

iDorm?

Shaun Mitchell
Staff Reporter

Dorms across campus are being overloaded with digital technologies.

The average college student needs an essential amount of technological "bling" to feel connected to the world, and of course, look good at the same time. There is a dangerous side to looking good and feeling connected that seems to be unknown to students.

A laptop and a cell phone are the two key ingredients to being linked on this campus.

Sacred Heart University gives each student a laptop. Students live in a technological world, and the SHU community wants to make sure they know how to use it. This enables communication amongst peers, friends, and family members. Not only does it allow communication, it guarantees complete access the World Wide Web.

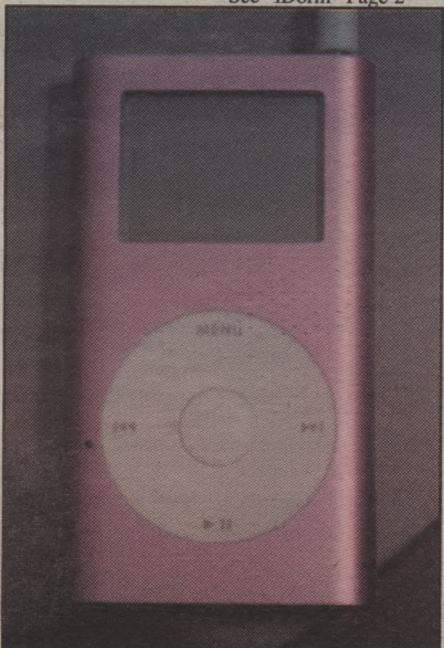
"I'm not big into technology, so a computer is a computer to me. I do like the new IBM computers, though, *because it has a lot more to offer than the Dell's from last year,*" said Matt Ricci, junior, Jamestown, R.I.

In addition to laptops and cell phones, the newest in digital technology is the iPod, but to go a step further, there is the newest addition to the iPod, the sleek and miniature, iPod Nano.

It is so small that it is easily concealed in the palm of your hand. The iPod Nano works like its other family members by replacing CD's and allowing the user to add countless hours of music into a single handheld device.

"I never had an iPod before, so I decided to get the newest model," said Jaclyn Hines, senior, Port Jefferson, N.Y. "It's just so tiny and it's amazing to think about how over a hundred CD's worth of

-See "iDorm" Page 2



The Spectrum/Elyse Harrell

It is a Jukebox in your hand.

37 Different Countries Represented on Campus

Ashley Winseck
Staff Reporter

Sacred Heart is home to students from a number of different countries including Jamaica, England, Ireland, Sweden and Canada. The school's website boasts a representation of about 37 countries.

The majority of students come to Sacred Heart from Long Island, New York, New Jersey, Connecticut, and Massachusetts. However, one group that is frequently overlooked is the international students.

"International students and minorities combined, represent about 14 percent of our students," said Larry Wielk, Dean of Students. "That's a group of about 350-400 students."

The main reason for choosing to study in the United States is the fact that more opportunities are provided.

Opportunities range from simply learning English, hoping to receive



Maps1a.com

a better education, intending to play sports and to meet new people.

"I came to the U.S. 5 years ago intending to learn English as my main goal. However, as opportunities appeared, I decided to extend my experience of being away from home," said Gustavo Netto, senior, of San Paulo, Brazil.

Other students agreed with the fact that the United States provided better chances, especially for education.

"I decided to study in the United States because this country has more and

better opportunities to achieve a higher education," said Aida Kalapo, sophomore, Korce, Albania.

Deciding to study in the United States presented the problem of deciding which schools to apply to. There are hundreds of options within the Northeast alone. Choosing Sacred Heart was an easy decision for international students because of their outstanding programs that reach out to international students and welcome them to the community.

One major decision maker has been

-See "37 countries..." Page 3

Parking Problems Continue as the University Weighs Options

Samuel Bosch
Staff Reporter

Park it in a spot, be courteous.

Regardless if you are a student, faculty member or employee of the university, not finding a parking spot is always aggravating. Yet this seems like an ever present problem that we all wish would be remedied.

With the university gaining notoriety, it seems that inevitably it will outgrow itself. Over the past decade, SHU has experienced a significant growth of enrollment.

New dorms have gone up left and right to accommodate this trend. If it should continue, perhaps dorms are not the only things that this institution should be focusing on.

Alex Afentoulides, sophomore, Norwalk, said "There is definitely not enough parking. This is my first year commuting and two weeks into school it is already a hassle."

In the meantime, The Department of Public Safety, starting this Monday will begin parking enforcement.

Officer Brown said, "Parking enforce-

ment will begin Monday, September 19, all students are to follow campus regulations, and if anyone has any questions, direct them to the Department of Public Safety."

However, no one will be completely content with the situation. The Parking expense at the dorms also seems to be an issue for some.

"It's ridiculous that I have to pay \$150.00 to park at North, and that it isn't included in tuition," said Mark Webber, sophomore, Cedar Grove, N.J.

Not everyone drives a car to campus, which could be a reason why the expense is not included in the tuition.

It seems as if the school is addressing this issue of limited parking with the idea of a parking garage. No definite answers were given but entertaining the idea is always a first step.

Students who park at the university have to come to terms with the fact that there are 1,748 parking spots divided proportionally amongst the student body and faculty. With over 4,500 students enrolled undergrad, parking will be a problem unless things change.

Anyone who parks on campus also has a responsibility to park appropriately,

meaning one should park in one of the designated lots, as well as parking within the lines.

Officer Fernandez, the head of Public Safety, said "It is the student's responsibility not to bring a vehicle on campus if they are not authorized to do so."

Breaking any regulations will result in a ticket, and if tickets accumulate, one might lose parking privileges. For people who rely on driving to school this could be devastating.

"All vehicles must be registered with The Department of Public Safety," said Officer Dennis-Manson, manager of The Department of Public Safety.

Those who wish to park on campus have to respect the fact that there are regulations. Like all things in life, there are rules that we all must abide by.

Bottom line is, the parking will be an issue if one lets it be an issue. Granted, there are limited spots but it is not like every student at SHU is there at the same time.

Remember that parking is a privilege, with this in mind, be responsible and courteous. With everyone's help, this could be smooth sailing.

CAMPUS NEWS

Keep Your Eyes on the Road and Your Hands Off of Your Cell Phone!

Chris Faber
Staff Reporter

As of October 1, 2005 if you are caught talking on a cell phone, while driving in Connecticut, you are going to pay, literally.

The law that was passed this summer requiring hands free devices for the use of cell phones while driving goes in to effect this weekend, and if you are caught without your hands free you'll be slapped with a \$100 fine.

Connecticut is the third state, following New York and New Jersey, to institute a hands free cell phone law. The law is supposed to encourage safer driving, but will it make a difference?

"I don't think so," said Michael Correia, Senior, Fairlawn, N.J. "They passed a similar law in New Jersey a couple of years ago and I still see people on their phones all the time, and I don't know anyone who has been fined."

Connecticut's \$100 fine does not seem like much compared to the hefty \$250 in New Jersey, and up to \$500 in New York. However, in Connecticut if an officer feels that unsafe driving is a result of cell phone use the law allows them to tack on an additional \$100 for each moving violation they



AP Photo/Michael Ainsworth

Many Americans are driving while using the phone.

witnessed.

The law also forbids any kind of cell phone use, even hands free, for drivers under the age of 18 and school bus drivers.

There are two exceptions to the law. If a driver is in an emergency situation the fine will be negated. Also, if a first time offender can show proof of a hands free device after receiving the ticket the fine will be suspended.

"I don't think the law makes sense," said Brandon Ely, Senior, Rocky Point, N.Y. "I think talking on your cell phone is a distraction even if you are using an earpiece."

Drivers are four times more likely to get into an accident while using a cell phone. An all out ban on use while driving would be ideal, but people are too dependent on their cell phones and it is truly unrealistic.

Does wearing an earpiece really make a difference when someone is immersed in a conversation while driving? Their attention is still not fully focused on the road.

There are a lot of distractions on the road and drivers need to stay alert, but some times the use of a cell phone is necessary.

"I've seen people do worse things [than talk on their phone]," said Rob Kirsch, Senior, Bergenfield, N.J., "like putting on makeup in the rear view mirror or eating a sandwich with both hands, I've even seen people reading the paper."

There are all kinds of ways a driver can become distracted. Many vehicles now come equipped with state of the art touch screen GPS navigation systems that a driver must look away from the road to see. Even changing the radio station can cause a driver to pay less attention to the road.

With wireless technology on the rise there are more and more things that people can do while on the go, Connecticut wants to make sure people know that paying attention to the road is more important than a phone call. So if you want to keep your cash in your wallet, keep your hands off the

iDorm?

...Continued from Page 1

songs fit inside of it."

With the addition of video games to feed your brain and keep your mind out of the books, and the ever-ready digital camera that can capture the most random memories to be cherished forever, there comes a danger.

How can these tiny and useful objects be so dangerous? Simple, It's all in your wiring.

"The only extension cords allowed are UL listed surge protected, with built in circuit breakers," said Jack Fernandez, director of Public Safety. "Extension cords must never be overloaded or placed across the room doorway, under rugs or anywhere that can be stepped on."

Just like candles, these high-tech digital gadgets can be very hazardous in terms of fires, they should be treated with great care. Currently, Public Safety is taking the matter very seriously.

Public Safety is keeping an eye out for the Sacred Heart community by advising dorms, apartments, and townhouses with too many extension cords to unplug them when not in use. With so many gadgets that require power and energy, it is foolish to keep them plugged in all the time.

Overloaded extension cords are one of the leading causes of dorm room fires.

According to The Center for Campus Fire Safety, 75 people have died in student housing within the United States since January of 2000.

The Center for Campus Fire Safety is a non-profit organization that raises awareness of the dangers of campus fires, under the direction of Ed Comeau. They are working diligently towards making September the national campus fire safety month.

Looking good is very important to a college student, but that doesn't mean students need to compromise safety for any trend. You can look good with your digital gadgets and be smart about fire safety, too.

"If a resident is unsure if their extension cord is in compliance, they may contact the Public Safety department and we will have an officer inspect it," said Fernandez.

With Public Safety on call 24 hours a day and The Center for Campus Fire Safety on the internet, put your digital "bling" to good use.

Call Public Safety at (203) 371-7995 or check out safety guidelines from The Center for Campus Fire Safety over at campusfire.org with your laptop. Look good and be safe, Sacred Heart!

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DEADLINE FOR SUBMISSION OF APPLICATIONS:

NOVEMBER 1, 2005

Campus Advisor:

Prof. Gary Rose
Chair, Political Science Dept.
Administration Building, Rm. 214
(203) 371-7999/371-7745
rose@sacredheart.edu
<http://www.cga.ct.gov/isc/internship.asp>

CAMPUS NEWS

Seniors Celebrate Being "Made In The 80's"

Shanna L. Rasmussen
Staff Reporter

Seniors gathered at the Outpost Pub to celebrate the fact that they were made in the 80's.

The first pub night of the year had about 300 attendees, some of whom dressed in 80's garb.

The Outpost Pub, held in Flik, was practically packed last Wednesday, September 21. The pub opened at 10:10 p.m. for students over the age of 21. The line to get into the pub stretched to about 150 feet.

"When they get into this gathering, they get to know people they didn't know before," said Al Fernandez, a Public Safety Officer at SHU for the past 20 years.

The atmosphere in the pub seemed conducive to meeting new people. Colored lights shined on the dance floor, 80's music blared, and students walked around to different groups of people introducing themselves and making conversation.

Only about 20 students dressed up in 80's attire. Students who did dress from the 80's were given free admission to the pub. Other students paid \$2.

"I had this 80's-style jumpsuit laying around at home. I thought for the first pub night I would go all out," said Ashley Newton, senior, Cresskill, N.J.

Most of the students seemed to be having a ball even though everyone wasn't equipped with 80's attire. Five students expressed that they were afraid they would be the only ones dressed up, so they didn't bother.

"Next time I'll be here dressed up, for whatever theme," said Tony Alaimo, senior, Biddeford, ME, a student dressed

in casual cloths.

The pub served a variety of alcoholic beverages including wine coolers, beer, and other drinks, but no hard alcohol.

A bar was set up inside as well as outside. Students moved from Flik to the outside patio that was fenced off and guarded by Public Safety. This kept non-paying students and students under 21 out of the pub.

"I think it should be a full campus party. It's very fun; a great time," said Tony Alaimo.

Other students expressed similar concern.

"My friends who aren't 21 can't get in. I feel bad," said Nicole Moudis, a senior from Manhasset, N.Y.

Drinks ranged in price from one dollar to three dollars. These prices are inexpensive when compared to the average prices of many local bars and clubs.

"The prices are good. You would think it would be expensive, but it's cheap," said Caitlin Dour, senior, Levittown, N.Y.

In the Outpost Pub, students are required to pay in cash.

"I think you should be allowed to use your Flik card," said Jess Honan, senior, Brooklyn, N.Y.

By 11:30 p.m., the patio was almost full. The tables were crowded and most of the students stood along side.

"They made it better outside. You get a chance to mingle and meet a lot of seniors you never knew," said Nicole Moudis.

Students seemed to think that the 80's pub night was a great social event.

Even if students were not dressed up for the first themed pub night of the



Contributed Photo / Nora Murphy

Seniors Drew Sanders, Erik Roos, Andrew Billinghamurst, Pierre-luc O'Brien, Chris Connerty, and Todd Spence prove they were truly born in the 80's.

year, there were smiles on almost all of the faces.

"I love the 80's," said Inara Coleman, senior, Poughkeepsie, N.Y., "I enjoy the fact that it's all the seniors I never knew. It's a way to know people for years to come."

Throughout the entire night students mingled on the patio and in Flik. About 20 students danced to 80's music on the dance floor including "Footloose", "Video Killed the Radio Star", and "Sweet Dreams (Are Made of These)", while five students danced on chairs.

Not all pub nights are themed so if

you are planning on attending check for email advertisements and posters outside of Flik first.

Students must be sure to bring two forms of ID including a driver's license/state ID and their SHU ID card.

Shuttle service is provided to all SHU campus housing. If you do not live in SHU housing and you are driving home, or being driven, be sure not to drink and drive. Keep in mind that it's dangerous to get in a car with someone who has been drinking. Only you can keep pub night fun and safe.

37 Different Countries Represented on Campus

...Continued from Page 1

the opportunity to play sports. One of the biggest appeals was the benefit of receiving a high level education while playing high level sports at the same place.

"When I looked at the school and after I talked with Coach about the soccer program I felt that SHU would suite me the best rather than the other schools," said Jonatan Allback, freshman, Gothenburg, Sweden.

"The opportunity to transfer to Sacred Heart University came through soccer," Netto agreed.

Sports are not the only reason International students choose Sacred Heart. With 37 different countries being represented on campus, opportunities to meet different people and learn about different cultures are endless.

Kalapo said she chose Sacred Heart specifically because of the cultural diver-

sity of the school. She found it easy to maintain her interest in different cultures by becoming the Vice President of Sacred Heart's International/Multicultural Club.

"I had the opportunity to meet other students who share the same experience at the University, it is a way to bond, and a way to learn from each others experiences," said Kalapo.

The club is the primary way that International students can make their presence truly known on campus.

"It's like their own little support group," said Karima Ummah, Coordinator of International and Multicultural Affairs. "They want it to be open to all students, just to get to know people from different cultures."

Ummah is a fresh addition to Sacred Heart, but she is very excited and ambitious about the job. Her job is to make sure that Sacred Heart's International students adjust easily and to take care of any

needs they may have once they have been accepted to the University.

Services range from making sure the students are properly registered and have proper status in the United States, to helping them maintain driver's licenses or social security cards, finding work study positions or other jobs, and supporting the International Club.

Sacred Heart has many reasons to be a top choice for International students. Whether they are looking for opportunities in higher education, sports, or diversity, Sacred Heart provides it all; and students have nothing but positive remarks.

"I feel that the attention to detail is great and no matter what needs a student has, SHU can cater to them," said Orlagh Cullen, senior, Edenderry, County Offlay, Ireland.

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CAMPUS NEWS

Quality is FLIK's Main Ingredient

Nina Blair Wales
Staff Reporter



The Spectrum/ Elyse Harrell

FLIK worker Carmen Velez is hard at work serving a student his dinner.

Braised lamb shanks with mint sauce. Rotisserie chicken with roasted red potatoes and a vegetable medley. Sounds like menu items at a chic restaurant? Sure. However, it is what's being served in FLIK.

Each day hundreds of students, faculty, and staff pass through FLIK either to grab a quick snack or just to enjoy their daily din-

ner.

The selection that FLIK offers is sometimes daunting and always opulent.

FLIK has a nibblers section that includes hamburgers, cheeseburgers, French fries, onion rings, mozzarella sticks, chicken wings, grilled chicken, and cheese steaks, and that is just a few of the items they offer

on a daily basis.

They have a salad bar that has such high-end selections as baby corn, roasted pepperocinis, imitation crab, and pine nuts.

The sushi bar has made-to-order sushi choices that include eel and dragon rolls rolled in tobiko eggs.

And sometimes you can even find a cheesecake, ice-cream, or waffle dessert decorating bar.

"Honestly, I think about the food quality," said Megan Wood a junior from Port Jefferson, NY. "they've made a lot of improvements."

The FLIK motto is "Quality is Our First Ingredient". And they are starting to prove this statement true.

"Lots of students complain about FLIK but if you think about it, we have actually decent choices," said Senior Nicolle Rubino from Port Jefferson Station, NY.

"Through innovative culinary artistry and imaginative menu development, we have raised the bar and redefined the nature of our industry," is another motto on the international website

Aside from improving their menu choices, FLIK has also made efforts to better accommodate those who live through SHU in off-campus housing.

"A good thing they did is that they now provide delivery service," said Marie Merisca, a senior from Stamford, CT.

A student can order a pizza and have it delivered right to their dorm without having

to leave their residential hall.

For those students up late, the Roncalli Hall Grille which offers grilled items, salads, and snacks, has extended their weekend hours to 3:00am.

FLIK has certainly made substantial changes compared to previous years yet; students and staff still feel like there is room for improvement.

Entering FLIK around breakfast, lunch, or dinner time can be somewhat overwhelming.

Students and staff anxiously wait their turn in line for a sandwich or hamburger and then have to face the line at the cash register.

"Most of the time there is huge annoying line for each food station, the grill is by far the worst, a lot of times I don't even want to bother and I will just walk out," said senior Nicole Moudis from Manhasset, NY.

This inefficiency creates problems for those student and faculty attempting to eat before or in-between classes.

Unfortunately, the only true resolution is to further expand the capacity of the cafeteria, providing more food stations and extra cash registers.

It will take a combined effort from FLIK and the University to solve this issue. FLIK can provide Sacred Heart students, faculty and staff with the crème de la crème of food but if it takes twenty minutes to order a sandwich and another ten minutes to buy it, it is innovation and energy wasted.

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A Penny Earned is a Penny Saved

Diana Muniz
Staff Reporter

"Where does the money come from? Where does the money go?"

College students are notorious for walking around penniless. Most college students do not have jobs during the school year; the money that was saved is completely consumed over the first three months of the semester.

Although it seems a bit cliché, college students are usually broke, and it's no wonder.

Tuition costs have risen nearly 10% at public schools and 6% at private schools this past year alone. Add to that the cost of textbooks, room and board, dorm supplies and laundry.

If you were actually thinking of having fun at college, don't forget to factor in luxuries and pleasures - new clothes, shoes, football tickets, booze, bars, and spring break vacations.

The students who support themselves and pay their own way through school have few days off, crazy hours, and don't have much time to relax.

Some students not only take a full course-load, but need a full time job to pay for classes, books, and food.

"It's hard working and going to my classes because I never really have free time. It's hard to find time to go out and have fun with my friends. Either I'm busy or too tired," said Aisling Clancy, senior, Queens, NY.

Everything costs money. College students are forced to pay ridiculous prices for everything. Nothing is cheap, and home cooked meals are miles away.

"I saved up money before coming to school this semester, but I feel I need to go home to work, I already spent it all. When we were bored we went shopping because the mall was so close. We went to Stop and Shop and bought stuff we wouldn't even eat, we just bought it, just in case. I used

my FLIK card and forgot that I had food in my room," said Christine Shleiwet, junior, Yonkers, N.Y.

It's important to become diligent about your spending early, because the financial temptations of college life are never-ending.

The \$3-a-cup coffee habit that costs you hundreds of dollars a semester. If you choose to live in a dorm during freshman year, you may be tempted to eat out on a regular basis.

Avoid making a habit of dining out or ordering in food. Instead, restrict yourself to eating out once or twice a week to curb any cravings.

Entertainment is another area that college students have to let go of the big bucks. Bars are usually in the agenda of many college students; charging money to enter in addition to the exorbitant cost of drinks and food. Students waste a lot of money at the bars.

Adding SHU promotions to your buddy list is a great way to find out what is hot and inexpensive, informing students where to go for inexpensive drinks and admissions.

Overall, college students are versatile, and certainly have a chance to pick up some money-saving tips from others on campus.

Here are some ways to administrate and preserve some money: Consider sharing textbooks with a close friend in the class; Clean out your closet once a year and sell your clothes to a secondhand shop; Participate in a research study being offered through your university; Sell your textbooks back to the bookstore after finals or to friends taking the class next semester; Work as a seasonal worker at local shops around the holidays.

Handling money takes a little bit of practice, and there's always going to be the occasional slip up.

Learning how to administrate money is not easy, but cutting back on unnecessary items and indulgences will prevent pockets and bank accounts from completely draining out.

BEYOND SHU

Help Make a Dream Come True



Contributing Photo/Carrie Davis

Julia Davis has been through a lot for a 7 year old. She is now asking you to help

Danielle Holton
Staff Reporter

Julia Davis had recurring pains in her right side, along with fatigue and low fevers. After undergoing a magnetic resonance imaging (MRI), doctors found that Davis had a tumor on one side.

Surgery was set to remove the tumor

doctor's thought was benign. The two hour procedure continued for eight and a half hours and left Julia without her ovaries.

Davis' doctors went into surgery thinking they were going to remove a tumor and found that both of her ovaries were covered in cancer and had to be removed. Julia Davis is 7 only years old.

"I can't imagine going through everything she's gone through. I mean when I was seven, the hardest thing I went through was when I wasn't allowed to stay up to watch all of T.G.I.F.," said Jenn Corridon, sophomore, South Amboy, N.J.

In addition to having her ovaries removed. Davis will also have to endure a total of four rounds of chemotherapy, followed by five years of weekly blood work. Ovarian cancer at such a young age is extremely rare.

"We were not prepared, we just went into auto-pilot mode to do whatever needed to be done," said Julia's mother, Carrie, to Simsbury Post.

Although there is a 25 percent chance the cancer will return, Julia is no longer asking why this has happened to her. Julia now wants to help other cancer patients and has started a program called, "Julia's Backpacks," in which backpacks will be filled with toys and given to the other patients.

Because Davis' insurance will not cover all of her procedures and her parent's are not in a bracket in which they would qualify for assistance, the Davis family has now added financial problems to their list of adversity.

Student Senate has started a committee to fundraise for Julia's cause. Many great ideas have been thrown around at their weekly meetings, such as a benefit concert that is in the works.

"After seeing how the university came together in support of hurricane Katrina, when Danielle Holton brought Julia's story to the Senate, it was a no brainer to do

what we can to rally support for Julia," said Senate Vice President, Kurt McCloud, senior, Plymouth, N.H.

There is going to be letters going out to local businesses explaining Julia's situation and asking for donations. Students who work at such corporations as General Electric and Northwestern Mutual are trying to get corporate donations.

There are also plans to involve the surrounding elementary schools in the donation process. Each class will have a race to bring in the most change and Student Senate will provide the winning classrooms with a pizza party.

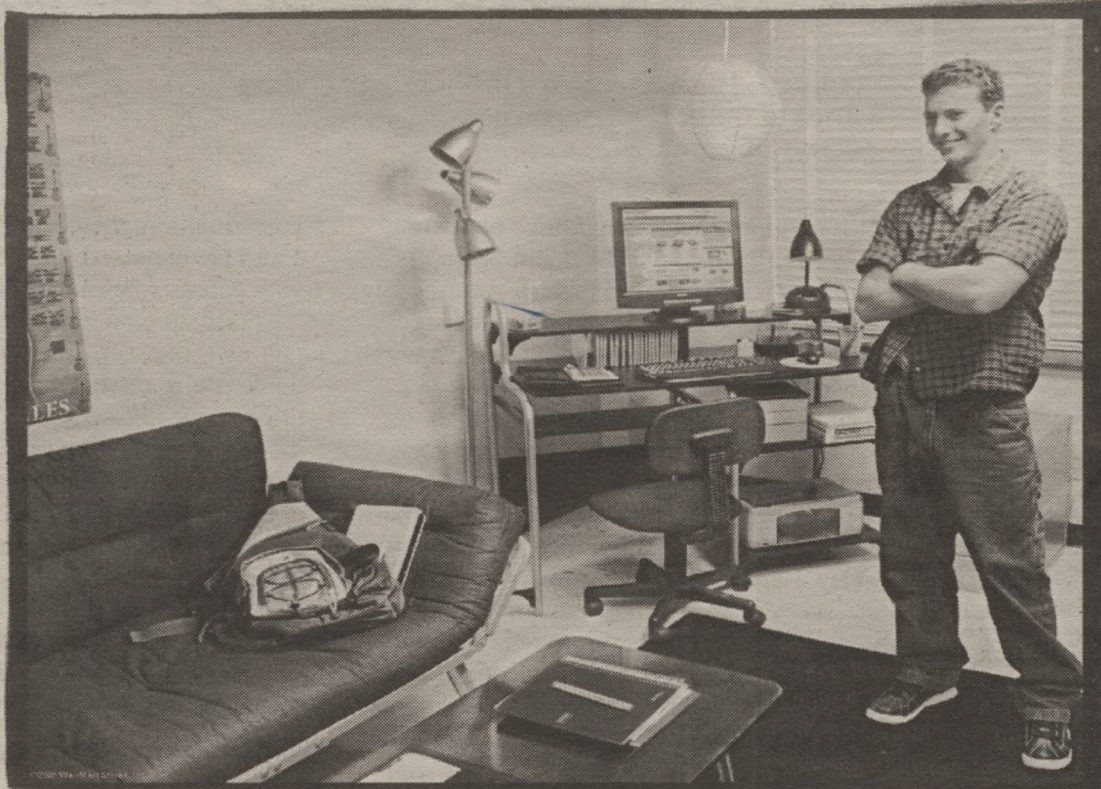
At some point the committee would also like to stage a cash drive on campus where there will be a chance for students to donate spare money.

The fundraising committee has hopes of working with other clubs on campus. Working with the SHU Players, the committee has plans to go to the Connecticut Children's Hospital, Hartford, and stage a puppet show for Julia and the other patients.

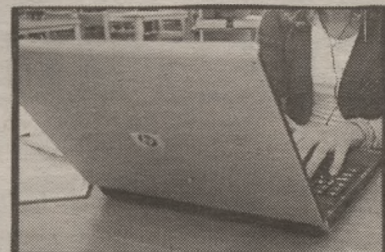
"I love what we're planning. I just think it's wonderful that we can give back to a young girl who gives so much," said Justin Schiavone, sophomore, Long Island, N.Y.

There will be a chance to see Julia on Good Morning America on October 30, 2005 with her mother and Diane Sawyer. Any donations and volunteers would be much appreciated from all who are involved. Please contact Danielle at HOLTOND@sacredheart.edu for further information or to help.

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Perspectives

Students' Political Views Vary

Ariane Rasmussen
Staff Reporter

Since the Presidential Inauguration in January of 2005, most Americans were already aware that the path lying ahead was going to be difficult and challenging with the country being so politically divided.

Yet, "difficult" hardly seems adequate when faced with the issues occurring today that leave many Americans with mixed feelings about our government and its leaders. With debris and water inundating cities, death tolls rising by the minute due to hurricanes and the war, and thousands left homeless, it is hard not to feel angry at our leaders and unsatisfied with the government.

"I am quite unhappy with our government due to the way they resolve the issues that are occurring right now. They should better prepare for natural disasters. They knew the hurricane season was going to start and didn't do much," said Elona Shape, sophomore, Bridgeport.

Whether deciding on how to deal with a hurricane, homosexual marriage, education, or abortion, political division has made it even more difficult to solve problems efficiently.

"I think that the Democrats and Republicans are very divided and more needs to be done to pull the parties closer together so issues can be resolved easier and without so much controversy," said Jennifer Arthur, senior, Trumbull.

Sophomore Adam Rua from Bridgeport, believes that too much pressure has been placed on the shoulders of the American people to pick only one side of the coin when voting.

"I think that the government, being mainly of either a democratic or republican view, is becoming too much of an extreme selection for the American people as a whole to be able to accept. We are being forced to take the better of two sides even though in some cases we don't fully agree with that party. For example, in 2004, I voted for John Kerry because I did not want [to vote for] Bush whom I feel isn't a leader, nor competent enough to be president leading me and this country. That didn't necessarily mean that I accepted all democratic views since I [also] feel [that] some republican views are good as well," said Rua.

Looking at the past is important to keep mistakes from reoccurring, but lamenting over them isn't going to help us fix the present and make a better future. Perhaps, Shape says it best, "It doesn't help to point fingers at anyone; instead, we have to focus on helping out everyone."

Even with so much controversy going on amongst the people and the political leaders themselves about whom is to blame for what, Americans seem to agree that the solutions to our problems are past due.

"As far as our political leaders go, I feel as though more needs to be done with protection from natural disasters [in the future] as [made] evident by Hurricane Katrina. It is also time to have an exit plan and get our troops home from Iraq. Gas prices are through the roof and it is time the government works out these issues," said senior Jennifer Arthur, Trumbull.

Even though the American people have pulled together to aid the victims of the hurricane, it is essential for

Are You Up for a Challenge?

Tony Alaimo
Contributing Writer

If you think you can build a successful stock and mutual fund portfolio then you are in luck because Barron's and the College of Business are hosting an investment challenge. The free online investment contest which begins Monday, October 17th, runs six months, through Friday, April 14th.

There is a pre-registration after September 15th, and you must register with Barron's at www.barronschallenge.com and forecast the April 14 close of the Dow Jones Industrial Average, S&P 500, and NASDAQ Composite. Participants must set up theoretical \$100,000 portfolios with Stocks or ETF's on the NYSE, AMEX, and NASDAQ. There is a \$5,000 minimum and \$10,000 maximum per security which must be trading

above \$5.00 per share.

Contestants will have the choice to go long or short but not on the same security. A maximum of 75 trades are allowed with theoretical commission of \$10 per trade. Margin trading is allowed with a requirement of 50%. So now that you know the rules, here are the prizes. 1st Place wins \$1,500, 2nd - \$1,000, 3rd- 500.

Any contestant that beats the S&P 500 return over these six months will get a Uno's gift certificate. Regardless of your major you are welcome to represent yourself as well as Sacred Heart in this competition. I wish everyone the best of luck and hope that you will take the opportunity to get familiar with the stock market and take a chance at learning something new along the way.

*If you have any questions please contact
Tony Alaimo (alaimoa@sacredheart.edu)
or professor John Gerlach
(gerlachJ@sacredheart.edu).*

Your Role as the Manager

Andrea T. Papa, Executive Director,
Office of Career Development
Guest Columnist

We're all managers, regardless of if your major is Business Management or Sports Management, or whatever your future goals. We all have to manage our time, manage our relationships, and hopefully, manage our money!

And then, there's managing our career.

"Career Management" is not just for those already in a career, but rather, for students, who understand the necessity to manage the career planning process, right now, today. Regardless of your major, lack of a major, class year, full or part-time, commuter or resident status. As it implies, "Career Management" refers to taking control in evaluating your career or graduate school goals, and considering what you can be doing right now to make them happen, within the right timeframe. Waiting until senior year to figure out that an internship was the more advantageous thing to do a year before, is too late.

Perhaps you're seeking a part-time job and are considering which one will most support your major. Maybe you've chosen a major but need to know more about how you'll apply it to an actual job. You might be a strong student leader with solid leadership skills who is trying to translate that to a resume or upcoming interview. Regardless of

your situation, there's always something you could be, and need to be doing, to manage your career goals at the present moment.

Thinking you have plenty of time and putting things off because you may not think you're ready, only helps your competition move ahead. A good or challenging job market is not the only factor that should determine how you make career decisions. It doesn't change things like what makes you marketable or what your resume should look like, or even, if and when you should consider graduate school. Take control over what you want and with ongoing preparation, YOU can decide how you should proceed. Be your own manager of your career.

Let us know how we can help you.

The Office of Career Development:

Curtis Hall, Room 215

Email us at: CareerDev@sacredheart.edu

Call us: 203-365-7975

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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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He Said... She Said...

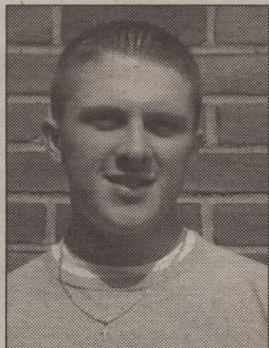
Can we be friends?.... Shifting from partnership to friendship

Robert Roy
"He Said" Columnist

Traditionally staying close friends after ending a significant relationship has been understandingly difficult. When a relationship comes to an end each person always promises to stay friends but let's not kid anyone here, this is almost never successful.

There is always that awkward period where you still are jealous and do not want the other person to be with anyone else. Then you go through the period where you believe that you cannot live without them and try to get back together. More times than not this is the end of the line.

When the second attempt at a relationship fails, friendship is not an option. You cannot stand the thought of them with someone else. There is fighting as one person cannot handle being just friends. In this situation there is that uncomfortable



The Spectrum/DANYA JIMENEZ

and embarrassing situation when one person crosses the line of "friends." The other person is forced to end the idea of trying to be friends.

As time passes the two people will talk from time to time but there is never a significant friendship created, thus friends after being a couple more times than not, will fail. Now I know that this situation isn't what happens a hundred percent of the time. There are those few exceptions when the two people are able to get over themselves and become friends.

Rachelle Murphy
"She Said" Columnist

Your relationship has just ended; do you stay friends or become bitter enemies? Whether or not you stay friends after a breakup has a lot to do with how your relationship was and how the breakup went.

If you and your ex were friends before you dated, and remained friends throughout your relationship and had a neutral break up, the odds are that you will remain friends even when the relationship has ended. Obviously maintaining a friendship after any length of a physical relationship will be hard. But hard work and dedication to being friends will pay off in the end.

There are relationships where nothing seemed to go right. Of course, the relationship ended badly. Is there a chance to be friends? Most everyone



The Spectrum/DANYA JIMENEZ

would say no. If your relationship were horrible than what would be the point of forging a friendship? If you didn't like your relationship, than why have a friendship? You are better off without them.

This issue of friendship after a break up is a hard call. Talk to your friends and your ex, evaluate your past relationships, and then determine what you would like to see happen. You and your ex are the only ones who can determine the outcome.



This week's SHU Senate Report features a report from five committees. Buildings and Grounds, Public Relations, Flik, Residential Life, and Judicial Board are taking this opportunity to introduce themselves and their hopes for the beginning of the semester.

"I work with the Buildings and Grounds staff to address any student issues with residence halls, including, heating, lights, hot water, broken elevators, etc. We also work together to resolve issues with the on-campus buildings, such as the broken Faculty Lounge door, clocks, heating in the UC, and my primary project, Beautification Day. Beautification Day is in the beginning phases of planning. I'm working with several department heads including, Michele Ellis from Human Resources, Julie Savino from Financial Aid, Funda Alp from Public Relations and of course Student Government. We have several proposals in mind for this project."

- Christina Piazza, junior

"Public Relations and Advertising committee is conducting a university wide fundraiser to help a seven year old girl with ovarian cancer. Sacred Heart University's P.R. Shelia Moseley is helping get the fundraiser off the ground. There are several things we have in the works such as donations from local businesses as well as a few corporate companies. We are also working on having a band come for a benefit concert and getting the local elementary schools involved." - Danielle Holton, sophomore

"The Flik Committee works together with the Managers of Flik to improve the food on campus. The location and the time of their weekly meetings are going to be available to students soon. Students are invited to attend the open meetings only. As always any questions and concerns are more than welcome. Please e-mail student senate@sacredheart.edu." - Nora Murphy, senior & Janelle Watson, sophomore

"Being on the Residential Life committee, I am a liaison for the students. I have bi-weekly meetings with the head of Residential Life to discuss what is going on behind the scenes and how things are going for the students. Any questions, comments or complaints can be forwarded to me at bellegarde@sacredheart.edu."

- Val Bellegarde, junior

"The purpose of the Judicial Board is to supervise attendance as well as job descriptions described in the SHU Student Government Constitution. This year we are off to a slow start which is good news! The new representatives are Joe Rea and Rob Pescatore (2006), Kelsey Burns and Stephanie Barnickle (2007), and Aaron Poach and Sarah Comeran (2008). Once we have the reps for 2009, we will be all set!"

- Aisha Lubin, junior

- Contributed by Erin Maurer.



What is the worst pick up line ever used on you?



"Some guy actually said, 'Can I check your tag to see if you were made in Heaven?' I laughed and walked away."

Kelly Linskey

Seal Beach, Calif. ~ Sophomore



"Are you from Tennessee because, well, I'd give you a '10' if I could see!"

Vincent Wynne

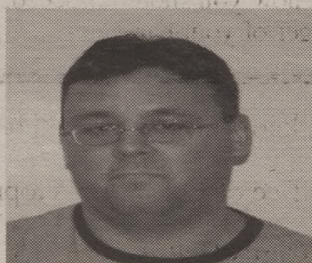
Trumbull ~ Senior



"Can I get your phone number because I lost mine?"

Sarah Menard

Bridgeport ~ Sophomore



"So, you come here often?"

Sean Peterson

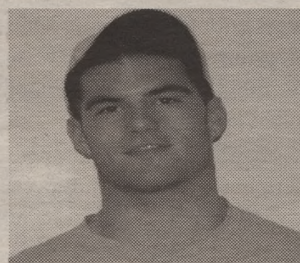
Stamford ~ Graduate Student



"I can't find my teddy bear, can I sleep with you?"

Becky Dyson

Harrisburg, Pa. ~ Freshman



"Does your girlfriend know where you are?"

Billy Foley

Washingtonville, N.Y. ~ Sophomore

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—Arts & Entertainment—

An Evening of Rock and Roll

Matthew Libassi
Staff Reporter

An evening of rock and roll filled Sacred Heart with over 100 students and community members moshing to the sounds of some hardcore and punk at the Independent Music Club's debut show.



The Spectrum/ Matt Libassi

The singer from Salute the Dawn gets the crowd motivated.

This past Saturday, Sacred Heart's very own Independent Music Club (IMC) held its first shows in the University Commons. The IMC is a fairly new club and only about three years old. Their main focus is to bring good and varied music to the students of SHU.

As the president of the IMC, Laura Day, senior, Worcester, Mass. said, "The

main goal of the IMC is to connect students who share musical interests that seem to be rare at SHU. The club is really about having fun and bringing something we enjoy to the school, and a great way to get everybody actively involved is to bring bands from in and around Connecticut to play here."

The future looks bright with aspirations of continued shows and other venues to gain popularity and a general knowledge of the club. The first show included the bands Farewell To Arms (Conn.), Twilight City Fracture (N.J.), Four Year Strong (Mass.), Salute The Dawn (N.Y.), The Gun Stays (N.Y.), and Changing Directions (Bridgeport).

The evening started promptly at 7:30 p.m., opening with Changing Directions warming the crowd. Everyone started to feel the band after a few beginning songs, and requests from the band members for the crowd to move a little closer and loosen up.

Gun Stays band member, Jamyne Gonzalez, Long Island, NY said, "The show went pretty well. We made due with the big room and played better than we thought. The turnout was good and defiantly had a great time - we will totally be back."

The band members weren't the only ones having an excellent time. "I loved it. I had so much fun and I can't wait for more



The Spectrum/ Matt Libassi

Changing Directions plays for Sacred Heart students on Saturday as a part of the line up for an evening of rock and roll.

shows. I wish there were more punk bands though," said Erin Bulvanoski, freshman, Ocean Point, NY.

The Vice President of the IMC, Rina Catashprohe, senior, Bronx, NY said, "Since we have an entirely new E-board this year, we hope to show SHU a different side of IMC...we pretty much just hope to put on a lot more shows on campus and to make those shows as diverse as possible. We were also thinking of setting up group trips to a few concerts. The turnout for new members this year has been pretty

fantastic."

President, Laura Day, urges anyone interested in the club to contact her via email at L-Day@sacredheart.edu, or stop by the Mahogany Room for their bi-weekly meetings. With the show going better than expected, the Independent Music Club is off to a good start. Catashprohe sums up the club and what the IMC's main goal is, noting, "What it all comes down to is putting on sweet shows and have a rockin' good time - YEAH ROCK N' ROLL!"

Banned Books

Gina Saccaro
Staff Reporter

Banned Books Week is an event which occurs during the week of September 24th and was started in 1982 to emphasize the freedom to read.

The reason for banned books week is to celebrate our first amendment rights. It is also meant to celebrate the freedom to state one's opinion even if the opinion is unpopular. Banned Books Week is recog-

nized by librarians with lectures, displays, and discussions.

There are new books every year that become banned. Librarians, teachers, and booksellers teach the importance of the first amendment to save literature. They use Banned Books Week to teach people of the problems that could happen from imposing bans on books in a free country.

"I think it's great to have Banned Book Week. There are aspects of our society and history that might not be pretty, but keeping people ignorant of it is not a solution to anything. The mere premise of banning literature due to content is Orwellian in nature," said Rob Rood, junior, Shelton, C.T.

The reasoning for books being challenged is because groups of people try to eliminate anyone who disagrees or conflicts with their beliefs. One of these major groups are parents, who want to shelter their children from inappropriate or sexual content.

According to the American Library Association office for intellectual freedom, 547 books were challenged in 2004. A challenge on a book is not a ban; it is a written request by a school or organization requesting that certain literature be removed because of content.

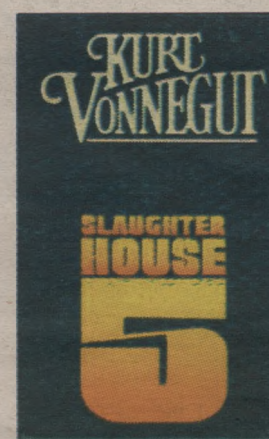
"Banned Books Week reminds me of the book 'Fahrenheit 451' by Ray Bradbury. Our society should stop trying to ban books or challenge them

just because some people don't agree with them. I also think its great how librarians and teachers are working so hard to stop people from trying to ban books. It's important for people to realize that," said Krista Caltigirone, sophomore, Wayne, N.J.

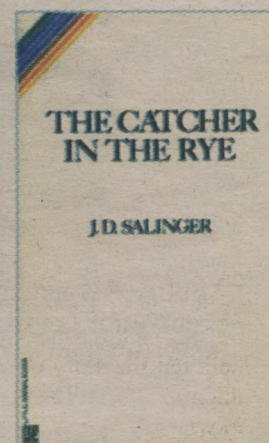
Some of the most frequently challenged books of 2004 were: "The Chocolate War", "Fallen Angels", "Arming America", "The Perks Of Being A Wallflower", "What My Mother Doesn't Know", and "Of Mice And Men." These books were challenged because of offensive language, sexuality, and violence.

Authors that were most frequently challenged in 2004 were: Phyllis Reynolds Naylor, Judy Blume, Toni Morrison, Robert Cormier, Chris Lynch, and Barbara Park. Classic books such as "Huckleberry Finn," "Tom Sawyer," "Ulysses," "Frankenstein," and "Black Beauty" were all challenged and banned at one point. Even the Bible and the Qur'an were banned from the Soviet Union from 1926 to 1956.

"I find it coincidental how such classic books like 'Huck Finn', and 'Frankenstein' were banned in those days and now they're known world wide. They are also taught in most high schools and everyone has heard of them," said Jessica Case, sophomore, Huntington, N.Y.



Recollectionbooks.com



www.amazon.com

"The Catcher in the Rye," and "Slaughterhouse-Five" are two of the books that have been on the banned books list in the past.

Banned Books Week may not be a nationally known, but it has a great importance. Librarians as well as teachers work hard to keep books they think are important on the shelves. Who knows, one of the books that would have been banned could be a classic.

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The SHU Players are Back

Jaclyn Hull
Staff Reporter

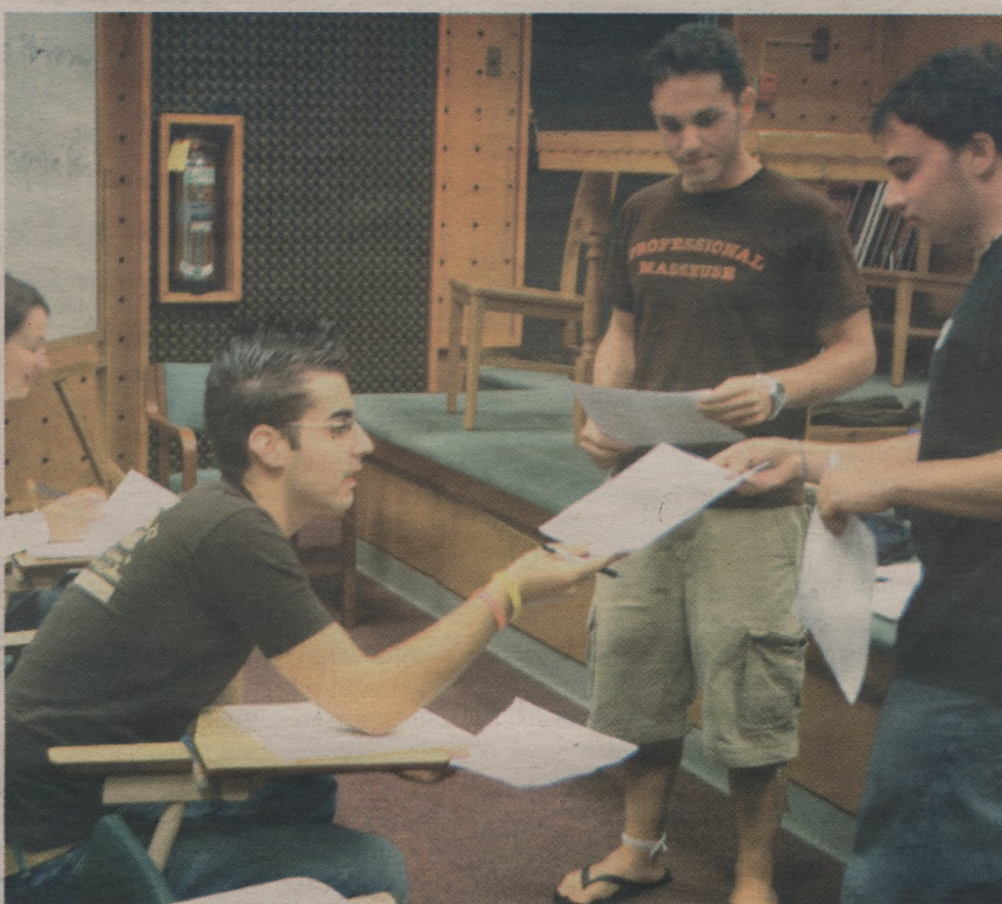
This past week, aspiring thespians hit up the Shrine Theater for this season's SHU Players production of Virgil's Wedding. Auditions were held late Thursday night and the casting list of 20 people was posted on Monday, September 26.

From the side of comic relief, the SHU Players chose Virgil's Wedding hoping that the comedic insights would draw the attention of a large audience. The story-line focuses on the wedding arrangements of characters, Virgil Sludge and Margaret Hooper when northern planners are called down south to organize a simple ceremony for the two lovebirds.

With the wedding planner's hope of being promoted, she invited her boss to Licksillet's simple wedding, but after some slight complications- there seems to be some major trouble. The groom fails to show up, the bride is still searching for Mr. Right, and the decorating scheme insists to be nothing more than pink flamingos and Christmas garland.

After auditioning, Elise Valerio, sophomore, Wellesley, MA, said, "I can tell, just from the lines I was given to read, that this play will be a real side-splitter, to use the vernacular. The dialogue I heard was laden with petty, yet hilarious, misunderstandings both of word and inflection.

Director Matthew Libassi has set aside most of his free time for the next two months to make the production of Virgil's



The Spectrum/ Ariane Rasmussen

Director Matt Libassi talks to his potential cast during the auditions for SHU players production of Virgil's wedding.

Wedding a great success.

Having a larger cast may be difficult to work practice times around everyone's schedule, but Libassi's experience seems

to comfort any implications.

This is the third play I will have directed, and second one at SHU. It will be the first to be teamed up with my personal

production company, MVL

Productions and is sponsored by the SHU Players. After last year's success of the SHU Player plays, especially The Man Who Came To Dinner, it will be hard to top- but we can do it. I hope to make it downright ridiculous- so no moment of laughter will be lost on the audience, said Mathew Libassi, sophomore, Shoreham, NY.

A few of the players interviewed felt that the auditions this semester went very smooth. A lot of work was put into the auditions alone, and left open room for tons of fun. Confidence in the success of the play has already been exposed through the auditions Thursday night.

This show is going to be great. There is a lot of talent in this show, and with Libassi in the directors chair, it's going to be one of the best productions the Players have put on, said Sam Bolles, sophomore, Queensbury, NY.

The student director, (Libassi) made his SHU directorial debut with a stellar cast of two students who drew gales of laughter night after night. Therefore, it would be an understatement to say that The Virgil's Wedding will rock the box office, said Valerio.

Virgil's Wedding Hits the stage November 19 through the 21 and can be viewed at the Edgerton Center for the Performing Arts. Students should grab a date and attend because the comedic farce is sure to keep everyone entertained.

"The Corpse Bride"

Joel Roch
Staff Reporter

Tim Burton's new movie, "The Corpse Bride" is a delightfully eerie film that is fun for people of all ages. Like Burton's film, uses spectacular display of imagery, music, and voice talent to bring his story to life.

The plot centers on one man's journey to reunite with his love and marry her. The only thing holding Victor (Johnny Depp) from Victoria (Emily Watson) is that he accidentally married the corpse of a woman who was murdered on her wedding night.

"I thought the music was really great," said Michael Millet, junior, West Springfield, Ma. Burton once again uses the musical genius of Danny Elfman to help tell the story of Victor and Victoria's dilemma. The music helps to keep the movie lively and energetic while dancing skeletons and other ghouls light up the screen and are a delight to the eye.

Burton's choice of actors also helps to bring the story to life. Depp, a long time collaborator of Burton's, is perfect in his roll as the soft spoken Victor, our awkward hero who must convince Emily, his new dead bride, that they cannot have the love that she longs for since they are separated by the grave. Helena Bonham Carter does a wonderful job as the sensual corpse

bride, Emily.

Other vocal talents include Albert Finney, Tracey Ullman, and Emily Watson to name a few. Burton's use of well known actors and actresses helps the audience to accept that these are real people, even though the film is made with stop motion animation, and allows them the ability to relate with the characters.

"I was a big fan of all the different colors he used," said Mike Malesardi, junior, New Hyde Park, N.Y. Indeed, Burton uses various different colors to express the differences between the worlds of the living and the dead. While the world inhabited by the living is dominated by cold colors such as grays and dark purples, the world of the dead is highlighted by vibrant colors like reds and yellows and blues, which give it almost a euphoric feeling.

While the living world is drab and depressing, there's always a party going on in the land of the dead. The party never seems to stop as skeletons get drunk, play instruments and dance about the screen.

Tim Burton has an amazing ability to bring the world in his head to life. While his ideas may not always be expressed perfectly on the big screen you can always expect a new take on an old story. While "The Corpse Bride" may not be the next "Nightmare Before Christmas" is certainly is worth the nine dollars to see it.

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Features

Express Yourself

A War Poem

Olivia Soriano
Contributing Writer

Do not take heed in 'foolish' caveats, oh people of the world, For who alone can forgo the majesty of the American mind?

Beautiful simplicity threatening war, In the complex world of human kind.

Spiraling upward, though downward in effect, Penitence has become forgotten lore,

"Make them better,"
"Make them stronger,"

Pave the road to
Damnation's door.

"All for the common good," though profit's found in sacrifice, Ignorance the age-old fashion,

"Think of all we've saved" but what of those we've lost?

Compassion seems now to be in ration.

Ah, but what do we know of war?

What could a little suffering do?

So stand we now, hands over hearts...

Salute--- red, white, and blue.

Interested in submitting some of your own poems, short essays, opinions, etc.?

Please Contact Features Editor Diane Szmidt at:
d-szmidt@sacredheart.edu

HAVE A VOICE AND
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Before You Take Another Sip, Know The Risks You're Taking

Theresa Vosilla
Staff Reporter

Alcohol surrounds college students. It is at parties, bars, clubs, on television, and in magazines. There are some students who choose to drink, while others remain sober. Though, for those that do drink, you may not know that there are more than the obvious side effects of drinking.

According to Virginia Tech's website on the effects of alcohol, www.alcohol.vt.edu, alcohol has side effects that are acute, which take place while you are under the influence, short term which are up to 72 hours after drinking and long term which is after one or more years of heavy use.

Acute effects impair a person's cognitive abilities. It effects many parts of the brain especially the most vulnerable cells that are associated with attention, sleep, coordination, judgment, and memory.

"I don't really think about the effects of alcohol, I just go out with my friends and have fun drinking," said junior, Tom Bathe, White Plains, N.Y.

Alcohol can reduce a person's ability to remember information learned prior to drinking. Other acute effects are reduced anxiety, slurred speech, headache, nausea, dizziness and fatigue.

"I think the most obvious effect of drinking alcohol is judgment impairment. People do things they usually wouldn't," said junior, Jenna Coccia, Johnston, R.I.

Alcohol does effect a person's judgment. This may cause someone to find themselves in a dangerous situation. People are more likely to engage in regrettable sex and are less likely to have safe sex. Seventy percent of teen pregnancies occur while under the influence of alcohol and other drugs.

Alcohol consumption can effect the reproductive system. When a large dose of alcohol is consumed a loss of sensation may occur. Inability to have an orgasm and temporary impotence may occur.

Short-term effects of alcohol are up to 72 hours after the consumption of alcohol. Just like with acute effects cognitive abilities are effected for a substantial period of time.

"I don't really ever excessively drink because I always see my friends the next day from going out and they are all really hung over," said, freshman Rachel Hudec, Staten Island, N.Y.

Another effect is on the immune system. The systems ability to fight infectious diseases is weakened. This can increase the number of colds a person may experience.

Alcohol can also cause long-term health problems. Long-term effects occur after one or more years of heavy drinking. These can include brain damage, memory loss and personality change.

The long-term effects of drinking can also damage the reproductive system. Heavy alcohol use by men reduces testosterone levels. Other effects on

men are breast enlargement, testicular shrinkage, and impotency. Females may experience menstrual cycle irregularity, infertility, and the loss of sex drive.

Stomach ulcers may also occur. Alcohol is a carcinogen; it contributes to the development of cancers of the lip, oral cavity, esophagus, larynx, stomach and liver.

High-risk behavior such as drunk driving becomes more common. It is the number one killer of teens and young adults. Everyday eight young people die in alcohol-related car crashes. Every year drunk drivers kill more than 17,000 people, according to a pamphlet written on drinking and driving by Tara Leonard.

"No one should ever get in a car with a drunk driver. Too many people die like that. [My] best friend died last year the day after Christmas because her boyfriend was drunk," said sophomore, Erin Cunningham, Hoboken, N.J.

Alcohol is a depressant but is often consumed in response to an upsetting event or occurrence. Once the buzz wears off some may feel depressed, hopeless and possibly even suicidal. Many young adult suicides are alcohol related.

Alcohol also increases the risk of other accidents such as falls, and drowning.

For more information on the effects of alcohol, visit or contact the Counseling Center at (203) 371-7955.

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Unsung Hero: Gerberville Spreads Humanity

Victoria Licata
Staff Reporter

"Learning about the community around us and being able to help the people of the community is a very fulfilling feeling," said President of Habitat for Humanity, Kaitlin Gerberville, sophomore (Hillsboro, N.J.).

Habitat for Humanity is an international organization that has a special chapter here in our Sacred Heart society and that is why she belongs to Habitat for Humanity. The program enables the members to travel to different places and work in soup kitchens, and perform community service work.

"My favorite part about the program is the physical aspect and being able to work with other members to build a house during Blitz week," said Gerberville.

Blitz week is a full week dedicated to building a house for a family that cannot afford a home. The Habitat members begin with only the foundation and end with putting on the roof.

"Not only is the physical labor enjoyable but being able to meet the families that move into the houses and working with them is an emotional perk as well," said Gerberville.

Spring break of 2005 Gerberville and the other members of the program went to North Carolina to build a house. This had a profound impact



The Spectrum/ Elyse Harrell

Kate Gerberville takes a break from her hectic day as president of Habitat for Humanity.

on Gerberville. They built a house in one week, which usually takes 400 to 450 days to build.

There were 20 students in total who worked on the building of this house. The volunteers were not paid for this but were able to see a family benefit from their hard work. They spent their spring break helping others in need.

Habitat for Humanity is also hosting their annual Sleep Out, which will be held on Friday, September 30, 2005. This is a fundraiser in which all proceeds go towards materials for future habitat houses.

The sleep out will be held in the Sacred Heart University Quad where the members of Habitat along with other volunteers sleep in cardboard boxes and tarps. Anyone who is interested in helping or joining habitat may participate.

Gerberville was introduced to Habitat for Humanity through Community Connections, a week-long program that introduces community ser-

vice opportunities to freshmen and the overall Bridgeport community. She decided to join Habitat because of the work and labor that they do.

"Habitat is a great organization that SHU students are involved in, we are lucky to have such a huge response from the school community," said Gerberville.

When Habitat meets every Saturday they find work to be done around Bridgeport. They may be painting walls, putting in insulation, roofing, putting doors up, anything that the students are capable of. There is always work to be done.

Gerberville was awarded the Outstanding Freshman award for her community service achievements. This award was for her work in Community Connections and Habitat for Humanity. She has been dedicated to Habitat for over a year and loves doing the volunteer work.

Out of the goodness of her own heart she helps Habitat spread through out Sacred Heart's community. Habitat helps create homes and provides a better lifestyle for those who are need and Gerberville and the program help achieve this goal.

From Place to Palace: ExtremeDorms.Com

Dallas Kalmar
Staff Reporter

For those of you who live in the dorms on campus, you may have noticed a glossy tri-fold brochure slipped under your door during the first week of classes from ExtremeDorms.com.

Co-founders Shaun Hunte and Jon Corto established their one-stop dorm shop on December 6, 2004 after concluding that a specialized company for dorm room supplies did not exist.

"We both wanted to start a business, and together realized it was a niche market. Jon comes from an entrepreneurial family and so do I, so it was a natural inclination," said junior, Shaun Hunte, Shelton.

Both Hunte and Corto's families saw the potential for growth. Each invested \$5000 for start-up capital, and they've been watching it grow ever since. They help the team out in any way they can. Jon's brother, Nick, a recent graduate of Babson College, Center for Entrepreneurial studies, decided to get involved as the Vice President of Finance to help out the family business. Even the frazzled parents featured on the cover of the Extreme Dorms brochure are not just actors they're Mr. and Mrs. Corto.

"It's essentially our main source of income. We're still in debt, but so far we average somewhere around \$3000 in sales per month. Since August, the business has really taken off," said junior, Jon Corto, Buffalo, N.Y.

What's Hunte and Corto's secret? A small business method called Drop-Shipping, whereby the seller, in this case ExtremeDorms.com, forges a contract with various manufacturers or distribu-

tors. Corto, the Vice President of Product Development and Distribution, is responsible for attending trade shows, determining which products are cool and worth marketing, and then establishes a relationship with the distributor of that product.

Hunte will then feature the product on their website, and advertise. They have a merchant account through which, credit cards can be processed, and so once they have made a sale, they send their customer's order and shipping information to the distributor. ExtremeDorms.com then receives a bill, for which they are paying wholesale prices for products. Additionally, they also charge for shipping, hence their profit margin is pretty impressive.

"This one girl from Harvard bought everything, a futon, desk, chairs, wall accessories she spent around \$800. We really felt good about that, cause we knew we had accomplished our goal, with the functionality of the website," said Corto.

Aside from employing a mobile automated phone system, advanced advertising schemes like paper click ads and brochures; the young entrepreneurs were also picked up by the Associated Press, and receive funding from Morgan Stanley, which is no small feat. While the business co-founders are off to an impressive start, they are still on a learning curve, which they eagerly embrace.

"What's interesting is that we can apply what we're learning in the classroom while simultaneously running our business. It really puts everything in perspective," said Hunte.

Thrill Seekers Take The Plunge Into Extreme Sports

Nicholas Brown
Staff Reporter

College students have been using their spare time and money to experience extreme sports. Extreme sports and activities are a new craze among college age students. Activities range from base-jumping, skydiving, bungee jumping and many more. America has become enthralled with many of these activities.

There are actually a lot more extreme sports out there than one would believe. One that is particularly bizarre and obscure is spelunking. Spelunking is the process of exploring and particularly climbing caves. Almost like rock climbing, people scale the walls of caves using special rock climbing harnesses and equipment.

"If I were to try any extreme sport I would like to try spelunking because it's different, most people don't know what it is, and it's in a cool place," said senior, John Melnikov, Bridgeport.

Another, more traditional extreme sport is rock climbing. Rock climbing is the grandfather of extreme sports. It has been around for a long time and has become a recreational activity for many people.

"I have a passion for rock climbing. I've actually been doing it since I was fourteen years old," said senior, Mike Johnson, Smithtown, N.Y.

Extreme sports take place on water as well as on dry land. There are almost as many sports for the surf as there are for turf. Wakeboarding is an extreme sport that started to catch on about six or seven years ago and has been a popular activity among beach goers. Wakeboarding is

almost like waterskiing except you are on a special board like a snowboard and the commotion of the water creates waves in which you can catch air and perform stunts.

"Last summer I had the chance to go wakeboarding at Lake George and it was the most fun I have ever had on a vacation," said Andy Gould, Weymouth, Mass.

Another extreme sport is skydiving. It is said to be the ultimate rush when it comes to extreme sports. For the most part, this seems to be the activity most students want to try. The great part about this sport is that it doesn't require much athletic ability unless you get into stunt skydiving. In this area, the activity relies on tricks to make it more exciting. Virtually anyone can do this as long as they can handle free falling out of a plane.

Extreme sports seem to be very popular. Trying extreme sports can aide in fulfilling the adrenaline rush desired by most young men and women.

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COLUMNS

Terrell Owens: Love Him Or Hate Him?



Steve Conoscenti
Sports Columnist

Did you hear? Terrell Owens is yapping in the papers again. Yup, he's complaining some more. But in my opinion he has a right to be mad this time. I mean, if I got robbed of the "Best Lead Actor in a Drama Series" Emmy, I'd be a little mad too.

I'm not the biggest T.O. fan. As a matter of fact, I don't think I know too many Owens fans. He is one of the most gifted athletes I have ever seen, yet even Eagles fans dislike him. You have to try hard to be a top player at your position and still have your hometown fans boo you.

Let's go back a little bit, back to the 2000 season in which T.O. had the first big season of his career. He finished with 1,451 yards and 13 touchdown catches. Owens was finally making a name for himself. But how did he make a name for himself? Putting up good numbers is not enough for T.O.

Normally, a player who put up those kinds of numbers would be remembered for his play. Not Terrell Owens. He made a name for himself by starting controversy. From that game forward, it seemed like T.O. made sure wherever he went he had to bring drama. Lets see if you remember these classic TO stories...

In 2001, the 49ers lost a game in overtime to the Chicago Bears, blowing a 19 point lead in the process. The Bear's game-winning score resulted from an intercepted pass mishandled by Owens. After the game, T.O. blamed Head Coach Steve Mariucci, saying Mariucci was trying to protect his personal friend and Bears' head coach Dick Jauron from a loss.

In 2002, during a Monday Night Football game in Seattle, Owens celebrated a touchdown reception by grabbing a Sharpie out of his sock, signing the ball he caught, and giving it to a person seated in the end zone luxury box of Shawn Springs (the cornerback he had just beaten). Later that season, T.O. celebrated another touchdown catch by taking pom-poms from a 49ers cheerleader and dancing around.

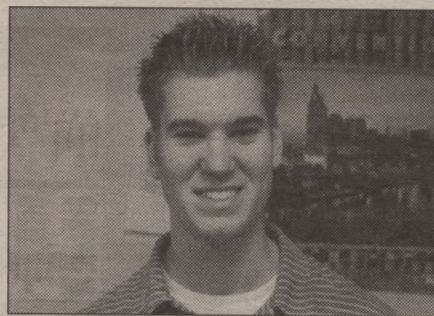
In 2004, the 49ers tried to trade Terrell Owens to the Baltimore Ravens, but he declined to report to his new team, forcing the 49ers to rescind the trade offer. He expressed his desire to play with the Eagles and even filed a grievance, claiming he should be a free agent.

In another Monday Night Football game in the 2004 season, T.O. appeared in a skit with Desperate Housewives actress Nicollette Sheridan that involved some risqué behavior and other controversial material. The skit was later investigated by the FCC. Could ABC have found anyone better to stick in such a controversial skit?

Then came the 2005 off-season. Owens claimed that he needed to "feed his family," despite already making \$7.5 million a year. He hinted he would hold out of training camp, but reported anyway. He should have stayed home. He would not talk to his teammates, had a terrible attitude, and ended up in a confrontation with Head Coach Andy Reid.

It would be wrong for me to disregard the fact that Owens has had a pretty successful three weeks so far this season. Through week three, he's caught 21 passes for 335 yards and three touchdowns. Even the fans that rightfully booed T.O. upon his return to training camp cannot take that away from him.

Still, is it really worth the risk? Many argue that having Owens on the field outweighs the problems he causes off the field. He's had many playoff appearances: five with the 49ers, and a trip to the Superbowl with the Eagles last season. Let's not forget though, rings are the only things that matter in today's NFL, and how many of those does T.O. own?



Brian Fitzsimmons
Sports Columnist

Philadelphia Eagles quarterback Donovan McNabb takes the snap and rolls out of the pocket, glancing to see which one of his receivers is open. After dodging an Oakland Raiders lineman, he steps and throws a bullet into the end zone, connecting with his new best friend. Terrell Owens is McNabb's best friend? Well, maybe not, but he sure is the most dominant wide receiver in the NFL.

At the conclusion of Week three, he has tallied 335 receiving yards and three touchdowns. Those Pro Bowl type statistics, plus the rare ability to dominate a contest with his presence on the field, has the Eagles boasting a 2-1 record. Despite the one loss, they are making believers out of fans all over the country.

Last year, Owens racked up 1,200 yards in the air and found the end zone 14 times before he broke his leg and missed

the final two games of the regular season, plus two rounds of the NFC playoffs. He pushed his body through extreme workouts and rigorous physical therapy to attempt to play in the Super Bowl. His heart and determination got him there, and in a losing effort, he was less of a decoy and more of a contributing factor.

Owens is a 6'3" 225 pound athletic machine with extreme confidence, heart, and willpower who puts up Pro Bowl caliber numbers year in and year out. So what's not to love?

Old school fans who appreciate sportsmanship and respect have such a problem with Owens because he does the exact opposite. The man has 100 career touchdowns, but when he does score in a game, he acts like he's never done it.

A couple years ago when he was receiving for the San Francisco 49ers, he caught a TD pass and proceeded to sprint to the cheerleaders, steal one of their pom-poms, and dance with them in front of the opposing team. How many of you remember against the Cowboys, when he scored and then ran full speed to the 50 yard line and put the ball down in a cocky manner?

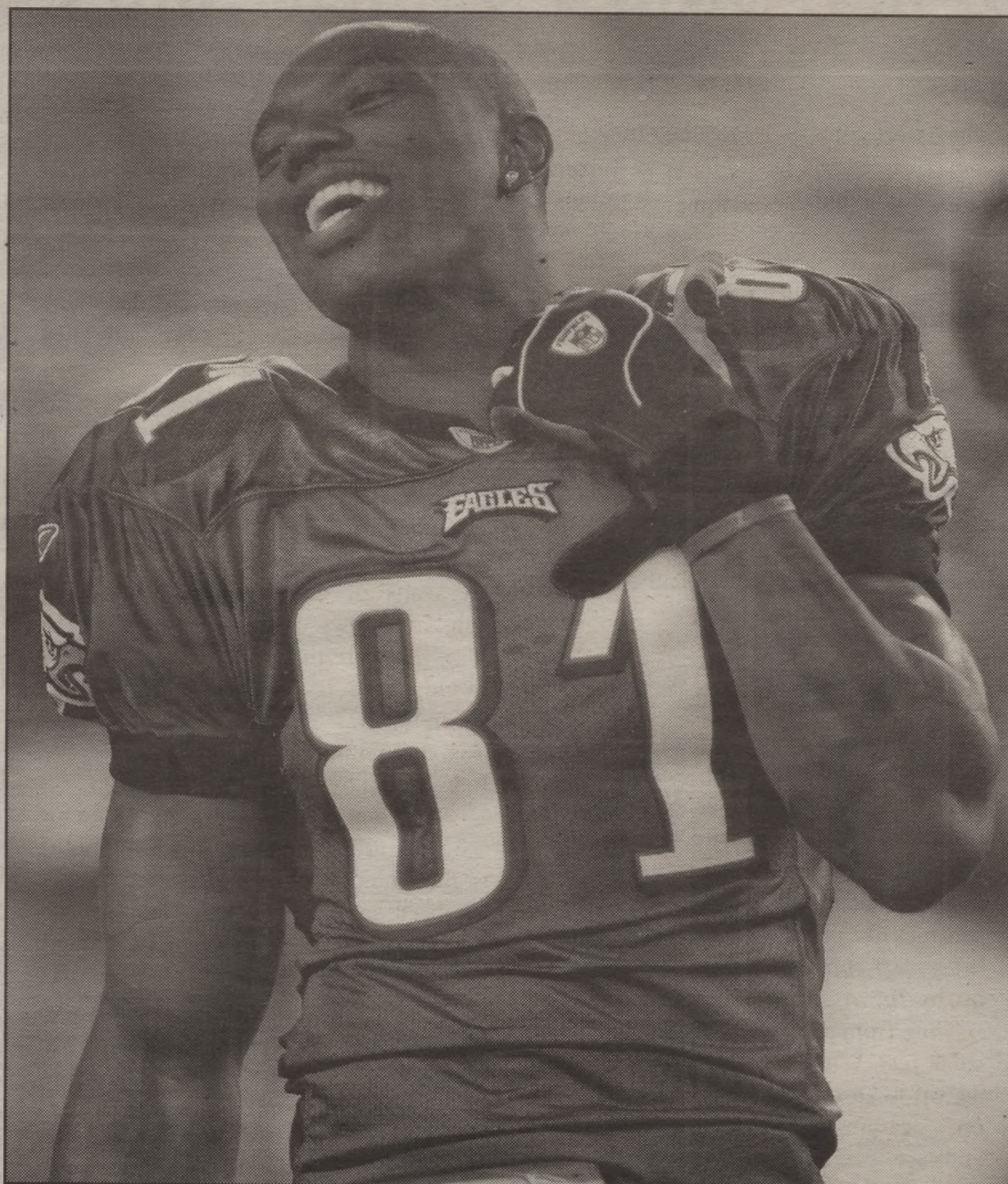
By then the football world all agreed on the same thing. Terrell Owens was out of control.

The man who has eclipsed the 1,100 receiving yard plateau for five straight seasons is sports most talked about bad boy. This bad boy, however, is probably the most popular player in the league. In fact, he has the hottest selling jersey in the NFL merchandise market.

The fans who love him see that he really isn't *bad*; he just portrays behavior that sports are not used to. Sure the poor sportsmanship doesn't show the greatest professionalism, but he devotes his time religiously to his job. The NFL is an entertainment business that makes money off of players who do well on the field.

Hate him or love him, T.O. earns every one of his receiving yards and works hard to get to the end zone, which has become his play pen. Since he is so good at his job, shouldn't he have the right to enjoy himself? His uncanny capability to take over a game and get away with questionable antics makes Terrell Owens one in a million.

Hate him or love him, he will be someone who football fans will tell their grandchildren about. So, do the people who hate him actually attempt to see what Terrell Owens is really all about? It doesn't appear so. I'm not sure if people give him credit for the superior statistics he earns, or the way he is passionate about putting a ring on his and his teammate's fingers. One thing I am sure about, however, is that when he tossed that autographed football into the stands, the Owens haters were the ones screaming and waving their arms frantically, hoping he would toss the ball to them.



AP Photo/ RUSTY KENNEDY

Terrell Owens enjoys his media attention unlike anyone else in the NFL.

BEYOND SHU

Representing New Orleans

Mark Foscolo
Staff Reporter

In the aftermath of Hurricane Katrina numerous fundraising events have taken place in order to help those who lost everything. But perhaps what the people of New Orleans need more than money is something to look forward to.

The New Orleans Saints are that something. While the Louisiana Superdome (where the Saints have played their home games since 1975) remains in ruins, the pride of the Saints does not. Players like wide receiver Joe Horn and running back Deuce McAllister have taken the time to visit the refugees of Hurricane Katrina in an attempt to lift their spirits. Many of the players have stated that they were uncomfortable with the way the media has handled their coverage of the refugees and that the only way to truly understand what is going on is to see it for yourself.

In response to the notion that looting was a bad reflection on the refugees, Horn said, "If it helps a person's family by coming into my home and stealing my Plasma TV, then they can go ahead and steal it."

The tragedy has forced the people of New Orleans to come together in order to overcome their unfathomable losses. Perhaps that's what makes the New Orleans Saints so special this year. They are not just another football team; they are the representation of a broken city.

"The Saints are dealing with the effects of the hurricane very well. People wondered if they would have a season, but after the first game it showed how having a season (whether they have a game at home or not) can help those affected by the hurricane (to) get their minds off of their hardships and focus on something that will make them happy even if it's only for a few hours a week," Chris Arsi, a senior from Washington Township, N.J., said.

While the Saints are 1-2 at the end

of week three, one can't help but admire their hard work and efforts to make sure they represent the city of New Orleans the best they can. That, however, has been proven difficult due to the fact that the team has not been able to play at home in front of the fans and people who love them. It's a wonder these guys can manage to play football at all after everything that has happened.

"I think the Saints are handling it the only way they can, but their home games should be played somewhere close to New Orleans, or at least in Louisiana," Chris Marchese, a senior from Middletown, said.

It may seem like a lost cause to those of us on the outside looking in. After all, people are homeless and have lost their lives—how is a football game going to fix that? It is just a game, right? If that's the case, someone forgot to tell the Saints.

"In the back of our minds, we know we have to give them one tiny bit of hope," Saints quarterback Aaron Brooks said. "We have complete faith in what we are doing because every time we go out there, it is our job to give them hope that every day will be a better day."

Hope is what is most important to the people who have been affected by this tragedy. If the Saints can provide the people with hope by playing a game, then it's not just a game anymore.



AP Photo/ GREGORY BULL

The Saints won their "home opener" but sit at 1-2.

From The Fantasy Football Files

Brad Holland
Assistant Editor

Listen.

I know it's the Fantasy Football Files, and I know there is much to discuss after a wild week 3. But let's face it - there's hockey-a-brewin'. The NHL is starting in less than a week, so those of you in hockey leagues will need the same insider info given to the football fanatics earlier this year.

Let's get to it.

Most drafts should be completed by now, but not all, and there are probably a lot of players still on the free agent list that could help even the strongest team.

But first things first. Whoever took Crosby in your league probably took him too early. If he went in one of the first three rounds, then yes, he went too early. "He's going to get 60 points," the expert no. 81 predicts, "but that still makes him a mid-round pick. Don't fall for the hype."

And if you don't have a dominant starting goaltender, then get one. Vokoun, Luongo, Kiprusoff, Brodeur, and even Cloutier can all carry a team's goaltending stats alone. Like pitching, good goaltending wins championships.

"Better to have Cloutier and Esche than Forsberg and Naslund," the expert said. "If you break it down, you have two goalies for about five stats, and a dozen players for another seven. Goaltending, mathematically, is much more important than goal scoring."

And really, fantasy sports is *all* about the math. Names and storylines are nice to have, but it comes back to the math. Predict who will have the numbers, make your trades, and build your team.

Here are a few names to consider:

1. Marion Gaborik - probably a fourth or fifth round draft pick, but worth much more. With the new rules in force, speedballs like Gaborik will have a field day.

2. Niklas Kronwall - young Detroit blue-liner looks to get paired with the league's best defenseman, Nicklas Lidstroms. Expect Niklas and Nicklas to both have explosive seasons.

3. Eric Lindros - the world's most talented "band-aid" is playing for his hometown and looks to make a statement to the rest of the league. You can probably pick him up for a song, and he'll give you some good numbers early, at least until he gets knocked out for the rest of the year.

4. Sandis Ozolinsh - "Ozo" is coming off a mediocre year, but he's playing with Scott Niedermayer and new rules favor rushing defensemen. Sickly talented, but with a history of injuries. So, like Lindros, use him now before he's hurt again.

5. Ed Jovanovski - Jovocop will rebound. Big, strong and talented, he'll be a solid source of almost every stat.

Finally, when you do pick your team, remember that every team does different things well.

Always play to your strengths.

A New Chapter In The Oldest Rivalry

Denis McGuire
Staff Reporter

There have been many historic rivalries throughout the years but there has never been, and never will be, a rivalry like the one between the New York Yankees and the Boston Red Sox.

Up until the past season Boston Red Sox fans have been among the most tormented fans in all of sports. For eighty-six years the Red Sox were unable to capture the World Series championship, which is one of the longest droughts in Major League history.

In that period of time the New York Yankees went on to win twenty-six World Series championships while Yankee fans took every opportunity to rub that in Red Sox fans faces.

"There was nothing better than having that edge on Red Sox fans, anytime there was an argument all you had to say was 1918, and that was the end of it," Mike Lepore, a junior at Sacred Heart University and a Yankees season ticket holder, said.

Revenge eventually came for Red Sox fans in 2004 when they dramatically beat the Yankees and went on to win the World Series.

"It was a great feeling knowing that we had the edge on Yankees for the first time," said Christie Briganti, a junior at Sacred Heart University and a long time Red Sox fan.

For most of the rivalry, Yankee fans have been on the winning side and have had the upper hand.

"The Yankees have made being a fan easy and relaxing, unlike Red Sox fans who have suffered year after year," Frank Luciano, a junior at Sacred Heart University and a resident of the Bronx, said.

The rivalry really started when Babe Ruth was traded by the Red Sox to the Yankees. This event led to the myth called the "curse of the bambino," which lasted for eighty-six years and was believed to be true by almost every fan involved in the rivalry.

"Every time we played the Yankees and something went wrong the first thing a thought was, here goes the

curse of the bambino again," John Roberts, a long time Red Sox fan, said.

Sacred Heart University is located right in the middle of this heated rivalry. Students from both New York and Boston make up a high percentage of the students attending Sacred Heart. Anyone walking down the halls would be able to see support shown by men and women sporting their home team's jersey. A debate about whose team is better and which town is better persists throughout the day all over the campus, especially in playoff time.

The rivalry between the Boston Red Sox and the New York Yankees has produced great television, great news, great books, and great discussions. The support of both teams can be found in any town that has baseball. No other teams can appeal to people on the other side of the county like the Red Sox and the Yankees have. That is what makes this rivalry greater and more important than any other in sports.

ON CAMPUS

Men's Golf Tees Up Championship

Matt DeRosa
Staff Reporter

Once again, the men's golf team will play a tough fall schedule in preparation for the spring, which will feature the Northeast Conference Championship.

"This fall schedule will be a good test as we prepare for the spring season and a run at the Northeast Conference Championship," Coach Michael Giaquinto said, adding, "We have good leadership coming back and another talented class that we have signed."

Michael Giaquinto is entering his fifth year at the helm of Pioneer Golf. In the past five years, Giaquinto, Director of Pioneer Golf and Men's Head Coach, has taken this program and has made it the model for all Division One golf programs in the Northeast.

"I stress the discipline necessary to succeed, however I focus on the positives. Building self-esteem is crucial. Focusing on the positives keeps the athletes in a good frame of mind. All the players on our roster have the skills necessary to succeed. Getting them to understand that and encouraging them is the secret to instilling confidence," Giaquinto said.

Giaquinto focusses on high standards both on and off the golf course. He takes the term student-athlete very seriously and realizes that golf is not the only topic of concern for his golfers.

The coach is a devoted golfer and has participated at the local state and national levels as a player. He has taken an active role in local and national Junior Golf programs over the past ten years and has brought an AJGA tournament to Fairfield County.

"We are optimistic that we have the foundation to be recognized as one of the premier programs in the Northeast," Giaquinto said. "I'm convinced that we are ready to play competitive golf this season."

"Our coach remains very involved, and is always helping us with our game, whether it be on the range and putting green at practice, or re-focusing and building confidence during a tournament round," Kevin Lauretti, a freshmen from Newington, said. "He expects us to work to our potential, and apply talent to our game."

The men's golf team started its 2005-2006 season on Sunday, September 11, taking part in the Dartmouth Invitational at the Hanover Country Club. The team would wrap up the two day Invitational on Monday afternoon, finishing ninth place among 12 teams. Johnson and Wales University came away victorious.

Sophomore Tom Campbell was the Pioneer's top golfer with a 54 hole score

Goaltending Gets It Done For Men's Hockey

Brad Holland
Assistant Editor

Former Pioneer goaltender Eddie Ferhi returned to his native France for the 2005-06 season, signing a contract with the Anglet Hormadi of France's top division.

This is Ferhi's second professional contract since leaving SHU.

After his senior year, he earned a two year, two-way contract with the NHL's Anaheim Mighty Ducks.

In 2003-04, he went 2-12 for Anaheim's affiliate, the Cincinnati Mighty Ducks.

In 2004-05, he recovered from a torn ACL to play in 30 games for the San Diego Gulls of the East Coast Hockey League. He went 13-13 with a 2.94 goals against average.

"Ferhi was one of the best goaltenders I ever played with," said Rocco Molinaro (Dearborn, Mich), center for the Pioneers and assistant captain for the 2005-06 season.

"He was so focused some nights, you just knew there was no way he was going to let anything in," he said.



The Spectrum/TRAVIS FLYNN
Jason Smith is the latest in an emerging line of great SHU goalies.

Ferhi has already made his presence felt for Anglet. He won his first start of the year Sept. 20, defeating Morzine-Avoriaz 4-3 in overtime.

During the game, Ferhi also picked

up an assist.

The Pioneers have their last two starters playing professional hockey. Earlier this month, Kevin Lapointe signed a pro deal and attended the Detroit Red Wings' training camp.

The current goaltender, Jason Smith (St. Lambert, QC), will now be called upon to carry most of the season's workload.

Smith is a New Jersey Devils draft pick.

"We have a great goalie in Jason Smith," Hannah said. "Jason's been given a couple big games and he's performed well, and we're really excited that he has the position now."

With former players moving on, and current players performing above expectations, the

Pioneers' goaltending situation looks solid for years to come.

"To have guys move on to bigger programs definitely helps us to go out and recruit the next one," Hannah said.

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ON CAMPUS

Preparation And Determination Drive C.C.

Kris Singhaviroj
Staff Reporter

A new year has come to Sacred Heart University and that means a whole new season for both the men's and women's cross country team and the chance to go farther than the previous season.

Since the beginning of the 2005 school year, the men's cross country team has been hard at work. The team and coaches are pleased with their training thus far.

"We have been off to a great start for training," Rob Gill, a senior from Braintree, Mass., said. "We have five new freshmen."

Men's cross country has been training and the team has its eye on some big matches in the upcoming schedule.

"We are looking forward to beating Monmouth this year, a team which we've always been close to but never have beaten," Gill said.

All the time and effort at practice that men's cross country is putting into this season is already beginning to show.

Tyler Arnett, a senior from Clinton Corners, N.Y., snapped the previous time trial record by four seconds, with a time of 9:52.

Luis German, a freshman from Southampton N.Y., also broke the former record, finishing at 9:55.

"It's hard to compete against all these other schools that have some of the best runners in the nation," German said. "But I easily got adjusted to the new coach and team and so far it has been a great experience."

The women's cross country team, meanwhile, has brought in 11 new freshmen this year, all of whom have dedicated themselves to the university's team.

"We have some very promising freshmen talent and a top ten stacked with experienced upperclassmen who have really stepped things up since their early years on the team," Jenna Pisani, a senior from Vernon, N.J., said.

"Our first two meets have gone extremely well, and winning the conference championship is our main goal," Julia Mahoney, a junior from Topsfield, M.A., said.

Like any other university team, both men's and women's cross country prepare the only way they know how, by running.

Men's cross country trains six days a week, running upwards of 100 miles. The women's cross country team also spends six days a week training and has

a varied way of practice.

"We usually have two hard workout days throughout the week, a light day, a distance day, and then a long run on Sunday," Mahoney said. "Our practice is usually about an hour and a half long. Also, twice a week we incorporate weight training into our routine, which we fit in on our own time."

Both teams are highly motivated for their seasons. The men's cross country team wants to get its chance to regain their title at the Fairfield Invitational, which was lost last year to schools such as Merchant Marine, Fairfield, and Sienna.

"We are looking forward to winning the Fairfield Invitational this year to regain our title which we lost last year," Gill said.

The women's cross country team will return to the Fairfield Invitational to defend its 2004 first place victory.

"These girls practice harder than anyone I know," Pisani said. "(We) spend our summer and winter breaks training in 100 (degrees) heat and snow."

"We had one of the best preseasons this year as many new emerging faces have surprised us all with some pretty fast times," Gill said.

"Our team is off to a very strong

start for the 2005-06 season," Mahoney said. "Each race gives us more experience and allows each athlete to try different racing strategies."

All the training being put in by both the men's and women's cross country teams is beginning to show. On Sept. 17, both the men's and women's cross country teams finished second out of twelve teams at the St. Francis Red Flash Invitational in Loretto, Pa.

"This season we are looking to take home first place at the Northeast Conference Championship after two second place titles and a fourth place title in a tight race over the last three years," Pisani said.

"The team does have an up hill battle ahead though, being ranked fourth in the preseason conference poll. However, after this past weekend, we are now one step closer to our goal," Amanda Lee, a senior from Hopewell Junction, N.Y., said.

With strength, determination, and motivation in their corner, the men's and women's cross country teams are already off to a strong start for their 2005 season.

The Fairfield Invitational for both men and women's cross country teams is on Oct. 1, at Fairfield University.

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Pioneer Schedule

Friday, September 23

Men's Tennis	UCONN Invitational	Storrs, CT	TBA
Men's Golf	Quinnipiac Invitational	Wallingford, CT	All Day

Saturday, September 24

Women's Volleyball	Dartmouth (at Harvard)	Cambridge, MA	1:00pm
Women's Volleyball	Harvard	Cambridge, MA	5:00pm
Men's Golf	ECAC Championship	Farmington, CT	All Day
Men's Tennis	UCONN Invitational	Storrs, CT	All Day
Men's Softball	Adelphi (SHU tournament)	Fairfield, CT	11:00am
Women's Softball	Hartford (SHU tournament)	Fairfield, CT	3:00pm
Men's Football	Wagner	Staten Island, NY	TBA
Men's Cross Country	Fairfield Invitational	Fairfield, CT	noon
Women's C.C.	Fairfield Invitational	Fairfield, CT	noon
Women's Ice Hockey	Vermont	Burlington, VT	7:00pm

Sunday, September 25

Women's Soccer	Fairleigh Dickenson	Fairfield, CT	noon
Field Hockey	Rider	Fairfield, CT	noon
Women's Rowing	Hartford Riverfront Regatta	Hartford, CT	All Day
Men's Golf	ECAC Championship	Farmington, CT	All Day

SPORTS

The Spectrum

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Columns

The Owens Debate Rages On
(Page 12)

Beyond SHU

Fantasy Hockey (Page 13)
New Orleans Saints (Page 13)

Campus Sports

Men's Golf Looking for a
Championship (Page 14)

Campus Sports

Cross Country Trains Hard, Focuses
on Upcoming Matches (Page 15)

Volleyball Maintains Confidence

Denis McGuire Travis Flynn
Staff Reporter Sports Editor

Women's volleyball rebounded from dropping two consecutive games to defeat Maryland-East Shore 3-2 during the final match of the SHU Invitational on Saturday at the Pitt Center to improve to 2-11 for the season.

The women played their first two matches against New Jerseys Rider University and St. Peters College and lost both.

With the weekend on the line, the team needed a win. The match was as competitive as any they've played this year.

After building a 2-0 lead with 30-22 and 30-27 wins, the Pioneers lost games three and four 30-26 and 30-23, respectively. In the deciding game five, the Pioneers took an early 5-1 lead and held on to close out the match with a 15-10 win.

Sophomore Christine Duffy led the Pioneers with 19 kills on 14 attempts. Senior Heather Brooks struck 13 times on 27 attempts.

Sophomore Samantha McMillan added nine kills while contributing with 26 assists, and 17 digs, and five service aces. Junior Justina Bell had five kills on 12 attempts while freshman Katie Thomas picked up 20 digs.

Earlier Saturday, the Pioneers managed to steal the second game 30-26 from Saint Peter's, who finished the weekend 2-0. Saint Peters pulled out the victory by taking games one, three, and four by the scores of 30-26, 30-15, and 30-13, respectively.

"The season so far has been a success in our eyes," junior captain Charnette Porter said. "We're blending a lot more on the court and once our intensity is there, we feel as though we can outplay any team."

Brooks was named to the SHU Invitational All-Tournament Team along with Serra Soyulu and Gulhan Cakcak of Saint Peters, Megan Smith and Stefanie Lombardo of Rider, and Yael Rozner of Maryland-Eastern Shore.

The tournament gave the Pioneers a much needed win. From the opening game of their season, they have suffered many setbacks.

On Wednesday, Sept. 7, the women's volleyball team kicked



The Spectrum/ TRAVIS FLYNN

Heather Brooks rises to slam the ball past a lone Saint Peter's blocker.

off their season opener at home against Holy Cross. They suffered a hard loss but would try and redeem themselves at a tournament that took place at Lafayette over the weekend of Sept. 9 and 10.

During the weekend, the team played in four games, managing only one win.

The following weekend was more of

the same, with the girls taking one of four games.

Despite all the tough losses the team has taken, junior team captain Charnette Porter remains confident. "The season so far has been a success in our eyes," she said. "We're blending a lot more on the court and once our intensity is there, we feel as though we can out-play any team."

"We did have a few tough losses," Porter said, "But it's just a matter of fixing our little mistakes, which we're ironing out in practice."

The team practices for about two hours a day, to compliment the weight lifting they have set aside for certain days of the week.

With all the training, a great attitude, and freshmen who are improving with every match and every weekend, Porter feels that the team will be ready by playoffs.

"Everyone contributes to the team. Everyone is so talented in their own specific way that we all collaborate with each other and complement one another," she said.



The Spectrum/ TRAVIS FLYNN

Charnette Porter (right) and Samantha McMillan combine for a block against Saint Peter's on Saturday.

Athlete Of The Week: September

Week One



The Spectrum/ TRAVIS FLYNN

Ed Pricollo ran for three touchdowns en route to a 203 yard game against Marist.

Week Two



Photo Courtesy/ SHU Athletic Dept.

Erica Rico scored three goals and recorded one assist for women's soccer versus Stony Brook and Stetson.

Week Three

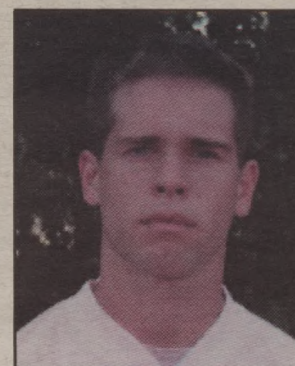


Photo Courtesy/ SHU Athletic Dept.

Neal Shapiro scored both goals in men's soccer 2-0 win over Hartford.