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the Spectrum

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Photo courtesy of Tracy Deer-Mirek

Dr. Petillo answers students' questions during his talk at the Chapel of the Holy Spirit on Wednesday, Dec. 1.

PETILLO ADDRESSES STUDENTS ON FUTURE OF SHU

Erin Murtagh & Arielle Mangiaracina
Assistant News Editor & Contributing Writer

Sacred Heart University's interim President, Dr. John Petillo, met with students in a forum on Wednesday, Dec. 1, to discuss concerns for the future of the university.

Organized by the student government, the event was held in the Chapel of the Holy Spirit. According to student government president, Kelly Leather, roughly 80 students were in attendance.

"He wanted to address the student body in an open forum, and student government was glad he was willing to do so," said Leather.

Students were informed of his plans to continue and strengthen involvement in volunteering and community service. In doing so, he hopes to increase the value of a Sacred Heart degree by integrating such experiences into the classroom.

"Students will have a learning experience that exceeds the fifteen credit hours in a classroom each semester," said Petillo.

The floor was then opened to students who wished

to voice their questions and concerns. The first question asked dealt with changes to the daily life of the average student.

"Nothing at the university is being derailed," said Petillo. "Things are moving forward."

Junior Eddie Kennedy was among those who directed a question, as he asked if Dr. Petillo had plans to submit his name for review for a permanent position as president of the university with the executive search committee.

"That is a conclusion I have to come to in the near future, but as of right now I am unsure," Petillo said.

Other questions revolved around expanding the size of the campus. While he expressed his belief that the undergraduate level will remain on the small side, he is confident that graduate enrollment will continue to grow. As a result, he claimed plans for new academic buildings are on the drawing board to be built within the next four years.

In the wake of his recent collaboration with student government, Dr. Petillo explained how he is in favor of an open exchange between him and students.

"Student government is grateful to him for already following through with his promise to work with us," said

Leather. "Out of our first meeting, the library hours were extended, which is something we had actively been working on for over a year."

Leather also asked if student centeredness is going to remain a mission of the university.

"Yes," Petillo said. "Student involvement is key to university life."

Similarly, senior Sam Dowd asked how students could make his job easier.

Simply put, he said, "Participate."

Transparency of university issues and events was emphasized as Petillo explained that everything would be publicized through Student Government. He continues to be a proponent of open forums, during which times future concerns would be addressed.

"Students should always voice their opinions on what is happening in the university," said Petillo. "Whether or not I am president."

It is not often that the president of a university makes himself as available," said Leather. "He eats lunch in the cafeteria almost daily which provides an opportunity for students to talk to him."

Nursing chair nominated to be featured in Fairfield County Business Journal

Melissa Carmelitano
Staff Reporter

Several weeks ago, nursing department chairperson Dr. Anne Barker was approached The Fairfield County Business Journal to explain how the nursing field is changing. Here on campus, Barker is helping to shape Sacred Heart's nursing program to implement these changes.

Barker has 40 years of expertise in the health care field and had been an educator for 22, although she said she didn't intend to be so involved in educating at first.

"I originally came to Sacred Heart to start a graduate program in health care administration," Barker said. "As we've grown, we began to see the education of new nurses as part of the mission of our program."

That program is currently going through some changes. According to Barker, it is trying to keep up with the changing health care field.

"Health care is becoming so complex," she said. "It is much more involved now in terms of technology and research. The nursing profession is calling for a more educated work force."

Nursing major, Caroline Sampson, agrees with Barker. Sampson thinks that changes to the program will only improve it.

"The program is great and very challenging," said Sampson. "I think Dr. Barker runs the program well, but there are always adjustments that could be made to improve upon it."

These changes couldn't come at a better time, according to Barker. Governmental health care reforms are changing the field as well. "The goal of the new laws is to give people access to more preventative care," says Barker. "We want to move further away from care in emergency rooms, acute care."

Barker said we will always have a need for acute care in hospitals and ICU's, "but the hope is that the laws will cause a shift from just acute care to preventative care and promotion of health," said Barker.

A revamping to the system means new responsibilities and opportunities for those in the nursing profession.

"There will be a larger demand for advanced nurse practitioners within primary care," said Barker.

"Nurses will also need to have advanced skills in diagnosis and treatment. Nurses in hospitals are going to need better skills in supervising others, and in evidence based prac-

See DR. BARKER on page 3...



Yale funds scholarship to aid New Haven students

Jacqueline Duda
Staff Reporter

It has been announced that Yale University will be funding a scholarship program for New Haven students. The scholarship will offer financial aid to students entering college.

According to an article from the Yale Daily News, the scholarship program is called the New Haven Promise. It offers New Haven public school students the opportunity to attend college without paying tuition. The scholarship applies to schools that are located in the state of Connecticut, including private universities such as Yale.

"The scholarship opportunity seems like it will make more New Haven kids go to college," said sophomore Catherine Glass. "It gives them a reason to work hard because it can lead to a fully paid college education."

In order for a student to qualify for such a scholarship, there are requirements that must be met. First, they must be a resident of New Haven. Throughout high school, the student must maintain a 3.0 grade point average, and in college the individual must keep up a 2.5 grade point average. They must have a minimum 90 percent attendance rate, and have 40 hours of community service completed

prior to graduation.

"The requirements are good because in some ways it acts as a reward to the students," said junior Kristin Legenza.

"By working hard in high school they are able to continue onto college, also by having the mandatory grade

"Sacred Heart and many other Connecticut schools are great schools to attend. If people are more likely to attend because they are being given a scholarship, then I think that is great. It gives them the opportunity for a college education without finances standing in the way."

-- Kristin Legenza, junior

point average in college it makes sure that the person continues to put effort into their school work."

The New Haven Promise will begin by funding not all high school seniors but about 25 percent. The program plans to be funding all the students who are currently freshmen by the time they graduate.

Yale has not committed to this program continuing

forever. As of now there is only a commitment for the first four classes who are graduating from the public schools in New Haven. There is a plan to renew the commitment each year as long as the requirements continue to be met.

According to the Yale Daily News, there are about 50 percent of New Haven public school graduates that attend college. With this program they hope that this number will increase.

"I think there is more of a want to do something when there is an incentive," said junior Deanna Lynch. "By offering money to attend college, it is one less thing that the students have to worry about making it an easier decision to attend a university."

Although the program is only offered to high school students in the city of New Haven. It does indeed affect Sacred Heart University. This is because Sacred Heart is located in the state of Connecticut, making it one of the schools in which the students have the opportunity to receive a scholarship for.

"Sacred Heart and many other Connecticut schools are great schools to attend," said Legenza. "If people are more likely to attend because they are being given a scholarship, then I think that is great. It gives them the opportunity for a college education without finances standing in the way."

International students: Growing accustomed to American education

SHU's Stamford campus seeks to provide help with English, computer training

Frank Morrone
Staff Reporter

Imagine yourself a college graduate, in a country that speaks a foreign language you do not understand. Despite your college credentials, you are unable to find work outside a margin of low paying jobs. This is a reality for many migrant workers living in Stamford, Conn.

Beginning in September, Sacred Heart University's Stamford campus began a partnership with the Thomas Shortman Training Fund to provide members of Local 32BJ Union the opportunity to learn English. The program includes the availability of citizenship test preparation, computer training, and GED (general equivalency diploma) preparation.

The employers pay for the education for the union members under the collective bargaining agreement. In exchange for tuition, the employers have access to the human resources of the union, a coalition of men and women from 64 countries, and 28 languages.

"At least 50 percent of students have third level [college] degrees," said director of Sacred Heart's English Language Institute, Madeleine Monaghan. However, many of them are subjected to low paying jobs and working difficult hours because they lack a proficient understanding of English, she said.

According to Monaghan, language acquisition during adulthood does not merely happen by experience. The only way to effectively learn a language after certain psychological stages of development of infancy and puberty

have ceased is through a formal education process, said Monaghan.

"How would you feel being unable to communicate with your employer?" said Monaghan. "Your confidence would likely suffer."

Monaghan told the account of a lawyer from Ecuador who settled for a job as a painter for many years because of his difficulty with English. Another person held a master's degree in teaching from Poland. She explained that in both cases, their self-esteem had suffered due to a language barrier to the point where they felt unable to continue their former professional work.

Not long into the 11-week semester, students began coming into class, "waving and smiling," she said. The ESL program has restored confidence by providing the necessary language tools required to obtain better employment opportunities and enhance their overall quality of life.

Johni Puerta-Lopez, the Connecticut site manager for the Local 32BJ Thomas Shortman Training Fund, said that students were initially intimidated by taking courses at the Sacred Heart campus. However, students have become more self-assured as the semester progressed.

According to a press release by Sacred Heart, Puerta-Lopez said, "They are getting more confident little by little. They can recognize that this is their educational space - and that is very important."

Monaghan said that 350 students enrolled in the inaugural fall semester and that 467 are already registered for the following winter semester. The classes are offered Friday, Saturday, and Sunday, in order to better accommodate



Photo courtesy of Madeleine Monaghan

Madeleine Monaghan, director of Sacred Heart's English Language Institute, poses for a picture.

the schedules of the students.

Junior Lena Paslov thinks highly of her school's partnership with the training fund.

"Facilitating the opportunity for members of the nearby Stamford community to acquire English language skills is admirable, Paslov said. "I think it's important for a Catholic school to not only realize its obligation to its students, but also to the welfare of the nearby community."

Nursing program warms up homeless with sock drive

Thomas O'Hanlon
Staff Reporter

Many nurses are known for their compassion towards others and the great care they take with the patients they have. Sacred Heart University's Nursing program is no exception to this reputation. This year, the program will be running a sock drive in Bridgeport to help the local needy stay warm around the holidays.

The Greater Bridgeport Continuum of Care is proud to host their sixth annual Project Homeless Connect. The event is a one day, one-stop project that seeks to help the homeless or nearly homeless of Bridgeport.

The event will take place Dec. 9 from 10 a.m. until 3 p.m. at the United Congregational Church in Bridgeport, according to the Sacred Heart website. The gathering is a combination of charity drive as well as a place for the needy to receive free health services. The services available will include free haircuts and personal hygiene assistance, employment information, as well as addiction counseling and medical screening among several other opportunities.

The project needs the help of Sacred Heart students, and that is where the nursing program became involved.

Sacred Heart Nurses will be collecting various items as part of their "Sock Drive" to keep the homeless warm, although a lot more than socks are needed. Clothing such as socks, tee shirts, jackets and other warm clothing are requested as most important for the winter season drive.

Non-perishable foods including canned goods, bottled water and other essentials as well as basic toiletries are also gladly accepted. Gently used sneakers, boots and shoes along with storage items including duffel bags, backpacks and sleeping bags are also

"It really makes me proud to know the nursing program is taking on part of this event. We see a lot of less fortunate people who don't receive proper medical care through our major and it's very upsetting."

-- Emily Woods, junior nursing major

highly sought after during the cold months and will be greatly appreciated by the events coordinators.

The event hopes to serve as both an informational session as well as a health clinic and food drive. The informational portion hopes to assist those in attendance to learn ways to help manage their situation and begin moving in a better direction as well as provide food, clothing, and medical care.

"It really makes me proud to know the nursing program is taking on part of this event," said junior nursing major Emily Woods.

"We see a lot of less fortunate people who don't receive proper medical care through our major and it's very upsetting. Knowing that through the goodwill of SHU students many of the less fortunate in our area can sleep with full bellies and warm clothes truly makes the holiday season a joyous one," she said.

Dr. Barker gains local recognition for experience with nursing dept.

...CONTINUED from page 1.

tice." According to Barker, it is a shift from the technical to accessing care and evaluating treatment.

At Sacred Heart, the nursing track has several different programs at different levels of education. The undergraduate nursing program teaches the basics, "its primarily students right out of high school," said Barker. "Most of those students still go on to work in hospitals, to become registered nurses."

The graduate programs include a track for family nurse practitioners, clinical nurse leaders, nurse educators, and patient care administration. Barker said that the wide range of programs helps to supplement the growing need for nurses in every aspect of health care.

The newest of the programs is the doctoral program, which Barker says gives nurses a much needed skill, "we just started the doctoral program in order to provide nurses with advanced knowledge in nursing research theory."

This program is something Barker is very proud of, but she said it isn't the only thing.

"We're most proud of our use of simulation labs here on campus," said Barker. She explains that these labs are a new way to teaching in the health care field. Barker said the labs teach complex case studies in a safe environment.

"Students can read the case study and actually perform the care," said Barker. "The move to the simulation model of education has been about patient safety, and Sacred Heart is among the top users of simulation labs in the state."

She went on to say that she is also very proud of the faculty within the nursing track.

"We have a tremendous faculty who really do care. They give personal attention to each student. We also have a wonderful curriculum and lots of opportunities for students who enter the major."

Campus operations appoints two new management positions

Caroline Campo
Staff Reporter

Some students may find it frustrating when their window screen breaks or there is a spill making a mess in the hallway. Well, Campus Operations is there for you.

With their slogan, "Every question is our calling; every answer is our privilege," the maintenance organization program (MOP) takes care of pretty much everything that needs to be fixed or tidied up around campus.

But do you ever stop to think about who the faces behind this department are?

On Nov. 22 Paul J. Healy was appointed the position of executive director of campus operations and maintenance. Healy, who has worked since February of 2008 as the executive director of emergency management and the department of public safety, now holds both positions on campus.

According to a Sacred Heart personnel announcement e-mailed to the campus community, Healy graduated from the FBI National Academy and has 25 years of work experience in law-enforcement with the Connecticut State Police and the Chief State's Attorney Office. With his new responsibilities, his area of work includes trades, small capital projects, inventory, work orders and vandalism for campus operations.



Trigona Mililli (left) was appointed as director of custodial services and moves. Paul J. Healy (right) was appointed executive director of campus operations and maintenance.

"Healy is a great guy and a good fit," said Gerry McDade, manager of maintenance trades. "He has shown he can be a leader, has a great personality to work with and is living up to all the expectations."

Healy was not the only appointed to a new position in campus operations.

Trigona Mililli, who has served as the manager of custodial services, has also been appointed a new position at Sacred Heart, as director of custodial services and moves.

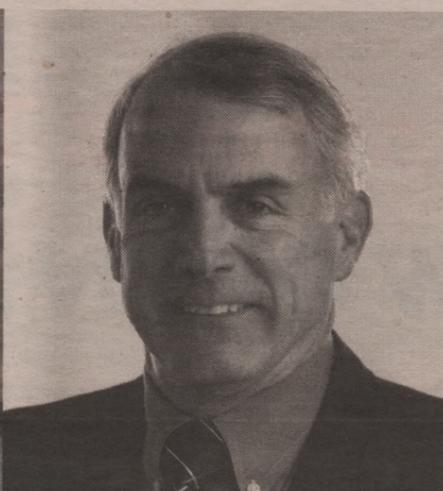


Photo courtesy of Tracy Deer-Mirek

Before working for Sacred Heart, according to a separate personnel announcement, Mililli worked at Masonic Health Care in Wallingford as the assistant director of support services.

She has also had 20 years of experience in custodial and environmental services.

"She is a fantastic lady with a great personality," said McDade.

Mililli is a graduate of Sacred Heart and has a bachelor of arts degree in business administration.

Some students rely heavily on the expertise and dependence of campus operations.

"I requested a MOP because it was too hot in my room," said freshman Angela Alotta. "They came quickly within the next two days, changed the filters and everything is so much better now."

Other students also have had problems while living in campus housing, and campus operations was there to help them out.

"We had mold on my room in Roncalli," said sophomore Kelli Hurley. "They came that day, cleaned and switched the tile. They were so nice that they cleaned our entire room."

Other students feel that the attitude of the campus operations workers makes Sacred Heart's environment a more pleasant place.

"I live in Merton on the third floor," said freshman Elise Pittman. "The custodians are very nice and say hello all the time. They always ask how school is going and to keep up the good work. I love seeing them and saying hello in the morning."

McDade spoke of campus operation's decisions to fill these positions.

"We lost directory under Floyd Young in July, and Healy and Mililli have been great fits," said McDade. "And that goes along for rest of campus operation workers."

Creating new 'Habitats' for Bridgeport neighbors

Kelley Bligh
Perspectives Editor

On Saturday, Dec. 11, Sacred Heart University's Habitat for Humanity chapter will begin construction on a house in a local neighborhood in Bridgeport, Conn.

"The ground breaking of this home is a dream come true for so many Sacred Heart students," said junior Gail Gillespie, Habitat's public relations and CCO representative. "It is a goal coming to fruition that we didn't envision possible for at least another three years from now. We couldn't be more excited or proud of all our efforts. We are also so thankful for all our donors who have helped make this possible."

The building of the house is co-sponsored by the Youth United of the Habitat for Humanity of Coastal Fairfield County, which is comprised of Habitat homeowners' children and local high school children from ages five to 15.

Some walls of the house have already been started in the panel shop, and Youth United will continue working on them through the winter break. To further the project, Habitat planned "blitz builds" in February to create the frame for the house.

When selecting the family for the house, their application must meet certain requirements such as having an annual income below \$43,000. However, due to a "lengthy" application process, the family has yet to be chosen. The selection is expected to be made within the next few months.

Excitement is building amongst members of the organization and the surrounding community.

"We are so anxious to meet the family who will be living in this house," said senior Kelly Leather, fundraising chair for Sacred Heart's Habitat for Humanity. "It is so incredibly exciting to see that our club has been able to accomplish this goal and we are grateful for the support of our campus community."

The house planned to be built will join the other three houses also built by Habitat.

Upon the completion of the project, the community will be invited to attend the groundbreaking, which will take place at 1 p.m. For directions or further information please call the Habitat for Humanity of Coastal Fairfield County office at 203-333-2642.

World News Updates

* Dozens of people have been killed and thousands have abandoned their homes as floods and mudslides ravage Columbia and Venezuela

* A spokesman for Nigeria's anti-corruption agency says it has filed a 16-count indictment against former U.S. Vice President Dick Cheney and Halliburton over a long-running bribery case.

* Only three weeks after the idea was first publicly floated, China has cobbed together its own peace prize and plans to award it Thursday — the day before the Nobel Committee honors an imprisoned Chinese dissident in a move that has enraged Beijing.

* Visa says it has suspended all payments to WikiLeaks "pending further investigation."

* South Korea's president promised Tuesday to transform five islands that lie along the tense maritime border with North Korea into "military fortresses" impervious to the kind of deadly attack the rival neighbor launched last month.

* British Prime Minister David Cameron made a surprise trip to Afghanistan Tuesday and urged an investigation into the death of a British soldier in a friendly fire incident in the country's south.

* French disease expert reports that UN troops likely source of Haiti's cholera outbreak

Information courtesy of the Associated Press



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Controversial drink drives everyone loko

Four Loko beverage promises change of recipe, sparks new conversation among students

Henry Crocker
Staff Reporter

College campuses and an increasing number of states across the country have banned the infamous energy malt liquor infused beverage Four Loko recently. On Nov. 16, the creators of Four Loko announced that they are going to remove all caffeine from their drinks.

There have been concerns with the consumption of an alcoholic beverage with such a high amount of caffeine in it as well. The creators of the drink disagree.

"We have repeatedly contended – and still believe, as do many people throughout the country – that the combination of alcohol and caffeine is safe," said the three founders of Four Loko Chris Hunter, Jeff Wright and Jaisen Freeman in a press release. "If it were unsafe, popular drinks like rum and colas or Irish coffees that have been consumed safely and responsibly for years would face the same scrutiny that our products have recently faced."

The beverage has been a hot topic among students at Sacred Heart University. Some think that the dangers of the drink extend far beyond the caffeine/alcohol combination.

"I think Four Loko is dangerous not just because of the high amounts of caffeine, but its availability. It costs under three dollars a can," said junior Mathew Mackos. "However the problem with such a large amount of underage kids getting their hands on it is not the fault of the mak-



AP Photo

Four Loko gains controversial attention and promises a recipe change.

ers; it's the store owners. I don't think banning the drink is the right tactic."

Reasons cited in the FDA's press release calling for the banning and altering of the drink included naming it a public health concern and saying the caffeine counteracted normal cues that one is intoxicated.

"I certainly support the ban on Four Loko," said senior Chris Iacavino. "I was never really an energy drink kind of person to begin with. From what I have heard on

the news, there are a lot of kids out there abusing it. If it is a problem then it needs to be dealt with."

Then there are those who have witnessed first hand the blatantly negative effects of Four Loko on them and those around them. An anonymous source related the following anecdote.

"The other night we were all sitting around having some drinks. It was nothing crazy, just people relaxing. One girl decid-

ed to make her drink of choice that night Four Loko. Without her even being fully aware of it, she got inordinately drunk. She ended up throwing up in my apartment because she was drunk enough to pass out but too wired to fall asleep," said anonymous.

For people as against the beverage, even the release of a new caffeine-free Four Lokos does not hold much promise.

"Re-releasing Four Lokos with no caffeine is a terrible idea. Without it they're just going to be left with a terrible tasting regular alcoholic beverage that – hopefully – nobody would buy," said anonymous.

Scientists from the University of Florida performed tests to determine the possible psychological problems that could be associated with students drinking energy drinks with alcohol. Randomly selected students at bars were questioned and had their blood alcohol content (BAC) measured. The final results showed that students who consumed energy supplemented alcoholic beverages were three times more likely to leave the bar highly intoxicated and four times more likely to leave intending to drive with an illegally high BAC.

"I think the idea behind Four Lokos is a dangerous one but it isn't one exclusive to those kinds of drinks," said senior Laura Marano. "People who are going out to get that sort of intoxicated are just going to substitute Four Lokos with other popular energy drink mixes, but with hard liquor. I've seen just as many people make asses of themselves with vodka and Red Bull as Four Lokos."

Students find fun in the final crunch

Andrew Orlandi
Staff Reporter

Are you stressed about final week? If so then you're not alone.

Every semester, students flock to the library to write papers, or to study for that last exam. The pressure of having to know a semester's worth of information can have a toll on students looking to do well in their classes.

Finals week is also accompanied by the end of the semester, the holidays and the beginning of a month-long break.

So how do students find the time to balance both end of the semester-festivities and finals week-studying?

"I think that most students have a lot of work to do during this time of the year, which may leave little free time, but I feel there is always time for fun after all of your work is done," said senior Christine Gray.

Senior Michelle Whitton makes sure to get all of her work done early in order to hang out with friends later.

"Finals rarely leave time for fun. I try to get an early start on studying during the day so I can do other things at night, or I'll plan the day so I know what I need to get done in order to relax later on," said Whitton.

For others, like senior Kristin Wood, the stress remains even during free time.

"Well I guess it all depends on your schedule but for me, even if my tests or papers are due with enough time in between deadlines to finish them, I'm always stressed about getting everything done. So even if there is time for fun, it's not fun," said Wood. "If I know I have something I want to go to though, I will study or write the papers in advance."

Junior Justine Ameye looks back on her underclassmen years fondly, but now finds

less free time as her workload has increased.

"In previous years I was always able to balance going out on finals week with studying because my classes weren't that hard, or I would study a few nights then take a night off," said Ameye. "This year my classes are super tough so I think most of my time will be devoted to studying so I can get decent grades. I don't think that will leave much time for end of the year festivities until after my tests."

Senior Sean Rothenbuger is in a similar situation. As the work piles on, he will have no time to relax and relieve some stress.

"Finals time really is miserable for me especially because teachers mistake finals time as, a time to pack as much work into two weeks as possible on top of studying instead of giving students sufficient time to actually study and potentially do well during finals," said Rothenbuger. "Finals week, at least for me, leaves literally no fun time. I barely have any time to do anything."

Senior Lindsay Elliot used the semi-formal as her time to unwind before getting caught up in too much work.

"The next two weeks will be spent doing homework, all day," said Elliot. "The semi-formal may be the only fun I'll be having this week and I even had studying to do after it was over. I have no balance."

Senior Andrew Richards makes sure that he does all of his work, even if it means putting fun on hold until the end of the semester.

"By the end of the semester my social life doesn't exist, there is no fun. My last weeks of the semester are either spent in the library or the "Mohag" (Mahogany Room) trying to get all of my work done that always seems to all be due on the same day," said Richards. "I have to put the end of the year festivities on hold until finals are over."

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The Spectrum/Jamie Miller

Senior Dana Brooks hunts the stores for holiday shopping bargains.

SHU DECKS THE HALLS AND HEADS TO THE MALLS

Erin MacDonald
Staff Reporter

As the Christmas music began to play throughout the mall, junior Donna Nolan could feel the anticipation rising inside of her.

No, she wasn't about to sit on Santa's lap.

Nolan, like many other Sacred Heart University students, took advantage of "Black Friday" and "Cyber Monday" sales in hopes of saving money while Christmas shopping.

"Shopping on a college budget is tough, especially when I'm trying to save up money to go abroad next semester," she said.

Whether it's shopping during Thanksgiving break, saving up coupons or taking advantage of student discounts, many college students find themselves constantly shopping on a budget.

"This year I went to Marshall's because they have really good deals," said junior Melissa Wolf. "I also wait to wrap my gifts until I go home so I can use my parent's wrapping paper."

Although Christmas time is the season of giving, many students have come to terms that they can only give so much while shopping on a budget.

"I usually set a limit for how much I spend on people and just buy gifts for my immediate family, a couple of friends and my boyfriend," said Nolan. "I like setting a \$30 maximum for each person so I don't go crazy spending money."

Junior Amanda Rivera agreed, saying that she had to cut down the number of people she buys Christmas gifts for.

"The most I'll do this year is buy gifts for my mom and dad, now that the economy is so bad," she said.

While attempting to find the best deals of the season, many students are also faced with a common dilemma - whether they should seek out the sales in store or online.

"When it came to Christmas shopping this year, I shopped the Black Friday

sales online," said senior Caitlin Clark. "It helped me cut down the cost of shopping on Black Friday, even though there were shipping and handling fees."

Nolan, on the other hand, prefers to shop in store.

"I prefer to make the trek to the store for the most part," she said. "I enjoy being out more than I enjoy sitting behind a computer and shopping."

While both online and in store shopping offer different benefits and drawbacks, junior Johanna Acosta believes the key to successful Christmas shopping is taking it one step at a time.

"I look for the best bargains throughout the entire year and buy my loved ones' presents at all times for Christmas," she said. "I am a huge bargain shopper."

Acosta said that online shopping is a great way to avoid the craziness of in-store sales during the holiday season.

"I love the sales, especially Black Friday and Cyber Monday, but I do shop online. Many times it's a lot cheaper than in-store shopping."

"Shopping on a college budget is tough, especially when I'm trying to save money to go abroad next semester."

-- Donna Nolan, junior

Whether shopping year-round or only during Black Friday and Cyber Monday, Sacred Heart students are always on the lookout for a good sale or other ways to save money.

"I still have some more gifts to get, so I will definitely be using coupons," said Clark.

When the bank account has depleted from buying gifts for family members, Rivera said that she has no choice but to become creative.

"I can't really afford to be sending money on gifts for my friends," she said. "I just tell them I'll give them a nice Christmas hug instead of a Christmas gift."

HE SAID/SHE SAID

How do you know he or she is the one?

Zach Johnston

He said



Nicole Place

She said



The one. El uno. Your soul mate, The final plunge. The big bang. The lion tamer's tango. Afternoon Delight. The Alpha to your Omega. Ryan Gosling in movies besides "Remember the Titans."

Have you ever met someone with whom you had an instant connection? Someone who is just so easy to be around that you feel like you can say and share anything with her?

Is she your soul mate? You felt so comfortable with one another and she laughed at all of your jokes, so she has to be. Right? But, how do you know?

Well, here is the punch in the gut... you don't know.

A soul mate is the person who you feel a deeper connection with, more so than with anyone else. Some people like to think of it as their "other half" or the "soul's twin" or, for a girl in a Ryan Gosling movie, Ryan Gosling.

There are some that think they feel it right away (love at first sight), but for those of us that are not in a movie or novel, that is not always the way it works out. There is no magic arrow or bolt of lightning that comes down from the heavens suddenly makes you fall in love.

For most people, it takes a while, even years, to build the relationship to the point where you know you only want to be with each other.

The biggest deterrent in Cupid's line of work is the person who cannot stop obsessing over finding their "one." If you constantly go around searching, dating one girl to the next, you often miss out on the opportunities to find the one you are really meant to be with, the one you are truly looking for and the one who may be looking for you as well. Sit back, enjoy the casual stuff, and let life run its natural course in letting the one come to you. Good things come to those who wait.

It's a game of Monopoly. If you put all your money into buying a property for The Boardwalk because they can make the most money, you are going to miss out on all the money you can make with people landing on Connecticut Avenue, Virginia Avenue or your extensive Railroad system.

But, if you take a Chance and dip your hand into the Community Chest, you can pull out a whole lot more than you think.

You can't miss out on the opportunity when it is offered to you though. If you do feel that connection right off the bat and she is laughing at just about everything you say, take advantage and don't let it slip away.

Even if she is not the type of girl you think you might usually be into, take a chance anyway. She could surprise you and you could surprise yourself.

That is all life is anyway - recognizing the opportunities presented to you and taking that leap of faith even when you don't know where you are going. True, it can lead to devastation, but it often leads to an even greater reward.

The casual game is a fun one and it has a lot of thrills along the way, but I think the ultimate goal in life is to find someone that you know you can be with for the rest of your life.

How does anyone ever know for sure when anyone is the one? I don't think anyone ever does, but if you are comfortable enough to take the risk and put your heart on the line for this person than you are ready to advance to the next step and be exclusive. It is a complete inner feeling, do you want to spend as much time as possible with this person, and are you thinking about them when they aren't around? If the answer is yes to either of these questions you may be ready to make the move to the daunting realm of commitment.

People can be terrified of the word commitment. Being in a committed relationship may feel restraining and mean a loss of their independence and freedom. No one wants to feel "tied down" at this stage of your life (if you do then kudos to you, you represent a very small percentage of your age group). This does not have to be the case at all, if people go into the relationship having their own lives and being independent before, then there shouldn't be any reason to change.

Unless you are dating that psycho girl who plays it cool in the beginning phase but the minute the relationship advances a switch is turned on and she is not the same girl. In this situation you would use any and every excuse to end it... and fast. This is also the same for if you are dating a guy who happens to change persona after the relationship has changed.

In all honesty though, choosing to advance the relationship and take that jump into exclusivity needs to be something that both people want and are willing to work at in order to assure that it will last. It's a commitment but not one that needs to be scary or overwhelming. People should be careful too though; matters of the heart, love, and relationships are tricky business. No one should go in halfheartedly, or with ulterior motives. It is important to protect yourself, but do not intentionally hurt the other.

I think that the feeling of knowing that the relationship is worth advancing is best summed up in the movie "It Takes Two" starring Mary Kate and Ashley Olsen when they were in the prime of their career. When the social worker wants to date the rich camp neighbor one of the girls says that in a relationship "it's got to be that can't-eat, can't-sleep, reach-for-the-stars, over-the-fence, world-series kind of stuff". This may be a bit of an exaggeration but you get the idea. Feeling over the moon, topsy-turvy, butterflies in the stomach, all around great, could be a good indicator that the relationship should progress.

Knowing someone is the one is not something that can be known for fact. It is a complete leap of faith that two people should be willing to make together. Both of you should be equally invested in the relationship, and want it to succeed. You shouldn't play it safe. Both people need to be open and honest to themselves and to each other. The relationship should have meaning to each of you and mean more than just a casual fling.

Making the first step can be scary but if you both share the same goals and want success in the relationship it could work out for the best!



Saying goodbye to Spectrum, hello to job search



Michele Tymann
Asst. News Editor/
Asst. Photo Editor

I started my college career at Penn State University as an architecture major, and during the semester and two weeks I spent there, I think more time was spent in the architecture building than in my dorm room. Needless to say it became too much for me and I came home and relaxed for a semester. By relax I mean take two classes and work 20 hours a week.

I then spent a year at Nassau Community College before I came to Sacred Heart my junior year. I was set to graduate on time with a psychology degree but then I got a position as assistant photo editor on the Spectrum an real-

ized that I didn't want to do anything related to psychology with my life, and that a degree in Media Studies would suit me much better.

Now it's a year and a half since I switched my major and I'm graduating this month. I'm being tossed into the real world where there are few jobs, and thousands of people aiming for the same positions. I've spent the past two months looking for jobs, and from what I've gathered there aren't many entry level jobs but a bunch of senior level positions, such as chief copy editor, editor in chief, beauty editor, etc.

How are recent graduates suppose to get jobs when you need at least two to three years experience for any position? The few positions I've found, I've applied for, and I've had some interviews, but it's a tough job market.

Three of my friends graduated in May with communications/media degrees. Two of them has internships this

fall and now have jobs, and the other one still doesn't have a job. So does the media world expect us to do internships even after we graduate college? The industry is taking advantage of new graduates being willing to work for free just to get experience. This becomes a problem since I've already deferred my loans once when I left Penn State and have to start paying them back in February. Without a job, this could be a problem.

Yet it seems more than likely that I will end up doing another unpaid internship in the spring and working part-time the other days, though it's hard to come by internships that don't require that you get school credit. So far I've had interviews for two internships and one full time job, none of which I've heard yes or no from yet. In the meantime, I continue to apply to both jobs and internships and will miss working for the Spectrum, and all the people on the staff.

'I WANT TO HOLD YOUR HAND' AND ALWAYS WILL

Not to sound ungrateful, or to just want what I don't have, but sometimes I can't help thinking that our generation is lacking. Sure, we have it easier than our parents and a lot easier than our grandparents in more ways than one, but don't you think there were just some things they had right?

Take music for example. How many artists do you know that your parents listen to? I know for me, there's really quite a few.

And how many artists do you think your kids will listen to from our generation? In my opinion, not many.

Look at the Beatles. Feel free to disagree, but I will fight to the death that they are the greatest band of all time. No other band will be able to do what they've done. They transcend generations like no one else has or will be able to do.



Kelley Bligh
Perspectives Editor

Thanksgiving this year was at my aunt's house with aunts, uncles, cousins, and my grandmother. The Beatles played all throughout dinner and everyone from my 16-year-old sister to my 70-year-old grandmother was singing along.

The Beatles speak to people of all ages, generations and backgrounds.

In "Nick and Norah's Infinite Playlist" (released in 2008), one of the characters, Thom, remarks that the Bea-

ties had it all figured out. Everyone else is singing about the wrong kind of things, but the Beatles sing about wanting to hold your hand, which is all anyone really wants, as Thom points out.

Some may argue that the early Beatles are too simple to be considered "great." But how can you say that something like "I Want to Hold Your Hand" is anything but? What could be better than having someone to hold your hand?

I just don't think our generation is capable of producing such a sensation.

I think we get too caught up in ourselves sometimes. We are obsessed with the newest, the fastest and the best of whatever it is that has our attention for that moment. I don't think anything or anyone could grab and hold our attention like the Beatles were able to do before us.

the Spectrum

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WHAT DO SPECTRUM EDITORS WANT FOR CHRISTMAS?



Erin Murtagh, Asst. News Editor

All I want for Christmas is... to see my brothers. And a baby cheetah.



Ashley Monaco, Asst. Features Editor

All I want for Christmas is... time off from school to see family and friends.



Jaclyn Hendricks, Asst. A&E Editor

All I want for Christmas is... a classic Chanel handbag.



Ryan Hannable, Asst. Sports Editor

All I want for Christmas is... a new car.



Liam Roecklein, Asst. Sports Editor

All I want for Christmas is...for the Giants to win the Super Bowl.



Zack Lane, Photography Editor

All I want for Christmas is... a pool table.



Jaclyn Kennedy, Asst. Photo Editor

All I want for Christmas is... a new camera lens.



Sean Elliott, Asst. Photo Editor

All I want for Christmas is... a MacBook Pro.



RACE FOR OSCAR GOLD STARTING TO HEAT UP

'Black Swan,' 'Social Network,' '127 Hours' among top contenders vying for nominations in January

David Gallo
Staff Reporter

December has begun to roll in, and with it art-house flicks and dramatic films are garnering much attention from not only audiences, but critics alike. It seems that award season is right around the corner, and with it comes Oscar nominations.

Though members of the Academy of Motion Picture Arts and Sciences have until January to complete their ballots before the nominees are official announced on Jan. 25, 2011, one thing is for certain, it could be shaping up to become a tight race at this year's Oscars.

"Two thousand and ten has seen a lot of Oscar worthy movies. Luckily the Oscar's allow 10 nominees for the Best Picture category," said Sacred Heart junior James Homa. "So many amazing movies like 'Inception,' 'Toy Story 3,' and 'The Social Network' have been causing a big buzz with a lot of people I'm sure they'll be nominated."

The 83rd Annual Academy Awards will once again be held at Hollywood's Kodak Theater on Feb. 27, 2011. But you shouldn't expect to see a redo of last year's show, as Steve Martin and Alec Baldwin are passing their hosting duties on to dynamic duo, James Franco and Anne Hathaway.

Yet this year, the focus will not be on the hosts and A-List audience, but films from the past year that has kept people talking.



Justin Timberlake and Jesse Eisenberg hope for an Oscar in "The Social Network."

Movie resource and ticketing website, Moviefone.com, has already made its predictions for the Oscar forecast come February of next year, with potential nominees stemming from children's flicks to independent dramas.

"If the race unfolds anything like last year's, well probably see a mix of box office hits like 'Inception' and 'Toy Story 3' and critically acclaimed indies like 'The Kids Are All Right,'" as Moviefone.com reports. "As for what might win, right now it's shaping up to be a race between 'The

Social Network,' which won raves from critics and steady money at the box office, and 'The Kings Speech,' which was a huge hit on the festival circuit."

With the recent release of Darren Aronofsky's "Black Swan" earning positive praise from critics around the industry circuit, resident movie critic Owen Gleiberman of Entertainment Weekly calls the feature "a lurid and voluptuous pulp fun, with a sensationalistic fairy-tale allure. You can't take it too seriously, but you can't tear your eyes, away from it either."

However "Black Swan's" Natalie Portman and Mila Kunis may have to fight Oscar host Franco in the race for Best Picture as his latest turn at the big screen in "127 Hours" is also stirring a bit of box office buzz.

"Slumdog Millionaire's" director Danny Boyle recounts the real-life story of adventurer Aron Ralston, played by Franco, whose canyon climb turns tragic, leading Ralston to make the ultimate physical sacrifice in order to survive.

Though Boyle may be used to the hype surrounding his features, as his previous features "Trainspotting" and "28 Days Later" put his name on the map, Access Hollywood's Scott Mantz believes that Boyle has another winning picture on his hands, particularly in multiple Oscar categories.

"Nominations are sure to follow for Best Picture and Best Director, but most of all, for Best Actor," said Mantz. "James Franco gives a physically and emotionally devastating performance that's one for the books."

Though the Oscar race is certainly heating up the wicked winter, one thing is for certain, Sacred Heart students will surely be tuning in come February.

"I'll definitely be watching," said freshman Alyssa Varnum. "I look forward to this every year, the movies in 2010 were promising for a good year at the Oscars."

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



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.



A-list artists' newest albums make perfect holiday treats

Venithda Sourignamath
Staff Reporter

Buying stocking stuffers may come easy this Christmas with A-List celebrities such as Kanye West, Rihanna, and Justin Bieber all releasing their latest albums just in time for the holidays.

On Nov. 16, the Barbados native, Rihanna, certainly made an impression on fans with the release of her new album, "Loud." With hit singles "What's My Name" and "Only Girl," it's no wonder critics and fans alike are raving that "this album screams commercial success," according to the website Contactmusic.com.

"I think this is one of her best albums," said junior Marcella DeCarlo. "After the whole incident with her and Chris Brown, she has really come back strong with some great songs."

Recently, king of controversy West, and hip hop's princess Nicki Minaj exploded onto the music scene with their albums, both of which were released on the same day, Nov. 22.

Rolling Stone raves that West's album "is Kanye's most maniacally inspired music yet, coasting on heroic levels of dementia."

"Kanye's new album really redeemed himself," said junior Billy Eckert. "A lot of people discredited him after his last CD '808's and Heartbreaks,' but this new album proved that he's still a force to be reckoned with in the hip hop industry."

Students are already raving about Minaj's debut CD.

"I absolutely love Nicki Minaj," said sophomore Stephanie Oliveira. "She is one of the best and my favorite female artists of all time."

If you think these artists albums create fan frenzies, think again because many



Bieber climbs the charts with his new album.

across the country caught "Bieber Fever" on Nov. 26 as singing sensation Bieber's "My World 2.0" dropped.

Making its peak debut at number one on the Billboard top 200, Bieber's latest release is currently charting in the top 25, according to Billboard's official website, has critics talking about the album's tone.

"This album is full of sore-hearted laments. The song writing is noticeably duller, with fizzy Euro-pop synthesizers neutralizing the mild, hip-hoppish quirks," said staff writer Chris Richards of the Washington Post.

As Christmas draws closer and more records hit stores, one thing's for certain: these CDs may be on some holiday wish lists.

"My sister wanted Rihanna's 'Loud' album," said DeCarlo. "I bought it for her for Christmas so hopefully she'll be surprised when she unwraps it Christmas morning."

'Tis the season for (affordable) holiday fun Local events offer budget-friendly Christmas festivities

Nicole Mastroni
Staff Reporter

Rockefeller Center is the place to be when it comes to enjoying the holiday season. Or is it? This December, Fairfield County is offering plenty of festive activities for the thrifty, particularly for students saving up their pennies for holiday gifts.

With winter break on its way the Christmas spirit is in full swing. Roommates and friends may not have the spare time to hop on a train to the Big Apple, but the wide variety of events close to campus offers great alternatives to holiday festivities in New York City.

"It's always nice to have a get-together doing holiday events with friends before leaving for break, even if you have a holiday get-together and watch Christmas movies!" said junior Carissa Brailsford.

Seeing a Christmas show is a fun way for friends to take a break from studying and enjoy the holidays. The website VisitConnecticut.com suggests a variety of events happening near the Sacred Heart that are not only affordable, but entertaining as well.

The production of "Frosty the Snowman" will run through Jan. 5, 2011 at the Downtown Cabaret Theatre in Bridgeport. Located at 263 Golden Hill Street, the theatre is only a quick 15-minute drive from Sacred Heart's Park Avenue gates.

Putting a "Glee"-like spin on this classic wintery story, the \$15.50 ticket cost will not only keep shopping money safe in the piggy bank, but provide students with good-old fashion entertainment from the very famous snowman himself.

"I think having a variety of choices is a good thing for the low cost will give me a full spectrum of holiday activities," said junior Kathleen Blaha.

Brailsford went to the Fantasy of Lights event at Lighthouse Point Park in New Haven last year. The event itself is shorter to get to, when compared to a New York City train ride, with its proceeds going to the Easter Seals Goodwill Industries, which helps benefit those with disabilities or have over-

come hardships.

"It's only \$10 a car, so it's pretty cheap if you go with a few friends and it's fun to drive through and see all the different lights," said Brailsford.

The light show runs through Dec. 31, and is open Sunday through Thursday from 5 to 9 p.m., and Friday through Saturday from 5 to 10 p.m.

For those who are not fans of jam-packed malls during the Christmas season, there are other options that are also close by. The Alternative Christmas Fair in Shelton on Saturday, Dec. 11 from 10 a.m. to 2 p.m. provides shoppers with the chance to find gifts for family and loved ones instead of hitting the mainstream stores.

This event offers the opportunity to make donations to charities in someone's name as a gift, such as 10,000 Villages and Beads for Life.

"The Alternative Christmas Fair might be a great place to go to instead of dealing with the hustle and bustle of the mall," said Brailsford.

"Little Fockers," the latest installment of the "Meet the Parents" and "Meet the Fockers" films, comes to theatres on Dec. 22. For students staying on campus, this is an ideal way to get into the Christmas spirit and have a laugh.

If you prefer live musical performances more, mark your calendar for Friday, Dec. 10 as Sacred Heart will be the place to be. According to Fairfield County's website, The New Haven Symphony Orchestra will be performing "The Messiah," including the classic piece "Hallelujah Chorus," with the voices of the Cathedral of Saint Joseph Schola Cantorum Music.

"I've gone to the New Haven Symphony's performance before and they're actually pretty legit," said senior Christopher Rivera.

With so many holiday events in the area, some Sacred Heart students are overwhelmed and excited with the wealth of choices, and with time running out until Christmas, it may be a challenge for students to check all of these events off their lists.

"I'm having a hard time choosing which events I would want to attend," said Blaha.

NHSO to perform holiday oratorio on campus

Valentina Szlashta
Staff Reporter

The New Haven Symphony Orchestra (NHSO) will be singing along with Sacred Heart University this holiday season, which will be merry and loud for all to hear.

The concert itself will take place on Friday, Dec. 10 at 7 p.m. in the Chapel of the Holy Spirit, and is set to showcase the famous composition "Messiah," penned by the classical composer, George Handel.

"Messiah" features the well-known Christmas time classic, "Hallelujah Chorus." Written in 1741, the piece itself did not make its musical debut until April 17, 1942, according to the Smithsonian Museum, before eventually becoming an integral part of any orchestra's holiday repertoire.

"The Hallelujah chorus is one of my favorite songs for the holidays, but I would listen to it not during the holiday season as well," said junior Kim Latulippe. "I think that it's a beautiful piece and if performed right it can cause chills and have someone who hates classical music appreciate classical music."

Latulippe is not the only Sacred Heart student who enjoys this particular holiday hymn.

"I have heard parts of Handel's Messiah and I enjoyed the parts that I did hear," said sophomore Katie Perzanowski. "I feel that it would be an enjoyable performance."

What will make the NHSO performance different from other renditions is that the orchestra is fueled by a century's old tradition. The New Haven Symphony Orchestra came to be in 1894 by German immigrant Morris Steinart, as stated on the orchestra's official website.

However, it was not until January of 1895 that the orchestra made its first performance at its former home on Chapel Street in New Haven.

Since its debut, the orchestra has played at Woolsey Hall and the Cathedra of Saint Joseph, among other venues for the still-expanding program.

"Programs have expanded both geographically and musically," as stated on NHSO's official website. "Concerts are now being performed in new venues, and new partnerships offering opportunities to share the NHSO's high musical standards with audiences throughout Connecticut."

In 2007, William Boughton became the tenth musical director and principal conductor for the orchestra, and with his direction, has made musical strides for the program. As a result of its composer-in-residence program, the orchestra has been able to perform original musical pieces by musicians like Augusta Read Thomas and Jin Hi Kim.

A year later, the orchestra was chosen to be one of the seven selected orchestras to participate in the League of American Orchestras' extremely competitive three-year Vision program as the orchestra "committed to the principles of long-term institutional growth and success, intense self-reflection and disciplined big-picture thinking," the Vision Program states.

The orchestra also had the opportunity to be featured in the 2009 film "Everybody's Fine," starring Robert DeNiro, and this year, they produced their first official commercial album in 30 years, as well as producing "Portrait of an Orchestra," which is a collection of photographs featuring musicians who are participate in the NHSO.

"I have heard of the NHSO," said freshman Nicole Thomas, "I think [the orchestra] coming to play at SHU will be an extremely valuable experience for students here. It's an opportunity to expose students to a wonderful genre of music and bring a greater focus to the fine arts."

For more information about the concert, as well as the NHSO, check out their website at www.newhavensymphonyorchestra.org.



'Love and Other Drugs' satisfies our romantic comedy craving

Jamie Miller
Staff Reporter

As a media studies major, I have been taught that in romantic comedies, a couple meets, there is some sort of attraction, something happens to cause a rift in the relationship, the couple resolve their issue and they get back together in the end.

People can't seem to get enough of this "rom-com" formula, which includes charming antics from the actors, as well as a predictable plot. Most of the time, the main characters will get recapture the romance, despite the obstacles usually in their way (with the exception of 2005's "The Break-Up" and 2009's "(500) Days of Summer" despite their differences or the obstacles they must conquer.

Like countless romantic comedies before it, "Love and Other Drugs" does not fail to fit the genre's mold.

The story itself focuses on a young man named Jamie Randall, played by Jake Gyllenhaal. Jamie is a charming Pfizer pharmaceutical salesman, who's last job as an electronic salesman didn't exactly end on the best of terms. Blessed with the gift of gab, Jamie's latest drug to sell to his doctor clients is a little something known as Viagra. While on a sales pitch one day, Jamie meets a woman named Maggie (Anne Hathaway). A free spirit, who refuses to be tied down, let alone find love, soon captures Jamie's affection, and his heart. The two hit it off and form a "casual" relationship, with the inevitable possibility that they may eventually fall in love.

As Maggie and Jamie grow closer, however, Maggie pulls away as Jamie soon learns that she is suffering from the early stages of Parkinson's disease. Knowing that the disease will progress for the worst, Maggie does not want someone to love her, then become her husband and be forced to have to care for her when her disease gets worse. After realizing how much he truly loves Maggie, the two reunite and live happily ever after.

I thought that the movie was quite predictable, although it did have some funny parts. Jamie's brother, played by "21's" Josh Gad, provides much of the comic relief. I felt that both Gyllenhaal and Hathaway had a great chemistry, which made their romance believable on screen. Hathaway was wonderful in her performance, as she was funny and sweet, making her an all around loveable character.

Overall, "Love and Other Drugs" is a pretty decent movie. Though it had its really cheesy "is this really happening" moments, like other romantic comedies, but the film itself is a perfect example of the love-story genre. If you are into laughing, crying, good-looking stars like Gyllenhaal and Hathaway, then this movie is right up your alley.

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



AP Photo

Gyllenhaal and Hathaway bond over love... and other drugs.

Get Reel gives Love and Other Drugs



SPOTLIGHT ON



All articles on this page written by Danielle Vuotto, Staff Reporter

Wrapping up the semester with a word from your SG president

Greetings Pioneers,

Hopefully you are all finding time to take a minute to relax and breathe during this very busy time of the year. As the semester comes to an end, I think it is important for each of us to reflect upon the first few months of our school year.

Overall for Student Government, I feel as though this year has been quite successful. Our vision was to communicate with our peers about what we can do to serve you. Through collaboration with the Spectrum and other means of communication this goal is on its way to being accomplished. From what we gathered, the most pressing concern of the students of Sacred Heart was the need for effective study space with a quiet atmosphere. After working for quite some time to extend the hours of the library to fit your schedules and educational needs, the library hours were extended. I thank you for sharing your thoughts to us so that we could find resolutions that work for everyone.

For those of you who perhaps hope to gain a little bit more from your experience here at Sacred Heart there will again be opportunities to do so again next semester. CCO will be hosting another activities fair at the start of the semester. Student Government hopes to be a resource for any student who wishes to be connected to any particular aspect of life here at Sacred Heart. It is never too late to get involved!

This morning in the executive board meeting

goals were established for next semester. I have included them below, in hopes that you will hold us accountable. When you know our vision, then you can expect results.

- 1) Continue to effectively communicate with the Students of Sacred Heart University to serve in the best capacity.
- 2) Build a strong relationship with Dr. Petillo and continue to foster professional relationships with the administration.
- 3) Provide opportunities for organizations and different groups of the SHU community to co-sponsor events together.
- 4) Have class boards continue to work to unify each respective class year. No point in waiting until Senior year to come together to enjoy one another!
- 5) Plan, promote and deliver more campus-wide events and efforts to form a stronger university community.

As always, I assure you that Student Government will always put our all into working for your best interest. Best of luck on final exams! Have a safe, healthy, enjoyable winter break.

See you next semester!

All the best,
Kelly Leather
Student Body President



MAKING THE MOVE TO FRESHMAN YEAR

For many, becoming a freshman in college is not the easiest transition. At Sacred Heart University, the first year transition committee, a group of students from the university's student government, help first-year students get settled at a new school.

According to the National Academic Advising Association, Sacred Heart's central mission in their university-wide plan is to "refine their efforts each year."

The student government followed up on that idea as they prepared student support and progress groups for the incoming freshmen.

Registering for classes at college is not something you can necessarily prepare for in high school.

"We put on our first event and showed first year students how to register one on one," said senior Erin Schnepf, senator for first year transition committee.

This innovative approach "was a very beneficial event where many students came with questions and felt much more confident when going through the process themselves," said junior Marcella DeCarlo, also a committee member.

In addition, the "First Year Transition Committee does bi-weekly Student Outreach Reports," Schnepf said, which aim towards "targeting first year students to find out what aspects on campus are beneficial to them," as well as what aspects the students think need improvement.

Faculty and students have consistently given the committee positive evaluations.

"We are hoping to do a similar event in the spring and help the first year students learn how to apply for housing," Schnepf said.



Photo courtesy of Jaclin Bellino

Senior board members pose in their costumes at senior pub night on Oct. 27.

Raising money to make last year count

Senior class board works to make final semesters best yet

Seniors at Sacred Heart University are looking out for their fellow friends and faculty to help them save some money.

In an effort to go green, the senior class board members are working with Chartwells to give a discount to those buying coffee when they bring in their "SHU mug," which can be purchased for \$5.

That is not all the senior class board has done. According to board members the mainly focus lies on running different events on campus, as well as acting as a sound board for their fellow classmates' concerns.

"We have 12 class board members," said senior Jaclin Bellino, senior class president. "Most of us have been on the board since freshman year, we also have welcomed some new faces."

"Our board has come a long way since freshman year," she said. "We have put together many class-bonding events as well school wide events."

Earlier this semester, the class board put together and offered "mid-semester kits," for

parents who wanted to purchase a care package for their student, which Bellino said was "a huge success."

As for fundraising this year, the board created and sold the "SHUggie," a Sacred Heart sweatshirt-blanket with sleeves.

"It's similar to a 'Snuggie,' but feels just like your favorite hoodie," Bellino said about the SHUggies, which are on sale all month.

This year, the board participated in multiple community service events.

A few weeks ago, "we all came together to make dinner for people in need at Project Hope," said Bellino. This week they will be participating in "Adopt-A-Family," a charity event hosted by the community outreach committee of Bridgeport.

One thing is certain: according to Bellino, the bond among the class of 2011 is stronger and more evident than ever which makes planning the events very rewarding.

"We have such a great, close-knit class and it can be seen through all of the participation in senior events," said Bellino.

Fun and flare in formal wear

Students had a chance to let loose before it was time to buckle down. On Friday, Dec. 3, Sacred Heart University's annual semi-formal dinner dance took place at the Marriott Hotel in Stamford, Conn.

Students lined up in the hallways of the university dressed head to toe waiting to step into their ride, a DATCO bus provided by the school. The bus transported them to and from the venue.

The junior class board spent a great deal of time planning and organizing this year's "semi."

"The work started over the summer when we began brainstorming themes and different ideas for the event," said Annie Rouquie, member of the junior class board.

"Upon arriving back in August, the

class board decided a James Bond theme would be a sure hit."

Ticket sales took place in November and it was not long before the event sold out.

"We sold 1,100 tickets within the first week!" said Rouquie, which topped last year's sales of roughly 1,000 tickets.

Juniors, Marcella DeCarlo, Chris Shine, Venithda Sourignamath, and Brittany Sawyer were primarily responsible for the intricate decorations and centerpieces.

"The best part of my night was looking around the ballroom and seeing everyone enjoying themselves," said Rouquie. "It made all of the hard work and stress throughout the past semester worth it."



The Spectrum/Zack Lane

Some students dance the night away at this year's semi formal dance at the Stamford Marriott.

'DASH'ING THROUGH NYC FOR STORE OPENING

The Spectrum visits Kardashian sisters' newest location of DASH boutique

Andrea Gorkofsky
Staff Reporter

Kourtney, Kim, and Khloe Kardashian have dominated the spotlight yet again in the past couple of months with the grand opening of their store DASH in New York City.

The famous boutique, which already has locations in Los Angeles and Miami, held its third opening on Nov. 3 in New York City. To avoid the long line, I made my way to 119 Spring Street on Nov. 5, in hopes that the crowd would have shrunk by then. I was wrong.

Before I even made it to the store, the walk down Spring Street, better known as the SoHo area, seemed to be buzzing with DASH gossip. Groups of girls were asking locals where DASH was, but I was prepared and had the exact address. However, when I finally reached the store, I understood why it would be hard to miss.

With only a small sign in the window, the large amount of people outside taking pictures in front of the store was responsible for making it stand out. Still getting a picture outside the window with that small sign was a necessity to most girls there, including myself.

The store was very small but elegant. The walls were white with black furniture that complimented the three white circular

curtains hanging in the back of the store, which served as dressing rooms.

These dressing rooms were the first thing my eyes were drawn to when I entered the store, which gave me my first thought, "I have to go in one and try everything on."

The store consisted of about six racks of clothes ranging in anything from a \$90 tee shirt to an \$800 dress. The great thing about the \$800 dress was that even though I knew I could not afford it, it was a great experience getting to go into those fancy dressing rooms just to try it on.

The cheapest item you can find in DASH is a \$10 water bottle that says "DASH" on it along with girls' faces. Ridiculous yes, but I bought one anyway.

When I first got into the store, the crowd was mainly congregated outside admiring that the fact that the store even existed on the streets of New York City. But by the time I was cashing out there was a mob of people inside. Most people did not even buy anything.

Although I was one of those girls hoping to catch a glimpse of at least one Kardashian, I knew there was a slim chance to this happening so I left DASH with \$200 less in my bank account and only two t-shirts and a water bottle, which I still have not opened.

On Nov. 9, I not only got to see all three of the Kardashian girls, but stood a



AP Photo

The Kardashian sisters at an interview on the Fox and Friends television program.

foot away from them while they filmed for their new reality TV show, "Kourtney & Kim Take New York," which airs in January. The event took place at Pacha Night Club in New York City where the girls were launching their credit card line, "Kard." I was fortunate enough to get tickets to the event.

The girls came out together, looking phenomenal as usual, all dressed in black. Cameras were everywhere as they walked down the stairs to their red roped off VIP section, where a small crowd of fans waited, snapping photos and screaming their

names.

The sisters stood in front of us and waved, but did not seem to have the time to really face the audience much to pose for pictures. It was a hectic hour, which seemed like an all day event because of the shooting of the TV show.

The best part about the filming is that I will be in the show when the episode airs.

If you're a Kardashian fan you will not be let down by your experience in DASH. Hop on the train to grand central and take the subway to Spring Street and see for yourself.

Surviving finals week

Maile Hetherington
Staff Reporter

It's that time of year again. With the semester coming to a close and finals week just around the corner, students at Sacred Heart University usually have one thing on their minds: doing well on their exams, while attempting to maintain their sanity.

For Junior Kristi Harris, finals week means all night study sessions with lots of caffeine.

"Finals week makes me cringe," Harris said. "Just thinking about all the work I have to do in such a short amount of time means I'm going to need a lot of coffee."

But Harris isn't the only one feeling the heat of finals week.

"I think finals week is somewhat unfair because we get bombarded with all the semesters work last minute," said sophomore Christina Toscano. "Nothing is due all year semester long and then its all due at the same time."

For freshmen, their first run in with a finals week can often be intimidating.

"I'm a little intimidated for finals this semester," said freshman Jason Kinney.

Many students can relate to experiencing anxiety or stress for all those big tests and papers due. So what's the perfect formula for acing those dreaded finals?

"Try to keep up with your work from the beginning of the semester and manage your time the best you can," Harris said. "It's so easy to fall behind thinking you have a lot of extra time but those due dates can really sneak up on you. And you don't want to be kicking yourself later thinking why didn't I start this sooner."

Professor of psychology Susan Gannon has learned a lot about procrastination in her years of teaching at Sacred Heart. She offered some tips to help students keep their heads above water during finals.

"Don't underestimate the time it takes to be prepared. Over-studying is the thing that really locks up the great grade," she said. "Literally writing a schedule allowing for plenty of time for study and writing time keeps you focused and helps those of us who tend to procrastinate."

Other students utilize list making and planning as the best way to stay on top of their studies.

"I made a schedule based on when my work is due and set apart time each day of the week to spend in the library and study for that class," Toscano said.

Some think finals week is not all it's hyped up to be and say students would be a lot more successful on their exams if they didn't stress out so much.

"Finals week is so overrated, people get way too stressed out about them," said junior Michelle Riber. "Freaking out over a test or paper will only create more distractions."

Finals week can be hectic and sometimes overwhelming but helpful tips to remember are to stay organized, take time to relax, maintain regular sleeping and eating schedules, and think positively.

GETTING TO KNOW THE MEDIA MAN

Features profiles Kris Singhaviroj

Jessica Colucci
Staff Reporter

For many students at Sacred Heart University, post graduation plans include finding a job outside of the school community. This was not the case for class of 2007 graduate, Kris Singhaviroj, a staff member in the department of communication, formerly media studies.

Singhaviroj's official title is equipment manager and lab and studio supervisor for the department of communication, which he pursued because of his experience as a student at Sacred Heart.

"I loved the atmosphere of the university and loved the department," he said. "I used to work study for the media studies department and learned so much from sitting in on classes, the hands-on learning experience, and just overall conversations with professors and students."

This interaction with faculty and students has not stopped due to his new role, and their respect for him has grown.

"Kris has made my life a lot easier by solving lots of technical problems I have faced as a professor," said James Castonguay, associate professor for the department of communication.

His education and knowledge in the field has made Singhaviroj an excellent person for the job.

"Kris has the academic background, creative skills, and technical knowledge to address a wide range of issues that arise on a daily or weekly basis," said Castonguay. "His contributions cannot be overestimated."

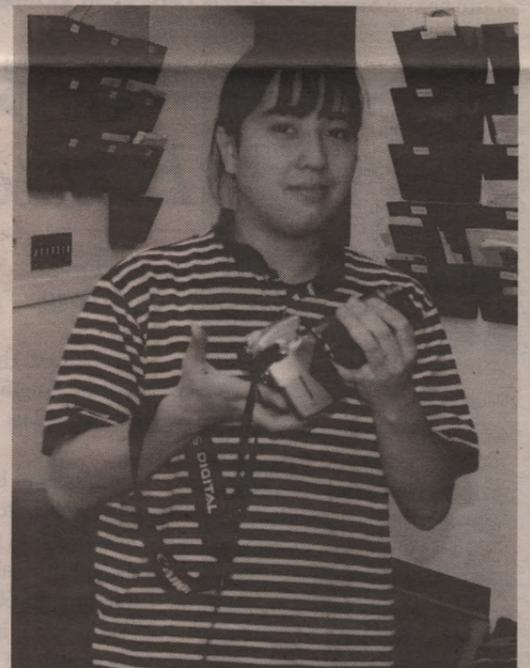
So what exactly does his daily "to do list" entail?

"My top priorities are maintenance of studio and lab facilities, maintenance and care of [department] equipment, and assistance to [department] faculty, staff, and students," said Singhaviroj.

He said that some of his other duties are supervision of media lab technicians and interns, and other duties, such as equipment repairs, ordering, and DVD rentals.

All of his hard work has earned him a reputation as the "go-to" guy of the communications department.

"If you have a production class, you see Kris a lot," said Eastman. "He's the guy that signs out the cameras, the DVD's, pretty much anything you need to successfully complete an assignment for



The Spectrum/Andrew Orlandi

Kris Singhaviroj poses with one of the cameras available for rent in the media lab office.

media studies."

Occasionally, Singhaviroj is needed for tasks other than renting out equipment.

"A student comes into my office, panicked that his/her project is due in a few hours, and something is not properly working. I'm usually the guy who tries to calm the panic and troubleshoot the problem in these situations," he said. "Each day is something new or crazy happening, so I'm never bored."

Singhaviroj feels the job fits him perfectly because of his "experience working in education" and the faculty is glad to have a former "excellent student" in a position to help the department further their learning.

"I want to stress here that in addition to being smart and talented, Kris is a great person," said Castonguay. "We're lucky to have him."

Singhaviroj commented on where he is now from when he was a student at Sacred Heart.

"It's kind of funny that just four years ago, I was working on the Spectrum, writing articles, and taking photos," he said.

"Now, the Spectrum is doing a piece on me of all people. All out of profile topics?"

Scoreboard

Friday, December 3

M. Ice Hockey

Mercyhurst- 6

SHU- 2

W. Ice Hockey

SHU- 2

St. Michael's- 1

Saturday, December 4

W. Ice Hockey

St. Michael's- 4

SHU- 2

M. Ice Hockey

SHU- 3

Mercyhurst- 2

M. Basketball

Wagner- 73

SHU- 68

Sunday, December 5

W. Basketball

UConn- 86

SHU- 32

On Deck

Tomorrow

M. Ice Hockey vs. UConn

7:05 p.m.

W. Ice Hockey vs. Oswego St.

3:00 p.m.

Saturday, December 11

M. Basketball @ Stony Brook

2:00 p.m.

MSG Plus

W. Ice Hockey vs. Oswego St.

3:00 p.m.

M/W. Track @ Harvard Open

All-Day

W. Swimming @ Siena

All-Day

Sunday, December 12

W. Basketball vs. Siena

2:00 p.m.

M. Ice Hockey vs. Clarkson

4:05 p.m.

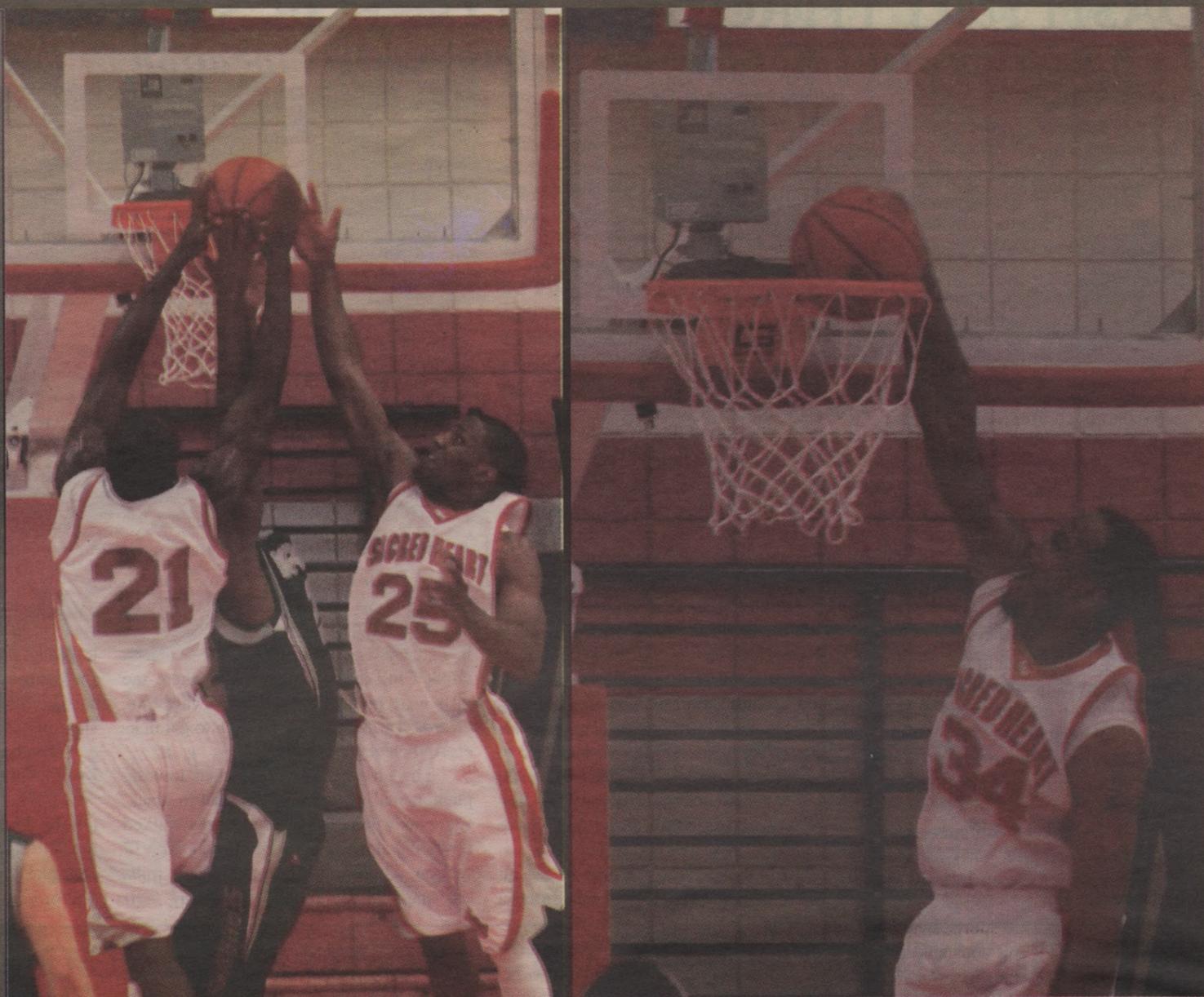
Contact Sports Editor

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Left: Femi Akinpetide (#21) and Shane Gibson (#25) battle for a rebound. Right: Stan Dulaire (#34) makes a sensational dunk.

The Spectrum/Sean Elliott

M. Basketball falls to Wagner 73-68 Buzzer beater forces OT for Seahawks

Jessica Orser
Staff Reporter

The Sacred Heart University men's basketball team fought into overtime against the Wagner Seahawks but came up short, losing 73-68.

The Pioneers battled their way back from a 10-point deficit towards the end of the game, but a combination of two three-pointers and a Sacred Heart foul allowed the Seahawks to end the game in a 60-60 tie.

"We played hard and put ourselves in position to have a chance to win the game," said junior Nick Greenbacker. "Wagner hit a few really tough shots to stay in the game down the stretch despite us playing good defense."

The Pioneers were down by 10 with less than 12 minutes to go, before rallying and responding with a 17-3 run to take the lead in the game. The Pioneers fought hard to hold onto that lead up until the last seconds of the game.

"The Wagner game was a tough one to handle. We put ourselves in position to win and then didn't get the job done," said head coach Dave Bike.

Wagner's Tyler Murray and Latif Rivers each shot off a three pointer to tighten the score to 60-59 with less than 30 seconds on the clock. With an effort to end the game with a win, senior Jerrell Thompson flew up the court with the ball, only to get swarmed by a joint pair of Seahawk players and being called for a backcourt violation.

"We fought hard; we were down ten late in the second half but we let it slip away in overtime. We just have to learn from this game and make sure we close out games better," said freshman Evan Kelley.

After the whistle was blown on Thompson, the Seahawks gained possession and put the ball in the hands of Murray, who powered his way to the hoop, only to get fouled by the Pioneers. With eight seconds left on the clock the Seahawks went to the line to shoot two foul shots.

The first shot went up and the crowd fell silent as the ball danced around the rim, and then fell off to the side.

"It felt like it took forever for the ball to decide if it was going to go through the net or not, everyone was just holding their breath praying it wouldn't go in and once it popped out the crowd just erupted," said junior Ali Morin, a spectator at the game.

Murray's second shot swished through the net, to tie the game at 60-60 and forcing the game into overtime.

"I think we showed that we have the ability to play well in close games but when it comes down to it, we need to start having better results," said Greenbacker.

The Seahawks came into overtime and scored the first points off a steal from a Sacred Heart pass. Pioneer guard Shane Gibson answered the Seahawk layup with a leaner but it was not enough. From then on the Seahawks pulled away putting the Pioneers further and further behind.

"I think that the way we lost was sort of sad. We had a good chance to win the game, but we could not manage to capitalize on that," said senior Mehmet Sahar.

With this heartbreaking loss to Wagner behind them, the team has a positive outlook on the rest of their season and is ready for the opponents ahead.

"Hopefully we will be in the same position again and the next time the results will be different," said Bike.

Sacred Heart was back in action Monday night traveling to Pennsylvania to take on the Lafayette Leopards. After battling back from a double digit deficit in the second half the Pioneers eventually fell 76-71.

The win improved Lafayette's record to 3-6, and dropped the Pioneers record to 1-7.

The Pioneers were aggressive on defense forcing 17 Leopard turnovers, but Lafayette was able to overcome them.

Thompson led the way for Sacred Heart with 19 points. Freshman Louis Montes had his best game of the season with a season high 13 points.

The Leopards were very successful from the free throw line. They were 20-22, which was good for a 90 percent clip. The Pioneers were 18-24, which equaled 75 percent.

Sacred Heart was down 42-34 at the half, and Lafayette started the second half strong increasing their lead to 15. The Pioneers battled back and eventually took the lead with 4:28 remaining.

The Leopards closed the game on a 13-6 run, earning their third win of the season.

Sacred Heart was back in action Wednesday night at home hosting the Hartford Hawks. Results were unavailable as of press time.

The Pioneers travel to Stony Brook on Saturday for a 2 p.m. tip off. The game can be seen on MSG Plus. Following the game the team is off for a week, preparing for final exams.

"Fortunately there is a lot of basketball to be played. We just need to focus on getting better day in and day out," said Sahar.

Stats courtesy of Sacred Heart Athletic Communications.

Reflection: Monday night Jets massacre

Dan Graziano
Sports Editor

I am embarrassed. I waited all week for Monday Night Football, a match up to end all match ups. The 9-2 New York Jets vs. the 9-2 New England Patriots.

The Pats led by all-star quarterback Tom Brady have a dominant offense, leading the NFL in points per game. The Jets on the other hand went into the game with a dominant defense, ranking fourth in the NFL for least points per game and second with their run defense.

The game was supposed to be a close one to say the least. In the past weeks quarterback Mark Sanchez was connecting with his receivers and making big plays. The special teams unit was on fire led by Renaissance man Brad Smith, and their cornerbacks were doing better than ever.

Well Monday came and went...and

here we are. I am speechless, what happened?

The blame can't be put on just one person but rather the whole team. Firstly, Rex Ryan, come on man. Ryan challenged a fourth down ball position, which he ended up going for anyway. If you were going to go for it then why bother wasting a challenge? If anything try a hard count to get the defense to jump offside's, don't blow a challenge, especially that early.

Next, the offense in general just couldn't put it together. Sanchez was not able to connect with his receivers. Communication was off and his passes ended up behind them or in front, but rarely in their hands. While the running game was decent thanks in part to Shonn Greene, it was not enough.

As a kicker your one job is to kick the ball. If you cannot do your job then you should be fired, Nick Folk. Folk started

the year strong making some pretty clutch kicks, but things have changed. In fact last week he almost missed an extra point attempt...which should never happen...ever. Not only did Folk miss a 53-yard field goal attempt but he missed the net completely, and remember this was going with the wind, not against it.

Lastly the Jets top ranking defense just didn't come out to play. Ex-Jet Danny Woodhead embarrassed his old team and shows us each week that he is a valuable member of the Patriots offense and special teams. Both Patriot receivers, Wes Welker and Deon Branch were able to beat their coverage and score touchdowns. All-star cornerback Darrielle Revis kept his coverage strong, with Brady not even attempting to throw it in his direction.

This leads me to the question, if Jim Leonard didn't get injured would things have gone differently?

What you may have missed in the world of sports....

- #2 Nebraska takes down Sacred Heart 3-0 in NCAA Women's Volleyball Tournament.

- Sacred Heart men's ice hockey splits two over the weekend with Mercyhurst. Dropping the first game 6-2 on Friday, Dec. 3 and winning the second 3-2 on Saturday, Dec. 4.

- The New York Yankees have finalized their three-year, \$51 million contract with short-stop Derek Jeter.

- Boston Red Sox traded three minor league prospects for first basemen Adrian Gonzalez.

- UConn's football team earns their first BCS Bowl bid this past weekend. They will take on the Oklahoma Sooners in the Fiesta Bowl, Jan. 1.

- Closer Mariano Rivera will be staying with the New York Yankees for two more seasons collected \$30 million dollars.

- Cliff Lee remains unsigned, with reports stating three teams are in talks with Lee. The Nationals, Yankees, and Rangers.

- The New Yankee Stadium will be hosting it's first bowl game on Dec. 30, The New Era Pinstripe Bowl. Kansas State will be taking on Syracuse.

- The Broncos fired head coach Josh McDaniels on Monday. He now joins the ranks of Wade Phillips and Brad Childress as fired coaches of the 2010 season.

- Men's UConn basketball team is ranked number 6 in the country with a 7-0 record, winning the Maui Invitational over the Thanksgiving Break. The Huskies defeated ranked number 9 Kentucky and number 2 Michigan State en route to the title.

Club sports hit big on campus

John Young
Staff Reporter

Sports can be a great way to discipline mind and body, while having fun, and creating bonds with friends that could last a lifetime. However, there are some students who have never played before, and may not want the intensity of one of the more traditional collegiate sports teams.

Luckily, Sacred Heart University has the option of club sports.

With 28 current club sports, which over 650 student athletes are involved in, there is a constant addition of new teams. Club sports is an exciting and growing aspect of campus life.

"Joining club sports is nice, because you don't have to feel the pressures of a Division One sport, but at the same time you are still competing at a high level," said senior Alex Atkinson who is

a member of the men's rugby club. "It's like joining a fraternity. I have gained more friends than I could even imagine."

The president of the club sports council, and member of the club volleyball team, Annalise Hurley believes that the club sports program is a great way to have fun, and exercise while getting involved at the university.

"As a member of the club volleyball team I also have a perspective as an athlete. Being able to still formally play a sport I played in high school is a great opportunity. I enjoy being a member of a team with a higher level of competition than an intramural sport," said Hurley

The director of club sports, Ray Mencio agrees.

"Club sports has been great for our university and our students. It has allowed students to continue playing their sport at a very high level after high school. Having club sports has also been great for student who have never played before and it gives them the opportunity to try a new sport," said Mencio.

NO PLACE LIKE SHU FOR THE HOLIDAYS

Athletes' winter break cut short by commitment to sports

Erin Burke
Staff Reporter

As finals week is approaching, the average Sacred Heart student is busy memorizing information, writing papers and finalizing presentations. The only thing keeping students from cracking under pressure is the thought of being home for the holiday break.

However, not every student has a month and a half break at home with friends and family. Some athletes stay here on campus.

Men's and women's ice hockey and basketball are typically the most effected by this shortened holiday break.

"Thanksgiving is like one to two days tops, and Christmas is three days," said junior Alexis Campell about her break as a basketball player.

Sophomore Sarah Delaney explained her situation with the woman's ice hockey team.

"We usually get close to 10 days for Christmas which is great in comparisons to how short it could be," said Delaney. "But for Thanksgiving we get less than 24 hours because we have practice on Thanksgiving Day and the day after".

Delaney goes on to say that she is fortunate enough to live in Massachusetts so she can actually go home, unlike the majority of her teammates who will spend the holidays on campus or at a friend's house who lives close by.

These shortened breaks may sound awful to the average student but being on campus over winter break has its advantages as well.

"It's pretty relaxing with no classes

and having nothing to worry about other than practices and games," said junior and men's basketball team member Nick Greenbacker. "It allows us to focus solely on our game and play to our maximum potential".

Many athletes say that they will spend a lot of time at the mall or at the movies.

"I know the biggest question that people ask me is what do I do with myself," said women's ice hockey senior Brittany Hartman. "With no class work and a deserted campus we definitely have to find ways to entertain ourselves".

Junior ice hockey player Nicole Palazzo said that her teammates spend their free time doing a lot of puzzles and just relaxing around their dorm rooms.

Lucy Cox and Heather Lewsey, Associate Athletic Directors of Athletics try to find ways to keep the student-athletes entertained over the break.

"These kids make such a big sacrifice," said Cox. "So we just try to find ways to show that we appreciate what they do".

In the past Cox and Lewsey have organized spelling bees, musical chair and dodge ball tournaments, and other events where the teams can all come and get to know each other.

"The prizes are usually gift cards to local restaurants so that the kids can go out and enjoy a good meal," said Cox.

With practices, games, and weight room training, all of the athletes stay pretty busy.

"I'd would barely even call it a vacation because we are at the Pitt from sun up till sun down," said junior basketball player Jerrell Thompson.

Being so far from family can be

tough, but the athletes have found a way to create their own families here on campus, bonding not only with their teams but with the other teams on campus as well.

"Because we are the only ones here we tend to do everything together," said junior basketball player Callan Taylor. "Plus it's the holiday season so you want to be around others and do things with other athletes as well as your own teammates"

It doesn't matter if it is basketball or hockey, the different players are always looking for new friends.

"The different teams definitely get closer over break because there are so few people on campus. We also all try to go to each other's games and show some support since we have the free time," said Greenbacker.

For these athletes, home is where the 'heart' is.

"It's tough sometimes," said junior hockey player Tara Kent. "But these girls are my family and I actually look forward to having campus to ourselves. Some of the best memories I have with my teammates are from these breaks and I love the time we get to spend with them".

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A DAY IN THE LIFE: SHU WRESTLING

Al Malafronte
Staff Reporter

With a schedule that spans more than five months, the grind that defines the day in the life of a Pioneers' men's wrestler cannot be understated.

Daily practices, lifting, running, and conditioning, prepare each wrestler for the physical and mental taxation of the season. Although many may classify wrestling as an individual sport, there's certainly nothing individual about each teammate's goals for themselves, and the unit as a whole.

"It's more than an individual sport," said junior Jon Rizzitello. "If you constantly see your teammates lose one after another, your confidence is not as high as it should be. But, if you see your teammates win and the match is close; it allows you to have more confidence."

The individual nature of the sport is not the only stereotype that many wrestlers face. Many believe that the toughest nature of the sport is the idea of cutting weight in order to qualify for matches in a lower-weight class.

"I personally believe that most wrestlers cut too much weight," Rizzitello added. "It affects their wrestling quite a bit. Too many guys focus more on their weight than actually wrestling."

Proper practice in order for a wrestler to be successful, as the nature of this preparation often translates into their matches. Unlike in many other sports, the availability of video highlights used to scout upcoming opponents isn't as useful to a wrestler. With weights constantly fluctuating, and 20 members of a roster competing for 10 weight classes, an individual opponent is usually completely random for any given match.

"Honing one's skills in a wrestling practice is extremely important," said WHRT Radio's 'Sunday Sports' producer Chris Katzmman. "A wrestler needs to make the most

of practice in order to contribute to the team, because once they hit the mats, there's nobody out there to pick them up."

Come match day, more warm-up time is enlisted for each wrestler. A light jog, drill, and stretching are preludes to weighing-in one hour before the match. In addition to hydrating with a sports drink, and fulfilling hunger with a power bar, a key component before each match is focus.

"I try to focus on what I am going to do during my match," Rizzitello added. "I try to go over every situation that I may end up in so I'm ready. I also try to get a sweat going so my body is warm and ready to go when the match starts."

Even the slightest moment of vulnerability can cost a wrestler during the seven-minute match. If for any second a wrestler decides to rest or slow things down, points can be given up just like that, and may cost him a match.

"You can't stop even for a second," Katzmman added. "The entire nature of the sport is executed during those seven minutes. You literally need to execute that nature both physically and mentally, or else you're pinned before you know it."

Throughout the course of the 10 matches, points are tallied to determine which school is the overall winner of the tournament. The idea of racking up as many points as possible further stresses the importance of not only winning each individual match, but putting up a strong showing and full-throttle effort regardless.

Of course there is nothing more fulfilling for a wrestler than doing just that, in order to help the team win. And that goes double when both the individual wrestler, as well as the team, can reap the benefits of victory.

"There is no better feeling than winning a match," Rizzitello concluded. "After the match, you do not care about anything. I never feel tired, or fatigued after I win a match, I just feel great. You just have a feeling of accomplishment, and there's that sense that all of the hard work is paying off."

UConn extends streak to 86 in Pioneer defeat

Ryan Hannable
Asst. Sports Editor

Facing a team that is in the midst of an 86 game winning streak is not an easy task. The Sacred Heart women's basketball team found this out the hard way in falling to the UConn Huskies 86-32 on Dec. 5 at the XL Center in downtown Hartford.

The Huskies scored the games first six points, and it was downhill from there for the Pioneers. The win increased the Huskies win streak to 86 games.

Sacred Heart struggled on the defensive end, and poor shooting didn't help the cause either. The Pioneers shot a dismal 22 percent from the field for the game, and only 15 percent in the first half. UConn led 57-16 at intermission.

Head coach Ed Swanson was disappointed with his team's effort on the defensive end.

"We didn't play well. I think it had a lot to do with nerves, nervous energy and excitement. Our defense should have been one step behind UConn's defense, but we were two and a half behind," said Swanson speaking to reporters after the game.

The Huskies shot 59 percent from the field for the game, and an astonishing 74 percent in the first half. They also dominated the Pioneers on the boards, out rebounding them 50-14 for the game.

Junior Callan Taylor led the Pioneers with a team high 11 points. She added three rebounds. Senior guard Alisa Apo contributed seven points. Sophomore guard Kiley Evans and senior guard Maggie Cosgrove

each had five points.

There was a milestone moment during the game, as Husky forward Maya Moore became the schools all-time leading scorer. She surpassed UConn legend Tina Charles. Moore now has 2,355 career points.

Swanson was very impressed with Moore. "She is like the Kobe Bryant of women's basketball I think. She's going to do the same thing on the next level," said Swanson.

Moore led the Huskies with 17 points, seven rebounds and five assists. She was 8-9 from the field. Junior guard Tiffany Hayes had a game high 18 points. She added four rebounds and four assists.

With win number 86 in a row for UConn they move into within two games of the UCLA men's team winning streak of 88 games in a row for the NCAA record men or women. This was from 1971-1974.

The game will benefit the Pioneers in the long run, as they learned a lot from facing the best team in the country. "I am not disappointed for taking the opportunity to come up here to play. I thought we saw some good things that hopefully will come back to help us in our conference," said Swanson.

Sacred Heart was back in action Wednesday night in a non-conference match up with Yale. Results were unavailable as of press time.

The Pioneers will face Siena on Sunday Dec. 12 before a week long lay off during finals week. They then open Northeast Conference play Monday, Dec. 20 at home taking on Mount St. Mary's in a 7 p.m. tip.

W. Hockey splits with St. Michael's over weekend

Whitney Hughes
Staff Reporter

The Sacred Heart University women's ice hockey team went 1-1 over the weekend in a two game series against St. Michael's College. The victory came against the Purple Knights, 2-1, in the first game. However, the Pioneer's lost 4-2 in the second match up.

The loss against St. Michael's weakened Sacred Heart's record to 2-11 overall in non-conference play.

The first game of the weekend was sent into overtime after solid defensive performances from both teams. Sacred Heart junior, Tara Kent, scored the first goal of the night on a power play.

The Pioneer's defense held strong throughout the first period and four power play opportunities granted to St. Michael's.

With two seconds left in the first period, the Purple Knights responded to Kent's goal with an offensive advantage play. The two teams went into halftime tied at 1-1. Neither the Pioneers nor the Purple Knights could net a goal in the final two periods and the game was sent into overtime.

After the two scoreless periods and Sacred Heart found the back of the net for their second win of the season. Caitlin Gottwald was able to connect with the puck after a shuffle in front of St. Michael's net and scored the game-winning goal in overtime.

Sacred Heart was one for two on power plays while St. Michael's was zero for six on power play opportunities. The Pioneer's had 41 shots on goal to the Purple Knight's 27.

In the second game of the weekend series, Sacred Heart fell to St. Michael's 4-2.

The Purple Knights scored early in the first period and set the tone for the rest of the game. Sacred Heart was able to respond within eight minutes with a goal from sophomore, Megan Murphy off a rebound from Gottwald. The goal was the result of a power play for the Pioneers.

The second period began the same as the first with goals from both teams,



The Spectrum/Erin Burke
Jennifer Burroughs (#19) controls the puck in a recent game.

leaving the score at 2-2 halfway through the period. St. Michael's goal was scored early in the period, leaving Sacred Heart to fight back before the end of the period. The Pioneer's tied the game with a goal from senior, Lauren Fontaine with four minutes remaining in the second period.

The Purple Knights stole the game away in the third period with two goals. The goals came five minutes apart from one another and the Pioneer's could not answer back.

Sacred Heart was one for four on power play opportunities while St. Michael's was zero for two. Despite outshooting the Purple Knights 41 to 26, the Pioneer's could not sweep the weekend from St. Michael's.

Sacred Heart travels to Oswego State for their next two non-conference games. The Pioneer's look to take the momentum from the win this weekend and improve their record before a short winter break.

Stats courtesy of Sacred Heart Athletic Communications.

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Relay For Life Kick-Off
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Pierre Bognon and 'the Anatomy of Sports Fans'

Liam Roecklien
Asst. Sports Editor

It's the classic backyard scenario. You face the basket and take a dribble to your left, as you set up to shoot you begin to count down the seconds. Three, two, one, he shoots, he scores, and the crowd goes wild.

This scene has been played out across the globe for decades, and the psychology of the players within sports has been a subject that has been thoroughly studied. But one area of sports that has had sparsely researched is the psychology of the crowd, and why they go wild after that big play that many have dreamed of making.

Pierre Bognon came to Sacred Heart on Nov. 30 to promote his new book. He is the author of "The Anatomy of a Sports Fan". Bognon decided to research the subject after he watched his son become a die-hard Oakland Raiders fan after a brief trip to California.

"Fans are very close-knit people and they share a unique camaraderie," said Bognon. "As a fanatic, individuals invest emotional energy and those who are really in need of an identity, find it in the sports teams they follow."

Bognon believes that fanaticism in sports displays a unique psychological occurrence that allows for people to feel closer with their fellow fans and become part of a larger grouping.

"Sports help men with their social needs," said Bognon. "The one time the

Iraqis united during the war was when their soccer team was having some success. Sports is a uniting force because deep down there is more togetherness in sports as a whole. You feel more togetherness with any fan of the sport than someone who doesn't follow sports at all."

Being a sports fan can definitely allow for connections that would not normally occur, but sometimes that fanaticism can begin to control the daily activities of a person's life.

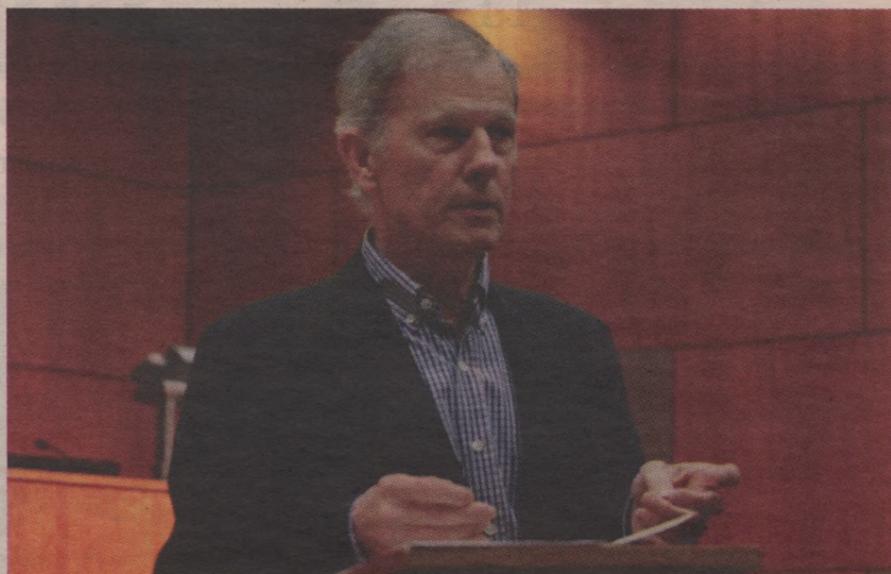
"You can see people you've never met before but you can talk to them if you know they are a fan of your team," said freshman Anthony Pascarella. "But when you're hooked to a team you're unable to break away and sometimes your schedule resolves around that team."

Fans usually are thought to begin following a team because of location. But this is not always the case. The team they choose can actually come from a variety of reasons.

"The pick of a team versus another comes through many circumstances and it is very rarely a logical choice," said Bognon. "Your choice will be influenced by friends, families, or circumstances that have happened to you in your past."

It seems that some fans do not even have the choice as to which teams they follow, as parents certainly play a large role in deciding.

"My parents are Yankee fans first because they are originally from the Bronx," said junior John Rella. "So being a Yankee fan gives me an identity of who I



The Spectrum/Sean Elliott

Pierre Bognon speaks to students and faculty promoting his new book.

am and where my family came from."

However, Bognon has found that fanaticism does not always have positive outcomes. Sometimes fans can turn violent when individuals become a part of large crowds.

"Sometimes at games crowds lose their identity and they lose their real thought," said Bognon. "So you are not yourself when you are apart of a group of your peers. Being a part of a group lowers your inhibition and you are much more likely to become more aggressive and do things you wouldn't normally do."

Bognon believes that violent individuals perform violent actions and that sports are not to blame for the occurrences

of hooliganism and mobs.

"Sports are a catalyst for people whose education and background have gaps, said Bognon. "And sports and being a part of a large group allows for the behaviors to come out."

Ultimately, Bognon believes that sports are a metaphor for life, and people enjoy the opportunity that sports gives them to compete.

"Sport is our desire to have emotions," said Bognon. "We are driven by the desire to conquer and win. With sports you always have the opportunity to win, even if you lose today, you always have the opportunity to come back and win tomorrow."

Week 13: Best and worst of the NFL

Liam Roecklien
Asst. Sports Editor

Week 13 promised many great things for football fans, as many there were many marquee match ups that could decide many playoff match ups in the upcoming weeks. Here is the best and worst from week number 13.

Best Game of the Week: Pittsburgh Steelers over Baltimore Ravens

The Sunday night match up between the Ravens and the Steelers lived up to expectations, as the game brought back memories of great old-time football match ups. However, one of the teams had to win, and the Steelers were able to take advantage of a late turnover forced by Troy Polamalu, to earn the victory 13-10.

The game was a defensive struggle throughout, but the Ravens were able to maintain an early lead for almost the entire game after a touchdown from quarterback Joe Flacco to his favorite target, Anquan Boldin.

But the fourth quarter fumble gave the Steelers' the chance for the win, and quarterback Ben Roethlisberger capitalized on the opportunity by completing a touchdown pass to backup running back Isaac Redman.

The game's importance for the Steelers' cannot be underestimated, as they now control their own destiny in the AFC North and own the tiebreaker over the Ravens.

Worst Game of the Week: New England Patriots over New York Jets

The so-called, "Super Bowl of the regular season" certainly did not live up to the hype as the New England Patriots steam rolled the New York Jets 45-3. The game was one-sided from the start with Patriots quarterback, Tom Brady throwing for 326 yards with four touchdowns. The game was extremely disappointing for the Jets whose record dropped to 9-3 and lost

the vital head to head tiebreaker with the Patriots. The Jets will look to rebound next week in their game versus the division rival Miami Dolphins.

Player of the Week: Aaron Rodgers, Green Bay Packers

Aaron Rodgers kept the Green Bay Packers playoff hopes alive this week throwing for 298 yards with three touchdowns in a win over the San Francisco 49'ers. Rodgers completed 21 passes out of 30 attempts and finished the game with a passer rating of 135.1. The aerial attack sliced up the San Francisco defense leading to a Packer victory by the final score of 34-16. The win keeps the Packers one back of the NFC North leading Chicago Bears.

Upset of the Week: Oakland Raiders over San Diego Chargers

After four straight wins, the San Diego Chargers looked poised to take control of the AFC West division, and with two straight loses, the Oakland Raiders looked to be headed in the wrong direction. But to the surprise of everyone, the Raiders easily handled the Chargers this past Sunday, 28-13. The division is again up for grabs. The Raiders were led by a running attack that had been dormant for several weeks, but ran rampant on this day, rushing for 251 total yards led by Darren McFadden who had 97 yards and a touchdown, and Michael Bush who had 95 yards and also scored.

What to look for in Week 14:

Can the resurgent Cowboys play spoiler to the Eagles? Can Peyton Manning correct his interception woes and bring the Colts back to their winning ways versus the Titans? Can the Giants stay on pace with a win over the Vikings? All this and more will be decided this coming weekend.

Look for a playoff preview in the issue following the Christmas break.

PHOTO OF THE WEEK



The Spectrum/Sean Elliott

Captain Eric Delong (#15) moves the puck up ice in last Saturday's 3-2 victory over Mercyhurst.

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SKATING TO VICTORY

**Pioneers
defeat
Mercryhurst
3-2 over
weekend**



Freshman Dom Jancaterino (#18) moves the puck up ice during last Saturday's 3-2 win over Mercyhurst at the Milford Ice Pavilion.

The Spectrum/Sean Elliott