

Suspicious Man Stalks Park Royal Resident

Diana Muniz
Staff Reporter

Recently, the state of Connecticut released rapists, murders, and pedophiles behind the wooded area of Park Royal.

"I was concerned for my life, I knew he was up to no good. He actually followed me up to my apartment", said Lauren McAvoy, a Junior, from West Islip, N.Y.

On Tuesday, September, 6, 2005 at 8:22 p.m., the investigating officer was dispatched to 2600 Park Avenue on a suspicious person complaint.

He arrived shortly thereafter and spoke to McAvoy and Courtney Pustay, both students from SHU, one living at Park Royal.

At 8:00 p.m. the suspect came from the wood line behind the pool and followed McAvoy inside the building.

The security guard at Park Royal mentioned that the suspicious man was harmless and a nice guy.

"Harmless? How would he know? The security guard didn't even know the guy," said McAvoy.

"The state doesn't want anyone to know that these half-way houses exist. They are reserved for convicted murderers and pedophiles, who live on Benson and High Ridge," said the investigating officer.

Both roads corner Park Royal's parking lot, where the subject was first seen trespassing.

McAvoy explained in detail what



The Spectrum/Elyse Harrell

Ex-Cons have been released behind Park Royal and live on both Benson Street and High Ridge Drive.

happened.

"I parked my car in a back spot. Afterwards, I noticed an African American man coming towards me from the wood-like area near the pool. I thought it was strange. After I got out of my car, I proceeded towards the building. I began to panic. I tried to walk faster. I kept looking back at him realizing that I was clearly the object he was after," said McAvoy.

After McAvoy entered the building, she couldn't find security.

"I was hoping the security guard would be there when I entered, but he wasn't. I walked up the stairs, picking up the pace with every step."

McAvoy didn't want to tell the suspect to know where she lived.

"I didn't want him to follow me into my apartment, so I walked into the laundry room. My heart was racing and I didn't know what to do, I acted as if I was checking my laundry. The man knocked on the door next to the laundry room. An old Indian couple lived there; I knew he didn't know them."

She poked her head out to see if he was gone and saw that he was staring at her.

He then walked towards the elevator

Continued on page 3, see "Park Royal"

Addicting Video Games are Fun, Harmful

Shaun Mitchell
Staff Reporter

New and compelling video games are attracting college students around the nation, putting books and classes second.

It is the dawn of a new era for the college student; it is the age of technology. We have already warned you about the dangers of too many extension cords, but what about the system other end of that extension cord?

"Video games are great just to pass the time," said Louis Broccoli, sophomore, Pelham Manor, N.Y. "It gives me something to do in between classes."

And who wouldn't want to travel to far off, exotic locations filled with danger at every turn and perhaps even help a wizard build a magical castle before lunch?

Class would seem so much more satisfying after defeating some gargantuan ape, deep in the Amazonian jungle.

"I am the epitome of an addicted video gamer. I play for hours on end, and while I know it's bad, I still feel a craving to play," said Broccoli. "I really don't know why [video games] are so addicting."

The folks over at Hammer Smith Research, specifically David Brooks and Paul Grasby, have found that the neurotransmitter called dopamine actually was produced while playing the video games.

Dopamine is a neurotransmitter that is released by the brain to regulate higher order of thinking.

"This dopamine release, in turn, is associated with feeling good," said Steven Graham, a professor of psychology. "To a person with a weakened dopamine response, this would be especially rewarding and could lead to compulsive or addictive playing."

Those that have this weakened dopamine response are more susceptible to falling victim to this addictive game playing as compared to those who have a strong dopamine response. It is a dopamine tolerance, if you will.

Speaking of tolerance, video games are now even being compared to drugs and alcohol in their detrimental effects to teenagers.

Mothers Against Videogame Addiction and Violence (MAVAV) is an organization that specializes in "educating parents about today's fastest increasing threat and danger to our child's health and way of life" according to their website.

The MAVAV website gives parents tips and symptoms of when a teenager is experiencing this video-game addiction.

Continued on page 5, see "Addicting Games"

Study Abroad, The Icing on the College Experience

Danielle Holton
Staff Reporter

"To study abroad or not to," for some people it's not even a question.

Some students have known since high school that they've wanted to study abroad, while others haven't.

Who could benefit from the study abroad program?

Freshman aren't allowed to participate, however sophomores, juniors, and seniors may.

There isn't one major or one career that is study abroad preferred, although some majors require careful planning, like: nursing, occupational therapy, psychology, social work, and sports management.

"I believe that a study abroad experience would enhance most future

employment opportunities," said Marylou Roof, study abroad programs coordinator.

There are "SHU-approved" programs as well as "SHU-sponsored" programs.

"SHU-sponsored" programs include: Rome, Italy; Dingle, Ireland; Fremantle, Australia; and Granada, Spain.

"SHU-approved" programs are listed on: www.ccisabroad.org.

Students can study abroad all year; fall semester, spring semester, a full academic year, or even during the summer.

How? For sponsored programs, students pay regular tuition plus an additional \$1,000 to study abroad during a semester, or \$300 to study abroad during the summer.

The fee is set according to the individual program, as well as an additional

\$1,000 for all approved programs.

Spending money varies with each student.

"Most estimates for personal expenses for semester programs range between \$3,500 and \$4,500," said Roof.

Students will also need a valid passport and should check with their physician for immunization requirements.

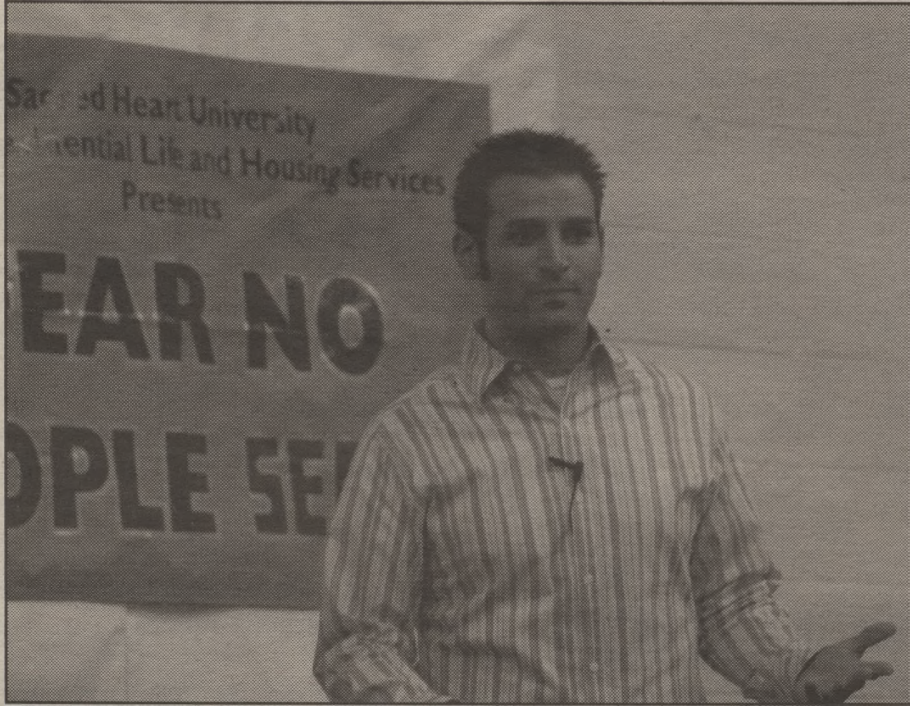
Students are responsible for their own transportation to and from the study abroad location.

"After students are accepted into the study abroad program, I hold 'get acquainted meetings' so that they have the opportunity to get to know each other and can choose to travel or live together if they

Continued on Page 3, see "Study..."

CAMPUS NEWS

No One is Perfect, Students Taught Not to Judge in "Fear No People" Lecture Series



The Spectrum/Danya Jimenez

Ross Szabo teaches students not to judge others by their appearance.

Shanna L. Rasmussen
Staff Reporter

Ross Szabo came to campus last Wednesday to speak for the "Fear No People" lecture series sponsored by Residential Life.

Szabo aimed to diminish the stigma given to people with mental illness.

Szabo, a survivor of mental illness, was able to connect with students as he explained mental illness and told his personal story.

"I learned a lot," said Maria Valdivieso, junior, Elisabeth, N.J., "I learned that no one is perfect. You can't judge someone by looking at them because something could be bothering them inside."

Szabo, an all-American-looking young man, told students that you couldn't tell if someone has a mental illness just by looking at them. They are amongst the school population and many people will never know.

Szabo suffered from mental illness

throughout his life. He was exposed to it early on at the age of 11 when his brother first suffered from manic depression.

By the time Szabo was 16 he also fell victim to manic depression and while in high school he tried to commit suicide.

Szabo explained that he had trouble dealing with emotion as many people do.

"People think talking about emotion makes them weak," said Szabo, "The earlier we learn how to deal with thoughts and emotion, the better off we will be."

Szabo received treatment throughout high school and then into college, but he wanted to make a point to say that medicine doesn't heal mental illness.

"The [medicines] lift and stabilize your mood so you can fix the problem," said Szabo, "Your brain is just as much a part of your body as anything else."

Szabo went on to explain that walking on crutches after breaking a leg does not heal the leg, it just changes the circumstances so you can work on healing it.

"Our brains react the same way through physical pain as they do during mental pain," said Szabo, "The only difference is with physical pain you can identify the cause."

Szabo relapsed into manic depression, also known as bipolar disorder, when he was in college. He was forced to leave college twice before he graduated. He began to mask his problem by using alcohol and it only pulled him further from reality.

"People use drugs, drink and hurt themselves to hide from their problems," said Szabo.

There is no single treatment for men-

tal illness that works for every person.

"Everyone needs to find what works best for them," said Szabo.

The lecture was designed to inform students about mental illness, help them to identify it and learn how to approach it.

"Society has blurred the line between depression and being depressed," said Szabo, "Everyone feels depressed sometimes."

"You don't choose to have a mental disorder, but you can make a choice to deal with it," said Szabo.

Ross Szabo graduated from American University in Washington D.C. with a degree in Psychology. Currently, he is the Director of Youth Outreach for the National Mental Health Awareness Campaign.

"It's important for everyone to hear," said Heather Fumiatti, freshman, Rocky Hill. "It's important for college students because they are experiencing many changes."

About 200 students attended including Sacred Heart's Resident Assistants, students in the Personal Development Plan, an academic plan that students can earn one credit by enrolling in, as well as other interested students.

"I thought it was great. I thought he was very personable, very humane," said Sam Cerami, freshman, Mahwah, N.J.

Szabo's personality was delightful and seemed to break the stigmas people have about mental illness.

If you are interested in learning more you can visit nostigma.org and in a few months whattriggersyou.com will be open to educate the public on mental illness.

Study Abroad, The Icing on the College Experience

...Continued from Page 1

wish to do so," said Roof.

Students who wish to travel abroad must apply and be accepted and need a 3.0 GPA.



Contributed Photo/ SacredHeart.edu

A spectacular view of the rolling hills of Ireland, one of the available study abroad locations.

Students will work with their advisors to select programs that will work well with their major. Because it is either sponsored or approved by SHU, credits will transfer without hassle.

Letter grades will not be transferred. Only credit earned with a minimum of a C grade will be transferred.

Financial aid will be applicable during fall and spring semesters. However, SHU grants will not be applied.

Why study Abroad?

Studying abroad can be the icing on the cake for a college experience. Students will have the opportunity to see historical sites they've learned about since grade

school, they will have a chance to live in another cultural and speak a different language.

While speaking the language of the country isn't imperative, it does help the communication process if the student knows some of the language.

If the student is of descent from one of the approved or sponsored programs, this will give them the opportunity to visit their homeland as well as get the chance to see their long distance relatives, if any.

Studying abroad is a chance that every student should take advantage of. It is an opportunity to leave the USA and see the way people far from home live their daily lives.

Each student that comes through the program is able to emerge themselves in another country's lifestyle.

"This is a life changing decision; I can't imagine choosing not to study



Contributed Photo/SacredHeart.edu

One of the many beautiful sights that you can expect to find at the University of Notre Dame at Australia.

abroad. Probably one of the best decisions I've ever made, definitely one that made my college experience one that I will never forget," said Mark Maleri, sophomore, Seymour.

CAMPUS NEWS

Academic Performance Enhancing Drugs on the Rise With College Students

Chris Faber
Staff Reporter

In the past few years academic performance enhancing drugs have been on the rise.

Each year more and more students are prescribed Adderall for the treatment of Attention Deficit Disorder, but they are not the only ones using the drug.

According to the GainesvilleSun.com 20 percent of college students have used Adderall without a prescription either to enhance their ability to do school work, or as a recreational drug.

"I don't know many people who haven't used Adderall at least once," said a Sacred Heart junior who wished to remain anonymous. "The fact is, it will keep you up and help you concentrate if you need to get work done."

Adderall may work, even for those without a doctor's prescription, but that does not mean it is safe. When you take a prescription drug that is not recommended by your doctor you take a big risk. There is no way to know how your body will react to the medication.

The drug is prescribed to individuals with both Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity

Disorder (ADHD). The reason they need Adderall is because it stimulates the production of Dopamine and Norepinephrine which improve the ability to focus and pay attention.

"I know a few people who are prescribed Adderall," said Pat Richardson, senior, Ballston Spa, N.Y. "I can always tell whether they have taken it or not, just by watching how they act."

For those without either disorder, the effect of the drug is slightly different. Though it can slightly increase concentration, it mainly causes the user to stay awake for long periods of time. The drug also has some side effects, such as a loss of appetite, insomnia, stomach pains, dehydration and in some cases can even cause heart attacks or strokes.

The recreational use of Adderall has also increased, which is even more dangerous. Students take the drug in order to stay out all night partying. It is exceptionally dangerous when combined with other drugs and alcohol.

When used recreationally, the drug is often snorted which causes a faster and stronger reaction. Adderall is an amphetamine just like cocaine, and when snorted can have similar effects, and it can also be

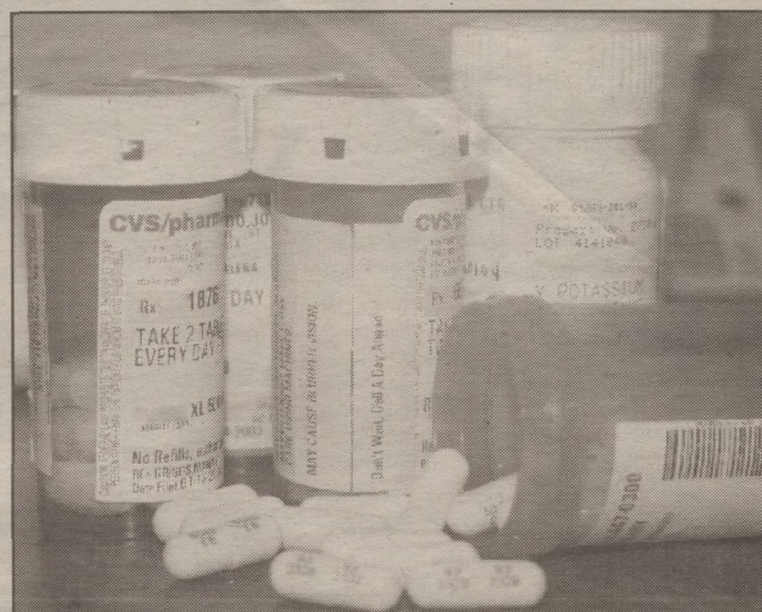
just as dangerous.

The reason Adderall use is so prevalent among college students, is because of its availability. It is rather easy to obtain a prescription, and those students without one can easily find someone who does.

"I usually use Adderall a few times a

semester to get big projects done," said a senior who wished to remain anonymous. "I know a bunch of people I can get it from and they usually just give it to me for free."

What students providing the drug to their peers may not realize is that there are severe penalties for distributing Adderall,



The Spectrum/ Elyse Harrell

Pills provide focus and determination in a bottle.

which is considered to be a Schedule II drug by the Drug Enforcement Agency. Penalties include up to 45 years in prison and a \$10,000 fine.

"I don't think it's worth the risk," said Robert Kirsch, Senior, Bergenfield, NJ. "I just drink a few cups of coffee and that usually does the trick."

Park Royal

...Continued from Page 1

and pressed the button; acting as if he were waiting to go upstairs.

After a minute, he disappeared; then McAvoy ran inside her apartment.

Five minutes later, Pustay parked in the visitors lot.

While walking towards the building, she encountered the stalker. The man saw her and pursued her all the way to the building.

He began to utter things like, "Hey baby, where are you going, come here," said Pustay.

After the police arrived at the scene, they sent the K-9 unit into the woods.

Unfortunately, the dogs couldn't pick up a scent.

Park Royal's building manager observes the cameras and watches people as they come in.

"The problem is that the cameras are not hooked up to a DVR; nothing is recorded," said McAvoy. "Everything should be recorded on tape in case something like this were to happen again."

Rapes and murders are increasingly becoming more popular among teenage girls and young adults.

Alcohol, drugs and mental illness is the top three factors in cases like these.

Women should learn how to protect

themselves and even learn how to prevent situations like these from occurring.

Always be aware of your surroundings. Never walk alone in the dark at night or early hours of the morning.

If suspicious activity is seen or sensed, immediately go to a safe place: Gas stations, police stations, churches, synagogues, bodegas or any other places where people can be found gathered together;

Never walk to the car alone, especially in dark places. Make sure to have a cell phone on you in case of an emergency.

When being dropped off at home, make sure a friend walks you to your apartment or at least makes sure you have arrived safely inside.

If coming from a bar or club never get a ride from a stranger, the person may seem nice but true intentions are never known until it's too late.

Other students on campus are also concerned with the incident.

"I think that the school should have informed the students right away. I've heard that since this school is a private institution, they don't have to release such information," said Rachel Brophy, a junior from Dalton, Mass.

No one was hurt in the incident but it certainly raised awareness of suspicious activity within the community.

Believe politics has nothing to do with your life?

Skeptical about government?



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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

Defend Yourself Against Rape, Aggression

Ashley Winseck
Staff Reporter

A self-defense program known as R.A.D. will be offered for women at Sacred Heart this November.

The program is available free of charge to all female members of the Sacred Heart community including students, faculty and staff, and their family members.

R.A.D. stands for Rape, Aggression, and Defense. Public Safety officer Lisa Brown will be teaching this nine-hour course in three, three-hour sessions on November 7th, 10th and 11th.

"You really must take all three classes in order to get the depth of what I am trying to teach," said Brown.

The lessons consist of a one-hour lecture about self-defense, rape, and aggression, followed by two hours of instruction and practice of defensive skills.

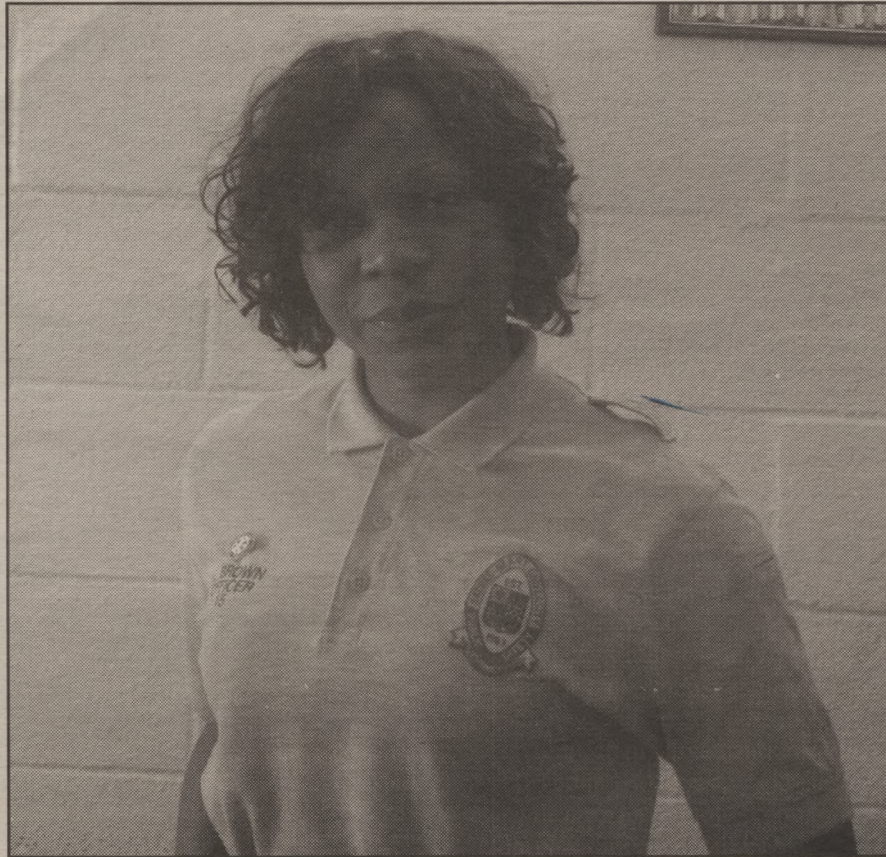
For the latter portion of the lesson, Brown will be assisted by brothers of Lambda Sigma Phi.

Lambda has been assisting the R.A.D. program since it started three years ago. Brown said they usually play the role of the aggressors on whom the women practice their new skills.

A self-defense program is a good way to gain important knowledge about protecting oneself.

"Most importantly on a University campus where we have a 2 to 1 male to female ratio," said Brown, "females are sometimes a bit more vulnerable to incidents of aggression."

The Department of Public Safety has always maintained the goal of protect-



The Spectrum/Elysee Harrell
Public Safety officer Lisa Brown will be teaching her self-defense class to women in the community.

ing the campus and its community. The R.A.D. program was an idea that started three years ago and has continued due to its popularity.

"Over 150 people have gone through the program since it started," said Brown.

At the end of each program, Brown does an analysis of each participant to see what they have learned and how they have

improved.

"When I ask them if they feel their self confidence has become greater, the answer is always 'definitely,'" said Brown.

Brown is very enthusiastic about the R.A.D. program. She is very thankful to the Director of Public Safety, Jack Fernandez for always supporting such programs.

"Human nature sometimes calls for confrontation," said Brown, "so it's important to have certain skills."

Those certain skills can be learned through R.A.D. Brown said the goal is to teach women that it's okay to be assertive, to broaden their horizons and heighten awareness about aggression.

In addition to helping protect the Sacred Heart community, Public Safety has decided to branch out and begin supporting other programs as well.

This year, Public Safety will join hands with the Upward Bound program, which is aimed toward high school students who are about to enter college.

Upward Bound provides a sort of college prep for high school students. They offer workshops on life skills and academics, and this year, a workshop by Public Safety.

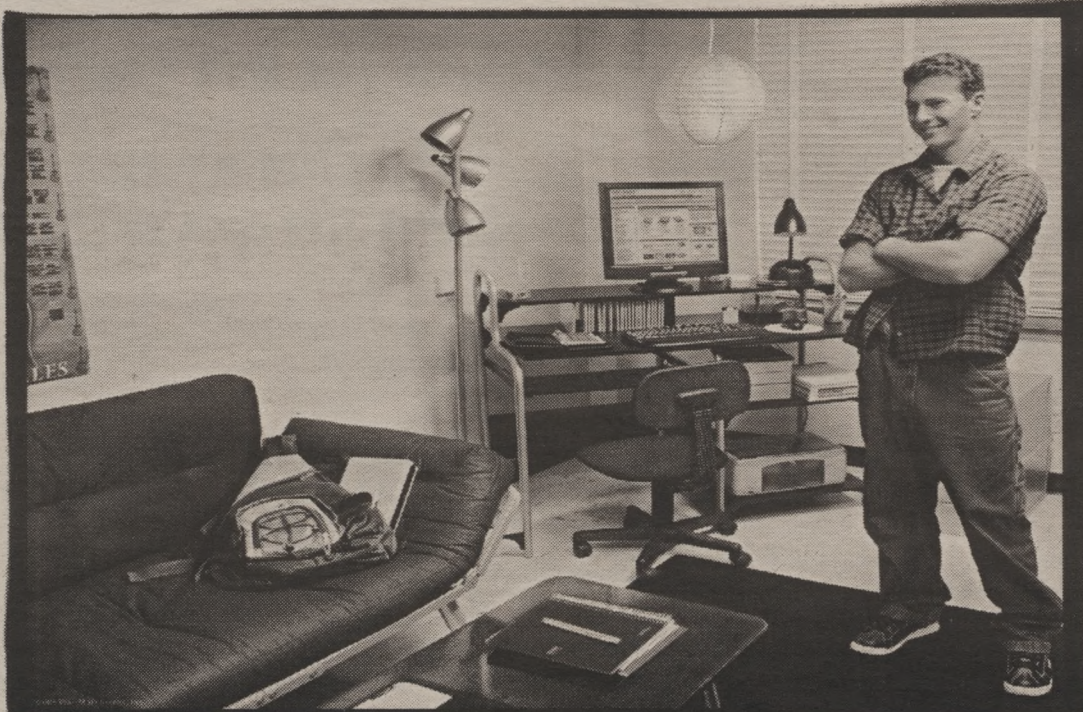
"We will use facets of the R.A.D. program to make a more specialized workshop for high school students," said Brown. This workshop will be held on October 8th and is available to the local high schools.

In this case, the goal is to heighten awareness about aggression before a student even sets foot onto a college campus.

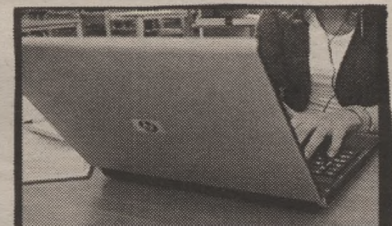
The popularity of the R.A.D. program and the decision to participate in the Upward Bound program are signs of just how concerned Public Safety is with the well being of the students and the community.

If you think their job consists only of handing out parking tickets and patrolling the dorm halls at night, you're wrong.

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BEYOND SHU

Conn. to Allow Same Sex Marriages

Nina Blair Wales
Staff Reporter

Connecticut joins Vermont and Massachusetts by affording gay couples to enter into a civil union.

Property rights, hospital visits and making medical decisions on the others behalf are just a few of the legal rights that these couples will now have.

Unlike Vermont and Massachusetts, Connecticut had this bill passed without a lawsuit or a court order.

The bill was passed and signed by Gov. M. Jodi Rell in April.

"I think this is the biggest thing the Connecticut legislature has done in 50 years in terms of its impact on people's lives," said state Rep. Michael P. Lawlor, D-East Haven. Lawlor, the co-chairman of the legislature's Judiciary Committee, had been one of the General Assembly's most outspoken advocates of the civil union bill.

"If gay civil unions will give a sense of 'validation' and 'equality' to homosexual couples then that's fine. It is much easier to change a law than a whole culture's opinion and 2,000 years of religious influence," said Joe Gianetti, senior, Manhattan, N.Y.

According to the 2000 census, there are 7,400 same-sex couples in Connecticut.

"We've been waiting 14 years, so we didn't want to wait any longer," said Chris Emmerson-Pace, 36, a teacher. "We also wanted to do it right on Oct. 1 just to send the message to the state that we respect what they're doing."

Although many couples are ecstatic at the news, opponents of gay marriage and civil unions are not giving up their effort to preserve the marriage between a man and a woman.

"Honestly gay couples don't bother me. They deserve to be happy just like everyone else and if that means stepping outside of the norm, they should have every right and support to do so," said Katelyn Miller, junior, Swampscott Mass.

"This is a very unfortunate day in the state of Connecticut," said Marie T. Hilliard, executive director of the Connecticut Catholic Conference. "The will of the people in this state have not been heard."

Many politicians believe that the subject of gay-marriage is a political nightmare.

"Personally I am indifferent about this subject. [I] prefer to focus on things like the future of our nations economy and events overseas," said Gianetti.

"I believe that it shouldn't be called marriage because marriage is between a man and a woman and, many married couples find it offensive. For the sake of not causing an uprising, I believe it should be called 'unionage' or some other term, since in effect there is a very fundamental difference between a gay relationship and a heterosexual relationship-even though the love may be the same. I do believe that a gay couple should have the same rights and perks as a heterosexual relationship-such as visitation in the hospital, or tax breaks," said Lauren McAvoy, junior, West Islip, N.Y.

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Leah Gallagher

Jason Possemato

Mike Tarantino

Addicting Video Games are Fun, Harmful

...Continued from Page 1

Some symptoms are even linked to low self-esteem and the increase of becoming a social outcast.

In addition, children and teenagers alike can undergo poor school grades, which the faculty here, or any college for that matter, will disprove of.

Now the college community is mixed in their thought about video games being compared to drugs and alcohol.

There are some students that feel the statement is absurd, while others don't play video games enough to care.

"Video games are very addictive because once you start, it is very hard to stop," said Janelle Watson, sophomore, Reading, Mass. "Although they can be

addicting, I don't agree with them being as harmful as drugs or alcohol."

The topic of addictive video game playing has a widespread sentiment. A member of the English faculty, Dr. Cain, was so intrigued by the topic that he even decided to write his own article about video game addiction, although it is still in the works and not ready for publication.

The debate is ongoing and will continue to be that way until the world agrees to disagree. Being a multi-billion dollar a year industry, the video game business is not going anywhere soon and college students are going to continue to buy into them. In the meantime, parents will just have to realize they are fighting an industrial giant.

Perspectives

College Republicans and Democrats Take on Abortion

Steve Bierfeldt
Contributing Writer

"I am a murderer. I have taken the lives of innocent babies and I have ripped them from their mother's wombs with a powerful vacuum machine." Former abortion provider, Dr. McArthur Hill. (<http://www.prolife.com/everett.html>)

In the division between Democrat and Republican, perhaps nothing has captivated the nation like abortion. Even some who proudly call themselves, "Liberals," have become horrified at the abortion on demand culture the U.S. has fallen into.

Those arguing for "choice," prey upon sentiment and opinion because that is all they have. They argue their emotion and don't provide rational facts. Study after study is showing that after an abortion, a large number of women experience regret, depression, and even self-hatred. (<http://www.afterabortion.org/Survey2.htm>)

The only way abortion advocates can draw supporters is to lie to mothers and mislead the public. They use words like "choice," and "rights," to make it appear like they want to help.

"Choice," advocates need to think of new ways to justify their position, as the public has become wise to methods such as partial birth abortion. This gruesome procedure involves a woman conceiving and carrying her child for eight to nine months. At the clinic, a doctor induces labor and the mother partially gives birth. The doctor then jams a scalpel through

the back of the child's skull, takes a vacuum, and sucks the baby's brains out. One could only support this horrifying procedure by lying about what it really is. (<http://www.nrlc.org/abortion/facts/pbafacts.html>)

Former abortionist, Dr. Anthony Levatino, says, "I want the general public to know that the doctors know that this is a person, this is a baby. That this is not some kind of blob of tissue..." (<http://www.prolife.com/everett.html>)

Certainly a doctor would know whether something is a baby or a, "blob of tissue." The gentleman arguing opposite me wants you to think a conceived child can not think or feel and that abortion is no big deal. It is a fact however that a conceived child has a heartbeat only 18 days after conception. It is a fact that within a matter of weeks, the brain waves of the child can be measured. It is a fact that less than three months after conception, the child has a functioning stomach, liver, kidneys and developed finger prints. (<http://www.cirtl.org/abfacts.htm>)

All people must remember that being "pro-choice," is not a title one can just throw around; it has real consequences. Those who support abortion want people to think they are helping women and stopping the "big bad Republicans." However no matter what our party, abortion is a gruesome procedure that involves the murder of innocent life. The protection of that life is something both Republicans and Democrats should fight for.

Ian Mason
Contributing Writer

Abortion, it's the giant elephant sitting in the corner of the room at nearly every political debate. It's hard to find a more divisive issue in American politics. It would seem that there are many ways to approach this issue; be it on moral values, religious values and especially health and safety concerns. If we put aside all but the very last thing for the moment, the answer is clear; abortions (no matter how repulsive they are) must remain legal.

I agree with President Clinton's statement from his speech in front of the DNC in Chicago in '96, "Abortion should not only be safe and legal, it should be rare." President Clinton touches one of the least looked at but central points of abortion, the safety of it.

Women will have abortions no matter the legal repercussions. But if we want to keep women in hospitals being treated by trained professionals then we need to keep *Roe v. Wade* intact. If we lose *Roe v. Wade* in the coming years to a more conservative Supreme Court, women will be forced into back alleys and unsanitary places to have an abortion. A large part of the abortion process, I would imagine, is the counseling that comes not just after but even before the act. If women are no longer allowed to have an abortion and do so illegally, they will never be

able to confide in a professional to help them. No one promotes abortion as a type of birth control. Abortion should be a last resort.

There are a number of extenuating circumstances that even the most ardent supporter of right to life would have a hard time going against. Why should a woman who has been raped be forced by the government to carry her child to term? Why should a woman who has been sexually abused by her father, brother, uncle, neighbor, whatever be forced to carry the child to term?

There are serious mental and emotional repercussions that come along with making the decision to have an abortion. Morals and Ethics are subjective terms, if Republicans truly cared about people, as they claim, then they'd allow abortions to remain legal out of concern for the mother's physical, mental and emotional health.

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The Fake ID Club

Ariane Rasmussen
Staff Reporter

Answering to a different name or to a different birth date doesn't seem to bother most underage students much when judging by benefits that seem so alluring.

With the legal drinking age set to 21 as well as the admission to many nightclubs, students have been manipulating the law for years by using fake, altered, or borrowed IDs as a solution to their problems.

"I have used a fake ID before and had no problem using it," said Andrew Roman, sophomore, Briarcliff Manor, N.Y.

Even though the use of a false ID can be considered a second-degree forgery which is a class-D felony carrying a one-to-five-year sentence with it, or viewed as criminal impersonation which is a class-B misdemeanor punishable by up to a six-month sentence, most students aren't really worried about the consequences.

"If a kid wants to use [a fake ID], why stop him/her?" said Michelle Canfarotta, junior, Stratford.

Roman, who supported Canfarotta's view, said, "I don't agree with the punishments for using a fake ID. I think using one is not as big a deal as people make it."

Students obtain false IDs from someone on campus who gets it from an outside source or simply from an outside connection. Prices depend on where you are getting it from and range from \$60 to \$100.

"Not many of the people I know have gotten caught. All my friends have [fake IDs] and never got caught. If you do get caught they'll just tell you to leave. They don't make a big deal out of it," said Canfarotta.

Roman, on the other hand, has gotten caught in the past; "I've been caught using

a fake ID before. One time, the [guy from the club] swiped my card and told me I wasn't 21. I asked him for my ID back and he gave it to me and I just walked away. The other time, the cashier was a girl from my grade and knew that I wasn't 21."

Afrim Mustafa, sophomore, Bridgeport, said, "I was nervous about getting caught because I drove an hour to get to a club and really didn't want to get there and not be able to go in."

Even though students' reactions to using a fake ID differ slightly, there is a consensus about the reasons for using one in the first place—drinking. Meanwhile possession of alcohol by a minor is also punishable and costs a fine of \$200 to \$500.

Despite the obvious lack of law enforcement at establishments when it comes to the use of false identification, everyone should be aware that there are many ways to pinpoint one.

When it comes to altered IDs, people should check for numbers that have been manipulated, peeling of the lamination, and cloudy images. They should also compare the birth date to the driver's license number, because in some states these numbers match. They should look for rough spots, especially around the edges and over the photograph, and check the state seal for accuracy and completeness.

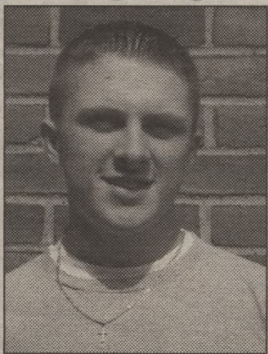
In the case of borrowed IDs, they should compare the photograph and physical identifiers to the cardholder, and question discrepancies. They can also as the presenter to verify personal data on the card or even obtain a signature and compare it to the one on the card. Examiners should also be wary of expired and duplicate cards. Even with so many hints available to help people identify fake IDs, it's obvious that using one is not a big deal for most college students and it is easy to see why.

He Said... She Said...

The Top 5 Questions to Ask Someone on a First Date

Robert Roy
"He Said" Columnist

Conversation is very important on the first date and shouldn't be planned. However if you must plan it, then here are my suggestions. First, we have to make a few assumptions. You already know the basics about this person, name, address, interests, maybe a few friends and family. 1. How are you doing tonight? This question is obvious; if you can't ask this one then just go home. Ask her about her day, her week, anything of that nature. Girls like to know that you care about their life, even if you don't just ask and try to listen. 2. What would you like to do tonight is a great starting question after number one. Guys, do not go into a date without anything planned. Maybe suggest a play, dinner, movie or ride on a gondola, whatever you want. 3-5. For the last three first start with 1 and 2, then at dinner or wherever ask what she likes to do in her spare time, and



no matter what she says show interest in it.

Second ask, what her favorite bar, club, or restaurant is, and say you would love to go there with her sometime. This will show you have lots in common and hopefully lead her to ask you questions. Lastly, number 5 is up to you. For those guys out there who don't have "game" (ability to create conversation and prove you are interested in her life), stay away from asking about old boyfriends, sexual topics, controversial issues, and please do not talk about the weather or politics. Good Luck!

Rachelle Murphy
"She Said" Columnist

You finally get the date you've been wanting for awhile. The perfect clothes are picked out, your hair looks great, and it's all coming together. The only problem is that you don't know what to say or talk about.

The top five questions to ask during a first date are:

1. What do you do for a living? [Or] What is your major? You should get to know what the person is interested in from this. Also it will reveal life goals, and maybe some dreams for the future.

2. Were you the dumper or dumpee in past relationships? This will open him up to future talk about relationships. This will show you if they passive or submissive in relationships.

3. Are you the kind of person I could bring home to my mom and dad? This question is more if you know that you want to pursue a relationship with this person. Just try not to lead them on if you are not interested

4. What is the wildest thing you've ever done? The answer to this ques-



tion should reveal a lighter side to your date. This can ease first date jitters. Hopefully this will open both of you up to further conversation

5. Do you kiss on the first date? You should never assume that your date wants to be kissed on the first date. So always ask. Do not ask this question unless you are interested in the person and want to go out again.

In addition to these questions you need to ask yourself, one very important question. What am I feeling with this person? Do I feel comfortable? Do I want to get to know this person better? These are the most important questions because ultimately you are the person who will decide if the first date will lead to a second date.



The month of September has passed so quickly, but Student Senate has not let any time go to waste. The passion of the Senators is not only making Sacred Heart University a more beautiful place, but it is also making it a more academically sound establishment. The Student Senate is also coming to a grassy area near you!

Meet Your Senators Day is an event that in some form happens every year. Whether the Senate decides to have a "Stress Free" night, or an ice cream social with the Executive Board, they find a way to reach out to the student body whenever possible. This year, Senate is having a tie-dying barbecue event. Meet Your Senators Day is scheduled to take place October 19th from 3-7 p.m. outside on the patio next to the University Commons entrance. Everyone is more than welcome to join Senate for this event. A global email will be sent with more details closer to the event.

Justin Gage, Senator for the Class of 2006, is working within the Academics Committee to help students establish more honor societies. There are several majors offered at SHU that do not have their own honor societies, and Gage is working on helping students to change this. For example, one of the departments which does not have an honor society is Computer Science. Any students who would like to take part in this project are more than welcome to contact the Student Senate by e-mailing StudentSenate@sacredheart.edu.

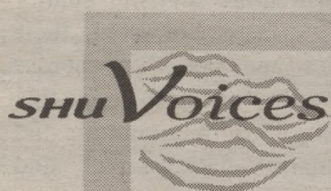
The Julia Davis Fundraiser, chaired by Danielle Holton, Class of 2008 Senator, is progressing nicely. Holton's goal is to include as many organizations at SHU as possible. She has contacted many members of the faculty and staff, and has recently brought the issue before the Greek Senate. If any students are interested in helping with the project, please contact Senate through the e-mail above. Students are more than welcome to submit fundraising ideas or to volunteer their time toward the cause. Thank you to all the people who have already put forth time thus far.

Many of the Senators were present at the Class of 2009 election speeches. The Executive Board was formally introduced, and shared with the freshmen the various duties of the governing bodies within the SHU Student Government. Among the VPs introduced at the speeches was Kurt McLoud, VP of Senate who gave mention to the Senators in attendance. Each of the candidates running for a position shared his/her hopes and expectations of the various roles within the class boards. Senate will be looking forward to welcoming and swearing in new Senate members.

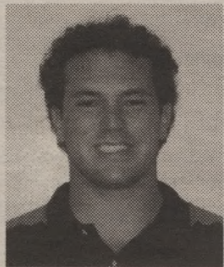
Student Senate would like to wish the entire SHU community a happy, healthy, and educationally successful month of October!

- Contributed by Erin Maurer.

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



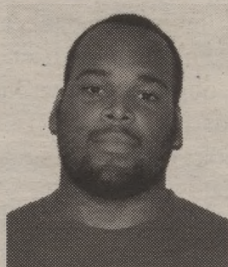
What's Your Ultimate "Pick Me Up" in the Morning?



"I like to eat a big unhealthy breakfast."

Mike Maziarz

Wilbraham, Mass. ~ Grad.



"Knowing I'm one day closer to Friday."

Taidje Robinson

Bronx, N.Y. ~ Junior



"Prayer and a relationship with my Lord and Savior Jesus Christ."

Donna Wallace

Bridgeport ~ Grad. Student

—Arts & Entertainment—

Orange Crush Rocks the '80's

Matt Libassi
Staff Reporter

Everybody loves the 80's, and this past Tuesday, the cover band Orange Crush rocked out in the Outpost Pub, sporting tunes from REM, the Cure, Pink Floyd and many other past favorites.

The Orange Crush isn't a typical band you may hear in the hallways of SHU, but if you've heard some of the songs they jam to, there are no doubts in appreciating this cover band.

Cover bands do just what their name implies; cover specific favorite bands and rock groups, mimicking their styles and sounds so audience members

can reminisce to their past favorites. But Orange Crush is a little different; this band covers bands of all shapes and sizes ranging from the 80's and 90's.

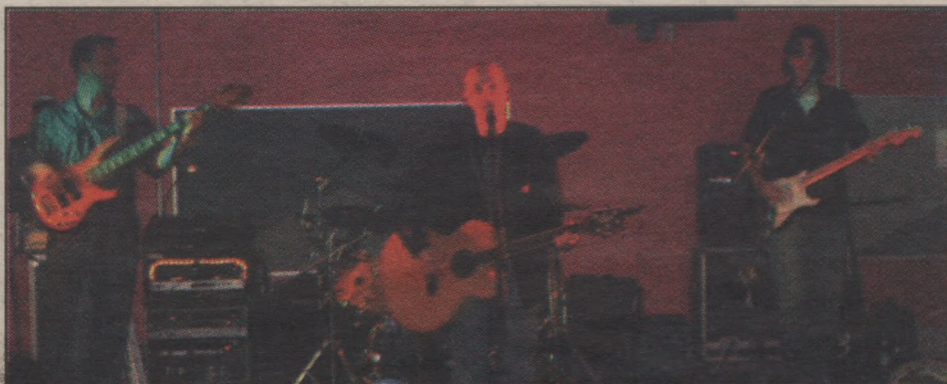
Mainly based out of Massachusetts and being together for over ten years, Orange Crush boasts such awards as best cover band 2003, 2004, and 2005 in the Valley Advocate Grand Band Slam.

The nostalgia sets in when they played songs from Prince, the Cure, and Pink Floyd- and during the show one couldn't help singing along to "Come on Eileen." The band self titles itself the "80's and 90's party band" and they are just that.

The show took place in the Outpost Pub, and the band played to an audience of about fifty or so including some 80's time travelers dressed in some high socks and member's only jackets. There was a slow start, but the crowd picked up when requests were made from the audience.

"I wasn't sure how good they'd be, but once they started playing they really sounded great! Rock on!" said Deidre DeSilva, sophomore, West Warwick, Mass.

Everyone was really getting into it when people started swaying



The Spectrum/ Matt Libassi

Orange Crush performs at the Outpost Pub.

and clapping in their seats, mouthing all the words they remember as a kid or heard on the radio.

It was definitely a sight to see, or more to hear, but the listeners were eating up everything Orange Crush decided to play. Some started to request songs non-80's, but the band put a stop to that- they were there for one reason and one reason only, to bring back the sounds and styles of the 80's.

"I like how they are bringing back the 80's" said Breana Hart, freshman, Milford. "[They were] definitely worth getting out of the room for."

The band itself thought the show went well, despite the shallow crowd.

"We have traveled all over the

country and have played in many different locations. We think the show really did go well and wasn't disappointed about anything. We will totally be back," said lead singer of Orange Crush, Scott Lawson. "We are used to county fairs and singing over tractor pulls, Sacred Heart is a nice change of pace."

The band is used to playing all sorts of venues, including parties, clubs, various colleges, and like Lawson said, even tractor pulls and county fairs.

So all in all, Orange Crush is all about the feel-good-deja-vu that brings back memories of good times, old friends and the best movies ever made!

Celebrity Couples Stick Together

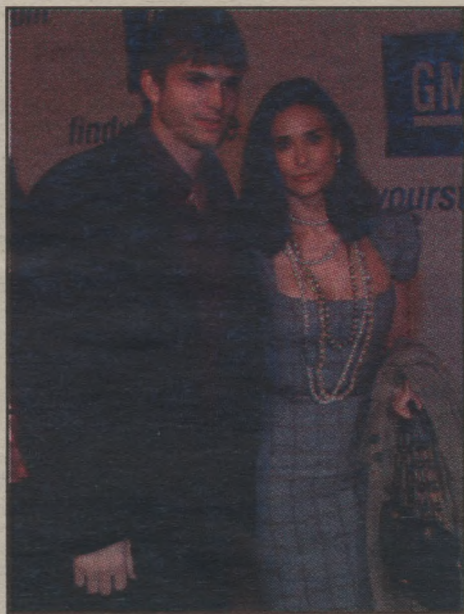
Jaclyn Hull
Staff Reporter

Aside from Brad and Jen's tragic breakup, celebrity couples seem to be sticking together now more than ever, and even the most unlikely duos have maintained their status despite predictions on their long lasting relationships.

One of the major explanations for breakups has been the questionable age ranges of celebrity couples. Relationships like Cameron Diaz and Justin Timberlake's were guessed not to last due to their age difference of eight years. Today, they are still together, and thoughts of a proposal may be in the near future. A perfect couple to defend the argument on age difference and relationships are Ashton Kutcher and Demi Moore, who have dated since May 2003, and see eye to eye from a bigger age gap of 15 years.

"I like that there are couples dating with a large difference in age- if two people's personalities fit together and they can find love between them, why let age get in the way? I mean, look at Katie Holmes and Tom Cruise, Katie looks so young compared to him, but they are so much in love, its cute," said Brianna Plosky, senior, Middletown.

If the age range isn't a big deal to the celebs, then it shouldn't be a big



AP Photo/Chris Pizzello

On September 24, Ashton Kutcher and Demi Moore tied the knot in a Kabbalah ceremony.

deal to anyone. It's as if there was once a silent rule that only guys could date someone younger, but it seems as though that has changed with such actions like Cameron and Demi's.

"I have a few friends at school who have younger boyfriends, both girls are seniors and date sophomores. They both have actually been dating for a while now," said Brigit Quagliarello,

junior, North Haven, "and not for nothing, but as far as Katie and Tom go, it gives us younger girls a little excitement seeing how dreamy it is to date an older guy."

But not only are celebrities dating at different ages, but the trend seems to be that they are staying together longer and rushing into marriage- some even to starting a family.

Ashton and Demi got married over this past weekend, mirroring the actions of Jennifer Lopez and Marc Anthony. Family and friends of the hot Latin couple met for a hush backyard awards party and were surprised with the looks of a wedding, and Jen in the infamous white gown. This couple is the perfect example of celebrities rushing into more serious relationship status.

Short term marriages like Britney Spears' fiasco with her friend Jason Alexander don't seem to be the thing to do anymore. Britney has made this clear by her anticipated relationship with Kevin Federline, which quickly led to marriage and the latest news of their baby.

"It's nice to see couples

staying together and settling down, it kind of puts a more realistic quality into celebrities, instead of seeing their love triangles and break-ups across tabloids, it is comforting to think that they are falling into more genuine and not so dramatic relationships," said Nicole Guilbert, senior, Narragansett, RI.

With celebrities being more faithful and settling down, it gives those who love the life of Hollywood a little comfort knowing that it's not all cheating and divorce. No matter the age, couples are taking the plunge when thinking about dating, and are serious about life's next stepping stones.

Campus Art



Through Student Eyes

Radio City Musicians Go on Strike

Gina Saccaro
Staff Reporter

The Radio City Musicians have organized a strike over the issue of overtime pay, which could possibly put a stop to their shows.

According to the union, the famous Christmas Spectacular the most in jeopardy. During Christmas season, the band plays up to six shows a day.

The president of Local 802 of the American Federation of Musicians, David Lennon said Cablevision, which is responsible for Radio City, is not willing to pay the 35-piece orchestra overtime. The weekly base pay for the musicians is \$1,600 for 12 shows a week.

"Cablevision is attacking one of the basic, fundamental rights of American workers, which is providing overtime pay for overtime work," said Lennon.

"I think that the music adds a lot to the show but its not the main focus. It may stop some people from going but if they have the music on tape and play that during the show, I think people will still go," said Andrea Davenport, sophomore, Northport, N.Y.

The orchestra's contract expired this past May and according to Lennon, the groups in charge of pay have been meeting to discuss new contracts all summer. They have not yet been able to reach an agreement.

There was a set contract negotiation



AP Photo/Mary Altaffer

Radio City musicians are on strike until they are given a raise. It is not sure whether the Christmas Spectacular will be performed this winter season.

that took place last Thursday. Radio City Entertainment released the following statement last Wednesday: "While we typically do not comment on labor negotiations, we will say that we fully expect to reach an agreement with our musicians."

"The shows have been around for so long, I don't think that people will complain, as long as the show goes on. I also think that the people in charge should give the orchestra the pay they deserve. They work just as hard as

other people who work overtime," said Jackie Stephens, sophomore, Ridgefield Park, N.J.

The New York City Ballet union went on strike in 2000, and the 13 performances of "The Nutcracker" went on as scheduled with taped music. However in March 2003, a four-day walkout by Local 802 shut down almost all Broadway musicals.

"I think that some people will complain about the musicians not being at the shows. But those who are true fans

will probably stand by them and try to support whatever they are on strike for," said Lauren Pigninelli, sophomore, Nutley, N.J.

If the band does not agree with the contract negotiations, it is possible for the show to still go on. However, the music in such shows as the Christmas Spectacular is important and vital to the shows performance.

The show-goers are either going to complain that there is no live music, or they will enjoy the show either way. Regardless, something needs to be done in order to save the Radio City Musicians.

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Movie of the Week: "A History of Violence"

Joel Roch
Staff Reporter

"A History of Violence" is an eye opening and interesting view of how violence can rip apart even the strongest of bonds. The film takes you on a twisted journey that will have you guessing the entire time and gives no hints about the jaw-dropping finale.

Viggo Mortensen stars as Tom Stall, a small town diner owner who finds himself in the middle of a media frenzy when he single handedly kills two men who are attempting to rob his restaurant. Shortly after being

dubbed a hero on the evening news, Tom is visited by Fogarty (Ed Harris), who claims that Tom is actually a man named Joey Cusack. According to Fogarty, Cusack worked for the mob where he left some unfinished business.

"I thought it was really interesting how the film showed how the Stall family changed a great deal because of the violence that is brought into their lives," said Andrew West, junior,

Monmouth Beach, N.J.

Indeed, we can see throughout the movie that the once deeply loving and trusting relationship that existed between Tom and his wife Edie (Maria Bello), begins to deteriorate after finding out that her husband may not be the man he claims to be.

The effects of violence are shown through the experiences of Jack, the 15-year-old son of Tom and Edie. Ashton Holmes does a terrific job portraying an outcast high school student who ultimately turns to violence to fend off a bully. While at the beginning of the movie Jack was able to laugh off the tormentor we see that he is lured in by the easy solution that violence appears to guarantee.

"The whole idea of this man who may or may not be trying to escape his violent past and how it effects his small town life really kept me interested," said Luke Bradley, junior, Reading, Mass.

Director David Cronenberg does a spectacular job keeping the audience guessing throughout the entire movie, even to the end. He doesn't give away any hints as to where this story is going.

Instead of relying on the old Hollywood cliché of having the story end with our main characters living happily ever after,

the audience is left with a family that will never be the same again. The film ends with an uneasy sequence of events that leads the audience to believe that this is not the happy ending that they were led to believe.

If you're looking for a popcorn flick to keep your eyeballs entertained for an hour and a half then this is not the film for you. However, if you are looking for a drama that will leave you pondering its end for the rest of the night then this may be exactly what your looking for.



AP Photo / Takashi Seida, New Line Productions
Director David Cronenberg, center, setting up a shot on the set with Viggo Mortensen, right, and the crew during filming in Canada of New Line Cinemas "A History of Violence."

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Features

WHRT Plays For All Ears

Victoria Licata
Staff Reporter

Behind the microphone at SHU's radio station WHRT you can hear DJ's playing several different music genres such as rock, punk, emo, acoustic and jam band.

Whatever your preference in music, you can count on it being played on channel 6, SHU's music broadcasting channel. WHRT's DJ's play a wide range of music and take requests as well.

"We play all types of music because we want to appeal to everyone. We play metal, classic rock, country, show tunes, pop, and soft rock. We figure everyone who walks in the hall is going to hear us so we might as well give everyone a little something to enjoy," said, sophomore, Kelly Linskey, Seal Beach, Calif.

Listening to the station gives students the chance to communicate through music. In addition, there are many different upcoming events that will be put together by WHRT.

"This year there are a lot of new DJ's and they are all playing different types of music. My show plays anything from Kanye West to Metallica. Everyone can find what they want

to hear," said sophomore, Matthew Doyno, Valley Stream, N.Y.

Some events sponsored by WHRT that may surprise you include a karaoke night, a showcase of bands for the students to perform, and possibly DJing for other events around school.

Coming soon is an exciting new program called Web cast, in which WHRT will be connected to. With this program, listeners can hear the shows live and access it anywhere there is a computer and Internet connection.

"Anyone will be able to access our website, and it will stream the music that is playing on WHRT at that time," said junior, Dana Cannizzaro, Clifton, N.J.

"There will be the schedule of the DJ's and when their shows will be on the air, events, and possibly brief descriptions of the stations DJ's," said Cannizzaro.

The radio station gives opportunities to students in a realistic setting. Some students that work for WHRT feel that it is a good source of entertainment and it also helps to expand their horizons for DJing.

"I got involved with the radio station because it helps out with my

major, I would love to be a broadcaster," said sophomore, Mike Barrett, East Islip, N.Y.

Being able to open up opportunities to those who would like to work in the broadcasting world is possible with the station. DJ's can have fun and they will become knowledgeable for future broadcasting possibilities. Working for the radio station DJ's are given free range to express how they feel about music, share their thoughts and also share their taste in a variety of music.

"If there is anything we want to say, we have the opportunity to do so on a level that not all other students do," said Linskey.

"The best part about having a radio station here at SHU is that music brings people together, but at the same time people can express their individual musical tastes," said Cannizzaro.

When homework, essays, and studying stresses you out, music can be the outlet you need to be taken away, and go into a world besides the stressful one filled with work.

So tune into Channel 6 and listen to the music your DJ's are providing and indulge you to relax and enjoy.

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**PARTY PLATTERS and
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Take a Byte Out of Apple iBooks

Nicholas Brown
Staff Reporter

For the past couple of years SHU has been issuing Apple laptops to many students. The school is now Apple certified and the students seem to be utilizing the Apple Mac computers to gain success in their majors. Not every student in school gets to use these computers as part of their laptop agreement with the university, but a hand full of students do and they are taking advantage of the benefits being offered.

During junior year, students in particular majors are able to pick up their Apple laptops in the IT office. The students that are eligible to pick up these computers are usually media studies, communications, graphic design and computer science concentrations. By using these new computers, students in these fields are able to do many things that aid them in fulfilling requirements of their courses.

For example Media Studies students are sometimes responsible for completing movies in many production classes. The Apple computers allow them to create movies on their laptop without having to install a new program into their system. The laptops are equipped with the iMovie program, which gives media students this advantage when they pick up their computer. This is just one of the many advantages available when using an Apple laptop.

There are two different versions of

the Apple laptop being used by students. Many students have received the iBook, which includes many media friendly features that assists students in their particular majors. A couple of years ago students received the smaller version of the computer, the iMac. This computer was smaller than the iBook, which made it easier to carry around.

"I liked the smaller version better because it wasn't as heavy and I could carry it from class to class with less trouble," said senior, Jason Shmidel, Staten Island, N.Y.

"I've had my Apple for over a year now and every week or so I find out something new about it, I am constantly discovering new features that the computer has to offer," said Shmidel.

As a media student, you are often using this laptop to aid you in completing certain assignments.

"When I took Video Production last year, I was able to complete my whole project from my computer in my room without having to go to the editing lab. With the Apple I had every program I needed to finish my movie," senior Chris Faber, Pequonnock Township, N.J.

With the new Apple iBook, students do not seem to be as limited as they are with other computers. They break down less and receive less viruses and pop ups than other computers, which perhaps might help in completing assignments with success.

A Fun-Filled Columbus Day Weekend in Fairfield

Dallas Kalmar
Staff Reporter

Columbus Day weekend is quickly approaching. Even though the complimentary long weekend provides students with their first opportunity of the semester to go home and see loved ones, there are some students that are not able or choose not to go home.

"I'm definitely going home. My whole floor is leaving. I'm looking forward to some home-cooked meals, a decent shower, and time with family and friends," said freshman, Lauren DiStefano, Berkley Heights, N.J.

What is there to do if you're sticking around? For those of you deciding to stay around Fairfield County this

"I might go home but there is nothing to do. I like going home but if everyone is staying here then that could change my mind," said sophomore, Jackie Ferrarro, Coram, N.Y.

weekend and are at a loss for a way to spend your time, look no further. There are plenty of fun ways to spend your holiday.

Remember Jeffrey Gaines, the guy responsible for producing the most famous acoustic rendition of Peter Gabriel's, "In Your Eyes"? If you're staying around campus this weekend, Friday, October 7th will be your chance to check him out.

Jeffery Gaines will be performing at The Acoustic Café on Black Rock, 2926 Fairfield Avenue in Bridgeport. The show starts at 9pm, and tickets are \$18. Students must be 18 to enter, 21 to drink. For tickets in advance,

call 203-335-3655.

Have you always wanted to get involved with Habitat for Humanity, but haven't had the time? Saturday will be your opportunity to participate and get a work out.

Seaside Park in Bridgeport is sponsoring the 8th Annual 3.1 mile Columbus Day Run to benefit Habitat for Humanity.

Registration starts at 8 A.M., and the race begins at 9:30 A.M. near Perry Memorial Arch at the entrance. The fee is \$15, and all proceeds will go towards the cause. Refreshments will be provided, and participants will receive a free t-shirt and raffle entry for additional prizes. You can register in advance at www.bridgeporthabitat.org.

This weekend may see some rain, so why not catch a flick? Going to the movies can be expensive, but if you're going to stay local, a matinee could be just the ticket. Showcase Cinemas in Bridgeport and Fairfield Cinemas at Bullard Square offer matinee prices of \$6.25, and a wide selection of films between the two.

Get in touch with your inner child and check out the Fall Fest at Beardsley Zoo. Paths are lined with carved pumpkins, hay rides through the grounds. Open from 9 A.M. to 4 P.M., adult admission is \$8, seniors and children 3-11 \$6, under age 3 free. Connecticut's Beardsley Zoo is located at 1875 Noble Ave., Bridgeport. Phone: 203-394-6565.

And when there is nothing else to do, why not indulge in a little rest and relaxation.

"I'm going to read an entire book, my PreMed Advisor, and catch up on sleep. Lots of sleep," said freshman, Kelly DiFabio, Havertown, Pa.

Whatever you decide to do for the first four-day weekend of the semester, enjoy it!

October 31: A Day for Fun and Fright

Theresa Vosilla
Staff Reporter

Yes, it is that time of the year again. As we begin to see the telltale signs of ghosts, goblins and other dark creatures we know that Halloween is slowly approaching.

As Halloween begins to creep up on us many students are beginning to make plans with friends. Students are starting to decide which costume to wear and where they will be going on the big night, October 31.

While there are still about three weeks until the big day, there is already a lot of buzz and excitement around campus. Many students are discussing the Halloween weekend, which has become a popular event with students at SHU.

"I am not sure what I am going to do yet but I will be with my friends," said junior, Adrienne Kupka, Huntington, N.Y.

This year Halloween falls on a Monday. This means students have all weekend to celebrate and if you are lucky enough not to have an early class Tuesday, then you even have Monday night to get your fun in. For those students who are 21 and over, you are not just limited to parties; you also have the option of going to a local bar on this spooky day. For those students who aren't of legal drinking age, might be interested in attending Halloween themed parties.

"I will probably dress-up and go to a house party with my roommates, or Harborside," said junior, Jenna Coccia, Johnston, R.I.

Some students said that they are planning on partying at

Harborside that Thursday. This seems to be popular because it is 18 to enter and 21 to drink so everyone 18 and over can go.

Whatever students plan on doing, one thing is for sure; being with friends will make for a great night.

The next big question is, "What should I dress up as for Halloween?"



lennthomson.typepad.com

What's in store for your Halloween?

sports teams, gangsters and groups of schoolgirls everywhere.

Some students also dressed for a particular period in time, such as the seventies and eighties, which consisted of eighties hairstyles and leg warmers or seventies bell bottoms, afros and polyester.

Whatever students decide to dress up as, the results are sure to be great. Halloween this year should be filled with friends, candy, fun and maybe a few scares.

Express Yourself

Rebuttal to: Evolution is the Most Foolish Religion in History

Paul Goodell
Contributing Writer

My name is Paul Goodell, and I am senior biology student here at SHU. I was alerted to this article by one of my biology professors, and after reading it, I found many of the points of argument to be heavily flawed.

First of all, your definition of evolution is incorrect. The theory of evolution is a biological theory and should be applied only in biology. The many complex laws of physics attempt to explain where the universe originated; evolution deals only with living organisms.

Evolution is a theory devised by Charles Darwin, which best explains the interactions of the natural living world around us. It attempts to explain how populations of species interact and how small minute changes over a large period of time can drastically change species. Evolution is incredibly complex, and there are many forces that interact to drive this process. Among this processes are natural selection, sexual selection, as well as many other important processes.

Natural selection is environmental stresses placed on individual organisms. They include predation and competition for resources between not only individuals of a species, but between other species. Sexual selection is also extremely important. The measure of how successful an individual is by how many offspring they successfully produce. Females of a species can be very selective with whom they mate, and can be very particular towards an individual trait. One example is peacocks.

The evidence supporting evolution is very solid. Examining the fossil record we can see how organisms have dramatically changed throughout time. Critics will argue that the fossil record is imperfect, which is why embryonic and genetic evidence is proving to be extremely important. During embryonic development, many animals that differ significantly from each other will undergo very similar development. Without getting into complex details, it is almost impossible to tell a fetal pig, fish, salamander, chicken, cat, or human apart during the early stages of development.

Genetic evidence is even more solid. Geneticists can compare the DNA of two species and by examining the differences between them, determine their relatedness. The DNA of a human and chimpanzee has significantly fewer differences than a human and a cat. Geneticists can even estimate when two species split just based on these differences. If genetics is strong enough to be used in the courts of law, then these findings should be accepted with the same gravity.

**For the continuation
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sacredheartspectrum.com**

ON CAMPUS

BRIEFS

What our experts
think about the NHL's
Eastern Conference.

Who Will Win?

Page 13



Football Preview:

SHU vs. Monmouth

Saturday, 1:00pm

"Tale of the Tape"

and

"The FLIK

Hamburger-Off"

Page 14

Women's Soccer on a
roll. Third straight vic-
tory has confidence high
and puts record at 4-4.

Back Page

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The Spectrum/ERICA RICO

Allback dribbles a ball during practice with long hair flowing.

Crew Team Pulling Together, Making Waves

Dario Melendez
Sports Columnist

Tripling in size since the establishment of the program five years ago, the empowered women's rowing team is paddling its way into the future.

"We get about eight to nine new girls each year," Head Coach John Turner said. "The program began with just nine girls in 2001 and now we are at thirty-two."

With such a drastic increase in rowers over a relatively short period of time, Turner credits this accomplishment to one decisive factor.

"The key is stability," said Turner, who is entering his fifth year at the helm. "We can't recruit prominent high school rowers if they don't believe that Sacred Heart is a legitimate Division I program that will be around for more than a year or two."

"To maintain a program's stability, it depends on a consistent amount of returning rowers each year. Not only does this ensure the teams stability in the next season but it creates a very attractive image of our program for interested high school rowers," he said.

Turner's influence and dedication is beginning to reflect on his returning rowers. Port rower Casey Lyth and stroker Desiree Johnston, both captains, feel as passionate towards this year's comeback as their coach.

"Coach Turner has been a huge impact, not just in his ability to recruit new high school rowers with great experience, but

his ability and patience in teaching the new rowers," said Lyth, a senior from Glastonbury.

In fact, Turner's ability to recruit new high school rowers is evident; he has brought in twenty-five freshmen to compete this year.

"This freshman class has been a huge impact on the team," Lyth said. "Half of them already have experience because they rowed in high school and the other half (has) caught on so quickly that they are already strong rowers. They all just want to make the team better."

And with the ability to carry fifty to sixty women on the row team, Turner will always welcome new rowers.

"Honestly, we are more than happy (to) take anyone who would like to be on the team," Turner said. "It's not only a great experience—being a part of a collegiate athletics team—but it's also an awesome opportunity (to) get involved and participate—to make us better as a whole."

When Turner built the program from the ground up five years ago, Lyth was the only one, out of the nine rowers, who had any experience rowing in high school. So patience became a virtue he adopted very quickly.

"All types of athletes are welcomed on the team, with or without prior experience," Turner said. "It's a pretty simple sport to grasp because of the repetitive motion of paddling, but the most important part of

See CREW TEAM, Page 14

Super Swede Soccer Stars

Erica Rico
Staff Reporter

They're blonde, they're hot, and they're soccer stars! Freshmen David Backman and Jonathan Allback, both from Gothenberg, Sweden, have brought their considerable abilities to the men's soccer team.

And the soccer team couldn't be happier.

Backman and Allback are both starters in the defensive line, giving the team a strong shield in front of the net. This has, in turn, led to fewer goals against and quicker transitions.

The men's soccer program over the past years hasn't been very successful. In 2003 the men had a record of 2-9-5 and

in 2004 the men had a record of 1-14-1. However, this year is different. They have already broke records, and won more games than the past years. They have three victories just seven games into the season.

After leading the women's soccer team to the conference tournament for three consecutive seasons, winning the NEC tournament in 2001, developing a strong program for the women's team and receiving coach of the year in 2004, Joe Barroso switched over to the men's team. He took over the head coach position from Joe McGulgan last winter hoping to build the men's program.

See SWEDES, Page 15

Grizzled Athletes Thrive as Pioneers

Oliver Kranichfeld
Staff Reporter

There has always been a certain mystique assigned to the persona of the older college athlete. Aside from the pure athletic sense, the older athletes at the college level tend to be notable for their ability to lead a team through experience and demeanor.

After examining the functions of this "older" athletic profile, it seems that as much leadership and athletic talent that these elders have to offer, there's also an underrated, yet vastly important quality that makes an impact on their respective teams. These athletes have character.

The college athlete is a unique role in itself, but the relatively older athletes in our society have to walk a tight rope in balancing their responsibilities as a leader with the pressure of bonding with some of the more juvenile teammates. Some of the older athletes are still young at heart, however, and receive their role and purpose with a sense of humility and modesty.

Senior midfielder Gustavo Netto of the men's soccer team, a native of Brazil, finds it invigorating being the "old guy" on the team, despite often being referred to as "grandpa."

"The fact of being older in a certain extent makes me feel that I gain some respect from the younger players,"

Netto said. "I do feel that I am more mature than most of them, but at the same time I don't want to be a fish out of the water. I try to be on the same page as them. With that I mean joking around and doing what they do but when it comes to doing things that I think is immature, I am the one to stop and say 'Guys, don't do that.'"

Netto was quick to point out a funny reaction he elicited from a fellow student. "One day someone asked me how old I was. After I said I was 25, she said 'what the hell are you still doing in school?' I like to be older, though. I like the feeling of laughing at seeing them doing some of the things that I use to do, but now I think is stupid."

Despite being regarded as one of the clowns of the soccer team, Netto takes his duty seriously. He has gained work ethic by the challenges of life, including a recent knee surgery in March of 2005. Netto doesn't see age as having anything to do with performance and maturity. On the other hand, Netto credits dedication and performance to one's passion and desire.

Heather Brooks, 21, a senior volleyball captain from Saskatchewan, Canada, has a different take on the correlation of maturity and age.

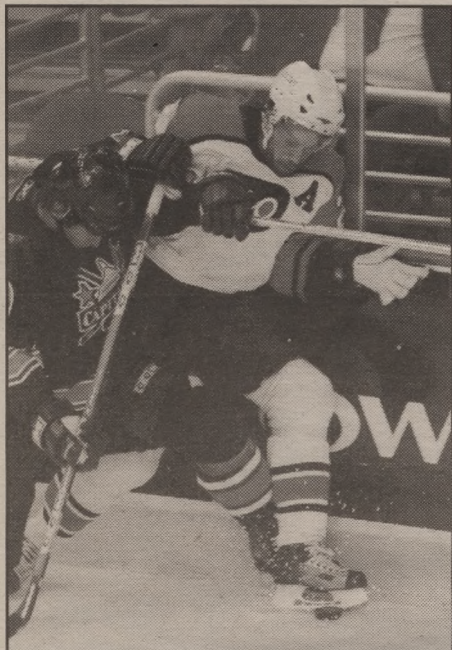
"I think the maturity has come with age, and the fact that I've had the experience

See FOSSILS, Page 15

COLUMNS

WANTED: NEW EASTERN CONFERENCE CHAMPION

The Usual Suspects...



AP Photo/ PABLO MARTINEZ MONSIVAIO
Peter Forsberg returns to Philadelphia. He was included in a deal to the Quebec Nordiques (now Colorado Avalanche) in the early 90's that brought super-prospect Eric Lindros to Philly.

Forsberg Returns

Brian Fitzsimmons
Sports Columnist

With the new NHL season now under way, the Flyers give Philadelphia sports fans a chance to forget the baseball season and focus on a team with legitimate Championship designs.

Though notable names such as John LeClair and Marc Recchi are no longer sporting the orange and black jerseys, the Flyers have stolen star center Peter Forsberg from the Colorado Avalanche, creating a real stir on the ice in Philly.

Joining Forsberg and the new look Flyers is long time Dallas Stars defenseman Derian Hatcher. Hatcher was very reliable in his thirteen seasons with Dallas, but in the 2003-2004 season, he missed significant time because of a torn ACL. If he can bounce back and produce, Philly's strong defense will be the key to this squad holding up the Cup.

Many glance at this team and see the talented defense as the most positive aspect, but potent wings and centers, such as Mike Knuble, Keith Primeau, Simon Gagne, and Forsberg have the ability to take some weight off of the defense's shoulders. Those four players combined for 168 points in the previous campaign, a notable total especially when injury time is considered.

The team's most intriguing piece of the puzzle is goaltender Robert Esche. Last season, he was fifth in the NHL in goals against average, with a miniscule 2.04. This team will ride on Esche's efforts throughout the season and hope that he continues his path into the class of elite goalies of the NHL.

Though most of the Atlantic Division's attention will be on Pittsburgh's rookie sensation Sidney Crosby, Philadelphia has the talent to turn the focus. They have exceeded the 100 point mark in two straight seasons, and the new look Flyers have their eyes on keeping that streak alive. If they achieve that goal, they will be a favorite going into the most important playoffs in recent memory.

Hasek Aims for Cup

Brad Holland
Assistant Editor

Superstar goaltender Dominik Hasek will play his first full season in Ottawa this year, after retiring, coming out of retirement, injuring himself, taking a year off, and finally, renewing his desire to play and win another Stanley Cup.

He says he's ready.

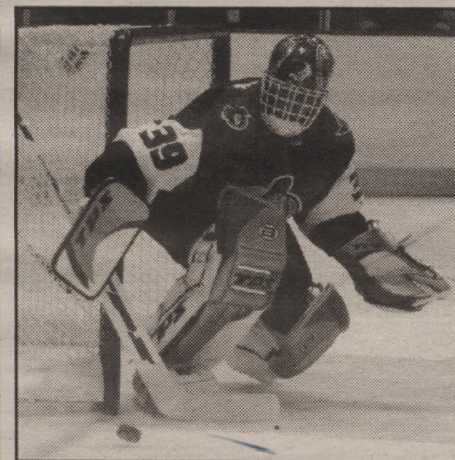
And the Senators? They couldn't be happier. But even with Hasek, can they beat the Lightning?

Let's examine that Senators lineup.

The Senators made relatively few changes to their team over the past year and a half, choosing instead to free up money and roster positions for players within their organization. Players like Brandon Bochenski and Jason Spezza will now have more icetime, more powerplay time, and will be expected to carry more of the load on their shoulders.

But that's not all.

Martin Havlat looks like he's finally ready to take the next step; he seems primed for a 70+ point season. Add Daniel Alfredsson, and you give the Senators four, or maybe even five players able to crack the 70 point barrier. No other team in the league, Tampa included, boasts that sort of firepower.



AP Photo/ ED GONSEN
Can Dominik Hasek return to his Stanley Cup-winning form? The Senators hope he does.

Oh, and they have Dany Heatley too.

The trade of Heatley for Hossa made more sense for Heatley than for the Senators, as it got Heatley out of a troubled situation in Atlanta. Hossa will be sorely missed, as he is one of the most dangerous players in the game today.

But, if Heatley plays anything like he has so far in preseason, he'll lead the league in scoring.

The tandem of Heatley and Spezza could give the Senators just enough to shock the Lightning.

And the Senators defence is anchored by Zdeno Chara. Enough said.

And their goaltender is Dominik Hasek. Enough said.

And the Senators are good enough to dethrone the Lightning.

Enough said.

What Do You Think?

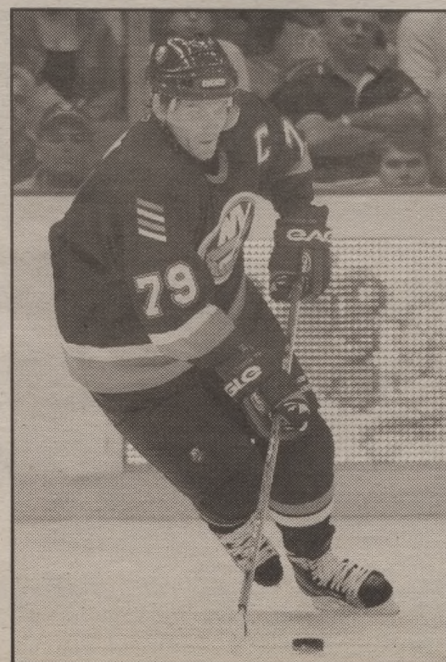
Who will challenge Tampa Bay for first in the Eastern Conference this year?

Log on to www.sacredheartspectrum.com to cast your vote.

Email your thoughts to Brad (B-Holland). Please limit opinion to 100 words.

Some of the best responses will be printed in the next issue of the Spectrum.

And New Threats to TB



AP Photo/ ED BETZ
The Islanders hope Alexei Yashin meshes well with newcomer Miroslav Satan.

Isles Add Satan, York

Travis Flynn
Sports Editor

Last season the Islanders were ousted from the Stanley Cup playoffs by the Lightning. This season, a revamped offense will try to help the Isles overtake the Bolts in the standings.

After coming to grips with the loss of his top three defensemen in the off-season (Adrian Aucoin, Kenny Jonsson, and Roman Hamlik), GM Mike Milbury decided to load up with scoring forwards, hoping that obstruction penalties will (finally) be enforced. Granted, Milbury filled holes on defense by acquiring Alexei Zhitnik, Brent Sopel, and Brad Lukowich. Still, his recent moves to obtain Miroslav Satan and Mike York have put pressure on the Isles' top three lines--and most notably Russian center Alexei Yashin--to produce.

Fortunately, the Isles have three lines capable of filling the net with pucks. Mark Parrish, Jason Blake, York, Satan, and Yashin are all proven scorers. Four others have recently shown that they are ready to fill significant scoring roles: Trent Hunter led the Isles with 25 goals as a rookie last season; Oleg Kvasha led the team with 36 assists; Mattias Weinhandl tied Mike Knuble for tops in the highly competitive Swedish Elite League in '04-'05 with 26 goals; Robert Nilsson gets his first crack at the NHL after breaking Markus Naslund's record for points by a player under 18 in the '02-'03 SEL.

If the Isles hope to challenge TB for first in the East, they will need big contributions from several forwards--Yashin's reputation depends on it.

Bruins Spend to Cap

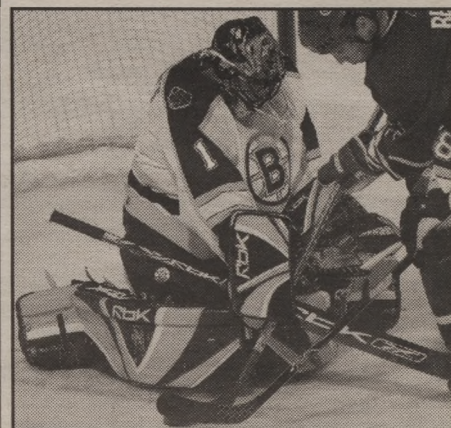
Steve Conoscenti
Sports Columnist

So who's going to challenge the Tampa Bay Lightning for the top spot in the East?

Boston fans, don't you fret. The Patriots may not be playing like Superbowl champions. The Red Sox may not have won the AL East. The Celtics may not have had a great offseason. However, the Bruins are back and have made moves that hint at a Stanley Cup run.

Perhaps the biggest Bruins story during the lockout was the transformation of Joe Thornton. The last time Bruins fans saw their star, it looked as if he was on his way out. Now he's in, way in. The Bruins showed their dedication to a championship by signing him to a three-year deal worth \$20 million, making him one of the NHL's highest-paid players.

Bruins owner Jeremy Jacobs pledged that once the new collective bargaining agreement was in place he would spend to the cap's limit in order to build a contend-



AP Photo/ RYAN REMIORZ
Raycroft is one of the best goaltenders in the league. With him, the Bruins are a legit threat.

ing team. He may have done just that. Not only did they ink Thornton, who finished eighth in assists in the 03-04 season, to a long-term deal, but they also brought back a few key restricted free agents.

Glen Murray and Sergei Samsonov are returning, while the Bruins will welcome newcomers Alexei Zhamnov and Brian Leetch. Thornton thinks highly of both additions, saying that by adding Leetch and Zhamnov to the current team, the Bruins will be one of the better teams in the East.

Thornton has the best supporting cast he's had since he was drafted in 1997, so the tools are there. It's no longer about putting up big numbers, it's about winning. If the Bruins do just that this year, it will be because of Joe Thornton.

ON CAMPUS

Crew Team

Continued from Page 12...

rowing is dedication."

Turner feels that the hardest part of rowing is getting to practice.

Members of the women's rowing team are required to be at practice by five in the morning. This means that they have to wake up at 4:30a.m. Monday thru Friday.

"It's hard," Turner said. "But those with the will and commitment to turn this program into a top Division I competitor will make this small sacrifice for the good of the team and the university."

Though the early mornings are rough, Johnston claims they can also be soothing.

"You pretty much get used to the early mornings," said Johnston, a senior from New Fairfield. "Believe me, its rough at first, but when you get out on that water and see the sunrise, its probably one of the most peaceful moments someone could ever imagine. But don't get me wrong, it helps a lot if you're a morning person."

Competing with other Division I women's rowing teams, such as Yale, Fordham, and Army, who have already established themselves as power houses—some of whom have been competing for almost a hundred years—is not an easy task to say the least. For this reason, Turner has begun to enter the women's rowing team in many pre-season regattas (rowing races) in order to give them some much need experience and to see where they stand compared to their competition.

"The fall season is just as important as the regular season," Turner said. "It allows us to race against live competition, which is always a very positive way to see where we are compared to others, and it gives us an opportunity to do some fine-tuning before the regular season starts."

With the fall season under way, the women's row team has already competed in a regatta, the Head of the Harlem, on September 24. The team raced both their varsity and novice (first year rowers) boats against Fordham, finishing third and fourth.

"I usually judge success not on the amount of medals we win, but by the improvement the team makes each race," Turner said. "Even though we didn't take home the gold against Fordham, I was very impressed with (the) showing of our varsity and especially our novice crews."

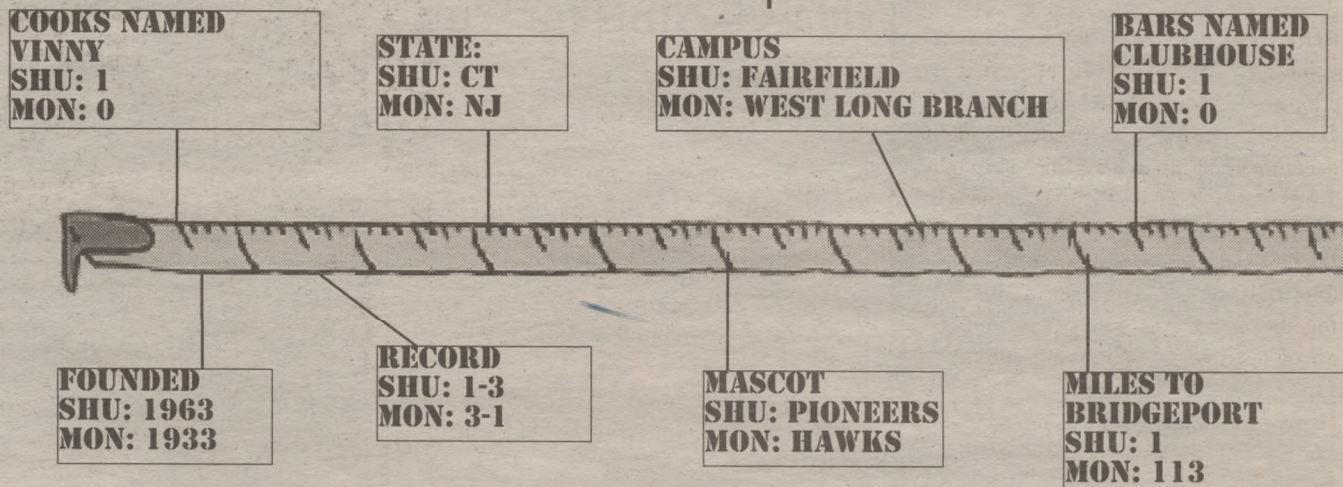
In fact, this marks the first season in which Turner has been able to field a purely novice boat, due to the number and experience level of freshmen on the team. This not only allows him to be able to race another boat in competitions, but it also provides a great opportunity to let his freshmen gain valuable experience.

Turner and his captains are hopeful that, with their new look team, both the varsity and novice rowers will be bringing back a lot of medals this season. "We're thinking gold this year," Lyth said.

With expectations set high, the women's row team is looking to make a name, for themselves and establish Sacred Heart as a Division I rowing juggernaut.

SHU Pioneers (1-3, 0-1 NEC) vs. Monmouth Falcons (3-1, 1-0 NEC)

The "Tale of the Tape"



The Great FLIKburger Face-off...

They Have:

Thomas A. Edison Science Center	FLIK FLIK
William T. Boylan Gymnasium	FLIK FLIK FLIK
Bruce Springsteen and Jon Bon Jovi	FLIK FLIK
Atlantic City	FLIK FLIK
Garden State Parkway	FLIK FLIK FLIK
Redwood Hall	FLIK

We Have:

Thomas Merton Hall
William H. Pitt Center
John Mayer and Joe Beleznyay
Mohegan Sun
Park Ave
The Mahogany Room

There you have it! SHU just barely takes the victory by a score of 7 FLIKburgers to 6 FLIKburgers. On the strength of Park Ave and The Mahogany Room (currently under construction), the Pioneers eat the Falcons' lunch. But let's face it: with Thomas Merton, William H. Pitt, John Mayer, and Joe Beleznyay on our side, we're an intimidating force. Look for the Pioneers with a big win this Sunday, 1:00 at Campus Field.

Field Hockey Club Team Aching to Break Out The Sticks

Matthew DeRosa
Staff Reporter

The founders of the club are Jennifer Thompson, a junior from North Haven, and Monica Concha, a junior from North Babylon N.Y. They are both anxiously waiting to get this club out on the field.

The idea of a women's field hockey club was brought up to the school as early as April, but did not go into effect until the beginning of this

year. Thompson and Concha had spent much of their time getting the club started and have created a sporting activity for women to get involved athletically.

"We have both experienced and non-experienced women on the team; all are welcome," Concha said. "We will be doing fundraisers throughout the year in order to raise money to buy our uniforms and any other equipment we might need."

The scheduling and the rosters have not been determined yet, but practices will be held this week on the turf and in the gym.

"We are looking to play in tournaments against other colleges or universities that have a club field hockey team, but we are still in the process of setting up exact dates," Thompson said. "We have about 40 women who are interested and are all very eager and enthusiastic."

The team will be playing schools such as Loyola, Maryland, Rutgers,

Ithaca, Georgetown, Delaware, Towson, Princeton, and N.C. State. Games are scheduled on the weekends, and the team will be attending an indoor winter tournament at Sienna College.

The club is also in the making of becoming members of the National Field Hockey League.

"I just transferred here from North Carolina State, and I did the club field hockey thing there and had a blast," Caitlyn Liptak, a sophomore from N.J., said. "I think it is better to be on a club rather than a team considering it isn't as demanding."

"I played field hockey in high school and it's my favorite sport to play," Carolyn Bauer, a freshmen from Manasquan, N.J., said. "I would like to be involved in some way and stay in shape while having fun. A club team is more fun to play because it is not as intense or time consuming."

To find out more information about the team, please contact Monica Concha.

ON CAMPUS

The Swedes: Straws That Stir The Drink

Continued from Page 12...

He recruited 15 players in his first year of coaching. Backman and Allback were two of the top recruits out of the incoming players. Barroso found the two Swedes through an old teammate living in Sweden. "Through him, I was able to contact the two of them," Barroso said.

"Defense is the strong point of the team, including the keeper. The back 4 play so well together and because they play so well the rest of team feels comfortable building out of the back" Barroso said.

Thanks to their Swedish "imports," the team is improved. Both Allback and Backman have significantly contributed to the men's soccer program, and both have done so as freshmen.

"They have a vast experience of the game. They are two anchors of the defense, they have passion for the game and are hard working players" Barroso said.

Allback and Backman decided to come to the States for a good opportunity to play their game and study at the same time. "In Sweden, Universities don't have sports. We wanted to play soccer while studying," Allback said.

Backman and Allback have been playing soccer together since the age of 15. They played together at the Aspero Athletic School in Halmstead Sweden, Halmstead's top soccer school. Here they learned much about soccer, perfected skills and acquired knowledge.

Before the two moved over to America they lived together for over two years in an apartment away from their parents. "We are used to living on our own," Allback said.

They are getting along well in their new surroundings. "We enjoy it here very much, so far" Allback and Backman said. They enjoy playing for coach Barroso because he understands their European style of play.

"He knows the sport; we can relate to him; he knows our situation," said Allback with an amiable smile on his face.

Coach Barroso, who was born in

Portugal, moved to the States at the age of 12 and played high school, college, and professional soccer. With a similar experience under his belt he understands the Swedes and other international players on a different level than most other coaches.

Soccer for the two Swedes is much different than back at home. "Here there are more switches in the game. In Sweden there are very few substitutions," Allback said.

"Fitness is more important here, if you have a fast player up top without as much skill they will be fine. In Sweden they play the most skillful players and don't depend on speed as much," Backman said.

Being so far away from home for the first time in their life, the two have come to miss certain things that America cannot provide for them.

"Food is much better in Sweden. I miss the food and the candy," Allback said. On the other hand, "the people are so friendly and are very open. For example, people ask us if there is anything they can do to help us, and have offered so much to us. In Sweden they don't do that," Backman said.

Their teammates are happy to have to the two on the squad as well.

"They are strong in the back giving us a well-built defensive line. This is something we haven't had in previous years," said junior midfielder, Anthony Connors, Seaside Park, NJ.

"We have a good understanding of the defense already. We play natural together," said freshman defender, Anthony Anzevvi, of New Castle, England. Anzevvi plays in the defensive line with the Swedes.

"In Europe we play zone defense, so we are used to this defensive style," Anzevvi added. He is one of four other teammates who are experiencing similar lives away from home. Among these are three men from England and one from Brazil.

One of the most obvious differences? Clothes. Fashion Sense. The men from Sweden still dress like Swedish men.

"People dress much more casual here compared to Sweden. Everyone thinks we



The Spectrum/ERICA RICO

Allback and Backman chill during a break in practice.

are dressing up when really this is natural to us," Allback said. "We will just wear a nice pair of jeans and a nice shirt, and some matching sneakers or shoes and everyone thinks we're dressed up," Backman said.

"They always look great, dressed to impress and their long blonde hair slicked back with some kind of wax. They remind me of soccer star David Beckham," said sophomore Patricia Santangelo, of Rocky Hill.

While girls seem to love their style, their teammates think differently. "It's awful, they need to change their style because capris are

miserable on dudes," laughed Connors during his interview.

Backman, Allback and the rest of the team prepare for their first two conference games. Tomorrow they face Robert Morris College in Moon Township, Pa. at 4:00pm and Sunday they take on St. Francis University in Loretto, Pa. at 1:00pm.

Success in their nine conference games will determine if the team goes on to the North East Conference tournament for the first time in the history of Sacred Heart men's soccer.

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Spotlight on SHU "Fossils"

Continued from Page 12...

and I've been playing since I was very young, I've learned leadership, sportsmanship, and teamwork. All of that plays in. At this level, I think everyone comes in with at least some of that. They develop it as well."

Brooks has been indispensable for the Pioneers since she began playing for them. She is a leader on and off the court.

"I don't think there are any cons about being an older player. Maybe your body has been through more, but I see nothing but plusses, really."

Is there a myth which says older athletes are more injury prone? Brooks

had her own take on the issue, as she cradled the cast on her forearm, a result from a torn ligament which she recently received.

"This is my first actual injury," she said. "I've never really sprained anything, but I have gotten over-use injuries like tendonitis, for which I wear a brace. This is my first real injury."

Why is there such a stigma for the older athletes in college? Chris Weinke, a successful quarterback at Florida State, hit his prime at college at the age of 29. He remained the butt of jokes for weeks, if not months. Even though Weinke never duplicated that success at the professional level, nobody could say a bad word about his work ethic and skill.

The old college athlete may be a dying breed. We're seeing an explosion of athleticism in younger and younger athletes. The NBA breeds young talent in stars like LeBron James, Carmelo Anthony, and Dwayne Wade (just to

name a few).

Michelle Wie, 15, is making splashes in the world of professional golf with her sheer talent. Miguel Cabrera had a great rookie season for the Florida Marlins at 19. Sidney Crosby has a chance to help restore the appeal of the NHL at the age of 18.

As athletic talent of this caliber, at such a young age, makes its way into the professional level, the stigma of being an older athlete in college may seem slightly more noticeable as the days pass.

Dan North, a 24 year old sophomore from England who plays a key role on the soccer team, doesn't see much of a difference being the older guy on the team.

"From the point of view with classes, it doesn't really make any difference to me. I do not feel that age really affects me being different other than the fact that I have been out of the "classes" mode while back in England. It sometimes

takes a while to remember the basics learnt a few years ago and sometimes to get back into the same lifestyle," said North.

Rocco Molinaro, a 24 year old senior forward for the hockey team, laughs at how people perceive him on the team.

"I started my career in '86 and I'm going into my last year. It's my 24th season," said the Michigan native. "Some kids on the team weren't even born when I started playing."

According to Rocco, he is occasionally referred to as "Fossil."

The great thing about the relationship between these older athletes and their younger teammates is the ability to respect one another, and yet find the time and energy to tease one another.

That's what creates bonds.

Bonds help with team chemistry.

Chemistry makes for a better team.

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Columns

NHL Eastern Conference Preview

Islanders Senators
Bruins Flyers

(page 13)

SHU Sports

Swedish Soccer Stars
Share Cultural Differences

(page 12)



Women's Soccer Rolls On, Wins Again

Oliver Kranichfeld
Staff Reporter

The women's soccer team defeated the Fairleigh Dickinson Knights 3-1 Sunday afternoon, fueled by a pair of goals from senior midfielder Erica Rico.

The game served as both team's NEC opener. The Pioneers have climbed up to the .500 mark, with a 4-4 record.

Their victory was the team's third straight.

"FDU's come out every single year with a real physical team," said Coach Kim Banner after the game. "We matched it this year. We're more of a technical team over physical aggression, but we matched it and came out really well."

The Pioneers came storming out of the gate in the first half, out-shooting the Knights 12-1, while scoring a pair of goals by Rico and junior Leslie Morales. The Knights didn't even get credited with a shot until three minutes before the end of the first half.

Erica Rico, already a September athlete of the week, scored only 26 minutes into the game. Sophomore Lisa Nowakowski fed Rico with a pass up the middle to set up the goal.

Just before the end of the first half, the Pioneers struck again. Morales scored on a pass from junior Lisa Burbidge.

Throughout the half, the pioneers seemed to have superior ball handling and passing over FDU. Some of the Pioneers attributed the increased effectiveness to



The Spectrum/ TRAVIS FLYNN

Erica Rico slips the ball past the keeper for the first goal versus FDU Sunday.

hard practice.

"We worked really hard in getting first to the ball," said freshman Midfielder, Britney Dupee. "We picked it up, and started playing more with our feet, which really helped us out a lot. We need to keep this little run going, and we need to keep playing hard."

The second half of the contest heated up, with each team battling over every possession. FDU came out of the half-time looking like a completely different team, and applied constant pressure on the Pioneers' defense.

At the 66th minute, FDU senior Marguerite Ferrell put a pass from Kristen Habenicht in the top right corner. The goal energized the FDU team.

While chasing down a loose ball deep in SHU territory, Ferrell collided with junior goalkeeper Ashley Mocarski. It appeared that Ferrell had kicked the ball out of Mocarski's hands while she maintained possession.

After kicking the ball loose, Ferrell proceeded to put the ball in the net. The referees deliberated amongst themselves, and emotions ran high during the minute of confusion. Ultimately, the goal was waived off, preventing the game from being tied.

"It's always a physical game," said Mocarski, referring FDU. "Especially when the team's down, it gets more physical, because they become more frustrated. I knew I had the ball. I was getting ready

to get up, then she kicked it out of my hands. The ref saw it, so it went in our favor."

In hindsight, that became play of the game.

In the 78th minute, Rico again scored on a pass up the gut from Burbidge. The Pioneers held off the second half surge from the Knights.

The women were as a coherent group throughout the game.

Freshmen defenseman Janice Rodriguez, like the rest of the team, wants the team to stay on a roll. "We want to win. We want to keep up this winning pace," she said.

Although Rico has been the standout player for the Pioneers, there are a number of players who are making solid contributions to the team. Senior Orlagh Cullen, Burbidge, Mocarski, Nowakowski, Dupee, and junior Leslie Morales are all key players for this potent Pioneer squad.

Erica Rico is fast becoming one of the finer players in the NEC, known for her speed, elusiveness, and vision. At the pace the Pioneers are chugging along with at this point in the season, fans might be looking at one heck of a season.

"We challenged for every single ball," said Coach Banner, who credited each and every girl with the win.

"They fought, and they deserved it today," she said.

The Pioneer's next game is scheduled for Columbia on Tuesday, Oct. 4 at 7pm.

Best of The Week



Sophomore Tom Campbell finished 2nd overall at the ECAC championships at the Tunxis Plantation Golf Course in Farmington, Connecticut this week, and was awarded SHU athlete-of-the-week honors. Campbell has been a stud for the Pioneers so far this season, with two top-five tournament finishes and the top five low round scores for the Pioneers.



Senior Lauren Galatie was named the NEC women's tennis player of the week. On the season, she is 3-1 in singles play and 5-2 in doubles.



Freshman Kathleen Henry earned her third rookie of the week honor for the C.C. team. She beat a personal best by 22 seconds as SHU took first place.



The Spectrum/ TRAVIS FLYNN

Katie Leahy penetrates the defense.