Christmas comes to campus

Along with the snow globe pictures, which will take place on Wednesday, Dec. 5, there will also be an event called "Mug Shots" on Thursday, Dec. 6, where students can get their pictures taken and put on hot chocolate mugs.

Dr. Madeline Murcott, News Editor

Students look forward to Winter Week every year and are excited about the upcoming events. "I loved Winter Week last year," said sophomore Lauren Dyez. "My favorite part was the snow globe picture. You literally got to sit inside this big blow up snow globe and they took your picture. I'm happy they're bringing that back this year!"

"I was flattered for the fact that I was considered and that they thought that the work that I was doing was worthy of being recognized—especially in a minority community such as Bridgeport," said Walker.

"We have really been trying to grow in both programs and in size, I would say my number one priority now is expanding graduate programs," said Dean Walker. "We are looking to launch a language pathologist program in fall of 2014, as well as to launch a master's program in physician studies by fall of 2016."

Walker’s work was recently honored by the Greater Bridgeport section of the Connecticut Chapter of the National Council of Negro Women. She received the Distinguished Educator Award, which is given out every other year. "We've been working on this since the junior board has been work­ ing hard all semester in preparation for the big upcoming night."

"Even one's enemy deserves to be a human being," said Greeley. Dr. Janzah discussed how many laws and rights made my governments usually only apply to their citizens and are confined to events in their country, not the rest of the world. She believes that documents such as the Bill of Rights should have a more global view as well as an American view.

HUMAN

Has

Rights

Sacred Heart University Colloquium Series

SEE Human Rights on page 2...

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Colloquia details the struggle of human rights violations

Madeline Murcott, Staff Reporter

Humans are born with specific rights that no other person should take away from them. However, in certain parts of the world, humans are denied basic rights and are also unaware of what their rights are.

The Human Journey Colloquia SERIES held a colloquium called "Human Rights Violations" on Nov. 15. The colloquium was presented in a packed Curtis Hall Theatre by Dr. James Castonguay of the Communication and Media Studies Department, Dr. June-Anne Gerey of the Theology and Religious Studies Department, and Dr. Alka Jauhari of the Government and Politics Department.

Since all three professors were from different departments at Sacred Heart, it provided for a well rounded discussion on how human rights violations affect everyone. Greeley discussed the topic of national rights vs. human rights posing the question of which is more important.

While showing a picture of a village in Afghanistan that had been bombed, she posed questions about whether or not it is ethical to bomb innocent individuals in order to kill may be one or two who are dangerous and should countries consider them to be less simply because they are not protected by certain laws and constitution.

"Even one's enemy deserves to be a human being," said Greeley.

SEE Human Rights on page 2...

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Dan presented educator award

Daniel Bird, Staff Reporter

It appears as if Patricia Walker’s guidance counselor knew exactly what he was talking about. "I decided that I wanted to go into the science and medical field when I was in middle school," said Walker, dean of Sacred Heart University’s College of Health Professions. "I had a guidance counselor that told me that I was smart girl and that it would be a great career path for me.

Walker has overseen the College of Health Professions since her arrival in 1997 and has focused on continually improving the college. "We have really been trying to grow in both programs and in size, I would say my number one priority now is expanding graduate programs," said Dean Walker. "We are looking to launch a language pathologist program in fall of 2014, as well as to launch a master's program in physician studies by fall of 2016."

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See Walker on page 2...

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‘Awkward Handshakes’ improvise on campus

Emily Sabia, Staff Reporter

At 10 p.m. on Nov. 28, the "Awkward Handshakes," Sacred Heart University’s Improv Troupe, will be performing for their annual fundraiser at the Edgerton Center for the Performing Arts. Students can buy tickets from the Theatre Arts Program booth for $1 or at the door for $5.

"This show doesn’t only allow us to have fun and boost our confidence, but we are allowed to give the students a few laughs as well," said sophomore and “Awkward Handshakes” member Abby Wooster.

The Awkward Handshakes are an improv team, which means the group performs without any prepared material. Members have to make up characters and plots on the spot during their performances.

"We will usually take a suggestion from the audience, a word, as a source of inspiration to get started," said senior improv troupe member Stephania Taggerini. "What’s cool about improv is that it is completely unique—what you see on stage during an improv performance has never been performed, and never will be performed again.

The improv troupe was founded in 2009 when senior Katie Perzanowski influenced members of the Theatre Arts Program, or TAP, to try out improv. Three years later, the Awkward Handshakes are now an integral part of TAP.

"The one thing that most people don’t understand is that you have to be funny to be in improv," said Wooster. "It just happens because of the improvisational nature."

The Awkward Handshakes will also be performing at TheatreFest, a festival of one-act performances that have all been written, produced, and acted out by students, on Dec. 8 and at 9 p.m.

See AWKWARD on page 2...
**Awkward Handshakes**

...CONTINUED from page 1

"For TheatreFest, we will be performing long form of either minoscene, which is one 25 minute improvised play based off of a word suggestion from the audience, or montage, which is long form but smaller scenes that can be completely changed by other improv players joining the scene or jumping in," said Taglianetti. "We will be playing a few short form games on the 28th like: The Dating Game, Film Noir and Crime Scene.

This past June, "Awkward Handshakes" performed with hundreds of other improv troupes for the Del Close Improv Marathon at the Upright Citizens Brigade Theatre East in New York. The Del Close Improv Marathon is a 24-hour improv festival that occurs at various venues across the world during the same weekend.

"By no means would I say we killed it with our performance, but it was definitely a learning experience," said junior and "Awkward Handshakes" member John DeBari. "It was nice being able to perform to non Sacred Heart students, and it took us out of our comfort zone a bit."

According to both Wooster and DeBari, one of the best parts about doing improv is bringing happiness to others and making them laugh.

"Absolutely love improv. It is such a fun way to use my imagination in a way different than acting. It is a great feeling when you get to make an audience laugh," said Wooster.

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**Human rights Colloquia**

...CONTINUED from page 1

Jashari also spoke of how many modern day wars are "interstate," meaning that they only occur within one country or a small region of the world. An example would be the genocide in Rwanda in the 1990s or the current clashes in Syria.

Jashari believes that other world leaders should be just as concerned about human rights violations in other countries as much as their own countries, but many only act on what is best for their nation. However, certain local issues in other countries can effect the United States, such as the 1998 Embassy bombings in Tanzania and Kenya.

"What you believe in is reflected in your own society and your international society," Jashari said.

Some believe that human rights violations are not widely reported in the media until it is either too late or the situation has grown worse and effects people in the United States.

Dr. Castonguay said "The media failed you in doing its job we...ive in a media system that is broken."

Castonguay, along with others, believes that the media is profit driven and that journalists are often limited in what they can cover because corporations are more concerned with ratings as opposed to content. This can lead to a lack in coverage of human rights violations worldwide which Castonguay thinks is unacceptable.

"A healthy media system is essential to a healthy democracy," said Castonguay.

Castonguay then showed an example of humanitarian journalism through a photograph of a young starving child in Sudan. He said that the man who took this photograph, Kevin Carter, won a Pulitzer Prize for it in 1994. He received a large amount of backlash because he said that he did not help the girl.

"I enjoyed the media part, it was very relateable. Especially the picture, it just shocked me how he go so much recognition and did nothing for the child," said sophomore Jennifer Ciuralli.
### Perspectives

#### Grand finale approaches

**Students prepare for crunch time before finals**

Evan Corey  
Staff Reporter

Thanksgiving break is always a much appreciated holiday for college students. After almost three full months of school, students deserve the time off to relax and be with family.

However, when the Thanksgiving break ends, the down time and relaxation disappears as students are propelled in to the home-stretch of the first semester. As professors cram all the remaining material in before finals, a student's workload can reach overwhelming proportions in the days and weeks leading up to Winter break.

Managing this influx of coursework can prove to be a difficult task. There are many ways to go about studying, and students must find the strategies that work best for them during this academic crunch time.

"My favorite place to study definitely has to be my room," said junior Kristin Tusa. "I usually like to be at my desk or sitting in my bed with my iPod in - it helps me concentrate."

Many students prefer the quiet of their rooms as it allows them to avoid disruptions. Others may choose more public spots to get their work done.

"Usually for finals I prefer to study in the library. I like the quiet atmosphere and how you can sit at a private desk to limit the amount of distractions," said junior Brianna Castrogiovanni.

The library, although not as quiet as a dorm room, offers a study environment with limited interruptions. Some students want a little background noise when they do homework, and the hushed voices throughout the library can provide just that.

### Attesting concerts with your significant other.

**With background experience in going to concerts with a significant other, I know personally that it can be both a rewarding and difficult experience.**

When I was dating a girl my senior year of High School we went to a Jack Johnson concert together. Jack Johnson is one of my top ten favorite musicians, and the concert was something I was looking forward to for a long time. The girl I was dating at the time liked John­son but was not as big of an enthusiast as me.

Sharing a common interest in the concert we were going to see, we avoided premature conflicts. Deciding jointly on a single act to see their must be give and take from both parties. If one person is either forced or feels guilty opposing their significant others choice, then it will result in both partners having a negative experience.

The partner who wants to see the act will look forward to the concert, and when they find out that the other is not as interested in it will take away from the entire experience.

While the partner who did not want to see the act will either be miserable the entire show, or end up having to fake an excitement and possibly hurt their partners feelings down the line.

Avoiding preemptive arguments and let downs is the first step to going to a concert with your significant other.

The next step is deciding whether to go with friends or to make the concert a date. From my experience going with friends, the concert was exciting and I was nice to see my date hang out and enjoy my friends company.

However, if your date were looking for the concert to be more along the lines of a one on one thing, it would be better to avoid inviting others.

Boys should pay for their dates food and apparel at the concert, while girls should let them.

Both partners should know before hand that there will not be much time to talk during the concert, and they should not force a conversation. Hopefully the concert is incredible, and the act puts on a good show.

If this is a first date then it will give you a lot to talk about, and if it is a concert with a boyfriend or girlfriend then it will be remembered as an amazing day with someone you care about.

Try not to distract your partner from the music and focus on enjoying yourself.

A concert is an incredible experience, and spending time with your significant other during a concert makes it even better.

Remember to keep in mind that everyone has different tastes, but a middle ground is often not accustomed to the frenzy of assignments and due dates right after a vacation. Students might handle the workload better once they go through it a couple of times.

"My studying habits have definitely changed a lot. I got better at time manage­ment," said Castrogiovanni.

Time management is a challenge for many students leading up to finals, even those who are used to the hectic schedule.

"I like to study in groups after I have already studied on my own. It helps me to a lot to discuss the information with other stu­dents in my class," said Castrogiovanni.

One of the keys to managing the holi­day season workload is experience. Fresh­men are often not accustomed to the frenzy of assignments and due dates right after a vacation. Students might handle the work­load better once they go through it a couple of times.

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Remember to keep in mind that everyone has different tastes, but a middle ground is not hard to find and will be extremely beneficial in the long run.
Students work out in the William H. Pitt Center. 

Donald Hinton  
Staff Reporter

Finding the time to hit the books and to hit the treadmill can be hard for some Sacred Heart University students. As the semester draws closer to an end it can become difficult to find the time to do all the things on your schedule.

There are days that working out at the Pitt Center can be smooth for students. Then there are days where there may be a line of students waiting for one exercise machine. According to seniors Liz Roy and Suzanne May, who both visit the gym frequently and know the weight room and cardio equipment, can become very crowded in the days following Thanksgiving.

"During these seasons of increased people at the gym it tends to get so crowded that lots of times its impossible to get a work out in," said May.

Some students use motivation from over indulging in holiday favorites to bum some excess calories at the gym. 

"Feeling guilty after stuffing your face for a few days at home motivates me more than the average gym user to hit the gym hard for the week after break, then finals come and the motivation dies," said Roy.

The rigorous final exam schedule can be enough to keep even the most active students buried under books. It is important that students are finding the time to separate their physical workout, from their mental workout. According to May, with the right schedule, finding time for both is possible.

"I set an alarm every morning and make sure that I work out, so then I have it out of the way," said May. "Then I usually set aside a few hours a day when I'm not in class to study and do homework. By doing this, the two never seem to get in the way of each other."

Once students have found the time to work out, many of them find it is easier to go to the gym with a group of friends.

"I like to work out with a friend because it is motivating and pushes me to workout harder," said senior Aimee Toner. "It is also nice to have company."

On the other hand, between all the stress of studying and group projects, some students agree with Roy, in that going with a group only adds to all of the stress.

"I usually prefer to use the machines alone unless we can agree on how long we'll stay," said Roy. "It's the worst when your buddy is ready to leave and you could stay another 20 minutes."

Other students agree it is best to go to the gym solo to be the most productive.

"If it gets to be too complicated," said senior Zachary Doyle, "Whether you are working out your muscles in the gym or working out your brain in the library it is important to keep active through the stressful final season."
It was Sept. 15 when the collective bargaining agreement ran out and left players and fans of the National Hockey League wondering if a lockout would be the result. With the NHL regular season set to start Oct. 11, fans could only pray it was not going to happen.

I was one of those fans and had already witnessed my team go through a rough post-season. I am a diehard New Jersey Devils fan.

I had the greatest time watching their best playoff run since 2003, when they made it to the Stanley Cup finals. However, they lost to the Los Angeles Kings in six games. I still remained a proud New Jersey Devils fan nonetheless.

As the post season went on, the rumors of a lockout loomed and on July 13, the NHL made their first offer to the National Hockey League Players' Association.

The leagues proposal was a 19 percent reduction of the players' 57 percent of hockey related revenues. I am guessing that did not sit well with the players because they did not agree to it.

Failing to come to a new agreement by the Sept. deadline, the owners of the league and Commissioner Gary Bettman declared a lockout of the National Hockey League Players' Association. As a result, the NHL canceled pre-season games through Oct. 8. However, this was not good for their revenue.

Deputy Commissioner Bill Daly stated that because of the pre-season cancellation, the National Hockey League lost $100 million dollars.

Getting back to the players. I follow a few hockey players on twitter and a majority of them tweet about the meetings between the NHL and the players union. One player, Paul Bissonnette, fourth liner of the Phoenix Coyotes @BizNasty2pointO tweeted on Sep. 12, “Question to the fans. If a company you worked for was making money and they asked you to take a 24 percent pay cut would you do it?” Bissonnette raises a good question, I do not think anyone would.

Yes, you can say that it is ridiculous how these players are paid a disproportionately amount of money however, that is beside the matter and the way I look at it is the owners are not the ones playing on the ice. I do not believe that the owners are as grateful to the fans as the players are. The players may be fighting for their futures but they are also fighting for the fans.

In regard to their seemingly large paychecks, an NHL player's career typically ends when they are about 30 years old, unless you still have your amazing talent when you are 40 like Martin Brodeur, Jaromir Jagr, and Teemu Selanne, just to name a few.

However, life after hockey is not cheap and they do not typically have a job afterwards, unless they are asked to be analysts but other than that their fat paychecks pretty much set their families and themselves up for a nice future.

Jeffrey Lupul of the Toronto Maple Leafs wrote an article for NHL fans on askmen.com. After finding out that he wrote an article, I had to read it and I thought it was great. Here is a guy that has already been through the lockout in 2004. In his article he states somewhat of a déjà vu when it comes to the owners' claims.

Lupul brought up how the owners' claims then were that because certain teams were struggling financially, player-salary restrictions were the only way to fix it. The NHL was locked out the entire season and at the end the players voted and accepted the owners' proposal.

Since then, the NHL operated under a salary cap, and all of the players' contracts, were reduced by 24%. By the end of the 2004 NHL lockout, the owners got everything they wanted. However after the CBA expired the owners decided to lock out the players again claiming that certain teams are struggling financially, and player salary restriction is the only way to address it.

Quite frankly this surprises me, especially after an incredible post-season when it came to ratings and revenue for the NHL. The NHL made record-breaking revenue of $3.3 billion this past year. Their 10-year deal with the NBC Network did wonders for the league, (which is probably the only thing I'll thank Commissioner Gary Bettman for). Also, we cannot forget the Winter Classic and the HBO 24/7 series that result in a nice payout for the owners.

It seems as if there is an opportunity for the owners to make more money they jump on it and they do not care if the NHL goes without a season. It is terrible how the fans have to read that the league and the players' union cannot come to an agreement and watch games being cancelled one by one. As time ticks, we can only hope that by Christmas time the gift of an NHL season will be given to us but it is not looking so good.
Black Friday creeps into Thanksgiving

By Stu and April Schatz, residents of Rockland County, N.Y., preferred to get a later start. They went to the Shops at the Garden State Plaza mall in Paramus, N.J., which didn’t open until 7 a.m. on Black Friday, because they didn’t want to deal with the crowds that show up for openings late night on Thanksgiving or midnight on Black Friday.

“It’s so much more civilized going in the morning,” said April Schatz, a teacher. “We wanted to enjoy our evening.”

The earlier hours are an effort by stores to make shopping as convenient as possible for Americans, who fear won’t spend freely during the two-month holiday season in November and December because of economic uncertainty. Many shoppers are worried about high unemployment and whether or not Congress will be able to reach a budget deal by January before a package of spending cuts and tax increases known as the “fiscal cliff” takes effect.

At the same time, Americans have grown more comfortable shopping on websites that offer cheap prices and the convenience of being able to buy something from smartphones, laptops and tablets computers from just about anywhere. That puts added pressure on brick-and-mortar stores, which can make up to 40 percent of their annual revenue during the holiday shopping season, to give consumers a compelling reason to leave their homes.

That’s becoming more difficult: The National Retail Federation, an industry trade group, estimates that overall sales in November and December will rise 4.1 percent this year to $586.1 billion, below last year’s 5.6 percent growth. But the online part of that is expected to rise 15 percent to $68.4 billion, according to Forrester Research.

As a result, brick-and-mortar retailers have been trying everything they can to lure consumers into stores. Some stores tested the earlier hours last year, but this year more retailers opened their doors late on Thanksgiving or at midnight on Black Friday. In addition to expanding their hours, many also are offering free layaways and shopping, matching the cheaper prices of online rivals and updating their mobile shopping apps with more information.

“Every retailer wants to beat everyone else,” said C. Britt Beemer, chairman of America’s Research Group, a research firm based in Charleston, S.C. “Shoppers love it.”

Indeed, some holiday shoppers seemed to find stores’ earlier hours appealing. Julie Hansen, a spokeswoman at Mall of America in Minneapolis, said 30,000 people showed up for the mall’s midnight opening, compared with 20,000 last year. She noted that shoppers are coming in waves, and sales aren’t just being shifted around.

“This is additional dollars,” Hansen said.

Thanksgiving Interfaith service

By Taylor Lane

The Sacred Heart University in Fairfield, Conn., hosted a Thanksgiving Interfaith service on Wednesday night. The service was led by Father Jerry Ryle, Rabbi Suri Dhanegyal and Imam Selma Kazmi.

“Today, we come together to celebrate diversity and gratitude. Each religious leader had a different way of conveying the message of acceptance, and gratitude. The Sacred Heart University is excited to host a Thanksgiving Interfaith service to celebrate diversity and gratitude in the presence of many different faiths.”

The service was attended by students, faculty and staff from Sacred Heart University, as well as representatives from the Buddhist, Jewish and Islamic faiths.

Donation boxes were stacked in rows at the front of the room, making a beautiful centerpiece for the day’s service.

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“This is additional dollars,” Hansen said.

Students pray and reflect during the Interfaith service on November 15, 2012, with her,” said junior Jade Bowins.

Dhanegyal and Gyaltseten performed a Buddhist chant about giving. Negedu recited an Islamic prayer that asked for guidance in life. All of the prayers were recited in their respective languages and then repeated in English by the community.

Some students thought that the unique readings sent a powerful message.

“All the different languages the prayers were in were interesting that they all translated to similar meanings in English,” said freshman Taylor Krol.

Junior Jade Bowins said the original language paired with the English translation made the prayers meaningful. "I enjoyed that for both Buddhism and Islam, we heard the prayers in their native tongue and then preceded to recite their prayers in English. It would not have had as much of an impact on me if I was not allowed to participate in the prayer in English nor if I didn’t get to experience what the prayer actually sounds like,” said Bowins.

The unique readings were just one part of the prayer service. The main attraction was the altar of donations from the Sacred Heart community. The boxes at the front of the room were filled with non-perishable food items for families in need this season, especially those who were affected by Hurricane Sandy.

Cook was impressed by the donation outcome this year.

“The Sacred Heart Community never ceases to amaze me. I feel truly blessed to work in a place where individuals give so selflessly,” said Cook.
Hurricane Sandy still hitting home
Students continue to see setbacks as a product of the recent storm

Mario Miranda
Staff Reporter

When Hurricane Sandy hit Sacred Heart University and the Fairfield area, it caused more than physical damage. The storm changed the everyday lives of student's and faculty across campus; everything from assignments to sporting events were affected. Both the men's and women's basketball teams were in the midst of preparation for the upcoming season when Sandy made her way to Fairfield. This caused many alterations and adjustments to be made to the groundwork they were laying down for the season.

"With Tuesday's practice being canceled, Wednesday we practiced in the Pitt Center with only the sunlight coming through the windows," said senior and captain Nick Greenbacker.

The storm caused the team to have to travel off campus to practice due to the fact that power had yet to be restored and the team had to prepare for a scrimmage that weekend.

"Fortunately enough we were able to practice at Fairfield University's gym Thursday because they had regained power," said Greenbacker.

For Alissa Tarsi, a freshmen member of the women's basketball team, the storm affected her team schedule as well as her personal one.

"Since classes were canceled that whole week, all my work was pushed back to the following week which interfered with our travel schedule. This meant that I had to make up a majority of the work on my own time which was pretty stressful," said Tarsi.

The University's basketball teams weren't the only ones dealing with schedule changes and obstacles. The theatre arts program was preparing to put on their "Awe-some 80's Prom" show, which premiered on campus Friday, November 16.

"About three practices had to be canceled due to the storm, putting us behind with getting props and setting up," said junior Alex Miccoli.

Although a number of set backs were experienced, Miccoli was impressed with the way the cast worked together for the benefit of the show.

"Despite everything, everyone has worked extremely hard even more so because of the setbacks we've experienced," said Miccoli.

Just as student's everyday schedules were interrupted, professor's lessons and syllabi were a bit by the storm as well.

"The closures compelled me to compress my material. I had to use abridged power points as result of the closures," said Dr. Wayne Detzler, a professor within the history department.

Although Detzler had to revise and condense his pre-scheduled lessons for his classes, he felt that the cancellations of classes affected students more so than faculty.

"The closures affected the workload for students mostly since they had to study without the guidance of lectures since we didn't have class for a whole week," said Detzler.

Sacred Heart student's were effected almost immediately by the hurricane with the closing of the University during the week of the storm. However, the storm caused even more lasting effects through out the student population with changes in clubs, organizations, and even sports. Some of these changes continue to effect students, even weeks after the storm's conclusion.

Catch you on the Flipside
Local restaurant turns up the heat with their handcrafted burgers

Justin Britton
Contributing Writer

Located at 1125 Post Road in Fairfield, Conn., Flipside Burger & Bar could very well be a hidden gem in the burger business. The restaurant's upscale outside appearance may hinder customers from viewing it as a burger joint, yet its fresh taste and mouth watering ingredients could prove otherwise.

Open from 11:30 a.m. to 10 p.m. everyday of the week, Flipside offers customers an inviting atmosphere for any occasion. The restaurant has a number of booths and tables as well as an outside patio for dining and entertaining in the warmer months.

In terms of the food, the menu offers a variety of burger options and appetizers. There are over ten different specialty burgers to chose from including the Fairfield Fire and the Thanksgiving burger. The Fairfield Fire, priced at $11, is an six ounce sirloin burger marinated in chipotle mojavean sauce, and topped with jalapenos and pepper jack cheese.

The Thanksgiving burger, priced at $13, is also an six ounce sirloin burger topped off with homemade stuffing, sweet potato fries, gravy and cranberry sauce all homemade.

Other specialty burgers include the Mac 'n Cheese burger, the MacFlip burger, the Hawaii Five-O burger, and the Breakfast burger, which range in price from $11 to $14.

All burgers are served with freshly made coleslaw, handcrafted fries, and pickled chips.

Flipside also offers patrons the option of upgrading from the traditional six ounce to a ten ounce burger for an extra two dollars.

For those that want to take an alternative route with their burgers, patrons can also substitute beef for a veggie, chicken, or turkey burger.

For those who are feeling creative, Flipside offers you the option of customizing your own burger with your choice of meat, cheese, basic toppings, premium toppings, and a variety of sauces.

Although they are well known for their burgers, Flipside also features sandwiches and appetizers on their menu. Sandwiches range from $9-$13 and include everything from a tuna melt on rye to a barbecue pulled pork sandwich.

In terms of appetizers, Flipside offers both traditional and unique options to chose from. Traditional options like the chicken tenders and crispy calamari range from $7-$8 and can serve up to four people.

For those who want to try something new, fried goat cheese bites, sea scallops, and the Asian shrimp cocktail, are all options. These dishes range from $9-$11.

Salads are also available on the menu, and features everyday from the taco salad to the Flipside salad which has mixed greens, walnuts, and cranberries.

Although the prices may be slightly out of range for college students, Happy Hour, offered Monday-Saturday, has $4 appetizers. For those who are of the legal drinking age, Happy Hour also offers half price drinks.

Flipside offers a large amount of bottled wines and beers on tap. They also have craft beers from the Berkshire Brewing company, Southport Brewery and the popular Magic Hat beer, brewed in Vermont.

The wait staff is friendly and attentive but may seem short staffed during the dinner hours when large groups of customers arrive at the same time.

Whether you are with your family enjoying a sit down dinner, or your friends watching a game, Flipside offers a friendly and clean atmosphere to try handcrafted burgers and sides.
Prom leaves highschool and dances its way to college

A¥fm§omm

Prom isn’t just for high school students anymore.
Ken Devenport’s “The Awesome 80’s Prom” was an interactive play held at Sacred Heart University, where cast members treated the audience as one of their fellow classmates and encouraged audience involvement.
The show was held at the University Commons on Nov. 16, 17, and 18 and included a pre-show to invite the audience onto the dance floor.
The unique style of show featured hits from the era’s famous singers, including Michael Jackson. A “Madonna” cast member performed the song “Like a Prayer,” wearing Madonna’s iconic 80’s style: tulle skirt over fishnet stockings, multiple beads around her neck with a headband holding back her untidy, bleached blonde hair.
The cast reenacted Michael Jackson’s famous single “Thriller” and the student body, faculty, and parents were urged to dance along and join in the limbo and conga lines.
“We are trying to recreate an actual prom atmosphere with music, costumes, and decorations to bring the audience back in time,” said director Craig Schulman. “It is an interactive experience for the cast and the audiences with stereotypical cast members to make you feel like you are back in high school - Wanaget High School.”
The cast included the “Captain of the Football Team” who was dating the provocative “Head Cheerleader,” the “Asian Exchange Student,” the “Geek” and the quintessential “dad boy”, who were all competing for the title “Prom King and Queen”.
The biggest twist of the show: the audience gets to decide who wins.
“The cast had to write their own biography and develop their character while playing improvisation games to bring the cast together,” said Schulman.
Junior John DiBari played Michael Jay, a class president who idealizes Ronald Reagan and is a total suck-up to his girlfriend, Missy, who organized the prom.
“I have a passion for theater and have enjoyed doing improvisation,” said DiBari.
“It’s not scripted and I do not have to remember lines, but come up with different responses each night.”
Although the show is unscripted, there was still structure to ensure that the story was told.
“There is a routine of tasks that still have to be accomplished and each scene is described by the author, but the cast has the ability to improvise,” said Schulman.
“Balloons, balloon centerpieces, and a large disco ball were used for decorating the prom,” said Schulman.
The prom dresses were a vibrant pink, lime green, blue, and purple with puffy sleeves paired with frizzy, big hair. Costume designer, Maria Nakos was in charge of getting the dresses, suits, letterman jackets, and cheerleader costumes.
“I googled ‘ugly 80’s dresses,’ which were metallic, bright, and unfattering with puffy sleeves,” said Nakos.
Some of the characters were picked at the time of the show from audience members who were invited to participate and be members of the cast.
One of these new cast members included Father Jerry Ryle, who was turned into the coach of the football team.
“I enjoyed being up there; they did a great job,” said Ryle.

INSTAGRAM PICTURE OF THE WEEK

Sacred Heart student ambassadors decorate the Christmas tree in the admissions office.

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Students gain experience on set of 'Tobacco Burn'
Justin Liberman seeks the help of Sacred Heart's media studies students for his new film

Kat Lindsay
Staff Reporter

Recently, some students from the Sacred Heart University media program were given the opportunity to help out on a film being shot in South Windsor, Conn.

The film, "Tobacco Burn," directed by former Sacred Heart student Justin Liberman, is a film set in the early 1800's pre-civil war about a Kentucky tobacco farm and a struggle between slaves and their overseer.

Liberman, who is also a visiting professor at Sacred Heart, gave some of his students the opportunity to help collaborate on this project as set production assistants, camera crew, art design, costumes, or wherever they were needed.

Junior Mare McGoorty worked on set as a production assistant, and learned a lot about the trade.

Victoria's Secret Angels rock the runway
Rihanna and Justin Bieber join the angels at the 2012 Victoria's Secret Fashion Show

Katie Harrison
Staff Reporter

"There is nothing like seeing beautiful women walk down a runway in lingerie," said senior Garrett Minyard.

The annual 2012 Victoria Secret Fashion Show, airing on Tuesday, Dec. 4 already happened a few weeks ago, but tons of sneak-peek footage and rumors have already been released about this year's show.

Not only will the "Angels" strut their stuff, but also it's been revealed that chart-topping singers Rihanna and Justin Bieber will join them on the runway providing the music for the night.

Some of the world-famous "Angels" who will be showing off their glamorous outfits include: Lily Aldridge, Alessandra Ambrosio, Miranda Kerr, Erin Heatherton, Lindsey Ellingson, Doutzen Kroes, and Candice Swanepoel.

According to HuffingtonPost.com, Rihanna sang her single "Diamonds" in a floor-length, high-slit black dress, topped off goggle-sunglasses, long gloves and a garter belt. Justin Bieber was accompanied by Bruno Mars to perform his song "Locked Out Of Heaven."

Said John Pfeiffer, the casting director at Victoria's Secret, "I don't think there's a woman in the world that wouldn't want to walk down that runway," said Aldridge.

In more interviews from behind the scenes footage, Aldridge talks about her experience doing the show and how exhilarating it is to be dressed up in so many outfits.

"I don't think there's a woman in the world that wouldn't want to walk down that runway," said Aldridge.

"I really got to interact with everyone because I was just running around and doing favors for them," said McGoorty. "I was able to see what making a film really looked like."

Junior Tyler Kemp was on set for all but one day as a production assistant, and soaked up every drop of it.

"Working on set was amazing," said Kemp. "Knowing that I share the same passion as my peers is a great feeling.

Many students felt that they got a lot out of the experience and gained a lot of knowledge from working with her peers and professor.

"It was awesome to actually see first hand my teacher use all of the knowledge he has taught us to create his own film," said junior Juliana O'Hara. "I am so thankful for him that he gave me this experience to work on a set."

However, the students were not the only ones to take pride from working alongside one of their media peers.

"Film sets are such an intimate atmosphere," said Liberman. "You have the cold, long hours together and you watch actors perform a performance and create a character and something changes, you become closer and more trusted. It was a real pleasure to experience that with former students.

Though many students were involved in this creative process, many of Liberman's classmates from Columbia University also lent a helping hand on the film.

Sacred Heart students were not the only ones touched by this experience. Alvoro Valente, a classmate of Liberman's, was the producer for this project and Nicole Delaney was co-producer.

"Justin made sure to include me in every pivotal filmmaking decision, which made this film really feel like it belonged to me, and I belonged to it," said Delaney. "I am very grateful."

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"Tobacco Burn" brought together some of the brightest and hardest working students and professionals to form a great collaborative team.

"To create this adventure and have so many of my closest friends involved was a real thrill," said Liberman. "That is what will make this one special, the love that was flowing on set."

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Though the cast and crew were large in size, there was no stopping all the Sacred Heart manpower on set. Many people noticed the enthusiasm the students shared for film and this production.

Sacred Heart graduate student Maile Hetherington also joined along on the project and said she would not change her experience for the world.

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"To create this adventure and have so many of my closest friends involved was a real thrill," said Liberman. "That is what will make this one special, the love that was flowing on set.
The Pioneer football team lost their final game of the season against Saint Francis (PA) 44-24. Sophomore running back Keshaudas Spence scored two touchdowns and ran a total of 131 yards. R-junior quarterback Justin Sexton contributed 14 tackles to the game, finishing off his season with a total of 118 tackles. Overall, the Pioneers end the season with an overall record of 2-9 and 1-7 in the Northeast Conference.

The Sacred Heart bowling team competed in the Hawks Classic the weekend of Nov. 16 hosted by the University of Maryland Eastern Shore. The Pioneers placed eighth out of 18 teams overall, with an 8-5 record for the weekend. Leading the team was freshman Corrine Maher 20.22 frame average. Senior Jackie Carbonetto achieved a 20.16 frame average for the weekend. The Pioneers are currently 11-11 this season. Sacred Heart returns to the lanes this weekend at Bowl America in Midlothian, VA.

Peter Mormino
Contribution Writer

For many, the National Football League is just as meaningful as the turkey and stuffing for our annual Thanksgiving tradition. The NFL’s holiday slate of games, also known as the Thanksgiving Classic, is nearly a century old. Family, food, and football have become the ritual, and, on Thursday, we were served a full plate of it.

The Detroit Lions, the most synonymous NFL team with Thanksgiving football, hosted the red-hot Houston Texans.

The high-powered offenses went at it for 60 minutes, as time expired with the score knotted at 31. Quarterback Matt Schaub led the Texans to victory by driving down the field and putting kicker Shayne Graham in position to hit a 32-yard field goal with 2:21 left in overtime for the 34-31 win.

The game that kicked off a day full of food, football, and couch time; featured two of the NFL’s best wide outs: Houston’s Andre Johnson and Detroit’s Calvin Johnson, both of whom made an impact. Andre Johnson was targeted nine times for 188 yards and Calvin Johnson hauled in eight passes for 140 yards and a score.

The Texans sit on top of the AFC South at 10-1 and the Lions are four games back in the NFC North at 4-7.

The Dallas Cowboys, who are also mainstays in the Thanksgiving Classic, were host to the Washington Redskins, led by rookie superstar quarterback Robert Griffin III.

Quarterback Tony Romo’s rollercoaster season continued, as did the Cowboys’ struggles.

Griffin, also known as RG3, took one step closer to solidifying himself as the Rookie of the Year and a possible MVP candidate. RG3 was 20-28 on pass attempts, throwing for 311 yards and four touchdowns in a 38-31 victory over the Cowboys. Both the Cowboys (5-6) and Redskins (5-6) sit two games back of the division leading New York Giants in the NFC East.

The evening game wasn’t exactly the primetime thriller folks expected, as New England Patriot quarterback Tom Brady carved the New York Jets defense like a Thanksgiving turkey hot out of the oven.

After a scoreless first quarter, New England had their way, scoring touchdowns on both sides of the ball and taking a 35-3 halftime lead. Brady was 18-28 throwing for 323 yards and three touchdowns in a 49-19 victory.

Whether the Jets “rolled over like a turkey” or were “mashed like potatoes,” the Thanksgiving metaphors were fitting this year. The Jets (4-7) are four games back of the AFC East leading Patriots (8-3).
Ice Hockey

The men's ice hockey sought hard against Army on Friday Nov. 16. for 3-2. While Army took an early lead, junior forward Chad Pfeifer and senior forward Eric Busche put the Pioneers in front 2-0. Later in the second period, Army scored twice to tie the game. In overtime, the Pioneers scored on an empty net to win the game. Army scored twice in the game to support the game.

Fencing

The men's fencing team went 5-0 in their first Northeastern Conference match against MIT on Nov. 24. The Pioneers defeated Boston University 26-1,4, University of New Hampshire 27-0, MIT 15-12, and Brandeis University 16-11. The younger brother of sophomore Andrew Holmes helped the Pioneers with a combined 30-0 record. The Pioneer foil squad won the match for the Pioneers. The squad had a combined score of 41-4 for the day.

Women XC win 2012 ECAC Championship

Men lose (literally)

Cory Lutkus
Staff Reporter

On Saturday, Nov. 17, the Sacred Heart University women's cross country team concluded their season by besting 18 other squads to win the 2012 ECAC Championships at Van Cortland Park in the Bronx. After coming off impressive races, the Pioneers were in good position to capture their first-ever ECAC Championship on the oval. However, the team's presented the team with one of their most challenging courses this season.

"This course is really the first course to provide new challenges for us because of the hills," said senior Michelle Navarro. "But, I knew we would be able to work together to get through it and we did more than I could have expected." At 11:45 a.m., the women were off on their 5-Kilometer trek. The Pioneers put it all on the line because, for some, it was their last ever race in red-and-white. "I think, we were really ready to race," said junior Brisa Castrogivanni. "Considering this was the last race for some of the seniors and fifth-year athletes, I think we were all ready to put something really good together and we did." Running the race, the front of the pack had multiple Pioneers in it, helping gain an advantage in the scoring.

Senior Alyssa Selquist finished second overall with a time of 18:12.6 and Castrogivanni finished closely behind her in third, improving by 63 spots from last season. It was nice to finally see us come together as a team to put together the perfect race we've been trying to achieve all season," said Castrogivanni. "It was really exciting and the perfect way to cap off the amazing season we have had!" Navarro finished in 18th place with a time of 18:52.7 and sophomore Emma Bolduc crossed in 24th with a time of 19:15.9.

"I finished with Selquist and Castrogivanni, Navarro and Bolduc would garner All-East honors for finishing in the top-25. The consistency of this group throughout the season has been a thing to behold," said head coach Christian Morrison. "Since late September, they have run incredibly well, and they have performed wonderfully in all of our important meets." The team has for the track seasons. I can't wait to see what we can do.

Unfortunately for Sacred Heart University men's cross country team, they didn't have quite the same success at the ECAC's. Due to a miscommunication error with the team's bus driver, they men were unable to compete in their championship race. The men left their running gear on the bus while the women were preparing for their race. During that time, the bus drove away, taking with it the necessary equipment for the team to run.

Katie Shepard
Staff Reporter

The Sacred Heart men's basketball team completed a three game away stint going 1-2 before they returned to face Lehigh for the home opener at the Pitt Center, falling 91-77. On Nov. 12, the Pioneers traveled to take on Big East power Rutgers, but fell to the Scarlet Knights 88-62. Senior Femi Akintunde grabbed a career-best 14 rebounds in the loss as they evened their record at 1-1. That was Femi's best game as a Pioneer," said head coach Dave Bike. "I just try to go out every night and do my job," Gaetano said. "I try to get my teammates involved and do whatever the team needs.

"This season has been a thing to behold," said head coach Dave Bike. "I try to go out every night and do my job," Gaetano said. "I try to get my teammates involved and do whatever the team needs.

"I'm still shocked as to how much this team has accomplished. It's really opened my eyes to the potential this team has for the track seasons. I can't wait to see what we can do.

The Pioneers will travel to play Brown Thursday while the women are preparing for their race. During that time, the bus drove away, taking with it the necessary equipment for the team to run.
Marc Troiani  
Staff Reporter

There have been many great athletes to walk the halls of Sacred Heart University, but none of them have quite had the reputation of men’s soccer star Marcello Castro.

Hailing from Parana, Brazil, Castro, a senior, is a different breed of athlete.

“He’s not good, he’s excellent,” said men’s soccer head coach Joe Barroso.

Excellent is the most modest way to put Castro’s career at Sacred Heart. He has been awarded titles upon titles. Earlier this month, Castro was named the NEC Player of the Year for the second consecutive season and the NEC Defensive Player of the Year for a third consecutive season, the only player in the history of the conference to achieve that honor.

He also received his third consecutive All-NEC First Team selection, as the defenseman finished up his Pioneer career fifth on the school’s all-time goals list.

“Marcello is the perfect leader,” said Barroso. “He works harder than anyone at practice and is a leader on and off the field.”

But Castro did not get to be this good overnight - it has taken unwavering dedication to get to this point of his soccer career.

“I had to work out a lot more when I got here,” said Castro.

It took his whole freshman year to adapt to the American style of play.

“It is different in Brazil,” explained Castro. “It is less physical and more technical.”

Barroso, his coach of four years, more than recognizes the work ethic and talent of his departing superstar.

“He could play at any other school in the United States and it wouldn’t matter,” said Barroso.

Marcello is the perfect leader. He works harder than anyone at practice and is a leader on and off the field.

So, why did Castro choose Sacred Heart?

“Sacred Heart chose me,” said Castro. “I am very lucky to be here.”

As fate would have it, Castro had a cousin that lived in Bridgeport and he decided to check out the nearby Sacred Heart campus.

“The coaches spoke Portuguese,” said Castro. “So, it was easy for me to communicate.”

With his time at Sacred Heart rapidly dwindling, Castro has both conventional and ambitious goals for his future.

“I want to make sure that I graduate,” said Castro.

“If I don’t get drafted [by a professional soccer team], I can still use my degrees and skills to work for a company.”

In the classroom, Castro is a business administration and marketing double major, while, in between the lines, he has a plethora of fond memories.

“Sophomore year,” said Castro, “there were a lot of great moments. But, this year, my stats were better because I adapted and it was much easier to play.”

Now, with talk of Castro taking his game to the professional level, many who know him are beginning to chime in.

“He is definitely good enough,” said Barroso.

Even Castro is starting to chime in.

“If I could have my pick,” said Castro, “I would play for Barcelona, but that is dreaming high. I would not mind playing for the Red Bulls. I know the area and it is close.”

Not close enough for Sacred Heart fans.

The Spectrum/Sean Elliott

Men’s Ice Hockey


Where: Home games are held at the Wonderland of Ice in Bridgeport, CT. Practices are held at the Wonderland of Ice as well.

Games: Club Ice Hockey’s season is from the beginning of October to mid-February.

Teams in the Division: The Club Ice Hockey team plays a variety of teams in the Northeast such as Harvard, Roger Williams, CCSU, Yale and Holy Cross.

Currently, there are 42 men on the team.

The Men’s Ice Hockey team is back in action playing Coast Guard Dec. 1 at the Wonderland of Ice.

Contact head coach Marc Izzo at izzo26@sacredheart.edu for more information.

The Sacred Heart women’s swim team started their season on Oct. 27 at Iona College scoring 126 and 56. The Pioneers competitors included Iona College, St. Francis College and Wagner College. On Nov. 17, the Pioneers competed at Assumption College and fell 156-97. The team set a pool record in the 200 yard freestyle relay with the time 1:45.11. Swimmers on this team included sophomore Alyssa Farnsworth, junior Hayley McGill, senior Megan Bellamy and senior Rachel McGrath. Along with the pool record, the Pioneers earned the top three spots in the 200 yard individual medley. Finishing 1-3 was junior Lizzy Bennett, sophomore Malvina Reinhold and senior Stephanie Walters. Bennett finished first place in the 100 yard butterfly as well. The Pioneers are back in the pool for the weekend at the Blue Devil Invitational in New Britain, CT.

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