

## SHU Ranked Second in CT Alcohol Violations

Brittany Lockhart  
Staff Reporter

According to the Connecticut Post, Sacred Heart University is ranked second in the state of Connecticut in reported liquor violations.

In 2003 SHU had 474 reported violations, which represented a large decline from 2002, when there were 745 reported. While binge drinking is a problem on campuses nationwide, students in Connecticut drink more on average than their peers nationwide.

According to a study done in 2001 by the Core Institute Center for Alcohol and Other Drugs at Southern Illinois University, nine in 10 Connecticut college students know their campuses have alcohol and drug policies. Only two-thirds believe they are enforced.

Charlie Thompson, a freshman from Long Valley, NJ, said, "I think the alcohol policy here is ineffective. We have a tougher policy than most schools, but it doesn't seem to stop people from drinking. It goes with the theory, the more you try to enforce something, the more people are going to rebel against it."

Alcohol use is only permitted for students of legal age who live in off campus University residence facilities, only when all residents of the apartment are of legal age. All other residence halls on or off campus are considered "dry," and no alcohol or alcoholic containers are permitted. Open containers of alcohol are not permitted in community or common areas at any time.

Lisa Attina, a senior from Brentwood, NY, said, "I think it is unfair to those apartments who have 21 year olds in it.

In a household, as long as you are 21 you can drink no matter who else is in the home. Here, all the residents of the apartment have to be 21 before there can be alcohol in it."

in the pub area. Kegs are not permitted on SHU property. These strict rules may contribute to the reason why SHU ranked above more lenient universities.

Joe Matrale, a freshman from Scotch

Students in dorm rooms where alcohol is present may be considered in violation of the policy for not leaving or reporting violations. The policy also states that public intoxication is unacceptable behavior for a SHU student, and will result in disciplinary action. Students are responsible for the actions of their guests regarding alcohol possession and use.

Amanda La Para (junior, Paterson, NJ) said, "I think it's good to have a policy such as ours to keep everyone safe on campus, especially freshmen, but just by living here for three years, I know for a fact that there are ways around it and many people don't take it seriously."

There have been things done to try and cut down the amount of violations, such as the formation of an Alcohol Coalition Committee. This committee has programs in the dorms and works with the police to check for students in bars and liquor stores. Trying to make it harder for students to buy alcohol is one of the most effective preventative measures.

Mandatory alcohol and drug classes are put in place for students who break the rules.

Jennifer Binns, (sophomore, Wethersfield) said, "I feel that [these classes] are pointless. Everyone has had required drug and alcohol classes before. If you're going to do it, another class isn't going to stop you. You already know the consequences."



The Spectrum/DANYA JIMENEZ

Empty beer cans collected by Resident Assistants after enforcing Sacred Heart's dry campus policy.

State law and SHU policy mandate that no person under the age of 21 purchases, obtains, possesses or consumes alcoholic beverages. SHU enforces the state of Connecticut's alcohol laws. No one may give alcohol to anyone under the age of 21. Any alcoholic beverage out of the original container or having a broken seal is considered an open container, which is not allowed on campus except

Plains, NJ, said, "I think the drinking policy is fair. If you are drinking under 21 it is illegal no matter what."

Diana Bramante, a sophomore from North Bellmore, NY, said, "Obviously if we aren't 21 they cannot allow us to drink in the dorms. I think no matter what people know that it is a college campus and as far as the students go, they just need to be responsible."

## 'Tis the Season to be Spending

Sarah Decker  
Kayla O'Brien  
Staff Reporters

It's true that with the holidays come presents, but with the season comes stress, credit card debt, and depression. According to a USA Today poll, adults aged 18 to 24 will spend a total of \$537 on their loved ones. While the holidays are anticipated as "the most wonderful time of the year," many college-aged adults become overwhelmed with the stress that mounts.

"I had to get a job this year just so that I could be able to buy presents for everyone," said junior Tony Diaz (Middletown, NY). "On top of my school work and baseball, the job just added more stress to my life."

As indicated by CardTrak, an online consumer-credit research group, "Americans will charge nearly \$108 billion in retail purchases on general-purpose credit/charge cards, signature debit cards, and store credit cards, about 6.2 percent more than 2003," during the



AP Photo/HAL SMITH

Christmas shoppers reach for DVDs that were on sale in Wal-Mart in Kansas on Nov. 26.

29 day gap between Thanksgiving and Christmas. These costs are in addition to everyday spending including groceries, gasoline, and travel.

"I remember back in high school when my friends and I did Secret Santa

with a spending limit of \$20. Now in college, my roommates and I are spending \$50 for our Secret Santa. I can't imagine if I had to buy presents for everyone

♦See "Christmas Spending..." Page 2

## Dr. Pavone Shares Facts for AIDS Awareness

Diane Szmidt  
Staff Reporter

Encouraging words sprung the start of AIDS Awareness Day; Educate, Motivate, and Mobilize against HIV/AIDS were the words of the Sisters of Phi Omega Tau as they helped to promote AIDS Awareness on Dec. 1.

Dr. Pavone, Assistant Professor of Psychology, spoke in the University Commons to help educate and inform students and staff about the dangers of HIV and AIDS.

Pavone urged students that cases of AIDS are a growing epidemic in the United States.

Pavone said, "67 percent of new cases of HIV and AIDS are from women and girls ages 15-24, your peer group. And it is a growing problem."

Dr. Pavone posed a question to her audience, asking why young women are

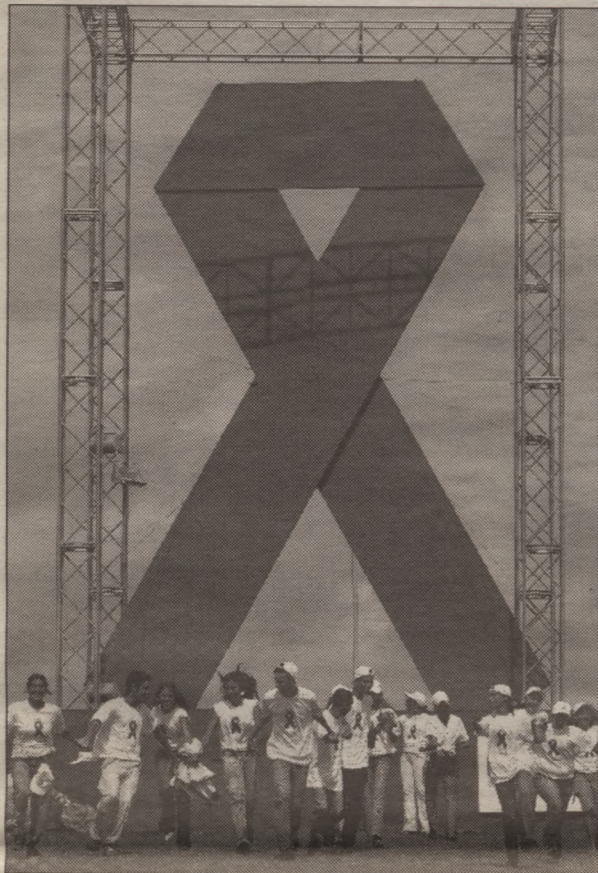
♦See "Dr. Pavone..." Page 2



# CAMPUS NEWS

## Dr. Pavone Speaks to Students for National AIDS Day

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AP Photo/ERALDO PERES

**Brazilian youths run in front of a big red bow, the symbol of the AIDS Movement, during commemoration of World AIDS Day in Brazil on Dec. 1.**

contracting HIV/AIDS. It was an open ended question simply answered by the mere fact that many young women are having unprotected sex, not because they do not know how to use contraceptives but because of the thought, 'it's not going to happen to me!'

Dr. Pavone explained this optimistic bias, saying that thinking that it can't happen to me, but only to people living in slums or using drugs is not a resourceful outlook, because anyone can contract HIV.

Recently Dr. Pavone learned that a woman at the age of 57 was telling people to be careful with whom you sleep with, because she recently contracted HIV.

According to the Center for Disease Control and Prevention Youth Report of May, 2002, the risks of contracting sexually transmitted diseases are high at any age.

It is estimated that there are 40,000 new infections in the United States each year. At least half of these infections are among people under 25 years of age.

Pavone said, "I think that the most important thing about AIDS awareness is that abstinence from sexual activity is an option that should not be ignored when making behavioral decisions. If abstinence is not your choice, practice safer sexual behaviors, (i.e. condoms), do not engage in IV drug use, do not share needles, do not have sex with IV drug users and remember that prevention is the key."

It is also important to take in consideration, who your partner is. Those using drugs are at higher risk of contracting HIV/AIDS.

Pavone warned, "be advised that if you are dating someone using needles stop dating them!"

Statistics show that African American women account for an increasing proportion of new HIV infections in the United States.

AIDS is now the leading cause of death for African-American women ages 25-34 according to AIDS Epidemic Update, Dec. 2003.

There has also been an increase in mother-to-child transmission of HIV. It is accounted that 91 percent of all AIDS cases is reported among U.S. children, researched by the Center for Disease Control and Prevention/HIV/AIDS Surveillance Report 2002.

Overall, an estimated one-third of new infections in the United States occur through heterosexual contact. According to the Center of Disease Control Prevention, since the beginning of the epidemic, more than 450,000 people have died of AIDS in the United States.

your gum or happen to have a cut on your lip, that blood can be transmitted through oral sex."

The Sisters of Phi Omega Tau felt that Dr. Pavone did an excellent job informing them about the seriousness of HIV/AIDS. After the speech many of the girls shared their comments.

"One thing that stuck in my head is that 'it can happen to you.' Everyone has that bias that it could never happen to them but of course it can. We learned that it is important to take all precautions because it only takes one time to transmit the disease," said Kaitlin McLoone, a sophomore from East Chester NY.

McLoone continued, "Use condoms, don't hook up with an intravenous drug user, or just say NO it all comes down to that. Dr. Pavone gave us statistics of the ratios of HIV transmission and it was very alarming. Something like 65 percent of the millions of people who contracted AIDS are women! This just makes me want to protect myself even more than I already do."

While Dr. Pavone spoke with language to captivate the attention of 18-21 year olds, she got the point across that AIDS is a reality.

"It's not just a disease that people in third world countries are devastated with. It happens here in the United States, to anyone," said Erin Maurer, a junior from Larchmont, NY.

Maurer learned an important lesson from Dr. Pavone. "She really made me



AP Photo/MARCIO JOSE SANCHEZ

**Kelly Hart places his hands on a memorial for AIDS victim at the National AIDS Memorial Grove in San Francisco. Ceremonies took place at the grove on Dec. 1 in honor of World AIDS Day.**

A reoccurring question that was posed and concern that was asked, was what is happening to the decisions we make when it comes to whom we are with and if we choose to have sex?

"Incidentally is oral sex, sex? Yes oral sex is sex," Pavone said.

Blood products transfer the HIV virus. "Say you are flossing your teeth and cut

understand that AIDS doesn't discriminate, no matter what the statistics are come the end of the year. Aside from seeing the movie Philadelphia, I had no prior knowledge of how AIDS affects the family structure. It is interesting that AIDS is one of the only diseases to actually cause a separation in the family rather than unity to cope with a crisis."

## Christmas Spending Stresses Students

Continued from Page 1 ♦

in the apartment," said junior Brianna Plosky (Middletown).

A survey commissioned by In Charge Institute of America, a non-profit personal-finance education and credit-counseling group showed that 75 percent of people ages 18 to 29 are likely to overspend this season.

"I feel like people should stop concentrating on buying and focus on what the holidays are really be about," said junior Sandi Signorelli (Harrison, NY).

While studying for finals and writing papers, college students find it hard to get in the holiday spirit. Arriving just six days after the last day of finals, Christmas Eve is just another deadline to many Sacred Heart students.

Luckily, just as the growing economy is all over the news, so are simple spending solutions. Making a list, shopping early, paying cash, bargain hunting, comparative shopping, and creating a reasonable budget are all options for students. For those whose funds are low before beginning their spending, a helpful hint is to "get busy" and use their hands to make thoughtful gifts.

"Everyone's in desperate need of cash to buy the perfect gift for their boyfriend or girlfriend, but when it comes down to it, something that means a lot may not necessarily have to cost a lot," said Kevin Kimball, a sophomore from Framingham, MA.

"At the risk of sounding like Scrooge, everyone needs to remember that it's over within a month and once Christmas Day comes, it's all worth it," said freshman Laura Scaglione, from Staten Island, NY.

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# CAMPUS NEWS

## Italian Club Comes Back to SHU

Brittany Lockhart  
Staff Reporter

This year SHU has seen the revival of a club named Ciao Italia. The club disbanded some years back because of a lack of interest, but this year someone decided to do something about it.

"Over the summer as an orientation leader, people in my group asked why there wasn't an Italian club on campus. When I came into the school I thought there was one also, and I was disappointed when I realized that there wasn't, so I decided I wanted to try and revive it this year," said club president Diana Bramante, (sophomore, North Bellmore, NY).

The purpose of the Italian club is to foster an understanding and appreciation in the Sacred Heart University Community of Italian and Italian American culture, through lecture, social activities, and films. It is to establish relations with students who have an interest in Italian and Italian-American culture.

The advisor of the club is Dr. Claire Marrone, a professor in the foreign language department at SHU.

"We also owe a big thanks to Tina

Shah because she has been the biggest help in getting us started and answering millions of my questions. We definitely would not be a club if she hadn't helped us

club and I'm glad that I was able to help Diana bring back the club this year. There was one back in my high school and it is good to see that the SHU community



Contributed Photo/DIANA BRAMANTE

Ciao Italia establishes relations with students that have an interest in Italian culture.

through everything. She continues to help us even now," said Bramante.

"I'm excited to be a part of the Italian

has responded so well and enabled us to become a club," said James Minieri, a freshman from Bronx, NY.

At the end of October, the club held a movie night in Holy Grounds. Approximately 30 people came to watch, *Ciao Professore*, a film about a grade school teacher that is transferred to a decrepit school in southern Italy.

"I think at first people were a little hesitant because the film was in Italian, but after a while you don't even notice the subtitles anymore. At the end of the night everyone wanted to know when the next movie night was going to be," said Bramante. The movie night is just the first of many activities they've planned for this semester.

Their plans for this semester include movie nights and an Italian cook-off, where people will enter, make food, and win a prize. More events include volunteering at St. Margarete's, co-sponsoring an Italian coffee house on Dec. 7, and an Italian feast with food donated from local families on Dec. 8. They are also planning bigger activities, like a trip to Little Italy for the spring semester.

For more information on the Italian club, contact Diana Bramante at [bramanted@sacredheart.edu](mailto:bramanted@sacredheart.edu).

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# CAMPUS NEWS

## Nancy Sidoti Appointed New Dean of University College

Umberto Torrielli  
Staff Reporter

Nancy Sidoti, of Stamford, has been appointed Dean of University College of Sacred Heart University. University College provides resources and educational programs to the region's adult and corporate communities through SHU's



Contributed Photo/SACRED HEART PRESS RELEASE

**Nancy Sidoti was recently appointed the Dean of University College. Sidoti has been a member of the Sacred Heart community for 22 years.**

campus.

The University College is aimed at providing adults all the necessary information and tools in their quest for knowledge and continuous learning. It is therefore crucial for the Dean of this important institute to hold all the credentials necessary in order to lead and guide those interested in pursuing studies at a later stage.

Ashley Flynn, a junior from Oceanside, NY said, "Mrs. Sidoti is more than qualified to be appointed Dean. It seems as though she has the ambition and drive to achieve the goals she has in mind. I feel she will be a positive attribute to the university."

Indeed, Sidoti received an Associate of Science degree from Housatonic Community College and was also a Summa Cum Laude graduate of Sacred Heart where she was discerned a Bachelor of Science degree as well as a Master of Arts in Teaching.

Philip Scali (senior, Fairfield), who was informed of Sidoti's record said "It appears as if she is the perfect fit for this position. Her experience speaks for itself and she seems to be familiar with the area. It's important that we have someone to represent SHU's image at the University College, especially for those of us who

might be interested in pursuing studies at SHU as adults."

Besides her role at Sacred Heart, Sidoti is also a member of the Business Council of Fairfield (SACIA), the Society for Human Resource Management (SHRM), the American College of Healthcare Executives (ACHE), the American Society for Training and Development (ASTD), the American Management Association (AMA), and the Bridgeport Regional Business Council (BRBC).

Although the name may sound new to some, Sidoti is not a newcomer to Sacred Heart. She has been part of the University for 22 years and has held several positions such as data entry clerk, assistant registrar, and admissions coordinator for the university's Stamford campus. She was also the first director of admissions for University College when it was founded in 1998 and she then later was appointed the interim dean.

In a press release Sidoti said of her new mission as Dean of University College "I fully understand what it is like to be an adult

student, because I have experienced what it is like to juggle working, family responsibilities, and earning a degree at the same time. I hope that as Dean of University College, I can make the term 'Lifelong Learning' more than just a title of some enrichment program, but a defining principle if the request of adults to reach their goals - even if it takes a LIFETIME."

Michele Julian (junior, Monroe) said, of Sidoti's statement "I feel that the new Dean is more than qualified for this position! She seems like a very intellectual and caring person. Not only does she have working values, but family values as well. I am sure she will fit right in to her new position since there are several women already in high positions and not to mention the fact that she is also a SHU graduate."

For those interested in more details on the University College and its functions, the UC's website is the best source of information and can be found at: <http://uc.sacredheart.edu/>.

*\* Information on Mrs. Sidoti compiled from a Sacred Heart University press release.*

## New Trustees Appointed at SHU

Courtney Piliero  
Staff Reporter

On Nov. 18, Sacred Heart University was pleased to have three new individuals join the staff of our highest governing body, the board of trustees.

All three new trustees have a lot to offer, and as said by sophomore Kristyn Nicastro (Island Park, NY), "after hearing about the qualifications of each of them I



Contributed Photo/WWE

**Linda McMahon, WWE chief executive officer, is one of three new members of Sacred Heart University's Board of Trustees.**

am very confident that they will provide Sacred Heart with superior work, and be a great addition to our school."

The names of the new additions to the faculty are: Linda E. McMahon, Vincent A Maffeo and Rosanne Badowski. They each offer something different to further the growth of the university.

McMahon is the chief executive officer and co-founder of World Wrestling Entertainment and has served on the Board of Directors of World Wrestling since it was founded in 1980. With the responsibility of CEO McMahon is well versed in daily business operations, as well as, technical and administrative functions. On top of this, McMahon was also the company president from 1993 to 2000.

Being a supporter of many charitable programs McMahon is involved with the Make-A-Wish Foundation, the Multiple Myeloma Research Foundation, the USO, Connecticut Special Olympics, and the Starlight Foundation.

In addition, she was involved in the development of WWE's get R.E.A.L

national educational and literacy programs and is known for her encouragement to engage the youth in voting.

Vincent A. Maffeo, another new member, is the senior vice president and general counsel of ITT Industries, Inc, where his responsibilities include taking on all global accountability involving the Fortune 500. Graduating with Summa Cum Laude and Phi Beta Kappa from Brooklyn College in New York Maffeo received a Bachelor in Art's in political science and then went on the Harvard law School.

Prior to joining ITT Industries in 1977 Maffeo was an associate with Simpson Thacher & Bartlett in New York City. As well, admitted to the Bars in New York, California, Virginia, Michigan, and the District of Columbia.

Since 1977 Maffeo has served on the Board of Directors of the Fund for Modern Courts, and also has been a part of the Boards of Directors of Foundation Chile and the Pro Bono Partnership.

The third addition to the new trustees is Rosanne Badowski, who is an author, as well as the assistant to the legendary former Chairman and CEO of the General Electric Company, Jack Welch.

Badowski worked for the General Electric Company for 25 years where she held an array of positions in Legal, International Human Resources, and Executive Management. She also became the Executive Assistant to John Welch in 1988 and has continued her work even after Welch's retirement in 2001.

Badowski was also a former student of Sacred Heart as she received her associate's degree and a Bachelor of Science degree in Business Administration, as well as, being the author of *Managing Up: How to Forge an Effective Relationship with Those Above You* which was published in 2003 by Doubleday.

Taryn Brady (Senior, Larchmont, NY) said, "I am very excited to have such a well diversified addition of people become a part of school. I think it is important to know about those in charge and I am pleased that we have also had a Sacred Heart graduate come on board."

*\* Trustee information compiled from a Sacred Heart University press release.*

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# BEYOND SHU

## Huge Holiday Displays Take Over Neighborhoods

Don Babwin  
Associated Press

Greg Parcell isn't thinking about the 50,000 lights all around him, or the computer that has them blinking to the beat of "Let it Snow" on the radio.

Instead, his mind is on what's missing as he stands in what seems the one empty spot in his front yard.

"I still have to put up the penguins around the campfire," he says.

Parcell, 47, is a toy soldier in a growing army of Christmas enthusiasts becoming more sophisticated at turning yards into blazing monuments to the holidays.

New companies are cropping up with elaborate, automated decorations and the computer equipment to coordinate them, giving anyone with a wallet the ability to create scenes similar to a theme park.

Tens of thousands of people also have found a way to skip all those hours out in the cold hanging lights - opting to hire private companies to deck their halls for anywhere from a few hundred dollars to thousands. One such company, Texas-based Christmas Decor, has grown from 300 customers to over 32,000 in the past eight years.



AP Photo/NAM Y. HUH

**Holiday decorations and high-tech, computer-coordinated lights fill Greg Parcell's front yard Wednesday, Dec. 1, 2004, in Geneva, Ill.**

For anyone lacking ideas, the Internet has plenty to offer.

PlanetChristmas.com shows displays around the globe and gives homeowners a chance to swap ideas, see the latest gadgets and register for the next "Lights Up" symposium.

Melissa Williams, an owner of Christmas Done Bright in Sevierville, Tenn., said customers, particularly middle-aged men, "want to decorate everything. They compete with their brothers and neighbors."

For Williams' company, that has translated to well over \$1 million in sales of lighted wire silhouettes every year since 1999, up from \$42,000 in 1992. The silhouettes range from a simple wreath to an elf that appears to be shooting presents from a cannon into a sack.

Dan Baldwin founded a company called Light-O-Rama two years ago after seeing the fuss people made about the display at his Garfield, N.J., home.

play at his Garfield, N.J., home.

"It's pretty much addictive," Baldwin said. "We have people who say, 'Don't tell my wife. Can you not put the price in the box when you send it?'"

Throughout the country, people upset over the noise, traffic and garbage that comes when people descend on their neighborhoods to view the displays have fought back in recent years.

In Little Rock, Ark., some residents were so upset about a display with 3 million lights - said to be visible from 80 miles away - that they got the state's supreme court to agree it was a public nuisance and order it scaled back.

In Monte Sereno, Calif., a couple whose huge display attracted thousands of passers-by angered neighbors and led the city council to require a permit for any exhibit lasting longer than three days. This year, the yard holds a 10-foot Grinch, its spiny finger pointing at the house of the neighbors who initiated the complaints.

Smith, of PlanetChristmas.com, decided to give his neighbors in Franklin, Tenn., a bit of a break. After the crush of visitors forced him to hire off-duty police officers to direct traffic, he moved his show to a nearby church where there's more room.

## Connecticut News

John Christoffersen  
Associated Press

STAMFORD, Conn. - Job growth remains weak in Connecticut as business executives express caution about creating jobs because of rising costs for health care and other challenges, economists said Thursday.

The state's job loss rate of 3.6 percent outpaced the national rate of 2.1 percent and lasted longer than the nation during the economic downturn, said Edward Deak, a professor of economics at Fairfield University.

"Job growth in Connecticut has been very limited in terms of our participation in the recovery," Deak said at a conference sponsored by the Connecticut Business and Industry Association. "We're still seeing an erosion of the manufacturing base."

Deak predicted modest growth of 21,000 new jobs next year and 19,000 in 2006, with the state's unemployment rate remaining at 4.7 percent.

He cited concerns about job cuts at Bayer in West Haven and other companies and said efforts by Sikorsky Aircraft Corp. to win a contract for the next fleet of presidential helicopters

would have major implications.

"There's a lot at stake in this particular contract," Deak said.

While the nation added more than 300,000 jobs in October, Connecticut actually suffered a slight decline in jobs, Deak said.

At that pace, the state would not reach the job total of last year, Deak said.

CBIA issued a survey of its members in Fairfield County that showed caution about creating new jobs due to rising business costs.

Almost half of the executives cited rising health care costs as their greatest cost concern, followed by 15 percent who cited state and local taxes; liability insurance, 12 percent; transportation problems, 11 percent; and worker's compensation costs, 10 percent.

"Rising costs are a huge concern for companies in Fairfield County and across the state," said Pete Gioia, an economist for CBIA. "It's no wonder that many executives are cautious about adding substantial numbers of new jobs in this climate."



## National and Global News

**JIDDAH, Saudi Arabia (AP)** Islamic militants threw explosives at the gate of the heavily guarded U.S. consulate in Jiddah in a bold attack Monday, then forced their way into the building and held civilians at gunpoint, prompting a gunbattle. At least 12 people, including five local staff, were reported killed in the three-hour assault. Saudi security officials said four of its forces died in the clash and the Interior Ministry said three of the five attackers were killed. The other two were injured and captured in the first militant assault since May. Five members of the consulate's non-American staff died, according to the U.S. Embassy.

**WASHINGTON (AP)** President Bush on Monday pressed Congress to pass legislation to revamp the nation's intelligence agencies, despite the concerns of some House Republicans who are holding up the bill. "I believe we've addressed the concerns, by far, of the majority of the members of both the House and the Senate," Bush said during an Oval Office meeting with Iraq's interim President Ghazi al-Yawer.

**BAGHDAD, Iraq (AP)** U.S. troops fought a gunbattle with insurgents along a busy street in Baghdad on Monday, sending passers-by scurrying for cover, witnesses said, while five U.S. troops

were reported killed in separate clashes in a volatile western province as insurgents stepped up attacks ahead of next month's elections. The violence came a day after gunmen ambushed a bus carrying unarmed Iraqis to work at a U.S. munitions dump near Tikrit, killing 17 and raising the death toll from three days of intensified insurgent attacks to at least 70 Iraqis.

**WASHINGTON (AP)** Major League Baseball should enforce stronger rules against steroid abuse by players on its own, but Congress will require changes by law if necessary, leading lawmakers said Sunday. Sen. John McCain, the driving force behind changing how baseball polices performance-enhancing drug use, said Sunday he believes President Bush would sign a bill into law.

**WASHINGTON (AP)** President Bush, on a day of new violence in the Middle East, expressed determination to see Iraq hold elections on Jan. 30 and said they would show that terrorists cannot stop the march of democracy. Meeting Ghazi al-Yawer, the interim Iraqi president, Bush said that a free society in Iraq "will be a major defeat for the terrorists." If terrorists were allowed to stop the election, it would "send a wrong signal to the world and send a wrong signal to the Iraqi people themselves."



# Perspectives

## Sacred Heart Students Experience The History of Psychology in Person

Caitlin Moreira  
Contributing Writer

On Monday, Oct. 25, four students from Professor Christina Taylor's Experimental Social Psychology class, Caitlin Moreira, Kimberly Keating, Jessica Kaloyanides, and Stephanie Murphy, traveled into New York City to attend a symposium at Fordham University. I was one of those four students and now consider myself one of the luckiest ones.

I have sat in many a professor's class here at Sacred Heart University and wondered, why do I care about the history of psychology? I just want to learn what is happening right now. I guess I never realized just how powerful being a part of that history could be. For those who are not aware, Dr. Taylor was Stanley Milgram's last student -Milgram died only hours after Professor Taylor successfully defended her doctoral dissertation. When Dr. Taylor first told us this in class, I was not only shocked, but very impressed. As a psychology student, I have heard numerous times about Milgram's contributions to the field of psychology; never did I expect to have one of his students (and a famous one at that!) as my professor. So, with the encouragement of Dr. Taylor, three of my classmates and I ventured to Fordham University to hear another man, by the name of Robert Levine, speak about Milgram's pioneering days as a social psychologist and his work on the Social Psychology of Living in Cities.

When we first arrived at the symposium, we were quite apprehensive about the idea of sitting in a classroom with people we had never met (thank goodness

we had each other!) and possibly being singled out. Fortunately we were singled out. We were asked where we were from and, not at all to my surprise, we were the only ones who were not graduate students in social psychology.

The symposium began with Dr.

all of these accomplished and wonderful researchers, biographers, and professors, and now we get to meet the widow of this amazingly intelligent man! I felt so privileged in that moment.

Sasha shared stories with us about her husband and his work. It's amazing

train?" Stanley Milgram took that question and turned it into a social psychology question.

Robert Levine was the third speaker to present at the symposium. For me, this was especially wonderful because in Dr. Taylor's class we are replicating part of Levine's study, "Helping in 36 U.S. Cities," this semester. As he spoke, one of my classmates, Kim, looked at me and told me to make sure that we tell him what we are doing in our class. So, at the end of the symposium, when it was time for comments and questions, I raised my hand and told Professor Levine about the replication of his study that we were carrying out. How exciting it was to be a part of the history of our field!

We instantly became the topic of the symposium discussion. We joked on the way home that we felt as if we were celebrities! We were asked to have our picture taken to send Professor Levine our finished research papers at the end of the semester. He told us that he wants to know our findings and also extended his encouragement to participate in a conference being held in April of 2005.

This trip, for me, as well as my classmates, was a very exciting and memorable one. If I remember anything besides all of the wonderful times outside of the classroom, this surely will be one of the best memories I will take with me as a result of being inside the classroom. It was a wonderful opportunity to feel accomplished and established as an undergraduate researching student. All of those that we met at the symposium were not only kind-hearted and intelligent, but were also able to make us feel special in a very important, and mature way.



Contributed Photo

**Professor Christina Taylor's Experimental Social Psychology class, traveled into New York City to attend a symposium at Fordham University.**

Thomas Blass, the man who wrote the first and only biography of Stanley Milgram. He spoke about Dr. Milgram and his accomplishments. As the other presenters spoke, I kept looking back at Mrs. Milgram, wondering what she was thinking about. At the end of Professor Blass's speech, he asked Sasha Milgram to speak about Stanley. To think, we were meeting

to know that so many influential experiments in psychology came from everyday questions that we've probably all thought about. Sasha told us that Milgram thought about asking people directly to give up their seat on the subway because one night at dinner, his mother-in-law asked, "What is wrong with young people today? Why don't they offer us old folks a seat on the

### To The Spectrum team:

In the past year, much of my paper trail at Sacred Heart University is inter-

twined with a literal paper trail, thanks to my involvement with the newspaper. Recalling the first article I wrote, I remember mostly the sentiments that went along

with the process of writing it: the fear, stress, and anxiety. Apprehensive I was meant for the reporting world, I doubted I could keep pace with the constant stream of demands and decisions involved in journalism. And yet, somehow, writing for The Spectrum became something I looked forward to doing each week. Somehow, the role of a reporter captivated me, and I allowed it whole-heartedly to do so.

Because of my involvement with The Spectrum, this past year has been a significant pleasure. The experience of being (predominantly) a news reporter has been of great worth in every sense and I cannot express my gratitude for having been encouraged by so many people to remain with the paper for longer than I intended.

To the editors: thanks for always making me feel welcome in the office, especially while lingering about on "Manic Mondays" and "Tumultuous Tuesdays" as you prepared the paper for printing. Why was I there?

Because the atmosphere was inviting, the editors were welcoming, witty, and amusing, and the constant stream of stress and actions in The Spectrum's office was ironically attractive. There was determination and focus in many of those at work during those stressful days of the week, but there was also something refreshingly personable, and these alluring attributes lured me into this the world of productivity and passion.

In my time working with The Spectrum, I have not only worked with an excellent group of fellow writers and reporters, but also, I have encountered some of the most fascinating individuals on campus, thanks to the research, interviewing, and leg-work involved in covering each story. For those members of the SHU community who have helped in any way during the process of writing an article: thank you. Writing for The Spectrum also allowed me to experience the university in a way unlike any other role or commitment to the school. I was actively pursuing something—a lead, a story, a person—and was fueled by the thought of writing a piece I'd be proud to see in print. Of course, there is an obvious reward in writing for the paper—recognition of hard work and achievement—and yet, writing for The Spectrum is about so much more than the materials final result.

Members of The Spectrum team, please be proud of what you've accomplished. Be proud of the commitment each of the editors, staff members and other associates, as well as advisor Dr. Danowski, has made to the paper. Most of all, be proud of who you are as a body of professionals uniting to do something beneficial for Sacred Heart: informing

the community in a way no other source is capable of doing. You have tackled a magnanimous task, as well as what many cannot even fathom attempting, and that is truly an admirable trait.

As a whole, the newspaper has never looked better. Sleeker, more professional, and more substantial than ever before, The Spectrum has truly grown into a definitive and respectable newspaper. For these same reasons, the new website, too, is the perfect online counterpart to the paper's print version. This past year alone has seen the paper transform from an often overlooked publication to one that students feverishly devour as soon as each issue arrives every Thursday morning. I have no doubt that the camaraderie and commitment among staff and editors has had much to do with this improvement.

I write not to boast of an organization of which I am part of, but rather, to celebrate it and to thank all those whom I've encountered while being a part of The Spectrum. Members of The Spectrum team are more than a body of journalists doing their job: they are a family. I wish you all much more success in the ensuing semesters and may The Spectrum continue to prosper in the SHU community and the world of journalism. Thank you all for allowing me to have experienced all the positive attributes involved with being a member of "Sacred Heart's News Source." My final year here at the university could not have been better. The professional experience has been practical; the memories, however, are invaluable.

Sincerely,  
Cristina Baptista

### The SPECTRUM

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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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# He Said... She Said...

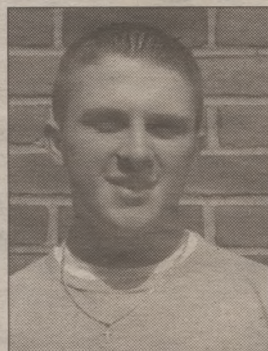
## Tell us your thoughts on the the book

### "He's Just Not That Into You"

Robert Roy  
"He Said" Columnist

As much as I don't like relationship advice books or magazines, I have been won over by Greg Behrendt and Liz Tuccillo, the authors of, "He's Just Not That Into You." This is an innovative book that I recommend to both girls and guys. Yes, I said it gentlemen, this book will benefit you as well. This is not the type of reading you would expect; it is not the typical two or three angry women, whose relationships have failed, completely bashing men and all of our actions.

Actually, this book is dominated by Greg for the most part, who is revealing what men "really" mean by their actions and how women need to stop denying the fact that they sometimes are just not wanted. He covers almost every topic that could arise while dating and I do agree with most of the meanings he portrays. He is very truthful in his words and while reading this book you will find yourselves continually saying, "Wow, I have done that, and yes, that is what I meant by my actions." Guys, I say this cringing a bit, but I do believe that this book could help you build a stronger relationship with your girlfriend. Honestly, it will help you avoid many fights and uncomfortable situations.



The Spectrum/DANYA JIMENEZ

By reading this book and using reverse psychology it will help you to avoid these actions and keep you out of trouble.

Girls, I would say it is safe to take Greg's advice. There are many truths that he reveals and he seems to be genuine in his advice. However, you still need to evaluate your own relationships accordingly and follow your own heart. Do not simply look at his advice as black and white, but more as a gray area that can be used as a guide to understand your boyfriend's actions. It is very easy to relate your own experiences to those of the women in the book and that creates a useful implement to understanding guys. After evaluating your own feelings and the advice of the book I would then and only then recommend you take action.

Athena Soriero  
"She Said" Columnist

"He's Just Not That Into You" the entire premise of this Sex and the City inspired text is really rather simple. The entire 165 pages of this guide to understanding guys harps on one single concept the whole time; every page, chapter, section, question, and answer all goes back to those six simple words: He's just not that into you.

Every girl should read this book. It forces you into an epiphany like state of sudden enlightenment.

At first it makes you feel kind of stupid for wasting so much of your time making excuses for why guys don't call back or are incapable of committing and never realizing that the real reason is that, he's just not into you. As harsh as this may sound the authors' intentions are not to make you feel like a loser who is unable to attract a decent guy. The main objective of the book is to remind you that no matter how old, lonely, scared, bored, or desperate you are; there is no excuse for you not to be treated like a queen. It raises your expectations of males and acts as a self worth pick me up reminding you that you're worth it.



The Spectrum/DANYA JIMENEZ

The book is set up in a really light easy to read Q&A fashion. The answer always being: "He's just not that into you." The only thing I disliked about the book was its Chinese water torture style of repetition. Then I realized that the continual repetition that left no room for argument, question, or rebuttal is necessary in order for the concept to sink into the female psyche.

Although written primarily by a man, it would be really interesting to hear a males perspective on this book written about their dating behaviors, to see if any of it holds any truth. Also if girls across the nation are reading this book and adopting its ideology as their personal mottos then guys should most certainly consider taking a gander.



Thursday Dec. 2, 2004 was the second to last Senate meeting of the semester. Mr. Jim Barquinero from the University Cabinet was a guest speaker at the meeting and addressed a few of the follow-up questions Senate had after SOTUA.

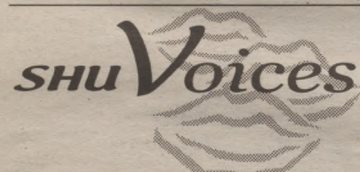
One of the questions that remained in the minds of many Senators and students after the State of the University Address was: "Did we really get three new University Trustees?" The answer to this question is yes. Recently our Board of Affairs was reviewing resumes to find new trustees who would be able to broaden the horizons for the University. After much discussion and review Linda McMahon, CEO of WWE was just one of the three proposed trustees. McMahon is a leading female CEO in the local area and when asked to become a trustee for SHU she was honored to accept.

One of the projects the Senate took on this semester was to get the large flower pots out of parking spaces. These spaces, being taken up by empty flower pots are taking up valuable spaces which could be making a difference in the problem of the lack of places to park on campus. After talking with Building and Grounds and Public Safety our concern was expressed and plans to move the pots were made. Just recently, the pots were moved, however trees were put in the place of them. A miscommunication between the students and University staff existed as to the goal reached by moving the pots. Rather than looking at the move as an addition of parking, the staff thought the intent was to get rid of the dead greenery. Barquinero volunteered to assist the Senate in correcting the plan and promised Senate the trees would be moved immediately.

Another question brought to Barquinero by the Senate was regarding the University's contract with FLIK. Several Senators were concerned with the lack of response the company has been having to student concerns. Conversation was held as to discuss possible suggestions for improvement and change. Barquinero also offered to help Senate in setting up a meeting with the President of FLIK. Senate hopes to meet with him early next semester.

The Senate would also like to congratulate the Spirit, Tradition, and Athletics Committee. As of Wednesday Dec. 1, 2004, the SHU ZOO has been approved to be an official club at Sacred Heart University. Thanks to the work of Jim Daly and Teri Jacob this spirit group is a reality.

- Contributed by Erin Maurer.

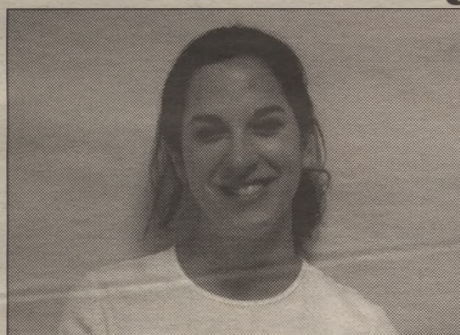


## What's on your Christmas list this year?



"A scarf from Aeropostale and a new Phi Omega Tau Sweatshirt"

Liz Dumas  
Oakville ~ Senior



"A new bed."

Angela Mercer  
East Lyme ~ Senior



"New roommates"

Derek Wells  
Eastport, NY ~ Senior

## The CARTOON of the week



The Spectrum Cartoonist/ ALYSSA FERDINANDO

**Come voice your opinion at a Senate Meeting!**  
**Thursdays at 7:40 p.m. in the Faculty Lounge**



# Arts & Entertainment

## Class Clowns

EN 375 STUDENTS SHOW OFF COMEDIC TALENT IN FACULTY LOUNGE

Deja Kreutzberg  
Staff Reporter

Have you ever pondered the reason why there are a million Christmas songs that all sound exactly the same, or why SHU has renamed their dorms with such confusing titles, or how it really feels to be an R.A. to a bunch of rowdy college students? Well these are the topics that Dr. Sandra Young's Advanced Composition class tackled last Friday during their individual stand up comedy acts. Held in the faculty lounge, the class presented their stand-up acts in front of a live audience.

"We had been plugging the show in our classes and in our clubs, but we were so amazed at how many people showed up to support us," said Christine Fahey, a junior from the Bronx, NY.

The show was kicked off by guest host Brian Gardner. His amazing energy and hysterical jokes set the stage for a great afternoon full of laughs.

"I was extremely nervous when I saw the crowd, but after Gardner started it off, I was so pumped to do my stand up," Fahey continued. "He got all of us excited to show off our hard work."

The show completely blew away many members of the audience. While most of the Advanced Composition students had never set foot in front of such a large audience, all looked completely at ease on stage and won over the crowd within seconds.

"I wasn't expecting the comedy show



Lindsay Halle [left] and Kacy Lansing [right] work their comedy magic. Both girls are members of Dr. Young's EN 375 class, which recently put on a stand-up comedy show in the Faculty Lounge.

to be that funny. I mean I felt like I was in some comedy club somewhere and not just in the faculty lounge here at school," said Danielle Bachini, a senior from Feeding Hills, MA.

While poised and confident, the students from EN 375 had only been preparing for the performance since midterms.



The Spectrum/DANYA JIMENEZ

Each was required to create their own material, which is a hard feat for even the most skilled comedians.

"Writing standup is really hard," explained junior Amber Kemish, from Durham. "I ended up getting material from my own life experience. I mean, when a bunch of girls are forced to live

together, there is always drama and that gets laughs."

Topics ranged from "I Like Being a Man" by Terrance White, "I'm Smooth" by Chris Faber, "Super Hero's" by Alex Kantarelis, and the crowd favorite "Housatonic to SHU" performed by Brian Thorne. The students had the audience dying with laughter and commanded everyone's undivided attention.

"After all our hard work and preparation, it was so rewarding to hear the audience laughing and enjoying our routines. I will never forget it," said Lindsay Halle a sophomore from Storrs.

"We couldn't have done any of this without Dr. Young by our side," added Faber, a junior from Pequannock, NJ. "She'll pretty much laugh at anything, so she really gave us the positive reinforcement that we needed to get up on stage."

"The class truly exceeded my expectations," said Dr. Young. "Not that I didn't know they could do well, but because there were so many people in the audience, I was worried about stage fright. But that didn't happen and they did a marvelous job."

While the show lasted only one afternoon, the memories that this class walked away with will linger much longer.

"The standup gave me a lot of confidence in myself," said Fahey. "I was so nervous to begin with, but once I got up there, I felt so comfortable. It was one of those trial-by-fire type of exercises, but our class not only survived the test, we rocked it!"

## Hothouse Flowers Thriving Again in U.S.

Alex Kantarelis  
Staff Reporter

After a decade-long break from the biz, Irish musicians Hothouse Flowers have released their first U.S. album in ten years. *Into Your Heart*, which came out earlier this year, showcases a dynamic mix of rock and gospel pushed along by vocals that are also influenced by soul.

Diehard fans have been waiting for this release, and have high hopes that it will propel the band back into full force.

The album opens with the single "Your Love Goes On," which is a cheerful upbeat song. With everything from a gospel choir to a horn solo, the song blends with the warm vocals well.

Track four, "Tell Me," is another memorable song with a catchy piano riff opening. The song has great potential as a single and feels like something from an iPod commercial. The mix of piano and a pounding drum beat makes it the most solid song on the album.

The album ends with "Sí Do Mhamó Í," which acts as the perfect conclusion. The track, sung entirely in Gaelic, would thrill all Irish folk music fans. Recorded live in Minneapolis, the song features the traditional tin whistle synonymous with classic Irish folk songs.

Hothouse Flowers has a long history, getting their start 16 years ago in Dublin.

They built a huge cult following in Ireland and throughout most of Europe, especially with the college crowd. The band had major radio airplay in both Europe and the United States with their hit "Don't Go" which quickly became a classic 80's gem.

In 1993, while at the top of their game, the band took a hiatus, as lead singer Liam O'Maonlai was unhappy with the state of the band and was grieving the death of his father.

After a much longer break than they first expected, the band reformed to write their fourth studio album, *Born*, in 1997. The album had more edge to it than earlier releases and was considered a critical success. *Born* led to U.S. tours in 1999, 2001, and 2002, and the band even scored an opening slot for the Rolling Stones on their Bridges to Babylon tour.

Earlier this year, the band returned with their fifth studio album, *Into Your Heart* which features 13 new songs, as well as the band's usual blend of rock, folk, and gospel. The album is sure to please longtime Hothouse fans, and open the minds of Irish folk music followers everywhere.

**MUSIC REVIEW**

★★★★☆

Hothouse Flowers, *Into Your Heart*  
(2004, Eleven Thirty Records)



Contributed Photo

*Into Your Heart* marks the first U.S. release for Hothouse Flowers in almost a decade. The band has garnered critical recognition from publications around the world as well as fellow Irishmen U2.



# SHU Art Students Again Recognized by Society of Illustrators

Bridget Madden  
Staff Reporter

On November 10, Aron Caruso of West Nyack, NY and Christian Farrington of Lynbrook NY, were nationally recognized for their exemplary artwork. Selected from over 900 students, their watercolor paintings were chosen by professional artists to be received into the Society of Illustrators of Los Angeles (SILA) "West 43" Exhibition.

The Society of Illustrators in both Los Angeles and New York acknowledged Caruso's "Endangered Crocodile" and Farrington's "Red-Eared Slider." The students were commended for their artistic achievements and talents and, in 2005, their artwork will be displayed on the website of the student section of the society's "West 43" exhibit.

The judges of the competition were comprised of 10 jurors, all of whom are professional designers, illustrators, and art directors. The students were then given the extraordinary opportunity to have their work evaluated and viewed by professionals, peers, and the public.

"It's an honor to be recognized for my painting, 'Endangered Crocodile,'" said Caruso. "It's remarkable that both our paintings have now been given awards on both coasts."

This award places Caruso and Farrington in opportune positions as future artists. The students' professor, Jack DeGaffenried, was responsible for entering his students into the competition and, because of this decision, his students have been nationally recognized twice in seven months.

"I'd like to thank Jack [DeGaffenried] for believing in his students enough to



Contributed Illustrations

Aron Caruso's "Endangered Crocodile" [above] and Christian Farrington's "Red-Eared Slider" [below] were recently honored by the Society of Illustrators of Los Angeles (SILA). Both artists were recognized last year as well by the Society of Illustrators of New York for the same pieces of art.

enter their works into exhibitions and making them nationally recognized artists," continued Caruso. "The Sacred Heart Art Department is lead by a group of extremely talented teachers and their influence is reflected in the students that have graduated and will graduate in the years to come."

The field of art is a difficult one in which to achieve recognition and status. The students here have exceeded their limits and impressed professional artists. By doing so, they have accomplished in the time of their college career what many adults strive for all their lives.

"This opportunity to have my work displayed in such a prestigious exhibit prompted me to reach my goals as an illustrator and gives me more confidence in myself," said Farrington.

"The Society of Illustrators is one of the two most respected professional societies in the illustration field," said DeGaffenried. "To have two Sacred Heart University students recognized in this manner is quite impressive."

Last year, the students were recognized by the Society of Illustrators of New York for the same pieces. Both works were then displayed at the society's Museum of American Illustrators.

"This is a remarkable accomplishment as well as further proof of the excellence of their artwork," continued DeGaffenried. "This certainly speaks quite well to the quality of work not only from these students but from the Art Department as a whole."

"This experience has been amazing and unreal," added Farrington. "I will take this honor with me through the rest of my education at Sacred Heart University and throughout my career."

## ENTERTAINMENT BRIEFS

### On-Campus Events

#### SATURDAY, DECEMBER 11

• The improvisational team Chicago City Limits will perform their Christmas show "Revenge of the Reindeer" for one night only at the Edgerton Center for the Performing Arts. The show is a compilation of sketches, song parodies and on-the-spot audience suggestions. Tickets are \$15 and the show begins at 8:00 p.m.

#### SUNDAY, DECEMBER 12

• The Paul King Orchestra will present "Holiday in the Miller Mood" at 3:00 p.m. at the Edgerton Center. The big band ensemble will feature musical arrangements of classic Christmas songs. Tickets are \$15 for students and \$20 for general admission.

### National News

• The suspense thriller "The Forgotten" will hit video stores on January 18, 2005. The DVD release will feature two versions of the film: the original theatrical cut and a new extended edition with deleted scenes and an alternate ending.

- Compiled by Patrick Scalisi

## Happy Holidays From "The Spectrum"

Don't forget to catch these flicks over the holidays:

- "Ocean's Twelve"
- "Blade Trinity"
- "The Aviator"
- "Meet the Fockers"
- "The Life Aquatic"

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# Features

## CREATIVE CORNER

### Imitation of Shakespeare's "Sonnet 18"

James Michael Ashworth  
Contributing Writer

Her presence embodies  
beauty over all?

Surpassing the qualities  
of nature

The wind torments, her  
surroundings do thrall

Short the season, the  
essence brings features

From above, guilt,  
remorse, a sense is felt

Beckoning bright bril-  
liance—the grandeur  
fades

As beauty depreciates  
love too melts

The season passes and  
beauty finds shade

When gone the summer's  
memory remains

So goes perfection as it is  
perceived

Eternal clouds of time  
won't change thy name

Time tick-tock's tales that  
ought to be believed

This gained permanence  
like a sacred scroll,

In this remembrance let  
time take no toll.

## Making Picture Perfect Moments During the Holidays!

Eugene Stacy  
Staff Reporter

With fall semester almost complete, students are planning ahead for the Christmas holiday. Needless to say, some have jobs lined up, while others await the chance to relax and chill out.

During this holiday break, one might think work is the last thing on any college student's mind. However, making money appears to be top priority.

"I plan to work over Christmas break. I already have two jobs lined up as a waitress and cashier," said Nichole Kieltyka, a sophomore from Yonkers, NY.

"I will be working my butt off to try to put some money in my account and earn some Christmas shopping money," said Lauren Macchio, a sophomore from Lake Grove, NY.

An alternative will be to mix business with pleasure.

"Besides spending time with my family, I am going to work so I can get some money, and I am going to spend time with my friends," said Ashley Byron, a sophomore from Point Pleasant, NJ.

Travel plans are definitely in the works for some Sacred Heart students. A wide range of destinations are on their itineraries.

"My family is definitely planning on going to Florida the week after New Years. In Florida, we are planning to watch my sister run the Disney marathon," said Dale Cialfi, a freshman from Armonk, NY.

"Over the Christmas holiday, I'm going to Hershey, Pennsylvania, where I will spend time with friends, shopping and hopefully working," said Johanna Prentki, a junior from Blue Point, NY.

Some will journey half way around the world, far from campus life.

"I plan on spending my Christmas break in Trinidad and Tobago, which is where my family is from. I plan to spend most of my days on the beach relaxing and taking in the beautiful scenery," said Genelle Rougier, a sophomore from Uniondale, NY.

On the other hand, there are those students who can not get enough of both their college campus and the friends they have made.

"Of course, I'll be back at SHU to cheer on the basketball teams. I hope to take a few trips to see my best friends from Sacred Heart," said Stephane Neubauer, a junior from Farmingville, NY.

Christmas festivities are special for the undergraduates. They are planning to spend time with family and friends, making some Kodak moments.

"My plans for Christmas break include shopping with family and friends and holding a Christmas present wrapping marathon the day before Christmas Eve. All my brothers and sisters put up our personal ornaments and my parents take a lot of pictures," said Erin Maurer, a sophomore from Meriden.

Obviously, most college students are preparing themselves for the holiday recess. Whether using their free time to work or play, most students have taken the opportunity to formulate their plans ahead of schedule.



AP PHOTO/ NATHAN BILOW

Skiing offers one of the many picture perfect moments this holiday season.

## Holiday Cookie Trays on Sale



Pioneer Food Court

2.5 lb Tray

Only \$19.95

Happy Holidays From Flik



# Looking Back: Learning the History of Christmas

Meghan Parisi  
Staff Reporter

Christmas time is just around the corner and yet many of us still do not know how this holiday has come about. Of course we all know that Christmas is about the birth of Jesus Christ and the celebration of all the good and virtuous deeds he has done for all, but what about the traditional aspects of the Christmas holiday?

The history of Christmas dates back over 4,000 years ago. Christmas traditions were celebrated centuries before Christ was born. The 12 days of Christmas, the Yule Log, the bright fires, the giving of gifts, Christmas parties and parades with floats, carolers who sing while going from house to house, the holiday feasts, and the church processions can all be traced back to the early Europeans. For many centuries the middle of winter has been a time of festivities and celebration around the world.

"I love the winter season. The snow is great and it brings such spirit to the holidays. My family and I always open presents up in the morning, go to church and then my whole family comes over for dinner and we spend the day together eating and just being together," said Amanda Neto, a sophomore from Cromwell.

Even before the birth of Jesus early Europeans celebrated light and birth in the darkest days of winter. Many people would rejoice during the winter solstice, when the worst of the winter was long gone and they could look forward to longer days and many more hours of sunlight.

In Scandinavia, the Norse celebrated Yule from Dec. 21, the winter solstice, through Jan. The word Yule means "feast," which is an enormous log of freshly cut wood. In appreciation of the return of the sun, fathers and sons would bring home these large logs, which they would set on fire. Families would continue to enjoy their feasts until the log burned out, which could take as many as 12 days. The Norse

believed that each spark from their fire represented a new pig or calf that would be born during the following year. The end of Dec. was a perfect time for celebration in most areas of Europe. At that time of year, most cattle were slaughtered so they would not have to be fed during the winter. For many, it was the only time of year when they had a supply of fresh meat. In addition, most wine and beer made during the

year was finally fermented and ready for drinking at feasts and celebrations.

One of the most important decorations during Christmas time is the beautiful Christmas trees. Either short and wide or tall and ample our Christmas trees bring character and a lovely scent to our homes during the holidays. This tradition has come from the Celtic culture. The Celts would admire all green plants, but par-

ticularly mistletoe, pine trees, and holly. These were important symbols of fertility and were used for decorating their homes and altars. The tradition of wreaths, holly, mistletoe, Christmas trees, and poinsettias are still very big and important within our traditions today.

"My family and I enjoy getting together and decorating the tree with lights and ornaments. It's one of the most important parts of Christmas, coming together and decorating our Christmas tree, and of course our big family feast that my whole family and I prepare for on Christmas night," said Vanessa Silva, a sophomore from West Hartford.

Traditions then and now are still important to all and continue to be passed down from family to family. Various European countries have contributed different ethics and traditions to the American Christmas celebration.

Another important custom is the displaying of the nativity. In Italy, a tradition developed for re-enacting the birth of Christ and the construction of scenes of the birth of Christ. This is said to have been introduced by Saint Francis as part of his efforts to bring spiritual knowledge to the laity.

As Christmas has continued to be one of the most hyped up and most popular holidays, other traditions began to become part of the usual holiday frenzy. Most popular of course is the buying and receiving of presents. The feasting and trading gifts are additions to the simple celebration of the nativity that we celebrate in the month of December. The earliest English reference to December 25 as Christmas Day did not come until 1043. As we continue to celebrate December 25 as the Birth of Jesus Christ we carry the traditions of all the various cultures and ethnicities that allowed us to celebrate this wonderful holiday and share it with our loved ones along with the customs of our ancestors.



AP photo/ GINETTE RIQUELME

**The Nativity scene exemplifies the real reason people celebrate Christmas. It shows the birth of Jesus Christ, and people celebrate this wonderful day in honor of him.**

## Enjoy Indulging Over the Holidays, While Still Eating Right!

Lindsay Brophy  
Staff Reporter

The holiday season is here, and for many holiday feasts are the best part of the season. However, enjoying all the delicious desserts can also be a problem, even for people with the healthiest intentions.

This time of year can be torture for people who are dieting, because they have no choice but to sit in front of a table filled with food, they know they should not have! However, there are things that you can do to survive the holidays without gaining five or ten pounds.

According to Health and Wellness coach Carol Tarshis of Integrated Wellness in Fairfield, "The best way to lose five pounds quickly is not to gain it in the first place!" She also gives us some survival tips to help navigate through the holiday season.

1) Don't deprive yourself! This is not the time to be thinking of losing weight. The holidays often revolve around food. Depriving yourself of things you think

you want will only lead to bringing you down somewhere along the road.

2) Food journal, food journal, food journal! This is the #1 proven way to stay focused on healthy habits, yet it's the most resisted. Writing down EVERYTHING you eat will keep you aware of your behaviors, and provide important information when you feel you are not reaching your goals.

3) If you are preparing holiday meals, choose healthy versions of traditional favorites. Splenda or Stevia are excellent sugar substitutes, and can cut back on calories but not taste. There are tons of internet options for healthier recipes. A few good ones include: [www.weightwatchers.com](http://www.weightwatchers.com), [www.cookinglight.com](http://www.cookinglight.com), [www.healthy.allrecipies.com](http://www.healthy.allrecipies.com), and [www.splenda.com](http://www.splenda.com).

4) Designate a "food free" area in your home or office. Know that you will have a place where food isn't the focus. Ask co-workers for support by keeping office treats in a specific area. This way, you won't be as tempted to nibble your way from desk to desk throughout the office.

5) Be mindful of hidden calories.

Not only does alcohol have empty calories but it is easier to mindlessly nibble after a few cocktails. And those small hors d'oeuvres can add up to big excess calories especially if there is a meal after cocktail hour.

6) Be prepared! Don't starve yourself all day in anticipation of a party or holiday meal. You'll arrive to the event as if it is your last supper! Eat regular small meals throughout the day including a healthy snack before you leave your house.

7) Avoid elastic waistbands! Wear your holiday best outfits but try to have a regular, non-elastic waistband. If the waist is close to your body and feels slightly snug, you will be less inclined

to continue overeating. It will be easier to hear your body remind you it is time to stop.

8) Make time for yourself! It is easy to get in the spirit of giving but not to ourselves. Even 15 minutes of private, quiet time, doing something you enjoy can help you recharge and rekindle your holiday spirit.

9) Have FUN and remember the essence of the holidays. Don't get caught up in the 'rush' - slow down and savor each moment with people you care about. Focus on having your heart feel fuller than your stomach.

For more information contact Carol Tarshis at [www.integratedwellness.com](http://www.integratedwellness.com) or [carol@integratedwellness.com](mailto:carol@integratedwellness.com).

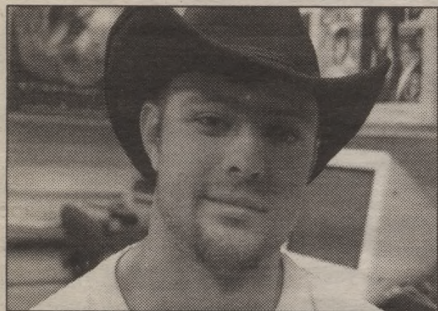
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# BEYOND SHU

## Sports Video Games Get Their Fogle Ratings



Bryan Fogle  
Sports Columnist

As the semester draws to a close, I should be running around everyday getting all of the delinquent work done that I have neglected to do the entire semester. Still I find myself yet again, not doing my work.

You know why I am not doing my work? No, it is not my jobs and no it is not playing hockey. It is a little something called PlayStation 2. While PS2 is the best invention since the original PlayStation, it is also the worst nightmare for myself and any other guy who has played any of this year's EA Sports games or ESPN video games. Here I offer you my own little review and thoughts of the games I have purchased that take up 12-hours of each of my days.

The first game is obviously EA Sports' Madden 2005. The first thing that comes to my mind when I turned this game on for the first time was "wow." If you buy the anniversary edition, there is actually a menu option where you can go back and play the old school Sega Madden games. That aspect is just excellent. I remember back to when those games were first coming out and every time I would get a new one I would think to myself how much the game has improved since the last edition.

After a few years the original best invention ever, PlayStation, came out and I bought Madden 1998. It was a rush. I was amazed at what it was like. I remember talking with my friends all about how the players looked so real and the game play was so intense.

In 2002, I finally was given PS2. Of course in 2002 the Madden game that was brand new was the 2003 edition so I bought it. I could not believe what I saw. I thought things couldn't get better then the classic PlayStation, but apparently I was mistaken.

Madden 2003 was the best game I had ever seen. I was amazed at the franchise mode and how you could create a player that actually could resemble you if you tried hard enough. After playing into something like my sixth franchise year, Madden 2004 came out, but I figured I would just skip it.

Then came the new one, Madden 2005. By far the best football game ever created, 2005 is the first game that if you try to play on the "All-Madden" level even though you were bound to lose by almost 40. You actually have to work your way up to being as good of a player as you normally would be in any other game.

If you are like me, you don't listen to the commentary. I actually turn off the "Maddenisms" because if there is one thing about this game it is he kicks you squarely in the stomach when you are already down. The first game I ever played I threw some insane number of interceptions like eight and the quotes coming on would just irritate me to the verge of throwing my controller into the wall. Three controllers later, I finally learned that you can turn commentary off and since then the only John Madden I hear is on Monday Night Football.

I learned a few other things too from this game. The first thing, no matter how much of a New York Giants fan you might be, do not be the Giants. I repeat, do not be the Giants. The offensive line is horrible and Kurt Warner will get sacked about 15 times in your first game. Let's just say the o-line couldn't open up a hole if there was no defense.

I end up choosing to be the Indianapolis Colts generally. Their defense in the game is sub-par, but with the Holy Trinity of Manning, Harrison,

PlayStation were very unrealistic.

Any game where you could change the direction of the ball that much while it is in flight doesn't cut it in my book. Once you got on the green, putting was impossible and it just again made me want to throw controllers across my room. I'm really not violent I swear.

Anyway, I never bought any Tiger games since back then, but when I saw one of the commercials for "Tiger Proofing" I figured I would give the game a shot and if I didn't like it I would just sell it back to one of the used game stores.

After I turned the game on once, I haven't stopped. I seriously play religiously. When I would say that Madden 2005 was the best game I have ever played, Tiger 2005 really is the best game. In my mind, it surpasses Madden in almost every category. Any game that can keep my interest for so long without even getting slightly boring deserves that recognition.

The game itself is really not an easy game and you have to work and win your way up to championship level. You

start out with basically nothing, but the clubs the game gives you when you create yourself. As you play rounds and win money through certain shots and making tournament cuts, you get sponsorships. These sponsorships not only give you better equipment, but they also give you money for every article of clothing or piece of equipment you use.

In three weeks of owning the game, I have played over 30 tournaments and won over \$8 million dollars. Call me a dork, say I have no life, you are right. Besides that though, this game really is amazing. The courses are ridiculously accurate, the game play and challenges are difficult and rewarding once you complete them. The game really is an excellent game. Overall, Tiger Woods PGA Tour 2005 scores a 15 out of ten on the Fogle scale.

The last two games I have purchased the 2005 or "2K5" editions for are ESPN NFL 2K5 and ESPN NHL 2K5. I really haven't played too much of the football game due to Madden being how good it is and the fact that I have had Tiger in the system since I bought it.

ESPN NFL 2K5 really isn't a bad game though. Nowhere near Madden, it is a step in the right direction for ESPN video game football. The great thing about the game is that it is only \$20, as opposed to the normal \$50 that you will drop on an EA Sport game. In the few times I have played NFL 2K5 the game play was decent, but takes a while to get used to when you have played nothing except Madden games since you were 12.

The final game again is ESPN NHL 2K5. In my eyes, ESPN hockey games, since their first edition, surpass the EA Sports' competition, NHL 2005. Not only are the games cheaper, but also the game play is far more realistic and it is much harder to score.

In most EA Sports' hockey games if you can work on it and find that one move, you have a goal nearly every time you touch the puck. That isn't the case in NHL 2K5. You will find this out quick enough when you come down and try to deke the goalie five times in a row and he stonks you every time.

Your best bet in this game, work the puck around, get the defense and the goalie moving until you can get a shot from the slot and just snipe. The goalies move very well, but if you move enough, it is a computer, and it will end up just stopping. Also, one timers work more often then not. That doesn't mean every time, but it will work 15 to 20 percent of the time.

Franchise mode in NHL 2K5 is excellent and the minor league feeder system is actually much better and the players down there really do develop their game to take to the NHL level. Once you play half of your first season or so, find out what works for you and don't be scared to go try some guys from the minors for that added spark and youth in your lineup. Also, be a nerd, do what I do; create yourself to be Hall-of-Fame quality and have fun with it, after all, it is just a game. Overall score, I'll give it a nice nine on the Fogle scale.

Good luck everyone on your finals and I hope you all enjoyed the first semester. I hope you all come back and keep reading in the second semester. Have a happy holidays and I'll see you all in January!



Contributed Photo/AMAZON.COM

Know what you want for Christmas? Look no further than the EA Sports and ESPN video games for X-Box and Playstation 2.

and James, along with the help of disciples Wayne and Stokley, it is easy to out-slug a team. Overall, Madden 2005 rates an easy 10 on the Fogle scale.

The next game that I have recently purchased and haven't stopped playing for three weeks straight it seems is EA Sports' Tiger Woods PGA Tour 2005. I was skeptical before I bought the game because the old editions on the original

PlayStation were very unrealistic.

The last two games I have purchased

Would you like to make comments on what the sports columnist said? Would you like to suggest a topic or ask a question? Feel free to send an email to N-Kelly@sacredheart.edu



# CAMPUS SPORTS

## MLB Not Likely to Punish Steriod Abusers

Ronald Blum  
AP Sports Writer

Don't expect major league baseball to discipline Barry Bonds, Jason Giambi and Gary Sheffield over reported admissions of steroid use.

Baseball commissioner Bud Selig is more concerned about pressuring players to agree to more frequent testing before the current labor contract expires in December 2006.

Already convicted in the court of public opinion, the players who testified before a federal grand jury are protected from discipline because steroids weren't banned by major league baseball until Sept. 30, 2002, previously undetectable THG wasn't prohibited until last March, and Human Growth Hormone still isn't blacklisted.

And while baseball's labor contract calls for penalties for positive tests and criminal convictions, there's no discipline specified for fessing up to past use.

"These articles say baseball is reeling from these allegations," New York Mets pitcher Tom Glavine, a players' association leader, said Sunday. "To me, there is nothing new. People have been talking about the steroid issue for several years now. What's coming out of the grand jury testimony, I don't think there's

anything surprising. Yes, it's a big story. It absolutely needs to be addressed. But it shouldn't be surprising or earth-shattering to anybody."

Dozens of major leaguers were in Phoenix on Monday for the start of the union's annual executive board meeting.

"Obviously, the steroids issue is something that was going to come up in our board meeting," union head Donald Fehr said. "That would have been the case quite apart from this."

Gene Orza, the union's chief operating officer, and Rob Manfred, executive vice president of labor relations in the commissioner's office, have met several times since May to discuss Selig's call for more frequent testing and harsher penalties. Publicly, the union has shown a willingness only to discuss changes, not to make them.

"We've had ongoing discussions with the union," Manfred said. "We feel a great sense of urgency to complete the discussions, and we hope the union has the same sense."

Because steroid use wasn't banned until two years ago, it's inconceivable baseball would denote in its record book that Bonds might have used performance-enhancing drugs when he set the season home run record of 73 in 2001. And whether any revelations damage his

chances to make the Hall of Fame will be determined only when the eligible baseball writers who vote make up their minds in several years.

Testing with penalties for steroid use began only this year, with each player tested once between the start of spring training and the end of the regular season. The penalty for a first positive test is counseling, and a second positive test could result only in a 15-day suspension. It would take five positive tests before Selig could ban a player for a year.

Even if a player is convicted for the use of a prohibited substance, baseball's labor contract allows a suspension of only 15 to 30 days for first-time offenders.

Critics say year-round testing is needed, along with stiffer penalties. U.S. Sen. John McCain threatened to introduce legislation to override baseball's labor contract. Even if enacted, there's a good chance his idea would be thrown out in court as contrary to federal labor law.

"It sounds great, or it sounds tough," Glavine said. "I'm not even sure if that can be done. I'm sure it was designed to be. 'Oh my God, we had to do something.'"

In any event, baseball lawyers said news reports of grand jury testimony aren't sufficient to discipline players;

baseball itself would have to have the actual sealed statements.

Giambi's problems with the New York Yankees are the result of his increased injuries and diminished output. The team is examining whether it can use the language in his contract to escape the remaining \$82 million he is owed for what appears to be reasons of financial flexibility, not necessarily because the team is upset about steroid use.

No major leaguer ever has been suspended for steroids.

"The only thing that's come out of the grand jury is Jason Giambi admitted to it, but nobody's surprised by it," Glavine said. "In Barry's case, the cloud remains as to whether he knew he was doing it or didn't. It kind of puts it back on the front page and it becomes a hot-button issue that everyone is talking about."

"People forget that in terms of this agreement, it's only been in place a short period of time and the first period was just a testing phase. We've really been through only one year of mandatory testing. I think the program we had last year had some effect on guys. Did it go far enough and what steps can be taken to totally eliminate the suspicion, both from player to player and fan to player? We'll continue to tweak and look at it."



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CA 021	Effective Communication	Day	MU 102	History of Jazz	Day
CH 020	Drugs & Their Implications	Eve	PH 101	Intro.—Problems of Philosophy	OL
CS 100	Introduction to Info. Technology	OL	PS 220	Drug Use & Abuse Pre: PS 101	Eve
CS 100	Introduction to Info. Technology	OL	PS 299	Abnormal Psychology in Film Pre: PS 101	Day
EN 101	Approaches to Literature Pre: EN 011	Eve	RS 299	Storytelling and the Bible Pre: RS 101	Eve
EN 322	Studies in Drama: Contemp. Drama Pre: EN 101 or EN 122/132 for Eng. Majors	Eve	SO 101	Sociology: An Introduction	Eve
HI 101	Civilizations	Eve	NU 383	Alternate Healing Modalities	Eve



# CAMPUS SPORTS

## Wrestling Team Set to Pin CAA

Brian Fitzsimmons  
Contributing Writer

As the Sacred Heart Pioneer wrestling team prepares to journey through their sixth campaign, they couldn't be entering the season with a more confident and goal-oriented mindset.

Last year, as a very young team, they finished fifth in the Colonial Athletic Conference sporting a 9-7 record. This year, bigger things are in mind such as sporting their first all American, having the best season in their program's history.

For a young team that will probably start nine or ten freshmen and sophomores, their players need to step up and play like seasoned veterans. Their best wrestler is 285-pound Payam Zarrinpour (Shiraz, Iran), who is the defending CAA champion and by boasting a 33-10 record, qualified for the NCAA's.

"I've worked very hard and had really good training, so I'm hoping to win the CAA and be an All-American, but what I really want is for the team to do well in the season," said Zarrinpour (Shiraz, Iran).

In order to beat teams like Drexel and Harvard, they will need a contribution from

165-pound sophomore Sherwood Fendryk (Greene, NY).

Last year as a freshman, he placed in all five tournaments he participated in and sported a rather impressive 33-12 record. Fendryk realizes he must work hard for the team to accomplish its ultimate goal.

"I expect to be a finalist and win each tournament that I compete in," said Fendryk, "I placed in every tournament last year, and now I have to improve on that, and take the next step."

Another talented young wrestler who hopes to improve upon last year is sophomore Kevin Fox (Kendall Park, NJ).

Last season, he competed in the 174-weight class, but worked hard in the off-season to join the 184-weight class. He battled for 19 solid wins and is looking to improve on that, but like every player on this team who is "team first", he hopes for more than special things for himself.

"We are very young, and we are looking to improve this year from our best season ever, and maybe get into the top three in the conference," said Fox.

The wrestling squad will compete next on Dec. 17 in the Beast of the East Tournament in Newark, DE.

## Women's Basketball Wins NEC Opener

Caitlin Dour  
Staff Reporter

The Sacred Heart women's basketball team opened their Northeast Conference schedule on Saturday and defeated Mount St. Mary 84-66.

Sophomore Kerri Burke (Saugus, MA) had a career-high of 23 points, which lead the Lady Pioneers to their third win of the year. She also set a new career high in the last game against Rider when she posted 15 points.

"I did have a career high of 23 points, but all that really matters to me is that we played well as a team and won. I just go in to every game giving it my all. Everyone has their games when everything just goes right, this was mine. Next game it will be someone else who steps up and has a career high night. It's what makes good teams good," said Burke.

Before going into the game, the Lady Pioneers were 4-1 in NEC openers in the five years that they have been in the league. In the early part of the game, the team struggled a bit. They hit only six of their first 20 shots and fell behind in the game with a score of 20-14 halfway through the first half. At this point, Mount St. Mary's was on a 9-0 run. As a team in the first half, they forced Mount St. Mary's in to 13 turnovers.

In the second half, the offense came alive with the team hitting 12 of their 15 shots. After a 27-11 run, the Lady Pioneers were able to take the lead with a score of 42-31, with sharp shooting from Burke and junior Nicolle Rubino (Port Jefferson Station, NY) who hit all of her three-point attempts and finished with 11 points in

the half.

In the second half of the game, the Pioneers offense stayed strong and put the pressure on with sophomore Amanda Pape (Stamford) taking over with the scoring duties. Pape tallied 14 of her 18 points in the second half and she also grabbed seven rebounds.

Sacred Heart was able to force Mount St. Mary's in to making mistakes, as they forced a total of 23 turnovers. The Pioneers took advantage of these opportunities, which turned out to 29 points. Pape also led the team in transition as the Pioneers rang up 24 fast break points in their win.

"The game went well. We started off sloppy but we gathered ourselves, relaxed and played our game. We dominated from that point on until the final buzzer went off. Conference games are always tough games, but the way we played against Mount, we can beat any team in the NEC," said Burke.

Rubino finished the game with 17, on seven-of-11 shooting and also passed out career-best seven assists. During the game, Rubino fouled out of the game, which was the first time in her career in which that had happened.

Another player who had a good game was senior Colleen Duggan (Newington), who grabbed a team high of nine boards. Freshman Lisa Moray (Hopewell Junction, NY) played good as well with nine points and three rebounds.

This was the team's sixth-straight win over Mount St. Mary's. The Lady Pioneers now have a 3-1 record for the year so far. They are once again in action on Saturday, Dec. 11 at home versus Hofstra at 2 p.m.

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# CAMPUS SPORTS

## Men's Basketball Continues Slide

Al Ruggiero  
Staff Reporter

The Pioneers men's basketball team opened up NEC conference play this past Saturday against the Mountaineers of Mount St. Mary's. The Pioneers suffered their third straight loss, with a final score of 70-58.

The Pioneers started the game strong, and kept the lead throughout most of the first half. They went on an 18-9 run in the final seven minutes to take a seven point lead going into halftime.

The Pioneers shot the ball much better in the first half than they had been shooting all year. They shot 45 percent in the first half led by junior Mike Parker (Windsor), who was five for eight shooting with ten points in the first half.

At the start of the second half, the Mountaineers made an attempt to get back in the game, but the Pioneers were able to fend them off for a while. The Mountaineers started to pull away in the game, without about 14 minutes left in the contest.

The Mountaineers were able to take the lead with three three-pointers in a row from junior guard Landy Thompson. By

the four minute mark the Mountaineers had taken a commanding 58-43 lead. The Pioneers shot themselves in the foot, and missed six consecutive shots, allowing the Mountaineers to run away with the game.

"We were in it throughout most of the game, but towards the end we couldn't make shots to stay with them," said sophomore guard Luke Granato (Rocky Hill).

Leading the way for the Mountaineers in scoring was Landy Thompson, who netted 19 points, 17 of them coming in the second half.

For the Pioneers it was junior forward Kibwe Trim (San Juan, Trinidad) leading the way with 16 points. Parker, who was playing in his first game of the season, scored 13 points.

"We are starting out a little slow, we need to pick it and come together as a team in order to get things going in the right direction," said sophomore forward Joey Henley (Kent, WA).

The Pioneers are currently 1-5 and need to turn things around fast if they want to make a run at winning the conference. They look to break their three game losing streak on Thursday, Dec. 9 when they hit the road against Columbia.

## Third Shutout for Women's Hockey

Joe Finis  
Staff Reporter

The Pioneers returned to action on Saturday Dec. 4 after a two week absence of games. Sacred Heart traveled to Kingston, RI and defeated the University of Rhode Island Rams 3-0.

The first period was scoreless as the Pioneers worked off their rink rust in an evenly matched period. Sacred Heart was outshot 14-11, but still managed to hold the game to a tie at the end of the period.

"It took us a little while to get the production going," said coach Tom O'Malley. "Game speed was something we had to think about."

At the start of the second period a completely different Sacred Heart team skated onto the ice. The Pioneers bombarded the URI goaltender with shot after shot, until 15:23 when sophomore Michelle Panella (Morganville, NJ) netted the first goal of the game with an assist from freshman Shannon Murphy (South Boston, MA). Even though the Pioneers only netted one goal in the second period, they dominated the ice and outshot their opponents 18-2.

"We just got our act together," said Murphy. "We played much better [in the second period]...everyone played hard."

"We just came out firing knowing that

we needed goals and that the first one was going to start us off," said junior Ashleigh Nyborg (Apex, NC).

The third period started off fast, with freshman Laura Faulk (Fairfax Station, VA) scoring goal number two for the Pioneers a mere 47 seconds into the period. Sacred Heart was quick to follow up with another goal from Panella at 5:00 into the third period.

"[It was] just crashing the net," said Faulk. "Just having someone there and getting rebounds."

The Pioneers played a great game of hockey, as they outshot URI by a total of 34-22, while earning a shutout and managing to stay out of the penalty box completely.

Sophomore goaltender Stephanie Boulay (Anchorage, AK) finished the game with 22 saves, earning her third shutout and fifth win this season.

"I think I would attribute my personal success to my teammates," said Boulay. "As long as everyone does their job, the team's job gets done."

This was the third game this season that SHU shutout URI. Last Saturday's win over the URI Rams gives the Pioneers a 6-9-1 record with 16 games left in their regular season. They will return to action after New Year's with a home game against St. Michaels on Jan. 4, 2005 at 3 p.m.



The Spectrum/DANYA JIMENEZ

SHU players shot 45 percent in the first half, but blew a 7 point half time lead and shot only 33 percent in the second half.

## Pioneer Schedule

### Friday, December 10

Men's Track	at URI Heptathlon	Kingston, RI	11:00 AM
Women's Track	at URI Pentathlon	Kingston, RI	11:00 AM

### Saturday, December 11

Women's Basketball	vs Hofstra	Fairfield, CT	2:00 PM
Men's Track	at URI Heptathlon	Kingston, RI	9:00 AM
Men's Ice Hockey	at UMass	Amherst, MA	7:00 PM

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# SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

## Beyond SHU

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## Campus Sports

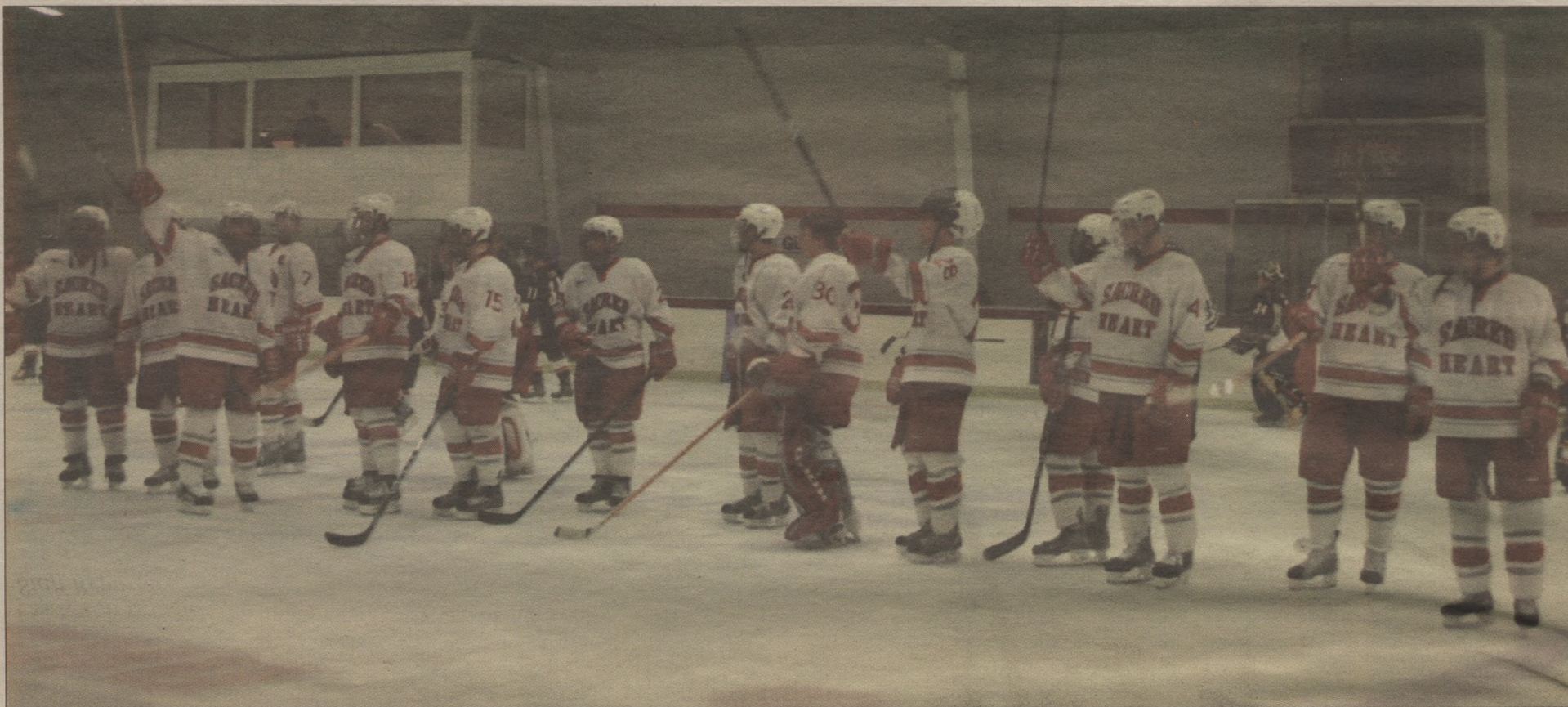
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## Campus Sports

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## Campus Sports

Women's Hockey Shuts down Rhode Island 3-0 (page 15)



## Men's Hockey on Top of Atlantic Conference

Lissa von Brecht  
Staff Reporter

With two games over the weekend, the Sacred Heart Men's Hockey Team was able to move up to number one in the Atlantic Hockey standings.

On Friday, Dec. 3 the Pioneers took on Atlantic Hockey rival, Mercyhurst. It seemed like SHU had the game in the bag until the unexpected happened. With just 1.6 seconds left in regulation, the Mercyhurst Lakers took advantage of a rebound and scored, tying the game at 3-3.

"I thought to myself, 'how could we let this happen when we worked so hard the whole game?' Even though it was a little hard to accept we couldn't let it get to us because we knew we still had OT to play," said freshman defenseman Scott Marchesi (South Portland, ME).

The Pioneers took an early lead with goals scored by juniors Rocco Molinaro (Deerborn, MI) and Andrew Billingham (Fort Collins, CO). Their lead wouldn't last long though as the Lakers scored their first goal just 20 seconds after Billingham's. Mercyhurst would even the score just nine minutes into the second period.

The Pioneers took the lead once again with a goal by sophomore Kalen Wright (Candle Lake, SK). For the Pioneers the game was over, but not for the Lakers who managed a last minute goal with just 1.6 seconds left in regulation. This sent the game into overtime where it would end in a 3-3 tie.

"There was definitely disappointment because we had the game in our hands and we let it slip away," said Marchesi.

On Saturday, Dec. 4 the Pioneers made up

for the last second tie when they defeated the Canisius Golden Griffins to claim the top spot in the Atlantic Hockey Conference.

"We knew that it was big for our team, first place on the line. And we knew that Canisius has a good team this year," said sophomore Pierre-Luc O'Brien (Nicolet, QC).

The game didn't start off so well for the Pioneers, as Canisius took a two-goal lead going into the second period.

The Pioneers would then cut the Griffins lead in half with a goal by freshman Nick Kary (Wetaskiwin, AB), just minutes into the second period. This would be the only goal of the period.

SHU would get their second wind and take a commanding lead in the third period. O'Brien scored his first of three goals to tie the game at 2-2. Following the tying goal, O'Brien would then score the game winner at the 6:10 mark of the period.

Junior Chris Connerty (Rayham, MA) would score just 41 seconds later to increase SHU's lead by two. O'Brien would then score his final goal of the game to make a hat trick into an empty net.

"We were all excited and they scored first. We kept our composure and we came back with five unanswered goals," said O'Brien.

"It feels pretty good going into Christmas break in first place because we know that we have a tough second half so all the points we could get are really important," said O'Brien.

The Pioneers next game will take place up at the University of Massachusetts, in Amherst on Dec. 11 at 7 p.m.



The Spectrum/ DANYA JIMENEZ

The Sacred Heart hockey team is looking to stay on top in the Atlantic and improve on their 6-1-1 record with a game in UMass on Saturday at 7 p.m.