Greek Life Takes Over the Edgerton

Delta Tau Delta and Chi Omega win Greek Sing

ON NO. 22, the Edgerton Center for the Performing Arts was filled to capacity with Sacred Heart University students in attendance for the annual Greek Sing performance.

“Greek Sing is a competition between the fraternities and sororities at Sacred Heart University, where groups select a theme and create a song and dance routine that they perform for their peers,” said Laura Osborne, Director of Greek Life.

The theme of this year’s Greek Sing was Disney and Pixar movies.

The five fraternities’ movie selections were “Tarzan,” “The Little Mermaid,” “The Lion King,” “A Bug’s Life” and “Tangled.” The seven sororities chose “Mulan,” “Beauty and the Beast,” “Aladdin,” “High School Musical,” “Toy Story,” “Hercules” and “The Lizzie McGuire Movie.”

“All the sororities and fraternities did such a great job and made their movie come to life,” said sophomore Lindsay Donati, a member of Chi Omega.

There was a cash prize incentive to each fraternity and sorority that won Greek Sing.

“Part of which goes to their selected philanthropy and part of which they get to use for their organization’s expenses,” said Osborne. To prepare for the Greek Sing competition, each group created their routine and held multiple practices.

“Preparing for Greek Sing, in my opinion, is the best part,” said senior CJ Bazzle, a member of Omega Phi Kappa. “Brothers get to show their creativity and have fun doing it.”

Both the fraternities and sororities create a bond when getting ready for the event.

“Practicing for Greek Sing was a lot of time and hard work, but it is definitely worth it to spend quality time with all of my sisters,” said sophomore Marissa Miller, a member of Zeta Tau Alpha.

Each performance had various elements, from the costumes and props to the choice of songs.

“One thing that definitely stood out was how well everyone did on their props, some were just amazing,” said junior Hunter Warner, a member of Omega Phi Kappa.

For the performances, several groups re-wrote lyrics to songs and made them specific to Greek Life. For example, Kappa Sigma re-wrote “Under the Sea” to the tune of “Greek Life’s for Me.”

The audience at Greek Sing cheered, laughed and sang along to the performances.

“Greek Sing is always a good laugh and you also see really great talent,” said sophomore Kenny Arnold, a member of Delta Tau Delta. “I think everyone did a phenomenal job.”

The Greek Life community uses Greek Sing as a way to help members of the sororities and fraternities come closer together and bond.

“Almost all of our new members participated in this year’s performance and it was a great chance for them to get closer with each other as well as the other members,” said junior Madeline Kennedy, a member of Kappa Delta.

A panel of eight individuals from various Sacred Heart departments judged the Greek Sing performances. At the end of the evening, the winners of the Greek Sing competition were revealed.

Fraternity Delta Tau Delta won for their performance of “The Lion King” and sorority Chi Omega won for their performance of “Toy Story.”

“Brothers came closer together to achieve victory and, after we finally won, everyone felt incredibly accomplished,” said senior Chris Lizino, a member of Delta Tau Delta.

The next community Greek Life event, Greek Skit, will be held in the spring.

“I think every fraternity and sorority did an amazing job,” said junior Michael Barden, a member of Delta Tau Delta. “Being a part of events like this makes me so proud to be a member of the Greek community at Sacred Heart University.”
BY LEO TAHAJIAN  
Staff Reporter

The National Retail Federation reports that an estimated 97 million American shoppers crammed into stores this past Friday, for the Black Friday deals that everyone has been talking about, by the end of the Thanksgiving weekend, that number swelled to over 145 million shoppers.

On Black Friday, many department stores across the world slash prices on popular items. Stores like Best Buy offered Google Chromebooks and Samsung flat screens TV’s for half price, and popular phones like the Droid HTC One for free on contract, while clothing stores like J Crew offered 30% off the entire store selection.

With deals like those, it is no wonder why so many shoppers are rushing to get their hands on these major deals that only last one day out of the year. Some people do not feel the benefits outweigh the cost, though.

Popular online networking sites like Twitter, reddit and Facebook are abuzz with horror stories about Friday. One reddit forum was entitled, “Retail Employees of reddit, what are your Black Friday horror stories?”

“I’ve thrown one punch in my life. It was on black Friday,” said reddit user u/ ROCKin55 after explaining a story about having to stop an adult man from throwing a young boy to the ground over an Xbox while working at a Walmart.

“I didn’t go out shopping on Black Friday, said freshman Marlee Ready. “There are some good deals, but there is just too much craziness going on.”

Many people seem to share the opinion that Black Friday can get pretty hectic and, sometimes, dangerous. Historically, the commotion caused by Black Friday has been known to result in injury and, even, death.

In fact, there is a trending website counting the injuries and deaths related to Black Friday shopping since 2006. BlackFridayDeathCount.com’s updated report, cites seven deaths and 90 injuries that have occurred since 2020 during Black Friday sales events.

Over 10 people were injured this Black Friday, some due to violent attacks on store property. The website reports that two shoppers were shot in a Kohl’s parking lot in Illinois over a shopping dispute and a Virginia man was stabbed over a parking space in a Walmart parking lot.

Despite all of those injuries, stores across America are reporting that this has been the safest Black Friday in recent years. Walmart spokeswoman, Brooke Buchanan, told ABC News reporter Colleen Curry, “It’s been the safest Black Friday with millions of shoppers at our 4,000 locations across the country.”

Even though safer, Walmart reports that their locations in the United States alone, saw over 22 million shoppers in only their first four hours of being open, speaking for how hectic the day was.

“There were some isolated incidents that were resolved quickly through the help of our store associates, and in some cases with the help of local law enforcement. We’re very happy with our safety plans and how they worked,” said Buchanan.

---

**SHU Honors President Kennedy**

**BY MATTHEW VOGEL  
Staff Reporter**

On Nov. 22, 1963, President John F. Kennedy was gun downed in Dallas, Texas. Sacred Heart University commemorated the 50th anniversary of the assassination with two special events.

The first of the two events took place on Nov. 21, a day before the commencements marking the 50th anniversary of President Kennedy’s assassination. The film, “Virtual JFK,” was shown in the Curtis Hall Theater at 7 p.m.

The provocative documentary explored President Kennedy’s foreign policy crises. The documentary keenly suggested, had President Kennedy not been killed in 1963 and was re-elected, our nations involvement in Vietnam may have played out differently.

Dr. Tom Curran, who teaches a course on the Vietnam War at Sacred Heart, served as a reactor to the controversial film. Curran was involved in the panel discussion that took place the following morning.

“What’s most interesting to me, is the president’s lasting legacy and his interests in foreign policy,” said senior Vishal Patel, who attended the film.

The following morning, from 10 a.m. to noon, the second event was held in the University Commons. A panel of faculty members discussed various topics regarding the life and presidency of John F. Kennedy.

Dr. Gary L. Rose, professor and Chair of the Department of Government and Politics overviewed the event and gave an overview of the Kennedy presidency at the panel discussion.

“I was about 50 yards away from the president at the Town Green in New Haven back in 1966,” said Rose. “I thought he was really dynamic.”

Slides that showed dramatic moments of the Kennedy presidency played throughout, and, aside from the discussion, a small handmade sign made by Rose in the fourth grade received a lot of attention.

The small wooden sign crafted in colored crayon read, “Vote for Kennedy.” The sign was nailed to an oak tree in his front yard.

“Seeing the president was a catalyst behind my deeper interest in politics,” said Rose. “President Kennedy’s rhetoric also moved me.”

The two events were co-sponsored by the Department of Government and Politics and the Film and Television Masters Program.

The two Sacred Heart events highlighted the importance of the 50th Anniversary of John F. Kennedy’s death and its initial impact on America. It not only directly impacted the Sacred Heart community, but the rest of our nation and the world.

The president’s ability to connect and inspire will never be forgotten. President Kennedy’s speech at the America’s Cup dinner in Rhode Island back in 1962, is one example of the genius that lied within.

“We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch, we are going back from whence we came,” said John F. Kennedy.
It is time to get over the cold weather blues and embrace fun winter and holiday activities. Students at Sacred Heart find many ways to stay busy while also enjoying the spirit of the holidays. Some favorites involve getting outside and skiing, snowboarding and even traveling to New York City.

“As soon as the first snow falls, I try to visit a mountain a month,” said sophomore Julia Ashworth. “My favorite mountain in the area is Moehawk.”

When snow is on the ground, you can see students around campus having snowball fights, sledding and even making snowmen and snow angels. “The campus looks so beautiful covered in a white dust,” said sophomore Kelsie Main. “It’s my favorite time of year.”

Other students, who are not as active, enjoy walking around the neighborhood and looking at Christmas lights.

“I can’t wait until the Christmas lights are up,” said sophomore Ali Braig. “They’re so beautiful to look at and one of my favorite parts of Christmas.”

Some students would rather stay indoors and bake delicious holiday treats.

“When it’s below 32 degrees, I like to drink hot coco and eat cookies,” said sophomore Rachel Charoen.

You can find students wandering around campus eating their favorite holiday candies like peppermint bark, candy canes, ginger bread cookies and peppermint Hershey Kiss. If you find yourself eating too many sweets, Sacred Heart offers many exercise classes to help keep off those holiday pounds. Zumba, spin, mixed martial arts and yoga are all great ways to avoid the cold and stay healthy.

For those who live off-campus, there are plenty of ways to enjoy the winter spirit. Upper classmen who have their own homes strive to make their friends feel cozy and happy.

“As soon as the weather gets cold, we always have a fire burning in our house,” said junior Kelly Keenan. “It reminds us of Christmas.”

Picking out a Christmas tree is another favorite activity and a perk for off-campus residents.

“Last year when we went to look at trees, I had so much fun with my roommates, drinking hot apple cider and wandering the farm,” said senior Jacqueline Zieve.

Other students who want to get away can take Metro North into New York City. Holiday season brings along many spectator sights. Rockefeller Center lights an enormous Christmas tree on Dec. 4th, right next to its iconic ice rink.

“I skated on the rink, last year and felt like I was in a movie,” said freshman Alyssa Pierce.

Macy’s window displays are another beautiful sight and known around the world. While walking there you may even pass Serendipity, a favorite restaurant of many students. You can find students warming their toes and enjoying food and warm drinks.

Sports teams around campus even get into the holiday spirit. The women’s lacrosse coach holds an annual Christmas party for her team that includes a secret Santa and a bake off.

“I look forward to the Christmas party,” said sophomore defender Kristina Pika.

“It’s a fun activity that brightens up spirits before finals.”

Left to Right: Sophomores Caroline Cameron, Erin Locke, Alison Vervoort, Marissa Mormile, and Alyssa Fetherston stay warm during the holiday season.

I’m not sure who divided the year into 12 months, but they sure gave December special attention. December is by far the best month of the year.

December 1st is when I officially clock out of school. It is the time to put aside homework for ABC’s 25 Days of Christmas and college football bowl season.

Yes, that’s a lot of television, but that’s the beauty of December. It’s the time to sit by the fireplace and watch re-runs of MacGruber. Colin Fey doesn’t seem like any of the dumbest criminals I have ever seen in my life.

Expect my iTunes to play nothing but Christmas music for the next month. Okay, I’m guilty of starting my holiday playlist mid-November. Sorry that I’m not sorry, but Kelly Clarkson’s Christmas album came out on October 29.

During the month of December, I only look forward to my January running regimen. It would be wrong to go on long runs in December. If I were to do such a healthy activity, what would be the need for a New Year’s resolution?

As Christmas time approaches, it brings out the best in everyone. There’s truly nothing like the Christmas spirit. The Christmas portion of the Holiday season is so great that Thanksgiving can’t even have its own day anymore. While I’m bitter that Black Friday has turned into Black Thursday, it proves Christmas superiority.

I’ve yet to mention presents yet because they should take a backseat to the joy of the season itself. I pray that Christmas never becomes too materialistic. As Dr. Seuss so greatly put, “The Grinch thought of something he hadn’t before! What if Christmas, he thought, doesn’t come from a store. What if Christmas...perhaps means a little bit more!” Let the Grinch’s lesson be a lesson to us all.

So I’m sitting here in my apartment looking out the window unable to stop shaking my leg up and down with excitement. Why? Well first of all, Frank Sinatra’s Christmas album is spinning on my record player, with Michael Bublé on deck. Secondly, I have exactly 8 days separating me from Christmas break so naturally, I can’t help but freak out. Thanksgiving dinner has been eaten. Black Friday is behind us, which means we can all start to care about humanity again. Thank God, December is here. Yahoo! I am thrilled. This is an incredible time of year. The outdoors begin to smell edible, as cinnamon and sugar ingredients seep out of our houses and embed themselves into the wintery air. Music is dancing around everywhere and we all soon realize that listening to Feliz Navidad on the radio is an honor, not a privilege.

I will be home soon, where I am constantly being served delicious food to eat at no cost to me. It’s actually beautiful. My only job is sit there and look engaged while my mother watches Sound of Music and bakes apple crescent. (A real hero-lean effort...not.)

To be honest this over-all season is a constant excuse for throwing a party. If you aren’t involved I don’t really know what you’re doing with your life. I have recently come to terms with the delightful (and sometimes tippy) majesty that is hot cider and eggnog. In my opinion, Christmas parties are among the shiniest stars in the entire holiday universe. I have about 7 to look forward to so, yeah you could say I’m living the dream.

Christmas time is a beautiful time of year that lends itself to romance. It doesn’t hurt that we actually make time to sit down and interact with each other over warm food and drink. Everyone’s main prerogative for the month is to look sparkly and beautiful while doing sparkly and beautiful things for each other. It is a time to give thanks and celebrate all the wonderful people around us. We consume holiday beverages, participate in seasonal luxuries and thank God we are alive.
TIS' THE SEASON

Students Prefer DIY Gifts Over Store-Bought

BY MARGO LESHER
Staff Reporter

Due to Thanksgiving’s late date this year, it seems as though we have lost a week of shopping. Christmas is only a few weeks away and presents need to be purchased as soon as possible. Do it yourself gifts are especially popular this year. Do it yourself (DIY) is the method of building, modifying or repairing something without the aid of experts or professionals. DIY projects are for people who enjoy crafting; such as knitting, sewing or jewelry, which make a great gift for the upcoming holidays.

“I really like to make my own gifts for the holidays. There’s nothing more personal or creative than a handmade gift,” said senior Michelle Capazzi. “When you put more effort into the gift instead of running to the mall, its that much more satisfying when giving the gift.”

Many students find themselves turning to a Website known as Pinterest for crafting and gift ideas. Pinterest is a tool for collecting and organizing pictures that inspire you online.

“I love gift ideas that are made of simple objects and components that could even be found around the house and Pinterest always gives me the best ideas,” said senior Kelsey Russo. “Even though doing it yourself can be time consuming and difficult, it’s very rewarding on both ends.”

There are so many things to embrace about making things by hand – the ingenuity, dedication and skills learned along the way.

“The sense of reward you get from making something with your hands cannot be earned any other way,” said senior Isabella Simpatico.

Making gifts for others is satisfying, but receiving DIY gifts is even more enjoyable.

“I love receiving DIY gifts, especially from my sister, because she is really creative and always crochets me blankets or thinks of ways for me to organize my room,” said senior Taylor Macchiarelli. “DIY gifts are more meaningful most of the time because it comes from the person’s heart and takes more time from their personal life than buying something just to buy it.”

Other students voiced their opinion on receiving do it yourself gifts.

“Lavish gifts are always nice, but sometimes it is nice to receive something more personal,” said Russo. “I like DIY gifts that I can wear, as well. I love being able to wear something and say, ‘Oh, my friend made it for me.”

Anyone can buy a gift card or pick something out at the mall for a special someone, but it is the thought that counts.

“It depends on money and time. If I have enough time, then DIY gifts are always great, but if I’m on a time crunch, then I just run to the mall to find something,” said Simpatico.

Overall, students agree that Do it Yourself gifts are much more fun to receive and give.

“It’s definitely easier to go to the store and buy a gift to give someone, but there’s no fun in that,” said Capazzi. “The season of giving should be less about the monetary value of the gift and more about the meaning.”
Editorials

“Where Did All the Time Go?”

JEFF DALEY

It feels like yesterday that I was just moving into my freshman dorm room, 500 Merton Hall. It was a cozy corner double right near the stairwell. My roommate? Longtime best friend, Anthony Fascarella. I was ready to start this next chapter in my life. College was definitely an adjustment however it was something I was very excited to take on.

I became involved with various clubs and organizations and dove into my freshman year making everyday count. Obviously looking back, one may have some regrets but I didn’t have many. Some things I remember about freshman year was they were just starting construction of what is now the “Linda E. McMahon Commons.” I woke up every morning to the sounds of jackhammers and the beeping trucks and the power tools. I would also eat breakfast in pre-renovated Chartwell’s dining hall, (now 63’s and verycombustible at that). The bookstore used to be in what is now the new Philosophy, Theology & Religious Studies offices in HC.

Over the course of my college years here at Sacred Heart University, I have seen a lot change around this campus. Along with the change, I have seen new faces to the SHU community being welcomed as well as seniors ready to take on the next chapter of their lives to best represent the very place that shaped them. I now find myself in those senior’s shoes. When I was a freshman and sophomore I did not think that this year would come so fast. Every day of the second semester of my junior year and the first semester of my senior year I ask myself the same question. ‘Where did all the time go?’ I never could answer it because I had no idea.

However, I have had the time to think about it and my answer to that question would be that all that time went into our work, into the clubs and organizations that we have been a part of. We have put that time in to building relationships with one another, with our professors and other faculty on campus. The people that I have had the great pleasure of meeting and becoming close to made my college experience much better.

If there was something that I would tell the new freshmen and sophomore students it would be to seize every moment, opportunity and day as a freshman or sophomore because each day is one step closer to senior year and by the time you get into my shoes, you will be asking yourself the same thing and telling freshmen and sophomores the same thing!

I’m not trying to scare the newbie’s, I am just urging them to take advantage of their time here at Sacred Heart University. Go study abroad, commit yourself to community service, join a club maybe more, attend every sports event on campus and make some noise! Play a club sport… or two! Be the captain of an intramural team, get to know your school and become a tour guide, go on a habitat spring break trip, go on an international service trip. The possibilities are endless here at SHU! Make the most of your college experience.

As I continue on with my senior year, I plan on making more connections with new faces and continuing to put my time in to my academics and work, assuming seniorness doesn’t take over!

Editor’s Choice

Photo

The SACRED HEART CHRISTMAS TREE WAS PUT ON THE QUAD ON MONDAY AND THIS PHOTO I TOOK FROM THE ROOF OF THE LIBRARY. STUDENTS AND FACULTY GATHERED AROUND THE TREE TO SING CAROLS AND CELEBRATE THE BEGINNING OF THE CHRISTMAS FESTIVITIES.

Thank you for your time and enjoy the Holidays!

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday’s issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacred- heart.edu. The Spectrum does not assume copyright for any published material.

We are not responsible for the opinions of the writers voiced in this forum.
Features

Ethics Bowl Competition
Sacred Heart Ethics Bowl Team Comes Up Just Short of a Win

By Lauren Pettinelli
Staff Reporter

The Sacred Heart University Ethics Team finished 6th out of 26 teams at the Northeast Regional Ethics Bowl on Nov. 24.

Nerves were at their peak as students gathered in the University Commons to begin the Ethics Bowl competition. Students practiced in classrooms outside of the competition area to gather their thoughts and go over their sides of the discussions. This year, Sacred Heart had two teams, SHU 1 and SHU 2. SHU 1, who finished 6th, was one spot away from advancing to the National Ethics Bowl.

The event began at 8:30 in the morning with the first three rounds of the competition. During this period, all teams competed. The top eight teams advance to the afternoon’s quarterfinals, followed by the semifinals and the finals.

Along with the students who are very devoted to their research and the cases that they chose to work with, there is a lot of dedication from coaches and teachers involved.

“I depend on and believe in the self-motivation of each team member. We meet for two hours every week and hash out the ethical cases. The students also put in some prep time outside of practice,” said the coach of the Sacred Heart teams, Assistant Professor Ondriode Ekeh.

The coaches work together with the students in order to perform more like a team than a divided group.

“Dr. Purves and I try to encourage each student to own the cases and the arguments,” said Ekeh. “We try to diminish the distance between ourselves and the students and create an environment of intellectual peers.”

Thanks to intensive practices every Monday, SHU 1 defeated Tufts University and Seton Hall University to get into the top eight. But by a very slim margin in the quarterfinals, SHU 1 was beaten by last year’s winner, Colgate University. In the finals, Providence bested Union College.

Coming so close may encouragingly foreshadow what can happen for the team in the future.

“You really can’t talk about the success of our team without talking about our coaches. They put so much time and effort into making us the best we could be,” said senior team member, Kayla Briere.

Briere said being on the Ethics Bowl team has been a rewarding experience.

“They genuinely care about and believed in us and that’s what kept us going for so many weeks. It is one of the best things I have done at SHU.”

The entire team, including the coaches and captains, have done so much to make this a reality. It is easy to see the enthusiasm continue as some students on the team walk away with pride in their fellow classmates to take over and continue the hard work for the Bowl.

“I will not have the opportunity to compete with the team next year as I will be completing my fifth year as a graduate student here at SHU,” said senior captain, Margaret Vogel. “However, I sincerely hope that the team will continue and am very confident that our underclassmen who made up the SHU 2 team, and the junior on SHU 1 will bring a very strong team next year.

The team is positive that they will continue to grow and become more successful in competition.

“It is no way will surprise me when they win the whole thing next year,” said Vogel.”

Students Share Family for the Holidays

By Megan Lackman
Staff Reporter

Most students on campus look forward to the time off during Thanksgiving and Christmas break. It is a time for us to spend with our family at home and relax from all the stress that test and finals bring to us. However, some students are not as lucky to go home during break.

Senior Mostafa Abdel Latif is from Egypt, coming home is quite difficult. Latif stays at one of his friend’s house every break.

“Staying with a friend is better than spending the whole break by myself at SHU,” said Latif.

As you can imagine, Sacred Heart gets very quiet once students go home. So, staying here on your own may not be enjoyable when all your friends have left to go home.

Although many of them would love to see their families, they have to wait until summer break. Most of the time, these students use Facetime or Skype to keep in touch with their families.

Junior Malvina Reinhold is from Gothenburg, Sweden. For the past Thanksgiving break, Reinhold went to a teammate’s house. As for Christmas, which is a longer break, Reinhold said, “I usually go home, but this year I’m going to stay at my boyfriend’s house.”

Sacred Heart has many students who are from different countries and may not be able to go home for the holidays. The school also has students who are from states that are not within driving distance.

Junior Courtney Budenholzer is from Saratoga, California. This Thanksgiving, her mother surprised her with a trip home. However, she said, “I usually will stay with my roommate or boyfriend and their family for this break. It is too short to fly six hours home for.”

Christmas and summer are long enough breaks to consider going home.

“I stay at school until summertime, once I get back from Christmas break,” said Budenholzer.

For breaks in the spring semester, she usually just goes to a friend’s house.

Junior Connor Bohl is from Centennial, Colorado. He manages to find flights home for the long vacations, like winter break, just like Budenholzer. But, as for other vacations, he is able to stay with his teammates.

Budenholzer says, “It does get difficult for these holidays to be away from the family, but we keep in contact and Skype each other.”

Students head to Rockefeller Center for Tree Lighting

By Nadia Jourabchi
Staff Reporter

On Dec. 4, Rockefeller Center in New York City will celebrate its 81st annual Christmas tree lighting. The tree lighting is a tradition to many residents of New York and tourists.

This year, the tree weighs in at 76 feet and over twenty tons. The tree lighting starts at 7 p.m. and stays up until the 7th of January.

Students enjoy going to the city for the tree lighting.

“The essence of being there on the night of the lighting is a magical experience, you feel surrounded by the joy of Christmas,” said sophomore Ashley Casenato.

The process of the tree lighting looks effortless, yet is not always easy. The tree requires extra-large ornaments and over 45,000 multi-colored lights.

“You can see the tree from miles away, and, even from afar, appreciate the beauty,” said Casenato.

Every year Rockefeller Center receives the tree by a donation. This year the tree was given by the Vanderho family. After Jan. 7, the tree will be donated to the foundation of Habitat for Humanity.

The tree lighting will be aired on television live, but students say the real life experience is different.

“My family would travel every year from New Jersey when I was younger to view the tree,” said Junior Amanda Leone.

“That same magical moment cannot be captured truly by television.”

On the night of the lighting, there will be carolers, hot cocoa, candy canes and maybe even Santa in his sleigh.

Sacred Heart University is only a quick train ride away. The school offers shuttle services to train stations, where round trip fair starts at $25 per person to see this magical sight.

“This experience is one that will bring joy and unleash the inner child in you,” said Leone.

With the city being so close, it is an easy trip for friends before finals week.

Every year, me and my roommates take the train and see the lights in the dark of the night, it is such a great way to catch up with friends and take a break from school work,” said Leone.

If you are looking to feel the magic of Christmas in the air, head to Rockefeller on Dec. 4th, it will be an experience to remember.
Dr. Loris is Professor of the Year

Dr. Michelle Loris is honored by the Carnegie Foundation and CASE

BY GABRIELLE SCOZZARI
Staff Reporter

On Nov. 19, the Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education named Sacred Heart University’s Dr. Michelle Loris the 2013 Connecticut Professor of the Year. There was a reception in her honor where she spoke about the exciting achievement of receiving this award.

Dr. Loris is a Professor and Associate Dean for the College of Arts and Sciences, as well as the Director of the Human Journey Common Core. She teaches many literature and psychology courses throughout the academic year.

"When I am teaching, I want my students to be inspired, excited and, eventually, transformed by what they are learning. I really want nothing less than that their hearts and minds are set on fire by what they are reading and discussing," said Dr. Loris. "Whether I am teaching about a character and theme from a novel; or a patient, theory or experiment from psychology, I want them to think, to question, to see and experience what they are learning matters and has meaning for their life; that what they will learn will expand and deepen their own self-knowledge."

The award was selected from over 350 top professors in the United States and is the highest honor that a professor can receive.

"I was so excited and proud to hear that one of Sacred Heart’s own professors won this award. I was even more ecstatic when finding out it was Dr. Loris," said senior Sasha Caldwell.

Dr. Loris was recommended by her colleagues and students that believed she is best suited for this award and should be given gratitude for all of the hard work she has done for Sacred Heart as an essential professor in the College of Arts and Sciences for the past 40 years.

"Having had Dr. Loris for many classes and planning to take a class with her next semester in my last semester here at SHU, I could not imagine a more deserving person for this award," said Caldwell. "She has always gone above and beyond for her students and I think that this is a great way to show her that all of her hard work has paid off tremendously."

Dr. Loris received a Ph.D. in American Literature from Fordham University and a Psy.D. in Clinical Psychology from Antioch University Graduate School.

"This award is the highest recognition that a university teacher can be given. Dr. Loris has been a remarkably effective and beloved teacher at this university for many years and this important recognition acknowledges not only her contributions to our university, but the quality of the university itself," said English Professor, Dr. Jonas Zdanya. "The English Department could not be more proud of her. She really cares about her students and that is what makes the difference."

"When reading the letter saying I received the award I was thrilled, honored, humbled and grateful all at once. The award speaks to a lifetime achievement, so I could only be thrilled to have been chosen for this award, said Dr. Loris.

Dr. Loris believes in the University’s mission and brings it into the classroom every day.

"I am dedicated to the University’s mission to educate our students in the liberal arts and Catholic intellectual tradition and to prepare them for their professional and personal lives. Those are not just fancy words to me; they are what I try to do in everything I do at the University. I love my students; and so many of my colleagues over the years have become not only friends but like my family. I love Sacred Heart University."

Jim Foley Fundraises for ‘Movember’

BY LEO TAHAJAN
Staff Reporter

For most Sacred Heart students the month of November marks the nearing of the end of the semester and Thanksgiving break. Though those two things are exciting, there is another important thing happening this month here at Sacred Heart that many students are turning their attention to; “Movember.”

"Movember, for those who may not be familiar, is to spread awareness of prostate cancer, testicular cancer and mental health. Some choose to grow a mustache or completely shave for the month of November to show their support for the cause," said Jim Foley.

During this month many male students around Sacred Heart’s campus can be seen with mustaches or beards in support of “Movember.”

It’s very important that men understand these cancers and health concerns because unfortunately, they are very common in males age 50 and over," said Foley.

Along with men growing out your facial hair to show support, men and women can also donate to this cause to help spread awareness and support cancer research.

Foley, in partnership with Vineyard Vines, is currently accepting donations.

"At Vineyard Vines we have already raised over $30,000. My goal for SHU is to donate $1,000, which seems very attainable and a good place to start," said Foley.

If you would like to show your support for this cause, you can visit the donation website set up by Foley at: http://jm.movember.com/mospace/9384449

"I hope to reach my goal with the help of the SHU community! Every dollar helps!” said Foley. "Thanks to those that have already donated we have raised just over 500."

The website also has links to further education on testicular cancer, prostate cancer, and men’s mental health concerns, a store with “Movember” merchandise, a list of “Movember” events, an explanation of their funded programs, and a list of ways to get involved.
Junior Anshir Aden is dressed in skinny jeans and layered sweaters as the cold winter sets in. He paired olive-colored pants with black cotton shoes, and a black-and-white striped hoodie.

He put on a black North Face fleece over his sweater and a black-and-white striped scarf to add some extra warmth. He topped the basic winter outfit with a black baseball hat, worn backwards.

Colored pants and oversized sweaters are winter staples of Aden’s. “Bill Cosby sweaters are my favorite to wear in the winter because they are comfortable, warm and they come in different colors and patterns,” said Aden.

Senior Christa Cappelli is seen wearing dark skinny jeans tucked into knee-high black buckle boots. She is wearing a light-weight cream-colored blouse with multi-colored crosses on it. The cross image that is shown on her shirt is particularly popular this fall/winter season.

Her sleeves are rolled a few times, making the chub 3-quarter sleeves. Cappelli/accessories this outfit well. To finish off this outfit, Cappelli wears a light grey knit circle scarf with two bracelets around each wrist.

Junior Nick Jannetti is wearing his favorite winter item—a peacoat. He wears this black coat over a dark grey v-neck hooded sweater with a classic black t-shirt underneath.

He wears a light-brown belt with a darker pair of faded jeans. He finished off this stylish fall outfit with a classic pair of black Adidas. Jannetti enjoys peacoats because “they are warm and always look good.” He is looking forward to wearing this coat all winter long.

Carly Hansen is a senior and enjoys dressing in winter fashion. As the winter sets in, Hansen is wearing a dark gray sweater with black leggings.

She pairs the comfortable leggings with high black-fur-lined boots and a patterned scarf. The bright colors in Hansen’s scarf contrast nicely with the dark base colors she wears.

Hansen is looking forward to dressing for the holiday season: “I’ll probably wear a red or green sweater or a long sleeved shirt with a scarf and leggings—anything that’ll keep me warm.”

Here Come the Christmas Specials

BY VALENTINA DESANTIS
Staff Reporter

The new drink flavors from Starbucks and Santa Claus being in every mall are not the only constant reminders that Christmas is around the corner.

Starting on Dec. 1, watching TV became a lot more difficult because of the pressure to have to decide on a channel to stay on and what Christmas show to watch.

“One of my favorite parts about the Christmas season is the holiday shows played on TV,” said senior Chelsea Stampo. “I have been watching them since I was a baby and I still enjoy every minute of them.”

With ABC Family’s 25 Days of Christmas being an annual family favorite, other television channels are also providing holiday specials, including other favorite channels like Nickelodeon, Lifetime, TV Land and MTV.

“I try to watch at least one movie a day during the first 25 days of December because it brings back childhood memories. ABC always plays the best ones and it adds to the excitement for Christmas Day,” said freshman Diana Hoffman.

At 6 a.m. on Dec. 1, “Mickey’s Once Upon a Christmas” was the first movie to start off the holiday month, followed by all-time favorites, “A Charlie Brown Christmas”, “The Polar Express” and “Dr. Seuss’ How the Grinch Stole Christmas.”

Another Christmas special that many students await for is “Keeping Up With The Kardashians: A Very Merry Christmas.”

“I love the Kardashians. I was so excited for this special and even more excited to see the release of their 2013 Christmas card,” said sophomore Francesca Mainella.

Airing on E! on Dec. 1, the Kardashian Christmas special showed the whole family spending time with each other and reminiscing on old memories.

Videos were shown from their childhood while they talked about their favorite holiday activities and laughed about family parties in the past.

“It was nice to see the Kardashian family casually hanging out in their pajamas. We are so used to always see them at big events or on the red carpet, so the E! special was a reminder to the public that they are allowed to lounge around just like everyone else,” said sophomore Sydney Basil.

Other celebrities will be a part of Christmas specials during this month, as well.

On Dec. 5, Carrie Underwood will be starring in a new version of “The Sound of Music” and on Dec. 11, Kelly Clarkson will star in a modern version of “The Christmas Carol,” both airing on NBC.

As new movies and TV shows come out, old ones continue to get played, so the older generations do not get left out.

On Dec. 20, CBS will air “I Love Lucy Christmas Special” and on Dec. 24, ABC Family will air “Twas the Night Before Christmas.”

The holiday movies and specials are the most popular thing on TV channels for this season. People of all ages are able to find something to watch and enjoy whether it is an old movie reminding them of their past or a new show that just came out.

“There is always something to watch and it makes the days go by so that Christmas Day comes sooner,” said sophomore Nicole Banu.
Arts & Entertainment

American Music Awards

BY GIORGIO SCALONE
Staff Reporter

The 2013 American Music Awards took place on Nov. 24 at the Nokia Theatre in Los Angeles.

Not only were many artists receiving awards for their musical endeavors throughout the past year, but the night was also complimented by many live performances.

A few of the more notable acts were Miley Cyrus, R. Kelly and Lady Gaga.

After a controversial VMA performance and AMA acceptance speech, Miley Cyrus was nevertheless on the bill at the AMA's.

Cyrus performed her smash single, 'Wrecking Ball,' in a unique cut-influenced costume. In addition to the outfit, there was an image of a kitten lip syncing every word of the song. To top it all off, the cat stuck its tongue out to mimic Miley's signature move.

"Miley's performance was very good, but compared to her past two award show performances, the cool has stepped her game up a little bit more," said senior Cory Lukus.

The anniversary of former President John F. Kennedy's death was two days before and entertainment icons were still performing tributes. R. Kelly and Lady Gaga wore costumes portraying JFK and Marilyn Monroe and performed "Do What U Want."

The piece was supposed to symbolize Monroe's "Happy Birthday" performance to JFK.

"It was a really great performance, especially with the symbolism of two great icons from our country. Both JFK and Marilyn Monroe played big roles in the public eye during their life, so it was nice to see two great musicians pay homage to them," said senior Enrico Giansi.

One singer/songwriter, who seemed to be in the limelight many times over the course of the night was Taylor Swift.

Swift received four awards at the AMA's. The young star brought home Favorite Pop/Rock Female Artist, Favorite Country Female Artist, Favorite Country Album and, best of all, Artist of The Year.

Justin Timberlake finished the night with the three awards, just one shy of Swift. Timberlake's "The 20/20 Experience" won Male Soul/R&B Album of the Year. He also walked away with Best Male Soul/R&B Artist as well as Favorite Male Pop/Rock Artist.

According to the New York Post, after the show had ended, famed comedian Sarah Silverman "poked fun at the fact two of the three stars up for Favorite R&B/Soul Male

were Caucasian, Timberlake joked, "That's the first time I've been racially profiled by a white woman."

This year's AMA's, a performer was also saluted for all that she has done thus far in her career, and was awarded at the ceremony with the Icon Award.

 Rihanna was the lucky recipient of this award, and was so blessed to have received it. Her mother was the one to present her with the award.

The AMA's also received a moving public service announcement from Macklemore & Ryan Lewis. The duo dedicated their award for Best Hip-Hop/Rap Album to Trayvon Martin, the young African American man killed by George Zimmerman earlier this year.

The two performers were not in attendance at the Nokia Theatre, but both accepted their awards from Florida.

In their speech, the performers stressed how much of a negative impact racial profiling has on our country.

December 4, 2013 The Sacred Heart Spectrum A&E | 9

Holiday Word Search

CHRISTMAS TREE
DECORATIONS
HOLLY
REINDEER
TINSEL
MANGER
BABY
JOSEPH
JESUS
SHEPHERD
KINGS
STAR
STABLE
SANTA CLAUS

ADVENT
CAROLS
ANGEL
CRIB
HOLY
NOEL
MARY
BALTHAZAR
MELCHIOR
CASPAR
GOLD
FRANKINCENSE
MYRRH

A
B
Y
M
E
L
C
H
I
O
R
R
E
B
D
E
L
L
A
A
S
S
I
V
D
E
L
O
N
Z
T
R
H
N
A
R
E
J
O
S
A
S
T
E
R
E
N
G
G
C
N
O
H
O
S
P
E
T
C
T
N
Y
O
M
T
S
A
H
G
I
J
N
A
I
B
R
L
Y
M
E
N
T
E
R
I
C
K
A
A
S
T
R
A
P
S
A
C
K
L
A
B
T
S
R
U
H
T
O
N
A
R
B
I
G
H
O
S
H
O
L
Y
A
U
M
R
O
O
R
E
E
D
N
I
E
R
S
H
E
N
E
S
N
I
T
A
R
C
R
I
S
D
S
Y
R
A
M
I
N
G
Men's Hockey Drops Weekend Series to RIT

BY ANDREA BERINGER
Staff Reporter

The Sacred Heart men's ice hockey team dropped both games of a weekend series against the RIT Tigers with a 5-2 loss on Friday night followed by a 4-0 loss on Saturday.

With 11:45 left to play in the 3rd period this past Friday, the Pioneers cut the deficit to one with a goal by freshman Nick Lotito, assisted by junior Ben Lake and junior Drew George to make it a 3-2 game.

"I just got the puck on the wall and heard Ben Lake yelling for it so I slid it over to him and he made a nice pass to Nick Lotito who had a nice move and got his first goal of his career, I didn't have to do much to pick up that assist it was those other two guys who made the plays," said George.

The first period ended in a scoreless tie with both teams creating quality scoring chances, RIT with 13 shots to Sacred Heart 5.

Seven minutes into the game, sophomore Josh Phillips had a shot off the crossbar, however the puck didn't cross the goal line. In front of an open RIT net, freshman Coltyn Hansen took a shot that went wide. R-sophomore goaltender Alex Vazzano made 13 saves in the period.

The first goal of the game came in the second period to put the Tigers up 1-0. The Pioneers had a power play 14:36 into the period, but only managed to get one shot on goal.

"I think our power play worked the puck around and got some good chances, unfortunately we weren't able to put one in the back of the net, but we created some momentum with it and if we keep executing like we know we can the power play will be fine," said George.

A few minutes later with 2:35 left to play in the period, RIT extended their lead with another goal.

Freshman Mitch Nylan scored the first goal of the game for the Pioneers scoring on a rebound off a shot made by freshman forward Jeff Carroll with 42 seconds left to go in the period cutting the Tigers lead in half 2-1.

"Lately our coaches have definitely been encouraging our D to get up in the rush and produce some offense. On that play we worked it around in their zone and I ended up down low. Luckily none of their guys came to defend me and Jeff Carroll made a great pass to put me in alone," said Nylan.

In the third period, Sacred Heart had another power play opportunity to tie up the game 3:06 into play. While they were able to get three shots on goal, all were stopped by Tigers goaltender Mike Rotolo.

With 12:41 left to play, RIT capitalized on a power play of their own to extend their lead 3-1.

Seconds later, freshman Nick Lotito scored his first career goal to bring Sacred Heart back to within one with 11:45 left to play in the game. Lake's assist on the goal gives him a point in each of the last four games.

RIT added two more goals at the end of the period, one at even strength and another on the power play to make the final score 5-2.

"We got caught out of position a couple times on the penalty kill so we just need to be focused on our assignments. Making sure we know what our job is on the penalty kill should help out," said Nylan.

This past Saturday, Sacred Heart was shutout in a 4-0 loss to close out their weekend series with RIT. The Pioneers were unable to get a goal off of RIT goaltender Mike Rotolo, despite outshooting the Tigers 38-35.

Less than three minutes into the first period, Danny Smith put the Tigers on the board to make the score 1-0.

The Pioneers were outshot 13-10 in the first period and were 0 for 2 on the power play. Freshman Coltyn Hansen, junior Brian Sheehan, and freshman Jordan Minello all had two shots on goal in the period.

Sacred Heart had the edge on shots in the second period 15-7. With 8:15 remaining in the period, the Tigers scored on the power play to make the score 2-0.

In the third period, the Pioneers were outshot 15-13 as the Tigers added two more goals, one at even strength and another on the power play to make the final score 4-0.

"I don't think there is anything major we need to work on, we just have to buy into our coaches game plans and put in the effort and good things will happen for our team. When we do those things, compete and buy into our game plan we showed we can play with and beat a lot of good teams in our league," said George.

The Pioneers go back on the road this Friday at Mercyhurst for a weekend series beginning on Dec. 6.
FALL SPORTS in REVIEW

FOOTBALL: 10-2
10-2 NEC CHAMPIONS
BERTH IN FCS PLAYOFF
MARK NOFRI: COACH OF THE YEAR
AJ NOEL: OFFENSIVE ROOKIE OF THE YEAR
& FIRST TEAM ALL-NEC
KESHAUD'S SPENCE: OFFENSIVE PLAYER OF THE YEAR & FIRST TEAM ALL-NEC
TROY MOORE: DEFENSIVE PLAYER OF THE YEAR & FIRST TEAM ALL-NEC
GORDON HILL: FIRST TEAM ALL-NEC
PAUL LINK: FIRST TEAM ALL-NEC
JAMIE MARTINEZ: FIRST TEAM ALL-NEC
KELLEN SPERDUTO: FIRST TEAM ALL-NEC
TYLER DUBE: FIRST TEAM ALL-NEC
JAMES RENTZ: SECOND TEAM ALL-NEC

WOMEN'S SOCCER: 5-12-1
KRISTIN VERRETTE: 9 GOALS IN 2013
ALEXIS PARLATO: 5 GOALS IN 2013

CROSS COUNTRY:
MEN 5TH PLACE
WOMEN 1ST PLACE
CHRISTIAN MORRISON: COACH OF THE YEAR
BRIANNA CASTROGIANNI: ALL-NEC
ELIZABETH HUTCHINS: ALL-NEC
EMMA BOLDU: ALL-NEC
SHANON HICKEY: ALL-NEC

VOLLEYBALL: 15-16
3RD PLACE IN NEC
SARAH KRUFKA: ROOKIE OF THE YEAR & SECOND TEAM ALL-NEC
DIANIS MERCADO: FIRST TEAM ALL-NEC

FIELD HOCKEY: 4-13
LIZ BERGMAN SECOND TEAM ALL-MAC
MARY ALTEPETER SECOND TEAM ALL-MAC

MEN'S SOCCER: 5-13
MAHMOUD KAFEL: 7 GOALS IN 2013
They say all good things come to an end, and unfortunately for the Sacred Heart football team, Saturday was the last day of the 2013 campaign. After a terrific turnaround season, the Pioneers fell to Fordham 37-27 in the first round of the FCS playoffs.

In the first-ever playoff game, the Pioneers held their own despite turning the ball over six times and going up against a dynamite Fordham offensive attack. Winning the turnover battle has been a staple in the Pioneers' success this year, but Saturday Sacred Heart coughed it up too many times and Fordham made them pay. "I couldn't be happier with all we've accomplished this fall," said head coach Mark Nofri. "Any time you can come off a losing season and have a winning season, not to mention having this type of success, it's a great accomplishment." Fordham went to work early kicking a 39-yard field goal before Sacred Heart responded with a 63-yard touchdown run by junior Keshaudas Spence. Spence rushed for 194 yards and 2 touchdowns on the day, however he also fumbled twice on key Pioneer possessions. Despite the turnovers, Spence carried the load offensively, leading him to receiving the Northeast Conference Offensive Player of the Year award as well as becoming the program's single-season rushing record with 1,669 yards. Spence was also named to the first-team All-NFC team.

"It's crazy," said Spence. "It's a great honor, I had a lot of stiff competition and I am glad that I was able to compete against those guys."

Redshirt freshman quarterback RJ Noel contributed in the touchdown category rushing for a 16-yard score midway through the second quarter. Noel rushed for 24 yards and added 166 yards in the air. Uncharacteristically Noel threw two interceptions in the fourth quarter halting a comeback for Sacred Heart.

Noel, too, has been a key ingredient in changing the program at Sacred Heart and for his efforts he is still a finalist for the Jerry Rice Award given to the best first-year player. Noel received the Offensive Rookie of the Year from the Northeast Conference as well as was named to the first-team All-NFC team.

"It is a great honor to even be considered for the award," said Noel. "Coming in I was focused on winning the quarterback battle here, and I played my game and it worked out."

A balance between the offense and defense was another component of the Pioneer success this season and Saturday was more of the same on the defensive side of the ball. Containing Fordham, one of the country's top offenses was a tough task, but the Pioneers held the Rams to 126 yards on the ground.

In addition, senior defensive back J.D. Russiel snagged his seventh interception of the year, breaking the Sacred Heart single-season record. Russiel's pick gave the Pioneers great field position but they were unable to convert on the opportunity.

Fordham took a 31-17 lead into the half after capitalizing on key Sacred Heart turnovers in the first half. The second half the Pioneers came out ready to go, cutting into the Fordham lead and getting within four on another Spence touchdown. But that was as close as Sacred Heart got as Fordham took control in the fourth quarter holding the Pioneers scoreless and tacking on two field goals to seal the victory. Fordham will move on to the next round taking the game 37-27.

Losing the turnover battle was a rare occurrence for the Pioneers this season, however when they did lose that battle they lost the game. Spence came into the game with only one fumble all season, and Noel had only thrown seven interceptions before Saturday. Despite the loss, the Pioneers are still the NEC champions and will use the experience from this season to build upon for the future.

PLAYERs of the WEEK

STATHOPoulos

CASEY

HOMETOWN Waltham, Massachusetts

YEAR Junior

MAJOR Nursing

SPORTS Hockey, Forward

GOALS AFTER COLLEGE Attend grad school and continue playing hockey

STATS/AWARDS 2012 CO-MVP, 4 goals and 5 assists this season

I LOVE PLAYING THE GAME I LOVE FOR A PURPOSE.

TYLER

HOMETOWN Southington, Connecticut

YEAR Junior

MAJOR Sports Management and Finance

SPORTS Football, Wide Receiver

GOALS AFTER COLLEGE Work with ESPN and big time athletes

STATS/AWARDS 9 TD; 869 yards receiving

EVERY SINGLE PLAYER IS LIKE MY BROTHER AND THAT IS PRETTY SPECIAL.