The Chapel ground breaking ceremony was well attended and a highly anticipated event.

Breaking ground
Chapel ceremony marks start of a new campus, a new era

Jenna Rignanese
Staff Reporter

The big dig on campus is underway. The beginnings of a new spiritual landmark took off as Sacred Heart's community gathered to break ground on the new chapel.

On Tuesday, a large tent was set up in the middle of the quad for the event. Inside students, faculty, trustees and members of the community congregated for prayer and song, ringing in the newest

See BIG DIG on page 3...

Fa-la-la and finals
As the semester comes to a close, how do you handle the holiday spirit and stress?

Courtney Kohloff
Staff Reporter

Mistletoe and migraines. Christmas presents and pressure.

Welcome to December.

As the fall semester comes to a close, holiday cheer echoes across campus as student's gear up for finals. The end of this semester goes hand-in-hand with the infamous "finals week," so is there a way to balance stress and the holiday spirit?

See 'TIS THE SEASON on page 2...

Sacred Heart 4-Day Forecast

Friday
Sunny to partly cloudy, windy and cold
High: 36°
Low: 20°

Friday night
Partly cloudy, breezy and cold

Saturday
Sunshine and patchy clouds

Sunday
Plenty of sunshine

See page 2 for full Sunday Forecast
"What I just try to stay focused and get things done before hand so everything is not last minute. That way, the sooner I get things done the faster I will be able to go home for Christmas break."  
~Ryon Howard, junior, Bronx, N.Y.

"When I study for finals, I usually take a break in between and take a walk to the Bistro or Holy Grounds. It gives me time to clear my head so I won't be so bored sitting at my computer doing work for hours."  
~Jeff Bradanini, junior, New Haven

"I'm a little nervous about finals week just because I am a freshmen and have never taken college finals before," said Kellie Sakellerides, freshman, Plainview, N.Y.  
"I plan on studying in the 'Mohag' for most of the week and getting stuff done there just so I am not distracted by being in my dorm room."  
While you may think that students are the only ones suffering from holiday and finals fever, think again.  
Professors, like Greg Golda of the Media Studies Department, notice students anxiety during the last two weeks of this semester.

"In my classes students have been working on longer form projects so they’re eager to get them done but I think they’re still working hard at this point," said Golda. "There is a lot of competition in my production classes since their work ends up at the MAX on the big screen [on Saturday]."  
"Number one rule in my production classes would be learning to say 'no' to temptation and keeping your eyes on why you’re in school and what has to be done. Use the things you love to do as a self-reward. For example, no video games until a project is complete."  
Self-reward might be the answer. Or focus and time management could be your golden ticket to success. Either way, the stress from finals will be well worth it when you have several weeks of winter break to rest your brain, and your credit card.

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Toy and Canned Goods Drive

Get into the holiday spirit by donating toys and canned goods that will be given to local families and children in Bridgeport. Sponsored by Lambda Sigma Phi, the drive takes place from Dec. 5-15. Drop-boxes can be found near doorways in the main academic building.

Get your ticket to see "Rent" Actor Anthony Rapp

To kick off the 2006-07 Student Affairs Lecture Series, Anthony Rapp will be coming to campus on Jan. 29 at 7 p.m. at the Edgerton Center for the Performing Arts. His lecture, titled "Without You: A Memoir of Love, Loss, and the Musical 'Rent'" in honor of his book, will address his experiences with "Rent" and his personal struggle with losing his mother to cancer. Tickets went on sale on Dec. 5 so hurry to get yours! Ticket prices are $3 FT UG students, $5 Faculty/Staff/Alumni, and $10 General Admission.
Global warming is a hot issue on campus

The winter weather doesn’t cool down the debate about this problem

Carolyn Tavares
Staff Reporter

Global warming has been a hot topic for years. Now, there is more speculation than ever with the release of documentaries like Al Gore’s “An Inconvenient Truth.”

Gore, a longtime advocate for the environment, presents a wide display of facts and information in a compelling way in this documentary.

“It is now clear that we face a deepening global climate crisis that requires us to act boldly, quickly, and wisely,” said Gore in a statement about the movie.

Global warming is the observed increase in the average temperature of the Earth’s atmosphere and oceans in recent decades.

The current scientific consensus is that most of the observed warming over the last 50 years is likely to have been attributable to human activities.

The primary causes of the human-induced factor of warming are the increased amounts of carbon dioxide and other greenhouse gases. They are released by the burning of fossil fuels, land clearing and agriculture to lead to an increase in the greenhouse effect.

An increase in global temperatures can in turn cause other changes, including a rising sea level and changes in the amount and pattern of precipitation.

“Global warming worries me. It’s way warmer than it should be at this time of the year,” said Jennifer Binns, senior, Wethersfield. “I remember in middle school when there was a huge snow storm on November first and this year it has barely gotten below 50 degrees.”

These changes may increase the frequency and intensity of extreme weather events such as floods, droughts, heat waves, hurricanes and tornadoes.

Other consequences include higher or lower agricultural yields, glacial retreat, species extinctions and increases in the range of disease vectors.

Warming is expected to affect the number and magnitude of these events; however, it is difficult to connect particular events to global warming.

There are many things that people can do to help out the environment and the slogan, “Reduce, Reuse and Recycle,” provides a way to remember a few of them.

Reduce the amount of driving every day. Take walks. Reuse old scraps of paper. Recycle soda cans and bottles.

“I’m doing my part by recycling,” said Jennifer Torres, senior, Bronx, N.Y. “I have been collecting old soda cans and other recyclables throughout my apartment. It’s my new thing.”

There’s still uncertainty regarding how much climate change should be expected in the future. There is also a hotly disputed political and public debate over the execution of policies that deal with the predicted consequences and how to deal with them.

“It makes me wonder what the winters are going to be like in the years to come, for our children and grandchildren,” said Binns.

AID’s hits the 25-year mark on and across the world

Lauren Confalone
Staff Reporter

As part of the Peace and Justice Series entitled “Hate to burst your bubble but…” the office of Residential Life presented a ceremony on Dec. 29 in the Merton Hall Great Room focusing on the HIV/AIDS epidemic.

“Coming right before the recognition of World AIDS Day on Friday, the lecture was the second of two featured on campus this semester. There are several ceremonies that take place to commemorate World AIDS Day.

Ten years ago, the NAMES Project Foundation created a quilt in memory of those lost to the disease that is now annually displayed at 460 sites around the country.

According to an article found in USA Today, NAMES Foundation executive director, Julie Rhode, said, “The power of the quilt is that people can learn from it and teach with it.”

“WED should not be afraid of protecting ourselves from HIV/AIDS,” said a participant of the lecture Kelly Parks, junior, Stoughton, Mass.

Sacred Heart University has featured various informative lectures on campus to promote awareness about the topic.

There are three ways to contract HIV/AIDS: through a blood transfusion, sharing a syringes/ tattoo, or through sex.

“We spoke about knowing someone with HIV/AIDS. Each person received a balloon and popped it. Inside was a slip with one of those 4 topics on it. We asked those people to put themselves in that position and then we explained each scenario,” said Parks.

According to the USA Today article, at a New York ceremony on Friday, United Nations Secretary-General Kofi Annan said the epidemic “requires every one of us to help bring AIDS out of the shadows, and spread the message that silence is death.”

Kathryn DeDominici, junior, Bellingham, Mass. said, “I think it is very important for SHU to keep students informed about issues such as HIV. No one thinks it could happen to them.”

There are now 40 million people living with AIDS, said Rhode.

It has been 25 years since the first case of AIDS was identified. U.N. statistics estimate that about 4.3 million people were infected with AIDS this year with about 2.9 million people dying from AIDS-related illnesses.

“A lot of students live sheltered lives and they need to be made aware of the idea that they need to take the proper precautions, AIDS doesn’t discriminate,” said DeDominici.

Parks said that many people have the mentality that it could never happen to them and probably know someone who has HIV/AIDS without even being aware of it.

“I know that by going to these lectures and programs my eyes were opened up and I can only hope the same for others who attended,” said Parks.

As Annan cautioned, knowledge is power when it comes to HIV/AIDS.

World AIDS Day should be one day out of the calendar devoted to HIV/AIDS recognition, but prevention education should come every day.
The ‘big dig’ brings excitement and anticipation to campus

CONTINUED FROM PAGE 1

Students that were able to attend the event spoke highly of the ceremony and the plans for the new addition.

“I think it’s really nice that teachers, students, and the community came out to the event,” said Kaitlin Mulqueen, sophomore, York, Maine. “The chapel we have is really small, so it’s great that we will finally have somewhere to gather together.”

Along with the Sacred Heart president, Dr. Anthony Cernera, James T. Morley, Jr., the Vice Chairman of the Sacred Heart University Board of Trustees led the welcome address for the groundbreaking ceremony.

Morley spoke about the significance of the chapel to our community and stirred up some laughs when he jokingly mentioned his hopes for the finished product to be on time and under budget.

“The purpose of this new project is for the glory of God and for our well-being,” said Cernera.

The design plans for the chapel place the future structure on the quad between the Administration Building and the Academic Building.

Sasaki associates, a world-class architectural firm, designed the project. They are known for their meticulous work on academic institutions such as Harvard University, Boston College, Johns Hopkins, MIT and Trinity College in Hartford.

Sasaki won first prize in the international design competition for the 2008 Olympics in Beijing.

The lay out of the chapel will seat 500 people and will also house a 50-seat Blessed Sacrament chapel. A bell tower with four unique bells and a large cross will suspend high in the air for all to see.

The Quad was prepared for the groundbreaking ceremony, complete with chrome shovels and a tractor.

The largest bell will weigh 1,500 pounds and will measure 41 inches in diameter; the smallest will weigh 447 pounds and be 27 inches in diameter. The bells will be made of steel and bronze and are intended to look as good as they sound.

Original artwork by Father Marko Ivan Rupnick will lace the chapel’s interior walls. Some of Rupnick’s collection consists of mosaics for Pope John Paul II’s personal chapel. Rupnick’s new art-work will be featured in the Basilica of Notre Dame in Lourdes, France.

Following the introductions and prayers, the blessing—and ceremonial groundbreaking for the chapel took place.

It [the ceremony] was very inspirational and heartwarming,” said Paul Ruvo, freshman, Thornwood, N.Y.

Enthusiasm about the new chapel reached the SHU community at all ends of the spectrum, from FLIK employees to students, public relations personnel, faculty, religious members and more.

“I’m really excited about the new chapel,” said Dan Brimley, freshmen, Manchester. “I’m sure it will get a lot of use from all of the community.”

After the final blessing everyone was given a free t-shirt and a prayer card. The card contains the motto for the chapel project, which states: “I rejoiced when they said unto me: Let us go to the House of the Lord!” (Psalm 122)

The long held dream of building a chapel is finally underway and the $17 million project will be finished and ready for use in 2008. Until then, wait, watch and say a prayer.
U.N. campaign brings gender violence reality to campus

Britany Price
Staff Reporter

Gender violence is an important topic and the University is taking it to heart. The Center for Catholic Thought, Ethics and Culture (CCTEC), in cooperation with the Women's Studies Program, plans to sponsor activities that focus SHU's attention on the universal problem of violence against women.

The CCTEC has dedicated the 2006-2007 academic year to the principle of "dignity of the person" by sponsoring lectures workshops and talks based on various aspects of Catholic moral teaching.

The United Nations (U.N.) established a campaign entitled "16 Days of Activism" to underline systems of violence against women as violations of human rights. The 16-day campaign runs from Nov. 25 until Dec. 10.

"In 1999, the U.N. officially designated Nov. 25 as the 'International Day for the Elimination of Violence Against Women,'" said Dr. June Ann Greeley, assistant professor of the Department of Religious Studies and director of the CCTEC.

Nov. 25 was selected because it marks the anniversary of the assassination of three women activists in the Dominican Republic in 1960.

"Women were violent," Patricia, Minerva and Maria Teresa Mirabel," said Greeley. "They were active against the brutal dictatorship of the Trujillo regime in the Dominican Republic at that time. Their murders were so horrible and upset so many people that the crime brought a movement that brought down the Trujillo dictatorship."

The final day of the campaign is the U.N.'s International Human Rights Day.

Greeley explains that the goals of the campaign range from education about violence against women who are abroad to developing programs to help victims, legal and judicial reformation of laws and survivor support, such as shelters.

"The U.N. is in the process of reform, and the campaign hopes to insure that the human rights of women and their children," said Greeley.

By reforming the U.N. and insuring women's rights, this will enable the right to live free from violence, and remain part of the U.N.'s Human Rights Agenda. There is no guaranteed that the rights of women will remain part of the U.N. agenda.

"It is important to remember that violence against women is a systemic problem, meaning that rarely does the abuse of a woman not have a ripple effect. The abuser may go after her children, or brutalize her so gravely that she cannot tend to her children," said Greeley.

"Children who witness abuse may develop fears, anger and resentment that they will carry with them into adulthood. Rape is a crime of violence and power and is used, especially by armies and political gangs, as a way to demoralize not only the victims but families and communities as well," Greeley urges everyone to research

A Cypriot woman sits behind the barbed wire at Ledra checkpoint next to the UN buffer zone in the divided capital Nicosia, Cyprus.

the genocide occurring in Darfur right now. Rape and brutal execution have become commonplace war tactics.

"For people living in Darfur, stopping the rape of women and children is next to impossible," said Victoria Torres, sophomore, Riverhead, N.Y. "Most women that are victims of gender violence, like those in Darfur, don't realize they have rights."

Violence against women remains a crucial issue both in the U.S. and abroad.

Domestic abuse and rape are among the most continuous problems.

Students like Shaun Ihasz, junior, Coram, N.Y. are horrified by acts of gender violence.

"It (gender violence) happens all too often," said Ihasz. "A man who hits a woman should be locked up, for a long time. I think if you ask most students, they would say the same."

Greeley believes the education of women about their rights is crucial in relation to gender violence.

"The need to educate women, especially marginalized women, about their rights and about support services, and the need to analyze social and cultural patterns that allow for, admit, rationalize, and dismiss violence against women remain critical," said Greeley.

Sacred Heart is taking a stance against gender violence by presenting a roundtable discussion to address gender violence early next semester. Speakers attending the discussion will include faculty members from Religious Studies, Social Work, Criminal Justice, History, Psychology, and hopefully, the Health professions.

Students are encouraged to attend the roundtable discussion and workshop in February.

"We hope to expand the discussion later to the proclivity in our society to rely on patterns of violence in general as a means of resolution and problem solving," said Greeley. "In that context, the roundtable discussion and lectures are being held to address the tendency to rely on violence as a means to disempower the other.'"
Are students giving too much effort for the results they receive?

Rachel Maresca
Staff Reporter

"This the season to stay up all night, procrastinate, drink coffee and red bulls, compulsively check away messages and Facebook for any type of distraction because its finals time once again."

As students we are all preparing for the final projects, papers, and tests that are approaching this upcoming week. Does all the hard work we put out really get appreciated?

Each individual major here at Sacred Heart University has a different final curriculum; however, the one thing that all students have in common are the long hours that are put into work at the end of the semester.

When teachers assign these projects and time consuming papers, do they put the same amount of effort in to grading them? Do the students in the class really pay attention when your presenting your project that left you with so many sleepless nights?

"I just had a final presentation and the teacher had to watch everyone in the class, so it seems like maybe only some presentations caught her attention. The presentations were only a couple minutes and they were power point. So she really doesn't get to listen to us talk," said political science major, Jenna Spadaccini, junior, Mountainside, N.J.

Teachers assign these big projects, but they can't possibly give their undivided attention to each student. When you're standing up speaking in front of your entire class, it makes you feel that the work you put in is not being appreciated. You may not just get that impression from your teacher, but by your fellow classmates as well.

"Personally, I don't mind if my classmates don't pay attention to my final presentation as long as the teacher recognizes my hard work and I get a good grade in the end," said Criminal Justice major, Tara Pisciotta, junior, Manorville, N.Y.

I am a Media Studies major, and I know that the major entails an intense final senior project that takes the entire school year to put together. These students do phenomenal work and their efforts should be able to be seen by more people than just their professor and their media majors. Someone who is talented enough to create something to this degree should be noticed by the University as well as being honored for their hard work in any major here at SHU.

From personal experience I have realized that some students don't want their work to go past their classroom because they may feel embarrassed about their project being publicized. Public speaking is a common fear of many students so it can be difficult enough to talk in front of their small class, let alone in front of the entire student body.

A simple solution to this situation would be to have the work of an exceptional project be appreciated not only with an A, but also with some kind of praise for their hard work and at least the option of it being seen by others.

The SPECTRUM

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The Spectrum/ Kate Britjin
Student Editorials:

Catholicism doesn’t allow condoms at SHU

Elizabeth Aveni

I am aware that the school is based in Catholic teachings. One policy I find disturbing, however, is the ban on birth control. It is important that students are not only educated about birth control, but that the options are available to students.

My RA let us know that condoms found in a student’s room could be confiscated. Not only can condoms be taken away, but they are also not permitted to be handed out on campus. The school claims, “Information about various aspects of human sexuality is available.” Why are healthcare and counseling professionals not permitted to inform students about birth control?

It is dangerous not to promote the use of birth control. Condoms reduce the risk of pregnancy and sexually transmitted diseases. As adults, we are entitled to make the decision about sexual intimacy. It is imperative that we are educated about both abstinence and birth control. The information and supplies should be made available as well. Could SHU be more concerned with Catholic doctrine than they are about the safety of its students?

Health Services leaves students without secrets

Leslie Hartman

I am mortified with health services. I went to health services a few weeks ago complaining of head and chest congestion. I was embarrassed and humiliated by the questions regarding my sexual and drinking habits that I was asked during my appointment.

Once I stepped into the examination room I was asked a series of questions, which had nothing to do with my symptoms. I was asked how many sexual partners I have had and what kind of contraception I use. The nurse went on to ask me if I drink alcohol and if so, how many drinks do I consume on an average night of drinking.

What do those irrelevant questions have to do with my illness? It turned out that I had bronchitis. However, did I get the illness because of my sexual and drinking habits? No.

Health services needs to stop the inappropriate questioning because they are invading student’s privacy.

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Girls & Sports

by Justin Borus and Andrew Feinstein
The winter concert is an annual holiday-themed concert, and it is the culmination of a whole semester of work. Members of the academic music program spend the entire first semester learning the repertoire for this concert. The choral groups performed a selection of classical, jazz, and special holiday collections. It always helps to bring the spirit of Christmas early in December. The choral ensembles featured The Concert Choir, The Liturgical Choir Leaders, and 4 Heart Harmony.

The concert began with the Concert Choir singing “Give Us Hope” by Jim Papoulis’ Sounds from a Better World. The Concert Choir voices sang with sway and gave a powerful sound. The 36 members voices soared throughout the theater singing “Caroling, Caroling” and they ended with a holiday favorite tune “Baby It’s Cold Outside.”

The Liturgical Choir Leaders were up next performing two secular pieces. The first was “Angels Ad Virginem” meaning angel to the virgin. The choir had a really good balance. The mixture of boys and girls created a homogenous tone for the traditional Latin song. The second song performed was “Jesus on the Waterside.”

The choral assembly 4 Heart Harmony performed after with an assortment of Christmas songs. Included was “Deck the Halls,” hummed with a cheery resonance and “Winter Wonderland of Snow,” tenor-filled tones that picked quality and brought personality to the stage.

“They sang really well and it really puts yo in the holiday spirit. I enjoyed that the assortment of songs were diverse in their sound,” said Alex Gastiger, junior, Mystic.

Also included was the song “Homeward Bound,” a powerful tribute to America’s Veterans. The beautiful poetic lyrics in addition with magnificent arrangement made a superb act including quality tenor tones from Gregory Chase.

The finale of the winter concert included a combination of choirs 4 Heart Harmony and the Concert Choir.

“My favorite performance was the ‘Voices of Light’ piece by Paul Halley. We worked extremely hard in both ensembles to put it together, and it sounded beautiful with the flute, piano, bass, and percussion accompaniment,” said 4 Heart Harmony Member, Kristen McIntaire, sophomore, Avon. “The piece is extremely difficult for all parts and was a significant accomplishment for us.”

The choirs put on two concerts each year and you can catch the spring concert in May that plans to be themed with music from Broadway shows.

CELEBRITY REPORT

The Simpson Sisters

Holly Finneran
Staff Reporter

They sing, they act, they are a dynamic duo seen everywhere from the silver screen and red carpet to the small screen and stage. Ashlee and Jessica Simpson have made names for themselves in the music world, and are now adding more onto their résumés.

“Ashlee is into the whole punk rock style, but Jessica isn’t, and she was good in The Dukes of Hazzard,” said Billy Cash, freshman, Westchester, N.Y. With movies like “The Dukes of Hazzard” and “Employee of the Month,” Jessica has been working the big screen. Since then she has moved onto filming another comedy.

Ashlee had a supporting roll in the 2005 movie “Undiscovered,” but since then has decided to move to the stage. She made her stage debut as 'Roxie Hart' in the musical "Chicago" in London. She finished her five-week run on October 28 of this year.

Not only do the Simpson girls put out hit records but Jessica also has her own shoe collection bearing her name.

The girls have recently been covering the pages of tabloids for various reasons. Jessica has been on for her divorce from ex-husband Nick Lachey as well as recently for being seen with John Mayer. With rumors of a relationship Jessica Simpson and John Mayer have been all over the tabloids, the rumors stopped when publicists got angry denying that they had any sort of relationship.

But recently the tabloids have been publishing articles about the two together again.

While Jessica graces the covers for her ever-changing love life, Ashlee has been on covers for a far different reason. Recently she has been spotted with a changed face. Ashlee had plastic surgery to fix her nose and chin.

Ashlee was recently quoted in Britain’s "More" magazine saying "If people want to get surgery, it’s a personal thing, but it’s not something anyone should rush into. Once it’s done, it’s done.”

Jessica even revealed that she had her lips plumped with protein-based injections but stopped because she believed that they were ruffling her "natural look.”

On the music front Jessica just released a new single and music video for her song “I Belong to Me” off of her newest album "A Public Affair.”

Ashlee’s latest single “Beautifully Broken” can be heard on the latest season of MTV’s show “Laguna Beach: The Real O.C.”

Two talented sisters with many new things up their sleeves, they have plenty of talents to explore, from fashion trends and designs to acting in movies and on stage.
Restaurant Review:

Joe’s American Bar and Grill

Matt Brucato
Staff Reporter

Joe’s American Bar and Grill has provided a rich environment, fast and friendly service, and quality food to SHU students and Fairfield county residents for the past 10 years.

Located at 750 Post Road in Fairfield, a 15-minute drive from the SHU campus, a menu consisting of American cuisines ranging from soups, salads, seafood and pastas to burgers and steaks, and almost 60 different dishes. Joe’s has something for everyone.

“The menu has so much to offer, the hardest part is deciding what to order,” said Dan Reda, senior, Huntington, N.Y. “I don’t typically support them. But Joe’s is a big bar and the clam chowder is like it was sent from heaven.”

Joe’s New England Clam Chowder was voted the best Chowder award two years in a row in a Massachusetts chowder festival.

“I really like the chicken piccata and our burgers are pretty popular, especially with students and such,” said Melody Angeli, senior, Tiverton, R.I. “I haven’t tried anything there but I don’t like, especially the desserts.”

The slow roasted ribs and the meatloaf are two of Joe’s most popular dinners on the menu. The ribs are slow roasted for 9 hours and marinated in Joe’s own homemade barbecue sauce. Joe’s meatloaf takes the American classic and makes it unique as it is made with ground beef and chicken mixed with onions and fresh herbs.

“All of our beef is all grade A, USDA choice, lean meat,” said Joe’s waiter and SHU senior, Roy Bartolomeo, Fairfield. “Your not going to find quality meat like Joe’s at a Fridays or Chilli’s.”

Apart from the quality food, the staff at Joe’s will make your dining experience all the more pleasurable. With a personable waiting staff that provides fast service, Joe’s staff makes sure that your getting your money’s worth in terms of quality food, service, and atmosphere.

“The mahogany and brass accented dining room makes for a comfortable and cozy eating environment.”

The extensive bar offers a varied display of hard liquor and beer and the knowledgeable bartenders do their best to make even the most obscure drink requests.

“Joe’s is a great place to come with a few friends, have a drink, maybe get a bite to eat, and relax,” said Bartolomeo. “We get a lot of SHU students coming to Joe’s.”

Joe’s American Bar and Grill is open seven days a week and serves brunch every Saturday and Sunday.

“The front doors to enter Joe’s American Bar and Grill, a Fairfield hot spot.

“The Bachelor” Rome

Laura Scaglione
Staff Reporter

Talk about trying to find Mr. Right… or Mrs. Right. From the dating game to change of heart and the fifth wheel we have seen it all on television.

One particular show that has been popular enough to have ran its ninth edition this fall is “The Bachelor.” This time around the lucky bachelor himself was on a search for his lucky lady in the city of love, Rome.

“The Bachelor” is a reality romance series where one lucky gentleman gets the opportunity to meet 25 lovely and sometimes vindicative bachelorettes all for hoping to find his so-called woman of his dreams.

“I wasn’t really excited about this season’s bachelor. When the show first came out I remember that I would watch religiously but this year I was more of a Flavor of Love fanatic,” said junior Anisha Marcel, Central Islip, N.Y.

“The Bachelor” Rome is definitely not your average bachelor. He is 34-year-old Prince Lorenzo Borghese from the United States. Born to his parents Prince Francesco and Princess Amanda Borghese he was born in Milan, lived in Connecticut not too far from SHU, and was recently residing in Boston up until the show.

“The Bachelor also was no average Joe, yet a smartly put who graduated from Rollins College in Winter Park, Florida, and received his MBA from Fordham University.

In the two hour finale Prince Lorenzo Borghese selected Jennifer Wilson to be his number one pick. Jennifer Wilson is a 24-year-old eighth grade school teacher from Pembroke Pines, FL.

Following in the footsteps of some of his previous bachelors, Lorenzo did not propose marriage to Jennifer. Instead of getting engaged to someone he just met on national television he gave Jennifer a “promise-ring” that his own mother helped design. This family heirloom is a ring that he gave Jennifer was all in part of asking her to leave the “Garden of Eden” and join him back in New York.

According to Realityworld.com “The Bachelor’s” own words to Jennifer the night of the finale were, “We are in this Garden of Eden [and] I’m at the point where I know I love you—I love every quality about you—but I need to get out of this garden and go on Planet earth and see that these emotions I feel towards you are real as they are in Italy that they are in the United States and if you’re willing to take it on I’ll be right there with you, and this is what this ring is all about.”

“Personally I think the dude is playing it safe, you have this good looking, smart guy who comes from an awesome family that doesn’t need any fake chick trying to become famous messing up his swag”, said Andre Isla sophomore Bellport, N.Y.

The two will live together at the Prince’s apartment in Manhattan while “The Bachelor” himself tries to control his cosmetic entrepreneur business.

Only time will tell what is in store for the happy couple. Maybe it will be long term or maybe it will fall flat. But for all you “Bachelor” fans have no fear a tenth edition is here. At the end of the finale the new bachelor was introduced and he is no other than US Navy Lieutenant Andy Baldwin.

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The most wonderful time of the year, "cash for books"

Mark Weber
Staff Reporter

Sacred Heart University students, as well as other college students nationwide, face a common problem as one semester ends and another begins.

After finals are over and students head home for a well deserved vacation there is the question: "How do I get the most money back for my textbooks and be able to afford next semester's books?"

For several years now, textbook costs have been rising and, along with rising tuition costs, textbooks are becoming more difficult to budget for.

The proverbial question remains, who will give me the best deal?

Part of the answer is in the understanding of textbook buy-back practices.

"Buy-back rates are set by the bookstore and used book wholesalers. The stores pay the best buy-back rates on books that are going to be used on campus again next semester.

But, for the most part, the bookstore will only offer one-half of the new book price for new books and one-half of the used price for a used book.

These rates are also based on current store stock and price point which may vary from store to store and website to website.

SHU's own bookstore advertises on campus and on their website as, "Cash for Books."

The website indicates that it is simple, just sell your books back to the bookstore.

There is a section that helps to explain how prices are set.

Several factors are taken into account to determine how much you will get for your books.

The first condition is: books must be in good condition with bindings, coverings and having all printed pages.

Believe it or not, the amount of highlighting, underlining and any other makes students make to help them learn the material may decrease the book's resale value.

Another factor in resale is whether an instructor has ordered the text for next semester.

This increases the book's value. The SHU website indicates that this will make the book's worth between 30% to 70% or more of the original price," stated www.sacredheart.edu

Sell early because textbooks will be purchased until the bookstore reaches the shelf stock limit.

In essence, the bookstore does not want more copies than it will need.

If the SHU bookstore has reached its limit on a textbook for next semester, or it is not requested for next term but it is a current edition, they may purchase it anyway.

The amount of money you receive if this is the situation is "based on various criteria including national demand and needs of other bookstores," stated www.sacredheart.edu.

This book may be bought for its wholesale price and can be significantly less than you paid for the book.

Another way of selling your books, but less convenient, is online.

Campusbookswap.com, for instance, is a website run by and for students that allows you to get in touch with other students and exchange books.

In reality, there are dozens of websites available for resale and purchase.

Students need to look at online choices and comparison shop, which takes time but may be worth the time.

But if convenience is what you are looking for SHU bookstore may be a better option.

It is necessary that students take everything into account so they make the best choices and find the best values.

"I buy my books on e-bay so that when I sell my books here, I can actually get the amount of money I spent on them back," said Jen Purcell, senior Fairfield.

"It's better than buying the books here and only getting a third of the money back," said Purcell.

The Knit Wits stitch towards a good cause

Alyssa Ferdinand
Staff Reporter

A cozy comfort, knitting has become a popular pastime for the SHU community.

A specialty for the members of the Knit Wits club, yarn and needle, has given students a new trade to practice and to pass on.

Knit Wits is located in the Campus Ministry department and is an organization dedicated to the teaching and utilizing the skill of knitting.

It is a social gathering, a place where students can come to sit, relax, meet new friends and try something completely different.

"It was started four years ago by a professor here, Marion Calabrese, who commonly used and still uses her creative abilities to benefit other people," said Mandy Pittman of Campus Ministry.

Students can come to Knit Wits and learn the basics of knitting or pick up a new stitch and expand their talents.

Some of the club members are more than happy to be able to join in on the Knit Wits gathering.

"My favorite part is learning new stitches from everybody and getting a chance to socialize," said Katie Dodaro, sophomore, Hingham, Mass.

"I joined knit wits my freshman year and had no idea how to knit, the older girls who knew how to knit lent me a set of needles and let me pick out my favorite color yarn" said Racelle Deshaies, junior, Chicopee Mass.

"She [Marion Calabrese] had some students who were interested in learning how to knit and crochet and so she began this group," said Pittman.

"She opened it up to anyone in the SHU community who wanted to come together to make items for those in need," said Pittman.

Knit Wits participates in a charity effort to help others by knitting various articles and outdoor woolen accessories to wear and keep those in need warm during the cold months.

"Over the years the group has made hats, scarves, and mittens for the Evergreen Network," said Pittman.

The Evergreen Network works with and supports those affected by the HIV/AIDS virus.

The club supports them by putting together the effort to provide people with comforting and motivating gifts of warmth and inspiration.

"Knit wits is where people get together to knit crocheted hats, scarves, mittens, baby blankets, and prayer shawls for people in need in the community" said Dodaro.

"Cancer caps for cancer patients in local hospitals, and healing shawls for the oncology ward (specifically for breast cancer survivors) at St. Vincent's Hospital," said Pittman.

"Knitting may seem difficult but there are a few quick and easy steps to follow. Just cast on, knit and then maybe purl," said Pittman.

All are invited to come and participate in Knit Wits.

"They taught me how to knit basic stitches step by step and were very patient. It was actually really fun after the hang out if" said Deshaies.

"It meets Thursdays and Wednesdays, and also there is a faculty Knit Wits during a lunch hour," said Dodaro.

"Students, faculty, and staff participate year round (we even have a staff faculty group that meets in the summer)," said Pittman.

"We meet at least twice a week in the evenings while school is in session," said Pittman.
Delta and F.O.R.C.E Chaos Xplosion

Theresa Volilla  
Features Editor

This past Saturday Chaos Xplosion, a fundraising event for the Invisible Children organization, took place at the University of Bridgeport.

Sorority SHU F.O.R.C.E and Delta Phi Kappa sororities were in attendance to perform.

The Delta Phi Kappa sorority members performed a 3-minute step routine in the show.

SHU F.O.R.C.E, a team that often performs in events held off campus, was invited to perform by Delta.

F.O.R.C.E members were more than happy to contribute there time to the cause.

F.O.R.C.E performed the dance routine that they did for their kickoff.

The performance was set to the music of Justin Timberlake’s “sexy back.”

In addition to SHU F.O.R.C.E and the Delta Phi Kappa sorority there were several other performances featured.

“There were performances from groups within the university and other groups within the community,” said Monica Concha, senior, Babylon, N.Y., and class president of the class of ’07 and member of the Delta Phi Kappa sorority.

“Cultural performances including live band, Greek stroll, dances, and vocals,” is how the University of Bridgeport website described the planned itinerary of the evening.

“Overall I think both SHU F.O.R.C.E and Delta Phi Kappa did an excellent job,” said Concha.

The participants did this all for a more than worthy cause that is now receiving worldwide attention and outcry.

“Invisible Children is an organization committed to ending the war in Northern Uganda where children are forced to fight as soldiers,” according to the organizations website.

Some of the FORCE girls waiting to go on stage.

Students targeted for identity fraud

Mark Weber  
Staff Reporter

College Students can be prime targets for identity theft. Careless mistakes can create the perfect opportunity for this invasive crime.

There are many techniques for obtaining personal information, many of which people don’t readily think of. A typical move a student might do is to casually throw away credit cards that come in the mail.

A student may also not balance their checkbook or keep ATM receipts.

Thus, you are an identity thief’s means of financial support.

The focus of the crime is in the criminal acquiring the personal information necessary to commit impersonation.

“One student I worked with spent months filing affidavits for different states because someone stole her identity,” said Jill Angotta, Director of Special Services, Sacred Heart University.

“What started with some odd purchases she didn’t make on a Sears credit card she hadn’t used in a long time ended with another person wrongfully using her driver’s license in another state,” said Angotta.

The most common form of identity theft is related to credit card or check fraud.

Mortgage and other kinds of financial fraud are common, but most college students do not have to worry about that.

College students do have to worry about identity theft because most of our financial lives are dependent on credit and debit cards.

College identification cards are also sources of getting personal information. Meal plans and home information can be obtained also.

Students should be aware that their social security number is flashed all over campus; being used for identification purposes.

Pre-approved credit card offers flood student mailboxes every week. Whatever you do, don’t just toss them aside and forget about them.

An identity thief could pick up a stray application and apply for a card in your name.

If you get pre-approved applications for credit, shred them.

“I never really think about these kinds of dangers. I consider the people around me, my friends,” said Mike Madden, junior, Oceanport, N.J.

There are many ways that your identity and personal information can be stolen, they include: stealing mail from your mailbox, listening to public transactions, such as making a purchase, stealing personal information from computer databases; hacking into the data bases of large organizations, impersonating a trusted organization through telemarketing or electronic communication and finally through spam that asks you to respond to alleged contests.

Identity theft may also happen due to personal or corporate negligence.

This can happen when people do not shred confidential information or give out private information on the phone or unsecured internet sites.

Identity theft/fraud becomes much easier for criminals if corporate or government organizations do not protect consumer privacy.

The best way to minimize your chances of being a victim is to keep close tabs on all of your personal financial information.

The reality of identity theft/fraud is that the victim is left to clean up the mess.

One last thing: never, ever give out your social security number to anyone.

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Christmas Trivia

Theresa Volilla  
Features Editor

Here is some little known Christmas trivia according to Brain Candy Holidays on the website, corsinet.com:

The Christmas tree is a Christianized pagan custom; it originated in Germany and was later introduced to America where it became popular in the 19th century.

During World War II Americans had to mail Christmas gifts early for the troops in Europe to receive them in time. Merchants reminded the public to shop and mail early. The result: the long shopping season.

Ancient Celtic priests called Druids would collect mistletoe from their holy oak trees and offer some as a sacrifice to the gods around the New Year. Some would be hung up during a ceremony where people would stand under the mistletoe and kiss. This would show an end to their old grievances with each other.

In 1882 Thomas Nast drew a cartoon showing Santa sitting on a box addressed “Christmas Box 1882, St. Nicholas, North Pole”. That is where the North Pole originated.

Americans buy 37.1 million real Christmas trees each year; 25% of them are from the nation’s 5,000 choose-and-cut farms, according to the National Christmas Tree Association.

California, Oregon, Michigan, Washington, Wisconsin, Pennsylvania and North Carolina are the top Christmas tree producing states.

Oregon is the leading producer of Christmas trees.

Christmas trees are edible. Many parts of pines, spruces, and firs can be eaten. The needles are a good source of vitamin C. Pine nuts, or pine cones, are also a good source of nutrition.

In 1836 Alabama was the first state to recognize Christmas as an official holiday.

The Friday after Thanksgiving is not the busiest shopping day of the year. It is actually the fifth to tenth busiest day.

The Friday and Saturday before Christmas are the two busiest shopping days of the year.

An average household in America will receive 28 Christmas cards. They will mail out 25 cards.

Candy canes began as straight white sticks of sugar candy used to decorate the Christmas tree. A chemist at Cologne Cathedral decided they had the ends bent to depict a shepherd’s crook, he would pass them out to the children to keep them quiet during the services.

Christmas caroling began as an old English custom called Wassailing; toastrimg neighbors to a long and healthy life.
New offense, different results

This year the men’s basketball team is sporting a new look. The days of having an inside presence courtesy of Kibwe Trim are gone. The new run-and-gun offense that is resulting in much success this season is in.

For those of you who don’t know, Trim was the main offensive threat for the Pioneers in years past. He was generally among the leaders in points per game during his years at Sacred Heart and ended up as the NEC’s leading scorer last year.

Yet with Trim gone, the Pioneers have turned to a team that likes to shoot first and ask questions later.

Leading the way for the offense this year is senior guard Jarrid Frye. The Queens, N.Y. native is playing well this season, looking to recapture the success he had last year as one of the NEC’s leading scorers.

Frye tallied 17 points and seven rebounds last Monday night when the Pioneers beat Yale the first time in six meetings by a score of 90-80.

Keeping up his role as floor general, senior Tavio Hobson has taken on a more active role, taking more shots this year while also maintaining as the team’s best passer.

Contributing from the outside are junior Drew Shubik and senior Luke Granato. Shubik has continued to improve this year and Granato has kept up his reputation as a deadly three point shooter, making teams pay dearly when he gets open looks at the basket.

A pleasant surprise for the Pioneers this year is freshman Chauncey Hardy. Arguably the fastest player for the Pioneers, Hardy has impressed many with his quickness on both offense and defense. His efforts have not gone unnoticed, as he has been named Sacred Heart athlete of the week just about a month into the young season.

Hardy also proved that his 6’0 frame doesn’t give him and disadvantage on the court when he threw down a tenacious dunk against Yale.

The new fast paced offense has kept the Pioneers in many games and generally has been the main reason for their three wins.

However as shown in games against UCConn and UNC, not having an all star center has hurt the Pioneers against teams that are strong in the middle.

However, Liam Potter showed great promise Monday as he scored 12 points and grabbed six rebounds.

Now, everyone must play big. By doing so, Sacred Heart will be able to run down most of the opposition, right into the NEC tournament.

Men’s basketball boasts six players with double figures in win

Brian Fitzsimmons
Sports Editor

Having six players score in double figures in a game hasn’t been normal for the Sacred Heart men’s basketball squad. Shooting a scoring 57 percent from the floor has been another shortage this season.

But in a game where both scarcities occurred, one thing stayed consistent as always. Senior Tavio Hobson, Seattle, rose to the occasion once again in the final minutes of what turned out to be a 90-80 victory over Yale on Monday night.

“Tavio was a big one for us since we were coming of two losses.”

The spark of the offense, the noticeable chemistry between teammates, and impressive poise of the freshmen were three elements that helped Sacred Heart, who is now 3-5 overall, overcome a Bulldogs comeback late in the game.

The Pioneers constructed an 18-point lead in the first minutes of the second half, which was capped off by a ferocious fast break dunk, by freshman Chauncey Hardy, Middletown.

However, all the Ryan Litke scores, Luke Granato trademark three point bombs, and Joe Henley dirty work in the post wasn’t enough to put Yale away in what looked like an inevitable blowout.

The Bulldogs needed every one of guard Eric Flato’s seven three pointers to cut the deficit to five points with 1:43 remaining, but Hobson then took over. The 6-0 guard converted on a three point play with 1:11 left to

See FITZSIMMONS page 13...

Chris Morrow The Spectrum

Tavio Hobson played a big role Monday.

Chris Morrow The Spectrum

Mike Barrett

Spectrum Columnist

Drew Shubik has been part of the run and gun offense.
UConn routs men's basketball in Storrs

Chris Morrow
Staff Reporter

The Sacred Heart men's basketball team made the trip to Storrs to take on one of the nation's top ten teams and came back empty handed.

It was the UConn Huskies' persistence that drove them to an 89-46 victory over the Pioneers.

Sacred Heart lost control early. Their only lead came 3:20 into the game with the Pioneers 5-4. The Huskies would dominate from there on out, ending the first half with a 45-19 lead.

The Pioneers lack of size was crucial throughout the game. Sacred Heart was only able to put up 22 points in the paint, while UConn dropped 50 points down low.

"Sometimes when you play [poorly], it's your own fault. Sometimes when you play [poorly], it's the other team's fault," head coach Dave Bike told the Connecticut Post. "I'm going to blame them for as bad as we played."

The Huskies forced 20 turnovers on which they capitalized by scoring 25 points, as the Pioneers were only able to come away with eight points off of 13 turnovers.

Sacred Heart couldn't take advantage of rare given opportunities either. Late in the second half, Joey Henley came down court on a break away, only to miss an open lay-up. A few plays later with the open court, Henley went up for a dunk only to have it bang off the rim.

"They came at us offensively, they came at us defensively. We were over-matched," said Bike in the post game press conference.

The Huskies ran with three guards most of the night to match up with the Pioneers smaller size, a factor that helped the Huskies and proved to be the difference.

"We had to play small. It's the smallest team we've played," said Connecticut head coach Jim Calhoun.

Doug Wiggins was a spark off the bench for the Huskies offense, finishing with 12 points and five assists along with Craig Austrie who also put up 12 points.

Ryan Litke led the Pioneers in scoring, coming off the bench scoring nine points, followed by Jarrid Frye who had eight.

Freshman Chauncey Hardy ended the night with seven points, four assists and six rebounds.

The win against Sacred Heart marked Connecticut's 25th consecutive win at home.

Sacred Heart finished up their two game road trip at Columbia University. Although the game was more evenly stacked, the result was no different, falling 76-71 to the Lions.

The Lions played the perimeter well, hitting 12 of 21 from three-point range. Columbia guard Niko Scott was 4 of 5 from beyond the arch.

Hardly lead the Pioneers fight with 19 points and four assists. Henley and Frye added 12 points to the Sacred Heart offensive effort.

The Pioneers shot 30 percent from the field while Columbia shot 54 percent.

With 6:55 left in the second half Columbia saw its largest lead of nine diminish as Sacred Heart began a comeback, cutting it down to a 64-60 lead with a Hardy three-pointer.

With under a minute left in the game, Frye had a chance to bring the Pioneers closer to a victory from the free throw line but was unable to convert the three-point play.

Frye would return to the line moments later. He made only one of two shots, allowing the Lions to hold on and secure the victory over the Pioneers.

FITZSIMMONS from page 12:

increase the lead to 88-80 and the Pioneers never looked back.

"[Hobson] made two important plays," said head coach Dave Bike. "If he doesn't make that three point play, it could have been a different game, so we were fortunate."

The Pioneers were behind early in the first half, but strung together an 18-6 run to take a comfortable 40-31 lead into the locker room at halftime and never trailed again. Granato scored nine of his 12 points in the second half, and Litke dropped in 11 points to help senior, Jarrid Frye, Queens, N.Y., who had a game-high 17 points, put up 90 points for the second consecutive home game.

"If you pencil us in for 90 points every game, I'll take it," said a chuckling Bike.

Maybe asking for 90 points every game is unrealistic, but this squad gave their coach everything he needed.

"We shot well, but in this kind of game you need to," said Bike. "They shot 36 free throws because with a man-to-man defense, you feel more." Bike and his troops will need to continue to execute a functioning defensive scheme tonight, as they start their Northeast Conference campaign against Robert Morris.

The Colonials boast arguably the conferences' most talented player, A.J. Jackson. Jackson's 20.7 points and 9.3 rebounds per game have helped the Colonials earn their way to the No. 14 ranking in to the country's mid-major Top 25 poll.

"Coach always says sports don't build, they rebuild," said Hobson, whose team didn't attempt 20 three point field goals for the first time in a game all season.

There is no better place to begin building than the start of their NEC journey.

Have a question or comment? Email your thoughts to Sports Editor Brian Fitzsimmons at FitzsimmonsB@sacredheart.edu

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HI 101 Civilization OL
HS 301/HS 501 Spirituality in Health Care Care Day
MU 112 Music in America Day
MS 101 Introduction to Media Studies OL
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PO 121 Introduction to American Gover. Day
PS 295 Health Psychology Day
PS 313 (Previously 213) Abnormal Psychology in Film Day
PS 335 Learning and Memory OL
RS 101 Introduction To Study of Religion OL
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www.sacredheart.edu
Men’s Ice Hockey skates to two ties with Air Force

Sean Connington
Staff Reporter

In men’s ice hockey action Friday night, the Pioneers hockey team traveled to Colorado Springs, Colo. to face Air Force at the Cadet Ice Arena.

Junior Alexandre Parente, from Boisbriand, QC scored the game-tying goal with 1:24 left in the third period and senior Jason Smith, from St. Lambert, QC made 35 saves in goal as Sacred Heart and Air Force battled to a 3–3 tie.

With 1:29 left in regulation and trailing by a goal, the Pioneers called timeout and pulled Smith from the net. Senior Pierre Luc-O’Brien, from Nicolet, QC won the offensive zone face-off and got the puck back to Kalen Wright, from Cudle Lake, SK.

Wright ripped a shot from the blue-line and Parente was in part of the net to deflect the puck. It trickled just past Peter Foster and inside the post to tie the game.

Air Force jumped on top first when Brian Reese netted a power play goal 6:44 into the game. With the Falcons on the power play, Mike Phillipp fired a shot on goal that was stopped by Smith. However, the rebound bounced back to Reese who slapped a shot that beat Smith to give the Falcons a 1–0 lead.

Freshman Dave Jarman, from Toronto, ON tied the game for Sacred Heart halfway through the opening period. Senior Peter Ferraro, from Pleasantville, N.Y. intercepted an outlet pass from behind the net and fed a pass to Jarman at the corner of the net.

Jarman put the puck into an open corner of the net, beating goaltender Peter Foster for his fourth goal of the year.

O’Brien gave the Pioneers the lead with 6:17 left in the period. O’Brien took a pass from Scott Marchesi, a junior from South Portland, Maine, moved into the offensive zone.

Marchesi dealt out a defensive man as he switched to his backhand, and slid the puck around Foster for his 12th goal of the year.

Air Force tied the game at the 2:34 mark of the second period. Bill Devoney from Air force ripped a shot from the blue-line and Phillipp was in front of the net to deflect the puck past Smith for his 11th goal of the year.

Josh Frider gave the Falcons the lead at the 7:59 mark of the third period. Junior Eric Ehni fired a shot towards the net and Frider tipped the puck out of mid-air, past Smith to make it 3-2 Air Force.

Air Force had the best chance to win the game in overtime, as Andrew Ramsey fired a shot from the top of the circles the clanged off the post.

The Falcons had control of the puck for long stretches in the game, and ended up shooting the Pioneers 38–25 for the game.

The Pioneers are still in good shape this season. Sacred Heart is the first overall team in the conference above Air Force, with a .647 winning percentage and 18 points.

The Pioneers will take on Bentley on Dec. 21 and 22 and they will go in with the National Player of the Month and the AHA Goalie of the Week.

Arnone leads Women’s Ice Hockey to victory

Bridget McGowan
Staff Reporter

On Saturday afternoon at the Wonderland of Ice in Bridgeport, Conn. Sacred Heart pulled off a 7-2 victory over Trinity capturing their fifth victory of the season.

Sophomore Gina Arnone of Bridgewater N.J. record ed a hat trick and added two assists. Senior goalkeeper Stephanie Boulay of Anchorage, Alaska also had a big game, stopping 28 total shots.

The Pioneers were quick to get on the board. At the 5:21 mark of the first period, Sacred Heart scored on their first power play opportunity. Allie Gillman of Montreal, fired a shot but Bantam goalkeeper Isabel Jachiw made the stop. However senior Michelle Panella of Malboro, N.J. rebounded the shot to score the first goal of the game.

Sacred Heart added to their lead when Arnone took a pass from junior defenseman Devon Gustin of Augusta, Maine. The pass fired along the boards allowed Arnone to breakaway and scored with a little over four minutes left in the period.

"Some clear cut passes between Dziama, Arnone and Rideout helped score some powerful goals," said Boulay.

By the 3:43 mark of the second period the powerful trio had established a 4-0 lead over Trinity.

The Bantams finally got on the board midway through the period with two quick shots. Britney McKenna slammed a shot right past Boulay off of an assist from Michelle Chee. Soon after, Chee once again came back to score Trinity’s second goal of the game.

The Pioneers however would respond. Freshman Sandy Parlato of Needham, Mass. blasted a shot which was rebounded by Arnone to notch her second goal of the game and the Pioneers’ second power play goal.

Arnone completed her hat trick off of a pass from Dziama to crush Trinity’s hopes of victory. Junior Sarah Hichman of Amherst Mass. finished off the game with a feed from Kristina Feltz of Edison N.J. just 14 seconds after the previous goal was scored.

The Pioneers out shot Trinity 40-30 and finished 2-4 on the power play. The penalty kill unit shut out the Bantams 0-4.

“We really want to make sure we are decisively beat ing the teams that we are better than as well as giving some of the bigger [division 1] teams some very good games,” said senior captain Boulay.

The Pioneers will return to the Wonderland of Ice on Tuesday night when they host Connecticut College. The puck drops at 7:00 p.m.
Athletes bring character to campus

ESPN refer to themselves as "the total sports network." This is both true and misleading. The network is terrific at covering sports especially the one's in which people have the most interest.

But what about all the rest?
I fall into the trap too. I love to talk about football, baseball, basketball, hockey, and the popular sports that everyone "cares" about.
But again what about all the rest?
Sacred Heart has 32 division 1 sports, and I am often one of the first to complain about how some obscure sports seem "useless."

But this weekend something remarkable happened.
Senior Payam Zarrinpour, Shiraz, Iran won his 100th career wrestling match. Zarrinpour is nationally ranked in college wrestling and is easily the best wrestler to ever come from Sacred Heart.
Zarrinpour is one of the most decorated wrestlers in the country. He is a two-time academic All-American, in one of the most demanding and time consuming majors, Athletic Training.
He is also one of the most visible athletes in the university community, as his size and stature are both difficult to miss as he walks down the hallway or around campus.
I bring this up because there are a large majority of athletes at Sacred Heart who are visible on campus.

At many universities this is not the case, athletes are often isolated and separated from the university community, except for athletic events.

But over the course of four years at Sacred Heart, I have been fortunate enough to communicate and become friendly with many of the athletes in the university community.

There are an inordinate amount of student athletes at Sacred Heart, and it is often impossible to not see them in the hall, in Flk, or in class.

But, the number of sports and athletes at Sacred Heart make our university special. The fact that there are sports like wrestling, men's and women's bowling, both track and field and cross country team's, amongst others make our university special, breed camaraderie, and help our students do something they love by staying in shape as well.

I have friends who play sports at bigger division I schools, and they hate playing, because it is a hassle, and the coaches make it un-fun. But the athletes at SHU play games, practices, and tournaments in all weather, in front of sparse crowds, and at all times of day and night, almost every day.

Crew practices on a river every morning at 6 am. Fencing practices, some days, until 10 pm. Equestrian has shows on Saturday's and Sunday's all over the northeast and sometimes leave as early as 4 am.

These are the stories that do not get the recognition from even our own athletics website. And with lifting, running, and practices, there is little to no off-season for the athletes here.

Classes are difficult enough as it is, and to juggle all of it for very little other than love of the game is truly remarkable. I give the athletes here all the credit in the world.

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Pape back in form

Christie Gangnath
Staff Reporter

Amanda Pape showed just how big she thought of a Big East conference opponent as she helped to pick up a 76-69 win for the Pioneers Friday night against the Providence Friars.

The combination of sophomore Kaitlin Sowinski, Hopkinton, R.I., and Pape combined to score 48 of the Pioneers 76 total points, but ultimately it was Pape’s final line that opened the eyes of all fans in attendance. The senior finished with 25 points, 14 rebounds and 9 steals.

The joint effort of Sowinski and Jasmine Walker, senior from Amityville, N.Y., put the Pioneers up with shots from inside the paint in the opening minutes. First with Walker’s pair of lay-ups and then followed by Sowinski’s advancing a quick 10-3 lead.

“Kaitlin has made us extremely deep in the post. She and Jasmine are two of the best players in the league,” said Pape. “They do a great job of opening up the game for the rest of us. It makes us a different team.”

“Tonight was the first time this season it was like having the old Amanda out there,” said Sowinski. “But we came in tonight, all of us, so sick of losing that we wanted to just come out and take it to them.”

Prior to Friday’s win, the Pioneers had come off a tough opening season record of 2-4. The Pioneers have won three straight against the Big East dating back to last season.

Sophomores Liz Gruber, Staten Island, N.Y. and Katie Brown, Manhawkin, N.J., both stepped up for the Pioneers to ensure the lead was kept. Gruber grabbed the lead with her free throw and Brown with a three from the corner with less than seven minutes left in the game.

“Khalia Cain has stepped up and look at Katie Brown who came in and buried a huge three for us in the second half,” said Pape.

Both Walker and Cain, sophomore, Manchester, finished in double figures with 10 points each. Walker also added a pair of blocks to her Northeast Conference leading totals for this season.

Sacred Heart will return to action Saturday to host Saint Francis of Penn. in the NEC opener where sources say Kerri Burke will be in action after missing time due to injury.
New look offense built to run down opponents: Brian Fitzsimmons and Mike Barrett break down the new Pioneer attack

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TIED UP
Pierre-Luc O'Brien and Jason Smith both received awards the same week the hockey team ties Air Force.

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DOING BIG THINGS
Amanda Pape and Kaitlin Sowinski star in win over Providence.

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