Nathan Lewis, assistant professor of Graphic Design at Sacred Heart University, has a story to tell. In his garage-converted art studio behind his antique 1776 house he is set to create a 6' x 18' mural painting for the new Linda E. McMahon Commons.

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Nathan Lewis speaking one on one to Sacred Heart students.

"Thank you for standing up for me because no one ever had before," said an audience member after Ben Cohen, former world class rugby player and the founder of the Stand Up Foundation concluded his presentation on Nov. 29.

The Stand Up Foundation's mission is to raise awareness of the long term, damaging effects of bullying and raise funds to support those doing real-world work to stop it.

"On Friday Nov. 13, I got a phone call at 11 p.m. that my dad was savagely beaten in an attempt to defend a person who was getting attacked outside of his night club," said Cohen. "It was absolutely brutal going to the hospital and seeing him in the condition that he was in."

Unfortunately, Peter Cohen passed away a month later due to head injuries he sustained in the assault. Cohen's world was crushed.

"My dad's death really brought me down," said Cohen. "But rugby helped me cope with a lot it; I was able to take out a lot of aggression."

Even though rugby was helping Cohen, he realized that it wasn't enough.

"I wanted to change the world," said Cohen. "I turned down a three year contract so that I could start up the Stand Up Foundation."

The Stand Up Foundation is currently working with over 5,000 professional sports teams as well as the government in the United Kingdom to eradicate bullying and homophobia.

The foundation is also partnering up with "Nike", "Microsoft", and the Broadway play "Wicked" to work together and educate children on the dangers of bullying.

"The call of action is to be out-standers and not bystanders," said Cohen. "Don't just sit by and watch people because it is you who can make the difference."

Cohen had goals and an itinerary of groups he wanted his foundation to reach and impact.

"I wanted to make sure that the Stand Up Foundation worked with sports teams," said Cohen. "We want to redefine what a champion is and return it to the true sportsman."

Students felt Cohen was a good speaker and explained thoroughly every aspect of bullying and how to keep from being bullied.

"I really thought Ben Cohen did a great job tonight," said junior Craig Klemf. He didn't just explain the dangers of bully and its implications, but he taught us that you can achieve it in honor of his father. According to the website, "When we stand up a bit taller."

"Thank you for standing up for me because no one ever had before," said an audience member after Ben Cohen, former world class rugby player and the founder of the Stand Up Foundation concluded his presentation on Nov. 29.

"The mural will represent the lives and unique aspirations of students and faculty during their time at Sacred Heart," said Lewis.

The art studio is Lewis's escape from everyday stresses where he creates works of art using paint as his medium. His hardwood floor has specs of paint splattered across the shelves that resemble an intricate art section of a library.

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M23 Rebels fight in the Congo

GOMA, Congo (AP) - For the past few weeks M23 rebels have been trying to gain control of regions all over Congo despite being pushed back into the mountains above the city of Goma by Congolese troops.

Rebel leaders say that they are fighting for the Congo government to act in accordance with the peace accord of Mar. 23, 2009 that had the rebels integrated into the army. The UN says that Rwanda is supplying the rebels with weapons in order to gain control over the region, which has large amounts of mineral deposits.

After threatening to retake the city, the UN security council released new sanctions which then prompted the rebels to leave the city only if the Congolese government agreed to begin talks and would threaten to take the city again if they did not agree.

The rebels are giving the government a 48-hour time frame that began on Dec. 3 to begin talks. A government spokesperson said that they would listen to their issues with the government on Dec. 2 but so far negotiations have not begun.

Protestors gather in Cairo

CAIRO (AP)- According to the Associated Press, protestors gathered in Tahrir Square on Nov. 27 to protest against President Mohammed Morsi’s decrees that will give him absolute power over the government.

President Morsi granted himself new powers in a declaration given the week before which included giving him power to neutralize the judiciary branch of Egypt’s government; he already has control over the executive and legislative branch.

Ironically, Tahir Square is the same place where the 18-day protests that ending former President Hosni Mubarak’s control over Egypt two years ago. Protestors are worried that Morsi is becoming another Mubarak and is not helping the revolution at all that helped him become the first freely elected president of Egypt.

Clashes were also reported between protestors and police were reported by the U.S. Embassy near Tahir that were caused by a separate incident of police abuse.

Palestine accepted into United Nations

UNITED NATIONS (AP)- According to the Associated Press, the United Nations voted 138-9 to recognize Palestine as a state. This vote has come in the wake of large amounts of violence between Palestine and Israel mainly in the Gaza Strip. The United States and Israel both voted against Palestine.

Palestinian President Mahmoud Abbas hopes to establish a Palestinian state in the West Bank, Gaza Strip, and east Jerusalem, which is considered part of Israel. Israel and the United States claim that Palestine was trying to upgrade to statehood so they would not have to negotiate peace with Israel.

Palestine had support from important European countries like France, Switzerland and Sweden. Since Palestine is now considered a state, they are allowed to utilize UN agencies and the International Criminal Court that they could use to accuse Israel of alleged war crimes during the years of fighting for the Gaza Strip and West Bank.

United Nations talks climate change

DOHA, Qatar (AP)- According to the Associated Press, 200 countries met in Qatar for the annual meeting on Nov. 19 to discuss global warming and climate aid for poor countries while dealing with financial troubles.

Organizations supporting developing countries are hoping that wealthy countries will continue their commitment to give money for grants and loans as they did in 2009 even after those commitments expire this year. So far $30 billion dollars has been delivered to countries most affected by climate change.

Despite UN climate talks occurring for the past 20 years, there has been little positive outcomes so far. Their main goal of reducing emissions that are causing global warming has so far not been achieved and the only treaty that limits emissions, the Kyoto Protocol will expire this year. The U.S. rejected the protocol since it did not cover countries like China and India with growing economies.
The week will be capped off on Friday, Dec. 7 with the winter-themed Semi-Formal. "Everyone loves the Christmas season and I think it really brings the community together," senior Katie Guinan said.

Making it out of finals week alive will be the true gift of Christmas time, instead of the other various things on my Christmas list.

I do have to say that Sacred Heart does a great job of trying to cover up the fear of finals. Walking past the trees in front of the Edgerton on my way to class always makes my day a little brighter. Gym trips to relieve stress are a little better when I see the trees covered in red and white lights as well.

Christmas events take place every year, and clubs and organizations have potluck Christmas parties and Christmas cookies are served at the Lind McMahon Commons. It is hard to walk around campus and miss the fact that it is Christmas time.

I first thought that the end of my semester was going to be overshadowed by essays and studying and the holiday season wouldn't sink in completely. I was wrong. My R.A., Sammy Novack, had our floor make Christmas stockings, and on Christmas Eve she is going to pass out hot cocoa and cookies and again.

I am actually listening to a version of "Have Yourself a Merry Little Christmas" by Coldplay while I am writing this column. There are constant Instagram uploads of Christmas trees, ugly sweater parties, and decorated houses. I even changed my Facebook cover photo and profile picture for the holidays.

Spending the majority of the holiday season at school, I have learned that life, especially Christmas time, is what you make of it. If you choose to spend your finals cramming in the library cramming next to other kids who probably haven't stopped studying for so long you even forgot to shower, then it will be horrible.

But, if you listen to Christmas music, order peppermint mocha coffees and sneak a Christmas tree into your dorm's common room then you will enjoy the holidays. Christmas time is supposed to be the best time of the year, so don't miss out on the holiday cheer, all Christmas wants for Christmas is you.
Cautious steps taken to prevent concussions

D.A. Hinton
Staff Reporter

Saying that you might receive a head injury when you are playing football is like saying that you might step in a puddle if it is raining outside. The next time you find yourself watching an NFL game, be sure to notice how many helmet-to-helmet hits you see. Besides being illegal, these direct contact hits are the quickest way for any player to get a concussion.

According to WebMD, a concussion is defined as a traumatic injury to soft tissue, usually to the brain, as a result of a violent blow, shaking or spinning. Like these risks, especially when he is playing a game as physical as football, Keshaudas Spence is fully aware of the dangers they can come from concussions.

"We have to follow this plan every time a concussion occurs," said Batchelder. "We want to make sure the athletes don't try to return to competition before they are ready, because that is where the most damage can be done, after the concussion."

There is a lot of work that goes into insuring that athletes will be as safe as possible when competing; however, some might argue that there is too much being done and it is taking away from the excitement of the actual sport.

"Some of the rules in pro football are going a little overboard," said Paul Link, a senior offensive lineman on the Sacred Heart football team. "Yes you want the guys to be safe, but at the same time you don't want to restrict their abilities."

Batchelder understands why athletes feel this way, but at the same time he also understands the permanent damage concussions among other injuries can cause to athletes, especially at the professional level.

"I think the new rules in professional football will ultimately help to lower the frequency of concussions," said Batchelder. "But right now I don't think they are helping because of the way the kids were always taught how to hit."

Global warming on back burner?

Evan Corey
Staff Reporter

Hurricane Sandy brought many things to the families it hit on the east coast, such as power outages, gas shortages, and property destruction.

One of the most troubling things the storm caused may have been something intangible, though—the realization that the weather patterns we are accustomed to may be changing permanently.

Hurricane Sandy brought a lot of attention to the environmental implications leading up to the storm, and the ones that remain in its wake.

The issue that has been discussed the most after Hurricane Sandy has been climate change. However, there has been a misconception in some cases that climate change was a direct cause of Hurricane Sandy.

"One natural disaster such as Sandy could occur with or without a changing climate. Sea level rise however, which makes natural events such as Sandy much more devastating, is a likely impact of climate change," said Dr. John Rapaglia of Sacred Heart University.

Despite the occasional misunderstanding, the fact that environmental issues such as climate change have been in multiple headlines recently bodes well for our nation's environmental awareness.

That awareness has been growing, due in part to an increasing number of environmentally informed young people. Sophomore Caitlyn Goggin, secretary of the Sacred Heart environmental club, the Green SHUs, is one of those young people.

"I got involved with the Green SHUs after realizing that our school is not as environmentally friendly as it could be," said Goggin. "We are really excited for all that the club has been coming up and implementing changes on campus to become more eco-friendly."

Although more and more clubs and organizations similar to the Green SHUs are emerging all the time, there are still many young people who are uneducated or unaware of the dangers of climate change.

Some suggest this is because of the expansive nature of climate change.

"Many of the problems associated with climate change are global problems," said Rapaglia.

Hearing that climate change problems are global ones can make them seem far away and insignificant to students. However, the fact that they are global problems does not mean that they will not have local implications.

"Our beaches here in Connecticut may no longer be here 30 years from now," said Rapaglia.

Many Fairfield County college students may not care about sea level rise or the melting of alpine glaciers. However, learning that their beaches could disappear in three decades would probably be more effective.

Many people believe it is crucial to find ways to engage young people in the conversation of climate change and global warming.

"Climate change is a very real problem," said Rapaglia. "It must be discussed rationally at an early age, and be taught with conviction in our schools."

"I think it is extremely important for people our age to start learning and caring about the environment. We are already seeing the effects of global warming with hurricanes on Halloween and Christmases without snow," said Goggin. "Since the environment is a pressing issue of our time, the more people our age are educated the better prepared we will be for our future."
As fall semester is coming to an end, I find myself thinking about where I stand in my college career. Just a few weeks ago, I registered for my spring semester classes and as doing so it hit me—once I’m done with the 2012-2013 school year, I am halfway done with my undergraduate studies. Will I accomplish all that I still want to do moving forward in my future years at Sacred Heart? Will I let myself down?

My anxiety from this situation started to diminish after I read my Uncle Dave’s blog post last Sunday. On Dec. 2, 2011, my uncle went into the operating room for his femur surgery. This past Saturday marked the one-year anniversary of his surgery. Initially, my uncle has done the opposite of what many people would look at the negative side of his life changing surgery. Initially, you must keep moving forward, not let this situation create an obstacle for you, have always known. Not once did he have the strength to move ahead into the future. When I graduated high school at 18 years of age, I had no clue what the future held, nor did I care. I followed the crowd and went to college. I picked Stetson University in Florida because, well, it was in Florida, and I majored in communications. Why? Maybe I could do play-by-play for the Yankees in four years— you never know.

After the Stetson administration informed me that I was no longer welcome, I came back home, and I was cold, still am. I enrolled at Housatonic Community College in Bridgeport and majored in journalism, being as it sounded better than any other off-shoot of their communications program. This is the first “you never know” in my journey through academia. I must admit, I was terrible indifferent at first. I could handle the writing aspect, but adhering to deadlines (which are stressful) and the actual process of reporting was a drag. As I grew as a person, so did I as a journalist—you never know.

When I graduated, I went back to Housatonic to finish, graduating with an Associate’s Degree in journalism—you never know.

At this point, I wasn’t keeping doors ajar, I was actively forcing them open. When it looked as if a job or a lesser college were my only two options, and I was fine with that, I found Sacred Heart and University College. Seizing the opportunity, I fully immersed myself in all I could handle—you never know.

There is one word in America that says it all and that one word is “you never know.” That quote comes from Joaquin Andujar, a Dominican starting pitcher and four-time All-Star who pitched primarily in the 1980’s. Although Andujar was born in San Pedro de Macoris in 1952, “you never know” remains universal vernacular.

This phrase applies no better to you, the Sacred Heart University student. If you’re asking what the hell do I know, that’s a fair question.

As a student in Sacred Heart’s University College, which caters to adults who (try) to juggle school with life, just trust me here—I know what I’m talking about. Sparing the seemingly scripted details that have brought me to this point in my life, I’ve been around the block and have seen more than a thing or two.

Sorry for all the cliches, but, honestly, you never know.

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I started writing for The Spectrum as an intern, to possibly even jump on the bandwagon of being a professional Sports Editor. I am an editor for the Pioneer Magazine, have a short story in Horizons, write about Sacred Heart sports for the Connecticut Post, and have worked with two other sports-related blogs. As a media studies major, I have taken advantage of all the program has to offer; getting a chance to, among others, broadcast sporting events, experience the writing to editing process of multimedia projects, and network with many in the business—you never know.

This is just an extremely brief snapshot of a longtime, with nearly a lifetime of ups and downs outside the classroom mercifully omitted, but I’m just trying to make a point.

You never know.

My wish is not to pontificate or sound omniscient, but to offer just a small bit of advice.

As much as you think you may have things figured out, you don’t.

No one does.

By all means, set goals and do all it takes to see them through (more advice— there is no substitute in this world for hard work), but be ready to pivot when the course of reaching your goals, things don’t go your way. More often than not, they won’t.

Jam your foot into any door that yields a breath of life and, always always always be looking to open more doors and create any opportunities you can.

You never know what the future holds, that’s why it’s the future and not a script. Chances are, the path you are on now will take a severely unseen detour, to which you must adapt.

If you tell me I will be a journalist for the rest of my life, I would not argue. Nor would I argue if I was told that I would be a gravedigger or a doctor. I have no idea what will happen in my life, I could wake up dead tomorrow (too grim?).

But, for the few years I have remaining on this earth, my mind will be open, willing to accept any hand I am dealt and keep on moving forward, taking advantage of any opportunity I am given and constantly looking to embark on new, fruitful endeavors.

I am far removed from 18, but I still don’t have a clue. I am just focused on pursuing myself into anything I undertake and, finally, enjoying the ride. You never know.
Taylor Lane
Asst. Features Editor

There are 43 winter intercession courses offered over three different time periods and 40 of them are offered online. Each credit costs $515. For some, this price is too high.

"I would have taken an online class over winter break to catch up on my pre-requisites, but it was way too expensive for me," said sophomore Jenn Robillard. "It would have been nice to try to boost my GPA," said Robillard. "I am a nursing major so I am thoroughly looking forward to winter break and relaxing with my family for once without having to worry about stressful school work during this time," said junior Krista Bonagura.

Senior Nicolette Surkes considers the winter intercession a time saver. "After the stresses of the semester, I personally think that you just need a break, where you can relax with your family and friends at home," said Vamum.

Junior Alyssa Vamum also thinks winter courses are out of the question after an intensive semester of schoolwork.

Senior Nicolette Surkes considers the winter intercession a time saver. "You can graduate sooner if you take winter classes and they're usually not as difficult as full semester classes," said Surkes. "Some motivators for students include getting ahead in their major requirements and avoiding a full semester of an undesirable course."

"If it's a boring class, a month straight will seem shorter than a three month class," said Surkes. "In fact, a student can complete three credits between eight and 16 days. Session A runs from Dec. 17-28, Session B runs from Dec. 17 to Jan. 11, and Session C runs from Jan. 2-11."

Some students see the opportunity to boost their grade point average with an extra course. But the cost drives away many students. "It would have been nice to try to boost my GPA," said Robillard. "Some students take advantage of the winter intersession each year."

"You can graduate sooner if you take winter classes and they're usually not as difficult as full semester classes," said Surkes. "Some motivators for students include getting ahead in their major requirements and avoiding a full semester of an undesirable course."

"I am a nursing major so I am thoroughly looking forward to winter break and relaxing with my family for once without having to worry about stressful school work during this time," said junior Krista Bonagura.

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Catering to your food needs

Local restaurant is creating a buzz with their spin on classic recipes

Justin Britton
Contributing Writer

Located on 2074 Blackrock Turnpike in Fairfield, Conn., Garden Catering is known as the place to go for chicken nuggets and fries. The Fairfield location is one of seven different spots scattered between the southern coast of Conn. and border of New York. The company has been around since 1991, with it’s first location in Old Greenwich, and the Fairfield location is one of the newest.

Garden Catering invented their renowned signature dish, “The Special.” This consists of 1/2 pound of potato cones or fries, depending on the customer’s choice, and another 1/2 pound of their 100 percent white meat fried chicken nuggets. For $7, you can have this entire meal along with a free fountain drink.

For those who are up for a challenge, Garden Catering also features a twist on “The Special,” with “The Big Boy Special,” and “The Boss Special.”

“The Big Boy Special” is 3/4 pound of chicken with an extra helping of fries or cones, also with a fountain drink for $9. “The Boss Special” is the same meal, but it features a pound of chicken for $11.

With every order placed, the friendly staff at Garden Catering offer you seasoning on your chicken and fries. This is the key component that sets this place apart from other restaurants. Don’t bother asking for the ingredient list to this top secret seasoning, because they’re not sharing.

Along with the seasoning, Garden Catering offers an array of dipping sauces including a buffalo and blue cheese combination, a honey hot buffalo, and their original buffalo sauce.

If you’re in the mood for something else, Garden Catering also has a variety of specialty wraps. These sandwiches include everything from the traditional nugget wrap to the cordon bleu wrap. Prices range from $5.50 to $6.50 and there are over 15 wrap options.

Garden Catering also serves breakfast all day, providing customers with a wide range of breakfast sandwiches to choose from. These sandwiches can be made with eggs or egg whites, as well as combined with sausage, bacon, or steak. These sandwiches range from $2 to $7.

Stemming from their name, this restaurant is also a popular location for catering. They cater events of any size and purpose. A extensive menu is featured on their website.

Garden Catering created a loyalty program for their customers called the “I Heart Nuggets” card. This promotional program allows customers to gain points each time they pay a visit. For every dollar they spend, the customer earns a point. After they have collected 100 points, they receive an email with a coupon to be used on their next purchase.

Letters to the Troops

Lauren Rodrigues
Staff Reporter

Hot chocolate, Christmas movies, and holiday cheer is what set the scene for the card signing ceremony held for United States troops fighting over seas.

Over 105 students gathered in the University Commons to participate in the card signing to make a difference this holiday season.

Some students have a close connection with the cause.

“I write letters every year for the army,” said of my close friends recently enlisted. Saying thank you means a lot because of all they do for us, it’s the least we can do,” said freshmen Jessica Castro-giovanni.

This is the second year the student government has hosted this event. With a great turn out, board members are hoping to make this event an annual event.

“I would most definitely attend this event annually, I think its a great cause,” said Castro-giovanni.

Writing and sending personalized letters to troops overseas is a new program at Sacred Heart University. Student government and the student body felt that this kind of event was something that needed to be implemented.

“I love that I’m apart of a event in favor of honoring those who are serving for us,” said junior class president Peter Brotowin.

The idea was sparked by Sacred Heart students who have friends and family over seas, missing out on the holiday season.

“My cousin served over seas in Afghanistan, luckily my family was fortunate enough to have him come home right before Christmas,” said junior Jessica Larson.

This event hit home for many more students attending the signing.

“For me this event is personal. My father who just passed served in the Vietnam War. Getting involved with events to help our troops really hits home and is a larger reason for me personally to get involved,” said junior Samantha Novack.

Aside from the card signing event, students also gathered canned goods for those serving over seas.

“Being a Resident Success Assistant, I have the opportunity to reach out to students and to enlighten with them everything that Sacred Heart is doing for troops over seas. This year being the second year student government is hosting the card signing, I was able to tell more students and gather canned goods,” said Novack.

Inspiration and personal experience is what drove the majority of students that attended the signing ceremony.

“My best friend’s husband was over seas for more than a year, I consider him family. Having a loved one overseas effected me more than ever and led to my inspiration to make a difference,” said junior Georgina Fatiberie.

The holiday season is a time when support is vital for many people. The Sacred Heart student government board used their power and experience to help make a difference.

Students who attended the signing felt their appreciation needed to be shown during the holiday season.

“My cousin’s husband served two years in Iraq and two years in Afghanistan. I think this event is a great opportunity to allow students to show appreciation and to let soldiers know we’re thinking of them, especially around the holiday season,” said freshman Caitlin Morrissey.

Over 200 letters were sent out, exceeding the student government board’s goal. Larson along with other board members felt accomplished with the event.

“This event makes troops feel appreciated and gives thanks and recognition to those fighting overseas,” said Larson.

Over 30,000 troops are fighting over seas during the holiday season.

“This kind of event makes soldiers feel loved and gives them more of a reason to fight. Some soldiers don’t have family and rely on our cards for support. Sacred Heart students are doing their best with get involved,” said Fatiberie.

Campus begins holiday shopping early

Students find deals on gifts for the season

Samantha Larusso
Staff Reporter

"Tis the season to go shopping.

With the holidays right around the corner, sales can be found everywhere you turn. Black Friday and Cyber Monday were among the most popular times for consumers to purchase gifts on sale this season.

Cyber Monday was created in 2005, and recently became one of the most popular online shopping days of the year. According to CBS News, the greatest product sales for Cyber Monday were found at Macy’s, Target, Kohls, Sears, and Walmart.

Many people prefer the option of online shopping because of the convenience. The customer can shop from the comfort of their own home, and get free shipping.

Every purchase made on the Kohls website were 20 percent off and also included free shipping. They had featured sales on clothing, shoes, and specialty items like comforters, and small appliances. Every purchase made on the Bakers website were 20 percent off and also included free shipping. They had featured sales on clothing, shoes, and specialty items like comforters, and small appliances.

"I did all of my shopping this year online, free shipping and great deals you can’t go wrong. The best part is you don’t even have to get off the couch," said senior Bridget Kane.

According to IBM Digital Analytics Benchmark, online sales soared 30 percent higher from last year’s Cyber Monday.

"On Cyber Monday, I went onto Bakers website and bought a new pair of heels for $9. The Boss Special" is the same meal, but it features a pound of chicken for $11.

With every order placed, the friendly staff at Garden Catering offer you seasoning on your chicken and fries. This is the key component that sets this place apart from other restaurants. Don’t bother asking for the ingredient list to this top secret seasoning, because they’re not sharing.

Along with the seasoning, Garden Catering offers an array of dipping sauces including a buffalo and blue cheese combination, a honey hot buffalo, and their original buffalo sauce.

If you’re in the mood for something else, Garden Catering also has a variety of specialty wraps. These sandwiches include everything from the traditional nugget wrap to the cordon bleu wrap. Prices range from $5.50 to $6.50 and there are over 15 wrap options.

Garden Catering also serves breakfast all day, providing customers with a wide range of breakfast sandwiches to choose from. These sandwiches can be made with eggs or egg whites, as well as combined with sausage, bacon, or steak. These sandwiches range from $2 to $7.

Stemming from their name, this restaurant is also a popular location for catering. They cater events of any size and purpose. A extensive menu is featured on their website.

Garden Catering created a loyalty program for their customers called the “I Heart Nuggets” card. This promotional program allows customers to gain points each time they pay a visit. For every dollar they spend, the customer earns a point. After they have collected 100 points, they receive an email with a coupon to be used on their next purchase.
The aquarium is home to Conn.'s largest IMAX theater, with a screen as tall as a six-story building. The film will be playing every Friday and Saturday until Dec. 24 at 4 p.m. and 7:30 p.m. and also at 4 p.m. on Sundays. Adult tickets are $11.50. A few other options are available:

- **The Fantasy of Lights** in New Haven is an outdoor holiday display that features over 200 individual light displays and 35 scenes. Now through Jan. 6, you and a car full can drive through for $12. Adult tickets are $11.50.

- **Holiday Light Fantasia** in New Haven also offers free skate rentals, however, bringing your own is recommended. For more information about Winterfest and Holiday Light Fantasia, visit Hartford.com.

- **Santa's Light Train** at the Bushnell Park Carousel in Hartford operates every Saturday and Sunday (Photos until Dec. 22 and Carousel until Dec. 31). The park also offers free skate rentals, however, bringing your own is recommended. For more information about Winterfest and Holiday Light Fantasia, visit Hartford.com.

Some other activities to do in Conn. are visiting Gillette Castle State Park in East Haddam. The 24-room mansion is decorated for the holidays every year and is open to the public the weekends of Dec. 8-9 and 15-16 from 10 a.m. to 4 p.m.

The grounds have walking trails and features views overlooking the Conn. River. Tickets for the castle are $5 and can be purchased until 3:30 p.m.

In the upper part of the state you can sing Christmas carols and ride a trolley through the “Tunnel of Lights.” Then grab a cup of hot coco to warm up at the Conn. Trolley Museum in East Windsor. Catch a ride any Friday, Saturday, or Sunday from 5-9 p.m. Tickets are $10. Visit www.ct-trolley.org for more information.

The Ryan Matura Library is decorated with its classic Christmas wreath for the holidays.
Sacred Heart joins Radio City as it helps bring Christmas cheer to NYC with their annual Rockettes performance.

Katie Harrison  
Staff Reporter

As the lights began to dim in the Edgerton Theatre on Friday, Nov. 30, seniors Javier Vidal and Bridgett Carter introduced the acts that would perform in “Greek Sing,” an event hosted by Sacred Heart University’s Greek organizations.

“Greek sing is purely for entertainment, and one of the organizations here at Sacred Heart have separate philanthropies, but tonight is to have fun,” said sophomore Chi Omega sister Megan Atkinson.

Each of Sacred Heart’s ten Greek organizations performed choreographed dance routines. The fraternity brothers of Kappa Sigma started the night off with the songs of Billy Joel. With little background theatrics, they began their performance with a rendition of Joel’s single, “For the Longest Time.” Senior Charles Marcellin and senior Mike Amatulli played harmonica backing junior Colby Kofoid on guitar and singing “Piano Man.”

“I was definitely nervous about getting on stage,” said Kofoid. “But I think getting out of your comfort zone is what Greek Sing is all about and that’s why it was so much fun.”

The crowd applauded at the end of their act and the next act was introduced. Delta Tau Delta performed songs of the “Backstreet Boys.” They changed the lyrics in every song to reflect their reinstallation as an organization on campus at the beginning of the semester. The sisters of Kappa Delta were the following act and the first sorority to perform. They performed an array of Beyoncé songs from her debut in “Destiny’s Child” to her most recent works. Senior Kelly Taylor acted as Beyoncé and lip-synched around choreographed dance routines.

“Sorority, Zeta Tau Alpha created original lyrics to Queen’s anthem ‘We Will Rock You’ sung by sophomore Calie Lijsbergen. A large group of Zeta girls danced in the background of the vocals. Junior Christine Arolini and freshman Maggie Botteri belted out the lyrics to ‘Somebody to Love,’” and they concluded their act with the infamous “Bohemian Rhapsody.”

“I enjoyed performing with my sisters; we worked really hard on it and are proud of what we put on stage, said sophomore Zeta Tau Alpha sister Geena Maniaci. “It was a lot of fun to be performing and hear the crowd cheering you on and Mag­gie, Calie, and Christine were amazing.”

The sisters of Phi Sigma Sigma sorority gave their act a storyline where Christi­na Aguilera, their performance theme, was lost on Sacred Heart’s campus. In an array of Aguilera songs in locations relevant to the lyrics of her songs, sisters danced and looked for Aguilera. They danced to the song “Fighter” in the weight room of the Pitt Center, the song “Dirrty” in the muddy construction zone, and “Candy Man” in Outkast.

The sisters of Chi Omega brought the evolution of Britney Spear’s career to life on stage, dancing to some of her singles in chronological order. At the end of their performance they had every one of Spear’s iconic stage costumes come on stage and dance together, including her school girl in braids look, her full shiny red jumpsuit and her snake adorned look from the 2001 MTV Video Music Awards.

“I did not get the chance to join my sisters on stage but they did phenomenal job and the costumes were what really made the performance,” said Atkinson.

The brothers of Omega Phi Kappa went back to their country roots to perform songs from her debut in “Destiny’s Child” to her most recent works. Senior Kelly Taylor acted as Beyoncé and lip-synched around choreographed dance routines. The crowd applauded at the end of their performance.

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Sports

Swimming

The women's swimming team competed in the Blue Devil Invitational this past weekend at Central Connecticut State University. The Pioneers placed fourth overall with some top ten finishes in individual events. Freshman Siobhan Goodman placed ninth in the 200 Yard Butterfly with a time of 2:15:35. Sophomore Malvina Reinhold placed tenth in the 100 Yard Breaststroke with a time of 1:12:08. The Pioneers next race is on Saturday at 1 p.m. against Siena College.

Bowling

The women's bowling team competed in the Virginia Union Invitational Tournament at Bowl America this past weekend. The Pioneers placed third out of 12 teams following Central Missouri and Fairleigh Dickinson. After the three-day tournament, the combined total for Sacred Heart was 9489. After Christmas break, the Pioneers return to the lanes for the KU Invitational on Jan. 25.

SHU Wrestling stays positive after first home loss

Shelby Vaccaro
Staff Reporter

Although it was a chilly day outside, the heat was on inside the William H. Pitt Center on Saturday as the Sacred Heart University wrestling team hosted its first home matches of the season.

The first match, against Davidson College, began as a boxing bout, with both teams exchanging pins.

Sacred Heart Pioneer junior Andrew Polidore (133 pounds) recorded this first pin on Davidson senior Matt Zarth for Sacred Heart's first six points. Following two Davidson wins, junior Joe Evangelista (157) notched Sacred Heart's final six points with a 7-1 decision over Davidson junior CT Talevi.

"It feels good," said Evangelista. "It's nice to come out here to show everyone what we have been working on all season; to go out and wrestle hard and get in a good win."

Davidson would take the final five matches and cruise to a 42-9 victory.

"I think you can see a new program emerging," said head coach Andy Lausier. "There were people there and there was support with somewhat of a new product on the mat, but it's not even close to where I think it should be right now or where I ultimately see it being."

"When I see our guys out there not wrestling to their abilities, it hurts as a coach and then leaves you to try and figure out why things aren't going the way they should be going. Wrestling is very, very easy when you are watching it, and it is very difficult when you are out there," said Lausier.

The Pioneers completed the tri-meet against Roger Williams University, falling 47-3. Polidore grabbed Sacred Heart's only win with a 10-5 decision over sophomore Dante Porrazzo.

"Even with the losses," said Pioneer junior Joe Harris, "you can still see our team chemistry coming together as a unit. As a team, I know we are all willing to put the extra effort into making our season a winning one. We are definitely on the road to that success, but we all know success doesn't happen overnight."

With the first home meet down and one more to go this season, Sacred Heart is looking forward to redemption and fulfilling their high expectations.

"Expectations are always making progress and always getting closer to wrestling the Pioneer way. Our brand is about being offensive, about attacking our opponents with no fear of the outcome," said Lausier. "That's what we work on more than anything each day, building our competitive mentality and technique. All these guys know how to wrestle, but it's about wrestling under stress and wrestling under pressure that is interfering with their ability to compete at a high level."

Sacred Heart's next match, and their final home match, is Saturday at 11 a.m. in the Pitt Center against Franklin & Marshall College.

Sacred Heart University Physical Therapy Specialists

Committed to Individualized Patient Care through Clinical and Academic Excellence

Ribbon Cutting Ceremony and Celebration of "New Beginnings"

The Sacred Heart University Physical Therapy Specialists will celebrate the transition to full University ownership and operation with a Ribbon Cutting ceremony on December 5th, 2012.

We look forward to providing the same personalized, high-quality care at the same University locations.
**Women's basketball wins in clutch**

Roger Harris III
Staff Reporter

Clutch free-throw votes were the difference on Saturday as the Sacred Heart University women's basketball team downed the Colgate Raiders, 59-53.

In an exciting game with numerous lead changes, the Pioneers converted 20 of their 23 free throws, while the Raiders were only able to convert one of four.

"Very clutch," said senior forward Morgan Merriman. "Our free throws at the end of the game were very important.""Very clutch," said senior forward Morgan Merriman. "Our free throws at the end of the game were very important."

The game opened with intense defense on both sides of the ball until Colgate senior guard Jhazmine Lynch broke a 5-5 tie with a three. The Raiders would push the lead to 13-5, but Sacred Heart would answer in a big way.

Sacred Heart fought back, with Merriman hitting a jump shot to ignite a 20-2 run.

Merriman would hit another shot in the stretch, on her way to a 14-point game. Sophomore guard Gabrielle Washington scored seven points during this run, finishing with 22 points. It was her third 20-plus game of the season.

"I was relaxed, didn't rush my shots, and took good shots," for the most part," said Washington.

Head coach Ed Swanson, in his 23 year at the helm, was pleased with the performance of last season's NEC Rookie of the Year.

"Gabby Washington did a terrific job," said Swanson. "Hit threes and made her foul shots." Senior guard Kiley Evans and junior guard Ericka Norman also added to the run. Norman would cap it with a free throw, pushing the Sacred Heart lead to 25-15.

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"Gabby Washington did a terrific job," said Swanson. "Hit threes and made her foul shots." Senior guard Kiley Evans and junior guard Ericka Norman also added to the run. Norman would cap it with a free throw, pushing the Sacred Heart lead to 25-15.

Washington answered with a pair of free throws to end the first half with the Pioneers leading 27-21.

"Our effort was there," said Merriman. "We just had to grind it out." The second half, the Pioneers held the lead throughout.

With Colgate creeping back at 48-45 and three minutes left to play, Washington hit a deep three for a six-point advantage. Sacred Heart pushed the lead to eight when Norman connected on two free throws. Norman finished with 11 points and a game-high seven assists.

**2013 football season already underway**

Dan Otzel
Sports Editor

"Frustrating," said Mark Nofri. "I know the kids are and our coaches are. I looked at it as the Monday after Saint Francis, 2012 ended, and now it's time to focus on 2013. Put it behind us. I don't want to go back and look at 2012 and dwell on it, but we want to learn from the mistakes that we made in 2012 and not make those same ones in 2013. Very frustrating."

For head coach Mark Nofri and the Sacred Heart University football team, a disappointing 2012 campaign came to an end in a way an overwhelming majority of the games this season have: with a loss.

"Obviously," said senior defensive lineman Tyler Foehr, "the season didn't go as well as we all wanted it to. We had a much better team than our record shows and it's hard knowing we didn't play to our full potential. We feel like we let the fans down as well as the university. I believe coach Nofri deserves a lot of credit, though. He did a great job as head coach and I strongly believe he has what it takes to turn this program around. He's a good coach and, most of all, a great guy."

Nofri, Foorl, and the rest of the Sacred Heart Pioneers, finished the year 2-9 overall and 1-7 in the NEC. It was their worst record since 2006, also a 2-9 season, and their worst conference mark since 2007, when they were winless in NEC play.

"I was excited to be given an opportunity to compete," said junior quarterback Ryan Merriman. "It was a whirlwind at times," said Nofri of the head coaching duties. "I didn't realize how much time [is spent] being pulled in different directions. Doing it in the spring, and not just being thrown into it in August, I had a few months under my belt to get used to it and work out some kinks. But, it was a whirlwind at times, as is all I can say. I'm hoping next year, we can either get coach Gorrham back, or we get some help in terms of getting some other coaches added to ease the load and to get down to the speed that other [FCS] stuffs are."

The Pioneers would lose their next two, at Colgate and at Monmouth, in a fashion that became all too familiar.

Heading into the half tied at 14, in both games, Sacred Heart would falter in the second half, failing to execute and string together a full four quarters.

"Basically," said Nofri, "we need to learn how to finish. Learn how to finish and come on top. Turn the close games into wins and change the culture of, if something goes bad here, that we can overcome that adversity and turn it into a win. That's what I want our kids to have the mindset: that we can win and we will win. That's the mindset I want for 2013: we can and we will."

The Pioneers had no need to finish in their first home game, as they took a 21-point lead into the half against Central Connecticut State and cruised to their first victory of the year and their lone conference win. Filling in for the injured Little, Wisniewski was an efficient 12-16 passing and helped lead Sacred Heart to a Homecoming win. Against the near capacity crowd of 3,052 and viewers of Fox College Sports, Cox, and ESPN.

"I felt pretty comfortable," said Wisniewski of his year under center, "though, do wish I could have played an entire season. I think I could have been a premier QB in the league. I enjoyed my teammates, though, and did have any regrets."

Following a home loss to Wagner, the NEC champions, the Pioneers made it two-out-of-three with a win at Dartmouth. Sophomore running back Keshadus Spence rumbled his way to a career-high 138 yards, one of four 100-plus yard tallies on the year. Defensively, the tide turned on an athletic interception by senior linebacker Niko Sierra, who also chipped in five tackles.
Sierra was a stalwart in the middle of the field for Sacred Heart, calling the plays and leading a defense that finished the season nationally ranked; 31st in total defense, 10th in sacks, and ninth in pass defense. Sierra, along with fellow senior tri-captains, Foehr and wide receiver Rock Tate, who led 18 other graduating seniors into four years worth Saturday battles, may forget the Sierra, along with fellow senior tri-captains, Foehr and wide receiver Rock Tate, who now need to put that same work ethic into the next thing I do. I'll miss the game every second largest crowd in program history, Wischnowski hit Tate with 2:35 left for a dropped their next five. After a blowout at Duquesne, the Pioneers returned to Fairfield the lights then went out on the left side of the Sacred Heart column, as they once again failed to put together four quarters, blowing the lead late in their second-straight home game.

The Pioneers took a 17-6 Senior Day lead into the fourth quarter, only to surrender

"I thought the bright spots were that the kids played hard," said Nofri of the season. "I know they came up short because we didn’t learn how to finish... but I thought the team was pretty close-knit. I would have liked to see us with a little bit more fire on the sidelines at times, but that happens when you play an 11-game season. I would like us to come out every game fired up, ready to go for the whole four quarters."

With the gridiron dark, it was time for some off-field accolades, some hardware.