Weighing in on the issue, too fat or too thin. Our weight obsessed generation, whom is to blame?

Spectrum

the reality of eating disorders.

page 3

FLIK

makes the news, again

Meal plans run dry and food prices questioned in the CT Post

Lauren Confalone
Staff Reporter

Noting is better than a home cooked, handmade FLIK meal worth every dollar, right?
Some beg to disagree. This was evident in recent complaints by students in the Connecticut Post.

 Appearing in the “Opinions” section of the Connecticut Post’s Nov. 14 issue, two sophomore students gave their opinions. Their letters did not address issues about minimal choices or that the food does not meet their standards, but rather the high prices.

"I think it is unfair that college students are being charged so much money," said Kim Crowley in her letter to the Connecticut Post, sophomore, Fairfield. "There are already plenty of...

See WHERE on page 4...
KCA raises awareness on campus

"I keep faith alive, I keep a child alive." Kayne West

Anne Dunne
Staff Reporter

"I keep faith alive, I keep a child alive." - Kayne West

The university is now welcoming a new group to its long list of clubs - Keep a Child Alive.

Keep a Child Alive consists of a group of students dedicated to raising awareness on campus of the HIV and AIDS pandemic in Africa. This group will be raising money to provide these children with the medication used to treat AIDS along with other resources they could not afford otherwise.

"We just got the okay to become a group on campus," said Jordan Kaiser, Social Chair, junior, Manchester. "Keep a Child Alive is a non-profit organization based out of Brooklyn, New York, that started KCA College, which sparked the idea for a SHU chapter.

"Kristen D'Almeida and a core group of seven girls that are extremely dedicated to this cause founded the SHU chapter. We will be working closely with many other groups including Phi Omega Tau," said Kaiser.

There are 12 million AIDS orphans in Africa today, and they are not getting the medication that they need. KCA raises money to provide the opportunity for children infected with AIDS to get the proper care that they need including the building of new orphanages and providing therapy along with ARVs (Antiretroviral, the medicine that treats AIDS) for children that could otherwise not afford it.

Kaiser said, "The story of the KCA began in Kenya with the founder Leigh Blake. Leigh was at a clinic that provided care for families with AIDS but could not afford to provide ARVs.

"A Kenyan woman walked into the clinic demanding her son get an ARV because the people in the west had access to them, she felt that because we were able to get ARVs, why weren't they? Leigh sponsored the woman and her son and began to pay for his ARVs while telling friends and family about the boy's story, soon others began to sponsor children including Alicia Keys and with that KCA was born."

The KCA is sponsoring treatment in 5 African countries. Thousands of people in the United States and worldwide are making donations to KCA every day. This group has been brought to more than 60 universities and colleges nationwide.

"I feel that this is a great group for Sacred Heart to be involved in, we are such a closely-knit campus and a very caring campus," said Katherine Knips, junior, Commack, N.Y. "These are people who need help and no matter how small of a way we can help them, if it helps a little than it's a success."

The KCA has many celebrity endorsers including Alicia Keys, Kanye West, Sarah Jessica Parker, Nas, 50 Cent, Coldplay, Oprah and countless others.

As far as KCA at SHU goes, it is always looking for new members to help with fundraising and bring new ideas to the table.

"The importance of this group and dedication that these volunteers have for this group is very motivating for others to want to join or join something like it. You can tell that this group really cares about their cause and what their goals are for it," said Jennifer Gay, junior, Stratford.

Although a baby to some clubs here at school, KCA is ready to make its mark with upcoming events that include World AIDS Day on Dec. 1 and a bake sale on Dec. 9.
**When is thin too thin?**

Britany Price  
*Staff Reporter*

Anorexia, Bulimia... Two types of eating disorders that can change a person's world.

Before the Thanksgiving holiday, the sisters of Delta Phi Kappa sponsored a showing of the HBO documentary entitled "Thin." The documentary focused on the treatment of eating disorders depicted an intimate look inside the lives of women with extreme eating problems.

An eating disorder is not only about food, but is a mental, physical and emotional issue that has become too common in society. The obsession with having the perfect body is something that is not only an issue on college campuses, but is widespread, from teenagers to celebrities; men and women.

"Some students think they don't look good enough. It's a mental thing," said Monica Concha, president of the class of 2007, Delta Phi Kappa, senior, North Babylon, N.Y. "People who lack self-confidence tend to have issues regarding their appearance although there may be absolutely nothing wrong with how they look."

For some suffering from eating disorders, nothing to do with weight or body image, but instead deals with control and the idea that eating disorders are a coping mechanism for greater problems.

Fortunately for students on campus, the Counseling Center and Health Services feature counseling groups for body image issues, along with methods of psychotherapy.

Jocelyn Novella, Health Services, stresses that depending on the severity of the disorder, outside assistance could be utilized, but options on campus will get you on the road to recovery.

"If a student has an eating disorder, they need a whole team of professionals to help them in recovery," said Novella. "It often requires more intensive therapy than is provided on campus." There are no concrete statistics that reveal the number of college students who suffer from eating disorders because many people do not admit the problem at first.

"Many people think that 30 to 40 percent of college women have engaged in disordered eating behaviors," said Novella.

She explains that some of the most common eating disorders involve restricting food intake, over-exercising and forms of purging like vomiting, laxatives, taking diet pills and binge eating.

The number of women with diagnosable eating disorders on college campuses may be as high as eight to 10 percent" said Novella. "Men are also developing eating disorders in response to stresses over body image as well, usually with a focus on being 'cut' and muscular."

Students like Aisha Luben, senior, Brockton, Mass. finds that many eating disorders evolve from the great deal of pressure put on young adults from both peers and society.

"Even though it may seem that we are in our own bubble we still have outside influences to stay fit and thin," said Luben. "Many students at SHU are fashion forward and some students may feel insecure and want to lose weight and stay in style. Eating disorders do not have a specific age range. They affect people of all ages."

Concha believes that education about food, weight, health and exercise is crucial.

"Many people have not been properly educated when it comes to getting in shape," she said. "Just because someone weighs 250 pounds does not make them fat or overweight."

"I just don't understand why some women in particular are so determined to look thin. Thin is not necessarily attractive."

Delta Phi Kappa's cause is women's empowerment, which is one reason why they chose to have an open viewing of "Thin."

"We felt that weight problems are very common amongst young women and we want to help educate those who are unaware of the problems and consequences of eating disorders," said Concha.

"We as women must remind ourselves that we are strong and are all individually beautiful and unique. We cannot let weight issues control our lives."

Luben sees the importance of showing "Thin" on campus in the Merton Hall Great Room.

"We chose to show this documentary to the SHU community because we

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**The important facts...**

- According to Novella, eating disorders are still more prevalent among women, but the cases of men with issues, these disorders are increasing.
- Certain athletic groups (like wrestlers or long distance runners) are at higher risk for eating disorders than the average population.
- Novella states that: "In conducting screenings for eating disorders in the past, it seems that about 20 percent of students have engaged in some kind of disordered eating behaviors, while three to five percent have full-blown eating disorders."
- Since SHU has a high percentage of students who are athletes on campus, this increases the numbers of students with eating disorders.
- If anyone would like to find out how to deal with their own eating disorder or would like to get help approaching a friend with a problem, they should call the Counseling Center at 371-7955.

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**What do you think?**

- "People develop eating disorders due to the high standards that society puts on them and the pressure they have to meet those standards." — Mike DeBlivco, senior, Medford, Mass.
- "As we get older there is an increase in young women. It may be because of the increased freedom we receive when we move to college. Skipping meals and purging is easier at school because there are no parents watching over students. Though eating disorders are mainly a problem for females, there are a growing number of males suffering from eating disorders. With models and actors, males too, have people to idolize and imitate." — Aisha Luben, senior, Brockton, Mass.
- "There are men that have eating disorders but I think it's more common among women, and more widely discussed. When you think about eating disorders your mind automatically assumes women." — Brian Blasko, sophomore, Doylestown, Penn.
...CONTINUED FROM PAGE 1

college students in debt due to loans." Ron Lesko, new Executive Chef for FLIK, is aware of the negative opinions on campus towards FLIK.

"We're trying to listen to everyone's wants and needs," said Lesko. FLIK Food Service Director, Angel Rosado, contacted Crowley for feedback concerning what was printed in the Post.

Rosado discovered that Crowley did not write her opinion piece. According to a letter she provided to Rosado, Crowley simply forwarded the e-mail with the information at the request of her associate to comment. The information, not realizing it would be printed in the Post with her name attached.

"I sincerely regret that the article appeared in Tuesday [Nov. 14] newspaper," said Crowley.

Despite whether the article was intentional or not, food prices have become a common issue discussed among students and the SHU community.

"The prices are ridiculous," said Jessica Muniz, junior, Meriden. Alexandra Prim, sophomore, Natick, Mass., was the other student who sent a letter about FLIK to the Connecticut Post.

"I am on the Bronze Meal Plan, which allows me $1,108 per semester," said Prim. "With an amount like that, it would seem like one would never run out of money. But many people have to add on to their meal plans before each semester ends.

Rosado explains that FLIK prices are beyond Sacred Heart's control.

"FLIK does make the last decision on pricing," said Rosado. "It is not the responsibility of FLIK to make sure that students are managing their own money properly."

Lesko compares students meal plans to credit cards.

"It's like getting a credit card," said Lesko. "Students don't know how to manage their money well. Helping out your friends only makes you run out of money faster."

And what about the one-swipe deal that many colleges implement, where you present the meal card at the entrance and eat as much as you like?

According to Rosado, SHU had this setup in the past and from his knowledge it was changed to the current "a-la Carte" style because this is what students asked for. Therefore, each item must be individually priced.

"The current setup for FLIK is not logical for the one-swipe deal and the a-la Carte method provides more choices," said Rosado. "The food court could only have one entrance and exit with the one swipe, which FLIK doesn't currently have.

"The other schools that employ FLIK, like Manhattanville College, have the one-swipe but don't have as many choices."

Some upperclassmen living off campus, like Scott Alexander, senior, Hopkinton, Mass., have forgone the meal plan option all together.

"I just go to Stop and Shop," said Alexander. "It's a lot cheaper than FLIK." Lesko explains that the meal plans are devised a specific way.

See a change and make a difference with CES

Jenna Rignane
Staff Reporter

Reach out, get in shape and see a difference with CES.

Students from Sacred Heart participate in CES, Cooperative Educational Services, which helps students with their social and developmental growth.

Exercise Science majors must take a course called "Special Application of Exercise." This class covers developmental delay disorders and techniques for teaching children disabilities. After the first few weeks of class, the students work at CES, teaching their gym classes.

"CES is a really beneficial program for physical education students and Sacred Heart's athletic training students," said Steven Culbertson, Program Administrator, Developmental Learning Center, Monroe. "It is good exposure for my kids in the program, who have disabilities, to interact with different types of people."

There are two specific groups that Sacred Heart's students help. PLC, Preschool-Primary Learning Center, and DLC, Developmental Learning Center.

The PLC program covers ages eight to 14. Activities are designed to help students with their social emotional growth, and teacher techniques that correspond with their developmental stages.

The DLC program covers ages 16 to 21. It focuses on the transition from student to adult life. The activities in the program focus on making the students independent in the areas of domestic, community and vocational settings.

After students graduate from CES, they can take part in a program called RISE. Students come to the Pitt Center to work out with various students on campus. Tyler Arciaga, graduate student, Bonita, Calif., is an active participant in RISE and has had many food experiences working with the students.

"Primarily, I'm in the Pitt Center quite a bit. My sister is in a similar program," said Arciaga. "It covers everything from balancing a checking account, to how to take a public bus system.

"I do fitness buddies, where I take four to five kids twice a week to work out. It is nothing too strenuous... just walking on the treadmill, abs, and light weights. It is important for them to get exposure to physical activity because many would not do it on their own."

The big event of the semester was the 5th Annual CES Field Day.

"It took place on campus on Nov. 21st from 10 to 12 p.m.," said Robert Tencza, senior, Meriden. "It involved several events that each student participated in and because of the nature of their disorder, the events were non-competitive. It was more about the success and making them feel good about themselves."

The class started this project early in the semester by breaking down into committees to organize the event. The committees ranged from fundraising to welcoming/closing ceremonies, publicity, food/referrals, event logistics and physical plant.

"In the end, fundraising raised over $300 dollars and the welcoming and closing ceremonies made banners and nametags for each student," said Tencza. "Publicity made a banner at CES, and posted flyers around campus. Physical plant got all the necessary space in the Pitt center, and the supplies for each event...

"Events logistics planned a smooth running day. Food/referrals borrowed water coolers from the Athletic Training Department, and had refreshments, and also received a generous donation of 15 pizzas by FLIK." The participants were able to take home medals at the end of the day.

"The students, and our class had a fun time, and it was nice seeing them leave with a smile. We were all happy and relieved that the day was a success," said Tencza.

The students in all of the CES programs are given a chance to learn about everyday scenarios with the help of some of the many giving students from Sacred Heart.
SHU bestows honorary Doctor of Theology degree on Italian Cardinal

Dr. Anthony J. Cenera travelled to Rome, to present Cardinal Tomas Spidlik, with an honorary Doctor of Theology degree from the University.

Caroline Tavares Staff Reporter

Another step towards achieving spiritual unity and understanding was taken by the university when it bestowed an honorary Doctor of Theology degree upon His Eminence, Cardinal Tomas Spidlik, S.J., at a special convocation at the Italian Parliament in Rome, Italy on Nov. 7. Also in his honor, the new Cardinal Spidlik Center for Ecumenical Understanding was established.

Spidlik, who was created a Cardinal by Pope John Paul II on Oct. 21 of 2003, is one of the greatest experts in the spirituality of Eastern Christianity today.

He is a Jesuit priest and scholar who has spent more than 30 years promoting dialogue and greater union between the Western and Eastern "branches" of Christianity. Spidlik is affiliated with Rome's Centro Aletti, a center for study and research attached to the mission of the Society of Jesus at the Vatican's Pontifical Oriental Institute.

"The outstanding contributions of Cardinal Spidlik to Roman Catholic and Eastern Christian dialogue are an inspiration to all of us who seek greater unity among Christians," Sacred Heart University President Anthony J. Cenera said in a press release who attended the event along with other faculty members.

A small group of Trustees and friends also made the trip. This small group of guests from SHU also participated in a mini-pilgrimage to Rome and important sites to both Eastern and Western Christianity.

The university's new center was also named in his honor. The new Cardinal Spidlik Center for Ecumenical Understanding is dedicated to promoting greater religious understanding and cooperation through dialogue, research, education, publications and artistic collaboration among the Western and Eastern Churches.

In the same way that SHU's Center for Christian Jewish Understanding promotes dialogue and understanding among Christian and Jews, the new Cardinal Spidlik Center for Ecumenical Understanding will promote greater understanding among Western and Eastern Christians.

"The new Cardinal Spidlik Center for Ecumenical Understanding will build on these efforts and help to advance the mission of the University by creating opportunities for dialogue in the common search for truth," stated Paula Epis, Director of Communications.

Sacred Heart University was founded over 40 years ago at the dawn of the Second Vatican Council, which ushered in a hopeful new era of dialogue, understanding and reconciliation among Christians. Spidlik's background includes many achievements. In June of 1955, he defended his doctoral dissertation at the Pontifical Oriental Institute in Rome. That year began his university career as a professor of Patristic and Eastern Spiritual Theology at various universities in Rome as well as around the world. He has also been the spiritual director of the Pontifical Nepomuceno Seminary for 38 years and his Sunday homilies in the Czech language have been translated and published in various languages including Polish, Romanian and Italian.

Joseph Pezza Staff Reporter

Dorm buildings have been sprouting and a new Chapel will soon be arriving as the school continues to grow each year.

To accommodate its growing needs, SHU now has joined the Eastern Association of Colleges and Employers (EACE).

According to U.S. News & World Report and The Princeton Review, the university is ranked among the top colleges in the Northeast, and Intel rates it #11 among the nation's most "untired" campuses.

Over 5,600 students are enrolled throughout its four basic colleges, which include: Arts & Sciences; Education & Health Professions; University College; and the recently established John F. Welch College of Business.

"This year the Office of Career Development has been working with the College of Arts and Sciences Dean and Faculty to offer events and internship opportunities that especially benefit liberal arts students," said Patricia Klausner, Executive Director and Career Counselor for the Office of Career Development.

"To that end, SHU Career Development has joined the EACE Liberal Arts Network in order to offer SHU liberal majors the opportunity to learn first-hand about a career field, network with employers, and explore internship and job opportunities." EACE is the largest employer/student networking system in the northeast region, stretching from Virginia to Maine and includes well over 1,200 members from over eight hundred different colleges. Summer exchange programs are available in addition to multiple networks to find a suitable connection between the student and employer. Opportunities for educational enrichment are available in various fields such as finance, information technology, public relations, and non-profit administration.

The goal of EACE networks is to provide a forum for information exchange and ideas related to areas of interest within in College Recruiting or Career Services. These activities may include planning an annual conference program, coordinating workshops, participating in discussions, and/or providing updates for the EACE web site or Bridges Newsletter.

The EACE committees help contribute to the organizational success by providing major professional development opportunities, creating web-based services, generating communication throughout the association and participating in activities aimed at expanding membership, promoting diversity and developing leaders.

Sacred Heart University is dedicated to excellence in academics and to the Catholic intellectual and liberal arts traditions. The school is continuously looking for individuals who value the University's Catholic identity, tradition and spirit, and support its commitment to the intellectual and ethical development of our students.

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Contributed Photos
Perspectives

No room for SHU to grow without better facilities

Zachary Giglio
Staff Reporter

Four years of hard work and thousands of dollars in debt commonly marks the end of an undergraduate college career. But is that all?

This has been a common complaint of some students who attend an institute for higher education. Some students feel they are being cheated, and sometimes rightfully so, since the tuition for schools such as Sacred Heart University are reaching unprecedented heights. The smallest flaws or inconsistencies become more evident and can even outshine the greater goods of the college or university. There are also quite a few complaints by students regarding certain services and activities of SHU.

Because students are spending so much money and will most likely have to face a large amount of debt once they graduate, they are constantly expecting better resources and facilities.

While these complaints are certainly valid, the action that the University takes are slow and barely noticeable.

There are plenty of outlets to take advantage of at SHU. Outlets that not only can help solve some of the problems that this campus and many others face, but also outlets that can make the college experience seem more worth while so that it is not just another place to sleep for four years of a person’s life.

This should not suggest that every student in SHU or any other school is just going through the motions played out in such movies as "Animal House." It does, however, address those who are constantly complaining about the inadequacies of their respective school which are not taking any measures to change.

While it is not solely the job of the student body to make all the changes necessary to make each institution as best as possible, it is those that try who have the louder voice.

Take FLIK for instance. Whether someone thinks FLIK is the better than most cafeterias on most campuses or whether they feel it’s the biggest dump in town is irrelevant. The point is the measures taken to promote that same person’s beliefs.

While FLIK is often a cause for discussion on campus, there have been some recent revisions. The "Connecticut Post" recently published an article that not only bashed FLIK corporation as a whole, but also specifically targeted FLIK’s operation at SHU.

In the article, the "Connecticut Post" also wrote about how the Student Senate meetings at SHU should open to anyone who wishes to attend. However, this was not done.

Once again, this does not suggest that the claims in the article were right or wrong. This just touches on the methods of invoking change, or lack there of, of these particular individual instances.

While speaking to his Radical Political Thought class, Dr. Michaels, during a heated discussion about some unfair situations surrounding the campus said, "You guys do not realize how much power you have to affect the change in your lives."

FLIK is only one instance, however, there are many other factors at SHU that need our time and attention.

SHU is a growing school and with mediocre facilities SHU can not be properly represented. While the University offers exceptional courses and professors there needs to be a campus to support them. With all of the money that SHU students pay for tuition, room and board, parking tickets, FLIK cards, etc., it is hard for current and prospective students to wonder why more action is not being taken to improve our University.

This article, nor its writer, are not attempting to point the high and mighty finger at the "lazy bones" on college campuses. That would be a hypocritical move at best since the writer is also a victim of inactivity at times. It is, however, trying to invoke the idea in methodizing a change in matters that are dearest to a person’s interests.

If a reader does not agree with this article or any statements within it, then they should write a letter to the editor and change a mind.

The SPECTRUM

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday’s issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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The Spectrums/ Elyse Harrell

The Spectrums/ Elyse Harrell
Sensational spring break ideas for SHU students

Rachel Maresca
Staff Reporter

Spring break. Those are two small words that can mean a lot for college students today. We work hard all year long in anticipation for that first week in March to relax and get a tan. We start the school year coming off of a long vacation only in eagerness for the next warm weather experience heading our way.

There is quite a difference between spring "break" and spring vacation. Spring vacation is going to Florida with your parents, spring break is going to an island or somewhere in Mexico where MTV will be hosting their infamous "spring break" television broadcast. It may only be November, but the thought and planning of spring break has already begun. Where is the best place to go and how do you know your getting the right deal? These are all questions that need to be answered in the preparation of your spring break.

"I think the best place to go is a place where the whole school isn't going to be because it's easier to travel with a small group and party with a different crowd," said Andi Cisneros, junior, Youngstown Heights, N.Y.

"I think the best place to go this year is the Bahamas. It's really nice there and its a little cheaper than other places like Acapulco and Cancun as well as being a little bit nicer and not as crowded. I have never gone through "Student City," however, last year we went through an online travel website called "Orbitz." We did have a few minor problems at our hotel, but I think an all inclusive package is the way to go when planning spring break," said Rose Alvarez, junior, Berkeley Heights N.J.

There are travel companies out there, such as "Student City" who specializes only in spring break destinations for college students. They give you great deals and offers. In my experience these kinds of travel agencies try and sell you the best and all-inclusive deal that they can because they understand the fact that your budget may be tight as a college student.

"I would say sure why not travel with the student travel agencies. They plan everything for you and don't leave you with much to worry about," said Cisneros.

With any "all-inclusive" deal that is offered, you have to stop and wonder is it too good to be true? The student city website lists reasons why their travel agencies are the right way to go when planning your March get away.

It says, "Helping you celebrate the best years of your life through travel is what we do. As a matter of fact, it is all we do. StudentCity.com specializes in bringing you the best available tours at the lowest possible prices. We are committed to making your vacation with us one that you and friends will never forget. From early in the decision making process right up until your return, our experienced team of professionals is eager to help you enjoy the Ultimate Spring Break Experience.

That sounds to me that they are willing to give you the best deal out there today in order for you to have the trip of a lifetime. College is the time to take a trip to sunny Mexico, the Bahamas, or even a cruise with your friends and roommates, in fact this may be the only time some of us will be able to experience something like this. If the opportunity presents itself, take this "break."

Girls SPORTS

by Justin Borus and Andrew Feinstein

When is too soon for your significant other to meet your family?

He Said...

Rob Rey
Spectrum Columnist

Introducing your girlfriend to your parents can be an emotional undertaking for both the child as well as the parents. It is imperative that when you introduce your girlfriend to your parents you do it during a time of year when things aren't too hectic. The holidays would not be a good time to discuss your new significant other because there are too many other things happening.

About a month into the relationship is a good estimate of when the introduction to the parents should take place. Really, it is all gauged on how well you know your girlfriend and when you think you are ready to take the relationship to that next level. If you see yourself with this person in the future then she is definitely someone you should introduce to your parents.

Meeting the parents is a big deal. So the details must be planned out. It is important you do it at a time when there aren't a lot of other people around. When there are others around your girlfriend may like she needs to hide who she is. In reality this will only create problems later down the line when the same issues arise later.

Make sure you let your parents know that you will be introducing them to your girlfriend in advance. By telling them in advance it gives your parents ample opportunities to ask any questions they may have about her in advance. This will help prevent mundane conversation in the future when they meet her and it will give you time to think about rescheduling the meeting if your parents react rashly.

Describe what your girlfriend looks like to your parents so that they won't be overwhelmed by things like her height, lip piercings, prosthetic arm, or Mohawk. Now that your parents know about her, make sure she knows about them. Let her know how eccentric, bipolar or rude your parents can be. Don't forget the little things like Dad hating you if you don't drink scotch with dinner, or mom not letting anyone into the sitting room until after nine.

In the end your parents are bound to like your girlfriend if you express interest and let them know that she is one that will be around for a while.

She Said...

Dana Disaster
Spectrum Columnist

When two fools are in a relationship they often put a lot of pressure on when their significant other should meet their parents. Should you wait to introduce them? Should it just happen the next time you two go out for gelato? Most people put a lot of thought into this decision.

But I think that this is something that should be taken much more lightly. Parental units aren't fire-breathing dragons. Yes, they may have an opinion about you, but I think if they see that you're making their son or daughter happy, they'll be glad that you play a significant role in their lives.

There really shouldn't be anything to worry about. Well, unless you've killed a woman and already spent time in the big house for it. You might want to leave those details out.

Let's not forget, most of us still live with our parents when we go home, and its inevitable that the parents will be home at least one time that your significant other comes over. But this might not apply if you live in the basement, and you can just sneak people in through the window. But we might be too old for that by now anyway.

I think meeting your significant other's parents is a step that couples should take whenever they feel comfortable.

Parents are pretty interested in their kid's lives and I think they would appreciate meeting whoever they're dating. I know Jude, my mother, would probably like to meet whoever I might end up dating, it would give her some hope.

Would you like to write an editorial?

Please e-mail Jacque Boothby at Boothby@ sacredheart.edu

and

Check out "The Spectrum" online at:

www.sacredheartspectrum.com
Honest Abe and the Emancipators
Student Band is Putting Soul Back into the Music

Holly Finnenan
Staff Reporter

Student band Honest Abe and the Emancipators have a variety of influences from different time periods and genres of music. They mix these influences together to form their own unique sound.

"Most of the music we play is from before our time, and we are trying to one, keep that music alive, and two, bring this music to our generation, a generation corrupted by the media, pop culture, and a capitalist driven music industry," said Marty Moroney, senior, Mountainside, N.J.

Band members include Andrew Delcain, drums and vocals; Daniel Leblanc, lead guitar and vocals, Charles "Chaz" Cybulska, rhythm guitar and vocals, Mohamed, piano, and Marty Moroney, bass.

"The band is sort of just fell together, not one of us could have told you this is what we planned, it’s new to us all and I look forward to seeing where it will take us," said Chaz Cybulska, senior, Enfield.

They all have a passion for music and each of them bring something different to the group. Mohamed who is also DJ at a local bar enjoys many different styles of music including African, Indian, and Arabic music. He uses those styles to mix it with other styles of music.

Other members have different influences that they bring to the group, Led Zeppelin, Pink Floyd, and the Beatles influence Delcain, while Johnny Cash, Bob Dylan, and Lynyrd Skynyrd inspire Chaz. Leblanc is influenced by Guster and Radiohead.

"Every different style is just a piece of the puzzle and when you put all these different pieces together, you get rock and roll and that’s what Honest Abe and the Emancipators play," said Cybulska.

While the band just fell together accidentally, they are still working for the same goal, finding the perfect groove to put the soul back into music.

Borat may be new to the big screen but has been a familiar face to the world of comedy

Sacha Noam Baron Cohen also known as “Borat” was born on October 13, 1971 in Hammersmith, London. For someone who always is cracking jokes to people who are of Jewish background it is surprising to find out that "Borat" himself is an Orthodox Jew.

"I think the guy is hilarious, it’s a little ironic that he makes fun of Jewish people so much because he, himself is Jewish," said Laura Antonucci, freshman, Harrison, NY.

To start off his career in comedy Cohen was picked up by channel 4, a news station at an open call for a new show in 1995. In 1998 he acted as a fashion character named Bruno on the Paramount Comedy Channel. His claim to fame came when he posed as a wannabe gangster rapper named Ali G.

From the shows start in 2000 on HBO Da Ali G show won an award at the BAFTA Awards for best comedy in its following year. In 2002, Ali G was the central character in the feature film “Ali G Indahouse.” His television show was not brought to the United States until 2003.

Cohen is famous for his comedic interviews with celebrities.

In an Ashton Kutcher/Candid Camera kind of way Cohen didn’t tell the celebrities prior that he was acting as Ali G.

For all they knew, this was just some stupid interview that they got conned into doing. Former interviews have included basketball player Shaquille O’Neal, real estate mogul Donald Trump, Former US Speaker of the House Newt Gingrich, and astronaut Buzz Aldrin.

Baron Cohen’s list of appearances are pretty stacked for the young comedian. Baron Cohen guest starred in the finale of the fifth season of Curb Your Enthusiasm. He was also the voice of lemur king, King Julian in the DreamWorks film “Madagascar” in 2005.

Cohen also appeared in Will Ferrell’s box office hit, “Talladega Nights,” as his archival. Sacha Cohen has also made appearances in some music videos. He appeared in Madonna’s Music and Girls’ Barkley’s performance of his song "Crazy at the 2006 MTV video music awards.

“So many people in his field of work push the envelope but I think he is so funny because of the way he does things,” said Matt Tarro, junior, Pawtucket, RI.

Baron Cohen has encountered several controversies with some of his characters. Regardless of any lawsuits that have come along Cohen continues to do what he knows best, and that is to make people laugh.
Sarah Cadario started out the night with some acoustic guitar.

On November 14, Open Mic Night was held at the Outpost at 10 p.m. by the Independent Music club.

The night included a line up filled with different musical talents.

Sarah Cadario started off the show with guitar acoustics. She played her guitar to a round full of songs including a Dixie Chicks cover.

Followed by the first act was Charles Cymbalski who also had fun with guitar acoustics in a lively style. He played a mix of covers including Creedence Clearwater Revival's song, "Down on the Corner.

The third performance was R&B singer Ian S. With his gifted voice and artistic moves fan gave the audience a number of different songs to listen to along with some choreography.

He sang smooth lyrical originals as well as an acapella ballad of Jon Legend's "Ordinary People."

"Coming from a fellow artist I see Ian really gets it. He is working on his album 'The Gift' and really has what it takes to go a long way," says Arie Dixon, junior, Beacon, N.J.

"Well the Independent Music club is a new up and coming club known for rock. I wanted to perform to add a little flavor and uniqueness to the show," said Ian Straughter, junior, Hackensack, N.J.

More of his music can be heard on www.myspace.com/2nz.

The Independent Music club was founded a few years ago by a group of students who wanted to expose more local and unknown bands to bring the underground music scene to campus.

The club holds shows and concerts on campus for students. The bands are mostly alternative.

Open mic night opened up the stage for Sacred Heart students to show their talents and music ability. Open mic night welcomed everyone so band's friends could come to watch and listen.

There are many outlets for SHU performers and by our club hosting these nights we are opening new opportunities for them," said Jen Murphy, senior, Milford, CT.

The Independent Music club will be hosting another concert free to SHU students on December 2, 2006 in University Commons at 6 p.m.

The featured band is Asher Levy from Long Island. If you want to be a part of this group or have any requests for performances, weekly meetings are held on Wednesday nights at 10:10 in HC 102.

The Spectrum/ Kate Brindisi

Ian Slaughter or 2NZ his Stage singing one of his R&B tunes.

The Spectrum/ Kate Brindisi

Sarah Hou

Staff Reporter

Casino Royale

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James Bond made a triumphant return to theaters earlier this month in “Casino Royale” with a new face for 007 and a new attitude and direction for the secret agent franchise.

After over four decades of James Bond movies, 21 films and six different actors playing the character, the new Bond, Daniel Craig was met with mixed reactions from fans, although praised by critics.

Believed to be too short at 5’11” and too blonde to play Bond originally the film’s success would seemingly put these worries to rest.

Last weekend “Casino Royale” brought in about $31 million, which brought the domestic total earning for two weeks since it’s release to $94.2 million. The film is on its way to becoming the most successful Bond film to date after 2003’s "Die Another Day."

The film is based on the first James Bond novel written by Ian Fleming of the same name and explores Bond’s first mission as a double "O" agent.

Like so many Bond films before it, “Casino Royale” is a large dose of action and suspense. Yet unlike its predecessors the film focuses less on gadgets and more on Bond using his brains and brawn to thwart his enemies.

Daniel Craig is reminiscent of Sean Connery’s portrayal of James Bond as he oozes with machismo and maintains his ability to turn women’s heads simply by walking by.

The story follows James Bond, recently promoted by M16, as he must stop the main villain of the story, Le Chiffre, played by Mads Mikkelsen, who funds and supports foreign terrorists.

After his plans go awry courtesy of James Bond, Le Chiffre is forced to set up a high-stakes game of poker at Casino Royal in Montenegro in order to make back the money lost because of Bond.

The main Bond girl of the film, Vesper Lynd, played by Eva Green, is a M16 treasury agent assigned to rein Bond’s funds for the high-stakes game funded by the organization.

The action in “Casino Royale” takes bond to new heights. One scene in particular finds Bond chasing a terrorist, played by Sebastien Foucan, on foot through a construction site in Madagascar and displays the French physical discipline of Parkour.

The film does run slightly long at over two and a half hours, but much of that extra time is spent delving deeper into the character of James Bond emotionally.

The entitled "Bond 22” is already in pre-production with Daniel Craig returning to reprise the role of 007 and Dame Judi Dench as "M."
As Christmas nears, the wishlist appears

Mark Weber
Staff Reporter

Planning a Secret Santa gift exchange or worried about what to get your family and friends? Well, hopefully this guide will give you some ideas as to what the hot gift items are on people’s wish lists. Think about it, even Santa needs some help with his list.

The first step in shopping for holiday gifts is to make a list of the names of family and friends you are planning on purchasing presents for.

The second step is to have ideas, or a wishlist, for those people.

Hot items on wishlists this year vary greatly in price and availability. The hottest item you can imagine is Play Station 3 (PS3).

It is almost non-existent for those die hard gamers unless you are willing to pay a premium price, and by premium I mean close to a grand, on an online auction site such as Ebay. Wii or Xbox 360 are a little more reasonable options for those seeking the thrill and excitement of video games.

The Xbox has dropped in price and is a strong competitor.

However if a Wii is what you had in mind stock up on coffee as well since you will have to first stalk out stores that are receiving shipments and wait outside the stores sometimes a day or two before sales even start.

Apple’s Ipod remains on the list of desirable gifts. Most recently, J & R Music has shelved a device that holds and plays your Ipod music from a toilet paper rack. Microsoft’s MP3 player Zone is out and appears to be giving the Ipod a run for its money with music lovers. Music affectionate users can beam songs back and forth from Zone to Zone.

Even though the user can only listen to a song three times they also have the choice to buy the song which part of the money also goes back to the original user.

The most hectic time of the year is the holiday season, and with new gaming systems being released, shopping for gifts will definately be a challenge.

Digital cameras continue to be in demand. You would not think so as they have been around for a few years, but there are still great deals and just as popular now as when they were when they first came out.

As all things technical, every year the mega-pixels are increasing creating better defined pictures.

Enough with the electronics, there are other things on the wishlists for all ages.

In women’s apparel, accessories are all the rage.

There are all types of accessories; some of these include fur accents that have been quite popular this winter.

Accessories are great for all kinds of apparel; coats, boots, scarves, handbags and gloves.

Chunky knits, sheer or shiny are always in style.

Ugg boots continue to be on the wish list for women, as are skinny leggings for under skirts, and tunic sweaters.

Victoria’s Secret flannel pajama sets are also listed as a top item on many websites.

Satchel handbags, patent leather high heels and metallic belts are also the fashion.

Belts with chain links, distressed finish, along with animal and reptile prints and anything else with studs or crystals are the ultimate in body bling.

For the little ones in the family, tickle me Elmo, or TMX, the 10th edition, is out and difficult to find on toy shelves.

Sure, they would like to have the new Elmo or a Kid Tough Digital Camera, but unless you get really lucky or decide to pony up for an ebay auction, chances are slim that you will be able to deliver the dream.

Fly Wheels XVP, the Extreme Performance Vehicle is a remote control combination car and airplane.

The one tried and true Christmas seller are Lego’s.

The Duplo brand are larger Lego’s that come in themes such as; Sponge Bob Square Pants.

Regardless, there are plenty of items out there in the stores that can make the perfect gift for every person on your list this year.

The one piece of advice that any one could use this holiday season; shop early.

Academic integrity: in other words, don’t cheat

Cintrece Brown
Staff Reporter

"Sacred Heart University is a coeducational, independent, comprehensive institution of higher learning in the Catholic intellectual tradition whose primary objective is to prepare men and women to live in and make their contributions to the human community," states the Sacred Heart University mission statement.

In addition to attempting to prepare students for the real world, Sacred Heart also finds it important that their students have both honesty and integrity.

This virtue is enforced through the academic integrity policy.

SHU is one of many institutions that has a strict zero tolerance policy in regards to cheating and plagiarizing.

Academic integrity has much more to do with than grades. It affects one’s character.

"As an institution of higher learning, the University places special emphasis on academic integrity, which is a commitment to the fundamental values of honesty, trust, fairness, respect, and responsibility," states the Sacred Heart University policy of academic integrity. This policy applies to all members of the Sacred Heart community including: professors, department heads, faculty, and students.

All are obligated, and expected, to adhere to the integrity policy.

"I think a lot of students some how manage to "be" their schoolwork in order to get by in classes. Do I think this is wrong? No I don't think its wrong because I think most students are guilty of finding an easy way out when it comes to doing work. At the same time, I don't necessarily think its right either," said Monica Concha, North Babylon, N.Y. class of 2007 president.

Academic integrity covers a broad area of subjects. On SHU’s campus one common compromising issue of integrity is plagiarism.

Most people understand that it is considered plagiarism if you take a direct quote from someone else and don’t give them the proper credit for their idea.

But it is also plagiarizing if a person paraphrases an idea form another source without giving credit or claiming it as their own.

This definition covers all works and wordings including: published and unpublished works, well-noted ideas, key terms and websites; all need to be sited in papers written after the fact.

While Sacred Heart as a community tries to control and prevent breaches of academic integrity, on limited occasions it does happen. As a result serious repercussions are in order.

"Nevertheless, appropriate disciplinary action will be taken for violations of academic integrity, including plagiarism, cheating, any use of materials for an assignment or exam that are not permitted...Faculty will assign failing grades for violations of the University’s policy on academic integrity and students may immediately receive an F for a course in which they commit a violation," states the Sacred Heart academic integrity policy.

If violations continue the university holds the right to take measures that they see fit. This includes dismissal from the university.

"Granted every professor has their own style of teaching but if they can somehow incorporate a more "hands on" concept of learning and making the subject matter more interesting to students, then I strongly believe that students will be more willing to learn for themselves rather than taking the easy way out," said Concha.
Sex on campus is not a silent topic

Alyssa Ferdinando  
Staff Reporter

The halls are whispering that which some would rather keep unheard; a matter of taboo that leaves students wondering why sex isn’t being discussed at this university anymore.

After hearing endless stories about the spread of STDs and safe sex methods in high school sex-education, Sacred Heart students are now perplexed at the silent approach SHU administration has given this particular controversial topic.

“I think SHU keeps ‘sex’ a very hush hush topic and tries to dodge all questions about it and just pretend like it’s not there,” said Jessica Stagg, senior, Oakland, N.J.

“SHU understands that it is an issue on student’s minds but I admit that the issue isn’t something brought into the open often,” said Carla Asencio, junior, Beacon Falls, N.Y.

“It’s not a good selling point to incoming freshmen that our campus is full of sex,” said Asencio.

“They have rules that are outdated” said Tom Tyrell, senior, Merrick, N.Y.

“I believe all schools tend to stray away from the subject especially schools based more on religion than anything” said Stephen Winard, freshman, Congers.

“SHU’s policy is almost like the military’s; don’t ask, don’t tell,” said Kris Singhaviroj, senior, Fairfield.

“The more we don’t see it, it’s not there, except when it comes to religion, then we see everything,” said Singhaviroj.

When asked if the students thought that SHU’s Catholic allegiance had anything to do with the lack of frankness of the topic of sex, most agreed it did.

“I do think that the University most likely takes a Catholic stance on sex” said Stephanie Lawless, junior, Milford.

“While the Church’s ideas about sex may make sense for an individual church-run organization, for a learning facility in the tradition of a college, it just falls short of common sense to make policies that don’t properly take sex into account,” said Lawless.

“I recently learned from Dr. [Sandra] Young that if a girl walks into the Health Center and wants to discuss birth control or anything relating to sex, the center must tell them they cannot discuss the matter” said Stagg.

There is information readily available in the Health Center to define various forms of STD’s and other such infections.

You are however free to take a pamphlet on Herpes.

“There is nothing morally wrong about supporting safe sex” said Singhaviroj.

“Take away the religious beliefs, personal grudges, and think rationally about the benefits of safe sex. Supporting safe sex is protecting students instead of killing them,” said Singhaviroj.

“My friend [was] banned from the ‘Radio’ for having a pillata filled with condoms” said Tyrell.

“STD’s aren’t a good time. They could just have condom giveaways like many state schools. New Palz does it,” said Tyrell.

“Other Catholic institutes are less strict about this topic… I think SHU is trying to cover up an issue that needs to be discussed. They should acknowledge all topics despite their religious base,” said Stagg.

When asked if the students think birth control and other safe sex measures should be made available at Health Services and the bookstore most agreed that it would be a very convenient way to help usher sexually-active students into a safer sexual lifestyle.

Others voiced their own thoughts on the matter.

“Health Services should offer birth control to students if they don’t already,” said Lawless.

“Many students will have sex whether or not the university likes the idea and a lot of freshmen especially won’t bother to protect themselves if they can’t get easy access to contraceptives,” said Lawless.

“I doubt any of us would feel very comfortable if condoms were passed out as a FLIK prize. I’d think that SHU doesn’t hand condoms out because they feel that either a) we’re adult enough to pick up our own or don’t need freebies or b) they feel that they’d be promoting promiscuity,” said Asencio.

“I believe that they [administrators] are doing their job,” said Winard.

“Such as that mandatory safe sex meeting all the freshmen had to go to,” said Winard.

“Protection is protection” said Singhaviroj.

“It should go both ways for both sexes. As long as the bookstore doesn’t overcharge, it’d be a great idea,” said Singhaviroj.

“I think they should [give out condoms]” said Stagg.

“I don’t think they should be displayed front and center, but maybe in the back when they have personal items,” said Stagg.

“It may look good on paper to say that students will not have intercourse but in reality students will find ways around the rules put in place to implement that policy, just as they would any other rule which is based on a moral structure,” said Lawless.

“Everyone’s morals are different and, in this day and age, most young adults find pre-marital sex to be acceptable,” said Lawless.

Students seem to want an outlet to go to, a place they can seek counseling and guidance when it comes to the topic of sex.

“Protected or unprotected, especially for underclassmen, may feel the need to talk to someone besides a priest who will be compassion and understanding towards the matter.”

Students need someone to talk to who has the experience to talk face to face with students and talk without bias.

Students need someone to help them into a world some are only just taking their steps into.

“At SHU, we have NO idea the education our incoming students or current students have had regarding sex, safe sex, and means of protection,” said Stagg.

“It complicates things to the fullest,” said Singhaviroj.

“Essentially, progress stops dead in its tracks because somebody can’t deal with reality and hides behind belief,” said Singhaviroj.


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Graduating early, friend or foe?

Thomas Sands  
Staff Reporter

Each year at Sacred Heart University, it is typical for students to graduate in the spring.

Within the last three years Sacred Heart’s statistics have grown to a 65% average of graduation of all the five year students and 50% for four year students.

Graduate students must come to the actualization that the real world is breathing down their neck.

Reality is inevitably setting in.

“I am excited to be graduating but at the same time nervous to be entering the real world,” said Mike Chase, senior, River Edge, N.J.

The real world is something that students need to conceptualize and put into perspective.

All the knowledge, social skills, and energy put forth in a classroom are to be used.

“Classes are more demanding but there is not that much more pressure,” said Chase.

The real world necessitates for graduating students to assess themselves and prepare themselves for life.

Life and reality in the sense that one is on their own.

“I have a job already. I think there is always an aspect of nervousness when moving into the next phase of life,” said Mike Gaddieri, junior, Palisade Park, N.J.

“If one takes everything in stride, nothing will overwhelm you anymore than you let it,” said Gaddieri.

The real world is merely an amplification of life.

We have our world that we know, and that is all we know.

Sacred Heart University offers a various amount of opportunities for majors.

It is up to the individual to discover his or her passion in life.

One of the most vital things in life is to be happy.

Reality must also be characterized into life’s equation.

Money is a very satisfying asset to life.

But there are other simpler more serene things to be enjoyed.

For example, family life and leisure are two examples.

In essence one is not only planning one individual life but also setting the path for a potential daughter or son.

A mediation between work and leisure can help lead to a rewarding and fulfilling life which will ultimately lead to satisfaction.

We are planning one’s future one should consider location, financial gain, and personal growth.

The place that I work should allow for full development.

Overall life itself has many challenges and tribulations.

One can find pleasure in both the simple things and also in many things of life and allow for happiness.

Life is in the hands of the living.
Sports

Brian Fitzsimmons
Sports Editor

It took the Sacred Heart men’s hockey team over four periods of play this weekend to solve Connecticut goaltender Scott Tomes, who stopped all but one of the opposition’s shots on Saturday.

A hard hit against the corner boards, which spilled the shattered glass on the ice, resulted in an hour delay to replace it midway through the second period the following day.

However, it didn’t take long for Pioneer goaltender Jason Smith to step up and transform into the acrobatic machine with cat-like reflexes we all pay admission to view, as his team held on to defeat the Huskies 3-2 Sunday to claim sole possession of first place in the Atlantic Hockey standings.

“We played hard today,” said Pierre-Luc O’Brien, senior, Nicolet, QC. “I thought we actually played a more complete game on Saturday, but we played really well.”

The Pioneers jumped on the board early, when O’Brien tallied his eleventh goal of the season. Tomes saved sophomore Bear Trapp’s initial shot, but O’Brien was there behind him to deposit the rebound.

In the opening seconds of the following period, sophomore defender Dave Grimson and fresh- man Matt Gordon scored within 26 seconds of each other to give the Pioneers a commanding 3-0 advantage, but this scenario spun into what seemed to be an effort that came too early in the contest.

In the middle of the period, the broken board delay came and passed, but Pioneer lead almost followed suit.

UConn executed an exact replica of Grimson and Gordon’s spurt of offense, when Chris Myuro and Matt Scherer beat Smith with 9:11 remaining in the second frame.

The broken glass was cleaned up, the convincing advantage was a memory, and the momentum took a violent switch in Connecticut’s favor. Such wacky course of events didn’t sway Smith from turning the game into his own highlight reel once again.

“They showed up to play too,” said O’Brien. “After the break, they came up on us but we were able to regroup.”

The Huskies had open looks to the net throughout the remainder of the match, but Smith was a mere brick wall. Stopping several breakaways, and gliding across the pipes to increase the UConn offense’s frustration.

“The guy who had the breakaway used the same move on me [Saturday],” said Smith, senior, St. Lambert, QC. “I recognized it and saved it with my pads.”

Every one of his 32 saves reflected the team’s desire not to be the victims of a potential UConn weekend sweep.

“[Smith] came up huge for us again as always,” said Pierre-Luc O’Brien, senior, Nicolet, QC. “He gave up the two quick goals to make it a game again, but he stepped up mentally and he got the job done.”

The Pioneers, who now stand 7-2-2 in league play, will travel to Colorado Springs, where they will take on Air Force on Friday at 9 p.m.

-SATURDAY’S RECAP ON PAGE 15-

Behind The Boards with Brian Fitzsimmons

Sophomore Bear Trapp earned the Atlantic Hockey Player of the Week for his efforts, which helped the Sacred Heart men’s hockey squad produce a motivationally uplifting seven game unbeaten streak.

Trapp tallied four points in three games, a span of games that allowed the Pioneers to now find themselves in sole possession of first place.

Senior goaltender Jason Smith was superb in between the pipes Sunday afternoon racking up 32 saves. The Huskies beat him twice within one minute in the second period after an hour delay for board repairs, but the New Jersey Devils drafted stepped up to hold on to the lead. The 6-4 St. Lambert, QC. native displayed some jaw dropping saves, one of which, in particular, sent the Milford Ice Pavilion in disbelief.

Senior forward Pierre-Luc O’Brien now has 11 goals and 14 assists for 25 points after starting out with just 2 points before facing No. 11 Michigan State.

The Pioneers were ranked No. 20 in the nation according to the Insidecollegehockey.com poll, but dropped out this week due to the split with UConn.

They are still slated as “on the bubble.”

In the Pioneers’ next series against Air Force, the top two point leaders in the AHA will meet. O’Brien is second to the Falcons’ Eric Ehn’s 30 points.
With Burke out, Cain is able

Coming into this season, the Lady Pioneers looked like a sure thing to repeat as NEC Champs. They had four returning starters, including All-Star Forward Amanda Pape and her co-captains Jasmine Walker and Kerri Burke.

Yet when Sacred Heart traveled to Yale this past Saturday, they were at a 1-3 record, having lost two games in a row.

As Pioneer Coach Ed Swanson put it, "We aren't playing our best basketball just yet. But playing your best basketball in November doesn't get you awarded any championships."

Add in injuries to starters like Walker, Mary Rush, and just recently Burke, and you have a team left scrambling for someone from the bench to step up.

Enter Khalia Cain.

As her first career start as a Pioneer, the 5'7 guard from Manchester put up a career high 22 points en route to a 72-66 win over the Bulldogs.

In the win, Cain went 14-17 from the free throw line and pulled down two boards in a win that she said, overshadowed her performance.

"With Kerri hurt, we wanted to respond as a team and make plays. We all wanted this game. Coach talked about teams going through a tough stretch and what we need to do to fight through this and back to playing our kind of basketball. With time running out, we all knew we were going to win. None of us were going to be denied this win," said Cain.

"With Kerri out of the lineup, Khalia stepped up and had a big game," said Swanson.

If this team wishes to have the same success as last year, their bench will have to play a major role like it did last season. Junior Lisa Moray and Cain are the Pioneers best players off the bench and need to continue to play well while the starters return to full health.

Sophomore Kaitlin Sowinski is playing well as a starter this season, posting her first career double double against Yale. After coming off the bench last season, She is relishing the chance to start this season, knowing that she can be a key part to the team's success.

"Overall, I knew heading into this season I had to step up. Freshman year was good for getting to know the system, learning the college game, a transition year. Coming into the year, I wanted to step in and be able to help the team win," said Sowinski.

What also makes this win special is that it shows that the Pioneers can still play while missing several key components from their game. They showed a gritty attitude that was seen in much of their game last year.

If the Pioneers continue to play this way, they will be set to defend their title come this March. After all, even the best teams go through tough spots and sometimes they need the most unlikely of players to bring them out of a slump, players just like Khalia Cain.

Lady Pioneers jolt Yale

The Pioneers went into Saturday's game against Yale on a two game skid, losing to LaSalle at home and away at Brown.

Hoping for something more than another upset, Sacred Heart (2-3) came out gunning against Yale (1-4). Khalia Cain, sophomore, Manchester, gave Sacred Heart what they were looking for, a spark in their offense with an effort resulting with a 72-66 victory over the Bulldogs.

Cain scored a career high 22 points, including hitting 14 of 17 free throws and went 4 for 9 from the field.

"We wanted to respond as a team and make plays," said Cain. Cain led the team in scoring.

"None of us were going to be denied this win," said Cain.

The Pioneers stepped up in the absence of senior Kerri Burke. "With [Kerri] out of the line-up, Khalia stepped up and had a big game," said Head Coach Ed Swanson.

But Cain wasn't the only player stepping up for the much needed win. Kaitlin Sowinski, sophomore, Hopkinton, R.I., recorded her first career double double, scoring 16 points and grabbing 12 rebounds.

"Coming into this year, I wanted to step in and be able to help the team win," said Sowinski.

Sacred Heart controlled most of the game from the tip-off, tied with Yale only once at the beginning of the second half. Sacred Heart would hold the lead throughout the rest of the game.

"I thought we were good in spurts tonight," said Swanson. "In the second half, I thought we had some big plays and did a good job shooting free throws." "We came with more intensity today and the team as a whole feeds off it and we did a better job rebounding the basketball," said Amanda Pape, senior, Stamford.

Pape continued with another strong presence, scoring 16 points with eight rebounds. She handed out eight assists, tying a career high and came away with four steals.

"I just want to do something, make a play on the floor, something to get the team going," said Pape.

The Pioneers stepped up in the absence of senior Kerri Burke.

Five games into the season, Sacred Heart hasn't yet been able to string together consecutive wins. "We aren't playing our best basketball just yet. But playing our best basketball in November doesn't get you awarded any championships," said Swanson.

Saturday's game marked the first time Burke didn't play in a game since her freshman year at Sacred Heart and for the past two seasons has started. Sacred Heart will play against the Providence Friars at home on Friday, December 1 at 7 p.m. at the William H. Pitt Center.
Sports

Hop on the bandwagon

Six games into the Sacred Heart men’s basketball season, and what have we learned? We’ve learned that the Pioneers can compete with stiff competition.

We’ve learned that Chauncey Bake is going to be a lot of fun to watch for the next four years.

We’ve learned that having six go-to guys is better than one.

Basically what we have learned over the course of six games is that the sky is the limit for this bunch.

They showed a valiant effort against North Carolina, who is the No. 2 team in the country, in Charlotte. That said, Chauncey Bake tapped Chapel Hill News called “the best assembly of talent I’ve ever seen.”

Landrath was the beat writer for Duke’s back-to-back National championship teams in the early 90’s that featured Bobby Hurley, Grant Hill, and Christian Laettner amongst others.

Down in Charlotte, they held their own in the game versus the Tar Heels, even trailing by as few as two in the second half. It was a fine showing for the university in the NIT, especially considering they went out the next night and beat Iona, a team who was on the bubble for the NCAA Tournament a year ago.

The Pioneers have shown the wherewithal to come back from tough losses. They rebounded from Carolina, to Iona the next night. They lost a tough game at Lehigh, and came back at the home opener to not just beat, but win going away versus Albany.

Black Bears claw out two wins

Bridget McGowan
Staff Reporter

The women’s ice hockey game at the Wonderland of Ice on Saturday afternoon was not so wonderful for the Pioneers.

The 10-4 loss against University of Maine Black Bears marked the tenth straight loss for the Sacred Heart women’s ice hockey.

After Friday's loss to the Black Bears the team was still not able to defeat Maine's powerful offense. With strong efforts from senior Sonia Corrievast and junior Pam Patterson each having two goals and two assist, the Black Bears dominated the game scoring a total of five consecutive goals in the third period alone.

The Pioneers however were able to get on the board first during the game, when sophomore Gina Amon of Bridgewater N.J. scored her seventh goal of the year just 1:51 minutes into the game. The Black Bears retaliated quickly as Corrievast got hold of a loose puck in from the Pioneers net in the 8:44 minute mark of the game to even the score.

Maine took a two-goal lead eight minutes into the second period when Kate Suntrum beat Boulay with a shot, continued to tap it into the net for her second goal of the year.

The Black Bears however dominated the remainder of the game with five quick goals.

Maine held a 42-19 advantage in shots. On goal Boulay made a total of 30 saves while Black Bears格ings stopped 15 Pioneer shots to earn the victory.

Christie Gangnath
Staff Reporter

After giving thanks the day before, the Lady Pioneers’ were not thankful for much except ending Friday’s game after the visiting University of Maine Black Bears dominated 13-1.

Friday’s game seemed to stay in reach for Sacred Heart, only allowing two goals to be scored going into the second period. A quick break was all the Black Bears needed to come back on fire, scoring another goal almost immediately after starting the second period.

Whitney Dziena, the sophomore forward out of Walpole, Mass., finally put the Pioneers on the board. The goal tapped in by Dziena was her fourth goal of the year.

The goal, however, was the only one scored by Sacred Heart, and was not enough to make a dent in the score. The Black Bears had already set themselves up for a win by scoring three goals in a minute and half span in the second period. It was all the insurance the Black Bears needed to secure their win.

Maine, who scored six more goals in the third period, was a step ahead of the Pioneers’ entire night. They finished off the game with 13 goals, the most ever scored on Sacred Heart. A 50-21 advantage in shots on goals by Maine led to their victory.

The Black Bears played rough the entire game which led to their nine penalties and eighteen penalty minutes, the highest to date from an opponent against SHU.

Stephanie Boulay, the senior co-captain goaltender from Anchorage, Alaska, picked up the loss. She recorded 37 saves in goal versus Black Bear goaltender, who stopped 20 shots in net.

Balanced effort tames Great Danes

Sean Comnington
Staff Reporter

Six Sacred Heart University men’s basketball players finished in double figures as they cruised past Albany, 90-71 last Tuesday.

The Pioneers, which started off the 2006-07 NCAA season with a record of 2-3, jumped out to a quick 10-3 lead after Jarrid Frye a senior from Queens, N.Y. knocked down a three point shot early in the first half.

Even though down in points, the Great Danes managed to rally and roared back taking a 14-12 lead when Albany senior guard Jamar Wilson from Bronx, N.Y. hit three point shot with 15:34 to go in the first half. Albany knocked home seven of their first ten three-point attempts.

The Pioneers regained the lead for good with 10:16 to go in first half on a Henley dunk. Sacred Heart would go on to lead 47-36 at the intermission.

A three-pointer by Luke Granato, a junior from Rocky Hill, with 2:30 into the second half gave the Pioneers a 54-38 lead. Albany, who now starts their 2006-07 NCAA season with a record of 2-1, would never get closer than 11 points to the Pioneers the rest of the game.

Ryan Litke from Windsor, finished with a career best 14 points for Sacred Heart, nailing four of six beyond the arc. Granato finished with 12, while Frye had 11, and Drew Shubilt from Stoughton, Pa. added ten points to the Pioneer’s final score of 90-71.

Brent Wilson finished with a career-high 29 points for Albany, while senior Jamar Wilson added 17 and junior Brian Lillis added 11 points to Albany’s final score.

The Pioneers’ upcoming opponents include the University of Connecticut, Lehigh, Boston College, and Army.
MIH drops first of two against UConn

Mike Harnois
Staff Reporter

All good things must come to an end, and the Sacred Heart men’s hockey team’s seven-game unbeaten streak was ended Saturday in a 4-1 loss to the University of Connecticut.

It took four goals and 36 saves to stop the streak of six consecutive wins and one tie, the longest streak Sacred Heart has had since the ’03-’04 season.

The loss to UConn also marks the first time this season that Sacred Heart was held to fewer than two goals, a feat that took some of the best goaltending of the year by the Huskies’ net minder Scott Tones.

Although the goal-tending was excellent, the Pioneers were simply not able to capitalize on their opportunities. For a span of nearly 10 minutes in the second period, both Tones and the UConn defense were able to stop the Pioneers from scoring with a one-man advantage.

With five consecutive penalties, something that the Pioneers can relate to, they were on a power play for 10 full minutes in the second period and were not able to cash in on the Huskies being shorthanded a man.

It seemed like the Huskies took a page out of the Pioneers playbook because throughout most of the season, SHU has been the ones with the man down. However, it was not the case in this game, and they were simply not able to cash in and were held to their fewest goals this season.

The one bright spot in this game was the goal by freshman Nick Johnson off the nice passes from Kalen Wright and Nick Kary.

The Pioneers will hope to get more solid play from their freshmen core as the season goes on.

Sacred Heart will play Air Force in this coming weekend and they will travel all the way to the Colorado to do so.

The first place Pioneers have not beaten Air Force in the past three years and will hope to snap back into another win streak this weekend and get their first “armed forces victory” this season.

Kyle Tyll played a big role during the unbeaten streak. Chris Morrow/The Spectrum
Freshman Chauncey Hardy has been a key contributor to the balanced offense for the men's basketball team.

Chauncey and Co. look to build on impressive showing

HARDY'S BOYS

AHA Player of the Week Bear Trapp helped the men's hockey team salvage the weekend split against UConn.

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CAINYOU DIGIT?

Korri Burke's replacement Khalia Cain drops 22 points against Yale.

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