



Contributed Photo/Kim Keating

Hundreds of students gathered in North Lot during homecoming weekend.

Homecoming festivities leave tailgaters out in the cold

Diana Muniz, Kayla O'Brien
The Spectrum

Alumni weekend means many things: the gathering of old friends, reminiscing, and even getting to relive old times. This past Homecoming weekend added new memories to Sacred Heart students both current and old, as well as Public Safety.

One of the events that homecoming alumni look forward to is the annual Homecoming football game, which usually entails a pre-game tailgate.

The only "official" tailgating event is in the Curtis Hall parking lot at Tailgate Village. Before each football game, participants pay a flat fee to hold their spot, however, it does not hold nearly as many cars as North Lot.

This being said, most students typically arrive in North Lot decked out in their red and white attire. This year even brought creative transportation like RV's and personally designed SHU alumni shirts to the event.

North Lot was filled with approximately 400 tailgating participants between alumni, current students, and parents.

Fairfield Police were on hand ahead of time to help maintain the spectators during the events of the weekend and lend a hand if further assistance was necessary.

When the alcohol consumption got to a point that Public Safety felt to be unruly, they requested the participants to stop serving alcohol.

A particular group of alumni, who had rented an RV for the occasion, were confronted.

"There were people sitting on top of the RV and others were just not cooperating with our requests," said Director of Public Safety Jack Fernandez. "We told them that the tailgate was over and that they should go up to the game to support their team."

Near the end of allotted tailgating time, approximately 1 p.m., school security personnel requested police assistance in dispersing the crowd, which had become increasingly loud and confrontational.

Several got out of control during this process, SGT. Bloch (#118) told the accused repeated times to leave the area, but they failed to do so.

The group of Sacred Heart alumni felt as though the process was not all said and done. Many felt as though they were forced to leave the premises all together, without having the option to go up to the game with their fellow alumni.

"Everyone in our area was of legal drinking age. We even had garbage cans around our area so there was no trash, and no music or screaming," said a male alumnus from the class of 2005, Melville, N.Y. "When Public Safety officers and the cops came up to us and told us we had two minutes to leave, we said no problem and then began finishing up our cleaning. Next thing we knew, Public Safety came over and said they were going to tow us."

"We probably spent a good half hour with the students requesting their cooperation, and we were polite. When they didn't comply we felt it was best that they left," said Fernandez.

"We didn't do anything wrong," said another SHU alumnus from New

Hyde Park, N.Y. "Everyone else there was drinking. They should have kicked everyone out of the RV and made them go to the game. We even had permission to keep the RV on campus, but instead they made us risk our lives because they said they were going to have us arrested or even towed if we didn't leave campus."

After each warning SGT Bloch and Public Safety turned their attention to other students in an attempt to disperse the crowd. When turning their attention back to the accused, they realized the tailgaters did not move as requested.

"The cops and Public Safety kept making their rounds and slowly telling us and moving us out until we went up to the game," said 2005 alumnus Michelle Bassi, Fairfield.

"It was at that point that we were trying to find our friend who wasn't drinking since the rest of us were in no condition to drive. The cop said we need to either drive or get towed," said the 2005 alumnus from Melville, N.Y.

Tailgating is not a sanctioned activity on Sacred Heart's dry campus. However, it is Public Safety's job to monitor the overall behavior in the parking lots to ensure the safety of all. Whether or not the situation was handled fairly is up to the attendees, however, it is very clear that it was a big misunderstanding by both parts, leaving a bitter taste in several alumni's mouths about the questionable actions that occurred in North Lot that Saturday.

Traffic in print lab

Learn some ways to beat the lines.

Ashley Winseck
The Spectrum

A newly refurbished print lab still hosts only three printers. Students must wait in long lines before accessing a printer, causing annoyance and a tendency for tardiness.

This semester, returning students were greeted with a fresh looking computer lab located in the Academic building in room HC 113. With 25 computers, ample workspace and even a sound proof conference type room, all available 24 hours a day, how much more convenient could the print lab become?

Even with an impressive list of improvements and benefits of the print lab, a problem still remains.

Students rely heavily on the printing resources provided, yet only three printers are installed to fill the needs of some 4,000 students in the school.

"Sometimes it's annoying if [the lab] is packed," said Mike Smith, senior, Woodmere, N.Y. "or when people have to print a lot of copies and I'm late for class."

The Sacred Heart University website provides plenty of information about the print lab, boasting hours of availability, and provides an in depth step by step guide to the printing process.

Despite some downfalls, the print lab is an excellent asset to the campus. Students who do not own printers can easily bypass having to buy one.

The process is not exactly easy, perhaps why directions must be provided in the first place.

"It's such a process, I just want to be able to print it and go," said Ryan Clark, junior, New Rochelle, N.Y.

Clark attributed his dislike of the print lab to both a tedious printing process as well as an annoyance with the waiting time and amount of people usually in the lab.

Kevin Giglio, a student employed in the print lab, spends hours at a time listening to the complaints of the students.

"There are always lines of students at the printers starting about 15 minutes before every class starts no matter what time," said Giglio, "students are always complaining about the fact that there are only 3 printers."

"It's really great, I print pages and pages of notes there," said Nicole Hubbard, junior, Valley Stream, N.Y., "but I always have to wait to use a printer so sometimes I just leave."

"Just from a space standpoint, I don't think we can squeeze any more [printers] in there," said Bryan Palmer, academic computing system support supervisor.

Continued On Page 4...

News

Peer Educators bring AA option to Sacred Heart

Danielle Holton
The Spectrum

A relatively new group on campus is teaching students how to reduce high risk behaviors like drug and alcohol abuse.

Peer Educators was founded in 2004 by the SHU Alcohol and Other Drug Prevention Coalition. Because the peer to peer interaction is a part of any college atmosphere, and the coalition wanted to form a group for students to help other students.

There is an advisory committee for peer educators that includes members from the freshmen mentor group, health services, residential life, judicial affairs, athletics, and the counseling center.

The committee meets monthly to discuss its affairs, as well as how to continue to lay the groundwork for the new group.

There are 18 students in the group and they have been trained and certified in listening and referral skills, dispute intervention, problem solving, caring within limits, ethics, role modeling, presentation and programming skills, and information about alcohol. The students have undergone a rigorous application process, including an interview during the spring semester.

The students meet weekly to plan events, meetings and campaigns. The group's goal is to increase awareness



AP Photo/ Tom Gannam

Does this make you salivate? If so you may want to seek help from AA.

about alcohol, provide a confidential atmosphere where students can go to talk, and promote a fun, healthy and safe campus environment and college

lifestyle.

While the peer educators are not only focused on drug and alcohol abuse on the college campus, it is the issue of concentration of their group this year. The 18 students in the group have chosen to either not drink at all, or to drink responsibly.

"I wanted to be a peer educator because I love helping people out with any problems at all; this is a great opportunity to reach out to all students with any problems at all. I have experienced a lot and just want to offer my experience to others in need," said President of the peer educators, Jon DeRosa, a junior, of Braintree, Mass.

College is typically known for its overabundance of parties and drinking. There have been many injuries and deaths attributed to alcohol and drug consumption.

With a group on campus that tries to

reduce the risk of these incidents, there is hope that some unfortunate occurrences will happen less often.

In 2004, the Connecticut Post ranked Sacred Heart University as the second school in the state of Connecticut in reported liquor violations. Although we are taught at a young age that drugs and alcohol are bad and should not be done, the recent statewide ranking has made it very apparent that not everyone is listening to that advice.

The peer educators group can prevent long term diseases, like alcoholism, by talking to students during their period of use. That has proven to be the most effective time to care for the students. Many of the peer educators are willing and able to listen and share experiences with the students, as well as lessons learned.

A comedian once joked, "I'm not an alcoholic, I'm a drunk, alcoholics go to meetings."

Being drunk can lead to alcoholism. One night a week of drinking can lead to two, which can lead to three weeks. Eventually, these periods of binge drinking can unravel into a long term disease.

If you do have a problem and you are worried about going to meetings, don't worry. Just remember that the entire process is completely confidential, and you don't have to speak with anyone other than your peer.

Congress to cut student loan programs

With rising tuition and less government aid, what can you do?

Adam Kagdis
The Spectrum

Do you rely on government financial aid to help pay for your college loans? Congress is prepared to make cuts in student loan programs as a way to find money for deficit reduction and Katrina relief.

Students should not have to pay for misguided planning during Katrina, but Congress is ready to drastically cut the amount of money they give out for college loans.

This means that less fortunate students may have a harder financial decision to make other than simply what school to go to, but how will they pay for it.

Students and organizations across the country have been calling and emailing state delegations to ask them to "Stop the Raid on Student Aid."

It may seem like there is no hope but students do have a say. You must get in touch with the congressmen of your area.

If enough students voice their opinions and show the benefits of financial aid, Congress may open their eyes and realize they are about to radically hurt the progression of the USA.

The organizers of the Stop the Raid effort are asking that all universities get involved and encourage students to make the call or to send an email from the action

site. Please call or send an email to your Congressional representatives.

"I strongly encourage students [to contact their representative]," said Carl Nykaza, the director of graduate and university college students. "That will have a direct effect on the cost of college [in the future]."

When you email your representative you should explain that you understand that Congress will make cuts to financial aid to help balance the budget.

Ask Congress not to balance the budget on the backs of students, rather look into other forms of cuts in areas not as necessary.

This is the only way college loans will not be cut, if there is not enough outcry the representatives will not understand the detrimental decision they are about to make.

Students are the future of our society, and without their education we will have an illiterate generation running the world.

If you do get financial aid be sure you express that you do and tell a bit of your own personal stories about how financial aid has helped you get through college. Still if you do not receive financial aid think about the future generations that will be affected by this loan cut.

Your children and grandchildren may suffer gravely because the cost of education is always on the rise. This means that fewer students will be able to get the full education needed to raise a family and run a country.

There are other avenues to receiving financial aid. Private lenders frequently loan money to college students because of their higher potential within the job market.

"The private sector is very willing to lend funds to students, it is based on credit, and requires a guardian's signature," said Nykaza.

"Believe me a number of lenders would love to loan to students."

Take a stand, let your voice be heard, the cost of college increases annually as it is. Your children's future depends on it.

Visit these websites to speak to a Representative

gal.org/campaign/stop_the_raid- Action site with links to Congress, emails can be sent directly from this site. (The site says that the call-in days were in October but the budget is not yet passed and calls are still needed - please continue to call in.)

www.studentaidalliance.org- This flyer has an 800 phone number to call in and voice your concern.

STD's pose serious threat to sexually active students

Shaun Mitchell
The Spectrum

Sexually transmitted diseases have become a big risk on college campuses recently, and even Sacred Heart had a recent scare, but what are you supposed to do about them?

The current statistic of sexually transmitted diseases says that one out of three people will get a sexually transmitted disease before the age of 25.

"Have protection with you or just ask the person whether or not they have an STD," said David Brede, sophomore, Cromwell. "Just make sure you get tested is the bottom line."

The world of sexually transmitted diseases has changed dramatically over the past decades. Syphilis is on the verge of being completely extinct in our society, but at the same time AIDS has been established and on the rise since the year it first came into America.

The most common sexually transmitted diseases in America are Chlamydia, genital herpes, and gonorrhea.

Genital herpes, hepatitis B, and HIV/AIDS are the most dangerous diseases being that they cannot be cured like Chlamydia, gonorrhea, or crabs.

Simple shots and/or pills are needed

to treat the curable ones, but only a test will let you know whether or not you have a disease.

"I maintain avoiding sexually transmitted diseases through abstinence. I'm proud to say that I am a virgin and plan to stay that way until marriage," said Kelly Linskey, sophomore, Seal Beach, CA.

Paying no attention to abstinence, the freshman class had a recent scare of scabies and crabs in Seton and Merton hall last month.

Health Services declined to talk to The Spectrum about sexually transmitted diseases or the rumored outbreak that occurred last month. At this point, the outbreak is still speculation with no identified victims.

Although Health Services have not officially declared an outbreak, speculation ran wild through the student community.

"When I heard about the outbreak, I was just thankful for making good decisions thus far in my college career," said Amy Lavorgna, freshman, Killingworth. "Even if it's not true, I know I'm OK."

Peer pressure goes way beyond alcohol and drugs nowadays, into the territory of sex.

"Being a freshman, the sexual tension is like, whoa," said Lavorgna.

The question then arises, are Sacred Heart students taking sexually transmitted diseases seriously?

"I take sexually transmitted diseases very seriously," said Matt Ritchie, freshman, Clinton. "I think a good amount of students are cautious, but not everyone. Just think about your actions, and don't hook up with anyone you don't know."

The college party scene is a breeding ground for sexually transmitted diseases because the social pressure to have sex is so high and the chance of meeting someone you may not know is just as high.

Resources are available; teen friendly media programs and networks such as MTV and VH1 are aiming new campaigns to college students to get tested for HIV/AIDS. With MTVU playing in the cafeteria, students get a daily dose of sexually transmitted disease knowledge.



The Spectrum/ Elyse Harrell

There are a plethora of pamphlets available at Health Services about STDs.

"I am still taking precautions," said Ritchie. "I am washing my hands and taking showers constantly. It's just a disturbing thought."

Speculation or not, sexually transmitted diseases can be painful, if not deadly. They may have changed over the past few decades, but they are still here, and that is enough to be aware of.

"If you just use your better judgment, then sexually transmitted diseases shouldn't be a problem for you," said Linksey. "And if your emotions get the better of you, get tested so you don't pass it on to others."

Public Safety takes law into own hands but gets job done

Chris Faber
The Spectrum

Public Safety is the dominant authority here on campus. They are here to serve and protect the students, faculty and staff, yet they are protecting students from more than you think.

Public Safety handles all issues on campus ranging from parking problems, to breaches in the alcohol and drug policies. Occasionally the local police departments are called on to campus to assist with a situation.

"We have an excellent relationship with both local police departments," said Jack Fernandez, Director of Public Safety. "Whenever we feel that their assistance is necessary to handle an incident, we will call them. For the most part, the police are called at the request of the complainant."

Since our campus is private property, there are many legal situations that would usually involve the police that do not have to. This discrepancy in jurisdiction is saving students who break some serious laws on campus from serious legal repercussions, including jail time.

According to Public Safety's annual crime report, there have been more than

1,600 alcohol violations, and 75 drug violations in residence halls over the past three years. Not one of these incidents resulted in arrests.

"I came back to my dorm after I had been drinking last year, Public Safety searched my room and found alcohol," said Michael Jotso, sophomore, Suffern, NY. "I just got a fine, had to work at the midnight breakfast, and I got kicked off campus for a few weekends."

If this incident had occurred anywhere off campus, the police would have been involved, and these actions would have resulted in much heavier fines for public drunkenness, as well as underage possession and consumption of alcohol. More than likely, the violation would have resulted in an arrest and loss of driver's license as well.

Incidents similar to this example occur every weekend. It is highly unlikely for a student to make it through all four years of school without being written up once.

Public Safety is involved with much less drug violations compared to alcohol violations on campus, and the statistics, as well as personal stories, back up the

difference.

"Last year I got caught in my dorm with 300 small plastic baggies, about 25 grams of marijuana, a scale, and some other paraphernalia," said a Sacred Heart sophomore who wished to remain anonymous.

The student's punishment was nowhere near as severe as it would have been if the local police had been involved.

"[Public Safety] confiscated everything, and I got kicked off campus for the next six weekends," he said. "They fined me about \$400, and I was supposed to do community service."

If this student had been caught off campus with these items, he more than likely would have been arrested for possession with intent to distribute. He would have gone to trial, which would have resulted in probation, fines, and maybe even time in jail.

"I'm on probation now with the school, so if I get caught doing anything against university policy I'll be expelled," said the student. "I guess I can't complain though, things would've been much worse if the police were involved."

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Do you have any exciting news comin up in your club, dorms, or jobs?

Do you have a problem you want the Spectrm to cover?

Are there any changes that we can make to our paper to help represent the Sacred Heart community better?

If so please Contact News Editor Adam Kagdis: Kagdisj@sacredheart.edu

News

Larry Bossidy discusses business strategy

Shaun Mitchell
The Spectrum

Larry Bossidy, an accomplished businessman, came to campus on Nov. 2 to discuss his new book and share some of his knowledge about business with students and the public.

About 300 people attended the lecture held in the Edgerton Center for Performing Arts. The event was introduced by Chris McLeod of the board of trustees and hosted by President Cernera.

"It was very informative," said Dale Cialfi, sophomore, Armonk, N.Y., "It helped the College of Business.

Larry Bossidy was the former chairman and CEO of Honeywell and the former vice chairman of General Electric. He spent 34 years at GE.

Bossidy came to campus to discuss his new book called "Confronting Reality: Doing What Matters to Get Things Right" as well as his other book "Execution: The Discipline of Getting Things Done." Bossidy discussed topics from the books with Dr. Cernera on the stage decorated with Sacred Heart banners and live flowers.

"I wrote books, but I don't consider myself an author," said Bossidy.

Bossidy's newest book is about how to get things done in business and Bossidy said he wrote it because there was a need. He described it as, "fresh and new."

Bossidy went on to explain some of the inner workings of business. He noted that many strategic plans in business don't work for large companies because they are not realistic; it is very important to set goals that can be reached.

"You have to make sure at the end of the day that what you're striving for has a

practicality to it, has a realism to it, otherwise you just discourage a lot of people," said Bossidy.

Bossidy explained that the reason many people have unrealistic expectations for their companies is because they do not listen to other people. They tend to surround themselves with people who agree with them and tune other people out who do not.

Bossidy explained more about keeping a quality company.

"The quality of your people makes the difference," said Bossidy, "Not many companies assess people properly. People get developed because you tell them the things they do well and the things they can do better. You work with them on the things they can do better and then if that takes place in the whole enterprise the whole population improves and that's what good execution oriented companies do."

Since the market changes constantly, people who own a business need to stay up-to-date.

"You have to be more alert today about where your business is," said Bossidy.

The reason for this is because today many mega retailers disrupt smaller businesses.

Bossidy stressed the importance of being business savvy when running a company.

"Some people can anticipate what will happen," said Bossidy, "and some people know only what they read in books.

"I think you can learn [to be business savvy]," said Bossidy, "You have got to look forward [and think], 'What's about to happen and how prepared am I to deal with it?' Those who are savvy do it naturally and those who are not have to think



Contributed Photo/ Greg Golda

Larry Bossidy goes over his ideas on work and life in general.

about it."

Bossidy made it clear that the ability to change with time is important for the survival of a company. Companies that were innovative years ago are being outsmarted by other companies today.

"The fact that you've done something right is wonderful, but it is no guarantee that that's going to be the future," said Bossidy.

Companies need to change and reinvent themselves.

Throughout the lecture Bossidy mentioned the importance of balancing his professional life with his personal life. He has nine children and 29 grandchildren and he said he always made sure he made time for his children when he was working.

"I thought my responsibility to those

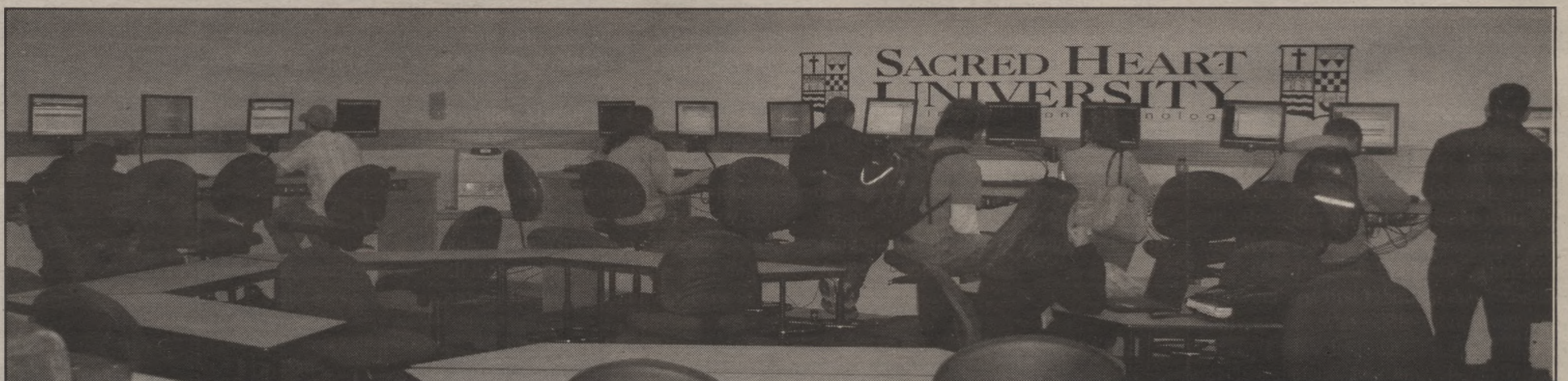
children was at least as important as it was to my employer," said Bossidy.

"He has as much obligation to his children as he has to his business," said Susan DeCarlo of Fairfield, an attendee from the public, "I was happy to hear that he embraced balance in his life."

Bossidy stayed after the lecture to sign books. About 50 people stood in line to have their books signed.

"I like that he was frank," said Shawn Fields of Naugatuck, a reference librarian at Sacred Heart who stood in line to have a book signed, "I think he is very humorous."

The lecture was sponsored by the College of Business and was open to anyone at no charge.



The Spectrum

Helpful solutions to print lab traffic jam

...Continued from Page 1

Those in charge of the computer labs have been aware of the delay problems students are experiencing. After adding a third printer, new layouts of the print lab are being considered, perhaps to better facilitate the flow of students.

Palmer also had many suggestions for students in order to lessen or avoid entirely the back up in the print labs.

"All the printers are on the network and students can print documents from their laptops, as long as they are connected to the network," said Palmer.

Students can be anywhere on campus or even off campus, and send items to the printers. The printers will hold those documents for up to an hour, so students can go in and print them without ever using a computer in the lab, allowing them to go at times when the lab will be less congested.

Palmer also noted that all the computers in the lab are capable of printing to all of the printers. He said the majority of students seem to be using the printer closest to the door, while the other two printers are barely in use.

Students can also save time in the

print lab by sending multiple documents to the printers, and printing them all at once, rather than one at a time. Hubbard has never been late to class due to back ups in the print lab, but she did acknowledge that sometimes it is just easier to leave and return to the lab later, with hopes that there will be less people.

What Hubbard, Clark, and other students may have failed to notice is that this year, the print lab actually has more printers. In the beginning of the 2004-2005 academic year, the lab in HC 113 was equipped with only 2 printers.

Data collected from that lab revealed

that those two printers alone printed 274,000 pages between the months of September and October of 2004. In the spring of 2005, IT added a third printer to the lab in hopes of creating less problems and backup.

This year, the printers in HC 113 printed 390,195 pages between the months of September and October, that is, a 42 percent increase in printing.

Students may still experience back ups in the lab, but equipped with the right knowledge on all the benefits of the lab; waiting and tardiness can be avoided.

Kansas City welcomes student leaders to Annual College Media Convention

Samuel Bosch
The Spectrum

The Spectrum editors, and three Prologue editors, traveled to Kansas City, MO, for the 84th Annual National College Media Convention on Oct. 26 through 30. They came back with valuable tools including understanding how to make the school newspaper stand out.

The task of running the school paper is solely that of Sacred Heart students. With the assistance of faculty acting as advisors, the student editors learn on a "hands on" basis.

Editors are an integral part of the success of the paper. Their creativity and ingenuity makes for a good read.

But like every student here at SHU, the student editors are here to learn particular skills that will be useful to them in their professional careers.

In order to maximize their learning, they recently attended the National College Media Convention.

It was previously scheduled to be held in New Orleans, La., but in the advent of hurricane Katrina, it had to be relocated. Downtown Kansas City became the location for the event, welcoming thousands to its city.

The Convention is the largest annual event for colleges and more than 2,500 student journalists, broadcasters, media



Contributed Photo

The editors from The Spectrum sit down for a moment to relax.

advisers and others all attended from the U.S., Canada, and other countries.

These people are united and brought together to learn from each other, as well as to hone their trade.

The enthusiasm that SHU editors exhibit for their work is evident in the publication of a weekly newspaper.

"I thought the convention was great. It was extremely beneficial. I got some great pointers and definitely can apply what I learned to my editing," Features Editor Diane Szmidt, senior, East Meadow, N.Y. said.

"I have never attended a media convention like this. There were times when I was overwhelmed by the number of

sessions that were offered but once I narrowed down which would best suit me, I enjoyed the convention."

The National College Media Convention was a series of nearly 400 individual sessions. Due to the number of these workshops, the editors had to select just one per hour.

The constant activity and changing of sessions made it impossible to be bored with downtime.

"I would have to say my favorite part was having the opportunity to attend about 8 different sessions a day, all dealing with various aspects of the newspaper. And of course, getting to know and bonding with the staff was great," said Editor-in-Chief,

Sarah Decker, senior, Wappingers Falls, N.Y.

The editors were in K.C. Thursday through Sunday, the duration of the four day convention. They had the opportunity to hear many speakers that are well respected in their particular fields of expertise.

Szmidt said, "My favorite part of the convention was a session by Michael Ray Taylor who spoke about using dialog in your articles. It was very informative, he got us involved and participating in his session."

The lessons they learned are meant to further their understanding of their trade.

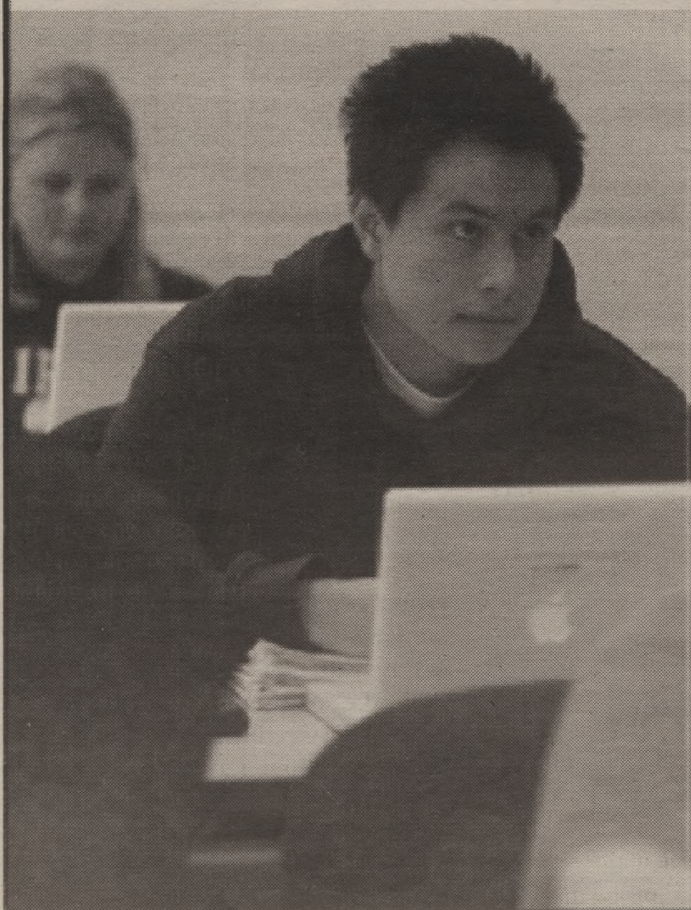
"This convention aided me in developing as an editor, as well as personally. Being exposed to numerous professionals and other students nationwide has broadened my knowledge and ideas immensely," said Decker.

"I think the convention was an irreplaceable experience. With the trip being planned last minute, I walked in a nervous wreck, feeling very unprepared. After 4 days, I walked out with my head overflowing with knowledge and ideas, and extremely motivated to get back in our newsroom and work."

The true value will be in the editors' ability to translate their newfound knowledge in the application of their work.

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Perspectives

Reaching out and lending a hand

Ariane Rasmussen
The Spectrum

Community service is a part of each student's commitment to education performed by all at some point since it is a requirement for many of the sports teams and graduation. Students can get involved in community service through their team or club, or as an extra credit assignment given by some teachers to students who volunteer to do read-alouds, or by simply going to the Service Learning and Volunteer Programs office located near the bookstore or Campus Ministry near FLIK.

Most students have different motivations for taking on a community service responsibility. In some cases it may be a requirement for different organizations. Other times, it is done simply for pure enjoyment and the feeling of fulfillment that one gets from it.

"I started doing read-alouds for credit in my communication class but I enjoyed it so I joined other clubs to have fun and help out," said Colleen Coyne, sophomore, Brooklyn, N.Y.

Senior Maggie Magovern from Manhasset, N.Y. volunteered at elementary schools through her classes "It's worth doing at least once and it also looks good on your resume or graduate applications. The best part about it is knowing that you contributed to



Senior Jenna Pisani from Vernon, N.J. serves her community by reading at read-alouds to elementary school students.

The Spectrum/ Ariane Rasmussen

our sorority. Its purpose is to help high school students with mental disabilities become adapted to the college society. We usually meet with a student at the Hawley Lounge and take walks around campus, play pool, and introduce the student to our friends," said Amy Nardone, senior, Bay Shore, N.Y.

In addition to the lunch buddies, Zeta Iota Lambda volunteers with the Special Olympics bowling and other winter games, and the Penguin Plunge. The Penguin Plunge is a program in which the sorority raises money for the Special Olympics and then plunges into the Long Island Sound on a Sunday in the beginning of December.

Community service's positive outcomes outweigh its negative ones, but there still are a few mentionable downsides to doing it.

"I think students do what they can [in terms of community service]. Everyone's schedule is different so it's hard to fit in time for both school and community service," said Magovern.

For Cristallo who did Habitat for Humanity, the hardest part was waking up so early on Saturdays. On the other hand, Fox's worst problem was getting sunburn.

Some students feel that there isn't a negative side to reaching out and helping the community.

"There isn't really a bad part to it. [Community service] is very empowering. It makes you feel good. It gives you a great feeling to do something for someone else," said Nardone.

Although students' methods of reaching out vary, most students agree that Sacred Heart has been doing a great job in getting its students involved with community service. There is such a wide variety of different community service jobs that can be chosen. It is helpful to make sure that before you are making a commitment you will enjoy and learn something new from the experience.

"Campus Ministry gets very involved with Bridgeport and the Athletics Association does a great job getting SHU teams involved as well," said Pisani.

Make sure to contact the right group, organization or individual both on and off campus in order to take part. Either way, getting involved with the community will help you to experience things you may not be familiar with and even result in being interested in something you didn't know you had interest in before. Try something new and see what's out there, in this case at least you can say you tried something new and help worthy.

community in a positive way."

Types of community services vary tremendously and include lunch buddies with the RISEPROGRAM, Special Olympics activities, walks supporting different funds and diseases, read-alouds, habitat for humanity, and aiding in the cleaning of public facilities such as parks.

"I took part of Habitat for Humanity. It was a requirement for all school athletes. It was the first time I did it so I wasn't sure what to think about it, but working directly with the family for whom we were building the house was very fulfilling," said Kevin Fox, junior, Kendall Park, N.J. who is a part of the wrestling team.

Another student from the wrestling team who participated in Habitat for Humanity helping with the building of houses for the underprivileged, Chris Cristallo, sophomore, Yorktown, N.Y., also felt that the best part of doing it was "helping the families."

The cross-country team also participates in community service and did the Bigelow Tea Road. One of its members, Jenna Pisani, senior, Vernon, N.J. said, "Being at the road race with my whole team was fun."

Sororities such as Zeta Iota Lambda also enforce the participation of its members in community service.

"We do lunch buddies through

The SPECTRUM

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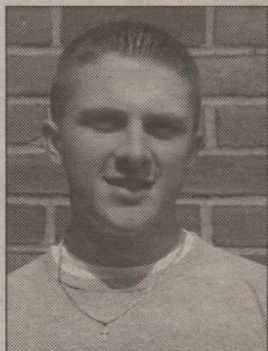
He Said... She Said...

What makes guys and girls cheat on their significant other?

Robert Roy
"He Said" Columnist

You have been dating for a long time and everything has been fine, then all of a sudden he decides to ruin everything good that the two of you have worked so hard for. This is a typical movie plot on the Lifetime channel. Well this goes both ways, many women have also cheated on their boyfriends showing that the grossly over exemplified stereotype of the cheating guy may be quite exaggerated. But, why do we cheat? This seems to be the bigger, more important question.

Personally, I believe that both men and women cheat for either of two reasons. First, there is simple immaturity. A girl is at a party; she has a few too many drinks and makes out with someone else. Something to this effect I believe is based on immaturity. The cheater at this instance is not grown up enough to handle their



actions and doesn't act appropriately.

The second reason someone cheats is they are unhappy in their relationship and are looking for a way out. They might find this way out by spending time and being affectionate with another person who fulfills their needs alot better.

The person who has been cheated on in either case has the right to terminate the relationship without question. However, if he or she is able to forgive, that is an amazing feat. If you have been forgiven for such an atrocity then consider yourself lucky and never do it again.

Rachelle Murphy
"She Said" Columnist

Cheating is considered a horrible occurrence in a relationship. It causes tons of drama and one person ends up being completely devastated. What causes cheating on your significant other?

There are many factors that contribute to the art of cheating. All of the reasons that will be named stem from being unhappy. Two important reasons for cheating are similar. There could be a lack of true feelings. You could fall out of love with your significant other. Also, the attraction that was there is now lost. You don't feel anything for them anymore. Instead of breaking up with them directly, you kind of force them to break up with you because of the cheating.

Another reason why cheating could occur in a relationship is lack of attention from your significant other. They don't pay attention to you, they



don't treat you well, etc. So you go and find someone who will. If you don't get what you want out of relationships, then the tendency is to gravitate to people who will give you what you want.

Cheating is one of the most damaging things to do while in a relationship. Instead of going out and cheating when times get too tough, go to your significant other and talk about it. Maybe you will be able to avoid such a devastating activity.



Student Senate has approved one more Judicial Board member for the Class of 2006. We will have a full board very soon and will be able to hear the trials of the Student Government. All information heard by the Judicial Board is confidential information and so are all of the final decisions and sanctions.

Student Senate participated in the Student Government Wide meeting on Sunday November 6, 2005. This event ran from 6-8 p.m. Not only was this a great opportunity for the branches of Student Government to get to know one another, but there was also exciting activities, free pizza, and great raffle prizes. This meeting, led by Monica Concha, was a great success. She was able to bring together members of CCO, SET, Greek Senate, Student Senate, Executive Board, Finance Board, and each of the class boards.

During the event students were allowed to play ice breakers which not only introduced all the members, but allowed groups to share something that made each person unique. Activities included "decorating a leader," which required groups to dress up in random costume pieces and create the "true leader." The last activity of the night was stringing the entire group together. This was hilarious to watch and fun to participate in. A large spool of yarn was thread through the neck to arms of every person's shirt until everyone was tied together. Guest speaker Dr. Cerner also fielded questions and addressed the group. A good time was had by all.

Ongoing projects within the Senate include Beautification day, the Julia Davis Fundraiser, Westfield Works Wonders Fundraiser, Academic Honor Society additions, and additional recognition for those who make the Dean's List. As always, there is also a committee meeting weekly with Flik services maintaining consistency for the benefit of all students.

Beautification day budget requests have been discussed and are under the review of the Buildings and Grounds management. Senator, Christina Piazza has been working diligently on the project and expects it to take off in the spring semester. All are welcome to participate. The event is not only to add new flowers and plants to the landscape of the University, but also to give students a chance to unite for a cause.

The Julia Davis Fundraiser is in progress as well. The Public Relations office of the University has supplied the Senate with the materials it needs to contact local businesses. By reaching out to the local community Senator, Danielle Holton hopes to increase success of the fundraising event. Since Julia has been in critical condition lately, it is important that the University comes together to support this cause.

- Contributed by Erin Maurer.

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



How do you feel you did overall on midterms?



"I did well because I got good grades back. Studying little by little helps."

Christina Cervone

Fairfield~Graduate Student



"I feel I did pretty well because I studied for a long time."

Tom Sarro

Yorktown, N.Y.~ Sophomore



"Well I didn't cram it the night before. I did a lot of work to be prepared before the tests."

Maggie Magovern

Manhasset, N.Y.~Senior



"The midterms focused on my major which helped because I had the guidance of good tutors."

Edwins Raymond

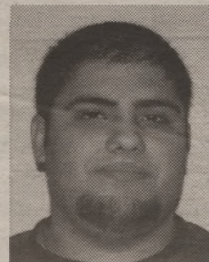
Jacmel, Haiti~Junior



"I think I did pretty bad because I could've studied more."

Kelly Linskey

Seal Beach, Calif.~Sophomore



"Hopefully I did well so I could get good grades and not have my mom mad at me."

Chris Cristallo

Yorktown, N.Y.~Sophomore

—Arts & Entertainment—

WHRT rocks Outpost with a taste of SHU talent

Matt Libassi
The Spectrum

WHRT Radio broke out of its radio booth when it hosted their first live musical performance in the Outpost Pub Sunday, showing that WHRT is more than just musical recordings.

This musical experience, titled Eclectic Electric, featured six bands with a wide range of music with one special feature; each band included a Sacred Heart student. Usual shows, like what the Independent Music Club may promote, do not necessarily have SHU exclusive band members- but WHRT wanted to change that.

"This is our first show of the year, and certainly not our last. The bands that are playing are The Consequence,

Aston, Zachary and the Engagement, The Handle, Dana Disaster Revolution, and Your 33 Black Angels," said WHRT Manager, Dana "Disaster" Cannizzaro, Junior, Clifton N.J. "I wanted to do a show like this because I think more people would come and rock out if it was to see their friend's band."

Beginning this year, WHRT has been asked to DJ some on campus events, including the Hurricane Katrina Relief Fund and Latina night in the Outpost Pub. WHRT has stretched out a bit this year adding to events and attitude on campus.

"Disaster" Cannizzaro said, "it's nice to see so many people wanting to bring music to Sacred Heart."

For Eclectic Electric, the outcome at the performance was not ideal, with the majority of people there being other band members. However, excluding the members, there were over 30 spectators. Also, a slight deterrence from the night's festivities was the 25 minute late start, and disorganized set up.

Despite the problems, the night was filled with talent. With the bands recognizing the more intimate setting they were able to get more up close and personal with the audience. During the first band's set up, a Flik worker even tried her skills in playing the drums, jamming on one of the drum sets.

Adding to the sentiment of some of the bands playing that night was Your 33 Black Angels lead singer and guitarist, Josh Westfal, Greensport, N.Y., who said, "we weren't playing for some pay, if that was the case we



The Spectrum/ Matt Libassi

33 Black Angels was just one of the six bands that preformed on saturday.

would have gone to some cheesy gig. The pro bono setup crew was a real plus and everyone was great to work with."

Disaster Revolution was Cannizzaro herself and the best act of the night by far. Singing and tap-dancing her way through the Outpost was a sight to see. Cannizzaro really played with the crowd and showed herself having a good time.

It was hard to believe that every band had someone from SHU involved, but it was definitely impressive to see the wide variety of music and clear desire for each student to do what they love: playing

music.

Summing up the nights feelings the best, Jen Murphy, junior, Milford, said "It was awesome to see the talent SHU students have."

Even though the night started off with some slight complications it was still enjoyable to see the talent Sacred Heart has to offer. WHRT put on a good show, hopefully learning from their mistakes with some more future events lined up- so keep your eyes and ears open for 91.5 WHRT.

Concert dates listed on page 9...



The Spectrum/ Matt Libassi

A Flik employee rocks out with the band.

Jeff Leblanc Serenades Holy Grounds

Gina Saccaro
The Spectrum

Talented sophomore, Jeff Leblanc put on a crowd appealing performance Wednesday, November 2, at Holy Grounds café.

Jeff performed some of his favorite songs such as "Sorry So Sorry" and "Ghost" by Howie Day, as well as "Daughters" and "Clarity" by John Mayer. Leblanc also played an electric version of Jimi Hendrix's "Wind Cries Mary". Leblanc's talent for the guitar and his voice kept the crowd into the music and enjoying the show.

Students were seen signing along to the music, and really enjoying the atmosphere of it all. Since the performance took place in the holy grounds coffee shop, it was convenient for students to grab a snack or a drink while watching Leblanc's performance.

The couches and tables were overflowing with Sacred Heart students; there were even people standing in the back to get a glimpse of the show. Leblanc's performance was so successful that it became a STR (Standing Room Only). Admission

was free, and students who walked in just to get food found themselves staying a little longer to listen to the music.

On an interview with LeBlanc, he shared interesting facts about himself and the type of music that he loves. When asked how he got started playing the guitar and performing music, he said,

"I can't remember a time when there wasn't music playing in my house. I grew up on jazz, blues, and just plain good music. Records by John Mayer showed me how truly good songwriting at a young age could be. I was hooked. I finally was brave enough to pick up a guitar senior year of high school, and here we are."

When asked who inspired Leblanc and who his favorite artist was, he responded,

"Obviously John (Mayer) takes the cake as number one. I've really developed two styles which I draw to; songwriters and blues. Pop music has the power to affect anyone and everyone on a given day. Howie Day, Jeff Buckley, Teitur, Josh Kelley, Counting Crows are amazing at what they do. Blues has that chest-up quality that is just indescribable."

Lastly, when questioned about whether or not he was looking to get into the music business and what he thought of the crowd

at Holy Grounds, Jeff replied,

"I don't know where the music is going to take me. I'm writing a lot now, and getting my own thing together. You just have to let things take you where they take you. The turnout was stunning at Holy Grounds. It had almost a smoky blues bar feel; it was packed. It added a new energy to the music I didn't think it had."

LeBlanc loves the music he performs, and there is no doubt that the audience enjoyed his musical talents Wednesday night as well. Leblanc brought something new and exciting to the SHU community, which students should take advantage of.



The Spectrum/ Elyse Harrell

It was a full house at Holy Grounds to watch Jeff Leblanc perform.

What's Happenin': La Salsa

Joel Roch
The Spectrum

When one walks into La Salsa, the spicy aroma of the Mexican food automatically surrounds them. This restaurant gives the feeling of a small fiesta when sitting down to eat.

Like any Mexican restaurant La Salsa boasts a variety of different dishes created by our neighbors to the south. The usual Mexican items are all represented on the menu from tacos to burritos.

The thing that makes La Salsa stand out from most Mexican restaurants is not the menu item's they but how the items are presented to the customer.

One can either buy individual meal items or pick from the various combo meals that La Salsa offers. Each combo meal comes with sides of beans and rice. Along with the beans and rice the customer is also given helpings of guacamole and sour cream. La Salsa takes the traditional Mexican foods and puts a unique spin on them.

The combo, which this reviewer decided on, was the taquito and quesadilla combo. For \$7.00, I received two



Contributed Photo/ Laura Day

La Salsa stand out with their unique dishes and huge porportions.

taquito's, which to those who don't know are like miniature burritos, a quesadilla, 2 sides of rice and beans and a drink. The meal was more than filling and the food tasted excellent.

One standout feature of La Salsa is the wide variety of salsas that the customer can choose from. Instead of putting the salsa in with the meal and only giving the customer one choice of generic salsa

there is a salsa bar with salsas of varying colors, tastes, and zest. There is a salsa for every kind of person, whether you prefer really spicy foods or just plain mild.

One downfall to dining at La Salsa is the limited seats within the restaurant. If you happen to go at a busy time there's a good chance you will not be able to sit down for your meal. Luckily, La Salsa offers carry out containers for those people unfortunate enough to not get a seat, or if you just prefer to take your food elsewhere.

The other downside to La Salsa is the limited parking. The restaurant happens to be located at a large fork in the road, which doesn't allow a lot of room for a parking lot. The parking lot is also very small so if you have a very large truck or SUV there may be some issues with maneuverability.

Besides these two issues, which don't affect the food what so ever, La Salsa offers an enjoyable eating experience for a relatively low price. Compared to Taco Bell or any other chain of restaurants that sell Mexican food La Salsa is the way to go, there really is no comparison.

"It's Called A Break-Up Because It's Broken"

Jaclyn Hull
The Spectrum

Greg Behrendt, successful author of "He's Just Not That Into You" seems to have captured readers once again with his second book, "It's Called a Breakup Because It's Broken."

The spunky how-to novel gives advice to those in need of a little pick me up after an ever dreadful break-up. Most people have trouble going through it, but when a relationship comes to the point where its broken, someone needs to call it quits, and this book helps to move on from heart-ache.

"His (Behrendt's) second book is told not so much as from a guy's point of view like the first one was," said Christine Kaplan, junior, Cranston, R.I. "it seems to come more from someone who has moved on from a broken connection, which is a little more personal and a little more realistic."

Behrendt wrote this book along with his wife, Amiira Ruotola-Behrendt. Writing alongside a female put a more sensitive approach on some of the harsh truths a girl never likes to accept, like the fact that a once amazing relationship is just over- for good.

Within in the binding, Behrendt's love advice consists of: "when looking for Mr. Right, one must not waste time on the wrong guys, not to settle on imperfect relationships, and to take care in the process."

Some insights to the break-up don'ts

also include: don't wait for him to call, don't self-destruct, don't over-analyze, don't wallow, romanticize, or stalk. This relationship survival guide is packed with real-life scenarios, commentaries, and has a Dear Abby approach to it.

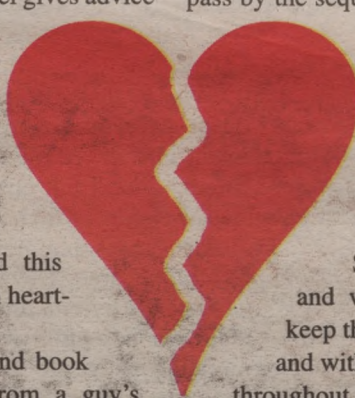
"This is definitely a chick type book, if you read the first one, you can't just pass by the sequel in the bookstore, and if you're the kind of person that's into a self help type read then 'It's Called a Break-Up Because It's Broken' is just perfect," said Katelyn Rourke, freshman, New Milford.

Some of Amiira's advice and witty interludes helped to keep the focus on gender realistic and withheld a not-so corny theme throughout the story line.

"Knowing that the writers of the book have been through a rough break-up which most people do go through, and were finally able to find true love with someone else was definitely something comforting to keep in mind when reading," said Keri Brzozowski, freshman, Howell, N.J.

This book is definitely not targeted towards those who have not drunk dialed, stalked, or cried over a guy, its theme is comforting and uplifting for those who have been stuck in a bad relationship, who need a little guidance on how to cope with lost feelings.

"It's Called a Break-Up Because It's Broken" holds the hand of readers as they turn each page to another brutally honest truth of the brokenness a relationship may hold.



Coming Soon to the University Commons:

November 10
Jeff Davis, creator of the hit TV show, *Criminal Minds*, will be speaking at 3:30 p.m.

WHRT Concerts:

November 12
A Ska! Show

November 20
Just Surrender,
The Consequence,
Aston,
EdisonGlass

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Features

Remembering Richard H. "Chip" Kennedy

Nicholas Brown
The Spectrum

On Oct. 29, 2005 Sacred Heart lost one of their prestigious Flik employees to heart complications. At an unfortunate age of fifty-five Richard H. Kennedy Jr. passed away.

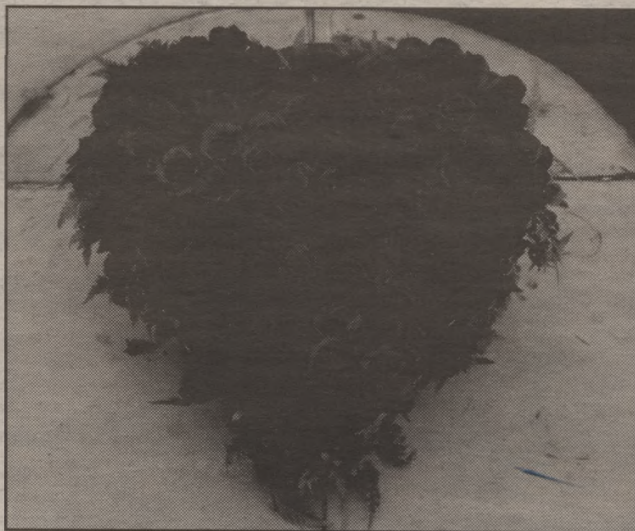
In 1991, SHU became a residential school. By 1993 it was decided that the food being served was not the quality they wanted students to be eating. With this decision, Flik International was invited to campus and has been cooking on campus ever since.

Flik sent one of their employees to take charge and make sure SHU received what they were looking for. In effort to improve food quality, Richard H. Kennedy Jr. was assigned to the school and had an extremely close working relationship with the university for the past eleven years.

Chip, as known by staff, had made an effort to become an instrumental part of how the university food service was run. Chip had many close friends, from everyone working in the university, to his own Flik staff, and to the President's office. Although Chip was a Flik employee and was never employed by the university, he still became a close colleague to everyone involved in the school that many could never tell the difference. His presence on campus touched the lives of so many, that this sudden passing has stunned the university at large and left many Flik workers speechless.

A mass was held on Monday morning and a very large number of the SHU work force was in attendance. Father John headed the service as the school remembered their close friend. On Friday, the formal service was held and many SHU employees took the opportunity to say a few words about Chip.

One Flik employee, Luiza, who had worked closely



AP Photo/ Emilio Morenatti

The SHU communities hearts go out for Mr. Kennedy's family and friends

with Chip for a number of years responded to his passing, "what can I say about Chip, He was a great force in my life; one of the best and I'll miss him very much. I lost my best friend, but he will always be in my heart."

At the service several other co-workers had fond words and memories to share about Chip. Another one of Chip's close colleagues, Linda Zerella shared her experience working for him, "When something happens so sudden like it did for us Monday morning, finding out that our boss for eleven years passed away, it makes you realize how precious life is. Even more than being our boss he was a good friend and looked out for us, and I'm sure he still is," said Zerella.

Jim Barquinero the Vice President for enrollment planning and student affairs also had a close working relationship with Chip Kennedy.

"Chip was always present at SHU gatherings such as Christmas parties and barbeques and always provided a glowing presence through his personality and humor. There never seemed to be any task that was too much for Chip either, from an ordinary lunch in the cafeteria to conducting the Discovery Banquet in April. Chip never questioned what the students and staff wanted he just responded, quickly and with enthusiasm. Chip's closeness and service to the students in finding out what they wanted was what he achieved in Flik over the years. He strived to improve the food even if it required extra work or time," said Barquinero.

The loss was great and sudden. Those that knew Chip only have positive words to share about him.

"Flik is a great company and I'm sure they'll find a good replacement for Chip, but whoever that person is they have some tough shoes to step into, that's for sure," said Barquinero.

Chip also had a life as a dedicated father outside the school as well. Chip had two sons Nicholas and Michael. He also had a passion for karate and martial arts that he shared with his two young sons who are nine and thirteen. According to Barquinero, Chip would come into work sometimes with battle scars from teaching his two young sons the craft of karate that he had been a student of for a number of years.

A lot of people, especially SHU employees seem to be at a loss for words in response to Chip's death. The SHU community has certainly lost someone they love and admire. Even though Chip has passed he will remain in the hearts of those at the school forever and his hard work will never be forgotten.

Major in Success program solves career indecisions

Dallas Kalmar
The Spectrum

As a student you are required to choose a major that best suits you and your interests. The pressure of finding the right major for you can be a challenge. Some questions that you may want to consider; "which career do you see yourself in ten years?" "What is your passion?" The major challenge as students is to delve deeper and successfully align the answers to these probing questions.

For freshmen especially, this is often the prime source of stress, anxiety, and the ultimate frustration. Fortunately, the Office of Career Development is helping to counter such feelings with an innovative career-assessment seminar titled, Major in Success.

"Often students of this age are struggling between the conflict of what they think they want to be, what they think others want them to be, and who they really are," said Trish Klauser, senior director of Career Counseling.

"That's why self-assessment is a significant first step in making a decision about choosing a major and a career path. The purpose of this program is to help students clarify their interests, their strengths, their values and their personality," said Klauser.

Students start the voluntary seminar by attending either a one-on-one or group meeting with a counselor. Then they complete self-assessment tasks such as the Myers-Briggs Personality Type Indicator, goal-setting drills, online exploration of jobs, resume writing workshops and meetings with alumni in assorted fields.

Through the program's activities, a student learns how personality makes him or her better suited for certain jobs, how majors relate to various careers, how to find accurate information for different occupations, and how to build a personal action plan.

"It's very common for an 18 or 19-year-old to be vacillating about what they want to do for a career, and it's comforting for them to know that that's nor-

mal. Nationally, 60 percent of kids who enter college knowing what they want to do change their mind," said Klauser.

With so many choices, interests and talents to consider when making career decisions, the option to participate in the program Major in Success can be an invaluable resource.

"Choosing a major caused a bit of stress, and was frustrating because I was deliberating between two fields. Major in Success helped me, in that I was able to discuss the pros and cons of both teaching and business with a counselor. It wasn't too long before I realized, with the help of my counselor, that my personality was better suited for business," said Mark O'Sullivan, sophomore, Medfield, Mass.

Career indecision is common among students, and has led many to question whether they're even focusing on the right academic major.

"I think I would like to be a gym teacher, but SHU does not have physical education and health, so I think I am going to study education. I am still figuring it out," said Ryan Arroyo, freshman, Florence N.J.

The four week long Major in Success seminar launched in the fall of 2001, in which 250 students participated last year, and 90 are enrolled this fall. Major in Success is an ongoing program, however many students are unaware. According to Klauser, many first and second year students don't realize they are part of the Major in Success program when they receive assistance from the Office of Career Development.

"Choosing a career path has been stressful for me. I have no idea what I really want to do with the rest of my life, but will seek guidance now that I know about the Major in Success program," said Elizabeth Aveni, freshman, Milford.

Since the program's inception, participating students have graduated into jobs in prestigious companies such

as Ernst & Young, GE, IBM, PricewaterhouseCoopers and Yale New Haven Hospital.

"What really pleases me is how the program connects students with the Office of Career Development for their future years here," said Klauser.

"The program was extremely helpful. It gave me direction on how to begin thinking seriously about a future career, since I felt completely lost before," said Lauren Black, junior, Attleboro, Mass.

Freshman and sophomores can find out more by stopping by the Career Development office, room 215 in Curtis Hall, or by emailing careerdev@sacredheart.edu. Juniors and seniors who are unsure about their career direction can go through a similar process with a career counselor.

Don't forget to log onto the web at:

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This week only on the web:

**Wireless technology:
The unwired world**

By Mark Foscolo

Warm up any room by breaking the ice

Victoria Licata
The Spectrum

The awkward and uneasy feeling of being in a room full of people you don't know can be an intimidating and uncomfortable feeling. Breaking the ice and starting up a conversation isn't always easy, especially when you are the odd one out. Warming up to a room full of new faces with an icebreaker is a good way to start.

Meeting co-workers at your first internship, getting to know the people you are doing a group presentation with, or attending a party, are examples of situations, which may need icebreakers.

"Icebreakers are great activities that help people get to know others who they will be working or living with for a period of time," said Rachel Peary, RA, junior, Woburn, Mass.

When starting something new, it is always better when you know the people around you. Many times if the situation at hand is awkward and uncomfortable then the tension will remain the same if nothing is done to fix it.

When meeting someone for the first time, a firm but gentle handshake can be used as a form of introducing yourself. The handshake is a great way to break the ice and start up a conversation. This is a good action to show respect and a polite way for introduction.

When beginning an internship with people you don't know, the sooner you become comfortable with them the easier it will be to work together. A good technique to use is to have a strong introduction and show people that you are energetic and involved. It is important to show eye contact when interacting with someone. It shows that you are paying attention and are intrigued by the conversation.

"If I am with two or more people I know but they don't know each other, I go out of my way to say hey, person A, Do you know person B? And then let them



AP Photo/ Jacques Brinon

Their are many suggestions for breaking that hypothetical ice.

introduce themselves to each other," said Joel Quintong, Student Mentor.

Having someone accompany you to a function where they are familiar with everyone there will also make the interaction easier. If that person can do the introducing for you it will be a more relaxed way to get a conversation started.

Icebreakers may help to give the initial push towards not feeling so awkward.

In a more relaxed setting, such as the university dorm rooms where you meet others who live in the

same building, an icebreaker could help speed up the process.

RA's sometimes use icebreakers to get students participating and try and get them familiar with the faces of the people around them. The name game is a popular icebreaker used. Everyone sits in a circle and has to put an adjective that describes them before their name. The adjective has to begin with the first letter of the person's first name. For example, "Happy Harry".

There is also an icebreaker in which you may be asked to discover something about others but you cannot talk. You have to find different means of communication.

This helps to interact in a fun way that makes everyone feel more comfortable. Although everyone will not be best of friends after the activities, it will be easier to say hello to one of those people from then on.

Another ice breaker that may be suited for an atmosphere where people have met before but still are not very comfortable with each other is the human knot.

This is when everyone stands in a very tight circle and holds hands with two different people besides the two standing next to them. Every person will than be holding two different hands forming a knot with their arms and they have to find a way to become untwined.

Icebreakers are a form of communication between individuals to help them become more comfortable. Playing little games such as the name game or the human knot will help create friendly attitudes. Icebreakers can be held in any setting from businesses to dorm rooms to cocktail parties. They are most useful for introduction and can set up a foundation for future relationships and settings.

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Express Yourself

"Right Wing Radio" Fights For Conservative Values

Stephan Bierfeldt
Contributing Writer

Are you sick of dry, greasy hair? Then pick up a bottle of Al Sharpton's hair relaxer and go from nappy to happy in five minutes... You might have heard this commercial while walking through the halls of SHU on Thursday evenings. Every week from 5-7p.m., SHU gets a jump start to its political debate. Right Wing Radio, a conservative based talk show is headed by a group of students dedicated to fighting liberal media bias and standing up for traditional values. The show is not two hours of straight talk, but a fast paced, in your face session of national headlines, local SHU news, and entertainment to get you out of your comfort zone and make you think about just what you believe in.

The show is co-hosted by myself and Tom, "Tommy Dreamer" Sarro, and has dedicated itself to standing up for conservative principles, something that sadly, no club or organization does here on campus. A number of guest hosts have come through to join the duo including Alex "Mack" DiGiorgi, Kelly Edgar and "Two-Can" Sam Cerami.

Right Wing Radio is a mix of different topics and issues. Heard that new band last week? That was 'Chasing Daybreak,' an up and coming group from Hopewell Junction, N.Y. Didn't catch the news? Every week, RWR runs through the hea-

lines to keep students informed. This includes national news as well as an in depth look at the features in the Spectrum paper. Are SHU students aware that six convicted sex offenders live less than a half mile away from their school? They are now.... When two girls were harassed by a man at Park Royal, Right Wing Radio was quick to act. They came across a website that provided that information and we broadcast it to the University.

Two weeks ago RWR did a whole segment on Legends of the Hidden Temple and quizzed those in the booth. (Surprisingly the Silver Snakes are the best team statistically.) Right Wing Radio also conducts interviews with famous personalities and plays them on the air. Over the past few weeks we played an interview from RWR, of former President Bill Clinton. In the interview, emails were sent in by students to which Mr. Clinton responded. The segment has gotten a terrific response from people.

Students can listen to the show either on WHRT 91.5 FM; channel six on most dorm room televisions, or by walking through the hallways and listening. Comments can be emailed to the show at SHURADIO@hotmail.com or to their screen name RightWingRadio1.

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Enterprise Rent-A-Car /

SHU Athlete of the week,
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CCSU hands women's

soccer playoff defeat

for third straight year.

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Men's Soccer splits

final weekend, focuses

on playoffs for this

coming Friday vs. #1

seed Monmouth.

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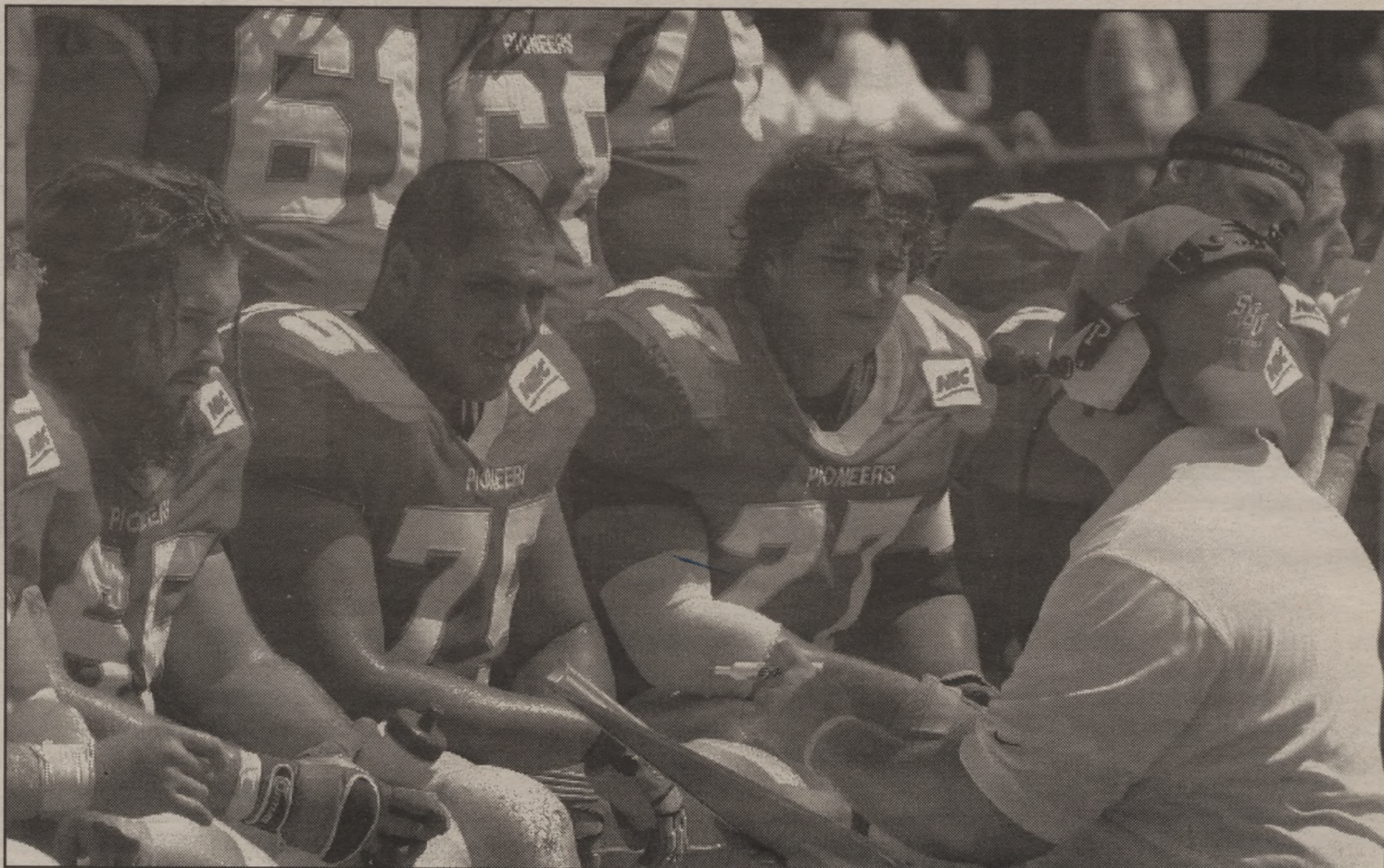
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The Spectrum/Travis Flynn

(From left) Andrew Seagraves, Xavier Sanchez and Bill Davis break between plays and get tips from asst. coach Frank Giufre.

Football drops heartbreaker to CCSU

Denis McGuire
The Spectrum

In Saturday's game against Central Connecticut State University, the Pioneer football team fell short when the Blue Devils took home the 24-17 win in the last minutes of the game.

Central Connecticut's victory assures that it will at least tie for first in the Northeast Conference.

Quarterback Tyler Arciaga finished with a career high 319 passing yards for the Pioneers. This is the second game in a row that he has surpassed the 300 yard mark.

Central Connecticut scored the first seven points of the game in the beginning of the second quarter. The Pioneers returned the favor only a minute later when quarterback Tyler Arciaga moved the ball downfield in just two plays for 80 yards. Running back Ed Pricolo ran for three yards to tie the game 7-7.

With two minutes remaining in the half, the Blue Devils capitalized, scoring again right before halftime. The Pioneers knew they had to come on strong in the beginning of the second half.

"We knew they shouldn't be beating us," offensive tackle Justin Playdon said. "The team was playing to its full potential, so we just had to get focused and go out there and take control in the second half."

Central Connecticut received the ball first in the second half, but the Sacred Heart defense was able to hold them back from another touchdown.

Sacred Heart tied the game again when Arciaga nailed wide receiver Corey Bundy for a 47-yard touchdown pass early in the third quarter.

Central Connecticut regained the lead after hitting a 31-yard field goal and advanced the lead to 17-14. The Blue Devils managed to run a solid five minutes on the clock as it took them 11 plays and 71 yards to get down the field.

With nine minutes left, the Pioneers managed to tie the game again when junior Nick Passalacqua hit a 39-yard field goal to make it 17-17.

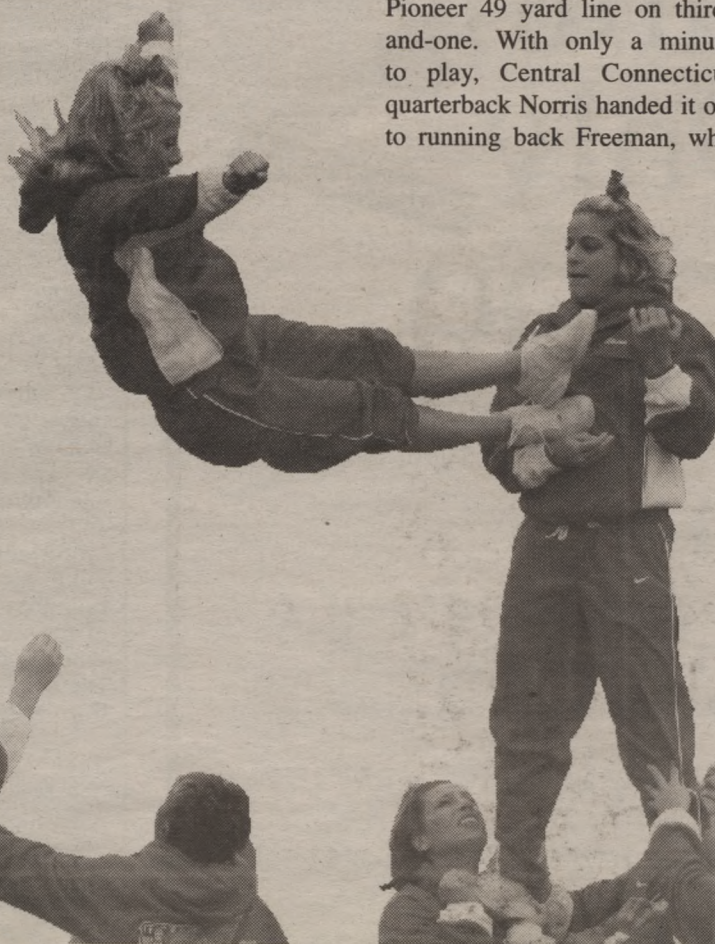
With three minutes left to play, Central took control of the ball at its own 40 yard line. They advanced the ball to the Pioneer 49 yard line on third-and-one. With only a minute to play, Central Connecticut quarterback Norris handed it off to running back Freeman, who

found a hole and ran it in for a last minute touchdown.

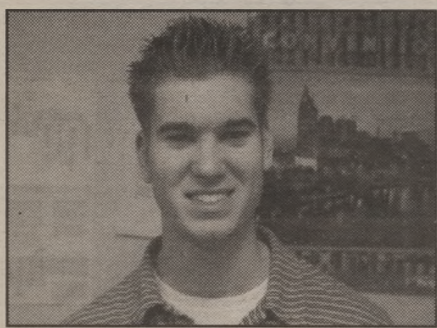
"The defense was on key for most of the game," defensive end Bill Hayden said. "Whenever the offense would turn the ball over, the defense stopped Central from capitalizing. Unfortunately the last touchdown they ran in the 'D' just couldn't hold up."

Jason Payne returned the ball to the Sacred Heart 39 yard line to begin Sacred Heart's final drive. With only 35 seconds left to play, Arciaga moved the ball up field to the Blue Devil 32 with about 20 seconds left on the clock.

Arciaga was rushed the next play, causing the pioneers to lose 10 yards and forcing a time out. The next pass was incomplete, and with just nine seconds left Arciaga connected with Jones for a 16-yard play, but it would be the last one of the game. As time ran out, the Pioneers did not call timeout in time to stop the clock.



Kristina Nagel dismounts from a trophy held by Laura Scaglione.



THE FITZSIMMONS FILES with Brian Fitzsimmons

We all know how the Chicago White Sox conducted a story book season and proceeded to win their first World Series championship since 1917 to cap off an extremely unpredictable regular season. Now that the second part of baseball's yearly cycle is underway, general managers and owners attempt to improve their organization through transactions, despite knowing it will make their wallets noticeably thinner. One organization however, isn't reluctant to hand top tier free agents top dollar. This franchise, who hasn't won a World Series title since 2000, is also one who strives for perfection and uses the off season as the process to achieve that unattainable goal. Regardless of the lack of star power available, this may be a free agent market the New York Yankees will enjoy because of its thick crop filled with positions they covet the most.

Bernie Williams, one of the most beloved Yankees of all time, reportedly may not be on the opening day roster for next season, so filling the vacant hole in center field is a top priority. Centerfielder Johnny Damon is the most prized name on the market, but his productive seasons roaming the outfield grass in Fenway Park will make his price tag quite steep. The Yankees have been without a potent lead off hitter ever since Chuck Knoblauch departed, so Damon in front of Derek Jeter in the lineup sounds enticing. The Bronx Bombers have another question in the outfield, since Hideki Matsui is a free agent. They should lock up their RBI machine of a left fielder before they go shopping. Matsui has become a lock for an above average on-base percentage and over one hundred runs batted in every season. George Steinbrenner realizes his mistake in letting Andy Pettitte walk freely to the Astros two years ago, and he will make sure Matsui stays guarding the grass in front of Monument Park at the

Stadium.

Not that Yankees are concerned with their financial state, but if they were inclined to save money, they could lure outfielder Brian Giles from the San Diego Padres. Re-signing Matsui and transferring him to centerfield, allowing Giles to stay in his familiar position, could work out nicely. Adding another bullet to the weapon-like lineup the Yankees possess would increase the run production, and support the pitching efforts.

Although inking Matsui to another long term deal is on top of Steinbrenner's to-do list, signing another bat for the outfield should be a goal once pitching help has been solved. Last season, Chien Ming Wang, Shawn Chacon and Aaron Small all played superman but we found they aren't armed for winning a pennant. Kevin Brown's career is likely done, and Jaret Wright may never be healthy. Randy Johnson showed how using a forty year old arm reacts to ace-type innings, so he cannot be counted on to win big games. Right-hander A.J. Burnett is the top arm in the market, but he is likely to end up in Baltimore. Jamie Moyer is available, but is forty two, so investing money in him would be questionable. Kevin Millwood led the American League in E.R.A. and he could be a possible suitor for a number three or four pitcher in the rotation. A's lefthander Barry Zito is a free agent next season and he could be trade bait, but Oakland will likely ask for Robinson Cano and Wang in exchange, who are tagged as untouchable.

Building an effective bridge to Mariano Rivera is another essential area that needs construction. Tom Gordon, a free agent himself, has said he would prefer to close and a lot of teams would find him useful such as Boston, Florida, and Pittsburgh. If he departs, closer B.J. Ryan would be a perfect fit to shut the door in the eighth inning and eventually take over the closer's role when Rivera's age begins to show. Since Ryan will be very expensive and is desired by many teams, Kyle Farnsworth could be another possible option. Ugueth Urbina, Bob Wickman, Bobby Howry, Todd Jones and Mike Timlin could also be signed to upgrade the bullpen.

There are many directions the Yankees could go this winter, but Steinbrenner will do just about anything to take the "Help Wanted" sign off Yankee Stadium's door.



CONO'S CORNER with Steve Conoscenti

The Patriots hovering around .500? Eli playing like Peyton? The Packers with one win after week eight? The first half of the NFL season has been filled with surprises and letdowns but there has also been a fair share of expected events. So, here is what I think has been the biggest surprise, the biggest letdown, and the biggest "whatever" of the first half of the 2005 NFL season.

The Biggest Surprise. The Cincinnati Bengals. Where did the Bengals come from? Sure they were 8-8 in each of the past two seasons, a respectable record, but not only is their record respectable this season, they look great. The defense has made drastic improvements since last season. Right now they are allowing the ninth fewest points in the NFL. Last season they finished 21st in points allowed. However the most impressive part of the Bengal's successful start is their offense.

Currently the Bengals are in sixth in terms of points per game and made a 15 slot jump since last season all the way up to fourth in yards per game. Carson Palmer is playing like the player everyone thought he was going to be coming out of college. Rudi Johnson has become one of the NFL's cockiest players, but when you are playing like he is, you are allowed to refer to yourself in the third person.

The Bengals receiving squad is also a major reason why the Bengals are nearly flawless early on. Chad Johnson is third in the league in receiving yards with 808. There are three Bengals in the top 30 in touchdown receptions: Chad Johnson with five, Jeremi Johnson with three and Chris Henry with just as many. T.J. Houshmandzadeh didn't play in weeks four and five but is still helping the Bengals offense stay solid with 461 receiving yards.

The Biggest Letdown. The New York Jets. At first I thought that I was the only person who really thought the Jets have been a letdown just because I'm such a diehard Jets fan. Then I started talking to some people and I realized that

I wasn't the only one with high expectations.

Well, where do you start? Do you talk about the fact that the man they just invested seven years and a lot of money into tore his rotator cuff again? Maybe you want to talk about how in that same game they lost their second string quarterback. Well, then I guess you could go on to talk about how they called up a 41-year-old sitting on his couch to come start for them. Then you'd have to bring up the fact that he's also hurt and the Jets will be starting their fourth string quarterback next week.

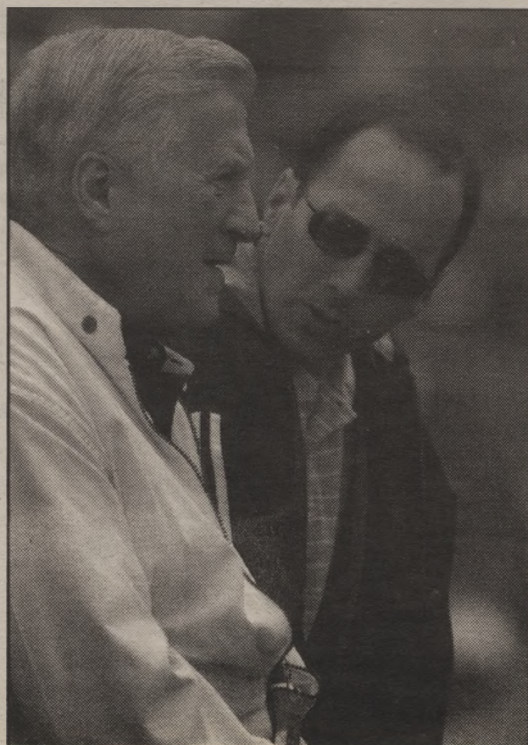
Brooks Bollinger starting isn't even the end of the Jets misery. There are some more key offensive players out for the season. Kevin Mawae, quite possibly the best center in the game is out for the season. This weekend tight end Chris Baker broke his ankle and wide receiver Wayne Chrebet suffered the seventh concussion of his career. Both are, of course, expected to be out for the season.

Unless Brooks Bollinger turns out to be the next Doug Flutie, the Jets are in for a miserable eight weeks. Bollinger showed some promise against the Chargers, entering the game for an injured Vinny Testaverde and throwing for two touchdowns and almost a third to win the game. If Brooks doesn't turn out as planned, well, there's always Jonathan Vilma to be excited about...

Whatever. Terrell Owens and the Philadelphia Eagles. Well I hope there isn't anyone out there surprised by what took place this weekend in Philly. In case you missed it, Terrell Owens was suspended four games by the Eagles. It was also announced that the Eagles will deactivate TO for the rest of the season, basically ending the year for Owens. Why did you even bother coming back after your summer suspension Terrell?

As if losing their top receiver wasn't enough, the Eagles are also playing with an injured Donovan McNabb, who refuses to sit down. The defense has also been non-existent. Last year the Eagles finished third in points allowed per game. This year, they currently sit in 24th. Not to mention they also dropped in yards allowed per game, currently at 22nd in the league.

If you followed the first season of the NFL's new drama "The Eagles" this summer then this sloppy season is no surprise. A quarterback has to get along with his receivers, especially when one of them is the best in the NFL. That receiver also has to get along with his coach. That hasn't been the case since day one. Things will have to change in Philadelphia or their record won't.



AP Photo/
Tony Gutierrez

Steinbrenner will have his hands full this off-season attempting to put together another championship team.



AP Photo/
Tony Gutierrez

Carson Palmer has helped the Bengals become a legitimate playoff contender moving into the final weeks of the season.

Sports

Men's soccer is ready for playoffs

...Continued From Back Page

Sunday marked "Senior Day," the last home game of the season for the men's soccer team. Already clinching a playoff bid, the Pioneers were just looking to move up in the conference seeding. It was possible they could share the conference championship and host the tournament while sending the seniors off with a victory in their final home game.

After a scoreless action packed first half, the Central Connecticut State University Blue Devils were able to capitalize on a loose ball in the box when freshmen Yan Klukowski placed the ball past Jones. And with the Blue Devils playing solid defense while the Pioneers squandered opportunities, Central Connecticut was able to hold onto a 1-0 lead to clinch the second seed in the conference tournament.

"We were just unable to capitalize and finish on a couple of late opportunities," Neal Shapiro, a senior midfielder from Vernon, N.J., said. "They gave us a couple of opportunities and we just couldn't take advantage of them."

Barroso credited the loss, in part, to a few injuries that his team has and he just did not want to risk anything going into the tournament, going so far as to bench a few starters for the game. Plus, the Blue Devils needed the win to clinch a playoff bid.

"They were pressing high most of the game, putting a lot of pressure on our back four and keeper," Barroso said.

With the men's soccer team finally in the playoffs, the team has nothing but confidence.

"There's no one in the league that we can't beat," Jones said. "We have a great chance to win the whole thing. Now we just have to play with the desire and passion that a championship team must have."

The men's soccer team will make its first tournament appearance at Monmouth University, in West Long Branch, N.J., tomorrow in the semifinals.

Women's soccer loses in NEC semifinals

Oliver Kranichfeld
The Spectrum

The women's soccer team was promptly defeated by Central Connecticut from the Northeast Conference playoffs on Friday afternoon, losing the game 2-0, and finishing its season with an 8-10-1 record.

Central Connecticut, the three-time defending champions, came into the contest sporting the division's number one seed. It went on to win the NEC title, defeating Long Island University 1-0 Sunday.

Even though the Pioneers end their season with a somewhat bitter loss to Central Connecticut, there is still much optimism for the future of the program.

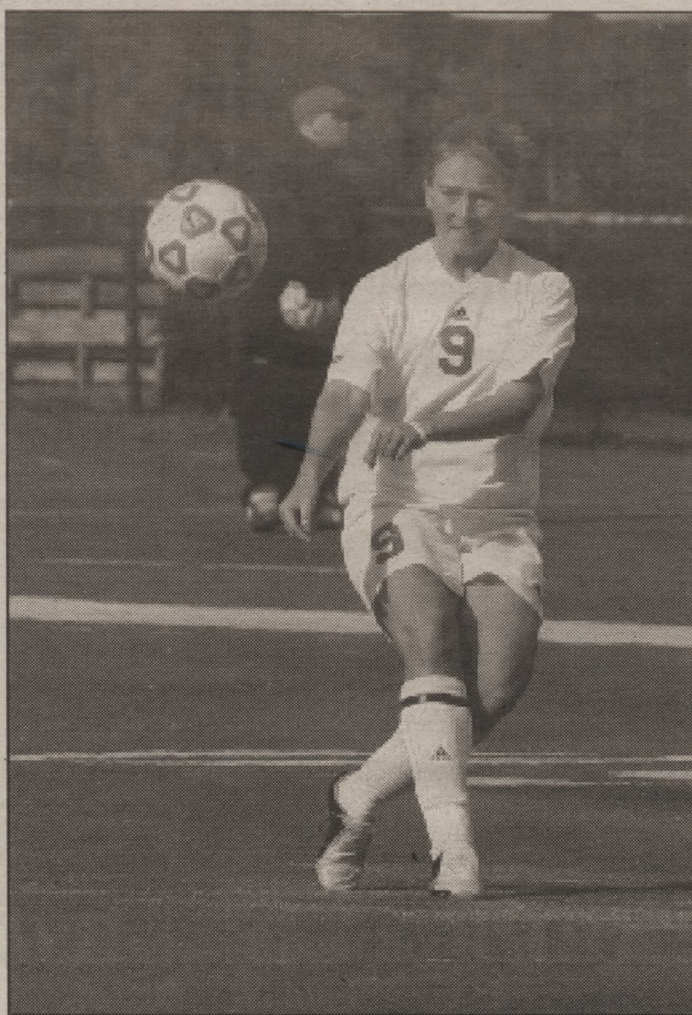
"Even though we didn't go as far as we would have liked, we did some good things this season," Lisa Burbige, a junior midfielder from Babylon, N.Y., said. "This was the first year in our school's history that we beat both Brown and Quinnipiac."

"There is a big rivalry between us and CCSU, because prior to Saturday we lost to them two years in a row on penalty kicks, when we felt that we should have won. Unfortunately, luck wasn't on our side in the past, and it certainly wasn't on our side [this time] either," she said.

Both teams were held scoreless in the first half, with goalkeeper Ashley Mocarski of Stratford making two saves.

The two standout stars for Central Connecticut, however, proved a bit too much for the Pioneers in the second half.

First team All-Conference forward Jessica McCavanagh broke the game open, scoring her ninth goal of the season, putting the ball in the lower right



The Spectrum/ Travis Flynn

Orlagh Cullen takes a free kick for the Pioneers.

corner. The opening goal gave Central Connecticut a 1-0 lead 58 minutes into the game.

The Pioneers had issues, placing offensive pressure on Central Connecticut. They managed just four shots the entire game on Blue Devil goalkeeper Ashley Ferra.

Ferra, the NEC Defensive Player of the Year, posted her ninth shutout of the season, improving her overall record to 13-2.

"The game against Central Connecticut was a tough loss. The game was evenly matched, but unfortunately the result was not in our favor," head coach Kim Banner said. "We're never happy to lose, but overall the team worked hard to get to where we were."

Central Connecticut locked the game up with just under three minutes to play, as CCSU freshman Lauren Shepland put a shot past Mocarski in the lower left corner.

Central Connecticut recorded their team-record 17th win in the NEC finals.

The Pioneers came into the game with a very solid team, but the Blue Devils proved that they can handle even the toughest opponents in the NEC.

For the season, Sacred Heart found several key goal scorers in forward Erica Rico, forward Katie Leahy, midfielder Leslie Morales, and Burbige.

Midfielder Orlagh Cullen provided key assists for the Pioneers throughout the season. The occurrence of injuries to a number of players on the team was one of the biggest obstacles, especially at the end of the season.

"We had several injuries throughout the season that definitely hurt, but I do think that several key players stepped it up this season," Burbige said.

"I believe we will have a better showing next season," she said.

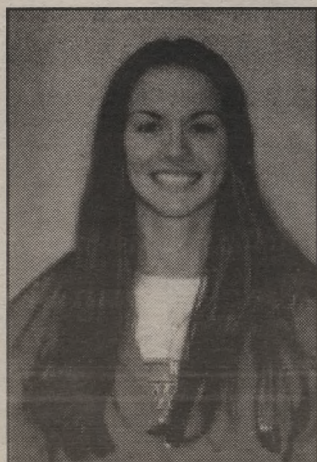
Although the season is over for the Pioneers, many players are thinking about the team's prospects for next season. Despite the losses of Rico, Cullen, and Leahy, next year's squad should be more than capable of filling in the void that the graduating seniors will leave.

"One of our team's weaknesses this year were the amount of injuries we had to go through," Banner said. "But the team reached some of our goals this year—that's a good thing."

"I'm really looking forward to next season. I see great things coming for this team. They will still be a pretty young team, but they appear to be very determined and committed," she said.

Top Performers: three stars for Sacred Heart

Catheryn Lozinak Women's Swimming

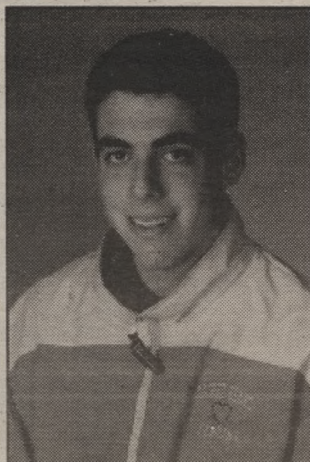


STATS:

3 wins

Won the 800 and 400 meter freestyle events and led the relay team to victory as women's swimming beat Manhattan 58-47.

Jeremy Goun Fencing

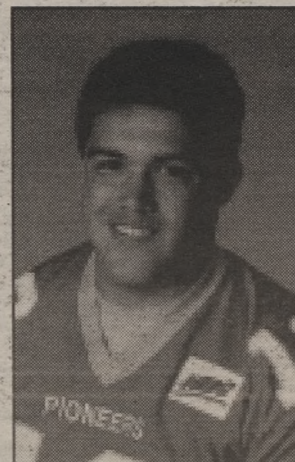


STATS:

9-0 on weekend

Goun swept his individual matches and the fencing team swept their weekend series against Vassar, Marist College, and Yeshiva University.

Tyler Arciaga Football



STATS:

323 yards, 1 TD

Arciaga surpassed the 300 yard mark for the second straight game, but lost in the final minutes to CCSU 24-17.

New coach brings new attitude to women's swimming

Women take victory vs. Manhattan, improve season record to 2-1

Matt DeRosa
The Spectrum

The women's swimming and diving team is getting ready to kick off more than just its 2005-06 season. The Pioneers prepare to begin an era under new head coach Allyson Tolla.

Tolla has been involved with the sport of swimming for the better part of the last 15 years. She will now bring her expertise to Sacred Heart as she takes over the Pioneer swimming and diving program.

Tolla swam at Providence College from 1991 to 1995. During this time period, she was a two-time Big East Conference champion and a six-time New England champion. She served as a tri-captain as a senior and also holds several school records.

Staying active in the sport has never

been a problem for Tolla. She was a coach for the Lake Club summer swim team since 1992. Tolla had first served as an assistant coach and has been the coach since 1999.

From 1996-2000 Tolla was the head swimming coach at the New Canaan YMCA for the eight-and-under division. She also was an assistant for other age groups. In addition, Tolla has worked with the Woodbridge Aquatic Club.

"I hope the girls feel motivated and driven to do their best," she said. "I try to foster enthusiasm for the sport. Swimming can be tedious work, but with a little enthusiasm it can be incredibly exciting, challenging and fulfilling."

The swimming team has already created a special bond with Tolla, which leads them to believe this new era can be a memorable one.

"Ally is a great coach. She works with our individual needs as swimmers and has very high expectations for each and every one of us," Ashley Allen, a sophomore sprinter from Mastic Beach, N.Y., said. "I also feel that we are a little closer as a team and are enjoying our season a lot more."

Despite the 0-2 start, due to losses to St. Francis and C.W. Post, the Pioneers had high hopes going into last weekend's

match up, hosting Manhattan College.

"This past meet at Bridgeport was amazing," Allen said. "The energy was unreal. Everyone was screaming and pushing everyone to go harder so we could get the win. In the end we did."

"Saturday's meet was great," Bridget McGowan, a sophomore breaststroke competitor from Norfolk, Mass., said. "It was our first win and will definitely give us the confidence we needed. Everyone worked really hard and hopefully there are more wins to come."

Overall the team is looking forward. Team members have great expectations for the team and hope to accomplish certain goals. The women's swimming team is a Division I sport that does not garner much recognition.

The Pioneers will be looking to improve on last year's ninth place finish at the Northeast Conference Championships.

"I expect that we are going to do a lot better than in past years," Erin Bulvanoski, a freshman backstroke competitor from Oceanport, N.J., said. "We have a great new coach who's really getting the program off its feet."

The team will be led by its three captains: Brianne Ryan, a senior from Hingham, Mass.; Krystina Eikeseth,

a junior from Staten Island, N.Y.; and Eileen Connor, a junior from Enfield. These leaders hope to push the team forward and make a statement.

"I expect the team to be a team, supporting one another in and out of the pool," Tolla said. "I hope for the girls to meet their individual goal times by the end of the season, and improve on last season's record."

The Pioneers will welcome several new swimmers this year; the freshman class will get an opportunity to shine early.

Joining the backstroke events will be freshmen Erin Bulvanoski and Samantha Cerami. Adding to the already deep pool of Pioneer freestylers are two newcomers, Jacqueline Sweeney and Jennifer Crowley.

"I am really excited for the upcoming season," McGowan said. "It's a fresh start (for) some new freshmen and a new coach."

"I hope together as a team we can win some meets and grow in size and speed. We have a strong team with great rookies," she said.

The Pioneers will travel to New Rochelle, N.Y. as they take on Iona this upcoming Saturday at 1 p.m.

Field hockey reaches 'a whole other level'

Brian Fitzsimmons
The Spectrum

There is absolutely no reason for the Sacred Heart field hockey team to feel dejected after being defeated 7-2 by the Atlantic 10 division champion University of Richmond in the NCAA play-in game on Tuesday in Virginia.

The combination of teamwork and unsung heroes brought this team a NEC title, to cap off a "Cinderella Season". Starting the season 0-7 did not faze the Pioneers, and winning ten of the final twelve games allowed them to clinch a playoff berth, and then stomp over Quinnipiac and Rider in the league tournament.

Ashley Del Greco of Merrimack, N.H. was unstoppable down the stretch and into the NECs, and she was greatly rewarded. The junior goalkeeper was named NEC tournament MVP by stopping four shots, which was good enough to shut out Rider.

The most pleasant surprise of the season was the great production by freshmen Carisa Eye of Nesconset, N.Y. Eye scored twice in the semi-finals to help route the Bobcats. She added two more in the game Tuesday.

Colleen Carney of Yorktown Heights, N.Y. was the most consistent player on the squad, scoring seven goals and tallying up eight assists.

The Pioneers will look forward to another successful year because they will only lose two players to graduation.

"This season was supposed to be our growing year," senior Erika Francisco of Newton Square, Pa., said. "But since we dominated, the girls will be at a whole other level next season."


The image of holding up the NEC trophy in triumph will only spark the team's excitement for next season.



The Spectrum/ Travis Flynn
Melissa Mazin is one of the many underclassmen who make the Pioneers field hockey team shine.

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SPORTS

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Men's soccer clinches first ever NEC playoffs

Will face NEC #1 seed Monmouth in playoff match

Dario Melendez
The Spectrum

Going into last weekend's final two regular season games, the men's soccer team was in total control of their own destiny. A win, and the men were in.

The scenario was set: either the team had to come out of last weekend winning both of its final regular season games, or they needed to win one and have St. Francis University (Pa.) lose to or tie St. Francis University (N.Y.).

"We have been given a great opportunity," said head coach Joe Barroso, who is enjoying a winning season in his first year as the Sacred Heart men's soccer coach.

"All we have to do is play with intensity and desire. We have to be able to capitalize on this opportunity."

And capitalize they did.

The team was able to extend its eight game unbeaten streak, including three straight shutouts, by defeating the Quinnipiac University Bobcats in yet another shutout at home, 3-0 on Nov. 4.



Goalkeeper Matthew Jones jumps to punch away a Central Connecticut corner kick. His four game shutout streak was snapped in the 1-0 loss Sunday.

Contributing Photo / Christy Ann Flynn

The outstanding defensive effort was led by freshmen goalkeeper Matthew Jones of Stoke-on-Trent, England, who recorded five saves on the way to his seventh shutout of the year.

"The back four just played very physical and solid defense," Jones said. "They were able to keep their composure and communicate with one another very

well."

Forward Luke Gagliardi was able to put the Pioneers on top in the 11th minute off of a well placed pass, over the Bobcat defense, from Glenn Wilken, a senior midfielder from Ridgefield.

Twenty-six minutes later, Brice Victor, a sophomore forward from Bridgeport, was pulled down by a Bobcat

defender on his way to the goal and the Pioneers were given a penalty kick.

With defender Nick Loyd blasting the ball by the left side of the Bobcat goalkeeper, even though he was able to get a piece of it, the Pioneers were able to take a 2-0 lead going into half time.

Wasting little time in the second half, the Pioneers were able to put the game out of reach 59 seconds into the half. Once again, Wilken played another effective through ball into the 18 yard box, where midfielder Gustavo Netto was able to put the well-placed ball past the Bobcat goalkeeper to make provide the Pioneers with a 3-0 lead.

With the Pioneers fulfilling their end of the deal, it was up to St. Francis (N.Y.) to beat St. Francis (Pa.). And to the pleasure of the Pioneers, St. Francis (N.Y.) was able to pull out a 2-0 victory over St. Francis (Pa.), allowing Sacred Heart to reach its first ever NEC tournament.

"There were two main keys for the victory," Barroso said. "First of all, Quinnipiac is a big rival, and secondly, the team knew that if they won they would be in the playoffs for the first time in school history. I think that was the deciding factor in the game."

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Women's C.C. wins NEC championship, shares title with QU

Kris Singhaviraj
The Spectrum

Women's cross country outran nine Northeast Conference teams Oct. 29 in Loretto, Pa. to win its first ever NEC Championship. It tied Quinnipiac to form the first co-champion victory in the history of the NEC.

With its recent victory, the women's cross country team now heads for the NCAA Regionals in the Bronx, N.Y., where it will take on cross country teams from other NCAA conferences.

The team competed against 10 other NEC schools: St. Francis, Quinnipiac, Monmouth, Mount St. Mary's, Wagner, Central Connecticut, St. Francis (N.Y.), Long Island, Robert Morris, and Fairleigh Dickinson.

"Everyone was on the same page," Erin Kulasewski, a senior from West Warwick, R.I., said. "We put all the hard work in; there was no doubt about that. It was time to take chances and fear nothing."

Both the Quinnipiac Bobcats and the Pioneers finished with a total 51

points, sharing first place. Saint Francis (Pa.) claimed third with 61 points while Monmouth finished fourth with 126.

"I think that Quinnipiac did a great job," Kathleen Henry, a freshman from Basking Ridge, N.J., said. "Both teams put out a great effort and were very deserving of their first place finishes."

"We raced with the right strategy in mind—stay steady on the uphill and work the downhill," Katie Duffy, a junior from Monroe, said. "Some of the teams pushed too hard on the uphill and died afterwards. We remained calm, [focused], and just remembered that we put the miles in."

With this NEC victory, members of women's cross country were honored with various awards. Kathleen Henry was named NEC Freshman of the Year; head coach Christian Morrison was named Coach of the Year.

"I was very excited to be chosen, and I appreciate the honors, but I would not have been able to do as well as I did without the encouragement and hard work of my teammates throughout the season," Henry said. "Overall, I am very happy that our team was able to win

the conference meet this year because we have all worked so hard this season, including Coach Morrison, who puts in so many hours coaching us and helping us to become better runners."

"We consider the Northeast Conference Championship to be the most important meet of the season, so I always plan our training around this meet," Morrison said. "It's just nice when it all comes together, as it did this year, and the team has a great performance."

The Bobcats challenged the Pioneers the entire race. Quinnipiac runner Katie Gwyther set a new course record, earning the NEC's Outstanding Performance award for her efforts.

"After being low on the NEC team place prediction all season, it was great to prove it wrong and come out on top," Duffy said.

Sacred Heart's top runner for this meet was Kathleen Duffy, a sophomore from Monroe, whose time of 19:52 allowed her to finish fourth.

Closing the gap behind her was Henry, who had a time of 20:02 while finishing fifth.

Erin Kulasewski also helped the team

with a ninth place time of 20:24.

All three women were named to the All-NEC team due to their top 15 finish.

"I knew how important it was for our team to win the conference meet, especially for the seniors who had been so close to winning in previous years, so I tried to do the best that I could," Henry said.

Clenching this NEC victory while concluding the 2005 season, the team, which will lose an abundance of its senior runners, is already looking forward to 2006.

"Although we are losing a lot of seniors, it gives others the chance to step up and improve," Duffy said. "I feel we have a lot of potential on the team and tying this year is going to bring that potential out to win next year."

"This championship meant everything to us this year; us seniors have been gearing up for it for three and a half years now," Kaitlin Clark, a senior from Babylon, N.Y., said. "Some of us have individual track championships, and they are nothing like a team title. It's something you can share with everyone."