural looking Spring designs, Gwen Stefani introduced her new L.A.M.B. collection which featured her typical everyday wear.

-From track suits, tank dresses, plaids, leg warmers, and halters, Gwen's styles worked around urban street style. She seemed to be one of the most popular and anticipated designers to attend Fall's 2005 fashion week.

As students continue to shop for Fall styles, the Spring 2006 collections have already been designed, sewn and will be hitting local stores soon after the Fall and Winter seasons come and go. Subtle hues, flowy laces, billowy tops, and high waists are styles to look for that will soon be expressed through this Spring's 2006 collection of college couture.

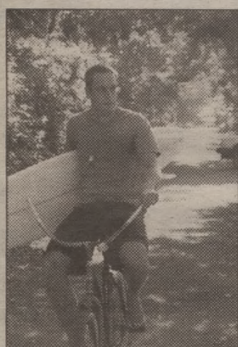


The Spectrum/ Elyse Harrell

Senior Danielle Forenza heads to class in this seasons must have gaucho pants.

"Brushfire Fairytales" Serenades New England

Joel Roch
Staff Reporter



Surf history.com
Jack Johnson shown here riding his bike.

"In Between Dreams" CD. "In Between Dreams", was released March 1, 2005 on Universal Records.

Johnson's concert took place inside a baseball stadium, making the atmosphere and over all mood of the show different than most other concerts. The ability to wander freely around a baseball diamond while listening to live music is something that everyone should experience.

The actual performance by Johnson was one to remember. Some highlights of the show include a version of "Bubble

Toes," from his "Brushfire Fairytales" CD, which turned into a medley of songs including The Cars' "Just What I Needed." Mr. Johnson successfully managed to take a four-minute song and turn it into a fifteen-minute jam including many well-known songs from the past.

Johnson also played a variety of cover songs ranging from Sublime to the Beatles, a task that should not be taken on lightly. Johnson performed "Badfish" from Sublime and "Two of Us" by The Beatles. For the Beatles' cover Jack was accompanied by opening act Matt Costa and the two contrasting voices made for a spectacular duet that would have made the Fab Four happy.

Other high points from the show include an accordion solo, yes read those words again, an accordion solo, that actually seemed to make sense at the time. For a few minutes the accordion elevated back onto the respected musical instruments list. Unfortunately, the squeezebox didn't have enough staying power to remain on the list for very long. Jack Johnson classics including "Rodeo Clowns," "Flake," and the

perennial live favorite "Banana Pancakes," made its album debut on In Between Dreams, were all offered up for the audiences listening pleasure.

The only downside to the show would have to be the distance traveled to actually get there. Luckily, there wasn't much traf-

fic, making a potentially long trip rather reasonable. The journey would certainly be worth it if given a second chance. Any one else who is interested in a man with an acoustic guitar singing about the beach and summer winds should do the same.

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Features

Express Yourself

Evolution: The Most Foolish Religion in History

Steven Biefeldt
Contributing Writer

Have you been brainwashed by this religion? Don't be discouraged, it's easy to be fooled. Consider there are two ways to view the world. The humanist view: "A big bang made the world from nothing." And the creationist view "An intelligent designer made it."

If we define evolution, we'll see there are actually six different types. Cosmic: Inception of time, space and matter.

Chemical: Origin of the elements.

Stellar: Origin of stars and planets.

Organic: Life forming from non-living material.

Macro: An animal becoming a different kind of animal.

Micro: Variations within kinds.

Only the sixth type of "evolution," is actual science, and should be named, "variations." Two dogs might produce a big dog or a little dog, but they will always produce the same kind of animal, a dog. The first five are religious theories and have never been observed. They must be believed by faith.

Since the first law of thermodynamics states matter cannot be created nor destroyed, how did we get here?

Either someone made the world, or the world made itself. One school textbook states, "15-20 billion years ago all matter in the universe was concentrated in one dense region, which might have been smaller than a period on this page." Everything in the universe (dirt, matter, etc.) was supposedly condensed, and exploded in a "big bang." Where did this matter and dirt originate?

The evolutionist must admit he does not know. If one said they believed God created the world, some would mock, "And where did God come from?" However, is it more intelligent to claim 20 billion years ago there was a big bang, and not to know where the dirt came from? Basically the creationist believes, "In the Beginning... God" And the evolutionist believes, "In the beginning... Dirt."

The theory supposes that after the big bang, earth developed a rocky crust. It rained on the rocks for millions of years and formed the oceans. The oceans became a complex chemical soup, and out of this chemical soup we slowly evolved. Was your great-great-great-great-great-great-great-grandpa...soup?

There are also those who believe in God, but have been tricked into believing he used evolution to create life. Why do we compromise our faith with a foolish idea like evolution?

The two simply cannot stand together. Sir Arthur Keith, (writer of the forward to Darwin's book for the 100th anniversary) even stated, "...The conclusion I have come to is this: the law of Christ is incompatible with the law of evolution" Nay, the two laws are at war with each other..."

The oldest tree in the world has been dated at approximately 4400 years old, the oldest coral reef less than 6,000 and the oldest desert no more than 5,000. If evolution is true, why do we not have an older tree, reef, or desert somewhere?

Were we all "Created in God's image?" Or did we evolve from rocks over billions of years? The next time you're in class and you hear your teacher say, "...Billions and billions of years ago..." Stop and ask, "Excuse me, were you there?"

Science class should teach science, and not fairytales. There is no need for students to be brainwashed into following a religion as ridiculous as Evolution.

Peer Support Groups Lend Hands In Healing Process

Theresa Vosilla
Staff Reporter

Many college students tackle difficult issues everyday. These issues can range from grief, body image, relationships, substance abuse, and physical or sexual abuse. Finding the right kind of support to help you get through these hard times in your life can be difficult. A confidant or support group can aid in the healing process. If you feel that you are someone in need of support, then you are not alone.

The Counseling Center is now offering support groups with counselors and other students to discuss their problems or concerns. The groups will offer students a unique opportunity to hold discussions with other students in a caring and confidential environment.

The loss of a significant person in your life is terribly sad and often difficult to deal with and overcome alone. There will be a Grief Support group offered to help students deal with their emotions by discussing their feelings with other students who have also suffered the loss of a loved one. This group will be co-sponsored by Campus Ministry.

Do you find yourself always worrying about your weight and obsessing over your appearance? Do you find that you continuously compare yourself to others? Are diets and workouts taking over your life? Do you strive to be like stick thin models and celebrities? If any of these questions apply to you then the Body Image support group may be a good place for you to talk about your issues and realize that you are not the only one who may have body image concerns.

There is also a new support group called Healthy Relationships. This group will help determine what makes your current or past relationships healthy or unhealthy. This group can help those who do not want to

repeat past mistakes and who want to break bad patterns. This support group will give you the opportunity to examine relationships with your fellow peers.

There is also a support group called ALIVE, which is for survivors of sexual and physical abuse. ALIVE offers the opportunity to talk to other people who have gone through similar circumstances dealing with abuse. The group may help you to realize that you are not alone and other students have dealt with some kind of abuse.

In addition there is also the Recovery support group for those with a current or past alcohol or substance abuse problem.

All of these support groups are free and confidential. They will be held with a counselor and other students. The sessions will include discussions and various other activities designed specifically for the group. Students should keep in mind that all information shared during the group sessions is completely confidential. Talking to others can help you overcome your problems and issues. Discussing your experiences and feelings can be difficult for

some people at first. Usually once this is overcome it can help break down barriers and bring relief. Relating with others can bring healing and strength. These support groups are created so that students know that they are not alone. There are others who share the same feelings and may relate or understand what you have been through or are going through.

Along with support groups the Counseling Center also offers one-on-one counseling for students, faculty, and staff. If you are interested in participating in any of these support groups or counseling services you can stop by the Counseling Center at Park Avenue House, located upstairs from Health Services. Office hours are Monday through Friday from 8:30 A.M. to 4:30 P.M. You can also call the Counseling Center at 203-371-7955, or email Jocelyn Novella, the Assistant Director of Counseling at Novellaj@sacredheart.edu.

Please include your availability and which group or groups you are interested in so that accommodations can try to be made for all students interested.

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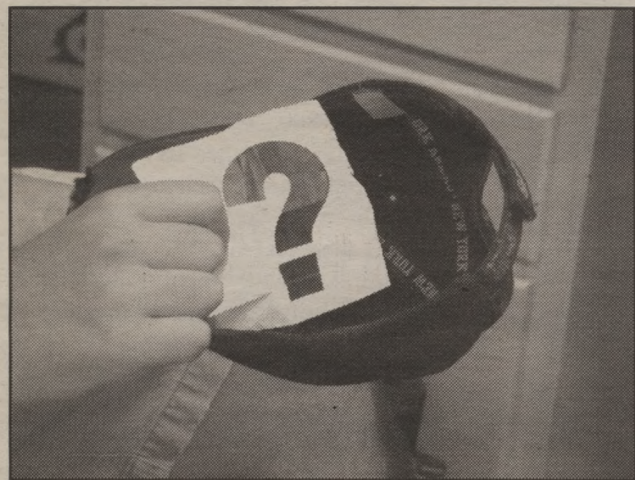
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Captain of Controversy Hosts Discussion

Dallas Kalmar
Staff Reporter



The Spectrum/ Elyse Harrell

Daniel Thomas of East Hall was host to an open group discussion on Thursday night, September 15th in the Roncolli Hall Lounge, providing both a plethora of controversial topics and assorted soft drinks.

Once everyone was settled with a beverage in hand, a pirate hat went around the room and filled up with chock full of potentially contentious questions to be drawn at random by each attendee.

Daniel Thomas drew first. "Should religion or prayer time be present in public schools?"

A subsequent ten minutes was devoted to this discussion, and seemed to initiate the trend that would continue for the remainder of the meeting.

"It is essentially unconstitutional," "The second you offend one, they all go nuts. That's why they can't have it all," said sophomore, Jason Hawkins, Queens, N.Y.

This was just a warm-up from the well-expressed group. The hat was passed, and the next question was drawn. "Is the death penalty ethical and should it continue to be enforced?"

While the general consensus was that the death penalty is an unethical waste of tax money, this question still managed to inspire a somewhat frenzied response from several people, especially Jason Hawkins.

"I'm just playing devil's advocate," Jason would say in response to someone's disapproval.

As the debate continued, an attendee

in the far corner commanded the attention of the room.

"Take the BTK killer, for example. Why should he have an easy way out with death, when he could get life in prison and then possibly serve as a subject for psychological research?" said senior, Jessica McCann, Guilford.

A fellow attendee agreed and preceded to draw the next question, "is sexual preference determined at birth?"

The group discussion escalated during times when several different questions and comments were posed.

"Tax breaks!" said a passerby who quickly scurried through the lounge.

"Actually, we've been covering this in class. The Prenatal Hormone Theory does suggest that sexual orientation is the direct result of a gene mutation and hormonal imbalance," said junior, Martia LaManna, Waterbury.

Many of the discussion were filled with comic relief, leaving an open environment for unique and opinionating comments.

"Hey, I just got to know whether I have to buy pink or blue," said senior Michael Ames, Billerica, M.A.

The next question posed was, "Should same-sex marriage be legally

acknowledged?"

One person spoke from experience, sharing that her two heterosexual girlfriends in C.A. married one another for a tax break.

Other controversial questions were drawn from the hat as well, such as, "should cloning be legal?" or "should marijuana be legalized?" Each question set the stage for an intellectually stimulating banter from several interesting individuals.

"It was a success," said Thomas. "I was hoping to broaden people's horizons, and provide them with an outlet to speak their mind. The conversation never stopped flowing. This was a one-time thing, but hopefully we'll have more opportunities to do something similar in the future."

Daniel Thomas invites students to attend and participate in the Poetry Slam happening next month, where he will read excerpts from his most recent publication, *The Prophecies of Life*.

Rest Easy With a Good Night's Sleep

Victoria Licata
Staff Reporter

One sheep, two sheep, three sheep, four... From counting sheep to singing lullabies, finding the right technique to help you fall asleep is not an easy task. Sleep deprivation is a major strain physically and emotionally on the body.

The risks that accompany sleep deprivation in college students vary from each individual. Without an adequate amount of sleep, students do not stand a chance to accomplish their homework or other activities sufficiently. Productivity and energy levels are lowered when someone isn't well rested.

"On a good night during football season, I get maybe six to seven hours of sleep a night," said Michael Buesser, sophomore, Hillsdale, N.J.

Six to seven hours of sleep a night is a sufficient amount of rest, which can get you through the day and its activities, such as football practice. It is when students get less than six hours of sleep that their bodies will become run-down and will make it harder to study for a test and do homework.

Let's take the example of an 8:00 A.M. class the morning after being out all night. Sleeping three to four hours the night before an oral presentation would cause slurring of words, a monotone voice and a slower response from the individual. The person may not notice, but the other students and the professor may pick up on it. When the brain doesn't receive the necessary amount of sleep at night the effects may be noticeable.

Someone who is energized from a full night's sleep will not have the same problems of a sleep deprived person. They will be able to deliver a more

"When I have a big test the next day or I have something exciting to look forward to I sometimes cannot sleep, but what I find works is read-

shuteye.

Stress or guilt may also be the reason for not sleeping at night. If the conscious is plaguing at something that happened during the course of the day, the mind is stuck repeating the incident over and over again. Many times, this is the only part of day when your body can relax, causing everything from the day to surface up to the front of your mind.

Some ways to help get rid of stress from homework or classes can be to write things down and keep organized. If work is taken care of when it needs to be, it will prevent stress, which can help ease your sleep deprivation.

Dealing with problems concerning friends, family or other related issues will help minimize feelings of guilt, which will be less to worry about when bed time rolls around.

Other helpful tips to consider; drinking coffee, soda, or eating chocolate will keep the body energized and will make it more difficult for you to fall asleep. So even if you have those heavy eyelids these common stimulants will keep you awake.

Daily activities can help sleeping at night, such as exercising regularly, yoga or meditation and dealing with top priorities. A good night's sleep will ultimately result in a better performance during daily activities and make it easier to succeed in any task that comes along the way.



The Spectrum/ Elyse Harrell

Mike Smith falls asleep as he tries to study.

accurate, up-beat presentation.

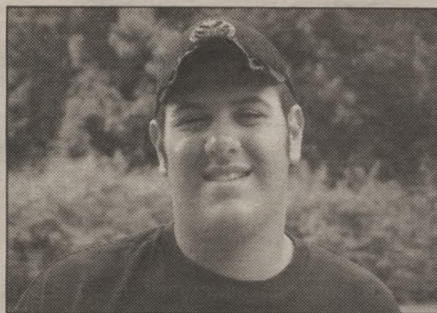
Not only is going out to party a reason for sleep deprivation but stress, guilt, friends, excitement and family may be some reasons for insomnia and restless nights spent tossing and turning.

ing, and that usually puts me to sleep when I am anxious," said sophomore, Maureen Garvey, Stamford.

Feeling excited or anxious at night may occupy the mind. With thoughts swimming around in your head it is difficult to calm down and get some

COLUMNS

Yanks or Sox? Our Experts Hash It Out



Steve Conoscenti
Sports Columnist

Would it even be an MLB season if there wasn't a battle between Boston and New York? No, there are no bullpen-clearing brawls, and no, there are no fans throwing debris at the opposing team, but there is a fight in progress... a fight for first.

Okay, so I'm a born-and-raised New York fan; the Knicks, the Jets, and of course, the Yankees, so maybe I'm a little bias. As you'd expect, I fully believe that the Yankees will again walk away with top honors in the AL East.

If both teams continue at this rate, we may not even have an idea who will win the East until they meet for their final game of the season, the last of a three game series, on October 2 in Boston. One day the Yanks are only a half-game back, the next day they are a game and a half back, then the next night it's back to being a half-game back. It's going to be a seesaw ending to the season—that's for sure.

Both teams have a series left against division rivals Toronto and Baltimore, plus, of course, their series to end the season, but the difference may come in each team's other series. The Red Sox take on the Devil Rays in a three-game series while the Yanks play the Orioles four more times in Baltimore.

Now if you're a Yankees fan, you know that this could mean absolutely nothing. We've witnessed multiple losses to the Devil Rays and multiple wins over the White Sox. However, you have to believe that the Yankees are going to fight harder than ever in these last few games. They know they are better than the teams they are finishing against, and with their season on the line, the warrior will come out in everyone on that roster.

But why should you believe that the Yankees will win the AL East? Well, there are a few reasons. For starters, everyone seems to finally be reaching their potential. Robinson Cano had a great weekend and really got people excited for the future. He could be the first Yankee since Derek Jeter to go through their farm system and play a big role in the team's future.

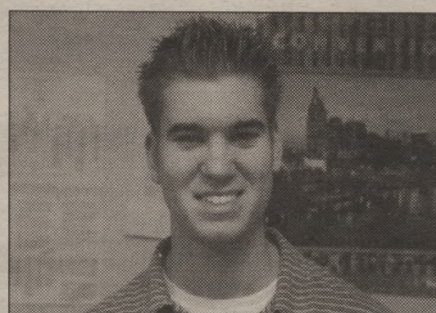
How about Jason Giambi? Yankees fans went from wanting him sent down to the minors to cheering him before he even gets to the batter's box. In the past month he's smacked nine balls out of the park and has driven in 29 runs. Look for Giambi to be a player in the Yankees' successful finish.

Of course, healthy pitching always helps. In the past month, no Yankee pitcher has had a winning percentage of less than .500. Jaret Wright and Aaron Small have gone perfect and Mariano Rivera has been perfect in his eight save opportunities with an ERA of 1.23. Randy Johnson and Shawn Chacon have played a big role in the past month's successful pitching as well.

That all sounds great, but does it actually mean anything in the battle for the East? Well if you look at the Red Sox pitching numbers, it could play a role. Curt Schilling has been nothing more than mediocre and the relief pitching just hasn't been there. Mike Timlin seems to be the only relief pitcher that has been contributing. David Wells has been pitching extremely well, but will it be enough?

Some people don't believe in statistics, but as any sports analyst will tell you, stats don't lie. The basis for most of my argument relies heavily on statistics. If you think that stats are overrated, then you probably haven't agreed with me at all. If you don't agree with me on my argument, I think we can both agree on one thing...

I've learned by watching the New York and Boston rivalry these past few years that you simply can't tell who will end up on top. I believe that the team that wants it the most will get it. Right now they are separated by a game and a half, which means standings can change in a matter of two nights. Personally...I think they will.



Brian Fitzsimmons
Sports Columnist

Faithful fans who populate monumental Fenway Park every night with hopes of their Sox inching closer to the ultimate triumph? Check. Kevin Millar's bleached hair that he sports to trigger a quirky team-wide rally campaign? Check. Manny being Manny, and the Big Papi sending home runs over the green monster? Check. The Yankees occupying the driver's seat in the American League East division...Not so fast. The year of obscurity is in its last few weeks, and the Boston Red Sox find themselves as the poster boys for the season long thrill ride that unexpected teams thrived upon.

Entering the beginning of the week, the Sox lead the New York Yankees by 1 1/2 games in their respective division. Though that is far from a comfortable lead, Red Sox Nation shouldn't panic and start reliving all the blunders that put them through almost a century of pure torture. Now that the curse is buried, and maybe even reversed, the Red Sox faithful should have one thing in mind: keep

the World Series in Boston.

The 2005 season has been an everyday struggle for the "Evil Empire" and while fighting for their lives in the final weeks of the year, they have won five out of their last six. The runs have been plentiful and the pitching recently received a shot of adrenaline courtesy of Chien Ming Wang's unexpected return from a shoulder injury that sidelined him much of the second half. One theory that is in favor of the Sox is that the Yankee's timing is off.

Instead of waiting until the very ending of the season, the bats came out two weeks too early. They may cool down, and when they run into the gates of Yawkey Way, a massacre by the home team could bury "George Steinbrenner's baseball version of E-Bay's" playoff chances for good.

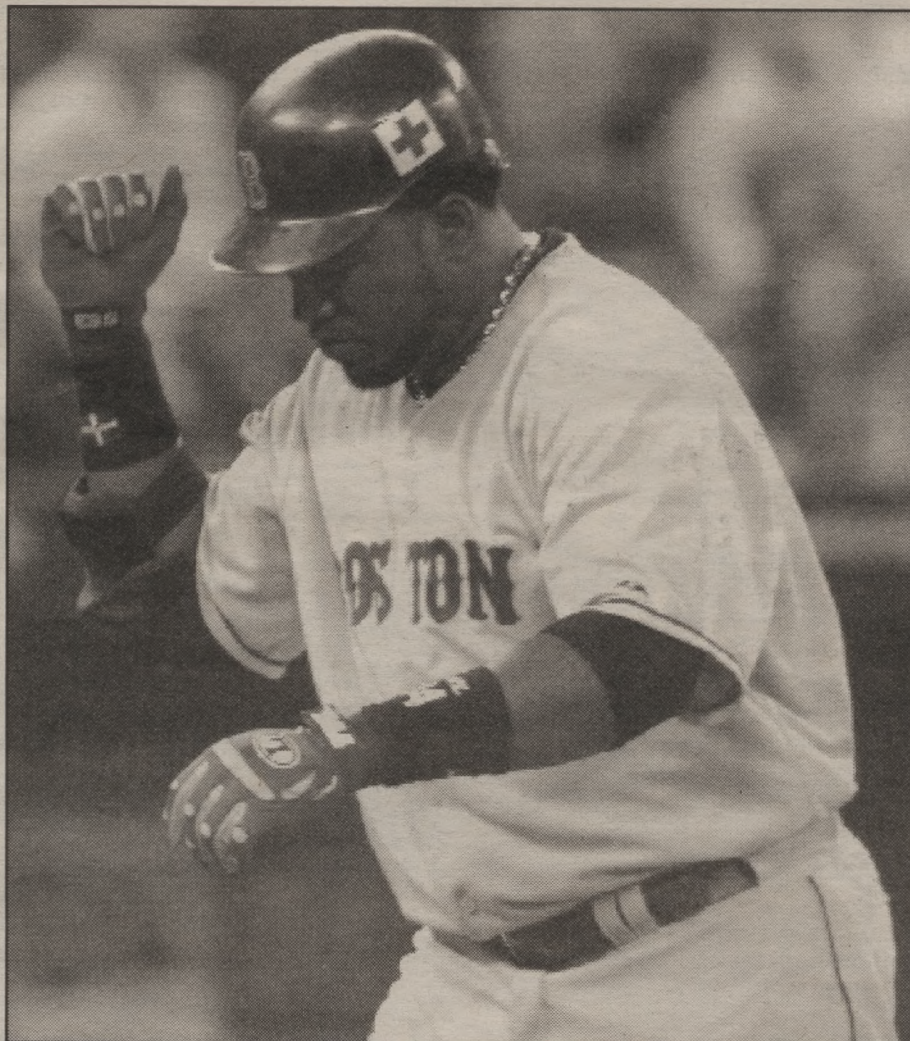
The Red Sox finish their season with two crucial series against division rivals with seven straight games at home. Fenway will host the Toronto Blue Jays for a four game set. These games are must wins, because too many times we see that teams hovering around the .500 mark spoil playoff chances for ball clubs. Following the four game set, the Sox get a chance to put the stake into New York's heart.

Randy Johnson mowed down the Sox last week, but if he is scheduled to pitch in the season closing series, the Sox will have a more than potent scouting report on him. There is no Mike Mussina. There is no sign of Carl Pavano. Kevin Brown is no more than a sour memory. Wang, Jaret Wright, Shawn Chacon, and Aaron Small will complement the Big Unit in the rotation for the remaining two weeks of 2005. That rotation simply doesn't cut it in a tight playoff race. Oh, one more thing. That rotation is facing the squad that leads the majors in runs scored. Every baseball fan knows that Fenway Park is a hitter's heaven, so Manny Ramirez has a perfect opportunity to feast on pinstripe pitching. Not to mention, David Ortiz could surpass Alex Rodriguez as the favorite to win the American League MVP award.

Red Sox pitching has been completely unpredictable all year. Curt Schilling and Keith Foulke entered opening day as the men who will anchor the starting staff and bullpen. Today, Matt Clement and Mike Timlin are those players. Schilling hasn't been himself, but has shown flashes of brilliance since his return from the disabled list.

All the Sox need is to win two of the three games (and maybe less), and to not feel pressured to sweep a series does wonders to confidence and the mental approach to a game. If the Boston pitching staff could hold the bombers in tact, the offense will carry this team into the American League playoffs. Baseball's most famous blood war will showcase itself very soon, and anything can happen.

Remember last October?



AP Photo/ Nathan Denette

Ortiz celebrates another long ball against the Blue Jays monday night.

On Campus

Field Hockey Turns Corner, Wins NEC Opener

Erica Rico
Staff Reporter

The tables have turned as field hockey brought home two consecutive victories in the last week. Coming off a seven game losing streak, the women have clearly stepped up their play when seeing the past week's stats.

The ladies claimed their first victory when they defeated Brown University Wednesday, September 15, 3-0. Junior midfielder Jenna McLane scored two goals, while junior forward Becky Ford scored the other goal, to give the Pioneers their first triumph.

"We were relieved when we took home our first win," McClane said. Taking home their first win mentally changed the women. "It was a confidence builder; we will continue to take one step at a time," said Nicole Falco, a senior midfielder from Ocean, N.J.

The women went on to seal their first conference win on Sunday when they shut out the St. Francis Red Flashes with seven goals. Ford scored three of the seven. Other goals were scored by junior midfielder Sarah Yeaton, freshman midfielder Becky Dyson, junior midfielder Colleen Carney, and sophomore forward Jenn Howeley.

These women have begun to make their comeback and things are

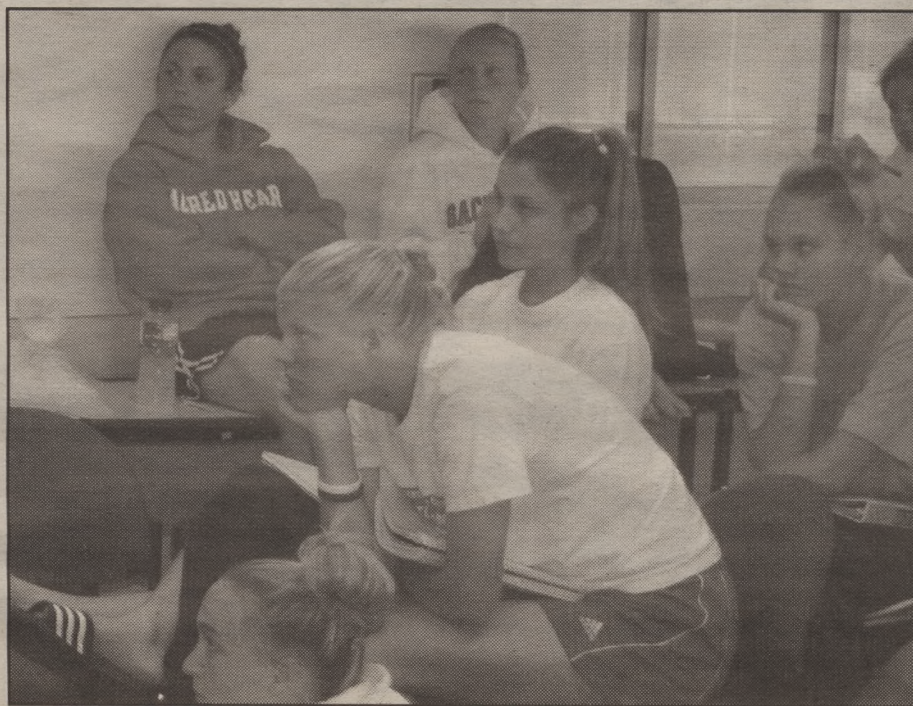
beginning to fall into place for the team.

"We are learning to have fun with the game. The past two games it has been enjoyable for us instead of feeling down," Falco said.

"The wins have given us confidence. This confidence will help us come through to win the rest of the season,"

said McLane, who is from Stowe, Vt. The team goal is to win the Northeast Conference and they are now on the route to obtain that.

The lineup is young this year and with little experience at this level it takes time for rookies to adapt to a competitive Division One program.



The Spectrum/ERICA RICO

The field hockey team studies game, devising strategy for upcoming games.

"Upperclassmen have been accepting to the freshman class. Even though we have come in and taken away playing time they respect us and are really great about it," said Amy Hendricks, a freshman from Milford, Pa.

Players and Coaches have remained patient and kept their heads up even when things could not get much worse.

"Being a young team, we take things one step at a time and learn from each step. We have gotten better and better, step by step," said Ford, who is from Salem, N.H.

"Early in the season things were a mess... but they are coming together, and we are less frustrated and more happy, which in turn will help us continue to win our games," Hendricks said.

As the season rolls on it will be apparent whether the team's fate will be as they hope for. The women face seven upcoming conference games that will decide whether they will make it to the playoffs.

They are currently ranked third in the conference polls, which is a good sign that they will go on to the NEC tournament.

As the women take one game at a time and hold the momentum, they control their destiny.

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ON CAMPUS

Grizzled Lacrosse Veterans Enjoy Alumni Game

Matt DeRosa
Staff Reporter

The men's lacrosse alumni game was held on Saturday, September 17. The event featured an alumni game consisting of former players throughout Pioneer lacrosse history and was immediately followed by a Red-White intra-squad scrimmage introducing the 2006 Pioneers.

"It's great to have all the former players back on campus," Coach Tom Mariano said. "It's fun for everyone to come back and relive all of the memories they had as Pioneers."

Mariano enters his ninth season as the men's lacrosse coach at Sacred Heart University. He has helped the Pioneers develop into a solid and competitive program. They are now entering their fourth season as members of the Colonial Athletic Association (CAA), arguably one of the top lacrosse conferences in the country.

It was a temperate afternoon while the alumni anxiously waited to take the field. They were all in high spirits to reunite and talk about past memories of years ago. It was a match up of alumni versus alumni,



The Spectrum/ KRIS SINGHAVIROJ

Two lacrosse alumni teams battled Saturday for bragging rights.

unlike past years when the alumni players battled against the current team at the university.

"It will be more fun having the alumni versus alumni considering the school team usually embarrasses us," said Paul Lions, a 2003 graduate from Bethpage N.Y.

There was much trash talk occurring on the sidelines, which really amused the athletes before the game.

An issue that the alumni joked about before the game was what jersey numbers alumni would be wearing.

Players jokingly started arguing with

each other over what number was going to be present on their backs. Eventually the players came to an agreement and everybody was satisfied with the jersey they were wearing during the game.

"My chances versus (other alumni) are looking pretty good," said James Delmonico, a former graduate from West Islip N.Y., adding, "I'm just as out of shape as the rest of these guys, so be prepared to witness a crazy show."

There are usually 40 to 50 alumni athletes who participate in this event every year, but unfortunately only around 20 of

them showed up this year.

Even with a small portion of the alumni present, it still created a friendly atmosphere. Everybody was excited to pick up what they had left behind and enjoy it all over again over the course of one day.

"It's good to get back on the field and run around with my former teammates—it's a great feeling," said Mike Dipietro, a 2002 graduate from Seaford, N.Y., adding, "Sacred Heart is a great sports college and I'm still glad to be a part of it in some way."

At around noon that Saturday, the alumni had taken the field and had started to play a game they would never forget.

Since some of the players were a little rusty and have not played in a while, it was not too hard to hear chuckles on the sidelines. There were jokes thrown around on the field, which caused many of the alumni to break out into laughter.

The main focus of the game was to have the alumni enjoy themselves, which was definitely established this afternoon on the field.

"I'm not worried about winning or losing today, it's all about having fun and bonding with everybody on the field in a positive way," said Jeff Monico, a 2005 graduate from Carmel N.Y., adding, "Although whoever is on my team will most likely win today's game."

The final score of the alumni game was 9-6, although the score was not important. Running around on the field and joking on the sidelines was the main highlight of the day.

Everyone enjoyed the game and is looking forward to the next time they take the field with their former teammates.

"I'm just as out of shape as the rest of these guys."

James Delmonico
Men's Lacrosse Alumnus

Intramural Leagues Ready, Waiting For Students

Dario Melendez
Staff Reporter

Sacred Heart is starting the 2005-2006 school year offering six different intramural leagues. Students are able to satisfy that competitive spirit and at the same time get involved in the SHU community.

"Intramural sports are a great way to meet new people and just have an all around great time," said Assistant Director of Intramural Sports Nick Kasal. "It's an awesome way to have fun exercising and getting fit."

"We have a lot of new and exciting things happening this year," Kasal said. "We added three new intramural sports: dodge ball, ping-pong, and pool. We also are creating our own official website which is going to have schedules, results, upcoming events, and a lot of pictures."

With flag football, volleyball, the 5-on-5 basketball tournament, and the three new additions to this semester's line up,

sophomore Joe LaVaca of Long Island, N.Y. is very excited.

"I'm already scouting a team for basketball," LaVaca said. "It's just so much fun meeting new people and making some great friends; I met my two best friends from playing intramural basketball last year."

LaVaca also said that he wanted to take part in other intramural sports but was unable to come up with a team to play with.

"If you don't have a team, don't worry," Corie Caccese, Director of Intramural Athletics and assistant of the Pitt Center, said. "All you have to do is find out when there are games and we will place you on a team."

Outside of the paper work, the intramural program is run mainly by students.

"We have student referees who are at every game," Caccese said. "Whether it be flag football or dodge ball, (the students) are the ones enforcing the rules and making sure that everyone is having a great

time."

The intramural program also belongs to a highly accredited organization which only a few other universities, nation wide, belong to.

"NIRSA, National Intramural-Recreational Sports Association, is a very elite organization which we are proud to have been a part of for five years," Caccese said. "Universities that are part of NIRSA are invited to participate in nationally held tournaments, outings and conferences, some being held in Las Vegas, Nev., and Boston, Mass. It's a huge plus."

"But traveling to major cities all across the country is only one of the many prizes that the participants of intramurals will receive. They also win cash prizes, gifts certificates, pizza parties, and SHU apparel."

"The prizes alone are enough motivation for me to play," LaVaca said. "It's an awesome feeling being able to do something that is so much fun and in return get cool prizes."

One intramural sport that is unique this semester is the 5-on-5 basketball tournament.

"Due to the massive devastation that hurricane Katrina caused," Caccese said, "we want to be able to do our part to help out those in need."

The 5-on-5 basketball tournament is a collaboration between both Sacred Heart University and Quinnipiac University in order to raise a thousand dollars to send to New Orleans.

There will be ten teams in the tournament and it will be held in the Pitt center on October 16, from 10 a.m. to 6 p.m. It will be open to the community with food and beverages provided.

So how do you get involved in intramurals sports here at SHU?

"All you have to do," Kasal said, "is to come down to the Pitt Center, and pick up a roster form from either Corie or myself. Oh yeah, I almost forgot, you also have to be ready to have an awesome time just playing around."

ON CAMPUS

Women's Soccer Looks For Redemption

Denis McGuire
Staff Reporter

Women's Soccer Looks For Redemption in 2005-06.

The Sacred Heart women's soccer team has learned a little something about heartache the last two years: each saw the team lose the Conference final in penalty kicks.

The focus this year?

Get back to the final, and win it outright.

On August 25 the women's soccer team began their 2005 fight for the finals against the University of Maine.

Maine's Black Bears took a 4-0 win over the Pioneers for their season opener. On September 2, the Pioneers took another hard loss to Boston College when they lost 2-0 to the Eagles.

Maine and BC are both nationally ranked teams, so the women knew these games would be a challenge.

It was not until Sunday, September 4 that Sacred Heart claimed their first victory against Brown. The women scored three goals in the first half on their way to a 4-3 win over the Bears. This was the first time in Sacred Heart's history that the Pioneers have even scored against Brown.

After a record of 8-8-3 for their 2004 season, the Pioneers planned to make this season better than the last. Although they suffered two hard losses early on, the team is trying to regain their composure and pull ahead for the rest of the season.

The team is now being coached by last year's assistant coach, Kim Banner. For six years the team had been lead by the current men's soccer coach, Joe Barosso.

There are also new faces on the team itself. The 2004-05 team graduated nine seniors, but the team has regained some of that talent with 10 brand new freshmen. Three are three talented enough to start their first year on the team.

With so many new faces, the team will rely heavily on leadership by their captains, senior midfielder Orlagh Cullen and junior forward Lisa Burbige.

"The team this year has more overall talent than last year's," Burbige said. "We are playing a new formation this year that has more of an attacking mindset, and so far we have adjusted well to it."

Burbige already has three goals this season. She said that if the team keeps up the good work, they will place well in this year's conference.

"We are slowly but surely coming along," Cullen said. "We've been consistent in our play with some bad lapses that have made us pay dearly, but we

have a great team spirit and we are very determined to correct things and learn from previous mistakes."

Junior midfielder Leslie Morales claims Central Connecticut University will be the toughest opponent this season.

"We have lost to them the past two years in the (Northeast Conference) finals. We lost both in overtime when penalty kicks were taken. So it is our biggest challenge to beat them this year," Morales said.

This past weekend the team went on a road trip to play in a two game tournament at Stony Brook University.

They lost the first game to Stony Brook 2-1. Senior forward Erica Rico took home the lone Pioneer goal of that game.

"We should have beat Stony Brook because we were winning 1-0 and then we let them score on two stupid defensive mistakes," Cullen said.

The team recovered to defeat Stetson 3-0 in the second match. Burbige had one goal, while Cullen scored two.

With some new faces on the team, a new coach, and new captains, the women's soccer squad is hoping to make this year a memorable one. Intense practices are preparing the team for the games so they can make the rest of their season better than the start.



The Spectrum/ ERICA RICO

Captains Lisa Burbige (left) and Orlagh Cullen will lead the Pioneers this season.

Pioneer Schedule

Friday, September 23

Women's Volleyball	Rider (SHU invitational)	Fairfield, CT	7:00 pm
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Saturday, September 24

Men's Golf	Central CT Invitational	New Britain, CT	All Day
Men's Tennis	S.S. Invitational	Queens, NY	All Day
Field Hockey	vs Lehigh	Fairfield, CT	1:00pm
Women's Golf	Princeton Invitational	Princeton, NJ	All Day
Softball	St. John's (S.J. tournament)	Jamaica, NY	11:00am
Softball	Rider (St. John's tournament)	Jamaica, NY	1:00pm
Women's Volleyball	St. Peter's (SHU invitational)	Fairfield, CT	Noon
Women's Volleyball	Maryland E.S. (SHU invit.)	Fairfield, CT	4:00pm

Sunday, September 25

Men's Golf	Central CT Invit.	New Britain, CT	All Day
Men's Tennis	S.S. Invitational	Queens, NY	All Day
Field Hockey	vs Siena	Fairfield, CT	1:00pm
Women's Golf	Princeton Invit.	Princeton, NJ	All Day
Softball	Alumni Game	Fairfield, CT	11:00am

SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

Lapointe Sends A Message At Camp

Brad Holland
Assistant Editor

Steve Yzerman, Pavol Datsyuk, Brendan Shanahan, and Henrik Zetterberg...

Meet Kevin Lapointe.

Kevin Lapointe, welcome to the NHL.

This past week, in Traverse City, Michigan, the NHL's Detroit Red Wings welcomed former SHU goaltender Kevin Lapointe to their annual training camp.

Lapointe, or "Lappy," as he is affectionately known to his teammates, competed for a spot on one of the NHL's oldest and most storied franchises. He faced the likes of AHL regulars, NHL fringe players, NHL regulars, and even some NHL superstars.

"It sends shivers up my spine," SHU Men's Ice Hockey coach Shaun Hannah said, when he thinks of those kinds of shooters throwing pucks at his former number one goaltender. "It's the chance of a lifetime, and one he'll never forget."

Lapointe signed a contract earlier this summer to be a part of the Muskegon Fury of the United Hockey League. But he was as surprised as anyone that he would be getting an opportunity like this one so soon after leaving college hockey.

"I was pumped to hear about the news myself...my agent had been talking to (the) Florida (Panthers) all summer and then this happened," Lapointe said, just before training camp. "I wasn't expecting it, but I'm very excited to get this opportunity and hopefully I can make the most of it."

Making the most of opportunities is Lapointe's forte; if there's one thing he enjoys, it's a challenge.

He even has a history of being a giant slayer.

He was the first goalie from the MAAC (now Atlantic) Hockey Conference to defeat a CCHA opponent. As a sophomore, he defeated the University of Miami-Ohio 2-1.

Coach Hannah considers the Miami-Ohio game to be one of Lapointe's finest moments as a member of the Pioneers.

"The Miami-Ohio game stated to everyone on our team that he would be a real starting goaltender," Hannah

said. "He was a sophomore that year, playing behind Ferhi, and that game solidified his role and really gave everyone in the locker room the sense that we had something not only for the present, but for the next 2 years after Ferhi left."

"I think my junior season was a turning point for me, as I became the number one guy taking over Eddy Ferhi's net," Lapointe said. "I knew I had some big shoes to fill coming in to the 03-04 season and received great support from both my coaches and my teammates."

Lapointe took that support to heart. He led his team to its first ever conference final, in his first year as the team's starter. He considers that, and other challenges faced, to be what brought him to where he is today.

"Coming in as a freshman, I never really considered playing hockey after college," he said. "Things took a different turn over the years as

Stopping the likes of Steve Yzerman during an NHL training camp is the stuff of dreams for young goalies everywhere. It gets even better, when you consider that there hasn't been an NHL for a long time.

"(The rink) has been packed every time - even practices and stuff," Lapointe said. "The fans haven't had hockey in a year and a half."

While other players may have succumbed to the pressure, Lapointe remained unaffected. He simply blocked out the distractions and played his game. To Hannah, who coached him for four years, this came as no surprise.

"He's the type of kid we like

ation is deep and that he has little room at the top levels for another prospect. Lapointe was released from the Red Wings Sunday before the team began its exhibition schedule.

"We've now sent him down to Grand Rapids for when they open up on Friday," Holland said. "So he's going to go down there and show what he's got."

Regardless of how the rest of his saga will play out, Lapointe comes away from the camp with some good professional experience, a feeling that he can "play at this level," and some memories that will last him a lifetime.

"The camp was amazing," Lapointe said. "We were at the rink for three,



AP Photo/JOHN L. RUSSELL

Red Wings Coach Mike Babcock directs traffic at DRW training camp last week.



The Spectrum/ TRAVIS FLYNN

Kevin Lapointe stares down a shooter while skating with the Pioneers last season. These days, he has much bigger names looking to put pucks past him.

my play and confidence grew much stronger."

And now he finds himself on the same ice surface with the players he idolized as a young goaltender.

"To know that I'll be out there with the guys I've been watching on TV for years is just an incredible feeling. These guys are some of the best players in the world, and it will be unbelievable to be playing with them," he said. "I just need to stay focused mentally and good things will happen."

And good things, in fact, are happening for Lapointe. In his first game wearing the winged wheel, he stopped future hall-of-famer and reigning Wings captain Steve Yzerman.

"In the first game I stopped Stevie-Y a couple times," he said. "In fact, none of the big boys have scored on me."

to bring in here at SHU," Hannah said. "He's always been motivated to improve himself, focused and driven. He's really serious about his game."

And what the hockey team and its supporters here at SHU already know, the rest of the hockey world is beginning to find out.

"He looked pretty good," Detroit Red Wings General Manager Ken Holland said. "He competes. He came to training camp, and most people there had contracts, so it was a difficult spot. But he got an opportunity and he showed up and played well."

"He was a pleasant surprise," Holland said.

Unfortunately for Lapointe, Holland also said his goaltending situ-

three and a half hours a day."

But hockey wasn't the only thing available for the Red Wing hopefuls. Part of the experience of any training camp is meeting other players, enjoying time off the ice, and soaking up as much of the experience as possible.

"There was fishing and golfing," Lapointe said. "A lot of the guys were going out and doing that. I haven't really gotten a chance to, but I went one day with (Blake) Sloan and (Jiri) Fischer, and one of Sloan's friends runs a big construction company here and he set it up to let us drive the machines around for a day. Fischer was digging holes with a big loader, and I got to drive some of the machines too."

"We had a great time," he said.