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The reality of eating disorders

MTV stars discuss solutions, give inspiration

Shanna L. Rasmussen
The Spectrum

Star struck students sat wide-eyed in the Edgerton as two ex-cast members from the reality MTV shows "The Real World" and "Road Rules" came on stage to talk about body image and eating disorders.

The Edgerton Center for Performing Arts was almost completely full on Nov. 17.

About 700 students took advantage of the opportunity to learn about the pressing issues of body image among young people as well as see two TV stars up close.

"It kept [students] interested," said Kaitlin Mullins, sophomore, Dumont, N.J.

Amaya Brecher and Veronica Portillo, two ex-cast members from MTV's hit reality shows "The Real World" and "Road Rules" known only by their first names on the show, lectured students as a part of a lecture series sponsored by Student Affairs.

This was the last lecture of the series this semester.

Each of the speakers had personal experiences with body image and eating disorders.

"[When I was younger] my ex-boyfriend decided my nickname should be 'Chubby,'" said Brecher, "I decided that if I consumed some food and threw it up I wouldn't gain weight."

Brecher described her college life as a student at UCLA when her eating disorder started. She lived in a sorority house where she felt the need to compete

for beauty.

"Everyone [at UCLA] was skinny," said Brecher.

Brecher gave the audience a dose of reality when she explained the long-term damages her body suffered because of her bulimia.

Brecher's esophagus was damaged from the years of purging and it will never heal on its own.

"I'll probably need to get surgery," said Brecher.

Although she has her eating disorder under control today, she is still haunted by her old habits. Brecher can't forget the feelings she used to have.

"It's like alcoholism, it never goes away," said Brecher, "I still to this day have issues, but I need to control them."

Veronica Portillo also had an eating disorder in the past.

Portillo, who told the audience she developed at a young age, always felt pressured to be sexy.

She was uncomfortable with the attention she received so she tried to lose weight in order to lose the parts of her body that drew attention.

As Portillo lost weight she received positive attention.

"I would lose weight and get the 'Oh, you look so good,' sort of thing," said Portillo, "The way I was achieving that [weight] was very unhealthy."

Portillo took the now banned from the market diet pill Fen-Phen and would use laxatives, throw up and starve herself to



The Spectrum/ Elyse Harrell

Veronica talks about her past experiences and how she learned from them.

keep the weight off.

On a good day she would eat maybe just one small meal.

Portillo also had a boyfriend who made her feel bad about her body.

"My boyfriend told me my butt looked big," said Portillo, "I know sometimes people say things about people's weight, but it stays with them. Their words can be hurtful for years."

Brecher and Portillo showed a PowerPoint presentation to the audience

Continued On Page 2...

What's the Rush?

Danielle Holton
The Spectrum

It's that time of the year again; snow is falling, Christmas lights are going up, and freshmen are preparing to embark on the Greek experience.

Pledging for a sorority or fraternity in the spring semester is not only open to freshmen, but transfer students as well. It is the first time they will be allowed to pledge, transfer students need to have one semester under their belt before they can pledge.

To be eligible to Rush the student must be a full time undergraduate student, with an exception to second semester seniors who are taking nine SHU credits, and have a GPA of 2.0 or higher.

The Rush theme will be "Ride of your life (Harley Davidson)" and led by Jon Bassi and Jenna Molloy.

"I have total faith in my chairs. I chose to do this because these are some of the greatest Greek organizations in the system. We are hoping to have a good student turnout because some of the organizations are in danger of probation because of the lack of numbers," said Josh Sedlock, senior, Naugatuck, vice president of Greek life.

If you are a student worried about the time commitment in pledging, it is stated in the Student Government Constitution, all pledging activities must be completed by 12:30 a.m. and may not start earlier than 7:00 a.m. There is even a section dedicated to mandating one week of "down time" during midterms.

If you receive a bid from a Greek organization you are known as an associate. Associates are also mandated to complete a minimum of 10 library hours per week.

There are nine Greek organizations on campus. Each organization is dedicated to a good cause, in which they are required to do 100 hours of community service a semester.

Nu Epsilon Omega is the second oldest sorority on campus and is dedicated to suicide awareness and domestic violence awareness. Phi Omega Tau's main objective is AIDS awareness.

Zeta Iota Lambda is devoted to disability awareness. Alpha Sigma Psi is committed to improving domestic conditions of inner city Bridgeport.

"I want to join a sorority because SHU is [a] very athletic school and I don't do a sport so I want to be a part of some sort of group to meet other people," said Kaycee Spadaro, freshman, Fairfield.

Over winter break there will be many things going on: holidays, get together with friends, vacations, intersession classes, and those who wish to join the Greek life will be preparing for rush.

Religion dominates new SHU poll

Shaun Mitchell
The Spectrum

With Christmas on the horizon, the new SHU poll focuses on religious symbols during the holiday season and the use of religion on state affairs like the Pledge of Allegiance.

The SHU Polling Institute was started in 2002 through an interest of Dr. Cernera.

"We teamed to begin the Polling Institute to provide students and faculty a new resource, a way to study current public opinion on new and old issues. It's also another opportunity for Americans, in all fifty states, to voice their opinions on the issues of the day," said Jerry Lindsley, director of the Sacred Heart University Polling Institute.

The Polling Institute completes 1,000 surveys across all fifty states through phone interviews at random. Each respondent was at least 18 years or older and one of the heads of the household.



AP Photo/Paul Sancya

80.8 percent of people polled support religious symbols on public greens.

Statistically, 1,000 telephone interviews will represent a margin for error of plus or minus 3 percent at a 95 percent confidence level.

Basically, if this survey was conducted many times over with the same instruments, the results would be within 3

percent of the results the first time, 95 percent of the time.

"We decide what to poll by staying current on issues of the day and being innovative in looking at issues in different ways. We also try to do what other polling institutes do not do - that is to look at why people think the way they do in addition to studying what they think," said Lindsley.

In this case, two of the most recent polls were to see whether or not people support the temporary display of religious symbols on public greens during the holiday season, and whether or not people would be opposed to removing the phrase

"under God" in the pledge of allegiance.

Regarding the temporary display of religious symbols, 80.8 percent of people polled support religious symbols on public greens during the holidays.

Continued On Page 4...

News

Acclaimed Author Maureen Howard to Speak in UC

Funda Alp
Contributing Writer

Esteemed author and Bridgeport native Maureen Howard will speak at Sacred Heart University today, Dec. 1, at 7:30 p.m.

The event, "Maureen Howard: A Reading and a Reminiscence," will take place in University Commons on the Fairfield campus. The event is free and open to the public.

Born and raised in Bridgeport, Howard is the author of nine novels, including: *Big as Life*, *A Lover's Almanac*, *Natural History*, *Expensive Habits*, *Grace Abounding*, *Before My Time*, *Bridgeport Bus* and *Not a Word About Nightingales*.

Her memoir, "Facts of Life" received a National Book Critics Circle prize.

Howard was a recipient of a 1997 Academy of Arts and Letters award, and she is a three-time nominee for the PEN/Faulkner Award.

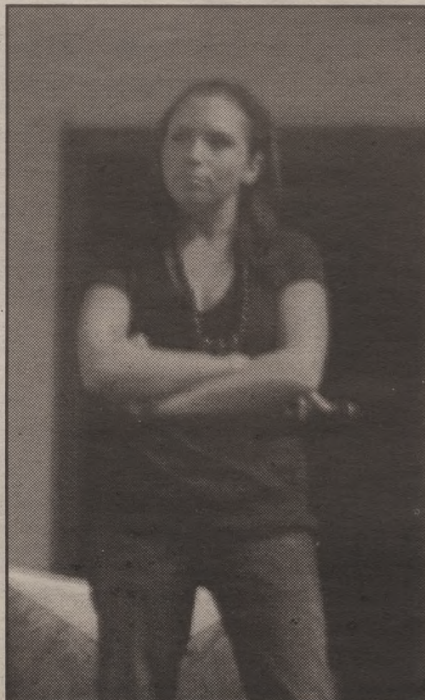
The New York Times Book Review named her novel, *A Lover's Almanac*, a "Notable Book of the Year, 1998."

Newsweek's Peter S. Prescott commented, "She's a grand writer of English prose; she's witty and (a rarer quality in novelists) she's intelligent as well."

This event is sponsored by Sacred Heart University's Department of English & Modern Foreign Languages and the Women's Studies program.

MTV stars discuss solutions, effects, and inspiration on eating disorders

...Continued from Page 1



The Spectrum/ Elyse Harrell

Amaya shares her stories about her struggle with bulimia.

with some examples of unrealistic beauty in the media.

Barbie was the first on the list. The women explained that if Barbie was a real person she would have to be six feet tall and weigh 101 pounds in a size four while the average American woman weighs 160 pounds and is between a size 11 and 14.

Brecher and Portillo spoke about several movie stars that are influenced by the negative attention they receive in

the media.

Among the many stars that have been in the eye of the media because of their weight are Lindsay Lohan, Hillary Duff and Kirstie Alley, all of whom have been criticized for being under weight and ridiculed in the news for being over weight with pictures of them eating.

"If you want to eat a big old sprinkle cupcake then you should be able to whenever you want," said Brecher.

Brecher and Portillo also noted a positive example in the media from 2005. The recent Dove hygiene product advertisements have featured women of all body types.

Another common problem in Hollywood is the growing popularity of doctored images. Computer programs are used to change images in order to make people look slimmer and change their features.

Kate Winslet was furious to find out that her spread in *GQ* Magazine was doctored so she was made to look a foot taller and much slimmer. She is adamant about promoting herself in her natural form.

Brecher and Portillo were sure to mention that men may also suffer from eating disorders. About one out of ten people with eating disorders are men.

"It's not just women," said Portillo. "It is possible for men to have anorexia or bulimia."

Students were involved throughout the lecture. The majority of the crowd responded when they were asked to participate through cheering or clapping.

"Overall it was good because it was [about people] who students look up to," said Jocelyn Novella, the assistant director of counseling at Sacred Heart, "I think this is really a good thing."

After Brecher and Portillo finished their presentation students were free to ask questions about their time on "The Real World."

Students were excited to talk to the reality stars and they responded respectfully to the presentation.

"Love yourself," said Brecher, "It's the only body you have."

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Facebook Me: The new way to make friends

Ashley Winseck
The Spectrum

Forget about meeting new people on campus, these days students are using online directories to make new friends. They call it "friending on facebook."

The days of looking up a fellow student in the phonebook are behind us. Students are using the internet in a new way to stay in touch and meet new people.

Last year a new phenomenon washed over the life of college students. Facebook became a highly popular "online directory that connects people through social networks at school," states Facebook's homepage.

"I started Facebook because all of my friends were," said Maegan Warner, sophomore, Alford, Mass. "Everyone was talking about 'friending on facebook', so I wanted to see what it was all about."

Facebook's online directory allows users to fill out a profile of personal information which includes everything from email or mailing addresses, part time jobs, favorite books and movies, and multiple pictures.

Once registered, users can search through their school's facebook network

for users who have similar interests, attended the same high school, or enjoy the same movies.

It is also possible to search for users "globally", or outside their particular school network. However, these profiles cannot be viewed until they have been added to the user's "Friends" list.

This online directory became so popular that the majority of Sacred Heart's students can be found with a facebook profile. A quick browse of the site determined that 2,046 females and 1,334 males from all four classes as well as grad students and alumni make up the SHU facebook network.

With more than 3,000 of Sacred Heart's students using the site, opportunities to meet people are endless. The Facebook website boasts that the directory can be used to "look up people at your school, see how people know each other, [and] find people in your classes..."

Students say that Facebook has made getting in touch with classmates easier.

"I used it the other night because I needed help with an assignment, so I looked up one of the people in my class and was able to get in touch with them,"

said Warner.

"It's a good way to keep in touch with old friends," Warner said. "I love sending messages to people and I love receiving them, too."

In addition to searching and viewing other users' profiles, messages or comments can be left on other users' "walls" (a mini posting board in a users' profile) as a way of communication.

Facebook became so popular in its first year of use that its creators developed a second facebook for high school students as well.

While the majority of Sacred Heart's students have a Facebook profile, there are a select few who refuse to join.

"I don't need to measure my life with how many 'buddies' I have," said Rob Roy, junior, Douglas, Mass. Roy is also a He Said/She Said columnist for the Spectrum.

Not all students at SHU have profiles on Facebook. Clearly Roy is not the only one with a negative opinion.

Online directories have been growing in popularity and one directory common on campus is Myspace.com. Users do not have to be part of any school before

joining.

The Myspace directory is open to all users, and the site clearly states that "you can disclose as much or as little information about yourself as you want."

The profiles on Myspace are similar to facebook. However, Myspace allows room for much personalization, with the ability to change backgrounds, fonts, blogs, and more.

The world of online directories and networking is quickly becoming the more popular way to make friends and meet new people. Myspace.com tells users that "by building your personal network, you can start expanding your circle of friends exponentially."

With more than 3,000 SHU students on TheFacebook and nearly 2,000 SHU students on Myspace, the days of looking people up in the phonebook are disappearing.

For more perspectives on college students meeting others online, see "He Said, She Said: Online Dating" on Page 7.

New Changes in Washington D.C.

Samuel Bosch
The Spectrum

Harriet Miers withdraws her nomination, and President Bush picks Samuel Alito as his new appointee to replace Justice O'Connor. Meanwhile Alan Greenspan, the Chairman of the Federal Reserve, plans for retirement.

After a couple of weeks as the punch-line to every joke told on late night television, Harriet Miers tucked tail and ran. Leaving people in Washington D.C. to wonder why.

She made it seem as if her previous work for the Administration would affect her hearings. She felt that the use of classified material from the time frame she worked at the white house would compromise the current administration.

In her Oct. 27, 2005 letter to George W. Bush withdrawing her nomination, Harriet Miers said, "I have steadfastly maintained that the independence of the Executive Branch be preserved and its confidential documents and information not be released to further a confirmation process."

So apparently she did not withdraw her nomination because she was tired of being the butt of all jokes.

She made it clear that many in the Senate were after sensitive documents from her work with the President.

The letter made it official, now the search was on for a new Judicial nominee.

President Bush then announced that Samuel Alito, a judge from New Jersey, would replace Justice Sandra Day O'Connor on the Supreme Court bench.

"His addition to the Supreme Court will move the Court to the right and I suspect he will join the voting bloc of Scalia and Thomas, thus providing the conservative element with a fifth conservative vote," said Dr. Gary Rose, Professor and Chair of the Department of Government



AP Photo/J. Scott Applewhite

Alito is President Bush's nominee to join the Supreme Court.

and Politics at Sacred Heart University.

"It is possible however that Justice Kennedy will feel obligated to move to the center as Justice O'Connor did in the interest of providing ideological balance, but this is speculative."

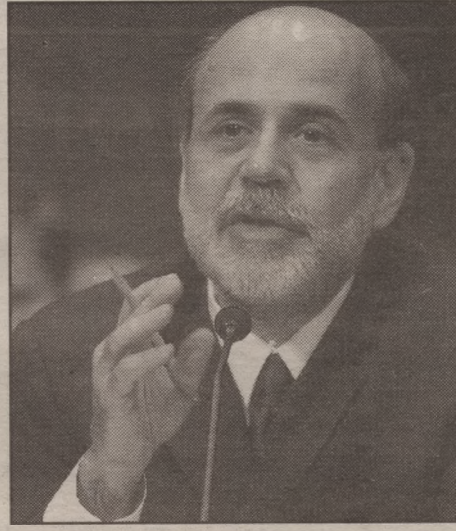
Samuel Alito is the son of an Italian immigrant who emphasized education and academic excellence for his children. As a result, he attended Princeton University then proceeded to attend Yale Law School where he also served as the editor of Yale Law Journal.

In 1972, when he graduated from Princeton, he was commissioned as a Second Lieutenant in the Signal Corps then assigned to the Army Reserve.

Upon graduating from law school, he attended the Officer Basic Course from September to December of 1975, eventually assigned to the inactive Reserves.

He had the rank of Captain when he received an Honorable Discharge in 1980.

While he was in the reserves, he began a legal career that would eventually lead



Photo/ Dennis Cook

Bernanke is replacing Greenspan as Federal Reserve Board Chairman.

him to be a Judge on the United States Court of Appeals for the Third Circuit in 1990.

On Oct. 31, President Bush announced to the American public that Alito was his new appointee to the Supreme Court.

President Bush stated, "[His record] reveals a thoughtful judge who considers the legal merits carefully and applies the law in a principled fashion," said a representative from Wikipedia.com

"He has a deep understanding of the proper role of judges in our society. He understands judges are to interpret the laws, not to impose their preferences or priorities on the people."

The nomination was widely accepted by the Republican party, naturally drawing opposition from liberals and the Democratic party.

In all of the turmoil regarding the Supreme Court nominations, one appointment in Washington seems to not receive the recognition that it should.

The Chairman of the Board of

Governors of the United States Federal Reserve is the head of the central bank of the United States and one of the most important decision-makers in American economic policies.

On Oct. 24, President Bush appointed Dr. Ben Shalom Bernanke to succeed Alan Greenspan as Chairman of the Federal Reserve.

Greenspan has served as the Chairman of the Fed for the past 18 years, he was first appointed by President Ronald Reagan on Aug. 11, 1987.

He will resign as the Chairman of the Fed Jan. 31 2006, but he will remain on the Board until 2008

"I think it's safe to say that the financial markets have had a love affair with Greenspan. His two major accomplishments were keeping inflation low and rapidly using monetary policy to deal with crises in the financial markets, like the market meltdown in October 1987 and the aftermath of 9/11," said Dr. Thomas Corrigan, associate professor of economics at Sacred Heart University.

"Bernanke inherits quite a legacy but his own legacy will be based on how he handles inflation, the current account deficit, the dollar, and those infrequent, but unpredictable, financial crises that will surely visit us in the future."

Greenspan has had a tremendous tenure as the Chairman and the thought of someone else taking the reigns could possibly shake up the world's financial markets.

The true test will be come Jan. 31, 2006, when Greenspan will be replaced by Bernanke.

The American public will now be able to experience the appointment of a new Justice to the Supreme Court, as well as the replacement of the Chairman of the Federal Reserve.

Premier issue of "Pioneer" magazine due out next Thursday

Laura Day
The Spectrum

This fall semester, the students in Sacred Heart University's Newspaper Publication class decided to publish a magazine. This magazine, called "Pioneer", is the first student-run magazine circulated throughout the school.

The Spectrum advisor Dr. Debbie Danowski teaches the Newspaper Publication class, MS370. However, the magazine is essentially created for students, by students, because they wanted to depart from the usual insert that the course produces.

"Pioneer" editor-in-chief Kayla O'Brien, senior, Ossining, N.Y., said, "We wanted to create a publication unlike any others that we've done in the past."

Dr. Danowski has also taught a Magazine Publication class in which each student created his or her own magazine idea and worked individually to put it together. Those issues were never published and produced for such a large audi-

ence, and this is what separates "Pioneer" from other publications at SHU.

The semester's work is to be released on Thursday, Dec. 8, 2005. Although O'Brien has much of her experience working as Associate Editor of the Spectrum, she says that she wanted to publish "something in addition to the Spectrum, without the newspaper feel."

In addition to O'Brien's senior project, which is also a magazine, she has worked with Dr. Danowski in Magazine Publication last spring and currently interns for Fairfield County Homes Magazine. The current issue includes her first published articles and inclusion to the masthead. "It's exciting," she said. "This entire experience has assured me that this is the field I want to be in."

This semester's worth of energy has gone into one big project that will hopefully reach out to each and every student. In past inserts, there has just been one focused theme, so a variety of topics makes "Pioneer" a completely new and

experimental project.

Sections of "Pioneer" include Mind and Body, Entertainment, Style, Sports, and Relationships. The articles are aimed at college-aged students, and some are particularly directed to SHU students.

"Unlike a weekly newspaper, we were able to invest a larger amount of time and effort into the look, research, and feel of the magazine," said O'Brien.

Students who have heard about the magazine are anticipating its release.

"Since my freshman year here I haven't even heard about anything like this," says Jeanne Baker, senior, Franklin Square, N.Y. "I'm excited about it because magazines have a lot more content."

Ashley Garzi, a junior from Brookfield, says, "I think the magazine will be a nice change from *The Spectrum*, because you can always count on a magazine for good gossip and stories."

"Pioneer" is scheduled to produce another issue for the Spring semester, but it will be up to the remaining staff after the

seniors graduate as to how and when the magazine will move forward.

Anyone who is interested in helping does not necessarily have to enroll in the class, but they will be credited in the magazine. It is open to students of all majors, even if they only have ideas for article topics. Students whose interests are editing, writing, photography, illustrating, or layout are welcomed by the staff.

"So far we have been lucky to have a great staff of editors, and we've even had our very own illustrator who helped us out a lot," said O'Brien.

The small staff of eight students in the Newspaper Publishing class has worked hard to create great work. "I can only imagine where this magazine can go with the help of the student body," said O'Brien.

Those interested in contributing to "Pioneer" should contact Kayla-O'Brien@sacredheart.edu.

News

Two Illustration students receive national recognition for extraordinary talent



Illustration/Jason Roeder



Illustration/Martin Kolwicz

"Soul Man" (left) and "Father and Son" (right) were selected out of 1,500 other entries to the Society of Illustrators of Los Angeles to be displayed in April at the Billy Shire Fine Arts Gallery in Culver City, Calif. The following month, the selections will also be displayed in the student section of The Society of Illustrators of Los Angeles's annual professional exhibition website.

Sarah Decker
The Spectrum

Two illustration students, Jason Roeder and Martin Kolwicz, from the department of art and design received national recognition from The Society of Illustrators of Los Angeles this past month. Out of nearly 1,500 entries in total, the pieces selected from these students for the society's "West 44" exhibition were Roeder's "Soul Man," and Kolwicz's "Father and Son."

Since being founded in 1953, The Society of Illustrators of Los Angeles is firmly established, having close to 200 members, and is considered one of the two most respected professional societies in the illustration field. This is the third consecutive year that students from Sacred Heart have been recognized by the society.

"To have two Sacred Heart University students recognized once again in this way is quite impressive," said Jack de

Graffenreid, assistant professor of art and design as well as the students' instructor for the illustrations.

"What is even more astonishing is the fact that both of these pieces represent the students' first attempt at watercolors, and I am extremely proud of both students for their accomplishments."

Entries

were judged by a ten person jury panel consisting of professional illustrators, designers, art directors, animators, and gallery curators.

"The quality of the judging

panel was equally as impressive as the students' work," said de Graffenreid.

"Acceptance into this type of exhibition can be quite challenging."

Jason Roeder, who's a double major in illustration and graphic design, has set the acceptance into this society as a personal goal since his start at the University.

"Making it into the

Society of Illustrators of Los Angeles with the first watercolor painting I've ever executed is something I am very proud of as an illustrator," said Roeder, senior, Independence, Minn. "Having

expertise guidance from a professional, such as my instructor Jack, was vital in the success and outcome of the piece."

This extraordinary accomplishment speaks highly of the students' talent and work, as well as the entire department of art and design.

"Having any student recognized by The Society of Illustrators is a remarkable achievement," said Jon Walker, chair of the department of art and design. "Having two of our students accepted is outstanding."

The students' illustrations are also scheduled to be on display in April 2006 at the Billy Shire Fine Arts Gallery in Culver City, California. The following month, the selections will also be displayed in the student section of The Society of Illustrators of Los Angeles's annual professional exhibition website.

"What is even more astonishing is the fact that both of these pieces represent the students' first attempt at watercolors, and I am extremely proud of both students for their accomplishments."

- Professor Jack de Graffenreid, art and design

Polling Institute surveys all 50 states from Campus

...Continued from Page 1

"The twenty percent of people who do not support the display of these religious symbols are not just atheists, but people who feel strongly about the separation of church and state as well," said Dr. June-Ann Greeley, professor of religious studies.

"When you put a display up, you are advocating that display," said Greeley.

To balance the holidays evenly, most towns will put a Christmas tree next to a Menorah to account for the two major holidays in December.

"I think it's cute when people do it," said Kelly Parks, sophomore, Stoughton, Mass. "I don't see anything wrong with it."

The other poll, on whether or not people are opposed to removing the phrase "under God" from the Pledge of Allegiance, had a result of 88.8 percent of the people polled opposed to removing it.

"I was surprised to hear about such a high percentage of people opposed to it. That's huge. That is basically nine out of every 10 Americans," said Greeley.

The phrase "under God" came

about during the McCarthy era of American history as a pledge to patriotism.

"I don't think the phrase has anything to do with religion, but rather just deals with simple patriotism," said Danielle Holton, sophomore, Northford, and Spectrum reporter.

Public schools are trying to become more politically correct nowadays, in an effort not to offend anyone. Then the question arises, who does this phrase offend?

"This poll shows that the majority of America truly believes that we are all blessed by the will of God and we have a special place in the world," said Greeley. "It's a call for unity."

Dr. Greeley also brought up the interesting fact of how this poll would be taken in 2000, the year before Sept. 11, 2001.

"Maybe it was different in 2000. Sept. 11 is still with us and we still like to believe that we are unified. Being 'under God' we can all be unified."



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www.fordham.edu/gss

Winter Intersession

Monday, December 26, 2005 - Thursday, January 5, 2006

These courses are open to both Part Time and Full Time students, as well as visiting students from other colleges.

Registration for Winter Intersession will be available online beginning November 4 and in person beginning November 9, 2005.

Day Classes: 9:00am—1:15pm

Evening Classes: 5:45pm—10:00pm

Courses Offered:

BI 026	Connecticut Winter Wildlife Fee \$120 - (Jan. 3-6, 10-13)	Day	MU 102	History of Jazz	Day
CH 020	Drugs & Their Implications	OL	PH 101	Intro-Problems of Philosophy	OL
CS 100	Introduction to Info. Technology	OL	PH 101	Intro-Problems of Philosophy	Eve
EN 101	Approaches to Literature Pre: EN 011	Eve	PO 121	Introduction to American Government	OL
EN 329	19th Century American Poetry: Romantic & Sentimental Pre: EN 122 & EN 132 or Dept. Perm.	OL	PS 213	Abnormal Psychology in Film	Day
EN 376	Freelance Writing: Writing for Magazines	OL	PS 295	Health Psychology Pre: PS 101	Eve
HI 101	Civilizations	OL	RS 101	Introduction to Study of Religion	OL
HS 301/501	Spirituality in Health Care	Day	RS 289	Religion, War and Peace	OL
MS 101	Introduction to Media Studies	OL	RS 299	Pilgrimage in World Religions: Journey to the Sacred Center	Eve

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Perspectives

First year students concerned about the enviornment

Professor Grant Walker
Contributing Writer

Students in the class of 2009 could make a big difference for environmental policy at Sacred Heart University. This conclusion is based on the findings of a survey of 350 first-year students at Sacred Heart this past Oct.

They are concerned. Almost 56 percent of those 350 students felt that it is very important for a college graduate to understand the earth's ecology. And 51 percent of the 350 could not agree with the statement that "environmental problems are often exaggerated."

They believe SHU could be doing more. More than 71 percent could not agree that the SHU campus shows that the University has a great concern for the environment. Almost 79 percent could not disagree with the statement that "Sacred Heart University does not enforce recycling on its campus." More than 85 percent could not agree that SHU students are careful about recycling. And almost 89 percent had to admit that they had never seen or heard an official University statement about the environment.

Sacred Heart has had an official statement about the environment for more than two years. The University's Strategic Plan released in Aug of 2003 commits the University to "support a healthy global environment by increasing our understanding of



The Spectrum/ Elyse Harrell

Recycling your bottles is an easy way to care for the environment

ecological concerns and taking action to reduce any negative environmental impact resulting from our activities."

In addition, this past Nov. 8, Dr. Anthony Cerna, the president of Sacred Heart University, sent word to the University Academic Assembly that, "the University supports and will encourage the use of environmentally sensitive design and construction."

Although they may be unaware of these statements, students in the class of 2009 appear to be ready to assist the University to live up to these ideals. They tend to be optimistic and willing to make personal sacrifices for the sake of the environment. More than 51 percent of the 350 surveyed agreed that one person can have a significant impact on the environment just by recycling. More than 58 percent agreed that a student could influence SHU policy on the environment, if he/she wanted to. Almost 40 percent said they were willing to carry their own beverage containers so that they could avoid using styrofoam containers.

The work was done by 14 juniors and seniors in the Methods of Social Research class who collected the data for this survey. Each of them distributed questionnaires to 25 available first-year students, in the middle of Oct. The respondents included 171 males, 176 females, and 3 individuals who did not answer the question on sex.

The SPECTRUM

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Letter to the Editor

I want to commend you on the article dispelling the rumor that "scabies" and "crabs" are rampant on campus; however, the article make it seem as if sexually transmitted diseases can be easily treated with antibiotics and then counseling. That is not the case with some (HIV and herpes, for instance). Perhaps it would be wiser for students to go to health services for counseling on safer lifestyle choices before contracting a sexually transmitted disease.

Louise Spence
Professor of Media Studies

Clarification

Sarah Decker
Editor-in-Chief

In the Nov. 17 issue, *The Spectrum* failed to mention that Jeff Davis, creator of the new hit TV show "Criminal Minds" is the stepson of Professor David Curtis, chair of the English department, in addition to being the son of Dr. Elaine Davis, associate professor and director of the social work program.

For additional articles by
Mark Foscolo and Ariane Rasmussen,
Check out *The Spectrum* online
Log on to:
www.sacredheartspectrum.com

He Said... She Said...

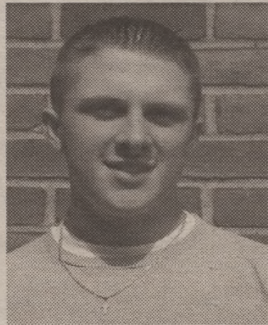
Can you find your love match through online dating?

Robert Roy
"He Said" Columnist

Online dating and match making is the exact same thing as having dating pages in magazines or newspapers. These ways of meeting other people have created many successful relationships. If you talk to those who have found love through this method they will say that true love can be found in simple personal ads.

Online dating has had many success stories of singles coming together as a couple. However, there are many variables surrounding this date, which essentially is a blind date. You don't know anything about this person beside what you read in their profile, all of which could be lies. You know nothing about this person's past. You are almost dating a complete stranger.

Take precautions when going out for the



first time to assure that you can trust this person before you put yourself in a vulnerable situation.

Personally, I have never used this method to meet others and most college students do not need this service to meet people. There are thousands of people of the opposite sex around on campus or out on the weekends to meet. However, if you do have trouble meeting others, try online dating, but I would recommend old fashion person to person interaction. That seems the best and safest way to find your love match and if you are compatible.

Rachelle Murphy
"She Said" Columnist

What do you do if you can't find anyone to date? For many people, you turn online. There are many different websites dedicated to helping you find your "true love". The real concern about online dating services is if they actually help you find true love.

There are quite a few things that one should be wary about. Is the site safe and reliable? Is it worth it [to pay membership fees]? These are all questions you need to ask yourself before even looking into joining any of these love match websites.

Once you are a member of one of these websites, the searching begins. Most websites have you fill out a lengthy questionnaire. So that they can match you up with other people who have similar responses. You "find" your match and email them anonymously through the



service. Then the e-mailing begins. You can supposedly find your match this way.

There have been many people who have found their "true love" through these web services. The websites triumph at each success and post the stories for you to read on their website. If these stories inspire you then you might want to try it out.

If you want to find a love match, this method is worth a try. In my opinion, if you find the love of your life online, good for you. If you don't find your love match, you can always go back to the regular way of finding love.



Student Senate has had a short recess since their last meeting due to the Thanksgiving break, however progress is moving along smoothly. All committees are working on the elements of this year's current projects, as well as the plans for next semester. Senate plans to end the year with a strong force and come into the New Year with more hopes to emplace further improvements.

Danielle Holton, Senator for the Class of 2008 has been working diligently all semester raising money for the Julia Davis Foundation. She and her committee members have been sending fundraising information to local schools to promote involvement. She has also hosted a very successful bake sale raising over two hundred dollars. The class of 2009 has been participating in this semester long fundraiser as well, holding the "You Got SHU'd" program. Many students and faculty members have donated three dollars to participate in this growing fad. Holton has been an amazing chair and has not only done well in keeping the committee members focused, but has also kept in contact with Julia Davis' family throughout the progress of Julia's treatment.

The Public Relations Committee has also made recent progress on the recognition of student athletic teams and select clubs. The Senate has decided to call the recognition the "Senate Shining Star" Awards which will be presented to clubs and teams at the December 6th Senate meeting. Senate is looking forward to this presentation. The Public Relations Committee two years ago made similar recognitions to the student organizations, and is pleased to bring this back. The organizations which will be recognized include the Pre-Physical Therapy Club, The Prologue Yearbook Staff, and The Spectrum Newspaper Staff. All of these clubs have done an amazing job this semester to improve their processes and have gone above and beyond their duties set forth by their organizations.

Another upcoming event for the Senate is the guest appearance of Dean Wielk, Dean of Students at Sacred Heart University. Things that will be on the agenda of this meeting will include the "One Card System," the "Five Year Plan," and the "Edgerton Center." The One Card System is something that the school hopes to implement in the upcoming year to include laundry costs and other elements on campus. The Five Year Plan is the University's intentions to improve the physical aspects of the campus in the coming years. Issues that will be brought up for this topic include parking, event space, and housing for the increasing number of students. The Edgerton Center topic will include availability to students as well as the cost to students to access this space. Information will follow in the next Senate Report as per the outcome of all these topics.

- Contributed by Erin Maurer.

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



What is your all time favorite Thanksgiving dish?



"My favorite Thanksgiving dish is apple pie. My family buys two. One for them and one for me."

Kim Dolberg

Milford~Sophomore



"My favorite is mashed potatoes and cranberry sauce."

Dan Marra

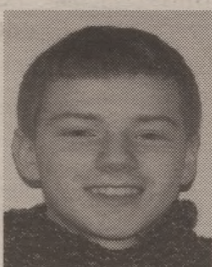
Brooklyn, N.Y.~ Senior



"I like the mashed potatoes the best."

Katie Durattie

Wakefield, Mass.~Sophomore



"It would have to be pumpkin pie with whipped cream because it's delicious."

Sam Bolles

Glens Falls, N.Y.~Sophomore



"Apple pie would have to be my favorite dish on Thanksgiving."

Katie Fanning

Fairfield ~Grad Student



"My favorite dish would have to be turkey along with many, many beers."

Michael Moloney

Millbury, Mass.~Senior

—Arts & Entertainment—

Virgil's Wedding: vows of laughter and success

Gina Saccaro
The Spectrum

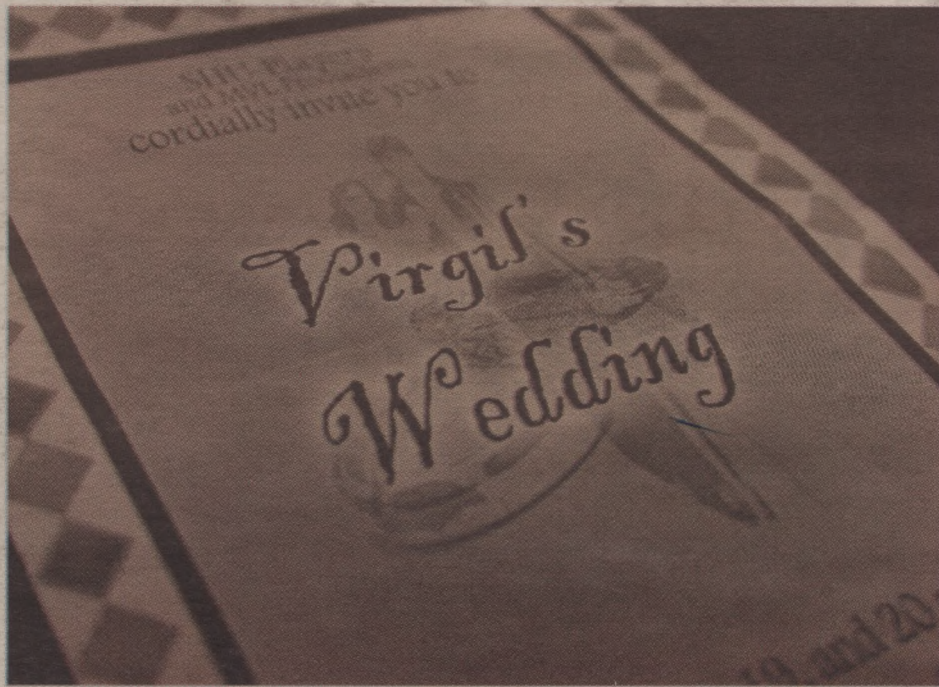
SHU players put on the comedy "Virgil's Wedding" Nov. 18, 19 and 20 at the Edgerton Center for the Performing Arts. The performance was free with SHU id and \$5 general admission.

The play begins with the high end wedding planner Ms. Delanie, who is played by Bridget Steckis, and her assistant Barbie, played by Tara Mohoney. The two wedding planners have been hired to direct a simple ceremony in the town of Lickskillit. It was made apparent right in the first scene that Lickskillit is a hillbilly type of town with simple people.

The confident and sometimes nasty Ms. Delanie is promised a raise if the Lickskillit wedding is successful. She decides to invite her boss, Mr. Wright, played by Matt Ritchie to accompany her to the ceremony.

The bride and groom are Margaret Hooper, played by Amy LaVorgna, and Virgil Sludge played by *The Spectrum* reporter Shaun Mitchell. Margaret and Virgil are both simple, funny characters the audience grows to love.

Before the nuptials take place, the bride-to-be starts doubting whether her fiancé's love is real. She remembers what her mother told her about waiting



The Spectrum/ Elyse Harrell

A talented cast and humorous script coupled together to make an excellent play.

for "Mr. Right", and upon meeting Ms. Delanie's boss, Mr. Wright she suddenly gets confused on the situation.

A majority of the humorous scenes involve Ms. Delanie and Barbie, known as the "city people" and the simple people of Lickskillit. Ms. Delanie is outraged by the fact that they want to decorate the church with Christmas garland and fake cheap flowers.

The day of the wedding, the rever-

end arrives late thinking he's conducting a funeral mass, and the groom is nowhere to be found. Margaret realizes that Virgil is the only one for her, and she would never marry Mr. Wright, even if Virgil never showed up.

Soon Virgil shows up dirty, with his clothes torn, and only the audience knew that he got trapped in his best man's lizard trap the night before the wedding. The two finally get married

and the wedding turns out to be a success.

"The play "Virgil's Wedding" was a great pick for college students to perform. It was a comical and amusing play that many people our age would enjoy. The cast was very talented and you could tell they worked and practiced very hard," said Christie Feraudo, sophomore, Freehold, N.J.

The play was directed by *The Spectrum* reporter Matt Libassi, and assistant directed by senior, Christine Fahey. "Virgil's Wedding" was Libassi's second production at Sacred Heart, and Fahey's third year with the SHU players. Both Libassi and Fahey did an excellent job directing the play and making it funny and crowd appealing.

"Even though the school doesn't really have a large theater program I like how they can still put on small plays for those students who enjoy acting and singing. The play "Virgil's Wedding" really helped showcase their talents," said Amanda Falzon, sophomore, Valley Stream, N.Y.

The actors did a great job portraying both hillbillies and snobby city people. The show kept the audience laughing with its innocent characters and plot. If students didn't get to see the play, they should definitely try to see the next production by the SHU Players.

Movie Review: 525,600 thumbs up for "Rent"

Big screen release leaves audience singing a different tune than Broadway's

Matt Libassi
The Spectrum

"Rent" has become a Broadway sensation, and with the holiday season opening at the box office, the film's debut fell short despite some major accomplishments when compared to the 42nd street smash hit.

Since April 29, 1996, "Rent" on Broadway became a cultural commotion, leaving theatergoers breathless and hoping to feel the same leaving the movie theatre as they did leaving the Nederlander theatre, but such hopes weren't met.

"Rent," directed by Christopher Columbus, was adapted to the big screen opening on Nov. 22 and in reality cannot compare to the play at all. Yeah the songs are the same, and yeah the majority of the cast is the same, but the presentations of both forms are simply different.

One must attribute these differences to the means in which the story is being told, one through the magic of theatre and the other is through the interpretation of one director on the big screen. The movie gives more back story and images helping move the story along, losing some of the artistic creativity the Broadway production showed.

The movie is a narrative medium, helping convey the plot and course of action in an easier way. With the zoom in



AP Photo/ Columbia Pictures

Anthony Rapp and Idina Menzel star in the rock opera "Rent".

of the camera, or the focus of an individual, the screen tells a lot more than the stage- clearing up any confusion to the audience.

Despite the storytelling, the film failed to smoothly transition between scenes. Perhaps for a more theatrical presentation, blackouts were used between scenes shifting the story between characters. That play on the other hand allowed everything to occur on stage with one smooth line of characters and song. The film's technique of scene shifting was distracting, with a two second delay in between each song.

The next major difference was the dialogue. Sure there were some funny one liners, but those accustomed to the play aren't used to the dialogue between the characters, thus adding another 20 minutes to the play.

Nick Kochis, sophomore, Shoreham, N.Y. said, "If you like movies that have a lot of song and dance I would recommend it but personally I felt it was too long."

Not many felt the movie was drastically different, or worse. Shaun Mitchell, *The Spectrum* reporter, and president of the Broadway Club, Cresskill, N.J. said, "I actually liked the movie better than the Broadway production, which is very

hard to accomplish. It was so well done as a motion picture that the Broadway show just seemed secondary to me."

As Justin Schiavone, sophomore, Huntington, N.Y. said, "Both the movie and show have their good points. I liked the movie for its visual appeal, but the play for, well simply being the original."

The acting was nothing short of amazing. Anthony Rapp, as Mark, made the movie what it was, having him completely take over the roll, feeding his energy to the audience, almost as if you were watching it live.

And the others as well, like Adam Pascal and Rosario Dawson cannot go without mentioning, making the film truly stand out. Without the talent, the movie would be completely sub par to the play.

The movie in comparison to the play is really described in one word, incomparable. Both are two completely different entities with strong and weak points in both.

Go and see the movie in the theatres, appreciate the time put into making this great film, but venture to Broadway and experience true theatre for what it's worth. Both will go down in history for one reason or another.

New on the download: Podcasting

Joel Roch
The Spectrum

There's a new technology on the rise called podcasting. It is a word used to describe the distribution of audio and video files over the Internet. To be more specific, a podcast as it is known, is any type of online audio or video file that is delivered to the consumer via a Webfeed or link on a specific website of the consumers choice. In other words, it's the downloading of audio broadcasts to an ipod.

Podcasts originally became popular around Sept 2004 when Doc Searls, a columnist and blogger, started to keep track of how many "hits" the word podcast received on google. At first the number was only 24, however, two days later, the number rose to over 500 and the number cleared 2,000 shortly after.

The popularity of podcasts or podcasting, has grown by great lengths within one year. Anyone with a high-speed Internet connection and an interest in any number of topics can find a podcast for them.

"I like the idea of podcasting because it allows almost anyone to get their voice out in the world to be heard," said Kim Day, junior, Worcester, Mass.

The technology behind podcasting allows a person to record their program



AP Photo/ Paul Sakuma

Podcasting has become a new trend among ipod owners of all ages. Podcasting allows individuals to download news, sports, sermons etc. to their computer which they can then transfer to their ipod.

onto their computer using a microphone. This file is then turned into a proper file format and can be posted on the Internet. After this, it depends on who happens to come across your media on the Internet and if they decide to listen to it.

Podcasts can cover anything from news, sermons, discussions on certain top-

ics, lectures, and even business earnings reports. There is no limit to what a podcast can contain.

"I like how podcasts give the listener the freedom to pick out exactly what they want to listen to without having to sit through stuff that doesn't interest them," said Michael Millett, junior, West

Springfield, Mass.

The thing that consumers seem to like the most about podcasting is that it allows the listener to pick what they want when they want it. If a listener really has a great interest in international news they can go online and search out podcasts that they will be able to download onto their computer which pertain only to international news.

The same goes for other topics, such as sermons or other religious events. Podcasting gives the listener the ability to search out the types of sermons that they would like to listen to, instead of being limited to only those churches that are within their area.

The idea of the podcast has even caught the attention of giant corporations, with a new deal between CNN and Chrysler that gives Chrysler soul-advertising rights on any CNN product including their podcasts. Big businesses see the potential for big money from this new technology.

With its grassroots bases and easy to promote structure it is no surprise that podcasting has grown in popularity as fast as it has. The idea of "being heard" is finally coming true for many Americans and the only real limit to what this technology can do is in the hands of those that create it every day.

Nick and Jessica: not so happily ever after

After four years, the "Newlyweds" call it quits

LOS ANGELES (AP) - Jessica Simpson and Nick Lachey, who turned mid-level music careers into Hollywood superstardom by celebrating their marriage in an MTV reality show and television specials, are calling it quits after months of persistent breakup rumors.

The couple announced their separa-



AP Photo/Chris Pizzello

After months of rumors, denials, and salacious magazine covers, Jessica Simpson and Nick Lachey are parting ways.

tion Wednesday.

"After three years of marriage, and careful thought and consideration, we have decided to part ways," they said in a joint statement released by their publicists. "This is the mutual decision of two people with an enormous amount of respect and admiration for each other."

Calls seeking further comment from publicists Meredith O' Sullivan and Rob Shuter were not immediately returned early Thursday.

The couple have been dogged by rumors that their marriage was in trouble. *Us Weekly* reported that they split in an Oct. 17 issue — but Simpson, 25, and Lachey, 32, brushed the speculation aside and insisted they were still together.

In the Dec.-Jan. issue of *Teen People*, which went on newsstands earlier this month, Simpson denied rumors that the marriage was kaput.

"Hopefully mine and Nick's story will continue for the rest of our lives, like what we vowed, through sickness and in health," said Simpson, who famously professed that she remained a virgin until she got married.

The couple wed in Oct. 2002,

back when they were known simply as pop singers. But Simpson hadn't achieved the multiplatinum successes of peers Britney Spears and Christina Aguilera, while Lachey was a member of the boy band 98 Degrees, which sold far fewer albums than such acts as 'N Sync and Backstreet Boys.

The couple's reality show, "Newlyweds: Nick & Jessica," which chronicled their daily lives in a new California home, turned them into stars. The show, which ran for three seasons, made Simpson infamous for her dippy-blond moments, including the time she confused the tuna she was eating for chicken, or when she eschewed Buffalo wings because "I don't eat buffalo."

Simpson's star status has begun to outshine Lachey's. She played Daisy Duke in this summer's hit movie "The Dukes of Hazzard," and she endorses "Dessert," a beauty line that includes flavored body creams. Lachey, whose solo album has had disappointing sales, appeared in some episodes of the sitcom "Charmed."

Besides appearing in "Newlyweds," the couple entertained U.S. troops earlier this year in the ABC special "Nick

& Jessica's Tour of Duty," and last year they hosted the ABC variety special "Nick & Jessica's Family Christmas." A coffee table book, "Jessica Simpson I Do: Achieving Your Dream Wedding,"

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Features

'Tis the season to be moody

Victoria Licata
The Spectrum

With the fall season at full blast, low temperatures and the common cold floating around, mood changes may become quite noticeable in friends, acquaintances or people in everyday scenarios.

With school work and other activities are beginning to pile up three months into the semester, you may be feeling drained, possibly emotionally and physically. Also, not sleeping and eating correctly may make it hard to maintain your normal mood.

"I get lazy and lethargic when it's cold out because I don't want to go out and face the cold," said Jackie Quinn, sophomore, Shrub Oak, N.Y.

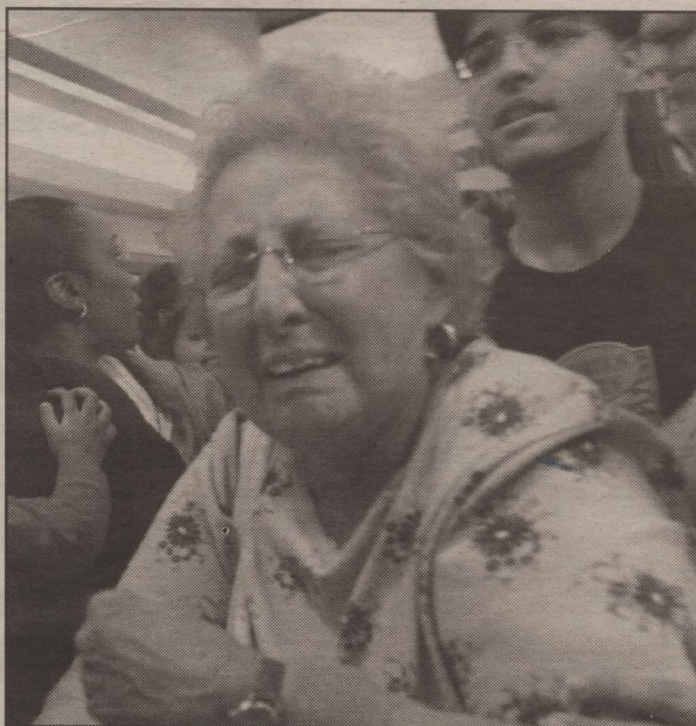
The weather is an example factor that may put a damper on someone's day. The trees are no longer green and the cold winds that blow past are not very pleasant to the touch.

You have to bundle up every time you go outside and you may not really enjoy outdoor activities much because of the snow that may be on the ground. The gray skies that accompany the cold weather may also feel less cheerful.

The sun sets much earlier than what we are used to in the summertime. It is dark by 5:00 p.m. and once nighttime falls, it is much easier to feel sleepy and sluggish. This may slow down the urge to do work or any other activities.

Trying to study for the upcoming finals in a few weeks is stressful, and doesn't leave much time for fun. A student can have anywhere from no finals to five or six and this creates a highly intense atmosphere.

"The week before finals I get stressed out because



AP Photo/Mike Stocker

Mood swings, they can happen to you too.

I try and get everything done the week before," said Kayla Peras, sophomore, North Adams, Mass.

Whether in the library, study lounge, or in your dorm room, studying can become a long and tedious task which begins the strand of stress that accompanies final week.

Cramming or constantly studying is a challenge for getting enough sleep in order to do well in class and on exams. Balancing everything out from school work to other activities is what makes the stress level so much

higher around this time in the semester.

If there is not enough sleep incorporated in a busy schedule then it will just make the person more run down and emotionally drained. Sleep is needed to keep the brain fresh and your body moving.

"Managing time between tutors, work, the gym and school work stresses me out a lot," said Peras.

Eating habits may become altered as well. Eating late at night to try and keep yourself awake or not eating at all can greatly affect performance. Breakfast is a very important start of the day. This gets you energized from the start and will help keep healthy eating habits in line.

Stress is a drain on the mind and body and keeping your body healthy is very important in order to pull through the last few weeks of the semester. Especially around finals time.

Trying to schedule times to study for certain subjects and to do other work will be a good way to help try and relieve some tension. Cramming last minute will only heighten stress. Simply taking everything step by step will decrease the strain on your mind and body.

"Finals make me stressed so I'm usually crazy around the end of the semester," said Quinn.

Mood changes can be from a number of different factors, but if stress can be kept at a minimum and everyday habits such as eating right and sleeping properly are applied, then your everyday mood can be maintained as well.

Mind your manners: public etiquette still exists today

Dallas Kalmar
The Spectrum

The most famous lesson taught in kindergarten is to "treat others as you would like to be treated." Individual preferences and standards of politeness, however, were not a part of that curriculum. The way in which one conducts themselves in public varies upon their own personal standards for manners.

Discourteous behavior is a common occurrence. While often unintentional, the offender tends to leave his or her subject silently enraged and helplessly annoyed.

Judith Martin, author of "Miss Manners Guide to Excruciatingly Correct Behavior" makes reference to the two ways in which these courtesy-deficient people are categorized. The first group is comprised of the "People Who Should Know Better" and the second are of "People Like That (as in, what else can you expect of People Like That?). Unfortunately both groups are oblivious, while others are forced to suffer.

"We are all worthy of respect, and it's so important that people are conscious of those around them. When people are on their phone in public, especially an enclosed area like a store or on a train, it's so obnoxious when they talk really loud as if they are in the privacy of their own home," said Morgan Ludwig, junior, Wilton.

Technology has endowed the world with a double bind. While cell phones provide convenience for communication, they are often the basis upon which such irritating occurrences transpire. According to "Miss



AP Photo/ Stephen Morton

Most feel dinnertime is when cell phones should be left behind.

Manners," courteous people may just have to suck it up.

"In grocery stores, shops and possibly your coffee spot, chatter is permitted. Unless you can invoke the shouting rule, you can have no reasonable objection, to others cell phone use," Martin said in "Miss Manners".

So when is the application of cell phone etiquette most important? Some feel while out to dinner, the device should be left behind.

"I always leave my phone in the car so my date knows she has my undivided attention. Leaving the cell phone on the table gives people the impression that you might want to be somewhere else, which is rude even if you would rather be anywhere but with them," said Spectrum Reporter Nick Brown, junior, West Springfield, Mass.

Close friends may have no objection to slapping the cell phone on the dinner table. In this case, discerning between when and when not to answer may be the point of controversy.

"Constant interruptions drive me crazy. It's okay to answer, but your date should say they are busy and will call them back when dinner is finished," said Allison Bombard, sophomore, Stratford.

Inappropriate cell phone use is not the only discourteous act in which people partake. Some find public displays of affection equally rude and improper.

"I can't stand couples in the hallway kissing in between classes when the hallways are busy, as they usually are. This also includes people who stop in the middle to talk to friends while I'm trying to get to class," said Morgan Ludwig, junior, Wilton.

According to "Miss Manners," it is unfair to both the onlookers as well as the couple committing the act. Onlookers inevitably see, while the couple sets a romantic precedent that they may never live up to, which is tacky.

"The birds are singing, the flowers are budding and it is time for Miss Manners to tell young lovers to stop necking in public," said Martin.

Respecting the space of others is important, especially in a public place. In this new age of technology and constant cultural change, the lessons we learned in kindergarten will never become obsolete.

Holiday shopping promotions send consumers running to the stores early this season

Theresa Vosilla
The Spectrum

Now that Black Friday has passed the Christmas shopping season is officially here but some people wonder when is it too soon to promote the holiday and when and how do people begin shopping?

Consumers were out in full force this past Friday looking for the best deals. Many braved the cold and stood on line for hours beginning as early as Thursday night. According to the National Retail Federation, an industry trade group based in Washington, D.C., found there was a 22 percent sales increase in shopping over Thanksgiving weekend.

"The strategy this year is to attract bargain-hunters," said Tracy Mullin the National Retail Federation's President and Chief Executive Officer. "This year, retailers have learned the meaning of the phrase 'If you discount, they will come.' Lukewarm promotions won't get consumers out of bed, so most store went all-out this year."

Advertisements promoting these bargains were seen in all different forms of media, from print, to radio and television advertisements. Black Friday was not the start of advertiser's holiday season promotional work however.

Holiday season advertisements



AP Photo/ Max Schulte

One of the many shoppers who braved the crowds on Black Friday.

began being directed towards consumers around Halloween time, giving them friendly reminders that the holiday season was rapidly approaching.

"The store I was shopping in for my Halloween costume was actually playing Christmas music while I was trying my costume on. I thought that was definitely too early to begin the Christmas holiday season," said Sarah Lizzo, junior, Rockland County, N.Y.

While many other people may have similar complaints about the early season advertisements, others view this as an opportunity to get a head start on shop-

ping. Beating the crowds and the last minute pressure may save many consumers from the holiday stress and anxiety they dread.

"This year I am trying to get all my shopping done as soon as possible. I tried to get most of it done by Thanksgiving time this way I can enjoy the holiday season with my friends and family instead of being stressed out and running through crowded malls to get last minute gifts like I do every other year," said Jeanine Garcia, junior, Bridgeport.

Some consumers have managed to begin their shopping early and beat the

crowds by purchasing their holiday gifts online. Now recently, following Black Friday comes the day that is quickly becoming one of the biggest online shopping days of the year. Many retailers are calling this day Cyber Monday.

"On Cyber Monday, consumers set their sights on surfing for holiday gifts and shopping online," said Scott Silverman, Executive Director of Shop.org. "This year, online retailers will be capitalizing on the increased traffic by offering special promotions and discounts."

According to the market research firm ComScore Networks, the total holiday online sales for the key November and December shopping months are expected to grow 24 percent this year to more than \$19 billion.

SHU students also seem to be taking advantage of online shopping and the Cyber Monday deals this year. Eight of the ten students asked said that they would be or already have purchased some of their holiday gifts online.

Whether you are an early shopper, an online shopper or a last minute shopper remember that there are only 24 shopping days left to purchase everything on your Christmas shopping list.

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Page 13

Top 3 Performances

for Sacred Heart

Athletics this week.

Page 14

Fall Sports reach new heights, show incredible promise for next year.

Page 14

Men's ice hockey wins first non-conference game

since the Ferhi era:

Chmiel and Trapp earn

weekly Atlantic Hockey

League honors.

Back Page

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Erica Rico
Oliver Kranichfeld
Matt DeRosa
Kris Singhaviraj
Denis McGuire

Rubino set for big night in home opener

Brian Fitzsimmons
The Spectrum

Tonight the women's basketball team tips off against the Yale Bulldogs. The lady Bulldogs have struggled thus far, registering a 0-4 record and running into the red hot Pioneers won't help their situation.

Sacred Heart is coming off an 84-57 win in New York over Syracuse, a big program respected all around the country.

Junior forward Amanda Pape's leadership is nothing new to Pioneer hoop fans and she worked her magic once again to allow Sacred Heart improve to 2-0 against the Big East conference during this early campaign. She registered 20 points and grabbed 11 rebounds to boost her season averages to 16.0 points and 8.3 rebounds per game. Pape is also proving her honor of being chosen a pre-season pick as a NEC All-Conference player was not a fluke.

The real story which will unfold tonight will be all about senior Nicolle Rubino. Throughout her three years at SHU, she has provided a serviceable balance for head coach Ed Swanson on both ends of the floor, and come time for tip off, it will become her show. She is currently four points away from reaching the 1,000 career milestone, and averaging 10.7 points per contest this season, her goal is well within reach for tonight's game.

The Pioneers and Bulldogs met last year on November 19th, and Sacred Heart came out victorious by a 66-53 edge.

Yale is an interesting team aside from their record. Their seven player rotation consists

of all underclassmen, and their leading scorer is freshmen guard Kaitlyn Lillemoe with 13.2. She is also one of two players shooting for more than 60.0% from beyond the three point arc.

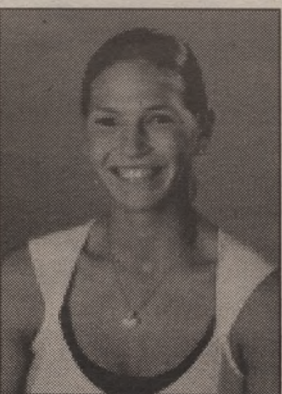
Chances are, Kerri Burke, Pioneer point guard, will have the duty of sticking with Lillemoe, and shutting her down is the answer to caging the rest of the Bulldogs. Here is an in-depth look at tonight's game and key match-ups.



Burke

Kerri Burke vs. Kaitlyn Lillemoe: Burke, who led the NEC in assists per game last year, has struggled thus far shooting from the floor and her 26.7% proves it, but she is too good of a player to let this slump carry itself any further. If Lillemoe isn't quick enough to stop the constant Burke penetration, Yale is big trouble.

Edge: Burke



Rubino

Nicolle Rubino vs. Kaitlin Emmerling: Emmerling is aver-

aging 11 points and just over two three pointers per game, but Rubino's defensive numbers give her the boost. Also, do you think she would let Emmerling get in the way of her potential 1,000 career point night?

Edge: Rubino



Walker

Jasmine Walker vs. Sara McCollum: McCollum has the height advantage at 6'3", but Walker's strength is rarely matched. They have similar statistics, Kaitlin Sowinski, a Pioneer freshmen center who stands at 6'4", will see a lot of action if Walker runs into problems. Yale's center is shooting under 30.0% from the floor, and if they can't pound it down low for easy buckets, they will rely on Lillemoe too much.

Edge: Walker

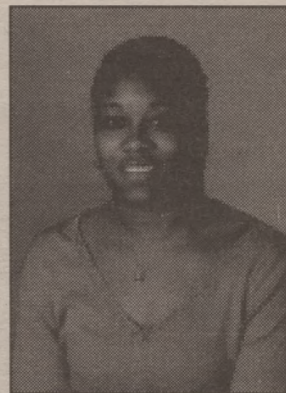


Pape

Amanda Pape vs. Chinenye Okafor: Pape clearly has the match here, and probably over whoever defends her throughout

the season. Okafor has impressive numbers on defense averaging a steal a game, but Pape will be just too much.

Edge: Pape



Rush

Mary Rush/ Kaitlin Sowinski vs. Stephanie Marciano/ Julie Mantilla: Rush is shooting .917 from the charity stripe this season, so if Sacred Heart holds a minimal lead until the final minutes, she could be the key of the game. Sowinski may see extra time if Swanson decides to stick her on McCollum.

Edge: Rush/Sowinski



Sowinski

The Bulldogs are averaging 53 points per game, which is much lower than Sacred Heart's usual tally of 66.3. It is the Pioneers home opener, and coming off wins over such tough competition, this one may be out of reach for Yale.

Winner: Pioneers

Game time is scheduled for 7:00 p.m. tonight at the Pitt Center.

Men's basketball drops close contest

...Continued From Page 16

The Pioneers leapt out to a 15-6 lead in the opening six minutes only to see the Bulldogs dominate the next six, outscoring SHU 21-5, to provide a seven-point cushion.

Sacred Heart regained the lead 30-29 when guard Drew Shubik scored from a layup, but Yale stormed back to claim a 36-32 going into halftime.

The Pioneers took the lead twice in the final minute, only to see the Bulldogs scratch and

claw their way to victory

With 40 seconds remaining in the game, Shubik hit a three-pointer from the side for a 65-64 lead; with 13 seconds left, Trim hit a short jumper for a 67-66 lead.

Trim shot 8-14 from the field for 18 points.

Guard Tavio Hobson hit 4-5 from the field, including 2-2 from three-point range, for 12 points. He led SHU with nine assists while sinking both his free throws.

Shubik, who was 7-8 from the line, finished with 12 points

and a team-high four steals.

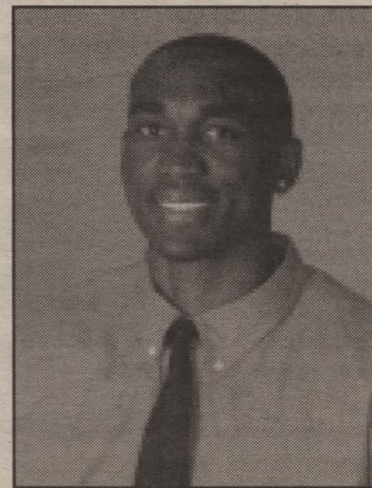
Yale picked up 14 second-chance points in the second half to Sacred Heart's four.

The Bulldog's bench players outscored the Pioneers' 30-3 for the game.

Each team gained the lead three times each half.

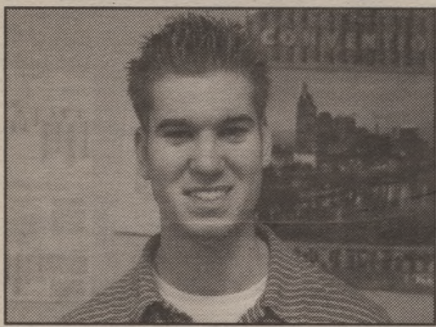
Sacred Heart will travel to Boston Saturday for a 7 p.m. game against the #10 nationally ranked Boston College.

Its next home game is Monday, Dec. 5 against Army at 7 p.m. in the Pitt Center.



SHU athletic Dept.

Kibwe Trim scored 18 points versus Yale.



THE FITZSIMMONS FILES with Brian Fitzsimmons

As the Beckett blow sinks in...

Once upon a time, during an off-season not so long ago, George Steinbrenner singlehandedly outdid the Boston Red Sox in every imaginable way.

If the Yankees acquired a pitcher who won twenty games the year before, the Sox would fire back and sign someone who had won twenty games in his career. Boston would increase their payroll by eleven million; New York would spend twelve. If the Yankees traveled to scout players in the Dominican Republic, the Sox would end up scouting the polo shirt sales at *Banana Republic*. Maybe the recent past hasn't been that ridiculously in favor of the Evil Empire, but times certainly have changed.

Enraged with Boston's championship victory, the Yankees went punch for punch with Sox general manager Theo Epstein last winter. Epstein acquired pitchers David Wells and Matt Clement. The Yankees bounced off the ring and threw a potent uppercut by inking Carl Pavano and Jaret Wright. To knockout Boston, New York acquired the most dominant lefthander of this generation, Randy Johnson. It seemed the Yankees won the winter battle, but Steinbrenner's 206 million dollar team failed in 2005, despite the perfect blueprint that was constructed. Now, here we stand after another unpredictable autumn, watching teams fight for enough improvement to dethrone the White Sox in 2006.

Unfortunately for Yankee loyalists, the Red Sox nation had a lot to be thankful for this past week, as twenty-five year old pitcher Josh Beckett became the first player to come off Florida's clearance rack. The struggling franchise has had financial troubles for some time, so dumping salary became inevitable. Boston management took the incentive to become the first customers at the Florida

Marlins garage sale and New York shook in panic. The elevated fear level in Yankee land is very high, since the 2003 World Series M.V.P. is now with Boston. This is the same Josh Beckett who made the Yankees look like a high school JV team in that World Series, which was also New York's last appearance in the fall classic. I was once a Beckett fan, but now the only time I'll cheer for him is if he gets torched by Yankee hitters in a game next season. We'll give Steinbrenner some time to retaliate, but for now New York needs some statistical band aids.

Pro Player Stadium, the home of Beckett's team last season, is known for its deep dimensions and frustrated home run hitters. The pitcher's park assisted Beckett in achieving a career year, where he tallied 15 wins, a 3.46 earned run average and 166 strikeouts in 29 starts. Add those numbers to a healthy Curt Schilling, a consistent Clement and a slimmer Wells and you could be looking at a locked-in division winner. But then again, when has something come easy in the American League East? The last time Boston depended on a Texan who threw 99 on the gun, it didn't work out as planned. Just ask Roger Clemens.

Fenway Park, the opposite of Pro Player because of its short fences, could give Beckett culture shock (last season he had a 1.25 groundball to fly ball ratio). Will a lot of those deep pop outs to Juan Pierre in Florida become souvenirs in Fenway?

To continue bursting the Red Sox nation's bubble, Beckett posted a 2.47 ERA in the pitcher friendly confines of Florida, but displayed the "Mr. Hyde" version of his home brilliance with a 4.31 ERA on the road. This was during his career year in 2005, which was the first time he has pitched more than 157 innings in a season. Throughout his five year tenure, he has been the talented youngster who never could "get it together" due to his lingering blister problems. Even this past season he was considered healthy, but the disabled list was unavoidable because of back complications.

Beckett is a good pitcher who has just become public enemy number one in the Bronx. In 2006, his 6'4" frame will stand on the mound with confidence, sporting his red number stitched to a Boston jersey. His favorite Copenhagen tobacco will be as fresh as the memories of 2003, and his brown eyes under a Red Sox cap will stare down his familiar, yet once again intended pinstripe prey. And it is up to Steinbrenner to make his team the hunter once again.



AP Photo/Nam Y Huh

Yankees fans may remember 2003 World Series MVP Josh Beckett. The Yanks will be seeing quite a bit of him next fall.



CONO'S CORNER with Steve Conoscenti

Giants and the Cowboys, big time

As if there wasn't already enough attention surrounding any game between these two teams, the Giants and the Cowboys meet this Sunday to determine who will have sole possession of the top seed in the NFC East. Both teams are coming off heartbreaking losses in overtime, so most are expecting a hard-hitting, action-packed, full-speed match-up come Sunday.

The Cowboys had a Thanksgiving Day battle with the Denver Broncos, who are now tied for first in the NFC. The Cowboys tied the game early in the fourth quarter to send the game to overtime, but couldn't hold off Broncos running back Ron Dayne, filling in for last-second scratch Tatum Bell. Yes, Ron Dayne. He's never had this much love from Giants fans, even when he was a Giant. Dayne had a 55-yard rush on the second play in overtime to set up a Jason Elam field goal to end the game. Is it a sign?

Before Sunday's game in Seattle, Giants' kicker Jay Feely was the top kicker in the league. He had made 23 of his 25 field goal attempts this season. Not only did Feely match his season total of missed field goals in one game but he decided to add one more to the count. Feely missed a 40-yarder on the final play of regulation, a 54-yard try in overtime and a second in overtime from 45 yards out. Eli Manning played another masterful game, establishing career highs of 29 completions and 53 attempts. He had 344 yards passing with two touchdowns and an interception. However, the Giants had 16 penalties, 11 of which were false starts.

That brings us to this Sunday's showdown at the Meadowlands. How does each team match up with one another?

Offense. It's hard to put a second year kid in front of a quarterback with the history that Drew Bledsoe has, but then again, it's hard not to. Eli Manning has been playing superb this season. Other than one meltdown against the Vikings, Eli has had a near-flawless season. He is completing over half of his passes for a total of 2,664 yards this season, with an average of 244 yards per game. He has thrown 10 interceptions, but he has double the amount of touchdowns with 20.

This is not to discredit Drew Bledsoe. He's obviously not the player he once was, but he's still playing great. He's completing a little over 60 percent of his passes with a passer rating of 91.8, good enough for sixth in the NFL. He's thrown for 16 touchdowns but has also thrown nine interceptions. His receivers have helped him out. Terry Glenn is leading the team with 45 receptions for 804 yards and four touchdowns. Keyshawn

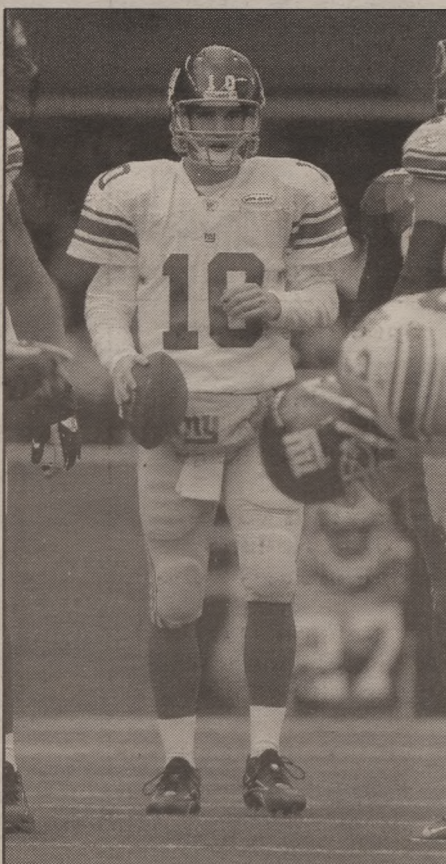
Johnson, another Cowboy familiar with the Meadowlands has caught 53 balls for six touchdowns.

Both teams have decent running games, the Giants more so than the Cowboys, but Dallas still is in the top half of the NFL in rushing yards per game. Both teams have top 10 rushing defenses, so their running abilities will be challenged. Tiki Barber is averaging five yards per carry and is second in the NFL in rushing yards. The Cowboys will look to match Tiki's production with their duo of Julius Jones and Marion Barber. With the Giants' strong run defense and the Cowboys' sub par running game, Bledsoe will need to get it done in the air for the Cowboys to win.

Defense. If Dallas wants to win this game, they have to take advantage of their strong defense. They are fifth in the league in overall defense. If their secondary, which is holding teams to only 185 passing yards per game, can contain Eli's receivers the Cowboys will win this game. The Giants do have a strong running game, but the Dallas line is holding opposing teams to a shy under 100 rushing yards per game. Tiki Barber may be putting up great numbers, but it will take more than a solid runner to beat this Dallas defense.

The Giants defense can stop the run as well. In fact, they have a better rush defense than the Cowboys, giving up six less yards per game. But that's not where their defensive struggles come from. The Giants secondary has been exposed. They are giving up 236 passing yards per game, that's 27th in the NFL. Keyshawn Johnson and Terry Glenn will use their strength, size and athletic ability to break free. Johnson is already a big target, but leaving him wide open will make him even bigger.

Overall, if the Cowboys can keep Tiki and Eli quiet, they will win the game. Bledsoe has to get it done in the air, which he's proven time and time again that he can do. The Giants have a slight edge offensively, but both offenses are solid. It comes down to one thing: defense.



AP Photo/Ted S. Warren

Eli has gotten better with every passing game, and looks for a big outing next weekend vs. the Cowboys.

Sports

Awesome autumn for Pioneers

Oliver Kranichfeld
Staff Reporter

The success of the fall sports program has turned many heads, not only for attendees here at school, but also for future athletic recruits.

The women's field hockey team and women's cross country both won Northeast Conference championships, with cross country sharing the title with Quinnipiac. Women's and men's soccer both made the NEC playoffs, and women's tennis won the New England Championship in October.

Has the fall sports program here at Sacred Heart met, or even exceeded, expectations coming into the season?

"Basically our goal is to do well in the conference and come out over .500," Kim Callicoate, one of the senior associate athletic directors, said. "To have two NEC tournament champions is great."

The SHU athletic program has been so successful, as a matter of fact, that it stands in first place in women's sports, and second place overall, in the Commissioner's Cup standings, which is a measuring stick for a school's entire sports program within the NEC.

"It's phenomenal that just about every team this fall made it to some form of the playoffs," Callicoate said. "I'd have to say that the fall sports program here at Sacred Heart has probably been the most successful since our move up to Division One in 1999."

Katie Duffy, a recent recipient of SHU's Enterprise Athlete of the Week award, has been a steady leader for women's cross country. The team this year had a couple strong motivations for winning.

"This year we were all very dedicated and knew that an NEC championship was possible, and we wanted it so bad, we worked extra hard for it," Duffy, a sophomore from Monroe, said. "We wanted all of our 12-mile runs and early morning Saturday practices to pay off, and they did."

Men's soccer had one of its strongest seasons in Sacred Heart history, as it made the postseason for the first time ever. After an eight game unbeaten streak



The Spectrum/Travis Flynn

Melissa Mazin is a member of the 2005 championship field hockey team.

late in the season, the Pioneers fell to top seeded Monmouth in overtime of the NEC playoffs.

In addition to a revamped backfield, the strong play of freshman forward Jason Tessitore of Ansonia and freshman goalkeeper Mathew Jones of Newcastle, England provided a constant backbone to a deep and talented squad.

Women's soccer had a winning season as well, and finished at a strong 5-3-1 in NEC play, before being ousted by Central Connecticut in the playoffs. The team was led by the strong play of senior forward Erica Rico of Cranston, R.I., senior midfielder Orlagh Cullen of Offaly, Ireland, junior midfielder Lisa Burbige of Babylon, N.Y., and junior goalkeeper Ashley Mocarski of Stratford.

Field hockey made an incredible turnaround this fall, after starting the season 0-7. The team went on a surge for the rest of the way, propelling itself all the way to a victory over Rider in the NEC championship game.

Freshman Forward Carisa Eye of Nesconset, N.Y., junior midfielder Colleen Carney of Yorktown Heights, N.Y., and junior forward Becky Ford of Salem, N.H. formed the core of a unit that seemed on

the brink of collapse, but salvaged the season with a comeback for the record books.

Although the football team struggled this season a bit more than usual, the team's overall record of 5-6 does not begin to explain the amount of talent the Pioneers have on both offense and defense. The main problem the team experienced was having both its offense and defense on the same page in the same game.

Due to the successful season, school's recruiting power and name carries more weight than it use to in the recent past, according to Lucy Cox, an assistant athletic director specializing in academic support.

"At the Division One level, athletes want to be able to compete in the tournament. When the recruits see that we've been making the playoffs, and have the chance to reach the NCAA championships for some of the sports, it definitely catches many future athletes' attention," Cox said.

One of Sacred Heart's greatest attributes is to provide a great role model for the student athlete. In other words, academics is always prioritized over athletics, and the university takes a very proactive role in making sure the school's student

athletes are receiving the help they need with their work.

There tends to be a perception among the college sports world that many athletes "get it easy" in the classroom, because the respective colleges value their athletic talents to such a high degree. Sacred Heart University, however, doesn't believe in the idea of special treatment.

"We want our student athlete to be successful, hands down. We try to nurture our athletes, not enable them," Cox said. "We want our student athletes to be students first and foremost, but we also want to cater to their needs as athletes."

Sacred Heart has always had a very high graduation rate and GPAs among top colleges around the country. Notably, the women's tennis team's GPA was recently recognized as one of the highest in the nation.

The combination of success, both on the field as well as academically, has been earning Sacred Heart respect from other schools and recruits alike. Even though the fall sports program has made huge strides in the past several years, Cox won't become complacent anytime soon.

"We're always setting our goals higher in the athletics department, because the sky is the limit," she said.

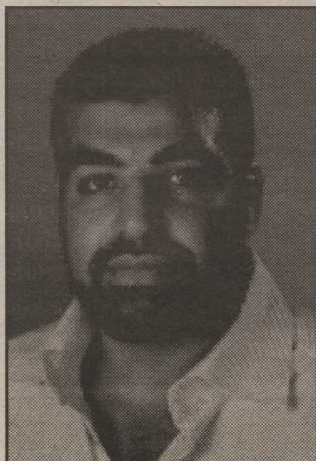


Contrib. Photo/ Christy Flynn

Jonatan Allback is a member of the 2005 men's soccer team, which qualified for the NEC tournament for the first time in the program's history.

Top Performers: three stars for Sacred Heart

Payam Zarrinpour
Men's Wrestling

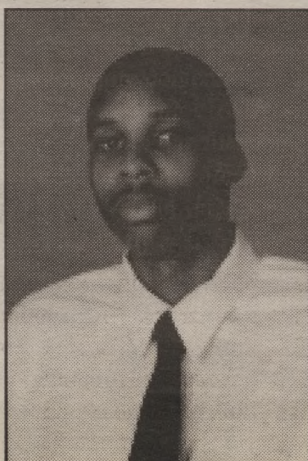


STATS:

4-0 record

Zarrinpour defeated the nationally ranked #2 wrestler in 2:20 en route to a perfect 4-0 record (2 pins) at the Cornell Body Bar Invitational

Jarrid Frye
Men's Basketball



STATS:

20 points, 9 rebounds and 3 blocks

Frye battled hard as the Pioneers lost in the final minutes of a non-conference game against Yale

Amanda Pape
Women's Basketball



STATS:

20 points and 11 rebounds

Pape hit a season high in points to help her fellow Pioneers earn the victory over Syracuse



The Spectrum/ Travis Flynn

Alexandre Parent (left) and Bear Trapp get ready for a face off in the third period of their win over RIT. Trapp had a goal and an assists and was named Atlantic Hockey rookie of the week.

...Continued From Page 16

an insurance marker that put the game away halfway through the third period.

O'Brien clinched the game for the Pioneers with 35 seconds remaining, as he deposited the puck into an empty net and sent the Milford Ice Pavilion crowd to its feet in triumph.

Sacred Heart improved its overall record to 6-3-1.

The line of O'Brien, Parent and Trapp has combined for 45 points overall this season through eight conference games and 10 games overall.

The development of Trapp has given the Pioneers two dangerous scoring threats on their top two lines.

O'Brien leads the team in goals with 10, and has contributed seventeen points thus far. Parent, who is third in the Atlantic division in assists with 12, has also netted four goals. Trapp has a total of five goals and seven helpers.

Hannah was pleased his rookie goaltender found success in his first game.

"He has been working hard in practice and we felt today's game was a good opportunity to get him some game experience," said Hannah. "It was also a good opportunity for us to rest Smith as we have a busy week ahead of us."

Drew looked comfortable in net, and showed a lot of promise on some difficult RIT scoring chances.

"[Drew] is quick and very athletic in the net and made some real quality saves today for us. He competed hard for pucks and did an excellent job of maintaining his focus throughout the game," added Hannah.

The Pioneers as a whole must sustain their focus, since they are gearing up to face a tough stretch of conference opponents in the weeks ahead.

The Devil's Facemask

Erica Rico
The Spectrum

The goaltender's facemask in ice hockey is one of the most customary and personal pieces of equipment in sports. The goalie is able to expose a piece of his personality and intimidate shooters at the same time.

Jason Smith of St. Lambert, Quebec is the starting goalie for the Sacred Heart men's ice hockey team. Smith stands out on the rink with his intimidating devil facemask of his own design.

"I've had an obsession with devils since I was little," Smith said. "The mask is personal and is a way to set myself apart from other goalies."

Smith designed the mask his freshman year and it was painted by the famous mask artist Stéphane Bergeron of Montréal, Quebec.

Bergeron works for the world-renowned mask manufacturing company, ITECH, where he paints masks for some of the most elite professional hockey goaltenders.

"Smith's facemask is unique," said Drew Sanders of Modesto, Ca., who feels Smith achieved his intended effect.

"His mask is frightening with the neat and evil painting of devils across the mask," Sanders said.

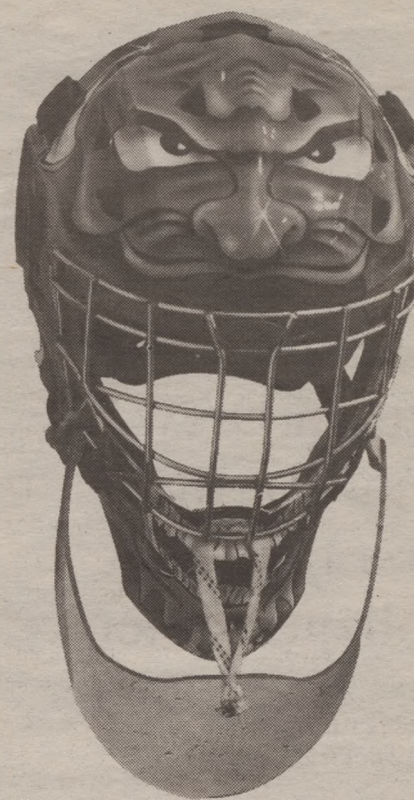
Before Smith got his new mask, he had been wearing the same mask for over eight years.

He bought his old mask when he was 10, and got it painted three years later with a devil design similar to the one on his present facemask.

"What's ironic about it all is that when I was seventeen, I was drafted by the NHL's New Jersey Devils," Smith said. "Their logo is a Devil."

However, the cost for the work done on the mask by ITECH was not cheap. "It was \$350 for the painting," Smith said.

"I wanted the mask to look really mean and express my inner personality



The Spectrum/ Travis Flynn

Smith's mask strikes fear in the hearts of opponents.

and feelings that I feel when I am out there playing," Smith said.

When Smith looks down at the ice, the devil's eyes face his opponents.

"As a goalie, I am the teller, one of the main people out on the rink. The goalie is like the quarterback on a football team, so the facemask is a big part of this," Smith said.

Smith did not play for the Devils, and instead went on to play collegiate ice hockey. Although, his devil mask may have a possible future in the NHL once Smith is done playing in college.

Smith was recently awarded with the Atlantic Hockey goalie of the week at the end of October. He will continue to lead the team in the goaltending position this season.

While Smith's mask disguises him as a devil on the ice, the Business major does not bear a resemblance to anything evil off the rink.

In fact, you've probably passed him in the hallway without ever recognizing his 'inner devil.'

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Flag football a decade old, a decade bigger

Kris Singhaviroj
The Spectrum

Even though Sacred Heart is a Division I school in athletic competition, there are sports for students to participate in without joining one of the Division I teams.

One of the many intramural sports offered is flag football, which has been running for nearly 10 years now, bringing in a greater numbers of students each year.

Nicholas Kasal, Assistant Director of Intramurals, is in charge of the flag football intramurals and approaches each new intramural season with more enthusiasm than the year before.

"We have been running intramurals for almost 10 years now and we have had greater and greater success each year," Kasal said. "I know that this year we have had the greatest turnout of any year to

date."

Flag football is the same as regular football, only instead of full contact tackling, players are fitted with flags on their body. During game play, a tackle is signified when a defending player takes an offensive player's flag off his or her body.

The flag football games bring out all kinds of students who are competitive and love the game.

"Anyone can join as long as they are not a Division I athlete," Kasal said. "In general, we have seen all types of participants from all over the class ranks. Flag football has by far been the most competitive."

The season started off at the end of September this year and ended with the undefeated champions, The Saga Continues, taking the championship.

Competition was held on Tuesdays and Wednesdays from 7 p.m. to 9 p.m.

outside on Campus Field and games were played in two 15 minute halves. For players and teams participating, this was prime time football.

"It was really a fun time," Kasal said. In the beginning of this season, players and teams participating in the games were treated to enthusiastic competitions. On the field, players were also treated with music as they played, stepping up each game and bringing out the best in players.

Though the semester is drawing to a close, Kasal and others in the intramural flag football program are working hard to make the next season even better than the one before.

"Right now we are working on improving little aspects so that we can better the intramurals program as a whole," Kasal said. "I believe that overall, everyone had a great time this year during the flag football season."

SPORTS

The Spectrum
http://spectrum.sacredheart.edu

Dominant first line pushes Pioneers past RIT

Rookie goalie Stefan Drew wins for the first time as a college starter

Brian Fitzsimmons
The Spectrum

The Sacred Heart men's hockey team won its first non-conference game in almost three years, defeating RIT by an 8-5 score on Sunday evening. Pierre-Luc O'Brien, Alexandre Parent and Bear Trapp meshed for five goals and eleven points as freshmen goaltender Stefan Drew earned his first collegiate victory.

The Pioneers had not beaten a non-conference opponent since the 2002-03 season.

"It's been a while," assistant captain Rocco Molinaro said. "And it's good to get it out of the way."

With 11 points between the three, Sacred Heart's top line of O'Brien, Parent and Trapp did its part to ensure the Pioneer victory.

"Our first line is one of the top shifts



The Spectrum / Travis Flynn

Senior defenceman Bernie Chmiel blasts a shot on net during the second period Sunday night. Chmiel scored a goal and added three assists to earn himself Atlantic Hockey player of the week honors

in the league," head coach Shaun Hannah said. "They are definitely a big part of our offense."

But Hannah also knows his deeper lines have the ability to score. Those support lines, combined with a potent first line, create a Pioneers team with a dangerous, balanced attack.

"We feel we have offensive balance and the potential to get production

from all of our lines," Hannah said.

Goaltender Drew kept his Pioneers close the entire game, though at no point during the evening did the Pioneers trail. The closest call came early in the third period when RIT made the score 5-4, but it was as close as they would get. Sacred Heart's offense was too hungry to be stopped.

The Pioneers used a quick-strike

attack in the first period to go up 2-0, and never looked back.

The first goal of the night came when O'Brien scored on a power play goal 5:38 into the opening period, and Trapp followed minutes later with a rebound off Molinaro's shot.

Molinaro would not be stopped in the second period, however, as he gave Sacred Heart a 3-1 lead complements of a crisp Bernie Chmiel pass on the power play. The Pioneers scored again on the power-play in the second, when Parent sent a slap shot past the RIT goaltender.

But the men weren't done.

Senior Andrew Billingham gave the Pioneers a commanding 5-2 lead as the wild second period came to a close. RIT was not finished, and closed to within one goal in the third period.

RIT pressed hard in the final frame. Drew was exposed often, but kept his cool and did not allow RIT the opportunity to tie. He made the saves he needed to make as the rest of the team did whatever they could to keep the lead.

With the teams separated by only one goal, the game reached a fervent pace. RIT came closer and closer to the tying goal. However, in the pressure situation, you turn to your first line.

And that's exactly what the Pioneers did, as they celebrated Parent's next goal,

See Pioneers Win...Page 15

Zarrinpour's pulse drives Heart

Dario Melendez
The Spectrum

Cornell University's Body Bar Invitational hosted some of the top NCAA wrestling programs in the nation on Nov. 21, including Oregon State, Purdue, Pittsburg, and Maryland.

But it was Payam Zarrinpour, a junior heavyweight from Shiraz, Iran, who gave the Heart wrestling team a pulse.

Going into last week's tournament, Zarrinpour was nationally ranked, as high as seventh in some polls, and after his outstanding individual performance, he provided himself an opportunity to advance higher in the polls.

"I just want to bring a championship back to Sacred Heart," Zarrinpour said. "And the competition was extremely difficult, but I was able to pull through the matches and defeat all of my opponents."

Zarrinpour was able to pin the number two wrestler in the nation, Ty Watterson of Oregon State, in only 2:20. In total, he pinned two of his opponents and recorded a decision and a technical fall, finishing the tournament 4-0 to become the heavyweight champion of the Cornell Body Bar Invitational.

But even though Zarrinpour was able

to sweep his weigh class, fourth year head coach Andy Seras was not pleased with his team's overall performance.

"At first, I was a little disappointed with the results of some of the matches and performances," Seras said. "But after looking back, we were able to crown our first champion in only our fifth appearance in the tournament, and the team was able to move from ninth to eighth place in the team standings."

Even though Zarrinpour was the only Sacred Heart wrestler to be crowned champion, the effort displayed by his teammates was enough to advance the team in the tournament rankings.

Chris Davis, a 141-pound sophomore from Mohawk, N.Y., was able to record four wins and two losses in his tournament matches, giving Davis his highest collegiate placing yet.

"Chris will be one of the keys to our success this year," Seras said. "His gradual improvement and dynamic abilities will be things to look out for this year and in the future."

• Also adding to the win column with a solid performances was 157 pounder Sherwood Fendryk, a junior from Greene, N.Y. He was able to record four wins and two loses in his tournament matches, giving him a 5th place finish. Fendryk,

formally a 165 pounder, was able to battle through a variety of reoccurring injuries and place for the third consecutive time in the same amount of attempts.

Both Mike Arone, a 125-pound junior from Waltham, Mass., and Andrew Silber, a 174-pound sophomore from Scotch Plains, N.J., were able to post wins in the tournament. And Mike DeViscovo, a 141-pound red shirt sophomore from Malden, Mass., was able to add a couple more checks in the victory column, recording two wins in his varsity debut.

"Even though we didn't place higher," DeViscovo said, "I think the team showed that we can be contenders in any and every tournament that we take part in."

Though the final outcome was not what Seras expected, he was still more than confident in his team's ability to grow and move on from this point.

"We continue to get better and better as each week passes," Seras said. "But in order to reach our goals and be as successful as possible, the improvement must continue. There is always room for improvement, always."

The wrestling team will be competing in the Penn State Open this weekend, where they will face stiff competition in the Nittany Lions of Penn State, the number 12 seed in the nation.

Men's basketball falls to Yale in final seconds

Travis Flynn
The Spectrum

Yale's Caleb Holmes sunk a three-pointer and two foul shots in the final two seconds of Monday night's game to help the Bulldogs pull out a 72-67 win over Sacred Heart at the John L. Lee Amphitheater in New Haven.

In the closing two seconds, Holmes gathered a rebound that was deflected by SHU forward Kibwe Trim and Yale's Matt Kyle, who were battling down low. His three-pointer provided Yale with a 69-67 lead.

A Sacred Heart turnover in the final second led to successful free throws by Eric Flato and Holmes to increase the gap to six points.

Jarrid Frye, a 6'3" guard, led the Pioneers with 20 points, nine rebounds, and three blocks. Frye, who hit four of seven from three-point range, fouled out of the game with 19 seconds remaining.

The lead changed hands 12 times throughout the night.

See Men's Basketball...Page 12