



SAINT FRANCIS 48 - SACRED HEART 53

SHU Shatters Records and St. Francis

Denis McGuire
Staff Reporter

Sacred Heart football took on the St. Francis University Red Flash of Pennsylvania Saturday in a Northeast Conference Homecoming Weekend battle, picking up 530 offensive yards and breaking records in the course of a 53-45 victory.

Running back Ed Pricolo picked up 232 yards and a Sacred Heart-record five touchdowns while quarterback Tyler Arciaga passed for 284 yards and three touchdowns.

The two teams combined for university records of 1,086 yards and 98 points.

Within the first ten minutes of the game, the Sacred Heart Pioneers took a 13-0 lead. Arciaga nailed receiver Kyle Smith for a 22-yard gain. A 50-yard run by Pricolo helped Sacred Heart to pull ahead.

Before the end of the first half, the Red Flash cut the Sacred Heart lead to 13-10.

Pricolo tried closing in on 3,000 career yards with 15 and 27-yard runs at the end of the first half. He scored two touchdowns in the first to help the Pioneers to a 27-10 lead.

SHU took a 34-17 lead before the half when Pricolo ran for his fourth touchdown of the game.

"Going into halftime, we knew defensively we were struggling, and the offense was doing a great job keeping us in the game," Bill Hayden, a junior defensive end from Milford, Penn. said.

After the half, Sacred Heart kicked off, but the defense managed to hold the Red Flash as they turned the ball over on downs. Arciaga advanced the pioneers with a 70-yard drive, including a 13-yard pass to tailback Evin Jones.

"Arciaga was really on top of his game on Saturday," Hayden said. "When he called a play, he connected almost

every time. The team couldn't be happier with his performance."

At the end of the third quarter, St. Francis cut the lead to 40-32. But Arciaga would answer back again a couple minutes later by hitting receiver Alvin Franklin with a 35-yard touchdown pass to provide the Pioneers with a 47-32 lead.

In the fourth quarter St. Francis cut the Sacred Heart lead, yet again, to 47-39. Sacred Heart failed to capitalize on its next possession when it turned the ball over on downs.

The Red Flash capitalized when quarterback Doria completed a 21-yard touchdown pass to cut the Pioneers score to 47-45. St. Francis missed its two-point attempt so Sacred Heart was able to hold onto the lead.

After an onside kick attempt, the Pioneers recovered the ball. On the ensuing second down, Pricolo ran in for his Sacred Heart-record 5th touchdown of the game. Pricolo also ran for a school-record 235 yards in Saturday's game.

The record was previously held by Marvin Royal from a 2000 game against Marist. Pricolo is now the university's all time leader in single season touchdowns with thirty-one.

Pricolo's touchdown provided the Pioneers with a 53-45 lead. St. Francis' next three attempts at scoring were shut down by the Sacred Heart defense to secure the win.

"The offense scored and made enough plays to win, and that's what matters," Steve Keefe, a defensive lineman from Salem, N.H. said.

The Sacred Heart cheerleaders, dance team, and marching band performed in a ceremony before the game.

"A lot of work went into this weekend," cheerleader Jessica Benidetto, junior, Bronx, N.Y. said. "We wanted to make sure all the alumni had a good time for the few days they were back at school. So we really wanted to put on a good show for them."

Home Sweet Homecoming

Nina Blair Wales
Staff Reporter

Over the weekend, the Sacred Heart community welcomed back alumni to join in celebrating homecoming weekend with current students and parents.

North Lot was crowded with tailgaters and Pioneer fans. The Pioneers beat St. Francis 53-45, which allowed for even more celebration.

"Winning on homecoming," said Jeff Perry, a Pioneer offensive lineman from Syracuse, N.Y., "makes the day better for all the alumni and all the students."

Homecoming is a chance to see old friends and reconnect with the alma mater. In addition it is designed to foster and enhance Sacred Heart University pride.

"It was great seeing all my old friends," said Matt Nemeth, 2005 Alumni from Denville, N.J., "and good to see that most of them were doing well."

Prior to the tailgating festivities and

the football game, an alumni awards brunch was held in the morning.

The awards brunch is for those alumni who have demonstrated a commitment to excellence in their daily lives.

They use their knowledge, professional skills, creative talents and humanistic strengths to make a difference in their communities and a positive impact on many individual lives.

After the awards ceremony took place, refreshments and light snacks were served in the alumni tent near the William Pitt Center.

Senior Dave Lind from Livingston, N.J. said, "It was nice to take a break from the cold and come into the Alumni tent."

"There were ten times more people this year than last year," said Arnie Craven, a sophomore from Suffield. "I felt like all of SHU was in North Lot. I saw people there that had graduated 3 or 4 years ago, it was amazing."

WHAT'S INSIDE

Perspectives

He said She said.....P. 7

How Soon is Too Soon to Date Your Ex's Friend

A & E

TV Ratings Sweep the Nation.....P. 8

Major television networks prepare for November sweeps

Features

The Crying Game.....P. 10

Why Women Cry More Than Men

Sports

Field Hockey Champs.....P.16

Women's Field Hockey Defeats #1 Seed, Takes League Title

News

Members of Information Technology Department Become Mac Certified

Ashley Winseck
Staff Reporter

Members of Sacred Heart University have recently become certified in the field of Apple computers.

Apple is also now giving Sacred Heart more recognition as a customer.

It is a known fact that Sacred Heart participates in a mobile computing program. This program allows each student to be issued a laptop.

This year freshmen, juniors, and transfer students were issued the IBM thinkpad.

As juniors, there are a select few students that are issued Macintosh laptops, rather than IBMs.

"We issue Macs to students majoring in arts, particularly in graphic design, communication technology, and media studies," said Shirley Canaan, Director of Administrative Computing.

Canaan said that the Information Technology Department feels that Apple computers are the type of computers that students in those specific majors will be using once out of school.

The goal is to familiarize those stu-

dents with Macs before they graduate.

"I do think that having a Mac is beneficial for media studies students," said Dana Cannizzaro, junior, Clifton, N.J.

"Our laptops are similar to what is in the media studies lab, so that way when we go in there to work on our projects, we are familiar with the programs that are on the Macs."

Sacred Heart's Mobile Computing program has been issuing Macs to students in the given majors since the fall of 2002.

This year they ordered 57 Apple laptops for juniors, who received updated laptops at the beginning of the semester.

"Because we order so few Macs we are not able to negotiate a price as with the IBM's or the Dell's," said Canaan.

Up until this year, the Information Technology Department was not equipped with a staff that could provide service for the students with Apple laptops.

Although Macs were being distributed, they were not exactly being supported like the other laptops.

"We weren't servicing them on sight," said Canaan, "we had to ship them out."

Help Desk Manager John McKeown added that students had to be provided

with a loaner Apple laptop while their original was being serviced elsewhere.

However this did not prove to be too much of a problem to students.

"I liked the idea of having a Mac because the IT department was formally not certified. This meant they would send out the laptops for Apple to take care of, that gave me a sense of security," said Cannizzaro.

Over the summer, eight members of the Information Technology Department were trained in the area of Apple computers.

These eight are now officially Mac certified in both Apple laptops and desktops, and students will be able to have their Macs serviced on campus.

McKeown said that they went away for a 3-day software-training program, and then had trainers from Apple come onto campus to train them on hardware.

Those trained and now certified include: Ken Millette, Ray McKeon, and Justin Balogh of the Help Desk team; Rob Trenske of the Call Center; Joe Sokoloski, Manager of Learning Technologies and Multimedia Coordinator; Bryan Palmer the System Support Supervisor; Steve

Giunta and Jared Groneman, Pioneer Tech Support Technicians.

In addition to certification courses for these eight, Mike Denysenko, Lab Technician, deserves recognition as well.

"He has been a great asset to us, in his help with imaging and support," said Canaan.

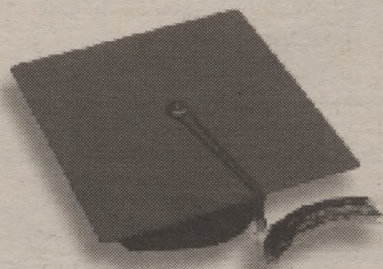
Also, students who work at the help desk must come to campus two weeks before the semester begins in order to receive training for their job with Information Technology and The Factory. Those two weeks now include a full day of training on Apple computers.

The goal of all the training and certification is for help desk technicians to become more comfortable with using Apple computers.

Apple is based out of Texas, but this month IT actually met with Apple representatives on campus.

According to Leslie Roggen, IT Procurement and Asset Manager, the certification with Macs and familiarization with Apple in general is important because it is causing Apple to recognize Sacred Heart University as an important customer.

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Zeta Sisters Pledge Disability Awareness

Shaun Mitchell
Staff Reporter

The sisters of Zeta Iota Lambda hosted their annual disability awareness fair in the university commons on October 26.

Smiling faces and warm hearts were what you would have found if you were one of the many students that walked into the University Commons last Wednesday.

Eight different clubs and organizations were on hand to help the sisters of Zeta.

"Zeta is dedicated to educating students on and off campus about physical and mental disabilities, as well as working with those who have physical and mental disabilities in the community," said Jenna Molloy, senior, Yaphank, N.Y., and President of Zeta Iota Lambda.

The setup of the fair had different tables represented by clubs and organizations on campus. Each organization had information on a disability to share with the students. This required the clubs and organizations to do some research themselves.

Of the clubs and organizations present at the fair were sororities Nu Epsilon Omega, Kappa Phi, and Phi Omega Tau. Other clubs in attendance were the Commuter Council, Occupational Therapy Club, SHU Club Soccer, Best

Buddies, and Kappa Kappa Psi, the honorary band fraternity.

Among the disabilities represented by the clubs and organizations were blindness, lyme disease, paralysis, autism, and AIDS.

The Special Olympics was also represented for their work with disabled human beings by Kappa Phi, and Best Buddies gave insight on how Sacred

to feel disabled for a short time.

Nu Epsilon Omega, who had the honor of educating about blindness, blindfolded students and made them put on a shirt and button in, without looking. This gave the feeling of how someone who is blind would have to get dressed in the morning.

SHU Club Soccer was representing the disability of paralysis, the loss of

Seeing this as an educational opportunity, college students are not going to rush out the door and flock to learn about things outside of their regular class load, but this was not a problem for Zeta Iota Lambda. They were smart and offered prizes in raffle form, to all those who attended the event.

Zeta put their heads together and came up with some prizes for their visitors.

A brand new iPod shuffle was one prize, along with a gas card, great for the rising gas prices.

Other prizes included a gift card to Ruby Tuesdays and the Westfield Shopping Center in Trumbull, a New York Yankees shirt, two DVD's and a CD.

Each time a student went to a table and gained some information or interacted they would receive a raffle ticket.

At the end of their educational disability journey, they could place their raffle ticket in any one of the prize pots.

In the end, there was something new to be learned at every table.

"The disability fair was a huge success," said Molloy. "Lots of students from all class years and academic backgrounds came to support us. Zeta really appreciates everyone's participation, support, and interest in learning more about physical and mental disabilities."

"Zeta really appreciates everyone's participation, support, and interest in learning more about physical and mental disabilities."

Jenna Malloy, President of Zeta Iota Lambda

Heart students can help adults with disabilities.

"It's great to be here," said Liz Mordecai, a junior from Bethany and sister of Phi Omega Tau. "Other sororities are here to raise awareness about our causes and it is a good way for students to learn about illnesses and disabilities."

The most interesting part of the disability awareness fair was that some of the tables made the learning experience interactive for students, allowing them

movement in a body part.

This organization had students try to kick a soccer ball while on crutches and then in a wheelchair to give the feeling of what it would be like to play a sport while not having the use of a body part.

"Our goal is to get students the information needed about disabilities, and even more so, to have them gain the perspectives on what having a disability would be like; which was the idea behind making this interactive," said Molloy.

Hurricane Collection Finishes, Every Little Bit Went a Long Way

Ashley Winseck
Staff Reporter

A six-week long effort to aid victims of hurricanes Katrina and Rita came to a close last weekend.

The Sacred Heart University Hurricane Relief Collection Center held its last session on Saturday October 29, with a positive ending.

Physical Therapy professor Gary Austin was the man in charge.

With the help of B.J. Daly Horell, Director of Campus Ministry, the center has been open almost every Saturday since the end of September in order to collect and organize donations.

Although the Center was open for a number of weeks, there was not a line at the door to make donations.

Austin said that the time lag between the day of the hurricanes and the first day of the Center made a difference in the type of response they saw.

There has been a trickle of people showing up now and then to donate.

"What was impressive is that people still felt the need to give," said Austin.

While some people did stop by to drop off items at the center, Austin would spend the majority of his Saturdays running around campus collecting things that had been dropped off during the week.

Places that continually accepted items for the center include the Library, Campus Ministry, and the Oakview building.

The Center accepted variations of donations, from canned goods, to blankets and toiletries, to money.

Austin said that students who

stopped by to help waited outside the doors with a cup to collect monetary donations on a slow day, and ended their day with about \$250.

Students of Physical Therapy, ESL and others also stopped by the Center with monetary donations, but rather than donating that money to a hurricane fund, Austin then used the money collected to buy more items for the Center to donate.

"We've even had people from the outside community," said Daly Horell, "the Red Cross was actually sending people here."

The Center was open for many weeks, which gave members of the community a longer opportunity to help.

Even a local Old Navy contacted the center with new clothes to donate, and last Saturday Austin included them in his rounds of collecting items.

Austin and Daly Horell also commented on the diversity of students that responded.

From undergrads, graduate students, and even the friends of students, students who do not even attend Sacred Heart were there and willing to help.

"It's so easy to write a check and think you've done your part," said Horell, showing much appreciation to the fact that students not only stopped by to donate, but also to help organize and package items.

All the efforts put forth by the Collection Center was in aid of the Teamsters Union which has a warehouse in Stamford where all items were being held. Sacred Heart's contact there has been Jenette Hughes, about whom Austin and Daly Horell could not find

enough good things to say.

The Teamsters Union has been very successful in collecting items for hurricane relief. Austin said that in reference to all the items the Union has received, Hughes said this:

"We have so much water that if it all broke there would be a flood, but the good news is we have so many diapers we could soak it all up."

The Teamsters Union does not send a truck down to the Gulf until they have made contact with a specific destination, so volunteers here in Connecticut can rest assured that their items and efforts are being received in the South.

While the Center is no longer be open on Saturdays, Campus Ministry will still be accepting monetary donations which will be put into the SHU Disaster Relief Fund.

The goal here will be to raise enough money to send delegations down to the Gulf to help in the rebuilding process.

Austin relayed the difficulty of trying to hold a collection center on campus, with a lack space; it is hard to start up a center right after a disaster has occurred.

In response to this problem, both Austin and Horell commented that it would be a great asset to have a sort of back up disaster relief center, just in case.

While the backup relief center may just be a good idea for now, the Hurricane Relief Center was a huge success. With more than 30 boxes of items this past Saturday alone, the amount of items that have been brought to the Teamsters Union over the past weeks is enormous.

Laptops Are Being Tracked

Danielle Holton
Staff Reporter

Losing a lap top can be a dreadful experience. Because of how much technology plays a role in our lives, there is a lot of information stored on laptops like, research papers and pictures for instance.

One response to laptop theft which Sacred Heart has done to protect you and your laptop is they have installed a tracking device inside each laptop. The tracking device is a small chip in the computer that the student can't touch, see, or remove without damaging the hardware.

If the chip is somehow uninstalled or deleted, the chip will automatically re-install itself.

The company that issues these trackers is called Absolute Software. After IT and/or Public Safety have been notified that your lap top has been stolen, Absolute Software is notified.

Absolute Software then activates the chip and works with the police to pinpoint where the laptop is.

The university has found that the chip is more cost effective than having insurance on each individual laptop.

"Prior to Absolute Software, we insured our laptops against theft and because the number of stolen laptops had steadily increased each year, so did the cost of the insurance to the university. What we discovered was that not only was Absolute Software cheaper [than most insurance companies], it also proved to be a significant deterrent to theft and had a near perfect recovery rate," said Michael

News

Laptops Are Being Tracked

...Continued from Page 3

Trimble, IT department.

"According to 'Safeware The Insurance Agency' a laptop is stolen every 53 second and according to the FBI, 97 percent are never recovered," said Shirley Canaan, IT department.

"What about our personal security? We should have a choice if we want a tracking system on our laptops; it doesn't, but I think having a tracking device on your computer is a scary thing that borders privacy issues," said Gianna Roberts, sophomore, Northford.

"Too bad," Rob Rood, junior, Huntington, said regarding the choice issue, "the laptops are University property, not their own."

The tracking devices are only activated once your laptop has been determined stolen.

Once it is activated the company can only track the location of it, it cannot see what websites you have visited, what you have stored on your computer, or anything else besides it's location.

"People need to realize, the software does nothing until it is activated by a police department when the computer is reported stolen. It is just like a homing beacon that can be traced via the web," said Rood.

Students are also told of this device existing in their laptops when they attend the mandatory laptop training sessions.

This is not a secret device the university or IT has installed on your laptops to track your activity.

"This is something that was taught, I know, I taught a laptop training class, it was on our sheet of things to discuss, so I know for a fact that it was put out there plain and simple. It was not something located in the fine print," said Rood.

"We believe the concern over privacy is negligible. The company we partner with, Absolute Software, doesn't actively track laptops until we alert them one has been stolen, and the only way that we do that is with a police report," said Trimble.

Students are expected to be responsible with their laptops and are told to lock them using the security lock given to them with their laptops. There is a \$1,000 fee when a laptop is missing as a result of carelessness.

"I think these tracking devices are a great component of our university's laptop program. I know of many schools that make their students pay for a new computer if the one allocated to them is stolen, I think this saves the university as well as students, money, time and stress," Kelly Edgar, senior, Milford.

High Gas Prices Put Dent in Students' Thinning Wallets

Chris Faber
Staff Reporter

Over the past few months, gas prices have been on the rise.

People have been spending more at the pump than ever before. Higher gas prices are not the only reason for the extra cash dropped at the pump.

Sport Utility Vehicles have become one of the most popular vehicles on the road.

Since these vehicles consume so much gas, many people find themselves paying absurd amounts of money just to fill their tank.

"I remember when I first started driving I could put \$5 worth of gas in my car and it would give me a quarter of a tank," said Jon Cretella, senior, North Haven. "Now \$5 doesn't even move the gauge."

Prices like \$2.50 per gallon may seem like a good deal now after paying up to \$3 or more last month.

However, just two years ago gas was over \$1 less per gallon, but what is causing gas to be so expensive?

There are many contributing factors to the price of gas. The major issue this summer and fall has been the extremely bad hurricane season.

Off-shore drilling operations had to be shut down due to extreme weather, and less drilling meant

less gas and higher prices.

The hurricanes also caused problems in the shipping process. Large tankers ship much of the oil we use, and when one tanker was damaged or delayed, gas prices increased drastically.

"I can't afford to be paying for gas now, and who knows how

can give a driver 20 to 30 more miles per gallon than a strictly gas powered car. That means if a gas tank holds 15 gallons, that car can drive an extra 300 miles or more before having to fill up again.

Some of the hybrids are very affordable as well, and could easily be worked into the budget of a college student.

"One of my friends just got a Honda Accord hybrid, I think he paid around \$17,000 for it," said Michael Correia, senior, Fairlawn, NJ. "That's a lot less than some of the SUVs I see people driving around campus with."

Gas prices in the Fairfield and Bridgeport areas can still be as high \$2.89, but there are some local gas stations that are more affordable.

Gas stations get their gas at a certain price and then mark it in order to make a profit. Usually, there is no set amount that a station must abide too.

Many stations have the ability to mark up their gas to whatever price they desire. Since this is so, it's wise to shop around for the best price available.

The majority of the stations in the Black Rock area of Fairfield, and South West Bridgeport are down to the \$2.40 range for regular unleaded gas. To find the cheapest stations in the area check [www. BridgeportGasPrices.com](http://www.BridgeportGasPrices.com).

Prices like \$2.50 per gallon may seem like a good deal now after paying up to \$3 or more last month.

much worse it is going to get," said Cretella. "My next car is definitely going to be a hybrid."

With the increase in gas prices over the past year the sales of hybrid cars have also been on the rise.

More and more car companies are following the trend that Honda and Toyota started by coming out with cars with combination gas and electric power.

These cars can save drivers tons of money on gas. A hybrid engine

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The Spectrum staff would like to send our condolences to the friends and family of Richard "Chip" Kennedy Jr.

In lieu of flowers, the family asks that contributions be made to the scholarship funds for Chip's sons, Michael and Nicholas to:

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Habitat for Humanity Helps Underprivileged Families Near and Far

Shanna L. Rasmussen
Staff Reporter

Habitat for Humanity is a volunteer organization on campus that helps build houses for the less fortunate.

Currently, as a club, this organization is involved with many different projects. This group is always searching for volunteers.

Habitat for Humanity is considered to be an international organization. Sacred Heart University has been involved with it for about 10 years.

"We are a campus chapter and have been since 1995," said Phyllis Machledt, the Director of Service Learning and Volunteer Programs.

The Sacred Heart chapter of Habitat for Humanity has about 50 active members and 50 other members who participate at Sacred Heart alone.

"At our first meeting we had 112," said Kaitlin Gerberville, sophomore, Hillsborough, N.J.

The Sacred Heart chapter of the organization participates in several events throughout the year. Habitat for Humanity is planning on scheduling more events as the year progresses due

to its active members.

One major event, currently being supported by the organization, is the Blitz Build of a handicapped access house.

Students help to put up the decking, floors, and the walls of houses. The Blitz Build runs from Oct. 31 to Nov. 5. During the Blitz Build, members work everyday for a week.

"One thing that is wonderful about this group of students is that they work all year long on these projects," said Machledt.

Habitat members will be working on a fundraiser called Westfield Works Wonders to raise money for their trips to Wilmington, N.C. and Tuscaloosa, Ala. over the 2006 spring break.

Oct. 29 was the day that marked a groundbreaking ceremony for the handicapped access house.

The house is located in Bridgeport at 463 Pembroke St. At the ceremony, people were able to look at the property and meet the homeowners.

Currently, Habitat is building the house for a Bridgeport family. One of the members, the sister of a woman named Minca, had an accident and is now a paraplegic.

Minca, her sister, her brother and

three children are living on the second floor of a six-story house.

"It is very difficult to move the wheelchair in and out of the house," said Machledt.

This house is the Sacred Heart's first handicapped access house.

Over the 2006 spring break, SHU Habitat will participate in a program called the College Challenge with other college Habitat for Humanity chapters around the country.

Sacred Heart has been doing the College Challenge since 1996.

This school year SHU Habitat members will be going to Wilmington, N.C. and Tuscaloosa, Ala.

Students from other schools will be going to Bridgeport to work on houses as well.

SHU students will be selling Westfield Works Wonders tickets for \$10 to raise money for their trips. Anyone can purchase tickets to shop at Westfield shopping malls on Nov. 13 between 6 p.m. and 10 p.m.

"This will be the fourth year we've gone to North Carolina," said Machledt.

Students must attend a certain number of meetings and participate

in a specific number of projects in order to be eligible to go on College Challenge trips.

"The students themselves have come up with their own criteria to join the College Challenge trips," said Machledt, "It's work, but it's a lot of fun."

Students are encouraged to join Habitat projects whenever they can.

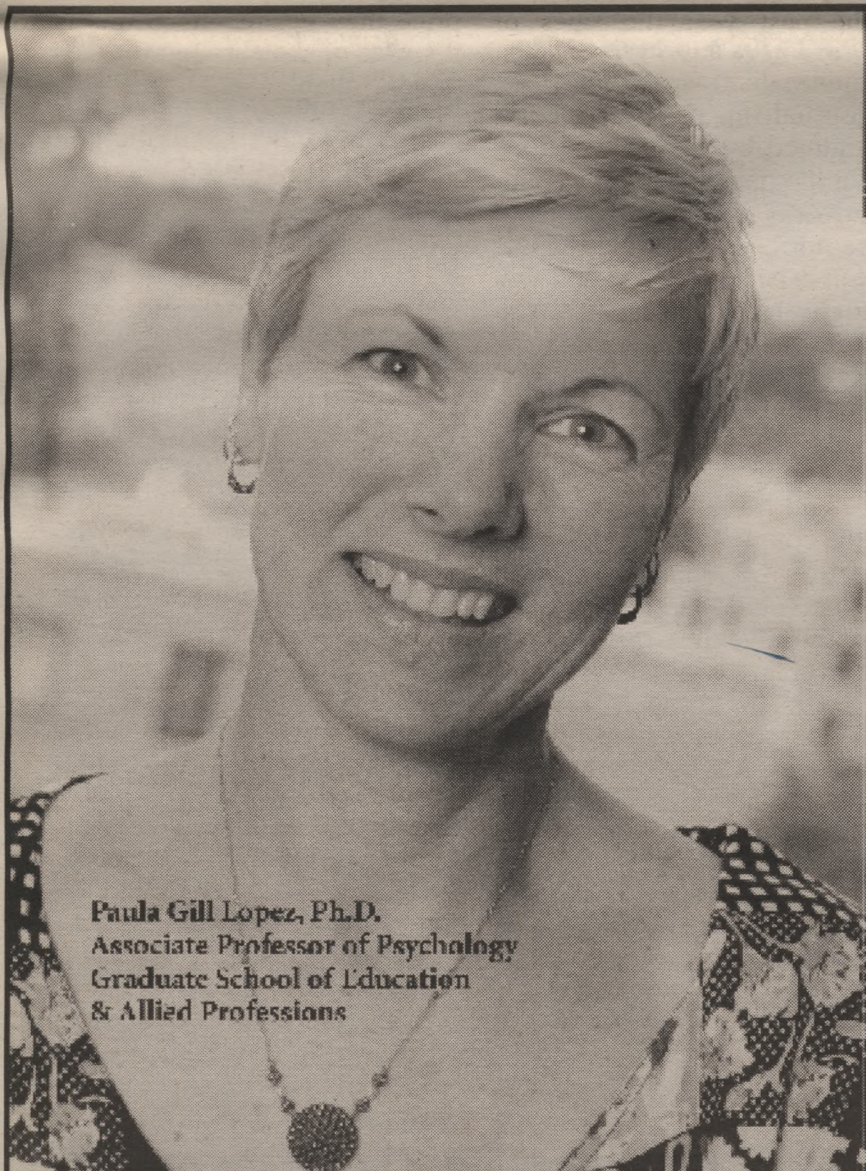
Habitat for Humanity not only builds houses, but they also do other community services like work at soup kitchens.

According to Habitat for Humanity's website, habitat.org, "Habitat has built more than 200,000 houses around the world, providing more than 1,000,000 people in more than 3,000 communities with safe, decent, affordable shelter."

Homes built by Habitat are not given away. They are sold to the homeowner's interest free.

Homeowners pay the cost of the house, taxes and insurance over time.

Any Sacred Heart students can join Habitat for Humanity. Global e-mails are sent out almost every week advertising meetings.



Paula Gill Lopez, Ph.D.
Associate Professor of Psychology
Graduate School of Education
& Allied Professions

"Students should grow personally as well as professionally . . . they have to be willing both to change and to effect change."

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GRADUATE PROGRAMS INFORMATION SESSION

Wednesday, November 9

5:30 p.m. – 7:00 p.m.

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PROGRAM SCHEDULE

5:30 p.m. – 5:45 p.m. Check in and refreshments
5:45 p.m. – 6:00 p.m. Welcome and opening remarks
6:00 p.m. – 7:00 p.m. Graduate program presentations

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Perspectives

Professors Take on Ethics of Journalism

Ariane Rasmussen
Staff Reporter

Whether the press effectively mirrors the truth to the people is a debate that concerns the SHU community since it is one of the most challenging issues in journalism. In fact, it's so difficult to completely achieve, that it is seemingly considered nonexistent.

"I don't believe in any objective journalism. I believe all journalism has bias. Some have greater bias than others, but I think that all journalists in journalism have bias," said Jim Minor, professor of communications and director of the ESL department.

"I have a little more respect for newspaper journalism because I think that television journalism has become too much entertainment and political propaganda. I don't think there's any objectivity there," said Dr. Robin McAllister, professor of English.

On the other hand, some think that "for the most part, journalism is objective" such as Tom Wuestkamp, director of student activities.

Despite the different views, everyone interviewed ultimately agreed that most journalists try their best to convey a story objectively even if it's not completely

possible. They also agreed that most journalists take seriously the commitment they have to portray the truth to the people on all issues and to aid journalism in serving almost as a fourth pillar of democracy, the other ones being the executive, legislative, and judiciary branches of government, or as a safety net that oversees that everyone is doing their job correctly.

"I think there are many ethical journalists, although I am sure that aggressive unethical backstabbing journalists also exist in the field. Objectivity though is something I am unsure of. Consciously or not, we are the product of our past experiences, and I don't think anybody is 100 percent objective," said Dr. Anahit Ter-Stepanian, adjunct faculty, professor in the art and design department.

Professor of Psychology, Ron Hamel said, "I believe that journalists are trying to give the truth but I think that sometimes things just get exacerbated and stretched out."

"I think that for the most part reporting is done to the best of the reporter's ability. As long as there are both sides to the story and as long as the point of controversy that is being reported is being reported fairly on both sides, it's being done right. I like it when

it's left up to the viewer or reader to make their decision and each side of the story is told evenly and not one way or the other," said Ray Mencio, graduate assistant in student life.

A reporter's own agenda or that of the company he represents, whether political or personal, also plays a major role in journalistic objectivity.

"The watch dog of a free society is a free press. That having been said, there are certain newspaper and magazine reporters that have an agenda and they will interpret the news in the way they want. I would like to think that all rookies come into journalism thinking they are going to save the world, idealism. As they get into it, they see the world in a different view than strictly an idealistic. Then they might go out and be more idealistic, the way it should be," said Dr. J. Block, professor of astronomy, geology, and science and the Bible.

It not only comes down to who a reporter works for, the company and the editor, but also to a reporter's choice of what to report.

"In the 1970s and in the 1980s, I think journalism was much freer. Now journalism has been completely tamed by the corporations that own the papers and the broadcast networks. I am embarrassed when I look, not at just FOX news, but especially CNN and you don't really have journalists. You have pretty faces that are basically apologizing for the administration and giving political little digs and comments in their body language and everything else if not in their words," said McAllister.

Media conglomeration is one of the biggest problems being faced today. As each year goes by and technology advances, so does the growth of many companies resulting in one major company owning various sources of media. That's the main reason why that has disappeared and it has become entertainment and touchy-feely stuff.

"Media conglomeration is difficult, especially when you look at radio. Clear Channel has such a hold on the radio industry in this area. It's difficult and a lot of times that places too much of a factor in reporting fairly," said Mencio.

"I guess that's where you can get a bias. It's like they are giving you four different stories but they are all coming from the chairman of the board. It's fine if they are portraying all sides of the news, but if they are doing it strictly to get their point and opinion across I would disagree with media conglomeration," said Wuestkamp.

"I think that media conglomeration is a problem. Because everybody is biased, if all the news is being controlled by one source or only a couple of sources, it means that it's limiting the perspectives that are available to kind of balance everything out. It's not only how you report but what you report that reveals a bias," said Minor.

"The watch dog of a free society is a free press."

Dr. J. Block

Professor of astronomy, geology, and science and the Bible

"I would like to think there's a marriage between the company and the reporting. A company has to make money so they can live, but on the other hand, the product has got to be a good one because it's got their name on it and it needs to bring back more sales," said Block.

The solution to media conglomeration might just be to do as Professor Ter-Stepanian.

"I would rather trust the individual than the whole company. For me, the name of the person is more important than the organization he represents. As to which I trust more, the answer is I come to my own opinions based on the information I get from very different news sources," said Ter-Stepanian.

To be simple and objective, journalism is best described through Professor Block's analogy of when he studied the Civil War period in South Carolina versus when he did so in the North. Both had opposing reasons for going to war and both were correct.

"A set of facts with two opposing interpretations. That's history. A reporting on what happened based upon who the author is. That's how it goes for newspapers as well. You hope they are objective but do you know if they really are?" said Block.

Despite the fact that the New York Times and CNN seem to be the most widely used sources of news, the best solution to our doubts on journalism still remains the use of various sources to form your own opinion.

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He Said... She Said...

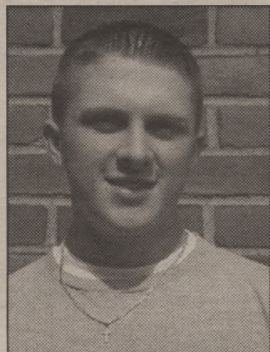
How soon is too soon to date your ex's friend?

Robert Roy
"He Said" Columnist

Dating your ex's friends has been a traditional dating no no. Everyone always makes a big deal about someone stealing away the love of someone else's life. This overdone dramatic set of events is absolutely uncalled for and needs to be stopped. Once you have split up each person is free to date whoever he or she pleases.

My opinion about this topic is very blunt and to the point. First, you are single, no one can tell you who you can or cannot date, not even your ex-girlfriend or boyfriend. Thus, I believe that you can date whoever you want whenever you want when you are single. Once you have officially ended your relationship date your ex's friends or date whoever you would like to.

Secondly, if your ex's friend is going to go out with you right after you break up with her friend,



The Spectrum/DANYA JIMENEZ

then they are not going to be friends much longer, problem solved. Now that they have ended their friendship you have no restrictions on dating your ex's friend. Besides, if you have broken up with this girl you obviously do not need to care what she thinks about who you are dating.

This question should be stated more toward the friend's side, how soon is too soon to date your friend's ex? I think that there is more at stake if you are going to ruin an amazing friendship over a guy or girl.

Rachelle Murphy
"She Said" Columnist

Your boyfriend and you decide to break up. To feel better, your friends decide to hold a girl's night out. While out cavorting with your girls, you run into your ex's friend. You guys seem to really hit it off and you want to see more of him. How long should you wait [after your break-up] to date your ex's friend?

Whether or not your break-up went well is no indicator of how long you should wait. Actually, there aren't any true indicators. Your friends will try to give you advice and tell you to wait a few weeks or months. You know what your feelings are, so ultimately you are the person who decides what to do. Feel out the situation and then make your move.

If you really like the person, you should go for it. Why would anyone wait to date someone that they like? If you like the person, ask them out. If



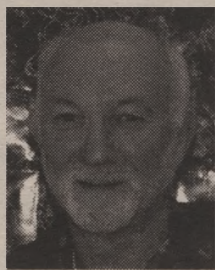
The Spectrum/ELYSE HARRELL

you don't, there is a possibility that the person will move on. No one wants to be left alone.

In the end, you are the only person who can decide how long to wait before you date your ex's friend. Just remember to follow your instincts and trust your opinion. If you think that you should date your ex's friend soon after the break-up, do it! You only live once, so enjoy all the risks that you take.



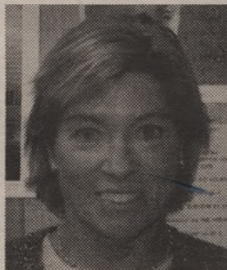
What is your biggest student "pet peeve"?



"Would you pay for a full sandwich to receive only half? Then students shouldn't pay for a course and settle for not studying."

Dr. J. Block

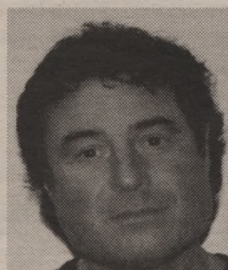
Professor of astronomy, etc.



"Dishonesty about their reasons for not being prepared for class."

Jane Carlin

Professor of communications



"Not coming to class for illegitimate reasons and then asking a lot of questions after."

Domenick Pinto

Professor of computer science



"The worst thing a student can do is talk in class because it distracts the other students."

Dr. Anahit Ter-Stepanian

Professor of art history



"When students are instant messaging during class and cell phones going off in class."

Jim Minor

Professor of communications



"When students come to class late."

Ruth Gross

Professor of ESL



Senate has been working to comprise a set of questions to use in the interview process for the new Judicial Board review. Each class board has, since the beginning of the semester, chosen two representatives to fill one of the positions on the Judicial Board. After meeting with the Judicial Board Chair, Aisha Lubin, the board was informed about what was expected of them in their new positions.

At the most recent meeting, most of the Judicial Board representatives went had their review. All six of the representatives were passed by the Senate and were congratulated on their new positions. The judicial board has an important relationship with the Senate and Student Government and they closely monitor the responsibilities and duties set forth in the Constitution that all members must follow. This keeps consistency and value within each governing body.

Danielle Holton of the Public Relations committee in Senate has been working progressively on the Julia Davis fundraiser. All is going well with gathering information from the University to create the proper strategy, however Holton found out some new information on the project.

Holton says that "Julia Davis is going through some troubling times right now. After going back to school part-time for a week she was getting really sharp pains in her legs and recently underwent a bone scan to see if her cancer has spread to her bones. Bone cancer is one of the most dangerous types of cancer out there. Because of this news we are putting a little fire in our step and speeding the process up a little."

"Sub-committees are going out this week to towns like Easton, Fairfield, Trumbull and South Port to try and get donations from local businesses. Within the next two weeks we will also be going to schools, both public and private. The public schools we will run a coin drive and have kids in the elementary schools bring in cash and whichever class raises the most money will receive a pizza party. The private schools we are hoping to have a \$2 for dress down day. If anyone would like to help, please contact me."

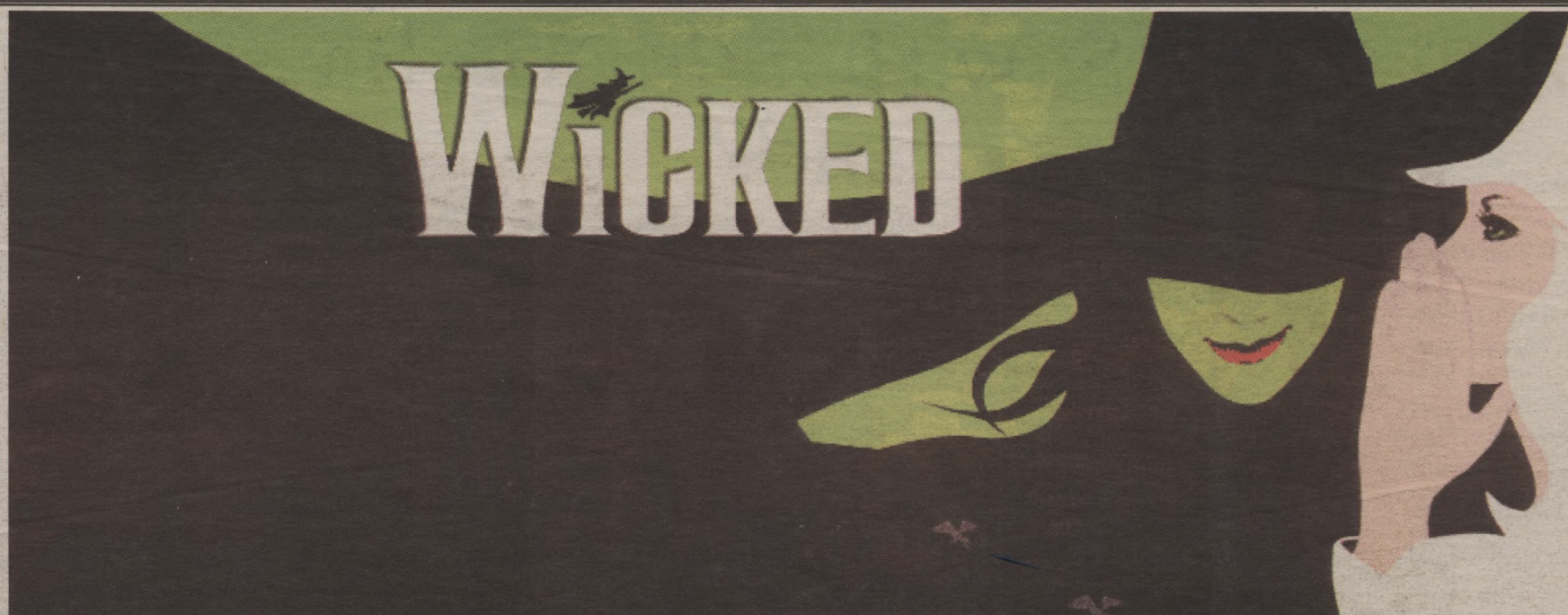
The Senate is looking for any members who are willing to contribute to this project. Being a member of Senate or Student Government is not a prerequisite for the opportunity to lend a hand. Please email StudentSenate@sacredheart.edu for any further questions.

Senate is also participating in the Westfield Works Wonders fundraiser. Any student interested in purchasing tickets for this event can contact Student Senate at the above email address.

- Contributed by Erin Maurer.

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Wicked, one of the many show's that The Broadway Club will be presenting at SHU.

From Dream to Reality: New Club Makes Broadway Debut

Matt Libassi
Staff Reporter

As the curtain rises, out steps a group of students dedicated to the theatre as the Broadway club makes its first appearance attracting anyone interested in promoting the magical experience of NYC.

The Broadway club, a new club, held its first meeting this past Sunday, attracting over 30 students interested in sharing their experiences, and creating new ones in NYC on Broadway.

Created by *Spectrum* staff reporter, Shaun Mitchell, and Pete Donahue, the club has been in the workings for the past year. Mitchell explains that the goal of the club is to act as a forum for all those who love Broadway and as a resource for all those who haven't been exposed to it.

"I wanted to try and start the club last

year, but I never got around getting it jump started; that is until I met Pete Donohue. Over the summer when we were both Orientation Leaders... we talked about it and decided when the school year started, we would start this new club with Jane [Sanders] as our advisor" said Mitchell, sophomore, Creskill N.J.

Mitchell explained how it struck him last year that not everyone has seen a Broadway show, especially those not of the tri-state region, and such a desire to spread theatre was a major push for the club.

"I really hope that I can learn about shows and see others, besides *Wicked* which I saw today," said Kaitlin Mulqueen, freshman, York, Maine. "I live in Maine so seeing theatre is a total difference in NYC."

Future plans outside of Broadway include supporting and promoting the local cabarets and theatre in Fairfield County, as well as working with other clubs on campus and do joint events.

Mitchell and Donohue stressed the idea of reviewing and discussing Broadway in each club meeting. Reviewing CDs, discussing the latest 42nd Street gossip and shows will be an intricate part of each meeting.

Other tasks discussed were possible fundraising ideas, possible compellation albums and working with the sorority Phi Omega Tau to organize a Sacred Heart version of Broadway Cares Equity Fights Aids.

"We want the members to just spread the word of the club, right now just word of mouth, but when we get there we will

need flyers and other publishing resources which will then help us work with other clubs like Phi Omega Tau" said Donohue, sophomore, Melville, N.Y.

One of the biggest advantages to joining the club would be going to see the Broadway shows for a discounted price. As of right now, with the budget they have, the Broadway club doesn't even have enough to see one show, and that's why fundraising is so important.

Elise Valario, sophomore, Wellesley Mass. said that she thinks the club is "definitely worth while and it will be good to help keep up with what is going on in the Broadway world."

You will see the Broadway club make its encore performance in the next few weeks to come, so keep an eye out for this club of 42nd Street aficionados.

TV Ratings Sweep the Nation

Jaclyn Hull
Staff Reporter

November Sweeps; that time of year when ratings are taken for television network's most popular shows. Producers are putting together their most creative twists and turns to draw in and continue to captivate their viewers in hopes to score big ratings.

Sweeps are regularly scheduled opportunities for great television stations to be bold in character. The key is for a station to use the sweeps period to demonstrate their talent and show what they are all about.

"The OC" being one of the most talked about TV shows on air will most likely be pulling in huge ratings this month.

"I'm excited to see what is going to happen with Marissa and her

new school, and now that Caleb has died, and since a new character was just added to the show, it will be really interesting to see what types of things are going to happen this month since the plot is already really intense so far," said Christina De Vecchis, senior, Lindenhurst, N.Y.

Of course this is a time for excitement throughout the casts, but hopefully producers will not comprise something as outrageous as completely changing the aura of their main characters.

Audiences tend not to react well to a sudden character personality change during the middle of the season, shocking turns are expected, but hopefully producers will lean away from something so outrageous that it would cause their devoted views to stray.

Stations often try to plot some-

thing extreme enough to cause more viewers to hear about it and watch. Writers work to plan storylines catchy enough to make it worth while to their audience if they need to stay up late to watch the show or at least enough to switch channels to their station.

MTV's ever popular, "Laguna Beach" will continue to be high on the ratings throughout November as well.

"This week of Laguna is going to be great, I think we can expect to see Trey coming back, he was a great character on the show and we haven't seen him yet this season," said Melissa Daddana, sophomore, Trumbull.

Networks will not only be plugging their favorite characters and storylines but will be putting in great effort to promote their stations. Sometimes, it is easy for people to watch their desired soap or sitcom and not even realize

which station their actually viewing.

We can definitely keep our eyes open for some exciting plot turns, and with all of the competition between networks, the shows should be really exciting. TV's across campus should be in full action especially this month.

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Reviews of the Week:

In Theaters: Saw II

On DVD: House of Wax

Joel Roch
Staff Reporter

Saw II was released in theaters this past week, just in time for the Halloween season.

The film is a sequel to the horror thriller Saw, which was released last year around the same time. This time however we see a new side to the murderer from the first film.

The movie takes place in a house which has been booby trapped by our villain, "Jigsaw." Those within the house must figure a way out or else they will succumb to the effects of a deadly nerve agent, which is being released into the house.

Unfortunately for those within the house, "Jigsaw" has set up various traps, which will lead them to their death. Throughout the movie the villain creates tasks for each of the victims based on their pasts.

The trailers for the film showed most of the more gruesome deaths on television and not much is left for the imagination when it comes to gore. The writers do a good job in creating interesting and new ways for each of the characters to die. One of the more interesting deaths involves a mask with spikes which is placed on a timer. When it is up, our unnamed man has to find a key in order to unlock the device or else his entire head will be crushed inside the mask. Needless to say the character does not figure out the puzzle and is murdered in this brutal fashion.

When watching the movie, fans of the first Saw film will notice some familiar places within the house. While the two films do not entirely depend on each other it is still nice to see that a little bit of thought went into this script, unlike the countless Friday the 13th and Nightmare on Elm Street sequels that just introduce new faces into a tired formula.

In true Hollywood style the writers include an interesting plot twist that if explained here would ruin the film for those students wishing to see it.

The most satisfying part of Saw



AP Photo/Lions Gate/ Steve Wilkie

This spooky sequel offers just as much gore and blood as the first film.

II is the fact that the villain is given a little time to explain himself. We are allowed a little glimpse inside the head of the murderer who causes his victims to torture themselves to death.

Donnie Wahlberg plays a police detective whose job it is to find where Jigsaw has taken his victims and hopefully save those who were lucky enough

to survive. His performance as an angry police officer that is pushed to his limits is very convincing.

All in all Saw II is exactly what you would expect from a Hollywood horror film. It doesn't spare on the blood and the deaths are creative but besides this the film lacks any real substance. I would recommend this to those who enjoy a good popcorn fright fest.

Gina
Saccaro

The 2005 thriller "House of Wax" has just come out on DVD October 25. The movie stars Paris Hilton, Elisha Cuthbert, Chad Michael Murray, Jared Padelecki and Brian Van Holt.

A bunch of college students take a road trip when they find themselves stranded in a small town. Carly (Elisha Cuthbert), and her boyfriend, Wade (Jared Padelecki), were on their way to a championship college football game with a few of their friends.

Along for the ride is Paris Hilton's character Paige, Wade's troublemaker brother Nick, played by Chad Michael Murray, and Paige's boyfriend Blake, played by Robert Richardson.

While camping out for the night, the friends make the wrong decision to get



The Spectrum/ Elyse Harrell

House of Wax is out on DVD.

on the bad side of a mysterious local redneck. The next morning, they discover that Wade's car suddenly won't start.

As the others continue on their way to the football game, Carly and Wade find the closest town, Ambrose. The couple quickly find out that it is nearly abandoned except for a tourist attraction entitled, the House of Wax.

After venturing in the wax museum, they soon start to realize how freakishly

real all the sculptures look. The characters soon discover that the town is made entirely of wax, and all the wax people they see were once real.

Responsible for these wax murders are twin brothers who make it their business to make the college students part of their exhibit.

"House of Wax" is a rated R horror film geared toward a teenager to young adult audience. The plot is interesting; however it is also slow moving.

"I thought the movie was pretty good. I started to get a little bored at some points, but Elisha Cuthbert and Chad Michael Murray are really talented and I thought they did a good job" said Christie Feraudo, sophomore, Freehold N.J.

Paris Hilton's performance was weak compared to the other more experienced actors. At the same time, Paris Hilton is the most anticipated part of the movie.

"House of Wax" is gory at some points, as well as thrilling. The plot is also predictable, which makes the movie less enjoyable. It's the epitome of a running and screaming type of horror movie.

"The movie was really gory and scary at some parts. But all in all I enjoyed the movie and I would see it again," said Krista Caltagirone sophomore, Wayne, N.J.

Elisha Cuthbert and Chad Michael Murray put on the best performances in the movie. Paris Hilton still looked a little stiff in front of the camera when she was acting.

"I didn't get to see the movie, but I wasn't really planning on it either. I think Paris Hilton wouldn't bring anything to the movie because I don't think she is a good actress," said Amanda Falzon sophomore, Valley Stream, N.Y.

"House of Wax" has a creative storyline, with gory scenes and young good looking actors to attract a younger audience. SHU students had differing opinions about the movie.

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Features

The Crying Game: Why Women Cry More Than Men

Theresa Vosilla
Staff Reporter

A common belief among people is that women are cry babies. If this belief is true, then why is it so?

Girls and boys cry about the same amount of times until they reach the age of twelve, by the time they are eighteen women cry on average four times more than men. That is about 5.3 cries a month compared to a man's 1.4 times per month according to research by Dr. William Frey who studies tears.

So the old belief is true, women do cry more than men. But scientists still do not know exactly why this is true. One theory is that women cry more than men mostly because of social conditioning. As males are growing up they are urged to excel and become powerful, to never show their emotions, to be tough, independent, demanding, aggressive and good problem-solvers.

Males in our culture often hear things like, don't be a sissy, don't whine like a little girl, be self-sufficient, powerful and dominate others. In comparison to females who are taught to be a lady, express their emotions and value their looks and charm.

Although these ideals and values of society are changing they still do exist. Another thought is that women cry more than men due to the physical and hormonal difference between them.

The hormone prolactin is present in

the mammary glands and induces lactation but it is also found in the blood and tear glands. Boys and girls have the same level of this hormone until they are twelve years old. The girl's amount then gradually rises and by the time they are eighteen they have sixty percent more than boys do.

The tear glands in men and women are also anatomically different, as are their tears. According to Frey's research, when men cry 73 percent of the time, tears do not fall down their cheeks. Men may get misty-eyed, but teardrops don't give way. When women cry almost every crying episode involves runaway tears down their cheeks.

Many different things cause women to cry such as, frustration, stress, personal problems and hormonal changes caused by pregnancy, menstruation or menopause. All these things can lead to tears that are sometimes unavoidable.

85 percent of women and 73 percent of men said that they felt better after crying, which shows that tears may help remove chemicals that build up after stress according to Frey. Also scientists and sociologists both say that women are more inclined than men to feel the urge to cry when they are frustrated.

This may lead to problems for women in certain situations at work. Researchers at Pennsylvania State



AP Photo/Sunday Alamba

Why do women cry more than men? Many studies have been done on this topic.

University found that men's tears are viewed more positively than women's. This is because men are found crying less frequently.

Crying could be a bad career-marring mistake. Both men and women often view crying as a sign of weakness or irrationality.

"Women in business don't cry,

my dear," said Martha Stewart on her Apprentice television show to a female contestant who started to cry.

The web page, Advice on The Society for Women Engineers (SWE.org) gives suggestions on how to hold back your tears for those of us who are tear prone.

SHU Polling Institute Addresses Quality of Life

Nicholas Brown
Staff Reporter

National polls are conducted to discover reasons for higher prices and fewer jobs. Polls provide direction on what to do about growing dilemmas.

SHU has their own polling institute that collects tallies on certain issues that concern our entire country. The institute has three national polls that take place to benefit their private clients.

In a recent SHU poll, information was revealed about the increase in gas prices. The poll was conducted and the school concluded that the rise in gas prices was seriously impacting the quality of American life. The fuel prices directly effect travel, tourism, credit card companies, and the large demographic of people.

The SHU poll indicated that 77.6 percent of people agreed that the recent increase in gas prices is at least somewhat seriously affecting their quality of life. In the same poll, over half of Americans, 55.8 percent said they would not be traveling as much next holiday season. These results found right here at our university are a lot worse than the ones conducted in the spring of 2005, which had people a little less discouraged.

The poll also contained some insight on the subject from economic sources.

"The new survey clearly shows that the continuation of high gas prices is forcing Americans to change their lifestyle. More of us are also planning to buy more fuel-efficient cars than was

the case five months ago, and the sales of large SUVs have already declined from the highs of a year ago. This is not good news for U.S. automakers, which have relied on the sales of these vehicles to offset losses on their automobiles percentage," said John Gerlach, professor of economics and finance at SHU.

"Spiraling gas and home heating oil prices may be the 'stealth issue' that will impact the careers of incumbent elected officials in '06 and possibly '08 as much as they are impacting Americans quality of life. With the survey showing the President's approval rating down to 42 percent positive and recent ratings of Congress down to 29 percent positive it may be incumbents beware. Consumer anger may impact both political alike if they don't get it together on this quality-of-life issue," said Jerry Lindsley, director of the institute.

Concerning the political aspect on the results of this poll, SHU college republican's president Mike Johnson, Smithtown, NY said, "the quality-of-life issue should be improved by the time we vote again but it will take time for people to forget about the damage it has caused in recent months."

This poll certainly raised some opinion among SHU staff and student or anyone who uses fuel for that matter. The SHU polling institute will be doing more research and polls for their private clients and they encourage students to become involved in the process, especially in collecting research. If anyone is interested they should contact the director Jerry Lindsley for more information.

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Students Debate Bargain Shopping

Dallas Kalmar
Staff Reporter

As consumers, we are inundated with retail advertisements and sale promotions throughout the year, and naturally look for bargains. However, we may be compromising product quality for inexpensive quantities.

As students, we are marketed even more so because of our assumed disposable incomes. We may have budgets and strive to stay within them but some of us justify our spending to avoid guilt later. On the other hand, perhaps we are experiencing guilt for the wrong reasons.

"I used to buy cheap sunglasses all the time, between \$10-15 per pair. They would always break after wearing them a few times, so I would buy another cheap pair, and the cycle continued. After a while it adds up, so I went ahead and splurged on an expensive pair that was a little over \$100. I've had them for a while now, and they still look brand new. So in the long run I probably spent more on the cheap sunglasses," said senior, Kara Simpliciano, Guilford.

It is tempting to hit the sale racks and pick up something that once was marked 75 percent higher than its now bargain price. To buy an item and get two free, or to receive a "free" gift worth \$45 if we spend \$30 are typical sale techniques. Many stores like Neiman Marcus and Bloomingdales often fail to provide these kinds of bargains on designer items.

"It's more about overall fashion than designer items. I love to window shop and dream about all that fancy stuff but could never rationalize spending \$300 on a sweater. If you can find something



The Spectrum/ Elyse Harrell

Bargain shopping could leave extra money in your pockets.

that's less expensive and looks just as good, then that's great," said junior, Kristen Weyel, North Haven.

Some consumers view high prices as a way for others to gauge their economic status, while others seek out bargains and like to share this information with friends.

"I love to brag about bargains I've found. For the student budget, or any budget for that matter, bargain shopping provides versatility. Wear it twice, and buy something different as the styles change. A lot of times the quality is the same, you're just paying for brand-name labels," said senior, Jess McCann, Gilford.

Many stores like Old Navy and Forever 21 are designed to provide bargain shoppers with an outlet for their spending, as well as a way to bulk up their wardrobe quickly. Nevertheless, the shelf

life of these items in our wardrobe is questionable.

"Last fall I bought a bunch of tank-tops and t-shirts in different colors for \$7.99 each, which I couldn't resist. I thought they'd function as classic pieces that I would wear for awhile. The sad truth is, I haven't even thought about wearing one of them since December of 2004," said senior, Ashley Marianacci, Greenwich.

According to the Psychology of Consumers website, research suggests that consumers are often unaware of both what a product is supposed to cost, or even how much a product they have just purchased costs. Comparison-shopping seems to be a lost art nowadays, as is delayed gratification.

"I'm definitely guilty of impulsively overspending for a piece I feel I can't do without, even if it is out of my price range. I figure with a little moderation, I can afford it in theory," said Jess McCann.

Not all sales are created equal, and it is easy to buy in hindsight.

"One interesting study found that one segment of consumers tends to respond strongly to the presence of a sale, even if it is a trivial one that is, a 0.5 percent sale is not a good reason to buy a brand, but many consumers use the sale sign as a heuristic way to reduce the burden associated with shopping," said Lars Perner, founder of consumerpsychologist.com.

Retailers are masters of enticement and for the student budget, a little scrutiny can go a long way. Whether shopping for bargains or high-priced designer labels, student consumers can find consolation in knowing that, if they wait long enough, maybe their parents will grace them at Christmas time.

Beat Those Flu Blues

Victoria Licata
Staff Reporter

It has come to that season again; high fever, muscle aches, sore throat and other symptoms of the virus that plagues the nation every year; influenza, more commonly known as the flu.

"We encourage as many people as possible to get the flu shot because of dorm rooms, bathrooms, classrooms and other places where students are in close encounter with each other," said Sheila Wheeler, RN, Director of Health Services.

College students are susceptible to the flu because of all the germs that spread through coughing, touching door handles, and sharing drinks. When you are sitting next to someone in class who is not covering their mouth when coughing or is blowing their nose and place the tissue next to you, you are at a high risk for catching the flu.

Washing your hands all of the time and keeping your hands away from your nose and mouth are the best ways to prevent catching the virus.

Sink handles, door handles and countertops of dorm bathrooms should be cleaned thoroughly. Someone may not even know they have the flu within the first few hours and can spread it to someone unknowingly.

If your roommate has the flu, all that can be done is to use disinfectant on everything in the room, and keep fresh air coming in and out of the room. Keep yourself distant from what they touch.

"Fall and winter sport athletes such as basketball and lacrosse players should have the flu shot because of locker room conditions and the use of equipment," said Dr. Wheeler.

Because all of these players are using the same bathrooms and cough and

sneeze all over the place, the germs can easily be spread from person to person.

The symptoms that accompany the flu are a dry cough, fever 102 or higher, muscle aches and head ache, tiredness and in some cases a runny nose. When someone has the flu it could last up to a week.

"Rest is the number one thing needed when you have the flu. Tylenol is also helpful with headaches and reduces fever," said Dr. Wheeler.

Because there is no antibiotic for the flu these are just a few things that can be done to help ease the pain and try to make the period of time you have it seem a little less bearable.

"If the flu is diagnosed early enough, usually within the first 24 hours, then there is a medication called Tamaflu, which can help minimize symptoms, but not completely rid the person of the flu," said Dr. Wheeler.

Antibiotics can be given if another sickness comes secondary to the flu. For example if someone gets an ear infection from the flu, they can be given antibiotics to help cure the ear infection.

The flu shot will prevent the person from catching the first few types of the flu. Someone could still get a minor case even if they receive the shot. The most common types of flu are the ones induced through the shot.

Health services on SHU campus located at the top of North Lot on the hill, across the street from Roncalli Hall will be issuing out flu shots. A global e-mail will be sent out to both students and faculty for anyone who wants to get the shot. Health Services number is 371-7838; call to make an appointment to receive the shot.

The cost will be \$20 dollars and the nurses give out a free bottle of antibacterial hand soap when you leave.

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Sports

BRIEFS

The NBA season

approaches: Fitzsimmons

and Conoscenti take a

look at the Western and

Eastern Conferences.

Page 13

Women's Soccer clinch-

es NEC playoff berth

with a victory over

Wagner College.

Back Page

Women's Field Hockey:

Champions.

Back Page

Men's Soccer upsets FDU

and takes sole position

of final playoff spot

with 2 games remain-

ing in the season.

Back Page

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Pioneers Sweep Griffins Out of the MIP

Brian Fitzsimmons
Sports Columnist

The Sacred Heart University men's hockey team won its first two conference games by sweeping the weekend series against the Canisius Golden Griffins at the Milford Ice Pavilion.

On Friday, forwards Eric Roos and Rocco Molinaro provided all the offense the Pioneers would need for the night.

Though the contest was a hard hitting and defensive battle for two periods, the third was an offense infested breakout

that led Sacred Heart to even its overall record to 2-1-0.

Molinaro's score came 6:04 into the final period, when the Golden Griffins freshman goaltender stopped Alexandre Parent's shot, but couldn't handle the Pioneers assistant captain's rebound.

One minute and sixteen seconds later, the Pioneer fans who packed the Milford Ice Pavilion erupted when Roos blasted a wrist shot, which gave the team some insurance.

To capitalize on his opening night, the 5'10" Roos created a

breakaway, and while sliding on the ice, he managed to get off a shot which landed into an empty net with one minute and thirty six seconds left in the game.

"It definitely makes hockey fun again," Roos said. "It was very exciting to play well in front of my hometown."

Though Roos and Molinaro gave the Pioneers the punch they needed, goaltender Jason Smith shined in between the pipes by piling up 24 saves, which was good for his first career shutout. It was also Sacred Heart's first team shutout since 2003-2004.

"I thought it was a great win," head coach Shaun Hannah said. "It was an excellent display of teamwork, and we accomplished our goal going into the game, which was to play well from start to finish."

On Saturday, the Pioneers achieved their team goal once again, with the help of forward Pierre-Luc O'Brien and another stellar performance from Molinaro.

O'Brien, who put SHU in the lead just thirty-one seconds into the game, scored twice in the first period. To add to the 2-0 first period lead, Molinaro's shot found the back of the net when he received a pass from freshman Bear Trapp, who tallied his first career point.

"Our program is very pleased with our freshmen class this season," Hannah said. "They give us great depth, and los-



The Spectrum/Travis Flynn

Alexandre Parent moves the puck up ice for SHU.

ing [Garret] Larson at forward doesn't hurt us because once [Trapp] gets some time, he will turn out to be very helpful."

The Pioneers clinched the win when Andrew Billingham scored on a power play. Smith, the winning goaltender, was solid again by posting 30 saves.

Smith doesn't seem to be feeling any pressure replacing last season's goaltender and star Kevin LaPointe.

"I take the same mental approach into every game," Smith said. "And the other guys have made me and the team better."

The Pioneers next home game is against Bentley at 7 p.m. on Friday.



The Spectrum/Travis Flynn

Jason Smith makes one of his 24 saves en route to his first career shutout Friday night against the Canisius Griffins.

Equestrian Team Not Just Horsing Around

Early wins and strong riders give team and coaches reason to smile

Erica Rico
Staff Reporter

Equestrian is off to a strong start in the 2005 season. The women took first place in the season's opening show and finished fifth in their last two shows.

"I can already tell that we are a lot stronger than last year. Everyone has been riding well and has shown improvement," captain Kelly McGovern, a junior from Cranford, N.J., said.

One of the top riders this year is Lauren Pierce, who currently leads the Zone 2, Region 4 High Point rider standings. She has the highest aggregate total

of points on the flat and over fences in the Open Division.

Other riders who have already qualified for the post-season are: junior captain Kelly McGovern of Cranford, N.J. in the walk/trot; junior Sara Spagna of Babylon, N.Y. in the novice flat; and junior captain Ashley Coppola of Holmdel, N.J. in the intermediate fences.

"All have moved up in levels this year after reaching 35 points in their respective divisions," head coach Alysia Cantelmo said.

This year's coaching staff includes head coach Cantelmo, who was a former SHU rider and has held assistant and head coaching positions since 2000. She is accompanied by assistant coach Kate Janczak, who is a new addition to the coaching staff.

"College riding is unique in that riders of all experience levels are critical to the team's success. We have a strong group of riders who are all working

to contribute to the team's success in their various divisions," Cantelmo said.

Last Sunday the women competed in the Hofstra Alumni Horse Show, where they finished fifth place in the show out of eleven teams.

Some of the top finishers in individual events were: junior Lauren Pierce, who took first in open fences; freshman Jackie Covert, who took first in the fences; and freshman Lindsey Rhynders, who took first in advanced walk/trot/canter.

Second place individual awards were given to Pierce on the flat, junior Catherine Coyle on fences, senior Kelly Johnson on fences, sophomore Nicole Lay on fence, freshman Ashley Carr on flat, and freshman Allison Reinheart on advanced walk/trot/cannon.

Due to the uneven number of teams dispersed throughout the regions, Sacred Heart's region was revamped so that competition would be better pro-

portioned. The team has been converted into the newly formed IHSA Zone 2, Region 4.

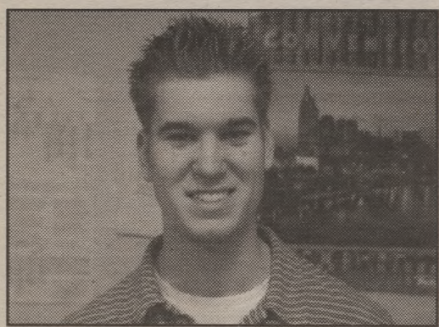
The teams in this region that Sacred Heart will compete against, are: Columbia University; Yale University; New York University; St. John's University; St. Joseph's College; Stony Brook University; Hofstra University; Fairfield University; Nassau Community College; Molloy College; C.W. Post College; and Dowling College.

The attitude surrounding the team this season remains optimistic

"Every one wants to do well, ride better and compete their best," McGovern said.

"I feel really good about our start to the season. We have shows through November and come back for shows in February straight through to May," McGovern said.

They will be riding Thursday in the Stony Brook University Horse Show in Stony Brook, N.Y.



THE FITZSIMMONS FILES with Brian Fitzsimmons

For the upcoming NBA season, every player must show up and leave work looking sharp, complements of the new dress code rule. But with eighty-two games to go, there are some teams that look a bit spiffier than others.

San Antonio Spurs: the defending champions are *the* team everyone will be have their eyes on for the majority of the season. They have won two titles in the past three years, and Tim Duncan wants another. That wish may come true, especially since this squad hasn't lost any key players, and the acquisition of guard Michael Finley via free agency didn't hurt either. *Key Accessory:* Manu Ginobili, because he is coming off a tremendous playoffs, averaging 20 points and 6 rebounds per game. The only question will be: how we he react if Finley takes away some of his minutes?

Denver Nuggets: No, this is not a typo; the Nuggets will end up with home court advantage in the playoffs. Last season, this drastically improved team went 32-8 under head coach George Karl, and with a year under the belts of Kenyon Martin, Andre Miller and 'Melo trying to mesh together, there will be nothing but high expectations in Denver. *Key Accessory:* Marcus Camby puts up great numbers at a position that is very scarce in the NBA, but this season he must stay healthy for Denver to flourish.

Houston Rockets: What's not to love about Yao Ming and Tracy McGrady in the same lineup? In a league where the Lakers aren't the same anymore, this team will get a high seed by default. *Key Accessory:* Stromile Swift, who was signed in the off- season to bring a power forward presence to the team for the first time since Charles Barkley retired, needs to finally live up to his hype as a former number two pick in the NBA draft.

Sacramento Kings: This improved squad will take the Pacific Division since the Suns will struggle for a chunk of the season while Amare Stoudemire will be rehabbing his surgically repaired knee. Mike Bibby, Peja Stojakovic and Brad Miller are a great core. *Key Accessory:* Shareef Abdur-Rahim replaces Chris Webber, and those are pretty big shoes to fill.

Phoenix Suns: The fact that they will be fifth shows just how good Stoudemire is. When he returns in February, the team will be around .500, and he will give them a shock of improvement. *Key Accessory:* Raja Bell has been a role player all his life, but now he must put on quite an act. This team lost 1,001 three point attempts when Joe Johnson and Quentin Richardson departed.

Dallas Mavericks: Dirk Nowitzki lost his pal Steve Nash last season, and he lost Finley this season. Since it's his team, how will he react? He might be the best player in the league next to King

James, so the Mavs will be just fine. *Key Accessory:* Josh Howard's days of being a skilled youngster who needs time to develop are over. He's the second option on offense.

Minnesota Timberwolves: Imagine if this franchise was able to start five Kevin Garnetts? This season Wally Szczerbiak and a new look starting lineup will try to help their star out. KG looks like he's sick of this. *Key Accessory:* Marko Jaric spent all his seasons in the L.A. Clippers dungeon, but now he runs this team. We'll also see if Garnett is able to make any point guard look good.

Golden State Warriors: The team's loyal fans will be rewarded this season for the first time in a long while. They are loaded with talent, and are just getting started. Baron Davis made this team a winner last season, and Jason Richardson is insanely exciting. Now that the Warriors have their new dynamic duo for 82 games, this team will be deadly running in the transition game. However, this squad is on the bubble, since there are a lot of similar teams that will compete for the final playoff spot in the West. *Key Accessory:* For this team to be a playoff contender, Mike Dunleavy needs to become a potent third option.

Quick defense, sharp shooting, smart ball handling, and good coaching are this year's basketball fashions that will bring a ring to the team who flashes them best. The NBA dress code is in effect, and the Western Conference is looking pretty good.



CONO'S CORNER with Steve Conoscenti

For the past few years, the NBA has been run by the wild Western Conference. The East hasn't been dominant since the Jordan-era Bulls. However, more and more star players are heading East, which leads to better Eastern Conference teams and an overall better Conference.

Lets start with the **Indiana Pacers.** Everyone knows what happened last year in Detroit and most knowledgeable fans will realize that was the cause of their disappointing season. The "Reggie Era" has ended, but that doesn't mean the success of the Pacers has ended. In fact, they could be better than ever this year. They already have an All-Star center/forward in Jermaine O'Neal, a defensive player-of-the-year candidate in Ron Artest and a proven coach in Rick Carlisle. Add rookies Sarunas Jasikevicius and Danny Granger into the mix and consider the development of young studs like David Harrison and you have a championship-

caliber team.

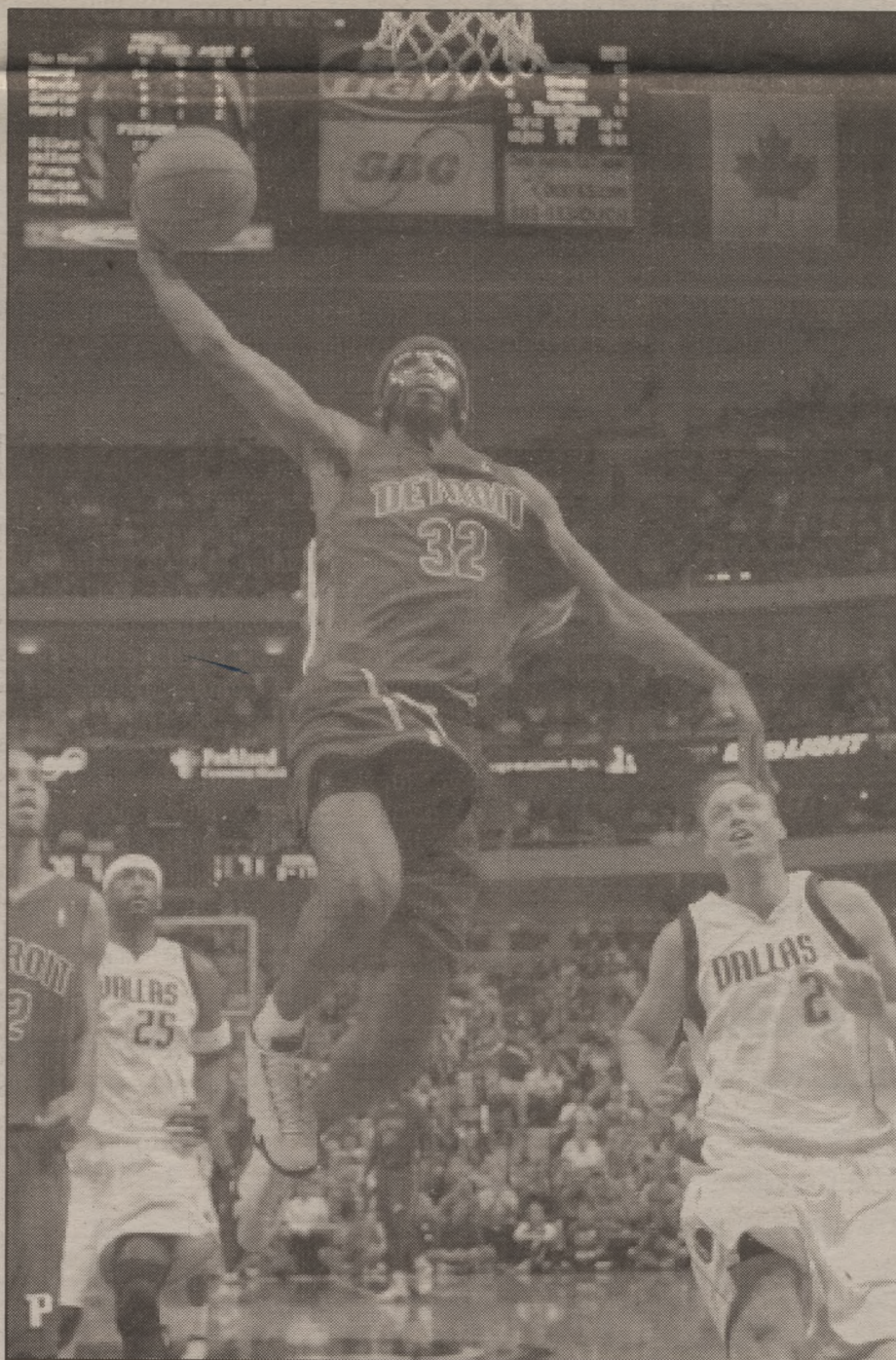
Another team favorite to come out of the East is the **Miami Heat.** There might not have been any other team that made more offseason noise than the Heat. They added three-time All-Star Antoine Walker, flashy point guard Jason Williams, future Hall-of-Famer Gary Payton and solid role players James Posey and Jason Kapon. There is no doubt that the Heat are the best on-paper team in the East, and perhaps in the entire NBA, but as we saw in Los Angeles two years ago, stockpiling stars doesn't always work.

Then you have the reigning Eastern Champion **Detroit Pistons,** who enter the 05-06 season without Larry Brown. Instead they have Flip Saunders at the helm, who was axed by the Minnesota Timberwolves this past summer. There have been no major talent changes on the Pistons roster, but switching coaches is never an easy thing. The starting lineup will most likely remain the same and coach Saunders' rotation will probably look a lot like coach Brown's. Now that Larry Brown is out of Detroit, will Darko Milicic finally get his chance to shine? If he does and succeeds, that could be a huge spark off the bench for the Pistons and will improve their chances for a third straight Finals appearance.

Like the Pistons, another question mark team is the **New Jersey Nets.** They have added several solid bench players to backup their extremely talented starting five. Jason Kidd, Richard Jefferson and Vince Carter alone could probably beat a few teams' starting five. The big question here is health. Jason Kidd has already injured his quad and has been injury-prone for the past few years. Richard Jefferson is just coming off a season in which he played only 33 games due to injury. Then there's Vince Carter, the man Charles Barkley calls half-man, half-a-season for obvious reasons. But if these three can remain healthy, the Nets might find themselves making a Finals run themselves.

Then there's the middle of the pack. Teams like the **Philadelphia 76ers, New York Knicks, Washington Wizards, Chicago Bulls, Orlando Magic, Milwaukee Bucks, Boston Celtics, and Cleveland Cavaliers.** All of these teams will be fighting for the last four playoff spots in the East. Each of these teams have made improvements over the off-season. LeBron James is ready for the big game and the acquisitions of Larry Hughes and Donyell Marshall won't hurt the Cavs chances. Chicago and New York swapped big men and New York landed Larry Brown. The Wizards got rid of their cancer Kwame Brown and acquired Caron Butler. Milwaukee just made a move to get Jamal Magloire, one of the best young big men in the league. The most exciting action in the East may come from the bottom four playoff teams battling it out to keep their seasons alive come playoff time.

The Bobcats, Raptors, and Hawks will all be fighting for the top pick, barring major surprises from their rookies and free agent acquisitions. Joe Johnson might help out the Hawks, but that will not be enough. Charlie Villanueva has looked good for Toronto in the preseason, but as any NBA fan knows, preseason play doesn't translate into regular season play. Regardless of who makes it in, the Eastern conference will feature some exciting basketball this season.



AP Photo/ Tony Gutierrez

The Pistons will be looking for another high-flying season this year under new head coach Flip Saunders.

Sports

Men's Soccer

...Continued From Back Page

Heart's 15.

Down 1-0 entering the second half, the Knights stepped up their offense. They kept the ball in the Pioneer territory but were unable to score, thanks to a defense consisting of David Backman, Glenn Wilken, Jonathan Allback, and Anthony Anzevui.

Midfielders Tony Allegro, Nick Loyd, Neal Shapiro, and Luke Gagliardi combined with forward Gustavo Netto, Tessitore, and Backman for 13 shots on goal, keeping the Fairleigh Dickinson defense on its toes.

The Knights had a total of 10 shots, but goalkeeper Matthew Jones stood strong against the Knights offense, jumping for elevated shots and stopping everything else for his third straight shutout.

The men's soccer team hopes to advance to the NEC playoffs.

"Hopefully the boys will do their job and then next Friday and Sunday we'll be away at playoffs and (win the NEC tournament) for the first time in the history of the (team)," Anzevui said.

The men's soccer team will square off against intrastate NEC rivals Quinnipiac Friday at 3 p.m. and Central Connecticut Sunday at 1 p.m. at Campus Field.

Burbige, Cullen, Morales Score in Victory

...Continued From Back

rebound that slid through the goalie's hands. Midfielder Leslie Morales padded the Pioneers' lead by scoring goals in the 34th and 35th minutes.

Morales' first goal came on a feed from midfielder Britney Dupee, who sent the ball to the 15-yard mark, where Morales blasted a shot into the left corner. Morales' second score came unassisted from 13 yards out on the left side.

"We knew that the game against Wagner College was very important because we were still on the edge of making it to the NEC tournament," Burbige, a junior from Babylon, N.Y., said. "We came together as a team and put three goals away in the first half, which definitely gave us momentum going into the second half."

Sacred Heart added its final goal in the 78th minute from midfielder Orlagh Cullen, who kicked a 33-yard shot that flew over the goalie and found the top of



The Spectrum/ Travis Flynn
Meagan Riemer protects the ball from an oncoming opponent.

the netting. The Pioneers finished with a 17-9 shot advantage.

The women's soccer team finished out the 2005 regular season on Sunday afternoon, falling to the Long Island Blackbirds 1-0.

The Pioneers were limited to only three shots during the game due to a

dominant defensive performance by the Blackbirds, as their goalie recorded two saves in goal and notched her third shutout of the season.

The team will now direct its attention to Friday's the NEC Tournament semifinal match at defending champion Central Connecticut State University's New Britain facility.

The Pioneers, who earned the #4 seed, will have a familiar tournament opponent to face in the opening round as they square off with the hosting Blue Devils.

SHU and CCSU have faced each other in each of the last three NEC tournaments, the last two in the title game, with the Blue Devils winning each meeting.

Central finished a perfect 9-0-0 in the NEC to earn the top seed while the Pioneers come into the tournament at 5-3-1, one point shy of the #3 seeded St. Francis (Penn.) Red Flash. The Long Island Blackbirds (7-1-1) round out the field at #2.

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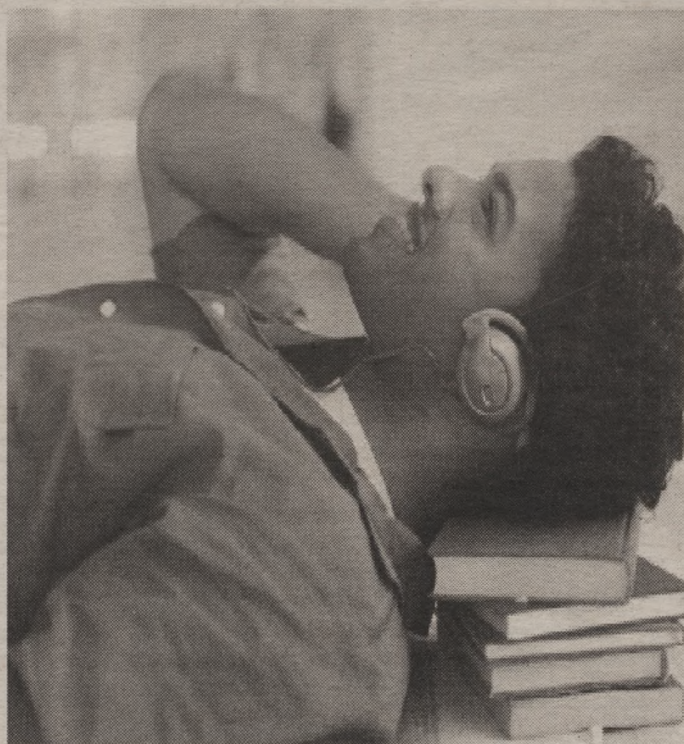
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Champions cont.

...Continued From Back Page

to prove."

The women began the tournament with the semifinal match versus Quinnipiac. They beat the Bobcats in the regular season 5-0, but Quinnipiac posed a greater threat in the tournament. The ladies were able to defeat Quinnipiac, 2-1.

Eye scored both goals. The first was scored when Colleen Carney shot from the top of the circle. Eye crashed in to tip the shot into the net.

In the second half the Bobcats came back to tie the game. With 3:58 remaining in the game, Eye scored to the game winner to advance Sacred Heart to the finals.



Photo Courtesy NEC

Erika Francisco (left) and Nicole Falco hold up the NEC championship trophy.

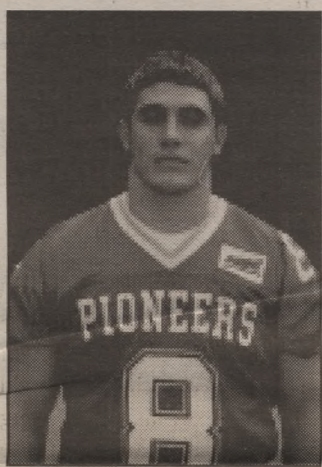


Photo Courtesy NEC

Goalkeeper Ashley Del Greco received NEC tournament MVP honors.

Top Performers: Three Stars For Sacred Heart

Ed Pricolo, RB



STATS:

232 yds. rushing

5 rushing TDs

(school record)

Pricolo helped the football team win the homecoming weekend against St. Francis.

Katie Duffy, 5K



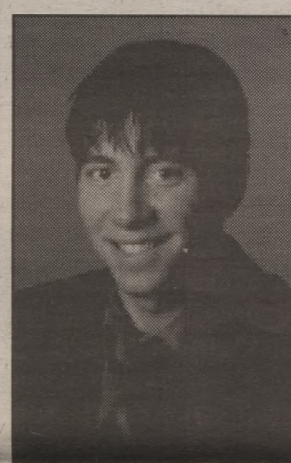
STATS:

19:52 time in 5K

(4th place NEC)

All-conference performance from Duffy helped SHU win its first ever NEC Championship.

Jason Smith, G



STATS:

2-0, 1.5 GAA

.947 SP, 54 saves

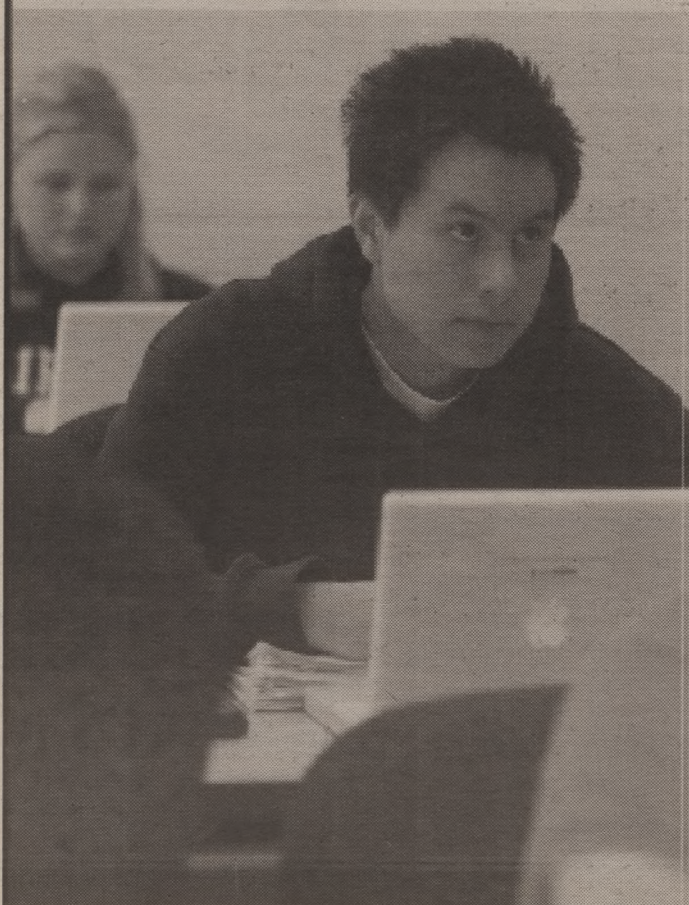
1 shutout

Smith helped the Pioneers sweep their weekend series against Canisius.

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SACRED HEART 1 RIDER 0

CHAMPIONS

Women's Field Hockey Defeats #1 Seed, Takes League Title

Erica Rico
Staff Reporter

Champions.

Field hockey brought home its first ever Northeast Conference title, defeating #1 seed Rider 1-0 Saturday in Lawrenceville, N.J.

The ladies will go on to face the winner of the Atlantic 10 tournament on Tuesday.

Going into the second half, the NEC championship game between the top seeded Rider Brons and the #2 Sacred Heart Pioneers was scoreless.

Six minutes in, a penalty stroke was given to the Pioneers when a Bronc blocked a ball in front of the goal that was shot by forward Carrissa Eye.



Photo Courtesy NEC

The field hockey team celebrates its NEC playoffs victory. The Pioneers defeated Rider 1-0 in the finals after beating Quinnipiac 2-1 in the semifinals.

Midfielder Colleen Carney stepped up to take the hit and was successful, providing her team with the lone goal of the game 6:45 into the second half.

"I just looked over to the sideline and she gave me the go ahead," Carney, a junior from Yorktown Heights, N.Y., said regarding her intentions on taking

the stroke.

Goalkeeper Ashely Del Greco was the MVP of the tournament. Del Greco, Eye, and midfielder Jenna McLane were the three from the Sacred Heart team who were honored as members of the all-tournament team.

This was the first time field hockey had ever advanced into the NEC finals.

Rider beat Sacred Heart 0-4 in the regular season. Not only did the Broncs have home advantage, but the grass field would be a disadvantage for the Pioneers, who practice on the artificial Campus Field.

"We wanted to prove it was a fluke last time they beat us, and we are a completely different team now than what we were," Carney said. "We've improved a hundred percent."

Winning seven straight games, the women are on a streak and heading to the NCAA tournament.

"We are pumped; nothing could be more exciting," Carney said. "We have nothing to loose and everything

See CHAMPIONS...Page 15

Late First Half Goal Sinks FDU

Kris Singhaviraj
Staff Reporter

Jason Tessatore's goal in the 44th minute stood as the game winner as Sacred Heart University defeated Fairleigh Dickinson University 1-0 Sunday at Campus Field, bringing the team to within striking distance of its first Northeast Conference playoff birth in the history of the program.

Two minutes before halftime, the ball was controlled in the offensive third by Sacred Heart defender Raphael Rezende, who sent a pass to the top of the goal box for forward Jason Tessitore.

Tessitore lobbed a shot over Fairleigh Dickinson goalkeeper Elver Prasovic to score the only goal of the game. It was his eighth goal of the season.

"We fought well and I think the win here will be a big result for us," Anthony Anzevui, a freshman defender from Newcastle, England, said.

Northeast Conference coaches' poll



Contributing Photo/ Christy Ann Flynn

Neal Shapiro dribbles through the midfield for SHU.

pre-season favorite Fairleigh Dickinson has been ranked as high as #7 in the NSCAA/Adidas National Top-25 Division I men's soccer rankings this season. It maintains the best overall record of all teams in the NEC.

After earning only three points from its first four conference games, Sacred

Heart has exploded with victories in its last three to reach 12 points.

Sacred Heart's overall record now stands at 6-5-4, with a Northeast Conference record of 3-1-3, placing the team in sole possession of fourth place in the NEC, six points back from Monmouth and one point down from Central Connecticut and Robert Morris.

With two games remaining, four other teams are within two points of the Pioneers, including Friday's opponent, Quinnipiac. The top four teams will qualify for the NEC tournament.

A record 210 fans attended the temperate autumn game, eclipsing the 147 who showed up for a 2-0 win over Hartford

Sept. 21.

Fans were treated to a very physical game that caused many to jump out of their seats for calls and shots on goal. Fairleigh Dickinson amassed 28 fouls to Sacred

See MEN'S SOCCER...Page 14

Women's Soccer Wins, Clinches Playoffs

Matt Derosa
Staff Reporter

Women's soccer posted a 4-1 victory at Wagner College Friday afternoon, which qualified it for this weekend's Northeast Conference Tournament.

The team entered the day tied with Fairleigh Dickinson University for fourth place in the Northeast Conference with two games to play. The Pioneers beat FDU 3-1 earlier in the year, attaining the tiebreaker.

Sacred Heart's streak of five straight years with a spot in the NEC tournament leads the conference.

The Pioneers took control of the game in the first half, scoring three times in the first 45 minutes.

Junior midfielder Lisa Burbige jump-started the team by scoring on a

See BURBIGE...Page 14