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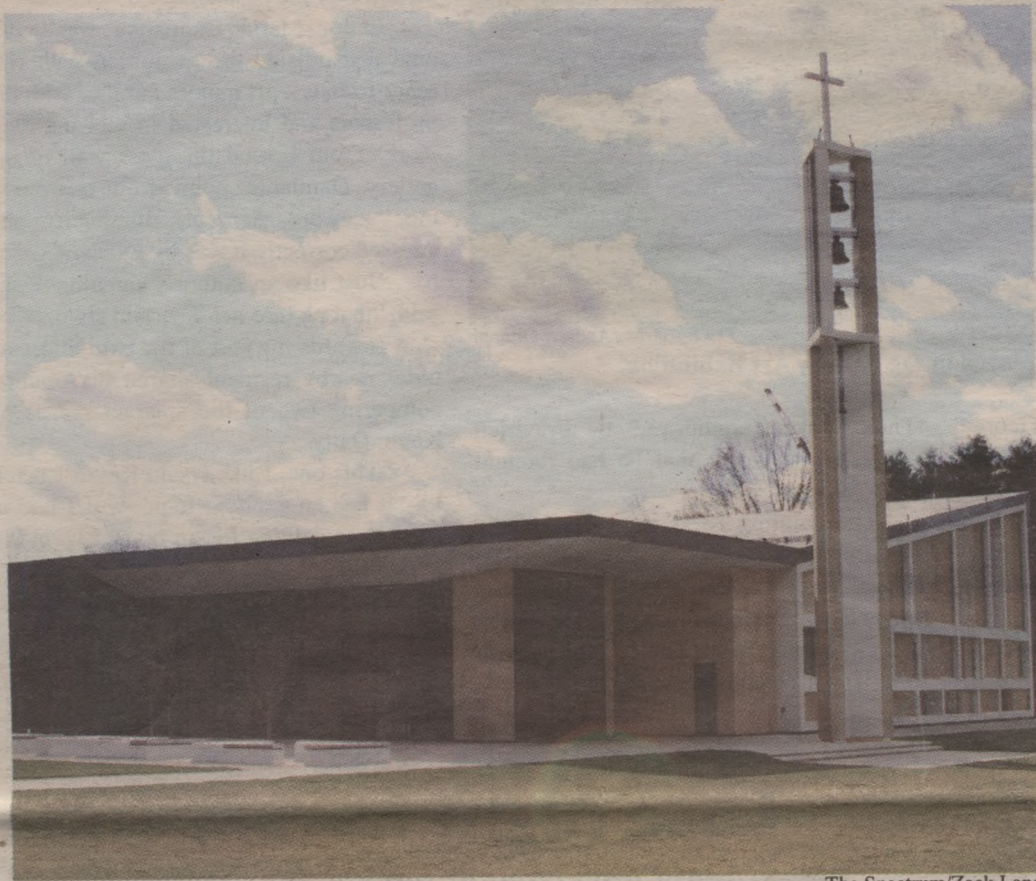
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the Spectrum

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The Spectrum/Zack Lane

The Chapel of the Holy Spirit is located in the heart of the university's campus.

Chapel of Holy Spirit recognized for BSA's 'People's Choice Award'

Melissa Carmelitano
Staff Reporter

Last week, Sacred Heart's newly completed chapel was announced the winner of the Boston Society of Architects "People's Choice Award." According to the BSA juror's comments, the award recognizes the work of New England Architects and the final 18 were chosen because, "Each was intelligent, inventive and emotionally resonant, inviting its users to linger and be happy," the juror's comments read.

Sasaki Associates, a company based in Boston, designed the chapel. Lead architect Brad Prestbo said that the project took almost three years to complete, and that they were "very pleased with the result."

Vinicius Gorati, another architect who worked on the chapel, said the welcoming atmosphere is what sets the chapel part from other BSA submissions.

"The chapel is many places and spaces for many people," says Gorati. "It's a place of permanence and contemplation, as well as a crossroads for the campus. It's a house and a village."

He said that the building's shape is meant to convey a shelter for all who enter, "the building form evolved from the idea of a tent for pilgrims, hence the copper roof that folds into walls."

Gorati's opinion is shared by Father Jerry Ryle, who said the chapel has changed the way parishioners and the surrounding community experience mass.

"The sense of space is very conducive to peace," said Ryle. "I find the chapel inspi-

ration. It is an experience that needs no explanation, it's a phenomenal piece of architecture."

The "space" was built using limestone, white concrete and copper alloys.

"The copper on the outside reflects the three religions of the book- Christianity, Judaism and Islam," said Ryle.

Within, Ryle said the mosaic is the focal point.

"People tell me that it is so modern outside and 'in,' but the mosaic is so ancient. It's such a powerful statement to a believer of the presence of God."

Gorati said that this mixture of modern and ancient was a challenge to achieve.

"Bringing the buildings and landscapes to realization while staying true to the university's goals and aspirations was an ongoing process," said Gorati.

The chapel itself is made up of a small chapel and a large one, used for mass. On the outside walls, excerpts from Matthews Gospel are engraved into the limestone. Ryle said these excerpts were chosen for a specific reason.

"The fact that the 'Works of Mercy' are chiseled on the north wall is meant to express that whatever goes on inside that building should be lived according to these words outside these walls as well," said Ryle.

Gorati said the inscriptions were inspired by the Bible, but serve a more widespread purpose.

"The inscriptions serve as messages to the whole community," said Gorati. "The chapel is a place as well as an idea."

However, not everyone is so sure the chapel is such a great "idea".

See CHAPEL on page 3 ...

SEARCH COMMITTEE WORKS TO APPOINT NEW PRESIDENT

Erin Murtagh
Assistant News Editor

In an email sent to the school community on Nov. 19, Sacred Heart University Trustee James T. Morley announced the formation of a 15-member committee, in charge of finding the next president of the university.

"The first undertaking for the SHU committee will be to develop a job description," said Morley in the email. Once this is completed, a national search will be conducted to find candidates suitable by committee standards.

Nominations from members of the Sacred Heart community are also being accepted. According to Morley, several nominations have already been received, and will be reviewed upon completion of the job description.

When senior positions need to be filled, it is common practice for the university to form a committee of delegate officials. In addition to Morley, who holds the position of Chairman, it is comprised of members of the faculty and administration, as well as representatives from the Board of Trustees.

They include Dr. Seamus Carey, dean of the college of arts and sciences, Michael Emery, professor and assistant dean and director the department of physical therapy, Bridget Lyons, associate professor and chair of the department of economics and finance, Dr. Gary Rose, professor and chair of the department of government and politics, Patricia W. Walker, dean of the college of education and health professions, and university trustee and 2010 senatorial candidate for the state of Connecticut, Linda E. McMahon.

"Ultimately, we are looking for a person of integrity and vision," said Morley. "Someone devoted to the Catholic intellectual tradition who demonstrates the personal and professional qualities that are most consistent with our unique mission."

According to the school website, the next president is expected to start with the 2011 academic year.

"For now, we hope that the new president will be able to build on the many strengths of Sacred Heart and continue the tradition of excellence that has been established here," said Morley.

Serving as interim president is Dr. John J. Petillo, dean of the John F. Welch college of business. He shared his plans for the future of the university under his leadership in an address conducted Wednesday, Oct. 1 in the Chapel of the Holy Spirit. Students were given the chance to interact with Petillo directly by offering him questions and comments.

"Sacred Heart University has an extraordinary record of service to the community, and we have achieved national recognition as a leader in Catholic higher education," said Morley. "We trust our new president will lead the University into its second half-century of distinguished accomplishment."



Photo courtesy of Tracey Deer-Mirek

Dr. John J. Petillo, appointed as Sacred Heart's interim president, speaks in his office.

Faculty Art Exhibition allows staff to flaunt their talents

Frank Morrone
Staff Reporter

The Gallery of Contemporary Art at Sacred Heart University was a stir of curiosity and contemplation on the opening night of the Faculty Art Exhibition. Professors of the graphic design and visual arts department showcased their artwork amidst a scene of students and other spectators.

Beginning Nov. 16 and lasting until Dec. 12, the gallery will share a collection of artwork from the abstract shapes and colors of Kevin Daly, to a "Shogun" montage of feudal Japanese scenes by Jeff de Graffenried. The entire exhibition features 21 pieces by 11 faculty members.

"Students have the chance to see, and to compare, their own work with that of their professors," said de Graffenried.

On opening night, an acrylic on canvas stood out due to its enormity and crowd assembled in front of it. "Till We Find Blessed Isles Where our Friends Are Dwelling," painted by Nathan Lewis, shows a boat rowing upstream against the tide. Seen from a side perspective, the three-inch wide frame has words taken from the American Declaration of Independence.

"People don't realize the radical nature of that document," said Lewis. "It is encouraging the standing against authority."



The Spectrum/Andrew Orlandi

Students look at staff artwork displayed in the Faculty Art Exhibition.

In this remake of the iconic "George Washington Crossing the Delaware," by Emanuel Gottlieb Leutze, the boat is occupied by Lewis's former students and a history professor he knows. It required photo shoots in addition to about six months to paint, said Lewis.

Lewis explain the significance of the title taken from the philosophical novel,

"Thus Spoke Zarathustra," by Friedrich Nietzsche, as words that he had thought about for some time.

The painting itself is a social commentary for a modern American society. The upside down depiction of an American flag is a signal for distress, and the oil rig in a girl's hand is meant to connect with American oil dependency, said Lewis.

Also present were graphic design templates used to enhance advertising. Mary Treschitta created an aquatic green presentation to complement Pia Lauren Spa Di Bellezza skin care merchandise line.

Graphic design, said Treschitta, is "putting together visual content that helps explain a particular product." One template for an antibacterial moisturizer used yellow rays and rainbow colored font.

"I think people appreciate an intelligent and strong design," said Treschitta. "Aesthetics help to draw attention to the meaning of the product."

Junior Maria Damianou was gathered just outside the exhibition with two other friends — art majors familiar with the professors and interested in viewing their work. From behind the glass wall of the gallery, Damianou pointed out one drawing, "Coward, Servant, Blindman," and guessed correctly it was by Lewis.

"Just like an author's signature," she said, "that picture has a certain style."

Towards the end of the exhibition, an older nearby resident shared his opinion comparing two of the abstract pieces by Kevin Daily.

"This one, I like," said Kevin Costello. "It has an exciting look — if I had to stare at something for an hour, I wouldn't mind this."

Then he closely looked at the one next to it.

"But this one," he said, "gives me a headache."



The Spectrum/Sean Elliot

Sacred Heart's Ryan Matura Library gets extended hours for finals times.

Late night library time Student government pushes for extended hours

Thomas O'Hanlon
Staff Reporter

With Christmas just around the corner and final exams even sooner, the last thing students at Sacred Heart University need to worry about is where to do their studying. Students at the university have long asked for library hours to be extended to better suit the lifestyle of the college scholar.

According to Student Government, the number one complaint Sacred Heart has received over the years has been concerning the library's hours of service.

Student Senate has done research over the past few years concerning the libraries of benchmark schools in the area, including College of the Holy Cross, Fairfield University, Quinnipiac University, and Marist College, finding that all of these school's stay open past midnight, regularly Sacred Heart's Ryan-Matura Library has historically stayed open only past midnight during finals week.

According to student government vice president of senate, junior Mario Valenti, after numerous talks with faculty and administration, the student senate proposed a budget for new hours of operation. Interim president Dr. John Petillo, made sure the appropriate funding was available and the hours have now been extended. The library will be open until 3 a.m. from Sunday to Thursday, midnight on Fridays, and until 9 p.m. on Saturdays.

With later hours now available at the library, students will be able to study longer without having to relocate in the middle of what many students call "all-nighters," which become a popular during final exams.

Another change the school has seen this year has been the reorganization of the cafeteria and Mahogany Room. This change too has caused many students to worry about study locations.

The Mahogany Room, a favorite of the upperclassmen for its laid-back feel and group study accessibility, was changed due to the meal plan hours. According to Valenti, "Student Government played a large role in communicating student concerns with the Chartwells staff."

"Everyone was pretty upset that the Mahogany Room would be closed from 4 p.m. to 8 p.m., so in an effort to provide more study space, student senate has organized 'Mid-term Week in the UC Lounge'," said Valenti.

This "mid-term week" will come, as much needed relief to students looking to study outside the dorm room. Chartwells will also be providing complimentary coffee to students taking part in the event.

"Sacred Heart is rapidly changing and it was time for many of its old rules to be updated. With the help of President Petillo and the insight of the entire Student Government, we hope to continue to bring the University to new heights," said Valenti.

Extended Library Hours (until December 17)

Sunday: 12:00 p.m. to 3:00 a.m.

Mon - Thurs: 8:00 a.m. to 3:00 a.m.

Friday: 8:00 a.m. to midnight

Saturday: 9:00 a.m. to 9:00 p.m.

Chapel still receives mixed reviews from students, despite national recognition

...CONTINUED from page 1.

According to the New York Times, the chapel cost \$17 million dollars to complete. Graduate student Alan Macedonio says he appreciates the beauty of the chapel, but questions the function.

"As a student who entered Sacred Heart prior to the construction I would say that I'm torn. It's extremely well designed but took more time and money to complete than expected," said Macedonio.

Macedonio said he wishes the money had been spent in a way that affects student life, "it could have been spent dealing with the horrendous parking situation on campus, or on building an acceptable library."

Senior Sarah Prial said, "I think the chapel is a beautiful addition to a catholic school. The school is not religiously diverse, so having a chapel doesn't alienate a significant portion of the student body."

Ryle is aware that many students have mixed feelings about the chapel, but said that students who give it a chance gain a new respect for the chapels sense of peace and beauty.

"I've heard from students that they didn't want that area to be filled with a building," said Ryle. "I do know a student who promised to never go in as a form of protest. Now she goes in all the time because she said 'it is a thing of such beauty'."

Ryle did, however, say that he agreed that the chapel was a long time coming, but also said that students should visit the chapel before making up their minds about it.

"This building is both for students now, and generations to come. It's meant to be a chapel for all peoples as a house of prayer."

Feelings about spending money on a religious house of any kind on an academic property continue to be mixed. All students interviewed did agree that the building is aesthetically beautiful and Gorati agrees that it is something Sasaki Associates is very proud of.

"The beauty of this place resides on the realization of bold ideas, and it is also the fruit of the dedication to numerous small but critically important details by many talented and selfless individuals."

Trotting before Turkey Day

Exercise science club holds 5K race to promote wellness on campus

Jacqueline Duda
Staff Reporter

Many people see Thanksgiving as the kickoff of the holiday season. But how about starting it off by staying healthy and fit? Sacred Heart University's campus offers an abundance of different ways to get involved in the local community. Now, there is a way for students to give back that takes place right outside the dorm rooms.

On Nov. 20, the Sacred Heart exercise science club held a 5K run on campus, also known as the Turkey Trot. The race will began at 10 a.m. and was set up around campus.

"We map out a course that takes the runners all around campus in a two loop series," said president of the exercise science club, junior Lisa Decicco.

This is the second year that the exercise science club is holding this event. The reason for the race is in order to raise money for different charities as well as the exercise science club itself.

"The 5K is our club's main event we host each year. Last year was our first one and it went really well so we continued the tradition. We fully intend of donating a portion of our proceeds to a fundraiser or multiple, but those are still under debate," said Decicco.

The race is not only open to Sacred Heart students.

Anyone in the community was able to participate in the race.

"Anyone can run the race. Part of why we host this race is to promote health and fitness within the Sacred Heart and local community," said Decicco.

Participants can were able to register on Nov. 15 to 19 from 12 p.m. to 4 p.m. The cost for Sacred Heart students and faculty is \$10. Non-Sacred Heart participants were able to register on Nov. 16 to the 18 from 5 p.m. to 8 p.m. For non-Sacred Heart members it was \$15.

The registration also gave runners the opportunity to make a donation towards the cause.

"The Turkey Trot is a great way for students and other community members to help out. I think it's great that it is right on campus because it offers ease and convenience for the students," said junior Alyssa Verdi.

According to the Sacred Heart website, there was a prize for the male and female student and faculty top competitors. In addition, the first place non-Sacred Heart student or faculty member will receive a free VO2 Max test which is maximum oxygen uptake and measures a individuals capability to perform exercise.

"I think offering a prize is a great idea. It offers initiative for students to participate and to perform to their full athletic ability which I think is the goal of the Exercise Science club," said freshmen Katrina Rossi.



Photo Courtesy of Kathryn Johnson

Andrew Cohen, Chris LeBeau, John Schroeder, Steven Acquavita, Tommy Montgomery, and Leonidas Katsetos run in the Trot.

Common core capstone requires community service hours

Jessica Colucci
Staff Reporter

What does it mean to be human? What does it mean to live a life of meaning and purpose? What does it mean to understand and appreciate the natural world? What does it mean to forge a more just society for the common good?

These four questions have probably been heard multiple times by students at Sacred Heart University. They make up the common core curriculum called "The Human Journey."

This curriculum consists of four required classes, but recently service learning was added to all CC 104 classes. The National Commission on Service Learning calls it "a teaching and learning approach that integrates community service with academic study to enrich learning, teach civic responsibility, and strengthen communities."

This program may include doing work at soup kitchens, read alouds, or Project Play, which "integrates learning games, social situations, and mentoring opportunities," said Dawn Doucette, coordinator of volunteer programs at Sacred Heart.

"Service learning allows students to apply classroom theories and practical situations by connecting them to the needs of the local and global community," said Doucette. "The connection between service learning and academic study is made through reflection, which faculty can vary."

Some professors take advantage of different methods in order to implement this program.

"My students are required to do 16 hours of community service that relates to their career goals, said religious studies professor Lois Gandt. "They also write a paper and make a class presentation that provides reflection on their volunteer experiences and relates their community service to what they have learned in the class-

room."

Ann Heekin, director of the Center for Christian Jewish Understanding (CCJU) has other requirements for her students.

"Students are required to serve a minimum of 10 hours in a service learning area of their choice," said Heekin. "They also have to 'present a 10 minute audio-visual presentation that defines the social, ethical issue in a compelling way.'"

Still, professor of philosophy Michael Ventimiglia requests something more of his students.

"I personally require 16 to 20 hours, a five page paper, and a multi-media presentation," said Ventimiglia.

This program is required for the CC 104 classes only because these are the capstone courses for the common core program. Heekin suggests this is part of the reason it is in place.

"Service learning offered an opportunity for experiential learning in settings that raise ethical issues around the theme of the common good."

-- Ann Heekin, director of the CCJU

"The decision was in response to the larger questions of 'what makes CC 104 - the capstone course in the Human Journey curriculum - a unique learning experience in the Common Core sequence?'" said Heekin.

Heekin explained what she finds to be the positives of the program.

"Service learning offered an opportunity for experiential learning in settings that raise ethical issues around the theme of the common good," she said.

Some students, however, find other benefits of the

program, and it may even help with their potential career choices.

"I think it was great and my experience validated what I plan to do with my future and for my career," said senior Emily Stack.

Others find that the service hours provide a good opportunity for social situations.

Freshman Bryan Destin said, "It's a good thing. You'll learn new things, make new friends, and I think it's overall fun."

Another freshman, Sara Sarita Crawford, sees the joy in helping others.

"I think that community service is something that benefits both the people who give their time and those who are receiving help," she said.

Some professors at Sacred Heart feel that it's a good way to take advantage of applying knowledge to the real world.

"I think that one of the things it brings to the core is an emphasis on lived knowledge, or an understanding of the university's core value that cannot be divorced from our practicing them," said professor James Ambury. "The way I try to emphasize it with my students, we cannot say we know something if we don't live it."

This community service may even help students on a deeper level.

"They come to understand the value of all human life, the importance of working to build up the common good, and also that doing community service adds meaning and value to their own lives," said Gandt.

This new concept of service learning in the capstone common core course may even help students after they graduate.

Brian Stiltner, associate professor of religious studies, said, "Service is important for understanding what it means to contribute to a just and good society."



The Spectrum/Zack Lane

The sororities of Sacred Heart University pose for a picture on campus.

GREEK LIFE GROWING AMONG CAMPUS COMMUNITY

Sororities votes in favor of expansion, Fraternities consider taking on new chapter

Caroline Campo
Staff Reporter

In recent years, the Greek Life on campus has grown to a population of 450 students, including five sororities and four fraternities. However, either this spring semester or next fall semester the sorority life on campus will be expanding once again.

President Nicole Alfieri runs the Panhellenic Council, which was installed at Sacred Heart University on Dec. 10, 2009. The current five sororities are Kappa Delta, Kappa Phi, Phi Sigma Sigma, Theta Phi Alpha and Zeta Tau Alpha, each of which have representatives in the council.

"This is definitely a very exciting time for the Greek Life at SHU as we look for a perfect match to help make our Greek community stronger," said Rob Napolitano, president of the Interfraternity Council (IFC) on campus. "I know the goal is to find another strong, national sorority that will again be diverse but also align with the values, mission and philanthropic goals of Greek Life at SHU."

Since the growing success, the chapters seem to be more and more crowded.

"I think it will be good if we expanded," said junior

Jill Singer, member of the Kappa Delta organization. "After every recruitment, we almost double our chapter which makes it hard for us to get to know all the new girls. If there were more sororities, each sorority wouldn't get as many girls."

Expansion of Greek Life will ultimately create more activities for the students to do—especially incoming freshman—and current freshman might be more interested and curious as to what it is.

"The goal is to find another strong, national sorority that will again be diverse but also align with the values, mission and philanthropic goals of Greek Life at SHU."

-- Rob Napolitano, IFC President

"In high school, the 'cool' thing to do always seemed to be join a sorority," said freshman Brianna Lauria. "Now that I know it is popular here at SHU, I may want to look into it more."

However, this future expansion may not affect all students in the same way.

"Sororities and Greek Life was never for me," said freshman Natalie Giardina. "I do think it is good publicity for our school, though, if incoming freshmen see that our Greek Life is expanding, as long as it is positive publicity, like volunteering."

Because Greek Life has become such a high demand organization for students, it seems to be everywhere. Whether it is girls wearing their Greek symbols on their t-shirt to football games, volunteering or organizing date nights, there are many possible activities to get involved in.

"I also think it will be good for Greek Life if the sororities expanded because it will give the girls more of an option," said Singer. "If they feel like they don't fit in well with one sorority we have now on campus, they can get a bid for a different one, and don't have to join one just to join."

Although only sororities are expanding, fraternities may also expand one day as well.

"As for the IFC," said Napolitano, "we are hoping to begin our expansion with a new fraternity sometime next year, as we want to allow all of the existing organizations to charter and initiate before we bring on someone new."

SOMETHING FOR EVERYONE

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Technology proves a disruptive necessity for students

Students feel the impact of constant use of technology in and out of classroom

Henry Crocker
Staff Reporter

It is 3 a.m. in the Mahogany Room and junior Brian Winfield has a paper due for his 8 a.m. class. Thankfully he is finally almost finished with what he has been working on, his eyes strained from lack of sleep after almost five hours of sitting in front of his laptop screen.

Finally after hours of searching different sites, compiling information, and downloading necessary files, Winfield is almost done locating and downloading a decent version of Bruce Springsteen's new "Darkness on the Edge of Town" album.

Now it is time for him to get down to that essay.

This scenario is not an uncommon one for this generation. Many tend to have

their own technological vice, if not several. Sending and receiving text messages, browsing Facebook, downloading music and playing games online are just a few of the more "addictive" plugged-in pastimes students have succumb to.

"I never make the conscious choice to procrastinate and avoid work," said Winfield. "It's just simply too accessible. If I'm sitting at my computer already on the Internet, pretty much anything that I would rather be doing is only a mouse-click away."

Technological advancement is not slowing down and consequently neither is the need for the technology in students' everyday lives.

"I know the first thing I do when I wake up is check my phone and that's also usually the last."

-- Erica Ryan, senior

A study done by JFK Medical Center found that teens send an average of 34 text messages a night and most involved in the study were woken up at least once a night due to a text or call. Those who used the most technology at night did not only suffer from sleepless nights and tired days but also were more prone to attention-deficit hyperactivity disorder, anxiety, depression and learning problems.

The fact that young people are constantly on their phones, even when they should be sleeping, is alarming to some.

"It doesn't really surprise me that technology has all of these negative effects, but it really is unavoidable," said sophomore Ethan Patterson when asked about technol-

ogy use relative to day-to-day problems.

"We go to a school that runs entirely off of e-mails, we have to remain connected at all times," said Patterson. "A lot of our work and research requires an enhanced technical understanding and use -- even if it is hurting us in some way we don't really have a choice."

Senior Erica Ryan agrees that this dependence seems to be more and more inevitable as time and technology progress.

"It is kind of a lose-lose situation when I think about it. It's so prevalent it isn't really the kind of thing people even consider a problem," said senior Erica Ryan.

"I know the first thing I do when I wake up is check my phone and that's also usually the last. But, I mean, being constantly connected these days is a must. I don't know how I would get by without my phone or computer."

Mixed feelings about on-campus cigarette smoking

Danielle Vuotto
Staff Reporter

For some, the idea of college and cigarettes go hand in hand. For others, having to walk through second-hand smoke to get into a building is bothersome.

"I do think that smokers should be asked to stand at least 30 feet away from the entrance of a building for the courtesy of those around them," said junior Kelly Quinn. "I hate walking through a cloud of smoke to get to class."

Tobacco use in the U.S. has declined over the past 20 years, however cigarette use among college students

remains high, according to Pub-Med Central (PMC), the U.S. National Institutes of Health (NIH) digital archive of biomedical and life sciences journal literature.

Even some smokers can sympathize with nonsmokers as far as their frustrations regarding smoke-filled doorways and walking paths around campus.

"I don't see smoking on campus as an issue, I think there could be designated areas for smokers though," said junior Jennifer Cunliffe. "Even as a smoker, I don't like walking through a cloud of smoke."

According to the independent newspaper Student Life, of Washington University in St. Louis, the school joined more than 500 colleges across the nation that ban

smoking on campus, implementing a campus-wide tobacco ban on July 1.


Sacred Heart students do not necessarily agree with campus bans though.

Cigarettes are even available for purchase in the campus bookstore for about \$9.50 per pack.


"I wouldn't want smoking totally banned from campus," Cunliffe said.

Junior Brittany Stern said she doesn't mind that smoking is allowed on campus.

"I feel like the number of students who smoke have gone up and it's become so common. I don't really mind people smoking around me," Stern said.



EMT-B Class




The Department of Public Safety in conjunction with the Echo Hose Ambulance Training Center will be conducting an EMT-B class.


Learn skills in order to help your community or your family.

When, Where, and How Much.

- Class will be held at Sacred Heart University on the Main campus in Fairfield.
- Classes will be held on Mondays and Wednesdays from 6:00-10:00 pm, and every other Saturday, 9:00-5:00 pm from January 24-May 2, 2011.
- The Class will cost \$575.00. This includes text books and class materials.



Contact Public Safety at
BrenhaP@SacredHeart.edu for
more information on classes
including exact dates, times,
and method of payments.



College life makes borrowing money from friends common

Erin MacDonald
Staff Reporter

As junior Katherine Nichols places an order for pizza with a group of friends, she finds her empty wallet, realizing she forgot to check that she had enough money to chip in. Rather than drive to an ATM, she simply borrows money from one of her friends.

Nichols, like many Sacred Heart University students, takes part in borrowing and lending money to roommates and friends.

"My friends and I borrow money from each other randomly all the time," she said. "Mostly it's for silly things like ordering pizza or on-campus events that have an entrance fee."

According to a recent article in the Wall Street Journal, approximately two-thirds of all U.S. college students graduate with loans.

With this majority clearly illustrating how tight students are on money, the practice of borrowing and lending money has become a common occurrence amongst college students.

Junior Bryan McCain agrees, recalling his experiences with borrowing and lending money with his roommates.

"Last year at Scholars Commons, two of the five of us would buy groceries and we would share the food," McCain said. "When we started to run low, someone else would step up. As long as everyone is comfortable with each other, there is no problem."

The give-and-take style of lending money is something many students actively participate in.

"The person who is borrowing and [the person who is] the borrower tend to be the luck of the draw of who happens to have cash on them that day," said Nichols.

While it is not unusual to borrow a small amount of money, it's when students borrow larger amounts that problems may arise.

"I lent one of my roommates \$100 so that he could pay the down payment on the house we are now renting back in June," said junior Ryan O'Connor.

"He hasn't paid me back yet and I found out that he bought an Xbox a couple of weeks ago instead of paying me back. It's led to a lot of fights between the two of us."

While the act of borrowing money is based on the expectation of having money in the future, some students can see the danger in borrowing large amounts of it.

"If it is a significant amount of money, I can see how it may cause a rift," Nichols said. "Most of the time, it's for small things, so I don't think anyone is uncomfortable asking or borrowing -- it is usually not a big deal at all."

While O'Connor admits the problems he has experienced with lending money, many students have made this a common practice amongst their roommates and friends who they find reliable and they trust will pay them back.

"I know they're good for the money and they know I'll pay them back if they lend me anything," McCain said. "In my experience, it has never been a problem."



AP Photo

Conan O'Brien receives rave reviews after the premiere of his new show, "Conan."

Conan O'Brien's move to TBS receives positive feedback from loyal fans

Andrew Orlandi
Staff Reporter

Conan O'Brien is back on TV once again with his new late night talk show simply entitled "Conan." The show airs at 11 p.m. on TBS Monday through Thursday.

O'Brien, who was under extreme pressure from NBC after taking over the Tonight Show, was taken off the air completely after a contract dispute left him show-less.

After his 30-city comedy tour O'Brien is finally back to prove that he is still a relevant figure in the world of late night television.

"I think that after the drama Conan had with NBC, he has made an epic comeback. His new show on TBS is, in my opinion his best work yet," said senior Kate Hann after watching the first episode. "I was worried at first that it wouldn't be as funny as his NBC show, but it definitely lived up to the expectations."

Sophomore Rich Keegan also agrees that O'Brien has made the comeback he so desperately needed.

"It definitely did not disappoint. It was a good choice to bring Seth Rogen onto the show because that made it really funny. Rogen is always a character," said Keegan. "It's not much like other comedy TV shows and I think it's better than his previous shows."

According to MediaPost.com, about 4.16 million over-all viewers tuned in for the premiere of "Conan" on Nov. 8, tallying more viewers than both "The Tonight Show with Jay Leno" and "Late Show with David Letterman."

Senior James Loughren thinks that the show did well to bring back his target audience as well as introduce potential fans to the program.

"I think Conan was smart for choosing to begin a relationship with TBS," said Loughren. "It's a good change to reach a bigger fan base; you know that the people who are fans are going to be back watching no matter what."

Junior John Ahern agrees that O'Brien is finally back where he belongs.

"The new Conan show definitely did not disappoint. The guests so far have been great but Conan continues to make the show as the true star with his hilarious monologues," said Ahern.

Senior Mike Ohrenberger was at first skeptical about O'Brien's return, but is glad to have him back.

"I saw the first new episode and it was good to see him back. I don't watch much late night TV anymore but when I used to it was always Conan," he said.

Some students around campus had high hopes for the show when it was announced, but later felt disappointed upon the night of its premiere.

"I think it was over-hyped. TBS had a commercial about Conan in literally every other commercial," said senior Matt Fitton. "There isn't much that can live up to that much hype. His show is good; I just think there are too many shows that are similar to his."

The complaint about the advertising behind the show is something that is a trending topic among some on the campus. Some students feel as though TBS tried too hard to force the show into being a hit.

"The hype around this show is huge. The commercials are everywhere. It's to the point where it's kind of annoying, and I haven't even seen one episode," said graduate student Brittany Dexter.

During O'Brien's hiatus he created a twitter account reaching over one million followers.

O'Brien would mostly tweet jokes which would give fans their fix until he was back on the air.

"I enjoyed Conan when he didn't have a show and relied on twitter and the Internet more," said sophomore Rob Reichenbach. "I felt that was really his humor, not a bunch of writers sitting around trying to make him seem funny."

Still, some fans such as senior Patrick Mahoney appreciate that the comedian is back on television at all.

"While I think Conan O'Brien's old show was probably more widely accepted into the mainstream [due to its premier slot on NBC], I feel his new show on TBS still lives up to a similar level of comedic value," said Mahoney.

HE SAID/SHE SAID

Do opposites attract?

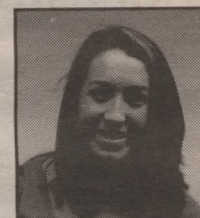
Zach Johnston

He said



Nicole Place

She said



It depends on what kind of person you are. If you are bored with your life, stuck doing the same thing over and over, you are going to want someone who can show you a better time and spice things up (the opposite). But if you like what you do in your day-to-day, you want someone who will join you throughout the journey of life (the same).

When you really think about it, if you are with a girl who likes to do things that are the exact opposite of what you like to do, I don't think it is going to last very long.

But where exactly is the line drawn for the "sames and opposites" argument? If Bud likes chocolate chip pancakes but Ruth is more of a cinnamon and sugar waffle kind of girl, what are they going to eat for breakfast? If Jack wants to go to Buffalo Wild Wings to watch a hockey game but Lucy wants to stay in and watch "Sleepless in Seattle," what are they going to do on a Saturday night?

Take it easy. I don't think the boats of polarity are being rocked too hard.

I think when most people talk about opposites attracting it has to do with superficial characteristics: short and tall, Boston-born and New York-native, or when a certain couple has a little jungle fever brewing and want to make so chocolate milk.

I once knew a couple that consisted of a Brazilian girl and a German guy. While it may have been a small case of opposites attracting, they went well together because they had similar personalities and interests (unfortunately, I later found out they called it quits shortly after Brazil defeated Germany 2-0 in the 2002 World Cup Finals, for obvious reasons).

Personally, if I should happen to be looking for a girl, I would want a girl that goes with the flow like I do. I am a laid back guy and I don't need any girl stressing me out over the smallest things all the time.

Don't get me wrong, I like to go out and have some fun, but at the same time I don't mind sitting in on an entire Sunday and watching movies on the sofa. That's a good life right there.

That does not mean that I want someone to be exactly like me. That's boring. I want someone that challenges what I believe and isn't afraid to against what I think.

I think everyone is interested in the "what elses" and the "what ifs" that go along with the mystery of dating someone that is completely unlike yourself. It is often the opposites that originally draw us together.

Maybe Bud loves to watch Ruth make her cinnamon and sugar waffles every weekend. Perhaps Jack has a secret obsession with Tom Hanks/Meg Ryan movies and loves the fact that they are all the exact same movies with different titles.

Differences can stir up some imagination and light some fires, maybe creating some emotions we have never even felt before. But, in the end, I think we are all better off going with the "same" rather than attracting to an "opposite." Physics is boring anyway.

Yes! Opposites really do attract. How often do you walk down the street and see the typical "girl next door" holding hand with the bad-ass drummer in the band? Well if you say never open your eyes! It happens all the time. People are attracted to the things they aren't. They find people who are different from them interesting and attractive. There is something to be desired when there is an unknown when it comes to relationships.

How boring would it be if every family was as stereotypical as the Cleavers? I think that is what is so great about the generation we live in. It is so much more acceptable to be with someone completely different than yourself. You see it with celebrities too. If you ever watch the red carpet or any reality television show you probably have wondered about the different relationships that are seen, and may even wonder what the two people see in each other, but only they are the ones who can answer that. All I know is that people are like magnets - negative charges are attracted to the positive charges. Different people are attracted to each other!

Then there are those people who are perfectly happy dating themselves - not really dating themselves, but dating people so similar to them that they might as well be dating themselves. Some couples, you look at and think they are brother and sister. Maybe it's the theory that if you date each other you begin to look like each other, but then you wonder if these two people planned this arrangement so that they could date someone who is incredibly similar to him or herself.

I do believe that opposites attract, but can they last?

I think that a relationship between two polar opposites has the same chance of actually working out as that of two people who could pass as identical (both personality wise and looks wise). And that chance is fifty percent. They either work out or they don't. I am sure there is some statistics that can be done to establish who will have a better outcome, but there is no fun in that.

It's easy to date someone who is similar. It's predictable. The relationship is safe, no unexpected turn of events will come around. Some people like predictable, while others like adventure and spontaneous.

I know I have already used this reference before but Grease is a perfect example of how attraction works. Sandy and Danny fall in love over a heated summer romance, and when they both end up at the same school in the fall she thinks he is trying to be something he is not. I don't want to give away the ending for those who have not seen it but basically they both end up reinventing their image because they think that that is what the other wanted, when in reality they were already attracted to each other when they were opposites.

If you are trying to attract that guy with the bad boy image or guys if you are trying to get that rocker chick, don't feel like you need to change who you are so that he or she will recognize you. Stay true to who you are. And if he or she is worth your time they will notice you.

Girlfriends and gift-giving grief this Christmas



Ryan Hannable
Asst. Sports Editor

Thanksgiving has come and gone and so has Black Friday. With 23 shopping days left, Christmas is right around the corner. I for one have a lot of people on my shopping list--Mom, Dad, brother, sister, extended family, friends. But the most stressful one of all seems to be my girlfriend.

I am sure I am not the only one in a relationship that feels the same stress that I do when shopping for the significant other. This is the one person on your shopping list that you do not want to disappoint and want to get a present that he/she will love.

You also don't want to give the same thing year after year. For guys this most likely means you cannot give

jewelry because you did that last year, and for girls you cannot give tickets to a sports game because that's already been done. Finding an original present can be extremely difficult and a long process.

Another part of the process is deciding how much to spend. How much should you spend? What is too much? You don't want to spend a minimal amount and then find out that your boyfriend/girlfriend spent twice as much as you did. But, then on the other hand you don't want to spend what you think is the right amount and then find out you spent twice as more as your boyfriend/girlfriend.

Some people feel like they need to give the "better" gift in the relationship and "one up" their significant other. Nothing good ever comes from this. It can result in disagreements and empty bank accounts, and who really wants this during the holiday season.

Girls are extremely picky, and therefore harder to shop for. For the most part everything has to be exactly what they want -- the exact style, the exact color -- otherwise they won't like it.

Guys may think they found their girlfriend the perfect

gift, and then on Christmas day when she opens the gift, she displays a fake smile along with a "Oh, thank you so much... I love it." There is nothing worse than that feeling on Christmas, when you know your companion doesn't like their present.

Guys on the other hand are pretty laid back and generally are fairly easy to shop for. Girls may think otherwise, but I really don't think guys are that hard to please. Most guys like sports and there are plenty of gifts that can be given to a sports fan. You can really never go wrong with that.

Even if a guy isn't into sports, guys are pretty flexible. Presents don't necessarily need to be an exact style, or be from a specific place. Bottom line, guys are less picky than girls and easier to shop for.

So, when it comes to buying presents this holiday season, couples need to set spending limits. It stops a lot of problems from occurring and decreases the stress level. And for girls, guys really don't want to hear how hard they are to shop for because in reality guys are pretty laid back and the girls are the hardest ones to please.

YOU MEAN DECEMBER ISN'T SANDAL WEATHER?

Sandals in the winter? You bet. Is there a reason? Not really. Sandals are comfy and convenient, that's about it. Call me a bro, Call me a skater. Well I don't skate, and what exactly is a bro?

I wake up to the buzzing of my alarm clock. Damn it 9 a.m. I need to get up. I stumble over to my closet and throw on my gym pants and sleeveless Glen Rock football tee, and no I've never played football. I jump into my car and head to the Pitt center for a quick morning workout.

As I enter I say hello to the friendly older security



Dan Graziano
Sports Editor

guard and head downstairs. Naturally the ellipticals are all taken up by girls, hoping to get their daily workout in before class. I put down my belongings and walk over to the free weights. It's Tuesday, I grab the dumbbells and begin my chest workout.

After an hour and a plentiful amount of burned calories I head back to Oakwood. When I arrive at my room I need to hurry, as the Spectrum meeting is in 30 minutes. I turn on the burners, shake my protein and jump into the shower.

After a dreary and quick shower I dry off and throw my egg whites onto the now blistering stove top. As the eggs fry I begin

to gear up for my day. I throw on my skinny jeans, and small shirt. On my feet? Sandals. Yes. Sandals on the verge of December. Depending on the day, I either wear my 'emo' hat or not. My hair is a mess so screw it... I'm going to throw on the hat.

I throw the eggs on a piece of whole wheat toast and eat it as I exit my apartment. Again I am back in my car and on my way to campus. Of course the commuter lot and most of North lot is filled so I am forced to park at the Pitt center. As I exit my car I am approached with "Bro, its [expletive] cold out... why are you wearing sandals?" I have no answer, and I continue down the hill to our single academic building.

As usual, my feet receive the normal stares and glares. Are my fellow students judging me for my lack of sneakers, or perhaps my past articles? Lets hope not the former.

There is no way I am the only sandal soldier in the crusade against sneakers. You know what, I dare you to try it. After you experience the orgasmic sandal sensation you won't turn back.

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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Sean Elliott
Assistant Photography Editor

This picture was taken in the fall at an island on Long Island Sound where my friends and I kayak year round. My favorite part of this picture is the stillness of the deep blue water that fills the Sound in the fall.

Radio station brings 'drama' back to campus

Nicole Mastroni
Staff Reporter

Remember learning about Orson Welles' "War of the Worlds" hoax in 1938? Radio has come a long way since then, but Sacred Heart is returning to radio's roots.

WHRT's Radio Drama Club will break the mold of DJs playing music and talking to viewers. Instead, DJs involved in the club are going to work together and put on a live production of classic stories.

"The WHRT Radio Drama Club is not a separate club, but a subset of WHRT," said senior David Choy, a member of WHRT's Radio Drama Club. "The segment of radio theater was designed because we were recently recognized as one of the top 15 college radios, and we want to keep pushing in order to be number one."

With many successful shows already under their belt, the Radio Drama Club is yet another division of the radio station that will bring back a classic form of radio.

"It's another way for students to get involved in radio production and performance, plus it's also a long gone media," said Greg Golda, media studies professor and advisor of the Radio Drama Club. "Being a professor in media studies, I want to bring some of our cultural past back to life."

Modern radio has come a long way



The Spectrum/Sean Elliott

The WHRT radio booth is located conveniently in the cross-section of the HC, UC, and SC hallways.

since the first broadcast on Dec. 24 1906 by Reginald Aubrey Fessenden, according to Radio World Online, but Golda and the rest of the WHRT crew dares to ask, why not go back to the old radio ways as a new form of entertainment and media in the Sacred Heart community?

"When I started on as the faculty advisor back in 2008, during the lead up to

the election, I was doing a program called 'News Junkies', a political talk show," said Golda. "When it got to be closer to Halloween, we did 'Frankenstein,' and that was really fun. I wanted to make it a regular program."

With "Frankenstein" under the New Junkies' belt, and a new division of WHRT underway, what story will the Radio Dra-

ma Club bring to life?

"Each show will pertain to the season we are in. For instance, this December we are doing 'A Christmas Carol,'" said Choy.

Sacred Heart students give their input on the latest WHRT club.

"I think it's a pretty cool idea," said Javier Vidal. "I don't really see how it will be done effectively, but if the radio station can pull it off, and do it right and perform it, I think people will want to listen to it."

Professor Golda realizes the difficulties producing such shows can be.

"It's challenging to do, and I think it's going to be a great educational experience, because it's live," said Golda. "We want it to be authentic, the sound effects have to be done at the right time, everyone needs to know their parts and know them well."

Other Sacred Heart students cannot wait for the Radio Drama Club to put on "A Christmas Carol," as well as their future performances.

"I've always loved 'A Christmas Carol' as a kid so I think I'd be cool to hear it on the radio - it's a great way to start the holiday season in such an old fashion way!" said senior Katie Zebedeo. "I think it sounds great, I would definitely listen to this radio show."

Stay tuned for WHRT's Radio Drama Club and their production of "A Christmas Carol" before the end of the Fall 2010 semester.

AFTER 'A HARD DAY'S NIGHT' BEATLES AVAILABLE ON iTUNES

Venithda Sourignamath
Staff Reporter

You can stop "Crying, Waiting, and Hoping" because the day is finally here: on Nov. 16, iTunes announced the release of Beatles anthology. After much speculation and anticipation, the quartet's 13 legendary remastered studio albums are now available for download.

"We're really excited to bring the Beatles' music to iTunes," said Sir Paul McCartney in an iTunes press release. "It's fantastic to see the songs we originally released on vinyl receive as much love in the digital world as they did the first time around."

In a CNN interview with John Lennon's widow, Yoko Ono said, "In the joyful spirit of 'Give Peace A Chance,' I think it is so appropriate that we are doing this on John's 70th birthday year."

Even though some fans say the release may seem like one of the best things that have happened to iTunes, the process did not come easy.

"I saw the ad on the iTunes website about the Beatles songs being available to buy but I don't know why they were never on iTunes in the first place," said junior Kristin Legenza.

From 1978 through 2006, there had been a on-going legal dispute between the company Apple Corps and the computer manufacturer Apple Inc. (computers) over trademark rights. Apple Corps Ltd. is a company owned by Paul McCartney, Ringo Starr, and the widows of John Lennon and George Harrison, according to the BBC news website.

The 20-year dispute finally came to an end in May 2006, when the High Court of Justice of England judged in favor of the Apple Computer, but it was not until Feb. 2007 when the relationship between the two Apple companies began to improve, according to the International Business Times website.



AP Photo

John Lennon, Ringo Starr, Paul McCartney and George Harrison now on iTunes.

"We love the Beatles and are honored and thrilled to welcome them to iTunes," said Steve Jobs, Apple's CEO, according to Apple's website. "It has been a long and winding road to get here. Thanks to the Beatles and EMI, we are now realizing a dream we've had since we launched iTunes ten years ago."

Since the release, the Beatles have been crawling up the iTunes charts. During the first week of sales the Beatles sold more than 450,000 albums and two million individual songs worldwide with "Here Comes the Sun" standing as the best-selling song in the U.S. and "Abbey Road" being the most downloaded album, according to the Rolling Stone website.

"This was the most exciting day for me because I am a huge Beatles fan," said junior Andrew Soltish. "I've been trying to find some of the Beatles songs that I had been missing and now that I can buy them on iTunes I can finally complete my collection."

2010's most 'glamorous' honored

A-listers, average Joes honored by Glamour Magazine

Valentina Szlashta
Staff Reporter

Glamour Magazine rolled out the red carpet on Nov. 9 when it named its 2010 Women of the Year.

The lineup this year included an eclectic mix of modern role models such as Queen Rania of Jordan, Mia Hamm, Julia Roberts, and even Cher, who received Glamour's lifetime achievement award.

Celebrating its 20th year in existence, the magazine called on big names like Hilary Swank and Kate Hudson to present awards that the "glamorous" gala.

While A-listers like Fergie and Cher may grab the most attention from the mainstream press, this year's lineup stretches far beyond the typical Hollywood hot shots that tend to hog the spotlight.

"I feel like these women are a positive image to young girls. Yes they are all gorgeous but they are all so much more than just a pretty face," said freshman Kate Gallagher. "They have heart, passion, goals, bravery and persistence. I think that it will show girls that they can achieve anything, they just need to be willing to work hard."

A teenage lesbian, who drew national attention for taking a stand against intolerance, an Islamic OBGYN who stood against Somali rebels, and even the world's female Heads of State, are among the inspiring women that "Glamour" has chosen to honor for its 2010 awards.

"They portray women in a great sense because not every woman on the list is a house-hold name," Gallagher went on to say. "They hold powerful positions of influence and use them for the greater good."

Other students also find the honorees good influences and people to look up to.

"I think it is inspirational to see women from all backgrounds and women

who have succeeded in politics and pop culture," said sophomore Devon Vawter. "They have come from all back rounds themselves which I think is important to note and may motivate young women of today's society to strive for change."

Perseverance seems to be a popular characteristic among the honorees this year.

Take for example, 22-year-old adventurer and Woman of the Year, Katie Spatz. This past March, Spatz became the youngest person to row solo across the Atlantic Ocean. She set sail on Jan. 3 from Senegal, West Africa and rowed for 70 days straight until landing in French Guiana, according to CBS News.

But this is much more than a simple story of adventure and inspiration. The catch to Spatz's story? It was all done for charity.

According to Blue Planet Run, an organization that builds wells and water purifiers in Haiti, Kenya, and India, was in support of Spatz's journey as the row was done to raise awareness for clean drinking water around the globe.

"I think it is inspirational to see women from all backgrounds," Vawter said. "It demonstrates the power that women have in our society today to make changes in the world."

Spatz herself stated in her exclusive interview with Glamour, "My hope is to make people realize they're capable of so much more than they think."

This seems to be what a true Glamour Woman of the Year is all about, according to freshman Tara Ryan.

"Yes they are all gorgeous but they are all so much more than just a pretty face," she said. "They have heart, passion, goals, bravery and persistence. I think that it will show girls that they can achieve anything, they just need to be willing to work hard."

Bringing holiday cheer to Broadway

Everyone's favorite 'Elf' makes festive foray on to Broadway stage

Dave Gallo
Staff Reporter

As the holiday season approaches, people seem to resort back to their favorite holiday movies. Whether it's "Christmas Vacation," "It's a Wonderful Life," or family favorite "Elf," these have become staples of the holiday season.

"'Elf' is just one of those Christmas movies that just makes you really excited for the Christmas season," said senior Christine Loscri. "The movie is hilarious and cute all rolled into one, and if it is a Will Ferrell movie, you can't go wrong."

Since news broke out this past September about Buddy's tale being Broadway-bound in November, the cast had a creative way to stir buzz and attract audiences to check out the live version of this holiday tale.

According to the Huffington Post, the show's star, Sebastian Arcelus, distributed gifts randomly to those passing by the Al Hirschfeld Theater, which currently houses the production, for promotional purposes. Among the gifts and prizes, the chance for a child to win a walk-on-role during the play.

"Words cannot describe my excitement for this musical," said junior Natakai Palage. "I'm a huge 'Elf' fan and to see this come to life on stage will be a dream come true."

The duo responsible bringing this recent classic to life are Tony Award winners Thomas Meehan from "The Producers" and Bob Martin from "The Drowsy Chaperone." But according to the show's official website, it will be Tony Award nominees Matthew Sklar and Chad Beguelin of the former show, "The Wedding Singer," who will helm the musical numbers.

With experienced professionals working their magic behind the scenes, it's no surprise that the critics responses have been positive thus far.

"'Elf,' a show that remains true to the 2003 Will Ferrell movie but stands on its own," said Mark Kennedy of the Associated Press. "With great sets and designs, a funny adapted script and a collection of hardworking actors, it simply doesn't need Ferrell in



AP Photo

Mark Jacoby and Sebastian Arcelus in "Elf."

tights."

The family-friendly film starred Ferrell, alongside Bob Newhart and James Caan and told the story of a wayward elf named Buddy, who tries to bring Christmas cheer to the big apple, all the while trying to find his way back to the north pole.

The New York Times had more raves than rants about the show as well.

"The score is generic, true, but it is also polished, hummable-tune laden and professional," said Charles Isherwood of the Times. "Mr. Beguelin's lyrics, at their best, have a bright comic zest and are well-matched to Mr. Sklar's gently swinging music."

But will students spend their extra Christmas change on the hottest ticket in town?

"I've never been more excited about a musical in my life," said sophomore Max-Anne Fulbrugge. "The only thing that would make this even more amazing is if Will Ferrell would play Buddy the Elf once more."

"Elf's" nine-week run will end on Jan. 2, 2011.

'Black Swan' dances it's way to rave reviews

Jamie Miller
Staff Reporter

As the holidays approach, moviegoers will have an abundant selection of movies to choose from. Whether by watching the wizards of "Harry Potter" or learning about "Love and Other Drugs," courtesy of Anne Hathaway and Jake Gyllenhaal, one thing's for certain, the end-of-the-year box office is starting to heat up.

Yet in spite of the hype surrounding the latest releases, one film that is stirring the most buzz amongst audiences and critics is the Darren Aronofsky's eagerly anticipated "Black Swan."

"A wicked, sexy and ultimately devastating study of a young dancer's all-consuming ambition," said Peter Debruge of Variety, raving not only about the film, but of star Natalie Portman's performance. "Center stage stands Portman, whose courageous turn lays bare the myriad insecurities genuinely dedicated performers faces when testing their limits, revealing shades of the actress never seen before on film."

Taking audiences into the darker world of ballet, "Black Swan" tells the story of a young ballerina Nina, played by Portman, who yearns for the coveted lead role in the theater company's upcoming production of "Swan Lake."

Though the director, played by Vincent Cassel, believes Nina is capable of portraying the white swan, he has doubts as to whether or not she can handle the complexity of the black swan. However, Nina now faces competition from a fellow dancer Lily, played by Mila Kunis, thus fueling Nina's obsession of landing the role of her dreams.

"Portman, in the role of her career, oozes anxiety and aching loneliness," said Steven Rea of the Philadelphia Inquirer who also finds "the movie is a breathtaking head trip that hails from a long tradition of backstage melodramas: '42nd Street,' 'A Star is

Born,' and 'All About Eve'."

With the positive feedback from critics alike, are students intrigued to check out this potential award-winner, come winter break?

"When I first heard about 'Black Swan,' I was skeptical because of the cliché Ballerina chick flick," said senior Michael Puff. "However, after the reviews and enormous success it received at the Toronto International Film Festival, I am looking forward to it."

Puff isn't the only student who may purchase a ticket to the flick in the near future.

"The film looks very interesting, both its storyline and look are appealing," said fellow senior Christine Gray.

Helmed by Independent Spirit award-winner Aronofsky, who won for his 2008 film "The Wrestler," with his latest piece, "Swan" he has earned himself much praise amongst the critics as well.

"'Black Swan' once again makes the argument that when it comes to the young generation of US film talent, Aronofsky stands head and shoulders over the vast majority of his peers," said Todd Brown of the website Twitchfilm.com.

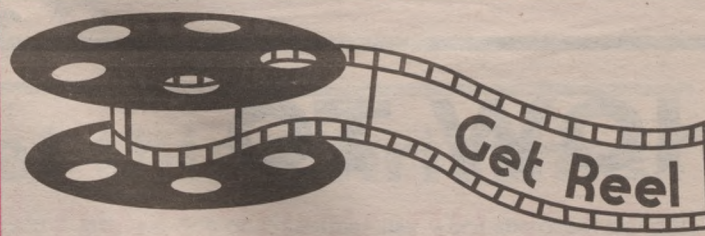
Mike Goodridge of the website ScreenDaily.com agrees.

"Darren Aronofsky soars to new heights with "Black Swan", an enthralling drama set in the competitive world of ballet," said Goodridge.

Even though the film will open to limited release this coming Friday, Dec. 3, there seems to be plenty of students who may have to search beyond the regular multiplex just to catch a glimpse of this tragic, yet critically appealing tale.

"Good competition, attractive actresses and action all in a horror movie," said senior Justin Tartagni. "Count me in."

Contributed to by Asst. Arts and Entertainment Editor Jaclyn Hendricks.



'Potter' charms audiences in his second-to-last adventure

Emma Levine
Arts and Entertainment Editor

If when you turned 11, you waited to receive your very own letter to Hogwarts, or practiced "Wingardium Leviosa" at your school desk, you know what I mean when I say seeing "Harry Potter and the Deathly Hallows: Part 1" was a bittersweet experience. But after seeing the film, I believe it's the best Potter film so far.

The film starts off accurately following the book's plot, except for the very beginning scene, which shows Hermione having to erase her parents' memory for their own protection. This scene was actually very emotional and Emma Watson went through the scene with a subtle sadness that showed how she's matured as an actress.

The film captured the gravity of the situation that Harry, Ron, and Hermione are in throughout the seventh book. Without giving too much away about the plot, Harry is desperate to find the last pieces of Voldemort's soul, better known in the wizarding world as "horcruxes," because finding and destroying them is the only way he can defeat the dark wizard. He insists on going it alone, only to have his faithful companions tell him otherwise and thus, they embark on the journey that begins the end of the Potter series.

The film is the darkest of the seven so far and rightly so because the books become progressively darker and have heavier themes as the story progresses.

The dark and mysterious imagery used throughout the film, like the smoky trails of the death eaters while they fly through the air or seeing the threesome constantly hiding out in dark forests or under places like abandoned bridges, gives the film a much more "grown up" feeling. I was pleased that themes of death and the ever threat of Voldemort were not played down in the film to get a lower rating, and Potter fans know there is one death in particular that Kleenex stock holders everywhere would be pleased about.

There was one scene in the film that, before seeing the movie I was not sure how they would pull off, but director David Yates did not disappoint. In the book Ron has to destroy one of the horcruxes, which as you can imagine is not a pleasant or an easy task. As Ron tries to destroy the horcrux his worst fears come true in a dream-like vision. Thousands of spiders crawl everywhere, he fears that his mother loves him the least out of his siblings, and that Harry and Hermione have feelings for each other.

During the last portion of the horcrux's outrage Harry and Hermione are seen naked with each other (limbs strategically placed in order to hide the "parts" that would have warranted an R-rating) and they are kissing and holding each other. This was definitely provocative for the franchise but true to the story and I was so happy they kept the scene in the film.

If you have any stake in the Potter series, even if you have only seen a few movies, this one is worth "apparating" to the movie theater for and visiting Harry for a second to last time.



AP Photo

Daniel Radcliffe reprises his role as "The boy who lived."

Get Reel gives
Harry Potter and the Deathly Hallows: Part I



HOW TO ... start up your own blog

Mari Brown
Staff Reporter

Diaries and journals are out, blogging is in. Today, the world has gone from writing daily entries in books with mini locks to keep their thoughts safe to publicly posting their most intricate feelings online.

In addition to blogs narrating a personal life story, there are several blogs dedicated to cooking, music, sports, cars, photography, art, and more. Here are some hints on how to get started in the blogging world.

1. Sign up. There are several websites that provide free membership for your own blog. After browsing the options, choose a site and sign up. Create your blog with a user name for everyone to see when they access your blog. If your blog is about your life, it can be an pseudo name or your real name. Remember, if you choose to use your real name, employers often search the internet for job applicants, and may stumble upon your blog. If the blog is going to feature something specific, the name you choose may want to include something regarding the topic of choice.
2. Design your page. You have artistic freedom with the style of your blog, so take advantage of the opportunity to express yourself. If you happen to know html scripting, feel free to type out the coding for your page. For the majority of people who aren't familiar with computer coding, there is an easy step by step option in the tool bar of your blog. You can choose your background color or upload an image to be seen behind your blog posts. Font color, size, and style, along with hyperlink style options are also available for new users. Don't worry, you can change the look of your page as often as you like.
3. Start blogging. You are now ready to post your first blog. Drawing a blank? Introduce yourself! Welcome readers to your blog and talk about the purpose of the site. Explain what your blog will revolve around and how often you plan on posting. This way, reader will know how often to check your page and what to expect when they visit.
4. Pictures are a plus. Try to include some images in your blog. If you can, take your own photos. However, if you are writing about a band, sports star, Hollywood idol, politician, or other famous person and you can't obtain your own photos, borrow one from the internet. Make sure you have the rights to use the photo before posting it on your blog, and include a photo credit under the image.
5. Be reliable. If you plan to update on a daily basis, stick to your plan. If this is a once-a-week blog, make sure you check in at least once every seven days. To build a steady readership, you have to be consistent with your blog posts so your readers know what to expect.
6. Make some changes. Every once in a while, change the style of your blog a bit so your readers don't get bored. A new background image or different font colors every once in a while will keep your readers' interest.

After your first few posts, blogging will seem like second nature. Once you get the hang of things, feel free to have more than one blog. The more blogs you have, the more coverage you have online. You may also want to create a separate blog for employers to display your work and show off your qualifications in your field. If you have several blogs, you can add links from one blog to another, and utilize social networks like Facebook and Twitter to promote your blogs. Happy blogging!

TOP FREE BLOGGING WEBSITES:

- BLOGSPOT.COM
- WORDPRESS.COM
- TUMBLR.COM
- TYPEPAD.COM
- BLOGGER.COM
- THOUGHTS.COM
- LIVEJOURNAL.COM
- BRAVENET.BLOG
- WEEBLY.COM

TO BLOG OR NOT TO BLOG, THAT IS THE QUESTION

How creating your own blog can attract future employers and companies

Marisa Graniela
Features Editor

So back in the day, when Spice Girls and sparkles were cool, online diaries or blogs were up and coming in the World Wide Web. Blogging sites, such as Xanga, were the coolest places to complain about parents and school.

My personal favorite, however, was to post heart wrenching lyrics about how the cute boy in my math class always shared his study hall snack with the well-developed blonde across the room.

As I poured my adolescent heart to the few viewers that followed me, I never knew that one day I would be doing this for a living.

Today, almost all of the major multimedia corporations require blogging as a prerequisite to any position — whether it is an internship or full time employment. In fact, this year I landed an interview with Conde Nast, my ultimate fantasy job.

One of the first things they asked me was if I knew how to manage a blog, Twitter, or Facebook account. Being the media junkie that I am, I fortunately had a positive answer to this question.

But would you be able to say the same?

I know that we are all professionals at Facebook stalking and that some of us, only those who are daring enough, have Twitter accounts but what about blogging?

If you're planning on getting into the media business yourself, I advise you to hop on the blogging bandwagon as soon as possible. Though it seems like it can be a tedious and annoying process, it becomes an enjoyable and relaxing treat when you blog about something that you genuinely love.

Last September, I launched my blogging career by scoring a freelance position with Sacred Heart. I blog about whatever I want, whenever I want, for the school's main website. Because my blogs reach such a wide variety of viewers, I have to keep the blogs clean and positive.

Sometimes I do find it hard to keep up with my blog, but it is definitely a great way to relieve stress or get some steam off my chest. A lot of the time when I do have time to

blog, I dedicate time before going to bed. It's a great way to wind down and relax. Also, more times than not, saving blogging for the end of the day helps me collect all of my thoughts and make sense of everything that had happened that day, good or bad.

Though blogs are a free space to release some heat, it is always a good idea to keep them PG. The Internet is an unforgiving world and it's easy to dig up old dirt on anyone, even if it was years ago. You never want to curse or talk bad about anyone your blog. Though your blog is a place for you to talk freely about anything you want to, it just isn't smart to bash anything.

By doing this, you're giving people a reason to bash you back. Not to mention, when you put negative things on the Internet, employers will be able to see it even if you don't tell them about it.

Searching a name online is anything but difficult and you just want to make sure that you're always leaving yourself in a positive light.

You don't want to limit yourself in the job market before you even search for a place of employment due to a bad blog post. It's supposed to bring on employers, not turn them away.

Though my blog might not be exactly the way I would like, someone else designs the layout and format, I'm still thankful for this opportunity. I took on the position because I thought it would be something else to put on my resume.

I had no idea that blogging would transform into something so necessary for future success.

My all-time favorite blog page is Cupcakes and Cashmere. It's a fashion blog by a girl named Emily who lives in Beverly Hills. She talks about everything from fashion to food. She decided, randomly one day, to start up a blog and now she's famous. She even gets to attend A-list events like fashion week in New York City and she recently designed a Coach bag inspired by her blog and innovative fashion sense.

So as you can see, starting up your own successful blog site doesn't take much. Though this is an extreme case of luck, this could be one day be you! Get on your coziest pajamas and set the mood (I like low lights and John Mayer)...anything to get the creative juices flowing. I promise, it's definitely worth a shot!

A day in the life of a blogger

Easy tips and pointers for beginners

Mari Brown
Staff Reporter

Blogging isn't like using Facebook or Twitter... it's much more personal. Blogs can portray your passions, your hobbies, or your everyday life. Whatever your blog is for, there's a domain out there for everyone.

I've had several blogs with different host websites. Wordpress, Blogger, Blogspot, and TypePad are all different sites with which I've signed up. I usually create a blog for a specific reason, and like to try new domains.

For example, I used TypePad for a blog I wrote while I studied abroad in Italy to inform students considering studying abroad of what adventures I encountered. I am using TypePad again for Sacred Heart to write a blog about being a senior here.

For both blogs, I could upload pictures to my blog post and type as many words as I wanted. I could also allow people to comment on the blogs, and if I desired, I could respond.

Blogspot and Blogger are both websites I have created accounts with just for my own personal use. There are no restrictions on these blogs because I am the creator. I design the pages and can change them any time I would like, give out as little or as much information about myself as I want, and post pictures, journal entries, or both.

However, I suggest keeping private personal information like your phone number, full name, address, or other contact information. Remember, blogs can be seen by anyone, anywhere.

If you want a blog but don't want strangers to have access to it, you can set restrictions. There are several privacy options on almost every blog site that helps you control who can see what information.

It's a good idea to check out these options for your blog.

Wordpress is the most recent blog I've become involved with. This site is interesting because you can have a normal blog that you can design, update, and have complete freedom with, but you can also make your own website.

For a fee, you can have your own website without the "@wordpress.com" at the end of your site. On the website there are still blogging capabilities, but you have complete control over the look, navigation system, links, posts, pictures, and anything else on your page.

Of course, these aren't the only blogs online.

There is a huge trend right now for "mommy blogs". These blogs are dedicated to mom's who want to connect with other moms.

The websites allow moms to create a profile on their page and post blogs, journal entries, recipes, hints, tips, and other things. These posts are available for other members of the site to look at, comment on, and respond to.

Other blogs that are becoming more and more popular are music blogs and food blogs. Many artists are making blogs and posting about their music on a regular basis, trying to get their name out there.

Often times these music blogs are filled with music and new songs for readers to listen to. As for food blogs, the concept is relatively similar. Chefs, cooks, or even just people that enjoy cooking post new, favorite, or different recipes to share with other 'foodies'.

Fashion blogs are also a popular topic among young adults or anyone who is trying to find out the latest trends. This allows anyone to research their favorite celebrities fashion ideas and tips at the comfort of their own home, rather than having to go to the store and buy a magazine for a few bucks.

Blogging is such an easy way to connect to the world. Everything is becoming more digital these days so it is extremely beneficial to promote yourself through a blog.

Many people are also trying to promote their business, start a business, or just learn how to cook an every day meal.

Something else to consider with blogs is connecting them with other social media you may have signed up with.

For example, you can have "widgets", or buttons, that connect someone from your blog to your Facebook, Twitter, or other blogging or social media websites. That way, it's just another way to promote yourself to a large array of audiences. Your friends on Facebook can read your blogs and even suggest your writings to their other friends.

Blogging is a world of connectivity for everyone to join. Whether it be for food, music, moms, or even art, sports, or technology, there's blogs out there for everyone.

The best way to get involved is by creating your own blog (or blogs) and start communicating with other people.

It's easy, it's fun, and it's a great way to share you thoughts.

BLOGGING FOR YOUR BUSINESS

Professional photographer, professor makes blogging work for her

Maile Hetherington
Staff Reporter

Last Saturday morning you may have found photographers Kathleen Trenske and her husband Robert Trenske shooting at a wedding in Manhattan. Last Tuesday evening, you may have found her in the Humanities Center wing of the Academic Building teaching her magazine editing class.

In the past month, the Trenskes have travelled over 5,000 miles, enough to drive across the country and bring back plenty of moments to share on their blog "Robert and Kathleen Photographers."

Sacred Heart University alumni and adjunct media studies professor Kathleen Trenske joined her husband's wedding photography business five years ago and has since then been capturing iconic moments and blogging about them nonstop. Trenske always had an enthusiasm for journalism and design but it was not until she gave up her full-time job and picked up a camera, that she realized her true passion.

In an interview with The Spectrum, Trenske shared how meaningful and unique her career is and how blogging has contributed to the success of her and her husband's business.

"Our job could never be boring," said Trenske. "Sharing that experience with couples, being able to tell their story is incredible."

- What inspired you to go into blogging and how has it helped your wedding photography business?

"Our blog is an integral part of our business. As photographers, we are always looking for new ways to showcase our work. The blog allows us to post our personal favorite shots from each wedding or event, letting our clients see the types of images we like to photograph the most. We spend a lot of time on each post (up to 8 hours for a wedding post), selecting the pictures and writing a story that really encompasses each individual couple's wedding day.

"We know that selecting the people who will be capturing some of the most emotional and personal moments of your life is no easy task. That's why we use the blog to let couples get to know us better as people, letting our own personalities show through with personal posts so that on the wedding day we no

longer feel like strangers to them (or their guests).

"The impact of blogging on our business is immeasurable. The blog has become so popular, many brides and their relatives and friends check it regularly, even after their own blog post has been put up online. Many brides get ideas for decor, flowers, and hairstyles from the site - sending it along to their friends as well."

- How do you select the photos you choose for your blog or what are your favorite kinds of pictures you take?

"We love to capture the connection between couples. We seek out the moments that aren't posed or planned; the ones that will make their friends and family say "that's so them." We also love travel photography - architecture and details of a city or place. We incorporate that into weddings too, looking for wide establishing shots that show off the church, venue, etc."

- What is the most unique experience you've had while working or blogging?

"We write engagement and wedding stories for each couple's blog post. One bride actually loved the engagement story from her blog post as the basis for the theme for her wedding ceremony. It was amazing when we heard parts of it incorporated into her ceremony."

- Where is the coolest place you have ever taken photographs?

"This past March we taught a workshop teaching other photographers in Paris. We got to photograph a couple on an apartment rooftop with a view of Eiffel Tower. Just this past October we taught another one right in NYC, photographing at the Chelsea Hotel - an iconic NY rock n' roll landmark."

- Lastly, I heard you are moving to the New York City, did your job influence this decision? Will you continue to blog?

"Our couples tend to come from all over the county, mostly living or working in New York. We decided to move our main studio to New York in order to better accommodate our couples by being in a more central location.

"We'll still be doing weddings in Connecticut, New York and New Jersey. We'll absolutely still be blogging as well - we love it!"

BUT EVERYONE FAMOUS IS DOING IT

Ashley Monaco
Assistant Features Editor

For students at Sacred Heart University, the 1990s were the peak of our childhoods. Our days were filled with Pokemon, Power Rangers, and pop music. And while we were clicking away on Game Boys and collecting Beanie Babies, little did we know that a phenomenon known as "blogging" was being formed.

Like any good trend, blogging has continued to grow since its birth in the 90s, and almost everyone is doing it, especially celebrities, who have managed to find time in their busy lives to update their fans on the web.

There are multitudes of sites dedicated to the daily ramblings of our favorite celebs, including Celebuzz.com, which I decided to check out after coming across it in a Google search.

After perusing Celebbuzz, I discovered that it is a unique hybrid in the blogging world. Not only does it provide followers with their daily dose of celebrity gossip but it also contains blogs written specifically for the site by popular Hollywood icons.

From the perspective of a first time viewer, I found it difficult to find the links to the featured blogs. Typically, I would look for them in the homepage navigation but to my surprise, they were not there. After a few moments of scrolling and scanning, I found the links at the bottom of the homepage.

Some familiar names such as the Kardashians, Whitney Port, Nicole Richie, and Britney Spears stuck out right away. Due to their recent opening of Dash NYC, I opted to check out the Kardashians' blogs to see what they have had to say since the launch.

After investing some time investigating their posts, I found that many of the things they had to say were similar to blogs my friends keep. There were



AP Photo

Kim Kardashian appears at the opening of Charmin's Deluxe free public restrooms in Times Square event on Nov. 23.

a plethora of pictures from Thanksgiving, updates on family members, and details about their lives. Of course, the extreme glitz and glam set them apart from my friends' home life.

Like any good businesswomen, the sisters also dedicate a good portion of their blogs to promoting their fashion line and newly released book "Kardashian Confidential." With convenient up-to-the-minute updates, fans are constantly kept in the know. Courtney, for example, shared a video from their Nov. 30 interview on The Today Show a few short hours after its occurrence.

So whether you're looking to promote your business, opinions, or simply your life, blogging is certainly the way to go about it. After all, the Kardashians are doing it and no one knows success and trends better than they do. I suggest you browse sites like Celebbuzz to figure out how to get your start.

Scoreboard

Friday, November 26

M. Ice Hockey

RIT- 6

SHU- 1

W. Basketball

SHU- 65

Auburn- 53

W. Ice Hockey

Quinnipiac- 9

SHU- 1

Saturday, November 27

W. Ice Hockey

Uconn- 11

SHU- 0

M. Ice Hockey

SHU- 3

RIT- 3

W. Basketball

BC- 83

SHU- 47

M. Wrestling

Binghamton- 35

SHU- 9

UPenn- 48

SHU- 0

On Deck

Today

M. Basketball vs Mt. St. Mary's

7:00 p.m.

W. Volleyball @ #2 Nebreska

(NCAA Tournament)

8:00 p.m.

Tomorrow

M. Ice Hockey vs. Mercyhurst

7:05 p.m.

W. Bowling @ Jeannette Lee

Invitational

All-day

W. Ice Hockey vs. St. Michael's

7:00 p.m.

Saturday, December 4

M. Basketball vs. Wagner

2:00 p.m.

M. Ice Hockey vs. Mercyhurst

7:05 p.m.

W. Ice Hockey vs. St. Michael's

2:00 p.m.

Sunday, December 5

W. Basketball @ UConn

XL Center, Hartford, Conn.

1:00 p.m.

Contact Sports Editor

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Follow Us on Twitter

twitter.com/SHUSpecSports



The Sacred Heart women's volleyball team celebrates their first ever NEC Championship after they defeated Robert Morris. Photo courtesy of Nick Giaquinto

W. Volleyball NEC Champions

Move on to NCAA Tournament vs. Nebraska

Erin Burke
Staff Reporter

Sacred Heart Women's Volleyball made history recently winning the Northeast Conference Championship.

The weekend-long battle started Saturday with a tough game against fourth seeded Central Connecticut State University.

The game was not going to be an easy win for Sacred Heart by any means.

"Everyone was a bit nervous heading into the game," said junior Ashlyn Trimble.

CCSU would take Sacred Heart back and forth through all five sets before finally falling 3-2.

Sacred Heart took a commanding lead in the first set winning 25-15 with help from sophomore Elise Sage and freshman Christina Bauch as both would hit back-to-back kills to secure the point.

With 13 offensive errors, Sacred Heart would drop the second set to CCSU 22-25.

Eager to redeem themselves, Sacred Heart worked off of the momentum of a kill from junior Maile Hetherington and won the second set 25-20.

CCSU had no intent of letting Sacred Heart into the championship match with out a fight and tied the game 2-2, winning the fourth set.

The fifth and deciding set of the match was the toughest of the game. The lead changed sides several times, but Sage's kill earned match point for Sacred Heart and freshman Dianis Mercado won the match with the final point, sending Sacred Heart to the NEC finals for the second consecutive time.

"It was a complete team effort," said senior Courtney Kidd-Kadlubek. "If you look at our stat sheet, everyone contributes and everyone is a factor".

Sacred Heart faced Robert Morris on Sunday Nov. 21 for the NEC Championship title.

"The team was pretty clam and relaxed going into the championship," said Trimble, "We knew what we had to do and focused on getting our jobs done."

And that's exactly what they did, winning the final match 3-0.

Sacred Heart won the first match in decisive fashion. Sophomore, Johanna Ovsenek recorded one of her 16 kills of the match to win the first set, 25-9.

Robert Morris proved to be a little tougher in the second set, but was still no match for Sacred Heart's lethal offense. Kills from Sage, boosted Sacred Heart to win 18-25 and lead the match 2-0.

Bauch was a power house earning the only double for the match and Sage proved to be an incredible offensive threat again as her last two kills would win the third set for Sacred Heart, 25-12, securing, not only the match but also the teams first ever NEC Championship.

"Excited" was the only word that Trimble or Kidd-Kadlubek could say to describe how the team was feeling after the win.

By winning the NEC Championship, Sacred Heart ended the six-year long Championship streak held by Long Island and by winning at home, Sacred Heart ended their regular season home play at a perfect 16-0.

Kidd-Kadlubek was named Player of the Year and the Tournament MVP, with a combined 98 kills for the weekend. Junior Jessica Colberg will join Kidd-Kadlubek on the All Tournament Team.

The girls would cut their Thanksgiving breaks short to be at the William H. Pitt Center, Sunday Nov 28 at 2:30 to watch the NCAA Tournament pairings show together.

When asked about how they were pre-

paring for the upcoming competition, Kidd-Kadlubek said, "We focus on our side of the court. We don't watch other teams film or anything, we just focus on our game and what we need to do."

Both Trimble and Kidd-Kadlubek say that the team is looking forward to competing in the NCAA tournament and that everyone is just excited to be able to keep playing together.

Sacred Heart will face the number two seed Nebraska in the first round of the NCAA Tournament on Dec. 2 at 8 p.m in Lincoln, Nebraska at the NU Coliseum.

Pioneer Leaders (Season Totals)

Kills

Elise Sage - 402

Dianis Mercado - 393

Johanna Ovsenek - 333

Ashlyn Trimble - 330

Digs

Jessica Colberg - 511

Ashlyn Trimble - 355

Dianis Mercado - 348

Blocks (total)

Johanna Ovsenek - 83

Ashlyn Trimble - 77

Elise Sage - 55

Sahara Tanning

The Hottest Tanning Salon...

NOW OPEN IN FAIRFIELD

Offering **1** FREE Tan

\$21.99 Unlimited Tanning for 31 days

Professional Teeth Whitening

\$58.99

UV-Free Mystic Spray Tan

\$23

le Magic

The World's First Collagen pure Rejuvenation Bed



Grazmere Plaza
173 Post Rd
Fairfield, CT 06824
203-292-8279



Women's Ice Hockey trips at Nutmeg Classic

Jess Orser
Staff Reporter

This past weekend the Sacred Heart women's hockey team had another tough weekend competing in the Nutmeg Classic. The Pioneers lost both games against tough opponents, Quinnipiac and University of Connecticut. The Pioneers record is now 1-10-0.

The Nutmeg Classic was held at the Quinnipiac-TD Bank Sports Center, where the competition was fierce.

The Pioneers, who had just suffered a heart breaking loss in overtime to Nichols, were ready to try and regroup and get back on the winning track.

"We faced two tough teams this weekend, Quinnipiac University and UConn," said junior Nicole Palazzo. "Friday night against Quinnipiac we lost 9-1, this was one of our most difficult games of the year because we did not play to our potential."

Although the Pioneers lost 9-1 to the Bobcats, there were positive outcomes from the underclassmen. The freshmen on the team have stepped up and are beginning to make an impact for the Pioneers.

Freshman goaltender, Alexis Schutt, made 57 saves in net and fellow freshman, Sara Hanna, netted her second goal of the season, which was the only goal scored by Sacred Heart.

The Bobcats brought out their A-game, scoring three goals in each period, consistently putting the Pioneers into a deeper and deeper hole.

"It was a hard weekend. We knew that we were facing tough teams from the beginning," said junior Caitlin Gottwald. "Obviously we would have wanted to be more successful but there were some posi-

tive aspects to our play, particularly on Saturday against UConn, that we are going to carry into this weekend against St. Michael's."

After a tough loss against the Bobcats, the Pioneers faced UConn in the consolation game.

"Saturday we lost to UConn 11-0 but the score did not reflect our effort throughout the game. The shots in this game were almost even, which reflects how close the game actually was," said Palazzo.

Sacred Heart was outshot 35-21 by the Huskies. Freshman Schutt started in goal against UConn, but was pulled for junior Raelene Sydor, who stopped 17 of the 35 shots.

Hanna was named to the all-tournament team for her efforts in both games.

The Bobcats defeated Yale in the championship game by a score of 2-1.

With the Nutmeg Classic behind them, the Pioneers are ready to skate forward and leave the past behind them.

"We look to move on this weekend stronger against St. Michael's at home where we look to start a winning streak," said Palazzo.

The Pioneers gear up for action this coming weekend on Dec. 3 against St. Michael's on their own ice at the Bridgeport Wonderland of Ice. The puck is slated to drop at 7 p.m. They also face the Purple Knights in a Saturday afternoon match-up at 2 p.m.

They will also be busy over the Christmas break with seven games, including participating in the Neumann University Tournament. They will face Cortland State in their opening round game.

Stats courtesy of The Sacred Heart Athletic Department.

PIONEERS PROVE SUCCESSFUL AT 'JUNKAROO JAM' TOURNNEY

Al Malafronte
Staff Reporter

The tropical paradise of the Bahamas is a popular vacation spot for most, but for the women's basketball team, it's just another stop along the journey of their season.

The Pioneers earned one of the biggest wins in program history in their first game of the Junknaoo Jam Tournament. The Pioneers defeated Auburn in a satisfying 65-53 win.

Four Pioneers reached double digits in the opening round game to lead the offensive attack. They were led by senior captain Alisa Apo's 15 points and six rebounds. The Pioneers shot 51 percent from the floor, which was 20 percent higher the Tigers' 31 percent.

The Pioneers came out of the gates early, as sophomore Morgan Merriman dropped the first bucket of the game with a layup. When the Tigers quickly responded with five unanswered points, Apo sunk a three. The Pioneers gained an 8-5 lead when junior Callan Taylor quickly followed with a trey of her own.

When the lead soon grew to 38-18 before the half, it was clear that the Pioneers were clicking on all cylinders, especially defensively.

The Tigers were eaten up by the Pioneers' aggressive defensive attack, as they turned the ball over 15 times on the afternoon.

"Our defensive intensity on all fronts was the deciding factor today," said head coach Ed Swanson to reporters after the game. "We shot the ball better than we had all season and our team played strong as the aggressors for most of the day."

This balanced attack carried over to the second half, as Apo scored the first

five points of the half. Freshman Ericka Norman soon sunk a pair of free throws to put the Pioneers ahead 47-21, all but sealing the victory.

The victory marked the first in program history to come against a school from one of the major conferences.

Unfortunately, the crisp play that surrounded their victorious effort on the first day was upended by the Eagles in an 83-47 defeat in the championship game.

Boston College came into the game with a 5-0 record and was picked to finish seventh in the ACC pre-season polls.

The Pioneers struggled shooting from the field only shooting 32 percent, while the Eagles shot 49 percent.

Sacred Heart was led by Taylor who finished with 12 points and eight rebounds. Apo chipped in with 10 points and four assists.

The team finished the 2010 Junknaoo Jam runners up in the Lucaya division.

The Pioneers return to Connecticut with a record of 2-3. They returned to the hardwood last night at home versus Albany. Results were unavailable as of press time.

Sacred Heart will face the number one nationally ranked UConn Huskies this Sunday at the XL Center in Hartford. UConn has won a record of 84 games in a row going into Thursday's Big East opener at South Florida. If UConn reaches 88 wins, they will tie the Division I record for wins in a row held by the UCLA men's team from 1971-74.

Stats courtesy of The Sacred Heart Athletic Department. This article was contributed by Asst. Sports Editor Ryan Hannable.

A DAY IN THE LIFE: PIONEER SWIMMING

Whitney Hughes
Staff Reporter

Many college students find themselves staying up until dawn and sleeping all day, but for junior Meghan Bailey and senior Katie Marshall, waking up at sunrise is a part of her daily routine. Both Bailey and Marshall are members of the Sacred Heart University women's swim team.

The collegiate swim season spans from September to March.

"I usually swim the 400IM, the 200IM, and the 200 butterfly in races which begin in October," said Bailey.

Bailey's typical day when in season starts early and ends late. Bailey wakes up at 4:30 a.m. for her first practice of the day, which is held at the University of Bridgeport.

"I race the 200 fly, 100 fly, 200 free, and sometimes the 500 free," said Marshall.

Like Bailey, Marshall wakes up early throughout the season.

"I wake up around 4:30 in the morning," said Marshall. "Our morning practice starts at 5:15 a.m. and our afternoon practice starts at 2:15 p.m. Both practices are around two hours long."

After practice, both Bailey and Marshall rush home and manage to find time to shower and eat before attending a full day of classes. Classes are particularly important to schedule correctly because the team has their second practice of the



The Spectrum/Jessica Orser
Meghan Bailey performs well in swimming while maintaining a job and classes.

day at 2:15 p.m.

Sacred Heart does not have a home pool so the team must travel to another pool off campus for their second practice.

"Practice consists of two hours of swimming. Some days of the week we swim together as a team, and on other days we split up into stroke groups so that we can focus more specifically on our individual events," said Bailey.

Two practices a day is both physically and mentally demanding.

"The practice schedule keeps me busy. I currently take five classes so I have a full load. Some days are worse than others but by the end of the week it becomes more manageable," said Marshall.

Practices don't always involve just

swimming.

"A typical work-out consists of a warm-up, a main set, and a warm-down. We also work out using a Vasa machine, which is a swimming machine that you use to simulate swimming in the water by pulling your own body weight a few times a week," said Bailey.

Napping is essential to an athlete that wakes at dawn and has two practices a day.

"In between practice and class, I usually try to take a nap and get homework done," said Bailey. "The hardest part of my day is getting up for practice in the morning. It is hard to wake up at 4:30 knowing that you have a full day of classes and another practice ahead of you, and that you might not get a chance to nap."

Time management is extremely important for an athlete in order to maintain success in both the pool and in the classroom.

"It is mostly just about time management and getting my work done whenever I have a free moment to get it done," said Bailey. "The hardest part of being a student athlete in general is balancing school with practice and meets."

Not only do they have to balance their practice and class schedule but most of the girls also participate in work-study.

"I also have a work study job two nights a week after practice so I am pretty busy," said Marshall. "I think that having the time restraint actually allows me to manage my time better and finish all my school work."

With school, practice, and work the girls still manage have some free time.

"I have time for myself at night after I finish my work and at the end of the week. We do not have practice on Sunday's so that is also time that I have for myself," said Marshall. "Most meets are on Saturday afternoons so it is nice to have the rest of the day/night off and have Sunday off as well."

Bailey has high goals for both herself and her team this season.

"My individual goals for the season are to get faster and swim personal bests at NEC's," said Bailey.

Marshall agrees with Bailey and has similar goals.

"My personal goals for this season are to go best times in my events and to win the 200 fly at NEC's again," said Marshall. As for my team goals I hope that we improve in our conference standings and move up to third place."

Both girls agree that the team is stronger this year and looks to do well at the Northeast Conference meet.

"So far we've had a good season, and I hope that we continue to do well and maybe even place at NEC's," said Bailey. "We have stronger team this year than we've had in the past, and I think that we definitely have the potential to do really well."

This article was contributed to by Sports Editor Dan Graziano

A look back: 2010 Pioneer football season

Ryan Hannable
Asst. Sports Editor

The days are getting shorter, Christmas lights are going on trees and the temperatures getting frigid, which means the shift from the fall sports season to the winter is upon us. However, we will take one last look at the football teams recent season.

The Sacred Heart football team wrapped up the 2010 campaign with a 38-22 win over Wagner on Nov. 20. The Pioneers finished the season with a 4-7 record, going 2-6 in the Northeast Conference.

It was a season of ups and downs and missed opportunities. The Pioneers were competitive in almost every game they played, it was just a big play given up here and there that ultimately led to the 4-7 record.

"As a whole it was very frustrating. We were so close but yet so far away," said senior running back Marcel Archer. "This year as a unit we could compete with any other program within our means and especially within the NEC. We just came up short in some games when it mattered most."

The Pioneers came out of the gates strong, traveling to Marist in the opener and defeating the Red Foxes 38-25. The team then hit a rough patch losing six games in a row. Four of their losses were by 10 points or less, so the Pioneers remained competitive despite a losing streak.

Next, Sacred Heart went on a two game winning streak, defeating Georgetown at home and then a victory at Monmouth. The Pioneers returned to Campus Field for the remaining two games of the season, suffering a loss to Albany, but then ending the season on a high note beating fellow NEC foe, Wagner.

The highlight of the Pioneers' season came with their gut wrenching close win at Monmouth, 26-25 in an exciting back and forth game.

"The best moment of the season was when we upset Monmouth. Not only did we beat them on their homecoming, but we essentially knocked them out of NEC title contention as well," said sophomore punter Bobby Shepherd.

Archer agreed with Shepherd as well. "We hadn't beat Monmouth since before our head coach Paul Gorham was here, so it meant quite a lot to beat those guys," said Archer.

Senior quarterback Dale Fink was undoubtedly the leader all season long for the Pioneers. He finished the season with 18 touchdown passes and 2,907 passing yards. On top of that he also set 13 schools records in his time at Sacred Heart. Fink has also set the record for career touchdown passes in the NEC with 82, and passing yards with 8,803.

For his efforts in the season finale against Wagner, Fink was awarded the Golden Helmet Award winner as the Division I New England Player of the Week as well as the NEC Offensive Player of the Week.



The Spectrum/Sean Elliott

Senior running back Marcel Archer (#3) runs past a Wagner defender.

Fink and junior wide receiver Rich Rossi were named to the NEC all-conference team.

Archer was the teams leading rusher with 859 yards and 11 touchdowns. Followed by freshman Greg Ibe who rushed for 459 yards and two touchdowns.

Rossi was Sacred Heart's leading receiver, finishing the year with 51 catches for 704 yards and five touchdowns.

Defensively, junior linebackers Chris Mandas and Mike Zambarano led the team with 88 and 79 tackles respectively.

"I will miss the comradely that us players have between ourselves and the coaches. I transferred in here from CMU and had experienced two different coach-

ing changes at my past university," said Archer. "Being able to come here and be accepted by the players and appreciated by the coaches really meant a lot to me and is definitely what I am going to miss the most."

Next season the team will feature many fresh faces as Archer, along with 12 other seniors have played their last game as Pioneers.

"As far as next year goes I think we are really going to surprise some people," said Shepherd. "Even though we are losing some key senior players we had a lot of young guys get playing time this year and I think that will help us going into next season."

Contract dispute leaves SHU with Jeter fever

Liam Roecklien
Asst. Sports Editor

Pride. Power. Pinstripes.

When one thinks of the New York Yankees all of these characteristics immediately come to mind, but what really sets them apart from the rest of Major League Baseball is the team's most famous trait, tradition.

Babe Ruth, Lou Gehrig, Joe DiMaggio, and Mickey Mantle are past Yankees whose reputations have taken on legendary statuses and have built the Yankee tradition. These men have fully embodied what it means to be a Yankee, and in the present day they only have one rightful successor, the Yankee's captain Derek Jeter.

"Derek Jeter is a role model and the definition of leadership," said senior Steven Fiorenza. "He is the face of the New York Yankee franchise that I have grown up loving and rooting for my entire life."

However, Jeter currently does not play for the Yankees as his contract has expired. He is a free agent, and is involved in a bitter contract dispute to decide how much he is worth to the franchise.

According to USA Today, the Yankees are working hard at signing their captain.

"I'm happy with the tenor of things," said managing general partner Hal Steinbrenner last Thursday. "We're talking. That's the important thing. We're airing each other out, and we're just going to continue doing that. We're working hard to get a deal done."

But after several frustrating weeks, fans have had to be reminded that the Yankee's front office will not give their hero whatever his heart desires.

"This is a business negotiation. Nobody wants to make it personal, because it's not personal," said Steinbrenner, in USA Today. "Both sides have a lot of respect for each other. My family's got a lot of respect for Derek, and I believe it's a mutual thing. It's been a good history."

Hindering the deal are concerns about the Yankee captain's age and declining numbers. Jeter now 36, hit a career low .270 last season with an on base percentage of .340 and only 10 home runs.

Many fans believe that there has been entirely too much emphasis placed on one bad season. They believe that Jeter's career numbers should be able to speak for themselves.

"I think there's way too much hype over one down year," said Fiorenza. "Just because he had one down year does not mean he can't come back next year and bat .300 with 200 hits."

Others are not quite so optimistic, believing that last years numbers are an indicator of what is to come.

"As a player, I think he is good, but I don't think he's in the category of one of the greatest of all time," said senior Steve Armato. "I think he has already been recognized for his past attributes because he's already making more than any other shortstop in baseball, but Jeter and his agent are asking too much especially after this past season."

Many Yankee fans believe that Jeter is worth much more to the franchise because of his intangibles, most of which cannot be recorded in the box score.

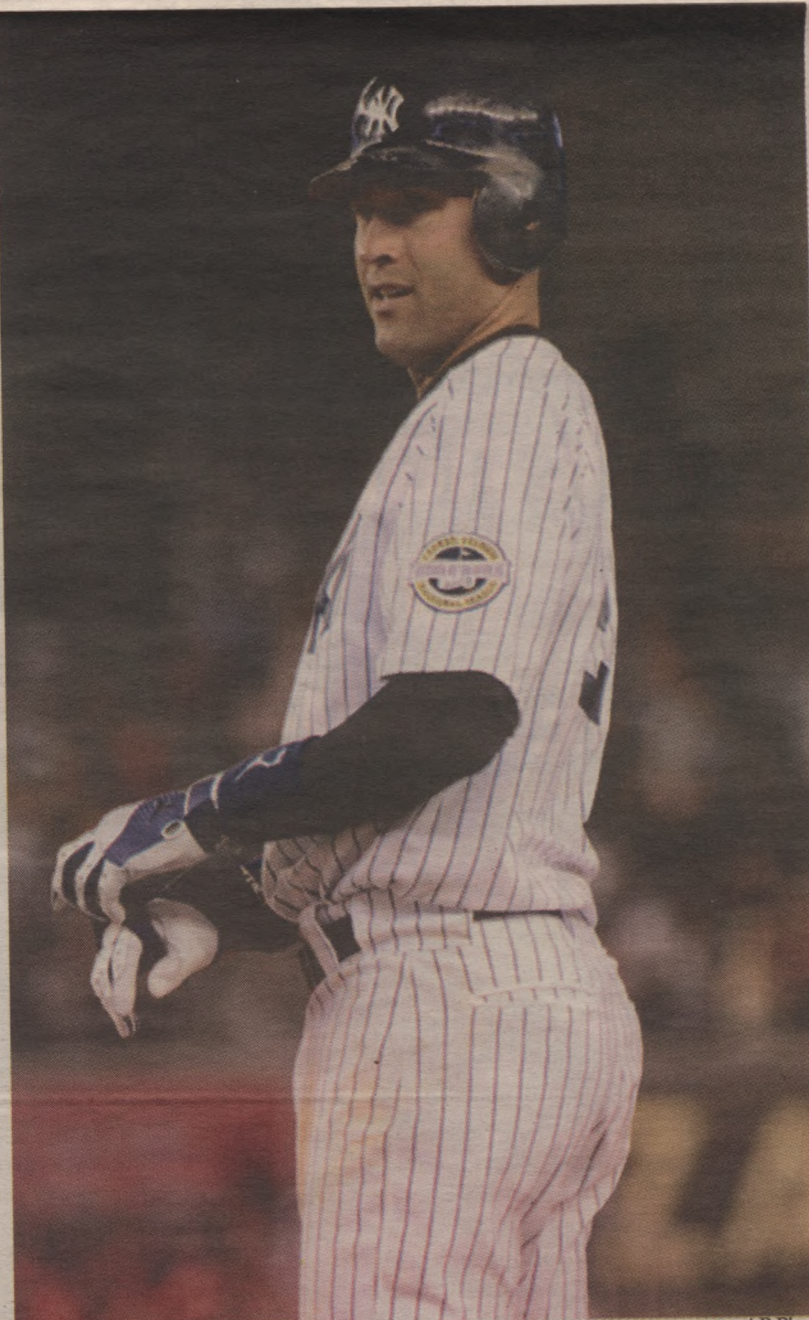
"At this age, Jeter has become a great mentor for the other younger players who will take over for him once he retires," said Fiorenza. "Jeter is like having a coach on the field because he is one of the smartest players in the league."

Nevertheless the contract dispute continues due to varying opinions on Jeter's worth, with some supporting the Yankees management.

"I think the organization is doing the right thing because he's is most definitely past his prime of his career," said Armato. "But I think if he's asking for five years he's looking for way too much for his age. You don't get better with age so you have to face that Jeter won't be around forever."

Then there are others who are supporting Jeter.

"Watching Derek Jeter play has taught me the values of hard work and dedication," said Fiorenza. "His ability to always say and do the right thing is extremely admirable from the fan's perspective. He should get the contract he is asking for because his value cannot be underestimated."



AP Photo

It is reported that the Yankees are offering Jeter a three year deal worth \$45 million, working out to \$15 million per season. However, the latest rumors from Jeter's camp are that he is seeking a much larger deal. These say that he is seeking a \$150 million deal over six seasons, which comes down to \$25 million per season.

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RUN ROSSI RUN

Rossi and
Fink named
to
NEC All-
Conference

Junior wide receiver Rich Rossi (#11) darts to the end zone in Sacred Heart's season finale victory over Wagner. Rossi was named to the NEC all-conference team.

The Spectrum/Sean Elliott