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SACRED HEART UNIVERSITY
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SPECTRUM

Rio takes the rings *South America beats out Windy City for Summer Olympic Games*

Kate Poole
Managing Editor

On Friday Oct. 2, Rio de Janeiro won the Olympic bid for the 2016 Summer Olympics. This will be the first Olympic Games to be held in South America.

The decision was made after a long discourse of the International Olympic Committee (IOC) in Copenhagen, Denmark. Candidates included Chicago, Rio, Madrid, and Tokyo.

According to the New York Times (NYT), Chicago came in last with only 18 out of 94 votes in the first round. The Windy City was followed by Tokyo, which had only four more votes, but nevertheless, Chicago was eliminated. After Chicago was out, most of the votes went towards Rio.

The attention of this debate was drawn towards President Barack Obama and his support for Chicago. He proclaimed himself as a "passionate supporter of the Olympic and Paralympic Games" as well as "a proud Chicagoan" to the IOC.

According to NBC Sports, "Chicago had Barack Obama. Tokyo had \$4 billion in the

bank. Madrid had powerful friends. But none of that mattered. Rio de Janeiro had the enchanting story — of about 400 million sports-mad people on a giant untapped and vibrant continent yearning, hoping, that the Olympics finally might come to them."

Students at Sacred Heart University have mixed feelings about the winning city.

"I'm happy that Rio won the bid," said junior Meredith Raus. "I think that this is a big step in that South America has never had an Olympic Games before, the people there were so thrilled when the news was announced."

Some students though, would have liked to see another homeland event.

"I wish that Chicago would have won. I think that it was great how much support Obama gave to that campaign," said senior Marcello Mancuso.

"I think that having the games here would have really brought up our country's spirits seeing as it's going through such a turbulent time," he said.

The 2016 Summer Olympics will kick off on Aug. 5 and run through Aug. 21, and the Summer Paralympics will run from Sept. 7 until Sept. 18.

AP Photo/Silvia Izquierdo

The crowd of Brazilians celebrate the news of being the next country to host the 2016 Summer Olympics. The excitement comes from the fact that it will be the first Olympic Games held on the South American continent. The country beat out Chicago, Tokyo, and Madrid.



GREEK LIFE FALL RUSH COMES TO A HALT *Hazing issues cause suspension of all new member activities*

Jennifer Hill
Staff Reporter

For the past two weeks, Sacred Heart University's sororities and fraternities have been holding their annual recruitment, also known as RUSH week.

"Greek Life has become a strong community on our campus comprised of over 400 students who are committed to their organization's philanthropy as well as scholarship and social programs," said Denise Tiberio, the associate dean of students.

Each fraternity and sorority worked to recruit new members and promote their philanthropy in different ways.

For Phi Sigma Sigma, the key was getting their name, and letters out in the open.

"In order to get our name out there, we wore our letters around campus as much as possible the week prior to our recruitment events," said senior Katie Maguire. "We created a group on Facebook for all of the freshmen girls to join if they wanted to learn a little bit more about us."

Sophomore Lauren Flynn is a new member of the sisterhood of Phi Sigma Sigma.

"I chose it because I really felt like I could talk to this group of girls. They are all great," she said. "They recruit students by going through the whole weekend process by meet and greet, and philanthropy night."

Similarly, Sacred Heart fraternities welcomed new brothers, also making bonds based on the ties of brotherhood.

"I chose being in my fraternity because of its diversity and how strong knit the guys were," said junior Reginald Vil, a member of Omega Phi Kappa Multicultural Fraternity Incorporated. "They're all really close and exemplified what a brotherhood stands for."

Omega Phi Kappa Multicultural Fraternity Incorporated held events for recruitment since the beginning of the semester.

"We usually hold our own on-campus parties, sporting events and tournaments and also get our name out there by community service as well," said Vil.

Like the sororities, each fraternity attracts its members in unique ways.

"For me I felt that this fraternity had the most to offer me being that I saw that there were guys from all over and were each individually affiliated with different types of people on campus," he said.

This year, many of aspects of Greek Life have changed at Sacred Heart. Four out of the six sororities went national in the spring.

"Last spring we were all just getting started and we didn't really know what to expect," said Maguire. "Now that we have that under our belts, we are looking ahead."

See GREEK LIFE on page 3...

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SHU students go nuts for Nutella fundraiser

Italian club raises money for hopeful future activities

Brittany Calvenese
Staff Reporter

If you have a sweet tooth for a mix of hazelnut and chocolate, then you must not have missed the opportunity to win an 11 pound jar of Nutella.

This week, the Italian club raffled off this large jar of Nutella to raise money to fund future events and activities. Tickets were sold individually for \$1, \$5 for an arm's length, and \$10 for a body's length.

"The Nutella Fundraiser is another way to raise money for the Italian club, it is just one of the fundraisers we have planned for this semester," said Daniella Bower, the secretary of the Italian Club.

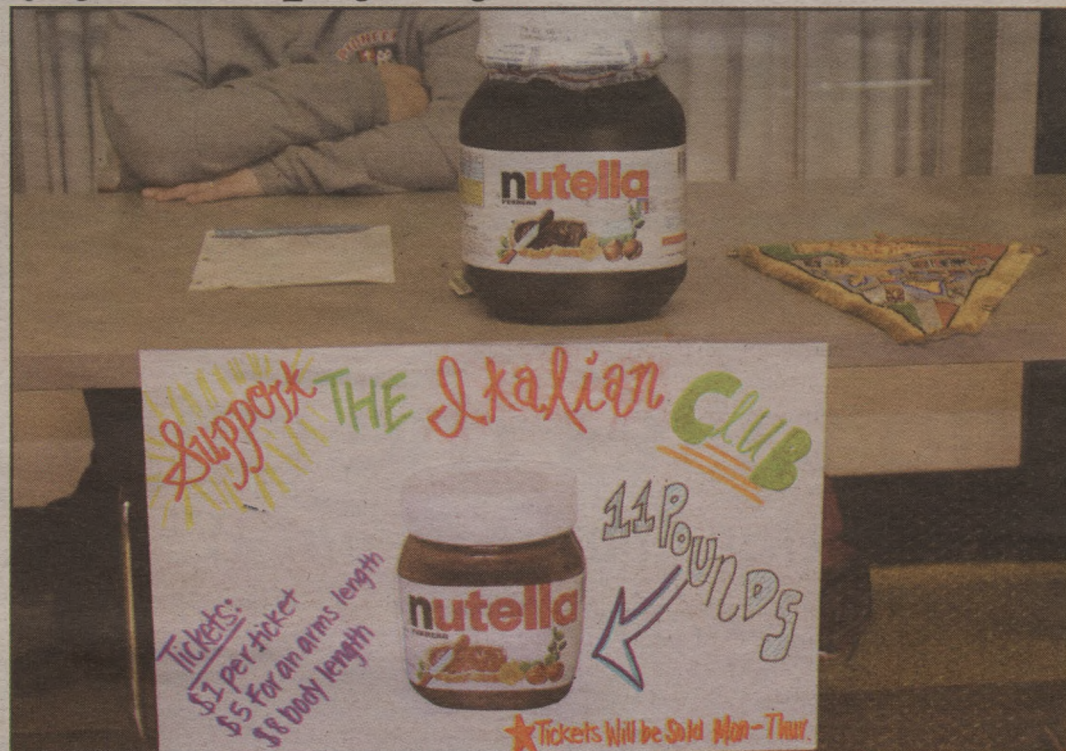
The money from this particular fundraiser is hoped to go towards the club's trip to Little Italy next semester.

ter. Budget cuts made have caused the trip to be cancelled for this semester. The event ends today and the winner will be announced by tonight.

The club has to raise \$275, which is a requirement for all clubs on campus to stay running and qualified as an actual club. Unfortunately, with the struggling economy, the club's budget was cut from \$1,000 to \$400 forcing them to have to cut back on some quality events that they usually engage in.

As a part of the International Club, the Italian club meets once every two weeks at 10:10 p.m. in SC 119.

The Italian club is always looking for students to join and welcomes anyone from any background or culture who is interested. It doesn't matter why you want to join, just being curious in the heritage and culture of Italy is enough.



The Spectrum/Jacklyn Kennedy

The 11 pound jar is on display for all potential winners to see.

Exercising in groups may better mental health

Studies on students show that peers influence exercise participation

Tara McDermott
Staff Reporter

Walking through a college campus gym, students involved in different groups, teams, and clubs are seen exercising with their friends. Whether it's spotting each other on the weights, running next to each other on the treadmill, taking a yoga class, or doing stretching exercises, the number of students working out with their peers seems to overpower those who are training alone.

Little do students know that group exercise could be more beneficial to their stressful college lives.

"Based on studies examining college students, it appears that peers influence exercise participation and that exercise can be used specifically to manage stress. As a result, it may be advisable to exercise with a friend or in a group within the context of a typical workout at the gym or in recreation and sports," said Dr. Wendy Bjerke, clinical assistant professor of exercise science.

Sacred Heart University provides students with the essentials needed to exercise and stay in shape. The campus gym is full of students working out with friends, teammates, and trainers.

"With working part time, dealing with classes and homework, and being part of a sorority it is hard to get in gym time. It's much easier to go work out if my roommates or friends are coming too. It makes the whole process of exercising more fun and not such a hassle," said senior Wesley Hamnett.

According to research explained in an article from the BBC, working out and exercising as a group can increase the level of endorphin hormones that are naturally released during physical exertion. These "happiness hormones" are released to the body, giving one a natural high. These endorphins also help to reduce the feeling of pain after a tough workout.

"I take Zumba at the YMCA with a group. It's basically hip-hop and Latin infusion and you work up a sweat by moving and dancing," said senior Michelle Gomislek. "Being with other people they push you to continue moving and giving it your all. They make the hour of hard work not as exhausting and long. Plus its more fun."

A team of scientists from Oxford University tested this endorphin level theory on 12 rowers after a tough workout in a virtual boat. They measured endorphin production in the group of rowers when they trained alone and when they exercised together as a team.

The test consisted of the students rowing separately or in a team of six for 45-minute intervals. After each set the researchers measured their pain toleration by how long they could endure an inflated blood pressure cuff on their arm. This workout increased both teams ability to endure the pain of training but the difference was more significant with the team of rowers compared to the single rowers.

"The results suggest that endorphin release is significantly greater in group training than in individual training even when power output, or physical exertion, remains constant," said BBC lead author Emma Cohen.

Because of their knowledge of these benefits, Sacred Heart athletes have scheduled gym times so that the whole team can work out as a group. As a result, student athletes have found the theories to be true.

"It really helps to work out as a team. We force each other to push it to the limit and your teammates can give you advice or ideas on how to improve your exercises or techniques," said senior Nick Fusilli, an athlete on the Sacred Heart bowling team.

According to the BBC article, group workouts are not only motivational but social as well. Researchers also speculate that team workouts and exercise can potentially improve a sports team's performance.

A Preventive Medicine and Adolescence study applied the social cognitive theory to exercise habits in college students. The social cognitive theory argues that people

learn by seeing what other people do within a social context.

This study argues that students are more likely to exercise if they see their peers participating, are encouraged by family, or if they are comfortable and feel competent with the exercise task.

These results and studies do not only imply a benefit to exercising with others, they also help to explain why group activities such as dancing, laughing, and making music make us feel so fantastic.

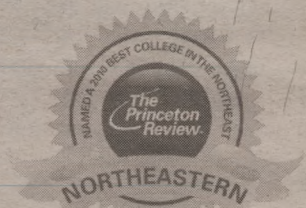
According to the BBC article, exercising and training as a group can potentially improve performance in sports. The researchers believed that this endorphin release might be the means that produce the sense of communal belonging that emerges as a result of various activities which college students take part in.

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“Trust and Satisfaction with the National News Media” SHU Poll finds that Americans don't believe everything they hear

Tara McDermott
Staff Reporter

Whether it's an episode of “The Daily Show/Colbert Report,” or a news story on Fox News, Americans are forced to either trust what the news media is reporting or question it.

The Sacred Heart University Polling Institute released its third survey on “Trust and Satisfaction with the National News Media.” This national poll found that only one-quarter of Americans believe all or most of news media reporting.

This national survey consisted of 800 Americans and covered new subjects, which updated previous results from surveys in 2003 and 2007. Just 24 percent believe all or most of news media today. 54 percent believe only some of news media reporting and a 86.6 percent strongly agree that the news mediums have their own political policies and opinions which attempt to influence the public.

“I think it all depends on where you get your news from. I don't trust Fox News at all. I usually stick to CNN or I'll read news stories from different papers. I feel that every journalist is biased no matter what,” says senior Katy Guest.

When asking researchers which national television news organization they trusted the most, 30 percent of respondents named Fox News the most accurate news medium.

Following these statistics, respondents believed CNN to be the next most accurate news reporting followed by NBC News and ABC News.

In opposition to these statistics and beliefs, Fox News was also the television news organization trusted least by 26.2 percent of respondents.

“A journalist on Fox News said, “I am terrified of Obama being in office, and I have heard that some are also very afraid.”

When asking respondents for their perceptions of political leanings, The Daily Show/Colbert Report was viewed to be mostly or somewhat liberal. The New York Times and MSNBC were also considered to be mostly or somewhat liberal over those who see them as conservative.

Fox News was viewed as mostly or somewhat conservative by a four-to-one margin.

“Every good anchor and journalist knows that when giving

a newscast you shouldn't give your bias, in order to keep it fair. I never heard anyone in favor of Obama on Fox News that night, and since then I have not trusted Fox,” says Guest.

According to the SHU National Poll 56.1 percent suggested that they trust the print and electronic news media when looking for accurate news over blogs, entertainers and celebrities, and social mediums such as Facebook.

Researchers found that 70.4 percent of respondents strongly or somewhat agree with the statement “the news media are not as responsive to consumer preferences and market desires as they claim to me”. 25.5 percent disagree with this statement and 4.1 percent were unsure.

Following this survey respondents were asked if they selected their favorite news media because they offer objective reporting or because they share the same views on the issues. 59 percent said they made their selection based on objective reporting. 19 percent chose their favorite because they share similar views on the policies and issues and another 21 percent were unsure.

According to the survey, a strong majority of respondents believed that the news media should provide equal time and space for different sides and opinions of issues. Another 70.9 percent of respondents agreed the same media should be free from involvement from the government.

Dr. Castonguay also states in the article, “The results once again show that Americans are not getting what they expect from the major news outlets, yet they don't trust the government to fix the problem”.

In this survey nearly two-fifths of all respondents said they are reading newspapers less often than they did five years ago. 45 percent agreed that the Internet is effectively covering and taking the place of failing newspapers, while 35.6 percent disagreed with this statement.

Regarding media bias, this national survey found that 83.6 percent saw national news media organizations as very or somewhat biased while 14.1 percent viewed them as somewhat unbiased or not at all biased. 2.4 percent of respondents were unsure.

“It is hard to determine whether the news you are reading or watching contains the real facts or if they are tainted by the reporters views and opinions,” said senior Katrina Willette.

GREEK LIFE SUSPENSION

...CONTINUED from page 1

The major change for Greek Life is the creation of the National Panhellenic Council (NPC) and the Inter Fraternity Council (IFC). The NPC is the governing body for the four national and two local sororities on campus. As the Sacred Heart Web site said, “The NPC strives to promote leadership for women, diversity, academic achievement and service through relationships within the Panhellenic and Greek Communities and beyond.”

The IFC, on the other hand, is the governing body for the three fraternities on campus. Although its focus is on the fraternities, it strives to build relationships in all of Greek life first through member recruitment and then by educating the members on the values of Greek life.

“These councils work to govern Greek Life as a whole and to keep everything organized,” said junior Rob Napolitano, student orientation chair, treasurer of Delta Tau Delta, and president of the IFC. “Both councils work together and will be holding events both separately and together throughout the year.”

Although bids were given to many, hazing problems within the past week have caused all new member activities for all sororities and fraternities to be suspended until further notice.

According to Napolitano, it means that until certain sanctions have been met by all organizations, the new members will not really get to begin their Greek experience.

“All of the organizations' members have been required to watch a hazing video and sign hazing contracts to try to prevent hazing on campus, and keep a safe new member process for all members of Greek life,” he said.

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NOVEMBER 1, 2009

Campus Advisor: Prof. Gary Rose
Chair, Political Science Dept.
Administration Building, Rm. 214
(203) 371-7745
roseg@sacredheart.edu

<http://www.cga.ct.gov/isc>

YELLOW RIBBON PROGRAM GIVES BACK

Veterans receive aid for higher-level education

Katherine Karole
Staff Reporter

As of Aug. 1, Sacred Heart University became an active participant in the Yellow Ribbon Program.

The program is a provision of the Post-9/11 GI Bill that gives eligible candidates the equivalent amount of money that it would cost to attend the most expensive in-state college. Private institutions cost more money than state colleges. This is where the Yellow Ribbon Program comes in.

In essence, the program allows those eligible candidates, all of whom are veterans of 9/11, to attend the participating private institution of their choice without having to pay any money out of pocket.

Sacred Heart entered the Yellow Ribbon Program to help send veterans back to school. The difference between private institution and the in-state institution is covered by the university. They pay one half and the Yellow Ribbon Program pays the other.

"Whether one agrees or disagrees with any war, there is no denying that these people deserve these benefits, many of them are heroes and have put their life on the line."

-Jon De Benedictis
Recruiter and Admissions Coordinator

"It's optional for a school to decide if they want to get involved in the Yellow Ribbon Program. A lot of schools in Connecticut are involved, but there are a lot of

absences as well," said Jon De Benedictis, Recruiter and Admissions Coordinator on-campus. "For Sacred Heart, it was a no brainer. It keeps with the mission of the university and is everything the school is about."

Some schools are putting a cap on the number of applicants they admit into the program. Sacred Heart is allowing up to 100 applicants this year.

According to the Department of Veteran Affairs, eligible candidates must have served on active duty at least 90 cumulative days beginning on, or after Sept. 11, 2001. There are other variations for those who have been injured or honorably discharged, and the benefits granted vary according to that as well.

"One of the interesting things about the Post-9/11 GI Bill and the Yellow Ribbon Program is that the benefits can be transferred, so if the parents of the student is in the service or has served and has these benefits, they can transfer them along to their son and or daughter," said De Benedictis.

Mary Lou DeRosa, dean of University College, has been involved with Sacred Heart's participation in the Yellow Ribbon Program since the beginning.

"When we entertained the thought of becoming a Yellow Ribbon School, we created a GI task force," said DeRosa.

This entailed meticulous planning by various departments of the university.

"That task force was critical because when you're in a big institution like Sacred Heart, the registrar has to be involved, financial aid has to be involved, advisors to the students need to be involved and when you're trying to create new policy, the Web master needs to know so we can put it on



Photo courtesy of iStock.com

the Web site."

Both De Benedictis and DeRosa do not want to simply participate in the Yellow Ribbon Program, but take it a step further.

Once the veterans are enrolled and attending school, they want to make sure they get the full experience and make the most out of being here.

"In preparing for this initiative, we do a lot of research. We have read some real horror stories about how veterans were being treated, particularly at larger state schools, and we want to do everything in our power to give them the best experience here at Sacred Heart," said De Benedictis.

These benefits will not just apply to the veterans either, but the other students here at the university as well.

"One of the nice benefits of being a Yellow Ribbon Participant is that it will help diversify our student body," said DeRosa. "We will be seeing folks who have had experiences most of us have never experienced and I think that is part of a university environment."

"Whether one agrees or disagrees with any war, there is no denying that these people deserve these benefits, many of them are heroes and have put their life on the line," said De Benedictis.

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'Pave paradise, put up a parking lot'

Courtney Perlee
Chief Copy Editor



Walk into a classroom at 9:30 a.m. on any given day, and you're sure to hear the same conversation from one desk to the next: how long did it take for you to get a parking spot this morning?

Chances are, a handful of students will walk in late, and maybe even a professor. Someone will offhandedly mention parking, and suddenly, the entire class has devolved into heated declarations over the school's need for a parking garage.

Lately, for me, it seems as though the topic of parking has become akin to discussing politics at the dinner table. Unless you're asking for trouble, it's a topic we tiptoe around until somebody bursts.

I have been witness to more changes to the Sacred Heart campus than I can count on my two hands.

I have spent my entire college experience watching construction workers tear up the vestiges of green on our campus, and now that the chapel is finished, I'd like to look out the windows during class and admire those blades of grass that have returned to university grounds—without hearing complaints that a parking garage would have been a better use of money.

And now that we finally have our quad back, I have to listen to classmates suggest that they pave over it to relieve the parking problems.

I have to camp out for a spot in North Lot before class too, and yes, I admit to laughing when a friend acerbically called the new library façade the "most beautiful waste of money" he's seen all year.

But I have resolved to stop complaining and start using my head, and I urge you to do the same. Have you researched Sacred Heart's future construction plans? Do they include a parking garage? Have you appealed to the university, or perhaps the student senate about your issues?

Do something about it.

STUDENT SAYS... HEALTH CARE DEBATE MISGUIDED AND MISINFORMED

The debate over health care reform has indeed crazed the nation; however, this debate has been misguided and misinformed.

A vast number of Americans are taking sides on this important issue without having the correct facts. Last week's article failed to dispel the myths that have been concocted by some people on the political right.

The assertion that President Barack Obama's reform plan is a "socialist practice" or a government takeover is wrong.

The term "universal health care" does not refer to a single-payer system or socialized medicine as in Canada and the U.K. Such a socialized approach would never become a law anyway as the significant amount of moderate and conservative Democrats would block it due to both ideology and competitive election campaigns in their districts.

The president's proposed plan is much different than the single-payer system of Europe; there is no proposed government takeover or nationalization of health care. The main component of his plan is to create a health insurance exchange in which citizens can choose from a menu of private insurance plans across state-lines.

The point at which people begin to get lost in the political fog is on the so-called public option that may or may not be another choice for consumers in the insurance exchange.

This public option would be a government insurance plan that would compete with private insurers and would work in much the same way that private universities compete with public universities. No one would be forced to join and it would not operate on just tax dollars, but on premiums and deductible collected; essentially the government would sell insurance similar to how the post office sells delivery services.

In addition to the insurance exchange, the plan prohibits insurance companies from denying people

for pre-existing health conditions. This however would not raise the premiums of others but rather only those with the conditions.

Also, employers who make a certain high income and have a certain number of employees will be required to provide their full-time employees with some form of insurance plan, albeit even a modest one. It would also require all Americans to have some form of health coverage so that taxpayers don't have to pick up the tab for those who don't have coverage.

Yes, there is a possibility of a tax increase due to this reform, but if taxes go up at all, it will mostly likely be on the wealthy, not on middle-class families. Some may deem it unfair to tax the rich, but others argue that they are not struggling in this economy and it is arguable that they are paying the lowest rate since the 1980s, a debate that is still up for grabs.

However, we must keep in mind that the Obama plan is just an idea and may or may not even pass. It is the job of Congress to create the bill in Committees and then make countless changes and revisions before it even comes to a vote.

In addition, as someone whose family has been struggling because of health care costs, I know the stakes in this debate. My father's job does not provide him with health benefits and recently we have had to go on a state health plan because our private insurance became too costly.

Our premium sky-rocketed to \$11,000 for three months with \$5,000 yearly deductibles each; that is not a typo and I have the bills to prove it. My mother and I cannot get private coverage again because of pre-existing conditions. I have a debilitating and progressive medical condition and will need all the health care I can get.

-- Paul J. Breslawski
Class of 2011

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EDITOR'S CHOICE

Favorite photos taken by your editorial staff



Zack Lane
Photography Editor

The Spectrum/Zack Lane

This picture is one of the nature trails at Sands Point Preserve in Port Washington, N.Y. I took this picture last weekend when I went with friends to explore the trails. The fall in N.Y. is gorgeous and makes for a great picture! I really like this picture because of all the color involved and the way the path leads off into the distance.

Correction: In the Oct. 1 issue, the prayer photo on page seven named the incorrect students appearing in the photo. The students seen in the photo were Megan Ehlers and Matt Williams.

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

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Secondlife.com: creepy tool or cool for school?

Virtual reality Web site sometimes used for classroom activities

Adrian Fitzsimon
Staff Reporter

Imagine a world where rules do not apply.

A world where humans can defy gravity as they expand their black leather wings. A world where light sabers are a common personal affect. Or even a world where you can never die.

Yes, all of this can be possible in your "Second Life," a place where your imagination is embraced and the most impossible possibilities come to life.

But how is this possible?

Well, Second Life is a 3D virtual world where anything is possible. Second Life is an online realm created by its users. If you want to build a skyscraper, teleport to Amsterdam, become a princess, be a movie star, or even fight dragons, then Second Life is for you.

According to LindenLab.com, Philip Rosedale created Linden Lab in 1999 to begin the development of the virtual experience known as Second Life.

Ever since then, users' virtual personas, known as "avatars," have delved into

the deepest oceans and explored the most foreign lands – and even made a real living as their Second Life avatar.

Similar to real life, avatars in Second Life do require some provisions, such as land to live on and clothes to wear. In order to obtain these necessities, an avatar must purchase the land and shop for the clothes using Linden dollars.

"Linden" is the name of the currency used in Second Life, which can be exchanged into real US dollars.

Due to the fact that anything is possible in SecondLife.com, users can become entrepreneurs and business executives, creating their own clothing line and selling other material goods, earning Linden dollars convertible into US dollars. Therefore, it is possible to earn an actual living directly from a user's second life.

Among the many other possibilities, Second Life is also becoming a tool used inside the classroom and even as the classroom.

Professor James Castonguay uses Second Life as an example when he teaches his digital culture class.

"Second Life brings together a lot of important issues concerning technology,

society, and our identities in the context of virtual or online worlds," said Castonguay.

"Some colleges have set up virtual Second Life campuses or areas for students to virtually experience things like what it's like to be on the stock market floor or to walk through an 18th century village."

According to the article "Teachers, College Students Lead a Second Life," by Beth Sussman of USA TODAY, Claudia L'Amoreaux of Linden Labs reports that more than 300 universities, including Harvard and Duke, use Second Life as an educational tool by either conducting an entire distance-learning course on purchased land in the virtual world or simply using Second Life as a course supplement.

Senior Michelle Crevier had the opportunity to experience Second Life for the first time when her professor decided to hold class on "CPA Island."

Crevier's professor, who chose to still hold class while he was out of town, created a virtual classroom on "CPA Island" where the students' avatars would gather once logged in.

"CPA Island" served as a virtual classroom where the professor and students could engage in voice chat or instant

messages.

However, the limitless possibilities available to one's avatar may cause for disruption during class time.

"People were out of control and they were flying around the Second Life classroom," said Crevier. "It was difficult to pay attention because I was laughing the whole time at other people's actions."

Crevier's classmates may have been more intrigued by the entertainment provided by the limitless functions of Second Life, but senior Kyle Bush said she thinks using Second Life for educational purposes could be great.

"We live in a multimedia world right now and I don't see why we shouldn't take advantage of [Second Life] for purposes like this," said Bush.

However, like most virtual games where users can communicate amongst one another, there are risks involved while exploring the virtual world – just as there are in the real world.

"Like all technologies, it is up to us to put Second Life to valuable uses. In this sense, Second Life has great potential," said Castonguay.

GREs, graduate degrees, and additional fees: are they worth it?

Students consider applying for grad school while economy is weak

Danielle Buzzanca
Staff Reporter

You spend your entire college career working hard to get good grades, complete internships, jobs, and volunteer work.

Four years ago when you started college, this was all to get a good job, make your own money, and be on your own. But in a depressing job market, many students are making these strides to get into a respectable graduate school.

Many agree that with the economy as bad as it is, staying in school as long as possible may be the best alternative to being unemployed.

"I believe that my peers are considering graduate school more and more due to the state of the economy and the seemingly hopeless job market," said junior Ann Quarataro.

The dean of graduate admissions Alexis Haakonsen attests that applications to Sacred Heart graduate program are on the rise.

"In the current fall term, graduate applications were up about 25 percent over the previous fall term (2008). I

wouldn't necessarily attribute all growth to the economy, but I'm certain it does have an impact on the interest we're seeing in our graduate programs, especially the full-time programs," said Haakonsen.

The Graduate Record Examinations General Test (GRE), the graduate school equivalent to the SAT, has even seen a rise in registration.

"The total number of registrations for the GRE in 2008 and 2007 were 621,000 and 633,000, respectively. This is a marked increase from past years, such as 2005 when total registrations added up to 539,000," said ETS Manager of Media and External Relations Mark McNutt.

Sacred Heart University offers graduate information sessions. You get to meet with the graduate program directors and the faculty to learn more about Sacred Heart's graduate program and what you can gain from the degree.

Many students admit that they don't even know what they would go to graduate school for, all they know is that the longer they stay in school the longer they can avoid an unpleasant job search.

SHU's graduate program offers a masters degree in business, chemistry, computer science, criminal justice, education, exercise science, nursing, occupational therapy, physical therapy, and religious studies.

If you are unable to attend one of the graduate information sessions, they also offer weekly information sessions, where admissions counselors will discuss admissions procedures, degree program specifics, as well as review your transcripts.

However, while many students are considering graduate school, others still have faith in the job market and are planning on actively applying for jobs.

"Although attending graduate school in an uncertain economy seems like a wise decision, I do not think I will apply to graduate school to avoid looking for a job in a bad economy," said Quarataro.

"I hope to have an internship this summer that could possibly lead to a job in the future," she said.

Counselors at the graduate admissions office are always available Monday through Friday to meet with students who need to go over their resumes or need help deciding if graduate school is right for them.

Haakonsen feels that students should definitely give graduate school serious thought.

"I'd encourage all seniors to consider applying to graduate school, whether it's Plan A or Plan B. Graduate school can launch a career, and is even required to enter many occupations. Many students who get jobs also consider graduate school on a part-time basis because it can really give their careers a boost," said Haakonsen.

Where in SHU?



Is it in the
Pitt Center?

Is it in the
chapel?



The Spectrum/Zack Lane

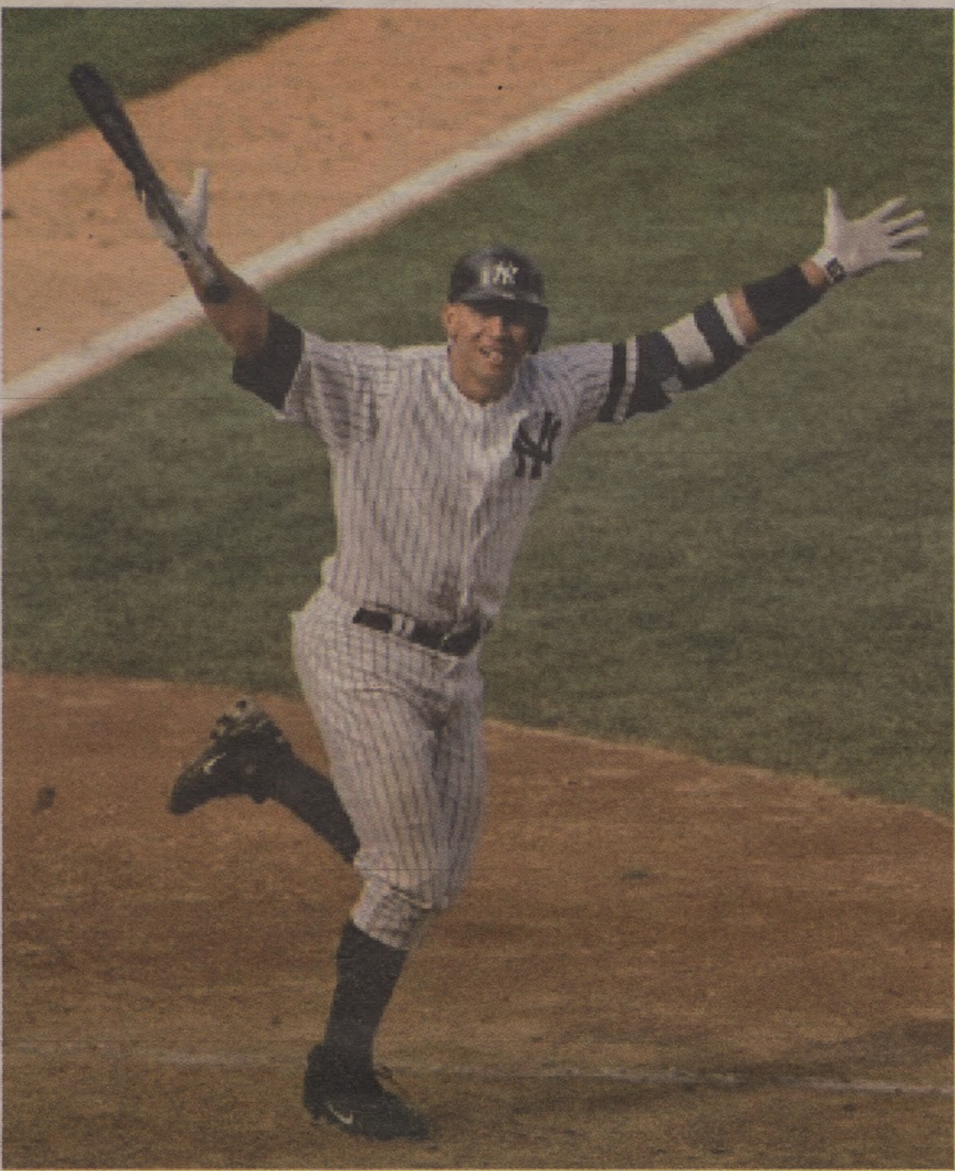


Is it in
Hawley Lounge?

Is it in the
library?

Find the answer in our next issue!

Last issue's answer: The Schine Auditorium



The Spectrum/AP Photo/Kathy Willens

Yankees third baseman Alex Rodriguez celebrates a home-run. Rodriguez admitted to using steroids before this season.

STAY AWAY FROM THE JUICE! SHU STUDENTS FROWN UPON SPORTS STEROID USE

Marie Leila Douaihi
Contributing Writer

Let's face it: performance enhancing drugs, like many illegal substances, are accessible and likely to be abused.

The media has highlighted and exploited the offenses that have been exposed in sports like football, baseball, basketball, wrestling, and track and field that demand a certain degree of strength from their players.

Learning about your favorite player who does steroids can make the crime seem acceptable and mainstream.

What some people don't know, however, is that many of these drugs carry with them dangerous side effects and plentiful health risks, including stroke, liver failure, and heart attack.

Some of the most popular of the performance enhancing drugs on the market for both college and professional athletes are anabolic steroids and creatine.

Anabolic steroids assure a better performance by artificially maximizing the growth, enhancing the strength, and intensifying the player's endurance. Creatine is ingested after a workout to boost strength and muscle mass. The FDA warns of the harmful side effects which consist of weight gain, fatigue and kidney failure.

Senior Bonnie Kilis states that she doesn't approve of the use of either drug.

"[They] terminate the ideal of real talent. In order for athletes to meet the high expectations in their sport, they feel they have to take drugs, which is disappointing because people constantly question, 'Are these athletes genuinely athletic or are they cheating?'" said Kilis.

Senior Paul Galipeau, a wrestler at Sacred Heart University, agrees that these substances should not be used.

"They provide an unfair advantage to the athletes who stupidly choose to use

them for performance enhancing reasons. Athletes should go off of their natural abilities and not what some outside aid can do for them."

However, as a college athlete, the stakes are higher than they were in high school. As a result, the temptation to take performance enhancing drugs is also higher.

Senior Justin Smith said that "athletes who make it to the next level are pressured into taking performance enhancing drugs due to the high expectations of the coach. Plus, in some cases their performances in that sport is their only way to support their families."

Despite these excuses, athletes like senior Cory Dunn still think that the use of these drugs just isn't fair. Dunn is also on the wrestling team.

"I am a big believer in being all natural. I don't take any type of diet pills or drugs to make me perform better. I feel if you work hard enough you will get the results you need. I don't think there is any need for performance enhancement drugs; I feel it is a way of almost cheating against your opponent in any sport."

Senior Brandon Lapp said that testing should be done in order to weed out "cheaters."

"If it was mandatory for every athlete to have a test before during and after their season, you would see the number of users of performance enhancing drugs in college athletics drop significantly."

Still, like every drug, steroids and other performance enhancing substances have their benefits.

"In certain instances, steroids can help heal certain injuries faster and allow an athlete to get back into competition sooner. But in the time that they are using steroids to help heal sustained injuries, they should not be allowed to compete," said Galipeau.

HE SAID/SHE SAID

*Is the classic act of chivalry extinct,
or just going less noticed?*

Tom Herles

He said



When I saw this week's topic was regarding chivalry I realized I wasn't entirely sure what it means.

So, I looked it up and discovered that it deals with knights in almost every meaning of the word.

Seeing that there are so few knights around these days, I think chivalry is on its way out.

I was also very disappointed to find out that Sir Charles Barkley is only a nickname and he is not actually a knight of anything.

But of course what is really being asked is are there still ladies and gentleman in a world that has been overrun with riff-raff and scallywags. The answer is yes.

Sure the times have changed and it is very difficult to find a lady who will open my car door or lay her jacket in a puddle so my shoes don't get all wet, but I'm OK with that.

This is the 21st century after all, and if my kicks get wet then I'll deal with it. It would definitely be a nice gesture, though.

I think basic chivalry can be lived everyday without a ton of extra effort. For example, I always try to hold the door for the person behind me—and that is for anyone, male or female.

But for many people here at Sacred Heart and other places, this gesture isn't enough.

It really gets me peeved when I hold the door for someone and they not only walk past me like I am not there, but also don't say thank you! I mean geez Louise, I am trying to be chivalrous here, at least give me a curtsy or something.

I don't want to make it seem like nobody here at Sacred Heart is polite, because that is not the case.

But in regard to classic chivalry I think it is all but retired, not dead but retired.

It has been replaced by general kindness. That should be on a bumper sticker, "Kindness, it's the new chivalry."

But anyway, it's illogical to think that either gender should act like they did in the 1950s when modern chivalry was at its peak.

I, of course, have no idea what that decade was actually like, but I have seen "Back to the Future," which I assume is 100 percent accurate.

It's impossible for us to completely reverse our ways and imitate that generation.

Unless anyone has a time-travelling car, and if you do make sure you let me know.

So, for those defenders of chivalry out there, keep your heads up. There are plenty of opportunities for you to flex your gentlemanly muscles. This goes for you ladies as well.

Common, everyday gestures are all it takes. Fellas, when you see a young lady carrying a big stack of books, offer to carry them for her. And ladies, if you're sitting in class and it's a bit nippy, offer that guy next to you your jacket.

Also, just a mental note, don't pull your girlfriend's chair out from under her while she's going to sit down...at the prom. I have found that even if you were trying to politely push in her chair, she won't like it.

I still hear about that, a lot.

Sam Marinko

She said



Chivalry who? I am always completely and utterly impressed when a guy waits at a door for an extra few seconds for me to get there so that he can hold it open. But even just a decade ago, that wouldn't be a surprise, it would be expected. It's evident (and disappointing) that the trend is fading.

According to an article on the appropriately named Web site, AskMen.com, "Chivalry is a practice that is in transition and may be, in a hundred years, just another quaint artifact of an obsolete age—like the horse and buggy are to us today."

Well, that sucks. I think of the horse and buggy as outdated and antiquated, but I don't want the same fate for the practice of chivalry.

I don't think chivalry is altogether dead, but maybe comparable to being in the latter stages of some kind of crippling, incapacitating disease. Sometimes it's hard to tell if guys are being gallant and well-mannered for the sake of chivalry or for the sake of that ever-notorious male ego where women inevitably require help.

So maybe chivalry is, in fact, a dying practice, but for what reason? I'm all about gender equality but when ultra-feminists insist that chivalry is degrading, suggesting we can't open our own doors or afford our own dinner, it's a little aggravating.

We girls know what we are capable of, so what's wrong with a little male assistance? It's not necessarily necessary, it's just nice.

But then again, who is to say it's dying because of the chief feminists misconstruing the intent? Maybe the guys are just sick of it.

According to the Web site "Today's Drum," the 10 most practiced acts of chivalry today are: offering your jacket, holding the door, holding the umbrella, standing up when a woman arrives or leaves a table, play valet if it's raining, walk on the side closest to the street, pick her up and offer a ride home, open her car door and walk her to the door, and introduce her to even just a simple acquaintance, if you happen to bump into each other.

OK, some of those I like. I love when a guy offers his jacket if it's cold. And I like when a guy proposes to drive. But walk on the side of the sidewalk nearest to the street? Why? To remove her from the dangers of traffic? Does that mean the guy is less susceptible to injury by a car that comes flying over the curb? I don't understand some of it. And other things seem like common courtesy: holding the door; introducing them to an acquaintance.

While chivalry branches from the times when women were thought of as less significant and perhaps a bit helpless, it has evolved into something else. It's not meant to suggest that girls are less capable, it's just a genuine expression of male etiquette.

If there was a way to resuscitate the ailing practice of chivalry, I'd like to know what it is. As long as equality isn't in jeopardy, I'll take a warm jacket from a guy over goose bumps and unjustified pride any day.

Chapel artwork creates buzz outside of SHU *Extravagant mosaic display catches the eye of local, regional media*

Nicole Eastman
Staff Reporter

What's your favorite aspect of the Chapel of the Holy Spirit? Even before its opening, the new chapel on the Sacred Heart University campus was gaining attention.

"I want the fundamentals of the Christian faith to be presented artistically," said Dr. Anthony J. Cernera, president of Sacred Heart University.

The chapel's artwork consists of mosaic pieces crafted by world famous Jesuit artist, Father Marko Ivan Rupnik. After designing Pope John Paul II's personal chapel at the Vatican, Father Rupnik brought his talent to the university. Cernera mentions that the chapel is Father Rupnik's first major work done outside of Europe.

According to a university press release, Father Rupnik and his crew assembled a 28-by-44-foot mosaic that serves as the centerpiece to the new chapel in just a few days.

The walls are covered in a large mosaic reflecting past art traditions such as Byzantine and Romanesque styles.

"I feel privileged to have arrived here at the time of its completion. I think it will be a major draw for new students," said



The Spectrum/Jacqueline Vele
The mosaic located behind the altar of Sacred Heart's Chapel of the Holy Spirit features an intricate image of Jesus and his twelve apostles.

transfer student Lindsay McGrath.

Many seem to regard the mosaics in the chapel as remarkable not only for their size, but also for their beauty. Father Rupnik is a "mosaic master," said an ar-

ticle in The Connecticut Post.

When looking at the chapel wall, you can see small pieces of colored glass placed along pieces of granite, marble, quartz, and hand-molded terra cotta of assorted sizes,

as described in an article from the New York Times (NYT). Hidden among these pieces are flat squares of shiny gold glass that sparkle in the light.

"Walking into the chapel is like stepping into a dazzling icon," said an article in America Magazine, a Catholic newsweekly.

Dr. David Coppola, vice president of Sacred Heart, said that almost every time he goes into the chapel, he sees something new. "I highly recommend investing an hour of your time to enjoy this incredible gift in our own backyard," he said.

The chapel was acknowledged in the NYT for its lines of gold, blue, and ivory that "create harmony amid the jagged edges and contrasting textures."

The architecture is another part of the chapel's artwork that makes it unique. The chapel is a modern structure designed by Sasaki Associates. In a statement from the Sacred Heart website, Sasaki Associates took first place in an international design competition for the 2008 Olympic games in Beijing and then brought their designs to Fairfield.

"For me," said Cernera, "it captures the beauty and the magnificence of who God is, as well as his closeness to us."

ORCHESTRA TO PERFORM AT EDGERTON CENTER FOR PERFORMING ARTS

Jacqueline Vele
Staff Reporter

The New Haven Symphony Orchestra (NHSO) is set to perform "Ritual Incantations" at Sacred Heart University's own Edgerton Theater on Oct. 13. Sponsored by the League of American Orchestras, Meet the Composer, and WSHU Public Radio, the musical event is considered to be a prestigious one; it will be conducted by musical director William Boughton.

"I think this is a great opportunity for Sacred Heart students to attend this concert of world class orchestra," said Dr. Michniewicz, director of Sacred Heart's academic music department, and fan of the NHSO. "I attend the concerts at Woosley Hall. They play six times a year, and their concerts are exciting because they have a broad range of music."

Boughton came to New Haven two years ago, bringing his achievement as the most prominent conductor of his time. Boughton is known for his highly regarded soundtracks, more than 60 to be exact, and several of which have reached top ten charts in the U.S.

With his international resume, he made his way to becoming the tenth musical director of the New Haven Symphony Orchestra,

according to Boughton's official Web site.

From the beginning, the Orchestra has performed frequently at Woosley Hall at Yale University in New Haven. The concert has toured throughout Connecticut, made its way to New York City's Carnegie Hall, and has performed countless radio broadcasts.

With over 70 professionals, the symphony is commenced with the help of associate conductor Gerald Steichen, who not only performs the traditional classical concert, but also popular music concerts as well, according to the Orchestra's Web site.

Some students are looking forward to this event, as they find classical music to be relaxing.

"I often listen to classical music in the background when I am doing my homework or putting the kids I babysit for to sleep," said senior Monica DiSilva.

Some things to can expect in the upcoming event include a performance of Nori III for Percussion Quartet and Electric Komungo, Mozart Symphony No. 32 in G Major, K318, Ritual Incantations for Cello & Orchestra, and Beethoven Symphony No. 7 in A Major, Op. 92.

"This is a different experience," said Dr. Joe Utterback, music professor. "It is a way to experience a great tradition that young people don't see very often. Young people don't get exposed to acoustic music very often. Nowadays, people have iPods and blackberry's. They should hear a symphony orchestra; it is part of their education."

"Students should definitely see this event," said Dr. Michniewicz. "The NHSO is the fourth oldest symphony orchestra in the U.S. dating back to 1894. It is a great opportunity."

For those interested in attending this event, tickets are priced at \$15 for Sacred Heart Students, and \$20 for faculty and administration.

Inside the SHUBox *Channel 3 makes fresh start*

Chris Daly
Staff Reporter

Have you ever wanted to be on TV? Perhaps report on the latest story on campus?

Many people do not realize that Sacred Heart University has its own television station. SHUBox, formerly known as Channel 3, is the student produced multimedia network and home of the television news magazine show, The Pulse.

"Channel 3 is now known as 'SHUBox' because we wanted a new, fresh outlook on the TV station," said SHUBox's general manager, senior Lacey Gilleran. "We were originally called 'Channel 3' because the station would broadcast on all the dorm TVs on channel 3, but since that has been changed to Channel 6, it was silly to remain with the same name."

According to junior Eddie Kuspiel, a SHUBox student intern, it was he who came up with the idea for the new station name.

"I hate 'SHU' puns as much as the next person, but it was too perfect not to use. It's a collective media outlet as opposed to just a television station now."

Professor Greg Golda, the advisor of SHUBox, said that the name change was necessary in order to incorporate multiple facets of student media.

"Channel 3 changed it's name to reflect its multimedia offerings. It's not just TV programs, we're trying to include all the production work created by students in the [media studies and digital culture] program."

Although the name change has been a positive outlook for the station, there have been several issues during the transition. SHUBox had once broadcast throughout all the dorms, but has since

been detached.

"The channel on the dorm TVs was disconnected during construction a little over a year ago. We are working on having that up and running within the next month," said Gilleran.

Streaming on SHUBox is also the television news magazine program, "The Pulse."

"The Pulse is a student run production that delivers exclusive news on subjects such as what's happening on campus, outside community news, or personality profiles," said senior Genevieve Manna, head producer of The Pulse. "We like to think of ourselves as an up and coming highlighted feature of the media studies department."

While the two tend to be confused for one another, SHUBox and The Pulse are two separate organizations.

"The Pulse hasn't been around for that long, and it really went into full effect last year, specifically last semester," said Manna. "We are hoping to get more student recognition, and once our first episode comes out this year we're sure we will get more."

SHUBox and The Pulse both have several big plans for the future of their entities, including working on several projects together. But one might wonder, besides obtaining class credits, why would media studies students take part in these clubs?

"Students enjoy it mainly for wanting to gain some experience in the TV-news area, also its more than just reading about news on campus, now students have the ability to watch news stories about Sacred Heart," said junior Michael Oberlander.

Students will be able to watch SHUBox and The Pulse on YouTube until the channel is up and running in the residence halls later this month.

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"I Hope They Serve Beer in Hell"

Emma Levine
Assistant A&E Editor

This past summer, Sacred Heart University freshman Jennifer McCabe was lifeguarding by the pool.

She had observed for weeks that her male co-workers were huddled around a certain book laughing uncontrollably. Finally, she insisted on seeing the book, and was introduced to the world of Tucker Max.

"I wanted to read it and they said I shouldn't because it's offensive to women," said McCabe. "But when I actually read it I thought it was hilarious!"

"I Hope They Serve Beer in Hell," written by Tucker Max, has grown to be a favorite among many college students. His book is a compilation of his life's stories, all of which he claims are true. These stories range from road trips to sexual encounters to subjects that cannot be written about in a news article.

Currently, the book is No. 5 on the New York Times Best-Sellers Paper-



Photo courtesy of Jeffrey Chassen
Tucker Max and his buddies stir up trouble in the film based on the memoir, which premiered in theaters on Sept. 25.

back Nonfiction list and has remained there for 103 weeks.

"I like it. It has very crude humor," said junior Kirill Kasyanov. "It tells the story of a college kid."

Many students at Sacred Heart share the same enthusiasm for the book, and it seems to have a big fan base.

"It's easy and fun to read," said junior Chelsea VanDerheyden, "even though I don't believe any of the stories."

According to an article in USA Today, the movie, which bares the same title as the book, was made for a modest \$7 million. The movie was released on Sept. 25 to mixed reviews. A review in the New York Times called it, "a mediocre gross-out movie that barely pushes the envelope."

To most, the book seems to be just the opposite. Max said on his Web site, TuckerMax.com, that he gets excessively drunk at inappropriate times, disregards social norms, and sleeps with more women than is safe or reasonable. His book describes exactly this and he does not leave any details to the imagination.

"I think the movie will be worse than the book," said senior Mike Thompson. "The book was so inappropriate, I don't see how they can begin to put it into a movie and do a good job."

Max does not apologize for his crude humor and sometimes offensive stories. Instead, he embraces it.

"I'm unapologetically male, for better and for worse, and that's very, very rare in our culture today," said Max in a USA Today article. "I think that's very liberating for a lot of people."

PHILLIPS EXPOSES TRUTH ABOUT 'PAPA'

Mark Theroux
Staff Reporter

Mackenzie Phillips, an actress, singer, and the daughter of John Phillips, the lead singer of the 1960s band "The Mamas and the Papas," recently revealed a secret during an interview with Oprah Winfrey on Sept. 23.

She claims that in 1979, when she was 19 years old, and ending in 1989, she and her father had an incestuous relationship.

"The word 'shocking' is appropriate," Winfrey said after the revelation, according to CBS News.

Phillips said the alleged affair began during an incident when the two were under the influence of drugs. John had been gradually introducing her to illicit drugs for years, such as marijuana at age 10, and cocaine at 14.

"I woke up that night from a blackout to find myself having sex with my own father," she said on The Oprah Winfrey Show. "I don't remember how it started or, thankfully, how it ended."

Many people within the Sacred Heart community disapprove of the scenario involving Phillips revealing this information.

"I think it's messed up," said junior Eddie Aliaga, "and I think she's just doing this for attention."

As her drug habit worsened, Phillips said she became dependent on her father. She describes it as a "Stockholm Syndrome" scenario, when she "began to love" her captor, she said to Oprah.

At one point, Phillips said her father even suggested they move to a country where this practice may be accepted, such as Fiji.

"It's gross, and I highly disapprove," said freshman Katie Perzanowski.

Shortly before her father died due to his drug and alcohol problems in 2001, she said she visited him in the hospital.

"Dad, we've been through a lot - good, bad, indifferent," she told him, according to an



AP Photo/Virginia Sherwood

Phillips reveals her intimate secret on Oprah.

article on Oprah.com. "So I want you to know that I love you, and I forgive you."

However, there is no concrete proof that this affair happened, and some feel that Phillips is simply delusional.

"You should take with a grain of salt anything that's said by a person who has had a needle stuck in their arm for 35 years," said Michelle Phillips, Mackenzie's stepmother and John's ex-wife, to CBS News.

Dr. Amy Van Buren, a licensed clinical psychologist and psychology professor, said that there is a controversy in the field over recovered memories.

"A person's memory is not always accurate, and there have been cases of ill-trained therapists encouraging clients to remember events that never happened," she said.

Whether or not the events actually happened, the reactions further reinforce the view of this subject.

"It's just morally and ethically wrong," said freshman Ross Breton.

GET REEL: MOVIE REVIEW OF THE WEEK

Michelle Munden
Contributing Writer

Have you ever just wished you could literally pause yourself in an instant, right in your tracks? Maybe you're fighting with a significant other, or maybe you just hit a home run with the bases loaded and you want to savor every bit of the moment. In the surrogates' world, you can do just that.

Bruce Willis stars as FBI agent Greer in "Surrogates" which premiered Sept. 25 and is deemed an action sci-fi flick.

The concept behind "Surrogates" seems to be especially unique and interesting. My eyebrows surprisingly rose on this one, considering I'm not particularly your typical sci-fi fan.

In this futuristic film, Agent Greer investigates the mysterious murder of a college student linked to the man who helped create the high-tech surrogate phenomenon that allows people to purchase unflawed robotic versions of themselves.

These surrogates are remotely controlled machines that ultimately assume their life roles, enabling people to experience life vicariously from

the comfort and safety of their own homes. Your robot goes out into the world and does your job while you get to kick back.

However, of course, life isn't perfect. There is an ongoing conflict between those against the use of surrogates and those who are all for it. But with a tagline such as "Life...only better" How can you compete? The surrogate's chosen by their respective humans typically have remarkable skin, flawless hair, and are in great physical condition.

It made me reflect on life today and just how much fake human contact we already have. I can have a conversation with someone by merely typing on a keyboard or texting on my cell phone.

Don't get me wrong, I'm certainly not complaining, this has made life easier in its own respects. But where will we be in 60 plus years?

"Surrogates" is a brilliant example of how thought-provoking and fascinating science fiction can be when done right. The tale of lost humanity at the expense of technology is a thrilling, absorbing and a suspenseful ride... and a ride worth taking. Plus, it's always nice to be impressed.

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Love at first Web site? - The hype of online dating

Stephanie Kanner
Staff Reporter

About 10 years ago, you would have never thought that you could find your "Mr. Right" on the Web.

Now it just takes a few minutes to fill in your information and with a quick click of the mouse you're entered into a pool of millions who are seeking a relationship online.

Over the years the process of dating has changed dramatically. We can shop online for gifts, further our education, find information on topics that interest us and yes, we can even try to find the perfect match while simply being logged in.

Online dating has become one the biggest business booms around. According to Web site consumer rankings, more than four million people now use online dating.

By now it seems like everyone has either heard of online dating, seen those annoying popup ads, or knows someone who has used this service.

"Personally, I don't think I would ever use a dating Web site to find someone," said junior Cliff Faulkner.

"I feel that I can go up to people and have a conversation. I am outgoing enough to find someone right on the street. Therefore, I don't need to hide behind a screen to find someone that I can see myself with," he said.

Some, though, feel that bar scenes aren't the best places to find true romance because of the distractions and drinks involved.

Those who don't want to deal with the bar scene, or simply want to swim in a larger dating pool, turn to online



AP Photo/Tony Dejak

A couple who met on popular dating site eHarmony.com.

dating services.

It is a way to easily sift, search, and pick potential dates by their interests instead of meeting up with someone who may look attractive but share no common interests.

"If someone feels like they haven't had luck with standard places to find a date, I might recommend going for a different approach by looking on the Web," said Sacred Heart counselor Mary Jo Mason.

"Usually the counselee comes to this thought on their

own. I've never had to help a student with these problems but I know of many people over the college age that have had many success stories and unfortunately some unsuccessful stories," she said.

However, there is always at least one question in the back of most peoples' minds. What if these Web sites are just a bunch of scams? And if they are, can they be dangerous to their potential users?

Graduate student Brianne Hudak believes there are probably many fake Web sites out there. She said she thinks it's particularly dangerous for women seeking a relationship.

Since sex offenders and other predators are a threat on the Web, Hudak went on to say that giving personal information could put someone in physical danger.

According to Web site consumer rankings, chemistry.com is the nation's most widely used dating Web site.

Match.com, perfectmatch.com, yahoo personals, and eHarmony are close competition.

These Web sites are all based around the consumer. According to chemistry.com, their main goal is to match the prospective user based on personality and interpersonal chemistry, relying heavily on extensive user feedback to refine the matching process.

"My cousin Chris actually went to eHarmony.com and met his wife of two years," said Faulkner.

"They are pretty compatible so it shows that the Web sites does do the job they are expected to do. They are both in the military and have the same interests so it really worked out for both of them. It goes to show you that online dating really does work for some people," he said.

Accept relationship request?

Kelley Bligh
Staff Reporter

A college student's morning ritual can sometimes consist of waking up, logging on to a laptop, checking Facebook, then checking e-mail, then back to Facebook.

Facebook informs college students of almost everything they need to know in their world -- if their world includes the need to know what all of their friends are doing in that very moment.

According to Facebook's homepage, it is "giving people the power to share and make the world more open and connected."

Freshman Ivano Naccararo words this mission statement slightly differently.

"With Facebook, people just know everyone's business," he said.

One of the most personal pieces of information available on the social networking site is relationship status: whether or not a person is single or in a relationship, and with whom.

Not only does Facebook give you those options, but you can also decide to be in an "open relationship," "married" or you can let people know that "it's complicated."

Freshman Shawn Daghall said that when he first started using Facebook, picking a relationship status was in fact the most complicated part.

"I put that my relationship was 'complicated' but I underestimated what that meant to some people and how public that information was," said Daghall.

It seems as soon as one of your friends -- Facebook friend that is, either enters a relationship or ends one, it's all over your homepage, whether you want to know about it or not.

"People talk about it too much," said freshman Melissa Merolli.

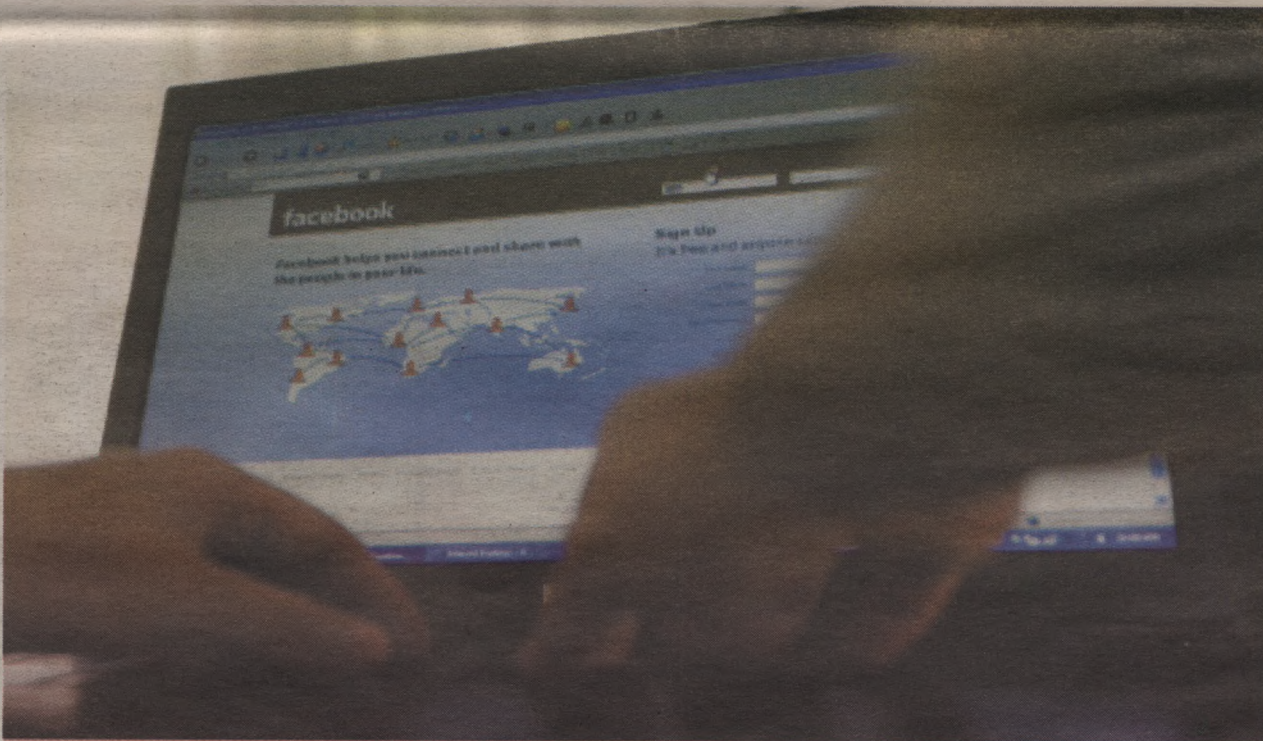
"When something happens or something changes they'll say, 'Oh, check Facebook!'" she said.

Facebook used to be a networking site for college students only, but now anyone can have a Facebook page. Your network of friends can include younger cousins, grandparents, neighbors, co-workers, or friends of friends you may have met once.

When you change your relationship status, all of these people can and will see it.

Sometimes, this can cause a frenzy.

Senior Dan Colascione said that he recently ended a long-term relationship and when his status was changed, people went wild.



AP Photo/Sean Kilpatrick

With students logging on almost daily, Facebook is a fast and easy way for people to keep tabs on their friends

"It caused a lot of confusion and everyone starts writing on your wall. It just wasn't the right time for that. Or place. Random people ask you and you don't really want to deal with it," said Colascione.

Breaking up can be a difficult enough thing to deal with. Sometimes it may seem like a task within itself to even figure out how to tell friends and family about the news of a split.

However, with Facebook, you can tell the world with one click of a button.

According to junior Dana Troy, this can be a good thing at times, but not always.

"Friends can ask if you and so-and-so broke up out of concern, but at the same time it means everyone will know," she said.

Facebook can literally give you a profile of any person on the site whom you know the first and last name of. Search them, and along with their relationship status, you can find out where they went to high school, their birthday, what music they like, what they think about themselves, what they're a "fan" of and maybe even what they did last night -- if you check out their photos.

"If you put up pictures," said junior Samantha Troy, "it has the possibility of putting a strain on a long distance relationship. Pictures can sometimes cause some questions or seem to be sending the wrong message, and it just causes problems."

When asked, most students tend to believe that relationship statuses are unnecessary.

There are numerous groups on Facebook contributing the downfall of relationships to the networking site -- "Facebook Ruins Relationships," "Facebook Cheapens My Relationships," "Facebook + Relationships = Trouble," etc.

Yet, how often does a conversation start out "Did you see on Facebook...?"

And if one Facebook relationship isn't enough, there are people petitioning for more.

There are also Facebook groups for the 'John Tuckers' of the world, petitioning for representation of polygamous relationships, raising yet another issue for Facebook users and redefining the college student's standard definition of a love triangle.

Home, home on the range

Marisa Graniela
Staff Reporter

The virtual life of animals, plants, and harvesting can be found on Facebook’s most downloaded application game, FarmVille.

For those who don’t have Facebook, this game teaches basic knowledge on owning and preparing a plantation—electronically that is.

“What the game basically is, is you start off with a piece of land,” said sophomore Luigi Rizzo. “Next, you plow the land to make it possible to plant crops, receive coins, and experience points.”

Though the concept may seem simple enough, there’s a surprising catch.

“The more experience points you have, the higher up you go,” said Rizzo. “You can also have animals for harvesting purposes, such as milk from a cow or eggs from a chicken,” he said.

But what is it about this game that has a majority of students addicted?

Though this game comes in handy for students when bored, some play strictly for the competitive energy.

“FarmVille is so fun because it’s like a competition,” said sophomore Toni Erickson.

“Your ‘neighbors’ are your actual friends on Facebook and as your farm grows, so does your level and amount of money,” said Erickson.

FarmVille may be fun to play but is it too addicting?

The chance of losing to your “neighbors” or having crops die away may have some virtual farmers more concerned with their computer rather than everyday life.

“I got hooked on FarmVille because all of my friends started playing,” said sophomore Mia Selvaggio.

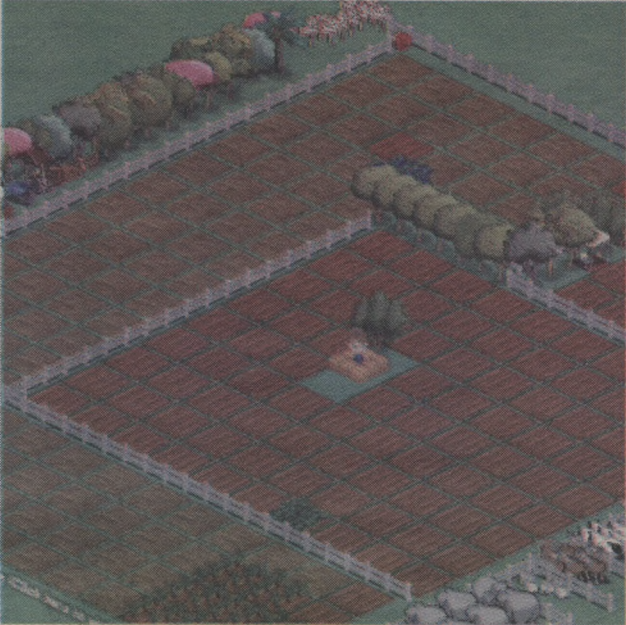
“While we were out they would always freak out about harvesting their crops and I had no idea what they were talking about, so I tried it,” she said.

Other players don’t suffer from such withdrawal.

“I don’t even think it’s that fun,” said sophomore Chris Dionisio.

“It’s just something to do when you’re totally bored and sitting in class because it takes up a lot of time,” he said.

On a more positive note, it can be argued that Farm-



The Spectrum/Juliana Brittis

A screenshot from the popular game FarmVille

Ville teaches players the act of kindness as well as time efficiency.

“There are awards given out for things such as helping a certain amount of neighbors or harvesting a certain amount of money from your farm,” said Rizzo.

“The nicer you are, the higher your score will be,” he said.

This game, created by Zynga whom is also known for Mafia Wars and YoVille, has gained popularity almost overnight.

It’s become a common guilty pleasure among college students in order to escape the rigors of school.

“I think that people know that it’s so corny, But since everyone is doing it, it makes it okay,” said Erickson.

Though none of the farms are real, they still require a lot of attention.

If you leave your crops unattended for too long, they eventually die leaving you with nothing.

All you need is a little tender, love, and care and everything will perform at its best— you’ll have the best virtual farm in town.

Celebrity Juice: With Extra Pulp

Genevieve Julich
Staff Reporter

“Hollywood’s Most-Hated Web Site!” These are the words used to describe Miami native Perez Hilton’s celebrity blog. He is considered by many to be one of the most controversial and notorious gossip columnists on the Web.

Hilton was named No. 1 Web Celeb in 2007 by Forbes Magazine and the UK’s Observer newspaper named PerezHilton.com one of the 50 most powerful blogs.

There seems to be a huge outlet for Internet users to access up-to-the second celebrity gossip.

“With the click of a button you can log on to any celebrity gossip site and get your minute by minute play by play of the latest buzz,” said junior Danette Ceriano.

The LA Times, referred to Hilton as, “US Weekly, the Star, the Enquirer and Life & Style all rolled into one sweet yet snarky, sagacious yet salacious gay man.”

With blogs like Perez you can get updates on all the gossip going on in Hollywood at any moment of the day. But is it okay for us to watch and observe celebrities like animals in a zoo?

It seems Hilton isn’t the only person using Hollywood figures to make a name in the industry. Other sites such as DListed.com, LaineyGossip.com, and Popsugar.com, also specialize in reporting hearsay stories about the rich and famous.

“I do not think that the people running these sites have bad morals. I think that they have an affinity for reporting gossip,” said senior Katie Higgins.

“Some people are good at being politicians and doctors, and others find their place in the world at a more superficial level, by reporting the doings of those who are in the limelight,” she said.

On the other hand, some agree that running a celebrity gossip blog is just another nine-to-five job.

“I am sure the people running these sites feel guilty sometimes but they are merely doing their job,” said senior Michelle Ausili.

“They report the news that people want to hear about, and in turn receive more hits on their Web site by updating their sites with the latest gossip,” she said.

Some students believe that the celebrities featured on gossip sites want the attention and even go to places and locations they know they will be spotted.

“Celebrities are not normal people, they are people who have risen to fame and they embrace it,” said Higgins.

“Most of the celebrities being reported in the media put themselves in a position to be photographed and videotaped. They have to know that with one click of the camera in minutes they will be all over the hottest gossip sites,” she said.

The price of being a celebrity can sometimes cost you your privacy and the possibility of losing a lot of personal time.

“When you are a celebrity, you have to accept your personal life isn’t going to be so personal anymore,” said Ceriano.

“I don’t need to know every detail of every celebrities life, but when a celebrity does something truly controversial, of course I’d like to hear about it!” she said.

TWITTER ME TIMBERS

Lindsay Caiati
Staff Reporter

For years MySpace and Facebook have dominated social the networking scene, but there’s another player in town, and Twitter is at the top of its game.

Unlike Facebook or MySpace, Twitter is a hybrid of a blogging tool and a way to stay in touch through short blasts of 140 characters or less.

Developed in 2006 by software engineers Jack Dorsey and Evan Williams, Twitter is now among the most-popular social networking sites according to the New York Times.

Instead of having “friends,” you can choose to “follow” others, and unlike Facebook or MySpace, you can follow someone without them having to follow you back.

Many celebrities, political figures, and global organizations use Twitter to state their position on national matters, the condition of the stock market, or what film they may be shooting at the time.

In the text box where you “tweet,” you can mention people who also have a Twitter account and create a link to their account.

This can be done by simply adding the “@” sign before the username, this is also known as “replying”. Users can also post images through “twitpic”.

While Twitter is an Internet-based site, there are many different ways to tweet. Different Twitter clients are available for either a small fee or at no cost at all.

Blackberry and iPhone have special applications for Twitter, such as Twitterberry, Twitterfon, Ubertwitter, and Tweetie, among others.

You can use these applications to send out tweets, images, videos, and audio, all from your cell phone.

Those of you who don’t have those type of phones can simply text your tweets.

Though Twitter was not recently released, it is gaining more popularity now than ever.

With celebrities “tweeting” left and right, and major news outlets such as CNN quoting them, Twitter is on its way to being an unstoppable source for everything happening in society today.



AP Photo/CNN Larry King Live

Ashton Kutcher is a big celebrity on Twitter who constantly seems to be tweeting.

While Twitter has grown in popularity among the professional world, how does it fare in the college world?

“Honestly I don’t have a Twitter nor do I follow Twitter,” said junior Taylor Froelich. “I have heard that it’s very addicting but it doesn’t really interest me,” she said.

Some may not know, but Sacred Heart University seems to have caught the Twitter bug and has multiple accounts.

One for alumni, for current students, student council, and residential life-- even Big Red tweets on occasion. Still, it seems like Facebook rules all at Sacred Heart.

“I still don’t know how I feel about Twitter,” said senior Amanda Rowe “I’ll always be a Facebook fan; who isn’t?”

Not every Sacred Heart student favors Facebook over Twitter though. “I think Twitter is better than Facebook because it doesn’t have as many errors,” said sophomore Alyssa Barnum

While people use Twitter for different means, it may be the most freeing way to stay in touch with the world.

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Scoreboard

Friday, October 2

M. Soccer

Monmouth- 0

SHU- 0 (OT)

W. Soccer

SHU- 0

Robert Morris- 1

W. Volleyball

SHU- 3

FDU- 1

Saturday, October 3

Football

SHU- 12

CCSU- 24

W. Hockey

SHU- 1

Quinnipiac- 4

Sunday, October 4

Field Hockey

Rider- 3

SHU- 0

W. Soccer

SHU- 2

St. Francis PA- 1

M. Soccer

Mt. St. Mary's- 0

SHU- 1

On Deck

Tomorrow

M. Soccer @ Robert Morris

4 p.m.

W. Soccer @ Central Conn.

6 p.m.

Saturday, October 10

Football vs. SFPA

12 p.m.

W. Volleyball @ SFNY

1 p.m.

Sunday, October 11

Field Hockey @

Monmouth

12 p.m.

W. Soccer @ Quinnipiac

1 p.m.

M. Soccer @ SFPA

1 p.m.

W. Volleyball @ LIU

2 p.m.



Photo courtesy of Athletic Communications

Sacred Heart's Matt Dorosh (#47) causes a fumble during the Pioneers' opening game against Marist College on Sept. 5.

Pioneers fall to 0-4; off to worst start in 11 years

Dan Graziano
Staff Reporter

The Sacred Heart University football team suffered their fourth straight loss on Saturday, Oct. 3, at the hands of Central Connecticut State University Blue Devils, 24-12. The loss dropped the Pioneers' record to 0-4 which is the team's worst start to a season since 1998.

The game, which was televised on MSG Plus, coincided with the Central Connecticut homecoming weekend and the Blue Devils made sure to send their fans home happy; it was their sixth straight victory over the Pioneers to lead the all-time series 8-4.

"We have to hold onto the ball," said Pioneers head coach Paul Gorham while addressing his team prior to the start of the game. "We haven't created enough turnovers and if we can win the turnover battle we will be in great shape."

Pioneers- 12
CCSU- 24

Unable to do anything on their first drive, the Pioneers regrouped quickly on their next possession by gaining 85 yards in nine plays.

A pass interference called against the Blue Devils brought the Pioneers into the red zone where, on the next play, redshirt junior quarterback Dale Fink fired a 26-yard pass into the end zone, which was caught by sophomore running back Garry Coles for the first touchdown of the day.

But a bad snap derailed the Pioneers' extra point attempt and they were forced to settle with a 6-0 lead.

Late in the second quarter, Fink drove the Pioneers down the field with ten plays for a total of 86-yards.

With just a few seconds left on the clock, the Pioneers lined up with five wide receivers and Fink fired a "Hail Mary" pass into the end zone where it was tipped right into the hands of senior wide receiver Steve Tedesco.



Photo courtesy of Athletic Communications

Sacred Heart's Marcel Archer (#3) carries the football during the Pioneers' opening game against Marist College on Sept. 5. The Pioneers lost to Central Connecticut State University 24-12 on Saturday to fall to 0-4.

The improbable touchdown gave the Pioneers some added momentum heading into the locker room at halftime.

"It was cool catching the [Hail Mary]," said Tedesco. "Tony Patterson did a great job of swatting the ball and it kind of just fell into my lap. I was just in the right place at the right time."

The Blue Devils received the ball at the start of the second half and marched straight down the field with it. They collected 57 yards in 14 plays, which was capped by a touchdown, bringing the score to 12-7.

The Pioneers' next drive nearly ended when a Central Connecticut defender picked off Fink's pass and returned it for a touchdown. However, a flag was thrown by one of the referees and the Blue Devils were called for a holding penalty, giving the Pioneers a much-needed first down.

Even with the help of the penalty, Fink was unable to find any of his receivers and the drive ended with a punt.

SHU senior to run in Baltimore Marathon

Lauren Craft
Staff Reporter

On Saturday, Oct. 10, Sacred Heart University senior Derek Brown will compete in the Baltimore Marathon to raise money and awareness for neurofibromatosis.

Neurofibromatosis (NF) is a genetically inherited disease which primarily causes tumor growth on nerves throughout the body and is sometimes affiliated with deafness, blindness, and epilepsy.

Brown's 18-year-old brother, Austin, was diagnosed with the genetic disorder when he was 3 and a half years old and continues to experience minor symptoms.

Brown has been running in marathons since 2005 when he competed in the Chicago Marathon as a senior in high school after his father first mentioned the idea to him.

"He said, 'Derek, there is an opportunity for you to run in Chicago with a group of people, all running to raise awareness for NF,' so I agreed," said Brown.

"I run marathons because it's exuberating and it's a new experience every time. It's tough, it's fun, and the thrill never fades."

- Derek Brown
SHU senior running
in Baltimore Marathon

"It was such an amazing experience that I decided to pursue it, and keep running in marathons."

So far, Brown has competed in a total of eight marathons in six different states over the span of four years – all to benefit the neurofibromatosis cause.

"Running for this cause is very important to me because I want to raise money and awareness to eventually find a cure," said Brown.

"For me, running in marathons is like killing two birds with one stone. You run for money, you run for awareness, and I run for my brother. And you have some personal reward in there for yourself."

While Brown's first marathon took place in Chicago, he has no plans of hanging up the sneakers any time soon.

"My goal is to run a marathon in every state," said Brown who has already competed in Illinois, Pennsylvania, Vermont, Arizona, New York, and Massachusetts. "Baltimore will be my ninth marathon and my seventh state completed."

According to Brown, the experience and thrill of competing in marathons across the country is something that never gets old.

"I run marathons because it's exuberating and it's a new experience every time," said Brown. "It's tough, it's fun, and the thrill never fades."

See PIONEERS on Page 13...

See BROWN on Page 15...

W. Soccer tops Red Flash, remain above .500 mark

Steve Armato
Staff Reporter

The Sacred Heart University women's soccer team bounced back on Sunday afternoon to knock off the Saint Francis University (PA) Red Flash 2-1 after losing to Robert Morris University on Friday.

Sunday's win improved the Pioneers' record to 6-5-0 overall and 2-1-0 in the Northeast Conference.

Junior Leigh Dogmanits stressed how important it was to win on Sunday.

"Every team is strong this year, and any team could win any given day," said Dogmanits.

Sophomore Samantha Kee got the scoring underway just 6:43 into the game with an assist from freshman Jen Mulvey to give Sacred Heart a 1-0 lead.

Pioneers- 2 Red Flash-1

The Pioneers outshot the Red Flash 7-2 in the first half and did not allow Saint Francis to take a single shot on goal. However, the Pioneers could not capitalize and went into halftime ahead 1-0.

Saint Francis hung in the game, and with 17:30 to play finally broke through with a goal by Rachel Seibert to tie the game at 1-1.

Sacred Heart responded when Kee found senior Ashley Testani for the late game-winner with 1:30 left in regulation.

For her effort, Testani was selected adidas/Northeast Conference Player of the Week.

"We gave up a goal on a corner kick in the last 10 minutes of the game which shouldn't have happened," said Dogmanits. "But we played even harder then to get another one back to win the game."

"Every team is strong this year and any team could win any given day."

- Leigh Dogmanits
SHU Women's Soccer Midfielder

Meghan Reichelt made three saves in goal for the Pioneers including an impressive save to begin the second half and keep the 1-0 lead in tact.

"Our key player on defense throughout the game would have to be our goalie Meghan Reichelt," said Dogmanits.

"She's our communication in the back, she lets us know who needs to be marked, and what to do with the ball. She came out with a great save in the second half off of a direct kick they took which could have cost us the game."

Each of the Pioneers' first three conference games have been decided by one goal coming within the final five minutes of regulation.

"We lost to a team we shouldn't have lost to [Friday]," said Dogmanits. "We didn't play nearly as well as we know how to and the weather conditions on the grass field didn't help," said Dogmanits.

Sacred Heart is back in action tomorrow night at 6 p.m. as they come home to Campus Field to host conference rival Central Connecticut State University.

'MIDNIGHT MADNESS' EVENT SET FOR OCT. 16

Chauncey Hardy
Staff Reporter

It's pitch black and the music blasts from the loud speakers as the fans' anticipation builds.

The William H. Pitt Center is rumbling with chants and praises as highlights from last season roll on the big screen.TV.

Big Red storms across the court waving the Pioneers flag as the teams are being introduced to the crowd.

On Oct. 16 at 11 p.m., Sacred Heart University will host its annual Midnight Madness event to kick off another winter sports season.

The first time that winter collegiate athletic teams are legally allowed to practice is at 12:01 a.m. on Oct. 17.



With a new season quickly approaching, the event will feature all winter sports teams as a way of introducing team members to the fans.

After the seniors of each team walk the length of the gym with their coaches, there will be performances by the dance team and the cheerleaders to liven the crowd.

Midnight Madness is an event that colleges and universities all over the

2009 Midnight Madness

When:

Friday, Oct. 16

Doors open at 11 p.m.

Where:

William H. Pitt Center

What:

Winter sports season kickoff

country host as a way of bringing alive school spirit as a new season approaches.

It also gives fans the opportunity to see their favorite players and take part in fun activities throughout the night.

Players from every team will also participate in several contests and challenges throughout the night including a slam dunk contest and a 3-point contest.

"I hope this year's event is longer and I hope the fans will be able to get free gear," said senior Elijah Dixon, who attended last year's event and was somewhat disappointed. "Last year it was short and the dunk contest was only one round."

Ted Fifield, executive vice president of Student Government, is planning the event and is excited about what this year's Midnight Madness will offer.

According to Fifield, this year's event will be similar to last year's event with one exception: the addition of Flippen Out Productions – a group that will integrate the use of trampolines into the Midnight Madness mix.

"We're looking to build off of last year's success and create an exciting event that both students and their families will enjoy," said Fifield.

Expert challenges athletes to make healthy choices

Courtney Perlee
Chief Copy Editor

Did you know that the impact of drinking to impairment could last for up to a week after drinking—leaving athletes unable to practice at 100 percent?

Or that the use of carbonated mixers actually increases the rate at which you become intoxicated?

Sacred Heart University student-athletes learned this last Thursday night, Oct. 1, when Jim Matthews lectured as a part of the C.H.A.M.P.S (Challenging Athletes' Minds for Personal Success) program, educating athletes on the dangers of college drinking.

Matthews has spoken to more than 300,000 students across the country at more than 300 campuses about alcohol and drug education.

With a series of books published on the subject of college drinking, one titled "Beer, Booze and Books: A sober look at higher education," Matthews is currently the coordinator of health education at Merrimack College in Massachusetts and a part of the NCAA's Sport's Sciences Speaker Grant Program.

Pioneer athletes gathered in the Edgerton Center were told that they would leave the auditorium knowing 10 pieces of information they didn't already know about alcohol.

Matthews used a balance of humor, multimedia, and statistics to keep the audience awake and actively participating, but also urged the student-athletes to "think outside the humor."

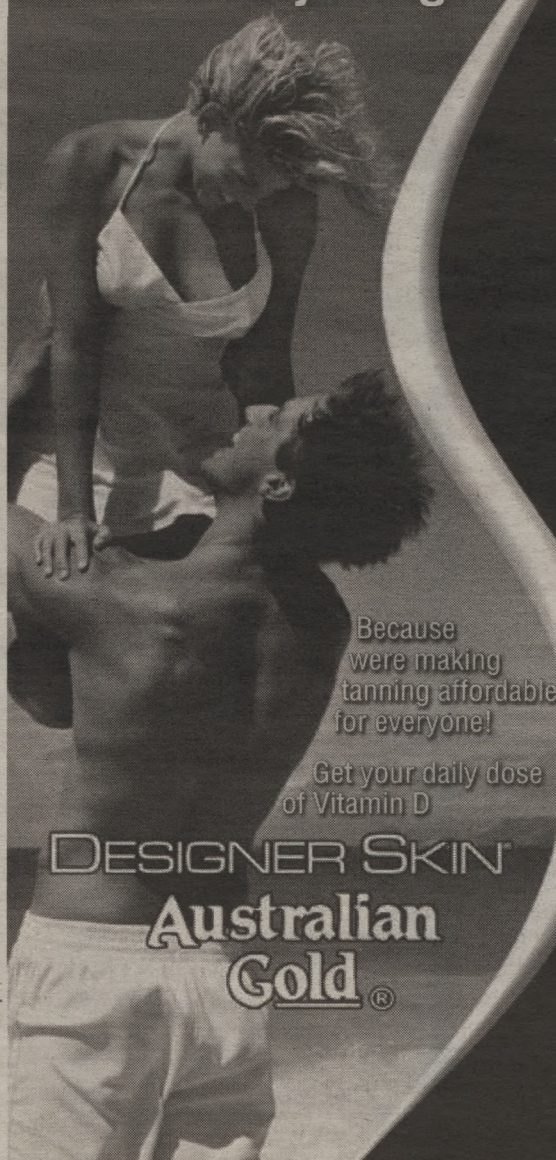
Clips of commercials for liquor and beer were shown as well as movie clips featuring alcohol, from Sleeping Beauty to Old School, Beauty and the Beast to Animal House.

Facts about alcohol were included; about 90 percent of campus violence is alcohol related, and hangovers are actually a mild form of withdrawal from alcohol. The signs of alcohol poisoning include cold, clammy skin, an erratic heartbeat and faint breathing, and students should never hesitate to get help if a friend is displaying those symptoms.

In tune with the Sacred Heart athletic department's position on athletes' consumption of alcohol (according to the student-athlete handbook, "alcohol and drug use are detrimental to the student and are a violation of team rules") Matthews also reminded students that "information does not mean permission."

He reminded them: "Most college students make healthy choices. It's the high profile minority that makes trouble and makes headlines. If you're an athlete, it's bigger headlines."

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Pioneers allow 24 unanswered points in loss to Blue Devils

...Continued from Page 12

On their next drive, the Blue Devils went 77 yards on eight plays, but were unable to score touchdown as they settled for a field goal which cut the Pioneer lead to just two points.

Unable to break through the Blue Devils defense, the Pioneers were again forced to punt on their ensuing possession.

However, due to a bad snap, Sacred Heart senior punter Brian Friedman was sacked for a loss of nine yards, giving the Blue Devils possession at the Sacred Heart nine-yard line.

The Blue Devils took advantage the Pioneer miscue and rushed the ball into the end zone for a touchdown and jumping out to a 17-12 lead.

The Pioneers answered right back by marching the ball down the field and into the red zone on their next drive.

But on third and goal, Fink lobbed the ball into the end zone where it was picked off by Blue Devils' defender Marcus Dorsey, who returned it 100 yards for another Blue Devils touchdown to seal the win.

"Nobody's happy with the way things have gone," said Tedesco. "There's not one person who expected to be in this position after four games. There are so many talented kids on this team that are willing to do whatever it takes to win. With that kind of attitude, things are bound to change and believe me they will..."

The Pioneers return home on Saturday to host Saint Francis (PA) at noon at Campus Field.

2009 Football

Schedule

Sept. 5 vs. Marist
(L, 31-12)

Sept. 12 @ Holy Cross
(L, 52-21)

Sept. 26 @ Albany
(L, 22-9)

Oct. 3 @ Central Conn.
(L, 24-12)

Oct. 10 vs. St. Francis (PA)

Oct. 17 vs. Monmouth

Oct. 24 @ Wagner

Oct. 31 @ Robert Morris

Nov. 7 vs. Bryant

Nov. 14 vs. Duquesne

Author Allen Sack speaks to group of SHU students

Rob Morgan
Sports Editor

Allen Sack, a professor in the College of Business at the University of New Haven and member of the 1966 University of Notre Dame national championship football team, delivered a lecture to a group of students in the William H. Pitt Center conference room on Oct. 5 at the invitation of Sacred Heart University director of athletics Don Cook.

Sack, who is the author of *Counterfeit Amateurs: An Athlete's Journey Through the Sixties to the Age of Academic Capitalism*, discussed at length a variety of issues relating to the rise of commercialism in collegiate athletics as well as using his own experience as a former Notre Dame football player to illustrate the point that amateurism no longer exists in intercollegiate athletics.

"The NCAA substituted counterfeit athletes for the real thing," said Sack. "Anyone who thinks big-time collegiate athletes are 'amateurs' are being intellectually dishonest. When people ask me if college athletes should be paid, the first thing I say is, 'that's no longer the question; it's whether they should be paid *more* for their services'."

Sack said that the relationship between most collegiate athletes and their coaches, where coaches often dictate athletes' diet, nutrition, and curfews, is stricter than most employer-employee relationships.

"Today, the demands on an athlete are much greater than when I played," said Sack. "Athletes are totally controlled by their coaches in a way that no other employee is controlled by their employer."

While at Notre Dame, Sack played under legendary coach Ara Parseghian who also wrote the forward for *Counterfeit Amateurs*.

Sack was recruited by about 100 schools as a standout quarterback in high school but ultimately wound up playing defensive end at Notre Dame.

While Sack said the demands of playing football for one of the most prestigious universities in the country were extremely grueling, he continued to stick with it because the university made a commitment to him as a student and awarded him the gift of continuing his education.

"Football was agony except for the games," he said. "But I never thought about quitting because of the pride I had for Notre Dame and for our coach."

Cook, meanwhile, had nothing but praise for Sack and the way he has brought the issue of amateurism to the forefront of the intercollegiate athletics landscape.

"Allen is a good friend and we go back many years," said Cook. "We disagree on some things but I've spoken a few times in his classes and his students engage in some very lively discussions."

"This book is very personal," said Sack who also announced that he is planning to write another book in the near future about the role of courts and the legal system in collegiate athletics. "It's not so much academic as it is personal, so people will either like it or dislike it."

Perhaps even more satisfying than his national championship title at Notre Dame is the fact that Sack is one of the few from the 1966 team to pursue a career as a college professor.

"I'm still learning things every day," he said.

M. Soccer shuts out The Mount behind Fredriksson's goal Goalkeeper Fait makes 10 saves to earn third straight shutout

Alex Atkinson
Staff Reporter

Returning home to Campus Field on Sunday, Oct. 4, it was the defense of the Sacred Heart University men's soccer team which propelled the Pioneers past the Mount St. Mary's University Mountaineers for a 1-0 victory.

Although the Mountaineers outshot the Pioneers 25-10 on the day, it was senior defensemen Jesper Fredriksson who blasted the ball past Mountaineers keeper Chris Davis in the 16th minute of play to put the Pioneers ahead for good.

The Mount- 0
Pioneers- 1

Davis allowed just the one goal to Fredriksson and saved four shots while Sacred Heart's Alex Fait saved 10 shots in leading the Pioneers to their third-straight shutout.

Fait's performance earned him *adidas*/Northeast Conference Men's Soccer Co-Player and Co-Rookie of the Week. It was Fait's first career NEC award.

Mount St. Mary's had six corner kicks compared to Sacred Heart's three on



Sacred Heart's Benjamin Pahlke (#13) and Norman Baer (#9) pursue the ball during the Pioneers' 1-0 victory over Mt. St. Mary's at Campus Field on Oct. 4.

Sunday, but could not produce any goals off of the set pieces.

Although the momentum seemed to be in Mount St. Mary's favor for most of the game, the Pioneers held strong and fought off a number of strong attacks from Mount St. Mary's offense to preserve their one-goal lead.

"We didn't play that well but a win is a win and that is all that matters at the end of the day," said Pioneer defensemen Benjamin Pahlke.

Sacred Heart recorded just 10 shots on the day, but it was enough to come away

with the victory.

Freshman Brian Francolini nearly put Sacred Heart up by two goals in the second half.

Francolini, who received a through ball from midfielder Norman Baer, snuck past several Mount St. Mary defenders and got a foot on the ball before Mountaineers' keeper Davis could get there.

However, the ball hit off the side post and bounced back onto the field which kept Mount St. Mary's still within striking distance as they were still down by one goal.

The game was a physical battle between both teams which produced five yellow cards and 32 fouls by the end of the contest. There were no ejections in the game.

"We didn't play well but a win is a win and that is all that matters at the end of the day."

- Benjamin Pahlke
SHU Men's Soccer Defenseman

The win improves the Pioneers' record to 4-3-1 on the season and gives the team a confidence boost heading into their next few conference games.

"We are a strong team," said Pahlke. "We play defense well and we control the ball well, but we need to produce more goals if we want to continue to do well this season."

The Pioneers will look to keep their winning streak intact when they travel to Pennsylvania tomorrow afternoon to face the Robert Morris University Colonials at 4 p.m.

After that, the Pioneers will return home on Oct. 16 when they square off against Central Connecticut State University at 7 p.m. at Campus Field.

Brown set to compete in ninth marathon for NF

...Continued from Page 12

While training for a marathon can be a very strenuous and time-consuming process for most marathon runners, this is not the case for Brown.

"I run for my brother Austin because I love him and I want to raise money and awareness so that hopefully he can live the rest of his life without this disorder."

- Derek Brown
SHU senior running in
Baltimore Marathon

"If you want go by the books, training should be pretty rigorous, and people should be getting up to at least 18 to 20 mile runs when you're training," said

Brown. "The weird thing about me is I don't train. I usually run about 3 or 4 miles every day, but that's it."

Despite not training as much as the average marathon runner does in the days and weeks leading up to the event, Brown said that this in no way diminishes from what he hopes to accomplish in the long run.

"I run for my brother Austin, because I love him and I want to raise money and awareness so that hopefully he can live the rest of his life without this disorder," said Brown.

"I hope that with the help from students and faculty at Sacred Heart, we can get one step closer to a cure."

For more information on Brown's cause or to sponsor Brown when he competes in the upcoming Baltimore Marathon, on Oct. 10, visit www.first-giving.com/derekbrown.

Derek Brown running for NF

States Brown has competed in:

- Illinois
- Pennsylvania
- Vermont
- Arizona
- Massachusetts
- New York

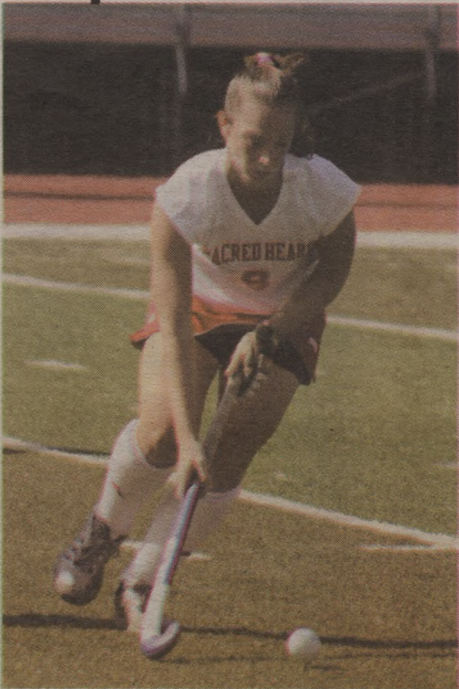
Field hockey silenced by Rider at Campus Field

Alex Atkinson
Staff Reporter

As the final horn sounded at Campus field on Sunday, Oct. 4, it was the Sacred Heart University women's field hockey team that came out on the short end of a 3-0 decision to Rider University.

Rider controlled the ball most of the day by pounding junior goalkeeper Kim Stow with 35 shots and taking 24 corners compared to Sacred Heart's one.

Stow made 22 saves on the day while Rider's goalkeeper only had to turn away one shot on goal.



The Spectrum/Alex Atkinson

Sacred Heart's Hannah Robinson (#8) controls the ball during the Pioneers' 3-0 loss to the Rider University Broncos at Campus Field on Oct. 4.

Broncs- 3
Pioneers- 0

"It doesn't matter if I have a good game if the rest of our team does not play well," said Stow after the game.

Rider's first goal came 23 minutes into the game when midfielder Margaret Ecke served the ball in from the corner and found teammate Virginia Egusquiza. Egusquiza quickly dumped the ball off to forward Marlaine Schneider, who shot the ball into the back of the net to give Rider a 1-0 lead.

The end of the first half came without any additional scoring as the Pioneers' defense had their hands full in holding off the barrage of Rider attacks.

In the 39th minute, Rider's Megan Pisani put in her first goal of the day, when she knocked the ball out of the air and into the back of the net to give Rider a 2-0 lead.

Pisani scored her second goal of the

day in the 65th minute, finishing the scoring for the day and leaving Sacred Heart with a 3-0 defeat.

Disappointment could be seen on each of the players' faces as the Pioneers walked off the field and headed into the locker room after the final seconds ticked away.

"The girls are very disappointed [because] it was our first conference game and we expected a little more," said Blais. "If we want to do well and win, then we need to step up on offense and control the ball on attack more."

The Pioneers will attempt to put this loss behind them when they travel to Hamden tomorrow to take on Quinnipiac University at 4 p.m.

PHOTO OF THE WEEK



The Spectrum/Stephanie Reyes

Sacred Heart's Jesper Fredriksson (#14) watches his kick sail towards the goal during the Pioneers' 1-0 victory against Mt. St. Mary's University on Oct. 4.

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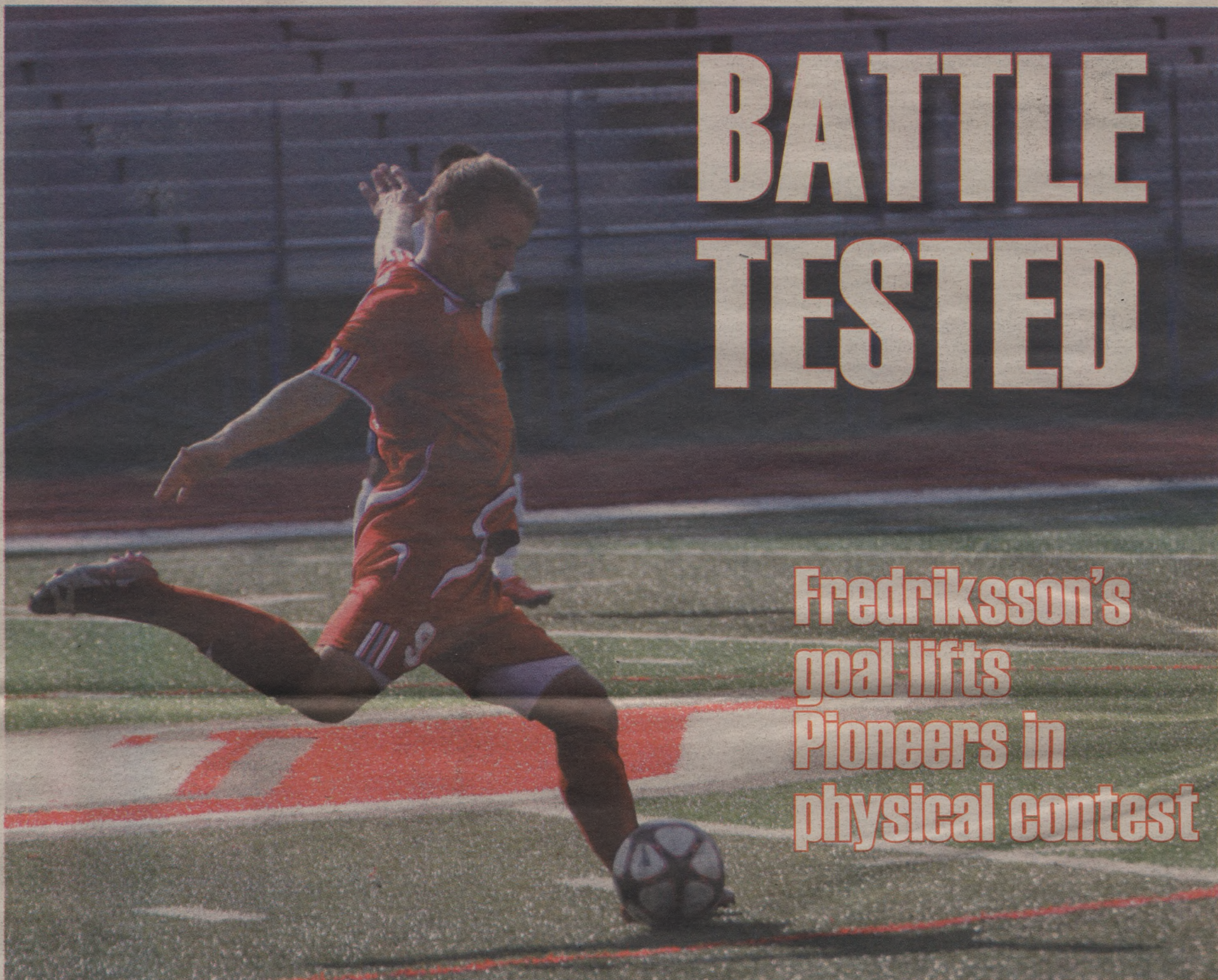
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<http://spectrum.sacredheart.edu>

BATTLE TESTED

Fredriksson's
goal lifts
Pioneers in
physical contest



The Spectrum/Stephanie Reyes

Sacred Heart's Norman Baer (#9) lines up a kick during the Pioneers' 1-0 victory over the Mount Saint Mary's University Mountaineers at Campus Field on Oct. 4.



The Spectrum/Alex Atkinson

SHUTOUT

Field hockey continues to struggle
page 15

BOUNCING BACK

W. Soccer team holds off Red Flash
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Photo courtesy of Nick Giaquinto