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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

Students busted for underage drinking at Bravo *Minors caught in Fairfield bar drinking, using fake IDs*

Laura Smith
Web Editor/PR Manager

On the evening of Tuesday, Oct. 20, undercover officers from the Fairfield Police Department entered Bravo Restaurant and Bar on Post Road.

According to Sgt. Jim Perez, of the Fairfield Police, a few officers entered the bar in "regular clothing." These officers exited the bar some time after and reported that there were people in Bravo that looked "underage."

Following this, the Fairfield Police Department executed a raid on the bar where they found "over 100 individuals there with fake ID's or were underage," said Perez.

Due to the "sheer volume" of people under the age of 21, which Perez described of the bar, only six arrests were made.

"The six arrested were either caught red-handed [with alcohol] or were in the process of buying drinks," he said.

Perez added that in addition to the arrests made, more than 60 fake ID's were confiscated from patrons at the bar.

According to Perez, "At one point, someone said 'everyone underage, step to the left,' and everyone stepped to the left."

Due to the quantity of those drinking underage as well as with fake ID's, Fairfield Police are currently working on sorting out the fake identification cards. According



Bravo restaurant located on Post Road in Fairfield.

The Spectrum/Michele Tymann

to Perez, a lot of the ID's have some partial information about the person or the ID is someone else's.

Perez and Janice Kessler, alcohol and drug counselor at Sacred Heart, both stressed the dangers of having a fake ID. Both added that this is a felony charge and can create consequences for those carrying one. More information on the punishments for having a fake ID can be found at fakeids.com.

Both Fairfield University and Sacred Heart University officials have spoken out on the event at Bravo.

Fairfield University's associate vice president and dean of students, Dr. Thomas Pellegrino, released a statement on Oct. 21 about the incident, "Fairfield University has been in communication with local law enforcement and learned that a number of students both from Fairfield and other institutions were arrested late last evening on allegations of underage drinking and/or possession of false identification at a local restaurant and bar known as Bravo's."

Larry Wielk, dean of students at Sacred Heart University, stated that the school has "talked to Fairfield Police about the recent raid at Bravo."

Both Fairfield and Sacred Heart's deans of students have commented on following up with students involved in the underage drinking at Bravo. These students

will be under investigation for a violation of each university's drinking policies.

"If you are drinking underage, you have a good chance at getting caught," said senior Jessica Cardillo. "Especially at a bar so many people go to."

According to an article in the Connecticut Post, Perez

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FORMER STEELERS COACH COWHER SPEAKS

Rob Morgan
Staff Reporter

On Monday, Oct. 26, former Pittsburgh Steelers head coach Bill Cowher delivered a lecture to a crowd of nearly 400 in the Edgerton Center on the campus of Sacred Heart University as part of the 2009-10 Student Affairs Lecture Series.

Cowher's speech, entitled "Blueprint for a Winning Team," touched upon a wide variety of topics including the importance of establishing firm

goals, having a strong support system, and maintaining a positive mindset.

"It seems like yesterday when I was sitting where you are," said Cowher following an introductory video montage of highlights from his Steelers coaching days.

"I understand where [college students] are in their lives. There is a lot of apprehension and uncertainty but if you set a goal, have a vision, and surround yourself with good people, you will succeed."

While Cowher has spoken to a handful of businesses and corporations in the past, it was the first time that he has lectured in a college setting aside from delivering last winter's commencement address at his alma mater North Carolina State University.

Prior to taking the stage at the Edgerton Center, Cowher had dinner with roughly a dozen university officials including head football coach Paul Gorham, vice president

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The Spectrum/Stephanie Kanner

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COWHER DISCUSSES LEADERSHIP, TEAMWORK

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for enrollment planning and student affairs, Jim Barquinero, and members of the university's football team – an experience that everyone in attendance will remember for quite some time.

"It was a great time," said freshman offensive lineman Paul Link. "Coach Cowher is one of the most respected coaches in the NFL and having the opportunity to speak with him was both inspiring and informative."

Cowher, who graduated from N.C. State with a degree in education, first decided to pursue a career in coaching while serving as a graduate assistant with his college football team.

After a five-year playing career in the NFL, Cowher moved onto the coaching ranks in 1985 as a 28-year-old special teams coach with the Cleveland Browns under Marty Schottenheimer.

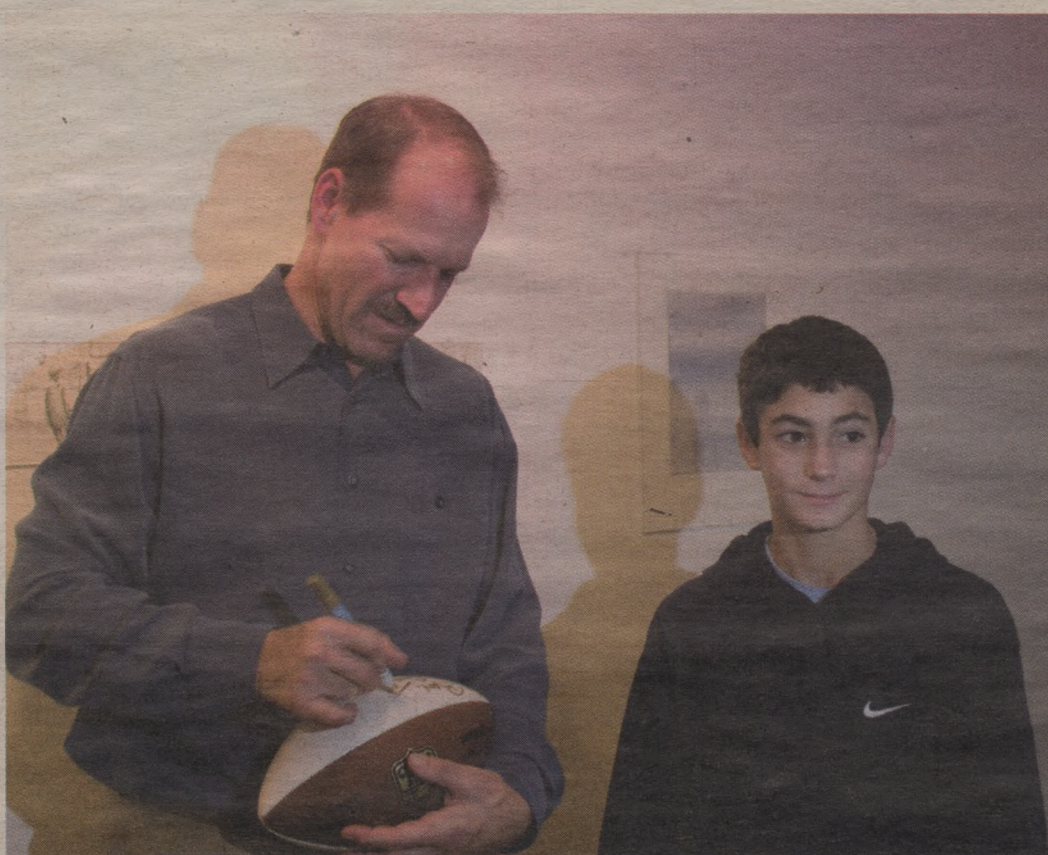
Cowher eventually followed Schottenheimer to Kansas City in 1989 where he was named defensive coordinator before replacing the legendary Chuck Knoll as Steelers head coach in 1992.

"I've had to work hard for everything I've achieved," said Cowher who first began playing football when he was nine years old. "I wasn't big or fast so I had to do the extra stuff like studying film, anticipating plays, and lifting weights when others might have been in the pool."

In 2005, Cowher led the Steelers to their first Super Bowl title in 25 years after defeating the Seattle Seahawks 21-10 in Super Bowl XL.

Altogether, Cowher's Steelers earned 10 postseason berths, captured eight division titles, and advanced to six AFC Championship games and two Super Bowls.

"Pittsburgh is a place rich in tradition and high in expectations," said Cowher. "We're all going to get knocked down in life, but it's all about getting back up. That was the fuel that motivated me to win a championship."



Cowher signs a football for a fan at the lecture.

The Spectrum/Keith Wilkinson

Prior to resigning after the 2006 season, Cowher was the longest tenured head coach in the NFL, having spent 15 seasons with his hometown Steelers.

"Don't let history dictate your future; you let your future make history."

-Bill Cowher

"I have no regrets," he said. "It's never easy leaving something you've done all your life but I have a good job [with CBS] and have been able to spend quality time with

my family."

"People always ask me, 'Why would I walk away?' and it's simple. I had a window of time I could spend with my daughters and once that passes, you don't get it back. You can always go back to coaching."

Cowher is currently a studio analyst for The NFL Today on CBS – a position that he has held since 2007.

"I enjoy working at CBS," said Cowher. "I get to coach 32 teams and I haven't lost a game in two years."

Throughout his speech, Cowher shared stories from his days as Steelers coach to illustrate the importance of being a good leader and motivator – qualities that he inherited from his father, Laird.

"We are all products of our past experiences," he said. "My father told me three things: finish what you start, work harder than the other person, and always be self-confident."

After his speech, Cowher fielded questions from the audience for about 40 minutes – many of which seeking his opinion on the current

state of the NFL and his career plans.

"We'll see," said Cowher when asked if he will ever return to coaching. "I'm taking it one year at a time but you never say 'never'. I don't want to be one of those guys who goes against his word."

As he concluded his speech on Monday, Cowher offered an important piece of advice that was especially meaningful to those students in attendance.

"Don't let history dictate your future; you let your future make history," he said.

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Red light in front of Sacred Heart may hold up more than just traffic

Brittany Calvanese
Staff Reporter

It's five minutes until class starts, and even though you left on time, you still seem to be five cars behind the dreaded traffic light on Park Avenue. Sound familiar?

The traffic light, which precedes the left-hand turn into the main campus of Sacred Heart, has created a frenzy amongst the Sacred Heart community. Because the light allows only a few cars to go through at a time, it often causes congestion on Park Avenue.

"That light only lets maybe four cars in at a time and you end up in the middle of the intersection because people are constantly turning right on red since there is no traffic coming from the other way," said senior Caitlin Mitchell.

Recently some professors have been starting class a few minutes late because they know how bad this light is.

They are expecting students to be late and do not penalize them for it.

Although students appreciate that professors are being so generous in doing so, it's still frustrating them, as they have to leave home much earlier to even have a chance of making it to class at a reasonable time.

"It's unnecessary that we need to leave our homes 30 minutes early (when I live less than 10 minutes away) to get to class on time because of a red light," said junior Nicole Rowlands.

Not only is this light affecting students, but professors have been arriving late to class as well.

"When I leave from that light it takes a long time for it to turn red. It is a long light; the timing on it is strange. For the people turning in, they don't get enough time to get all the cars through that they need to. It definitely seems to favor cars leaving than cars entering," said Elizabeth Howard, English professor.

Passing through the stop light is inevitable for com-

muters in all directions. Although another opening to campus, it is only used as an exit, which is only open during the school week and is closed on the weekends.

"They should open the side entrance for an entrance and exit; both ways. They can even put another security guard there. The point is they need to have more than one entrance," said senior Mike Cortina.

Even though entering the campus is difficult, students and faculty find fewer difficulties leaving the campus. The lights to go straight are also given more than enough time, which does not benefit those who need to turn into the campus.

Some students at Sacred Heart have become irritated and fed up with this left hand turn light situation and are taking matters into their own hands. Disregarding the red light, many students jet through it regardless if it's changed or not.

"I feel like running the red light and hoping there isn't a cop watching," said junior Billy Skelos.

STRATFORD CAT PROJECT EMERGENCY FUNDRAISER

Tara McDermott
Staff Reporter

The Cat Project Campaign is hosting an emergency event because they are running out of food to feed the rescued cats in their foster homes. This food drive will run from Oct. 27 to Nov. 16.

"The goal of this fundraiser is to collect as much cat food as we possibly can. The people from the Stratford Cat Project asked us if we would host an emergency food drive because they are in need of food not only to feed those cats in foster care but to help other families keep their pets during these difficult economic times," said Dr. Debbie Danowski, associate professor of media studies.

Donations are available in the form of cash and cat items including food, treats, trash bags, paper towels, and more. The program aims to promote the spaying and neutering of abandoned animals and the public awareness and education as to kindness to all living creatures, and responsible pet ownership.

"Hopefully we will have positive results with lots of help from our SHU community. There is a wish list located

on the boxes that will be throughout the hallways with the list of items that are helpful. Remember...most cats have nine lives and these cats may only have one so let's get the job done," said senior Danielle Vuotto.

According to the Animal World Network website, more than twelve million cats are euthanized in shelters each year. Millions more are abandoned in rural and urban areas everyday.

"So many cats wouldn't be alive today, including one of my own, if it weren't for the work of the people at the Stratford Cat Project. When you think about what would happen to these cats if no one volunteered to help, it's tragic," said Danowski.

This sad realization encouraged the vision of the Cat Project Campaign. This vision included the end to homeless cats, senseless euthanasia of healthy animals, and unnecessary suffering.

"Most town and city animal shelters don't take cats and if there isn't an organization in place, the cats are killed," said Danowski. "The Stratford Cat Project is helping to prevent that from happening and I think it's important that we as a community do as much as we can to help."

This campaign is not run at a shelter or facility but rather in foster homes. A rescued cat's road to adoption begins with veterinary care, which includes testing for feline AIDS and leukemia, vaccinations and, if old enough, spaying and neutering.

The new arrivals are put on a proper course of nutrition and are showered with love and affection from all of the volunteers in hopes to break the reproduction cycle and reduce the seemingly endless number of unwanted cats and kittens.

Sacred Heart students have donated their time and devotion to this cause in order to make a difference. History and public relation classes have worked on the campaign by getting the word out with posters, boxes, and advertisements for the food drive and are hoping to receive even more donations than last year.

"Having seen the pictures and stories about some of the animals that were rescued by the Stratford Cat Project, I can definitely say I am personally grateful for all of the time and effort put in by this organization. They take animals that are suffering and undernourished and give them a better life," said senior Kaitlin O'Reilly.

STUDENTS ARRESTED FOR UNDERAGE DRINKING

...CONTINUED from page 1

stated that Bravo Restaurant and Bar are under investigation, and currently, no one has been charged.

Last Tuesday night was not the first time Bravo has been cited for underage drinking.

According to an article on Eyewitness News 3 (a CNN Affiliate), "In March of 2005, [Bravo's] liquor license was suspended for two days and the owner was fined \$4,500."

Dean Wielk responded, in that "the most disappointing thing is that they have been cited previously and apparently haven't done anything about it."

Kessler added that it is "equally troublesome" that the bar was run by adults who were providing alcohol to the people who were underage.

Law enforcement officials have been facing the drinking battle for some time, and are working to prevent this from happening.

"Underage drinking has always been a problem," said Perez. "Alcohol plays a 'key role in violent crimes.'"

Perez expressed his concern about the raid on Bravo, in that it was a "good thing" and that people "don't know how much violence was prevented."

According to a report from New York State Office of Alcoholism and Substance

Abuse Services, "Of the violent crimes committed on college campuses, it is estimated that 95 percent are alcohol-related."

Perez also stressed the significant impact of the recent event.

"This just serves as an example as how good students can get caught up in a bad situation," he said, "pretty much instantly."

"This just serves as an example as how good students can get caught up in a bad situation."

-- Sgt. Jim Perez

According to Kessler, the Social Norming Program recently conducted a survey from 834 anonymous Sacred Heart students. Preliminary results show that "Sixty-six percent reported having zero drinks on a typical week day."

Kessler stressed her thoughts where the focus should lie with the 100 plus students caught for underage drinking.

"One problem is that it feeds misperception of what most college kids are doing," she said. "This doesn't represent the majority of college students or Sacred Heart and Fairfield students. Going out on a Tuesday night is not a typical thing college students do."

Fairfield Police, Fairfield University, and Sacred Heart officials are still investigating the people who were caught drinking underage with fake ID's.

"We don't condone it," said Wielk, "it's against the law."

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Nursing students make effort to heal Jamaica

Tara Rotondo
Staff Reporter

The fall season is a time for football, foliage, and of course picking out that great Halloween costume. For a group of Sacred Heart nursing students this was the month that they would travel to Jamaica. Don't get too jealous of their sunny destination yet. The trip wasn't a vacation to have fun and relax, but a work and learning experience for the nursing students.

On Saturday Oct. 10, 10 senior nursing students, and two graduate students traveled to the island of Jamaica in hopes of healing patients, and learning to be better nurses. Playing the role of student leaders were seniors Jennie Porter and Alanna Birner.

For one week the nursing students would practice basic medical care on patients such as physical exams, and observe some minor surgeries.

Chaperoning the trip to Jamaica was Dr. Julie Stewart, a faculty member of the College of Education and Health Professions. Sheryl Watson, an undergraduate professor also accompanied the trip. Dr. Stewart specializes in HIV care, and works with AmeriCare to provide free health care to patients.

Sheryl Watson has also participated in many mission trips and organized a majority of the Jamaica trip. Stewart

and Watson combined their experience in the medical field and missions to create a trip for Sacred Heart nursing students.

"It was the perfect combo of what we both do, and we wanted to incorporate the SHU mission to give the nurses the opportunity to have real work experience, and build relationships with other health care workers," said Stewart.

For one week the nursing students were able to work in two different clinics located in Kingston, the capital of Jamaica.

The students worked hands-on with patients, performing typical medical procedures such as testing blood pressure, checking for infections in children, and other routine exams. Some students were able to step into the operating room, and work with actual surgeons and help perform minor surgeries.

But why do the nursing students have to leave the country in order to gain hands on medical experience?

"It's hard to get clinical experience locally because there are so many schools in the Connecticut area. Going on a mission trip gives students the chance to have a more hands on experience, and build relationships," said Stewart.

The nursing students require a certain amount of clinical hours for their major. The clinical hours these nurses worked during the trip will go towards their hours

required.

In the spring the junior nursing students will take their own trip to Guatemala. Dr. Kathy Fries will be traveling with the juniors, and Stewart will travel with the graduate nursing program students.

"This trip will focus more on maternal child health care, and the students will be working with an organization that has helped plan these types of missions before," said Stewart.

After hearing about the rewarding experience the seniors had in Jamaica, many juniors are anxious to travel.

"I honestly can't wait. I'm so jealous of the seniors who went to Jamaica. It sounded like such an amazing experience, and I can't wait to go to Guatemala. We're so lucky to get an opportunity like this," said junior Elizabeth Drehwing.

Working in clinics in some of the most poverty stricken parts of Jamaica really opened the eyes of many nursing students.

"I would say the students came home much more appreciative of the things they have in their lives. The students worked in some clinics where patients have no access to health care," said Stewart.

The experience was a gratifying one for Sacred Heart nursing students, and the department hopes this won't be the last trip.

Public Safety hosts Jail N' Bail to help special olympics

Ryan Tarby
Staff Reporter

If you find yourself in jail sometime next week, it just might be for a great cause.

On Thursday Nov. 5 from 9 a.m. until 5 p.m. the Sacred Heart University Department of Public Safety is teaming up with local law enforcement to host Sacred Heart's first ever "Jail N' Bail."

According to Public Safety Officer John Kichinko, the Sacred Heart community is invited to fill out a \$5 warrant for anyone on campus. After the warrant is given to a law enforcement colleague, the "arrestee" will be brought to the "jail." Upon arrival the prisoner will stand before a panel of judges who will issue a bail amount based upon

messy hair, sleeping in late, and any other comical ideas.

"The Jail N' Bail' event has been put on by many universities including Fairfield University and Southern Connecticut State University," said Kichinko. "It has been a way for the law enforcement community to get together and conduct the event that benefits the Special Olympics."

The following law enforcement agencies will be involved: The Fairfield, Bridgeport, Trumbull and Southern Connecticut State University Police Departments, along with the Sacred Heart and Fairfield University Public Safety Departments and the Connecticut Department of Corrections.

There will be mug shots and t-shirts provided for all participants, and food will be available for purchase. Also,

Public Safety will hold a raffle for a Public Safety parking space during the event, which will last until the end of the 2010 spring semester.

"I would love to be involved, this sounds like it is going to be a lot of fun," said senior Dominick Dinoto. "This is a fundraiser that I can definitely see people enjoying and participating in."

Warrants can be filled out in advance online at Sacred Heart's Web site, at the Public Safety office, or on the day of the event.

"It is purely a fun event for everyone," said Kichinko.

While this will be Sacred Heart's first year of hosting such an event, Officer Kichinko is optimistic that it will become a success and continue on for years to come.

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EDITOR'S CHOICE

Favorite photos taken by your editorial staff



Michele Tymann
Asst. Photography Editor

This picture was taken in Indian Well State Park in Shelton. I found the bright colors of the leaves to be captivating.

SPECTRUM

spectrum@sacredheart.edu

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The Spectrum
5151 Park Avenue
Fairfield, CT 06825

Office Phone 203-371-7963
Advertising Line 203-371-7828
Fax Line 203-371-7828

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Halloween: 5 reasons its the greatest holiday

Juliana Brittis

Features Editor



Halloween is absolutely, hands-down, my favorite holiday of them all. In fact, I'd trade all the presents of Christmas and delicious food of Thanksgiving for the one month of spooky fun in October to be everlasting. Why do I love Halloween more than any other holiday? Well the reasoning is quite simple and can be logically displayed in a list of my top 5 reasons to love Halloween.

1. Getting the poop scared out of you. Whether it's a haunted house or a scary flick, you can find me there. Sometimes it seems like subjecting yourself to horror movies is masochistic, but I always find the fright to be worth it. Nothing beats the anticipation and build-up in a scary movie or that sudden noise that makes you scream out loud. Even though I usually sit through scary movies with my pointer fingers plugging in both ears and my pinky fingers stretched to cover my eyes, horror films have quickly become my favorite genre.

2. Dressing up. Whether you follow the "Mean Girls" motto ("Halloween is the one night a year when girls can dress like a total slut and no other girls can say anything about it") or the scary route, dressing up never gets old. Getting to pretend to be someone else can be liberating and Halloween allows for this. For example, I wish I could wear the outrageous outfits and headpieces that Lady GaGa sports everyday but unfortunately, this would cre-

ate quite a commotion in the Mahogany Room. But once Halloween night rolls around, if I'm wearing a onesie with bleach blonde hair with a birds nest resting on top of it, I'd instantly be the hottest GaGa at the party instead of the Mahogany Room freak-show I'd be on an ordinary day.

3. The food. What other holiday combines caramel apples, candy corn, a massive assortment of candy and pumpkin-flavored paraphernalia? My personal goal starting at midnight of Halloween, is to eat as much candy as humanly possible. Besides Thanksgiving, no other holiday promotes such shameless pigging out on all the sweets you can imagine.

4. The parties. The days preceding Halloween promote as much partying as you can, which is in itself amazing, but I possess a deeper love for the parties of Halloween for different reasons. Halloween parties promote friendship and bonding. Let's say you're at a party dressed up as Batman when you spot your ex-boy's new girl across the room in a Robin costume. You instantly lock eyes and smile at each other. Hey, you might even take a few pictures together despite your animosity. The crazy costumes that people concoct are easy conversation starters and a different way to make new friends.

5. The tradition. The Halloween spirit will never die because of its long-standing tradition. This is my 21st Halloween dressing up and celebrating and I can only see more costumes and fun in my future. The traditions of giving out candy, dressing in spooky costumes, apple bobbing, and scary movies have endured the test of time and I can only hope they will never go away.

So as tonight marks the first night of Halloween celebrations, I encourage you to make the most of it and take note of the following rules: Make sure you eat as much candy as your stomach will allow, dress up as anything you can imagine, make sure you get scared, and enjoy your time celebrating with your friends.

Happy Haunting!

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Women get 'strike fit' in order to strike back

Recent tragedies and upcoming holiday call for extra safety for students

Danielle Buzzanca
Staff Reporter

As you look through the windows into the aerobics room at the Pitt Center at Sacred Heart University, you might be surprised at what you see: determined women kicking and punching black bags.

Not only are they getting an incredible workout, they are also learning to defend themselves in a threatening situation.

When you were younger, your mom probably drilled into your head the importance of safety. But sometimes even your best efforts to stay safe may still not be enough to save you from an attacker.

Drew Serrano of East Coast Training Systems teaches a class twice a week called Strike Fit, a defense class specifically for women.

"It is very important for girls to know how to defend themselves in a threatening situation," said Serrano, "especially with the recent Yale killing."

The murder, along with other current crimes, has many recognizing the importance of self defense.

"The Yale incident was heartbreaking, also scary to think about since it was so close to Sacred Heart," said senior Ashley Caprio. "It was even creepier when we found out that the man was someone that the women at Yale worked with."

Serrano added that women need to realize is the importance of erring on the side of caution when it comes to

potentially threatening situations. Even people you think you know could be possibly dangerous individuals.

"Women need to be aware and know how to defend themselves. Even someone you know could be a potential attacker. It is a scary thought, but something everyone should think about," said Serrano.

In fact, 89% of sexual crimes have been committed by someone the victim knows, according to Articlesbase.org.

In Serrano's Strike Fit class, girls are able to get in better shape as well as learn valuable defense techniques that they could put into action, should the opportunity arise.

According to Articlesbase.org, "One of the startling facts is that 1 in 3 American women are sexually assaulted in their lifetime."

"In 2005-2006, there were 232,010 victims of rape, attempted rape, or sexual assault."

Although these types of crime happen often, many still think that they will never be affected by a violent act. However, this is a dire misconception.

"Just the other day, we got an email from public safety saying that a woman was attacked only 4 miles from Sacred Heart's campus," said Caprio.

Twenty women at Sacred Heart University were polled asking if they were going to be more aware during Halloween because it is known as a notoriously "out of control" holiday.

Sixteen of the women said that they were definitely

going to be more careful, but they also said that they have started to be more careful doing things in general due to all the attacks on women that have been reported recently near and around SHU.

"I am being extra careful these days and especially during Halloween. Students have a tendency to get out of control and that is when unfavorable instances happen," said Caprio.

While self-defense techniques are always good to know, some students are turning to some other methods as well to protect themselves—one example is pepper spray.

Articlesbase.org states that "Pepper spray comes in various forms, containers and sizes, and will disorient your attacker when used properly, giving you enough time to get away to safety and get help."

"I carry pepper spray," said Caprio. "I hope I will never have to use it, but when I am walking back to my apartment late at night after class by myself, I feel safer knowing that I have it with me."

According to the Sacred Heart Web site, Strike Fit classes allow you to "punch, kick jump, push-up, squat, and stretch your way to a better body! Increase your overall fitness level through a combination of stretching, movement drills, pad striking, and "Boot Camp" style calisthenics. Classes are Monday nights from 6-7 and Thursday nights from 7-8 in the Pitt Center."

Advertising campaigns use 'sex sells' as marketing strategy

New iPhone application stirs up controversy over portrayal of women

Adrian Fitzsimon
Staff Reporter

Looking to hook up? There's an app for that.

Pepsi recently released an iPhone application (app) titled "Amp Up Before You Score." In an effort to promote its energy drink, Amp, Pepsi created this "how-to-guide" for men looking to "score" a certain type of woman.

After downloading this app, men can select, from a list of 24 types of women, the kind of female he hopes to hook up with on any given night. He is then offered hints and helpful conversation starters to woo the "sorority

girl" or "artist" off her feet.

But it doesn't stop there. Conveniently enough, Pepsi included the "brag list," which allows the men to keep track of their conquered females, noting the name, date, and other comments they would like save for future reference.

After causing an uproar among women—naturally—Pepsi issued a "tweet" on the Amp Twitter Feed apologizing for releasing the app. "Our app tried 2 show the humorous lengths guys go 2 pick up women. We apologize if it's in bad taste & appreciate your feedback."

However, what's done is done and many women feel

that their gender has been tainted by these kinds of advertisements.

"It's degrading to women; they shouldn't have that type of perception in any aspect," said sophomore Samantha Antoniotti. "Our lifestyle as a society is evolving more so we're trying to get out of that depiction. To have applications like that doesn't help when women are being viewed as objects."

Apple's iPhone applications have proven to be a prosperous source of advertisement. Companies design applications that will appeal to their audiences' tastes and have their products sponsor it.

While this may be a profitable and successful route for advertising, it also allows advertisers to create material that would otherwise not be shown on television or in magazines.

Because users download these apps at their own will, Apple can allow for some rather demeaning and sexist material to be added to the plethora of applications available to users.

We've all heard the common phrase "sex sells" used by advertisers to legitimize their use of sex appeal in advertisements. But in this day and age, is it still necessary to rely on sex to capture the attention of a certain demographic?

Advertisers seem to think so.

Since the beginning of advertising, women have been used as sex symbols to capture the eyes of men and women, drawing attention to a certain product. It's clear that many advertisers still use women as eye candy.

"Women are viewed as sex symbols mainly because they are used by ad agencies to create an image of desire and want of certain objects," said senior Michael Maccariello. "Most of the commercials now-a-days are ridiculous and far from reality that most people know they aren't going to get a super hot model just because they use that product."

Nevertheless, many companies still believe sex appeal sells and with the endless possibilities of today's technology, advertising agencies are looking beyond television and magazines to post advertisements.

So would it be right for women to exploit men in such a way? Graduate student Amanda Bradley was shocked to hear about the app, but said she doesn't think it would level the playing field if a similar app was created for women. Rather, she feels that it would only enhance the use of sex appeal in advertisements.

"Men don't have the same mentality as women. If they were portrayed as sexual objects in that sort of advertisement, it would be an ego boost for them," said Bradley.



Where in SHU?



Is it in the
Pitt Center?



Is it in
Hawley
Lounge?

Is it in the
chapel?

Is it in the
library?

The Spectrum/Adrian Fitzsimon

Find the answer in our next issue!

Last issue's answer: The library waterfall



AP Photo

A chihuahua sports a witch's hat and cape in honor of the festive holiday.

‘HOWWWWL’OWEEN: NOT JUST FOR HUMANS

Dressing up pets becomes new trend

Arielle Mangiaracina
Staff Reporter

Vampires, princesses, clowns, and witches are all typical Halloween costumes, but would you think to dress up your pet as one?

Halloween costumes for pets have become increasingly popular in recent years. Available at Target, Party City, Walmart, PetSmart and various Web sites, pet costumes are easy to find. At prices ranging from \$7.99-\$22.99, they are easy on the wallet, too.

“On a pet, I would spend no more than \$10,” said junior Ally Colucco.

While this may seem reasonable, some say it’s still too much.

“I have a dog, and I would dress him up, but I would only spend about \$5 on him,” said freshman Lauren Bonistalli.

For those looking to save a buck (or two), Examiner.com features an article with instructions on how to make your own pet costumes, including a watchdog, doghouse, and cathouse.

With other costumes like Spider-Man, Indiana Jones, Dorothy, and Harry Potter for sale, you can dress your pet in a costume that matches your own costume. Or you can do what Colucco recommends: match pet costumes with your other pets.

“If I had a male and a female, I would dress them up as Peter Pan and Tinker Bell,” said Colucco.

According to Shoppingblog.com, the most popular of the top 10 pet costumes this year are princesses and devils. Pumpkins, witches, superheroes, bats, angels, and bees were also on the list.

The American Society for the Prevention of Cruelty to Animals’s (ASCPA) Web site presents some suggestions for keeping your pet comfortable and safe on Halloween. Tips include: do not force your pet to

wear a costume they dislike, be cautious of pets having an allergic reaction to material, make sure the costume does not inhibit movement, hearing, vision or ability to breathe or bark, and to make sure that the costume does not have dangling pieces that your pet can ingest or choke on.

The Humane Society’s Web site also listed a few safety tips for pets on Halloween.

According to the Web site, pets should be kept in a quiet place away from trick or treaters, as they could become frightened or agitated by visitors.

Jack-o-lanterns should be kept out of reach of pets, as the candles inside them could burn a pet or start a fire if a pet knocks one over.

Also, keep cords and wires from lights, and decorations such as fake spider webs and streamers out of reach, as they could be harmful to your pet.

While some find the practice of dressing up pets for Halloween cute, others disagree.

“I would never, ever dress up my pet,” said junior Emilie Latainer. “Honestly, I think it’s cruel and ridiculous.”

But it gets better. For those who don’t think it’s cruel and ridiculous, there are various costume contests in which pets can be entered.

Newington, Conn. hosted its second annual Barktober Fest on Oct. 17. Activities included a haunted trail, a flea market of pet supplies, in addition to the contest. Prizes included cutest, scariest, most original and best human/pet team.

If you are looking to have some Halloween fun involving your pet, you can buy them a Halloween costume for very little money online or if you are crunched for time, look in a local party store or party aisle of several super-stores for safe pet attire.

HE SAID/SHE SAID

How do Halloween costumes vary between guys and girls?

Tom Herles

He said



What has happened to Halloween? Frankenstein and Dracula are rolling over in their graves because of what college-aged people are passing off as costumes these days. I know some think that the season isn’t successful unless you’ve “scared your pants off,” but the phrase is not literal.

Ladies, Halloween is not your time to wear as little as possible. I understand how controversial of a stance I am taking here. There are sure to be guys out there who can’t believe the sacrilege I am speaking. To them, I apologize. But enough is enough.

At least make an attempt to look like the character or individual you are impersonating. If you wear black underwear or a black bikini and have two points on top of your head, you are not Batman. Could you imagine Christian Bale wearing that in a sequel to “The Dark Knight?” Neither can I, nor do I want to. That would be a unique direction for the franchise, though. I’ll have to call up Warner Bros. and see what they think.

Now I’m not saying that you have to put on your parka and be “Frosty the Snowman” for Halloween, but it would only take a little effort to find a happy medium. For example, throw on a tank top, some jeans, spike your hair up and attach some plastic knives to your hands and, just like that, you’re Wolverine. This idea is both cost effective and relevant, and you’ll actually be covered up. Feel free to use that one, ladies.

Now, the guys are a completely different Halloween problem. I personally either get decked out for Halloween, or pass on dressing up all together. Since I am in college, it seems that the theme of choice among the gentlemen is referencing pop culture. I am very pleased with this trend, as I know entirely way too much about cancelled television shows and movies nobody has ever seen. However, I very infrequently see costumes that are presented detailed enough.

Choosing to dress as a contestant from the defunct 90’s kids show “Legends of the Hidden Temple” is a respectable enough concept, but it requires some time to be executed properly. I have seen this done many times before where someone puts on a replica t-shirt from the show and cargo shorts and calls it a costume. This is not acceptable. You need the gold helmet as well as the elbow pads and finger-less gloves. Finish what you start, guys, and if you want to look like a contest on “Hidden Temple,” you better sell it.

Halloween is a time for candy and scary movies. In my opinion, we’re extending the costume tradition far beyond its recommended age group. So if you want to continue dressing up, put some effort into it and try to be something that really fits your personality or one of your favorite cultural symbols.

For some of you out there I would like to hope that you’re goal is not to look trashy (or one of the other adjectives commonly used to describe your skimpy costumes). It may seem like a good idea before hand, but imagine if you are forced to stop a supervillain while wearing that risqué Batman costume - You wouldn’t stand a chance.

Sam Marinko

She said



Besides my birthday, one of the most nationally anticipated days in the month of October is Halloween.

Halloween is about more than just hyphenated words: trick-or-treating, dressing-up, jack-o-lanterns. Halloween is about costumes, too, or disguises, if you will.

The one time of year in which you can assume any persona you wish.

Be it to satisfy your obsession with pirates, to bring back the old-school Power Rangers, or to show the world how sexy Harry Potter really can be – the holiday gives people a chance to be anyone, even if for just one night.

So, how exactly do people come to decide what to be for Halloween?

To unfairly generalize (though it’s probably true in most cases), guys and girls chose costumes based on two different standards: guys want to be comical; girls want to be alluring.

Using my friends as willing prime examples, allow me to introduce exhibits ‘a’ through ‘d.’

One of my guy friends will be sporting a nice lime green Ninja Turtle costume for Halloween this year, complete with a shell and bandit-like eye covering.

Another will be wearing a larger-than-life costume version of the gingerbread man character from Shrek.

Further, one of my girl friends is being a police officer, but not just any police officer. The name on the package of her costume is “The Stop-Traffic Cop,” for obvious reasons.

And another friend of mine is being a cat – but I assure you this isn’t the cute, innocent, 6-year-old-appropriate kinds of Halloween kitty-cat costume we’re familiar with as children. In fact, I’m fairly certain our mothers would never pick out such a costume.

I remember when I was about seven and my mom dressed me up in all green sweats, and my sister in all purple, and then she attached about 25 balloons to each of us in our respective color, and we were bunches of grapes. We won a prize in our local Halloween parade.

Being as guilty as most for following the stereotypical Halloween trends, nothing I’ve worn in the last few years would’ve won me a prize in such a parade.

As the movie “Mean Girls” so eloquently puts it, “Halloween is the one night a year when girls can dress like a total (you-know-what) and no other girls can say anything about it.”

It’s also true that girls will spend a month planning their scantily clad attire for the evening, whereas a guy will throw something together at the last minute. It’s funny that for girls, such little clothing requires such extensive planning.

When little kids knock on the door of my Milford rental home and my roommates and I answer the door to their cheery “trick-or-treats,” I never gasp and think “what on Earth are you wearing?” but if our mothers could see us on the night of our Halloween party, it’s unfortunate to think that that may be precisely their reaction.

'Paranormal' movie gives suspense upon request

Mark Theroux
Staff Reporter

In today's hyper-desensitized world, how do you terrify college students?

Show them a \$15,000-budget film that relies on suspense, with no gore whatsoever.

The film "Paranormal Activity" has been generating a major buzz among college students.

The film's Web site is plastered with potent viewer reviews.

"The sense of dread is sustained the entire time," said Peter Paras of E! Online.

Paper Magazine's Dennis Dermody said the film is "smart, perfectly constructed and genuinely frightening."

The 86-minute film follows a young couple whose night and early morning hours are plagued by bizarre events in their home.

"Paranormal Activity" is designed to resemble amateur-quality footage, like films such as "The Blair Witch Project," said Oren Peli, the film's writer-director, in an interview on the Shock Till You Drop Web site.

One of the most talked-about aspects of the film is the unusual way in which the film rose to success.

Originally shot in 2007, the film was rejected by major studios due to its extremely tiny budget, according to the New York Times. Ultimately, executives at DreamWorks decided to release the film, but their split with Paramount stalled the release for two years.

Eventually, according to the New York Times, Paramount acquired the film and began a guerilla ad campaign online.

Instead of giving "Paranormal Activity" a standard wide release, the film was initially to be released in 13 "college towns," and large numbers of students would need to "demand" that their town was selected, according



AP Photo

"Paranormal Activity," produced for a mere \$15,000, came in No. 1 at the box office this past weekend.

to the L.A. Times.

Less than a month after its Sept. 25 release, the number of online "demands" reached 1,000,000, MTV News reported. It was then that Paramount decided that it was time to give the film a wide release.

As of Oct. 22, the film has grossed almost \$40 million, which is over 2,570 times its budget, according to the Box Office Mojo Web site. "Paranormal Activity" may become one of the most profitable films of all time.

What really makes a horror movie scary? For years, Hollywood's typical answer has involved dismemberments and gallons of blood spilling. This film earned an "R" rating as well, but the only reason was its profane language.

Allison Carpenter, a junior, said that "Paranormal Activity" starts off slow, but gets very engaging toward the ending. In fact, as a result of viewing the film, she "woke up at 3 a.m. the next morning."

Most people on campus appear to share a fearful reac-

tion as well, including junior Krista Staudt. She said that the effects were very creepy and realistic, and the film "scared me and amazed me at the same time."

However, not everyone was impressed.

"I thought it could have used something more," said sophomore Tyler Smith. "I was never really scared."

Considering the film's heavy promotion as one of the scariest films ever, there were bound to be a few people whose high hopes were not satisfied.

Nevertheless, the film has had a vast impact on many people, including seasoned critic Roger Ebert. His review in the Chicago-Sun Times praised the film as "ingenious" and even when no action is happening on screen, "you won't be bored."

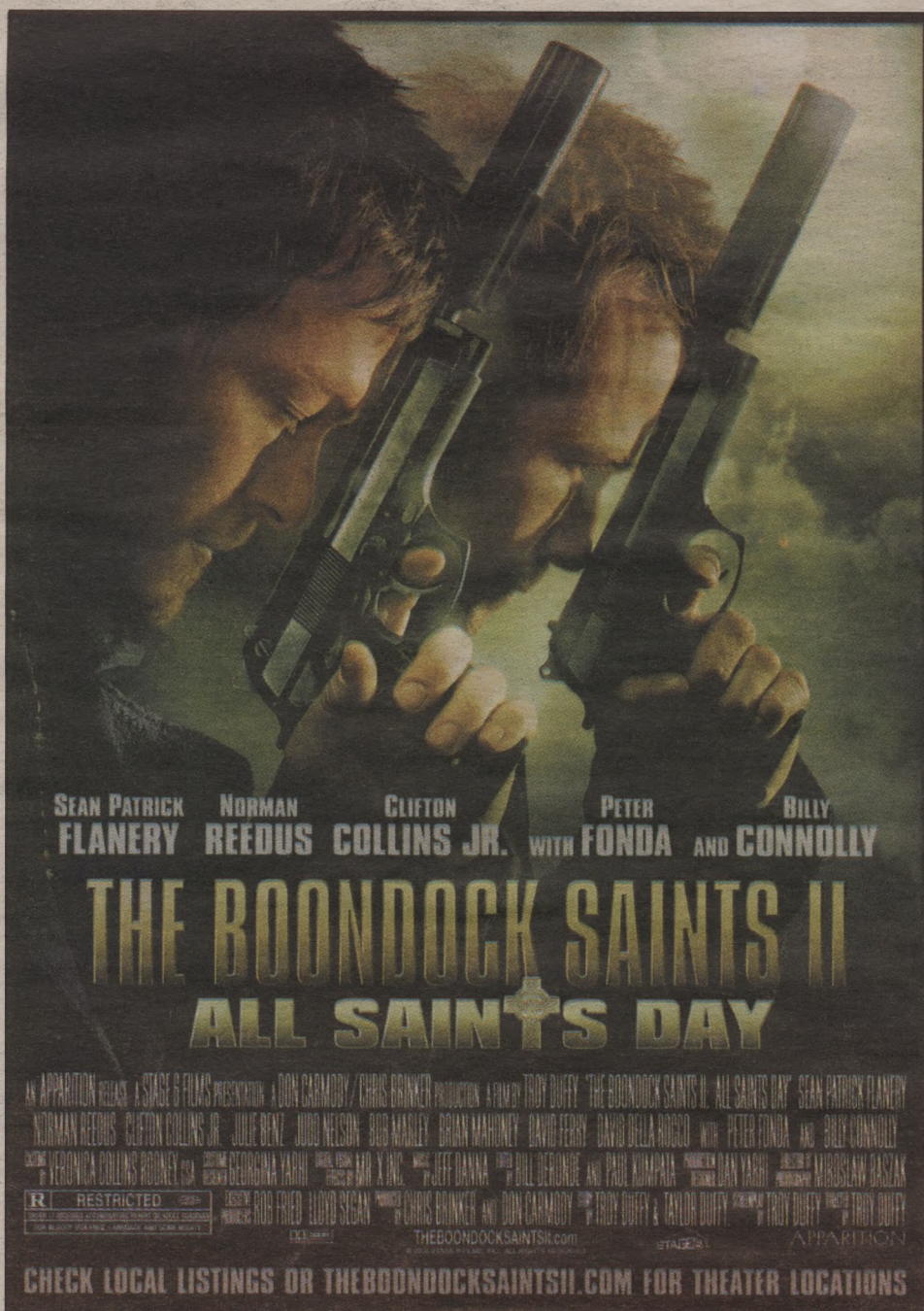
"PARANORMAL ACTIVITY" SHOWINGS TONIGHT

FAIRFIELD CINEMAS
5:00, 5:30, 7:15, 7:45

TRUMBULL BOWTIE CINEMAS
6:50, 7:45, 9:30, 10:00

STRATFORD REGAL CINEMAS
1:40, 4:15, 7:40, 10:05

MILFORD CT POST MALL
6:45, 7:20, 8:35, 9:05



TRUE L.O.V.E. FOR MUSIC BRINGS NEW CAMPUS GROUP

Nicole Eastman
Staff Reporter

For junior Regina Scafariello, singing in an all-girl group was more than just an after-school activity. For four years before coming to Sacred Heart University, Scafariello sang in one and loved it.

When she heard that the university was offering an all-women's choir ensemble, it was like a "flashback to high school," she said, and she wanted to check it out. Scafariello is now the president of SHU L.O.V.E.

The music department has introduced SHU L.O.V.E., (Ladies Only Vocal Ensemble), which is the first and only all-female a cappella singing group on campus.

According to the group's secretary, sophomore Kristin Reinwald, the group focuses on "unity and performance."

This group was formed due to high demand for an all-women's singing group on campus and highlights the voices of the women at the university, according to Reinwald.

"It's really cool because SHU has never had an all-gender choir before," said freshman Stephanie Taglianetti, vice-president.

Professor Galen Tate, music ensemble director, is responsible for selecting songs and making sure rehearsals run smoothly. He directs the group's rehearsals twice a

week and attends all performances.

"He pushes us to be our best, while keeping rehearsal light and fun so we all look forward to being there," said the group's social coordinator, Shawnee Zyskowski.

The leaders of the group are elected and help decide where to perform, what to wear, and what to sing. These elected officers are the ones who came up with the name SHU L.O.V.E. according to Tate.

The ensemble debuted at Family Weekend on Oct. 18, and will continue to perform at concerts and events both on and off campus. Taglianetti said they plan on performing at concerts with

the other choirs as well as other charity events including singing Christmas carols at nursing homes, and singing the National Anthem at home games.

Members of SHU L.O.V.E. said that it's important to have an all-women singing group because they can show the university how talented the females in this school are vocally.

"There is a certain sound quality you get from having only girls sing. It has a depth all its own," said Reinwald.

Instead of reading music off a sheet of paper, the members "focus on the delivery of their songs," said Scafariello. This memorization also allows them to add choreography to their performances.

"We'll definitely be a force to be reckoned with on campus," said Zyskowski.

"We'll definitely be a force to be reckoned with on campus."

-- Shawnee Zyskowski

Vampire fanatics still sinking their teeth into ‘Twilight’ saga

Chris Daly
Staff Reporter

It’s that time of the year again. While we’re used to seeing vampires at Halloween, these nocturnal creatures have been seen everywhere in the last 12 months. Since its debut in 2003, the novel, “Twilight” has been entertaining over 70 million readers worldwide. The book and its sequels have been adapted

film sequel to “Twilight,” debuting in theaters Nov. 19. The film will reunite stars Robert Pattinson, Kristen Stewart, and Taylor Lautner to their respective roles. “Everyone is crazy about ‘New Moon,’” said senior Lacey Gilleran. “I love a good romance movie myself, but people are taking this movie to new levels. People are insane with the Edward and Bella phenomenon.” While some students will do



AP Photo

Stars Robert Pattinson and Kristen Stewart return to the big screen in “New Moon,” in theaters everywhere Nov. 19.

into screenplays and brought to Hollywood. Last year on Nov. 21, the movie version of Twilight hit theaters, making close to \$200 million in America. Less than a year later, there have been two television shows concerning vampires, and the craze hasn’t seemed to die down just yet. Students still seem to think that the “Twilight” obsession is worth obsessing over. “I enjoyed ‘Twilight’ long before the movie,” said freshman Josh Avileira. “It has the ability to connect with readers’ feelings and emotions.” But some seem to like the novels more than the films. “I believe the books are better than the movie,” said sophomore, Michelle Hevey. “Real fans started the saga from reading and then people jumped on the vampire train.” “Twilight” is about a girl who falls in love with a vampire and all the emotions that follow. It is the first part of a series of novels written by Stephanie Meyer. “New Moon” is the upcoming

anything involving “Twilight”, other students do not think “Twilight” is as great as it sounds. “I think ‘Twilight’ is blown out of proportion,” said senior, Vanessa Ouellette. “It’s a fictional story that is captivating when you first read it, but it’s not high quality writing. ‘Twilight’ is far from perfect.” Yet some feel that the vampire trend is beginning to die down now that vampires have been swarming the media for months. “For now the vampire craze has been wearing off,” said sophomore, Heather Yarson. “The only reason why ‘True Blood’ and ‘The Vampire Diaries’ were big was because of the ‘Twilight’ saga.” Even though some students disagree with the whole “Twilight” phenomenon, the true test remains in how much money the newest film brings in. Midnight screenings are already sold out across the country. Look for “New Moon” in theaters Nov. 20.

GET REEL: MOVIE REVIEW OF THE WEEK

‘Stepfather’ surprisingly suspenseful

Emma Levine
Staff Reporter

After getting over the scary previews that usually accompany thriller movies, I took a deep breath and began watching “The Stepfather.” Upon sitting down to view the movie, I was expecting another “B” grade film with terrible acting and a lacking story to match. However, this one pleasantly surprised me. Directed by Nelson McCormick, the movie is actually a remake of the 1987 original. In the newest version, Dylan Walsh (famous for his role on “Nip/Tuck”) plays the title character of the stepfather. Hollywood favorite Penn Badgely of “Gossip Girl” plays the oldest son Michael, who is seemingly suspicious of his new “father.” The movie begins when Susan Harding, Michael’s mother, meets a charming David in a local grocery store. She falls for him instantly and before the audience can blink, they are engaged. Michael, freshly home from military school, immediately has suspicions of his new “father.” These suspicions are only magnified when a nosy neighbor tips off Susan, saying she saw her fiancé on “America’s Most Wanted.” From the beginning of the movie, the audience knows Harris is a crazed murderer, but the characters do not, adding to the film’s suspense. I knew exactly when Harris would “pop out” from behind a door or grab a character by the shoulder, but I was still terrified and nervous waiting for him to make his move. In the movie Harris almost seems like a “Stepford-esque Husband,” making him appear even creepier, but Michael catches on right away and does not trust Harris for a second. I like that Michael always has his suspicions; it was a nice contrast to the other characters who were completely oblivious to the monster living in their family. This movie could have gone horribly wrong, as many thrillers do, and there were some things I did not like. For example, Michael’s girlfriend: she was your stereotypical ditsy blond who was only interested in making out and strutting around with as little clothing as possible. Surprisingly, this was my only major complaint about the movie (besides Susan’s naivety), but I guess every thriller needs its clueless characters. If you’re in the mood to watch a satisfying thriller or want to get spooked in time for Halloween, definitely go see “The Stepfather.”

Get Reel gives The Stepfather:



AP Photo

Penn Badgely makes a red carpet appearance at the New York premiere on Oct. 12.

Michael Jackson’s ‘This is it’ hits theatres



AP Photo

“This is It” hits theaters on Oct. 28.

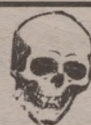
Jacqueline Vele
Staff Reporter

With such high demand from fans nationwide, Michael Jackson’s “This is It” is believed to make movie history. This documentary will offer fans all over the world a rare look at the pop icon as he rehearsed for his sold-out concerts. Michael Jackson died at the age of 50 from cardiac arrest on June 25. The cancellation of his series concert soon proceeded. Many fans were shocked and saddened by this loss. “I do feel bad that he died but he messed up his own life. He took massive pain killers, and had many problems,” said senior Corey Dunn. “He was a great performer and it’s a shame that he died.” Others deplored the hype around the coverage of his death. “I thought his death was blown a little out of proportion,” said graduate student Tom Sullivan. “I think we as Americans

should be more concerned with the war rather than the death of Michael Jackson.” Jackson will soon make his resurrection in his upcoming movie. The film follows the journey he takes to perfect his final concert. According to Jackson’s official Web site, the film will depict over 100 hours of behind the scene footage, featuring rehearsals of many of his famous songs. Some students are skeptical as to whether or not this film is actually honoring the closing of the pop icon’s life. “I heard about the movie, but this is obviously not ‘IT.’ This is just the beginning of the songs, films, and merchandizing,” said junior Rob Cali. “Michael Jackson is dead and has never been more popular.” However, many are very much looking forward to the upcoming movie. “I feel that Michal Jackson was an extremely talented artist,” said Dunn. “I actually really enjoy his music. I am excited for his movie to come out.”

Jackson was set to perform live for the last time, as he said in his press conference in London last March. According to Kenny Ortega, his producer during much of the 1990s, Michael wanted to give fans a last taste of his talent after a decade long absence. The final show is designed to pay tribute to Jackson’s last months. It features a documentary film and offers fans a never before seen look at behind the scene performances that were supposed to take place in his concert series this summer. According to Ortega, Jackson desired to give something back to his fans, and to show his love of life to his children. The narrative theme of the film replicates that of the concert that will now never take place. “This is It” will be in theaters everywhere for two weeks only starting Oct. 28. For fans, the documentary will offer footage of Jackson as it displays the final days of his life and celebrates his legacy.

THE MANY HAUNTINGS IN CONNECTICUT



Stephanie Kanner
Staff Reporter

Have you ever gotten the chills as you walk past an old cemetery? Or taken a second glance at an abandoned building? You think that these places seem normal during the daytime, but they might have stories behind them that can leave you trembling.

Connecticut is filled with places that experts have condemned haunted. But is anyone "man" enough to actually visit these terrifying locations?

"I believe in actual hauntings so I don't know if I would want to go to a place that people claim is haunted," said junior Jamie Miller.

Our neighbor Fairfield University is home to one haunting. Dolan Hall, a former convent-turned-residence hall for Fairfield is said to have the ghosts of former nuns roaming the halls.

"A while ago, a kid hung himself in one of the rooms on the fourth floor," said Carly McCullough a former student of Fairfield. "Apparently now there are drastic and unexplainable temperature changes and they use that as an excuse to not house anyone in there anymore."

Loud and indescribable bangs awaken and frighten students between midnight and 4 a.m. in certain rooms, yet no other rooms in that hallway can hear them.

"I used to live in Dolan and the guys

on the fourth floor used to say that they would hear noises coming from that room," said McCullough.

However, in 1872 a woman by the name of Mary Hart died in New Haven and was thereafter interred in Evergreen Cemetery.

The legend of "Midnight Mary" is a tale that some have encountered while others have tried but found nothing.

According to David Phillips of Legendary Connecticut (a Web site for legends in Connecticut) Mary Hart, "Midnight Mary," was buried alive and tried to claw her way out.

Experts from the Web site Damned Connecticut, have heard reports of people seeing her tomb stone shaking as if Mary was trying to get out of her grave.

"Things like that just don't happen," said senior Colleen Nassauer. "I feel like people make up those stories just to make others believe so they don't seem that crazy."

According to Web site Damned Connecticut, the people of New Haven have always been happy to continue sharing the supernatural stories of Midnight Mary, but the stories cannot be proved nor denied.

Conversely, according to Web site Ghost Village, during the 18th century, where woods now stand in Cornwall, Connecticut, there was a small village known as Dudleytown.



AP Photo/Blood Manor, James Edstrom

Haunted house attraction "Blood Manor" recreates all of your nightmares

Although now extinct, the town remains fascinating to genealogists and historians, as it is one of the most highly debated ghost towns in history.

"I've read about Dudleytown before and I know people that have gone to see what all the hype is about," said Miller.

"They came back with so many creepy stories that makes me believe that it is truly haunted."

According to Web site Legend of Dudleytown, experts have gone in and excavated the ruins and said that once they entered, there was an immediate feeling of uneasiness.

"Personally, I've never encountered any supernatural activity so I really don't believe in any of that stuff," said sophomore Karlie Dean. "I just don't think it's logical."

WHAT'S YOUR FAVORITE SCARY MOVIE? THE FLICKS THAT GUARANTEE SCREAMS

Stephanie Kanner
Staff Reporter

Last Sunday, sophomores Andrew Soltish and Mike Amato and fifteen of their suitemates and friends piled into their cars, anxious to get to Trumbull's Bowtie Marquis.

They were on their way to see "Paranormal Activity," just one of the several scary movies now playing in theaters.

"It really freaked everyone out," Soltish said.

There is just something about scary movies that people tend to be drawn to, and something about the Halloween season that makes people enthralled with voluntarily frightening themselves.

Filmmakers know this and use Halloween as a prime time for releasing horror films.

Currently playing in theaters along with "Paranormal Activity" are "The Stepfather" and "Saw VI."

Every year since 2004, a new Saw movie has been released right around Halloween time.

It has become a staple of the season, with fans being able to count on new twists, turns, and gore in each and every film.

According to sophomore Heather Wolfe, the spooky season may have some play in some people's motivations for going to see scary movies, but not for her.

"I could watch a scary movie any time of the year," Wolfe said.

When asked about their favorite horror film, some students listed favorite features such as "Halloween," "Friday the 13th," or one of the Saw films.

Most frequented on top horror movie lists, including AFI's, AssociatedContent.com, and Entertainment



AP Photo/Universal Pictures

"Dracula" a horror movie classic.

Weekly, are films such as "Psycho," "Jaws," "The Exorcist," and "The Shining," rather than the newer "slasher" genre.

Soltish, a fan of "The Shining," said it's the suspense that makes a great scary movie, which is more what these older classics use to invoke fear in the audience.

For Amato, a "Pet Semetary" fan, it's the unpredictability that makes horror films so appealing.

"I like them because they keep you on the edge of your seat," Amato said.

For some students, "The Muppet Christmas Carol" and Disney's "Tarzan" will be as scary as it gets.

Whichever specific genre of scary movies your prefer — be it "slasher," suspense, or cartoon — Wolfe said, "Just don't forget the popcorn!"

SPECTRUM'S TOP HORROR FLICKS

1. HALLOWEEN (ORIGINAL)
2. PARANORMAL ACTIVITY
3. SCREAM
4. THE HAUNTING IN CONNECTICUT
5. HOUSE OF 1000 CORPSES

A SPOOKY TREAT SURE TO PLEASE EVEN THE HUNGRIEST GHOULS

INGREDIENTS

- 1 BOX OF CHOCOLATE PUDDING MIX
- 2 CUPS OF OREO COOKIE CRUMBLES
- 2 BAGS OF GUMMY WORMS OR GUMMY BUGS
- CLEAR PLASTIC CUPS

DIRECTIONS

1. MAKE CHOCOLATE PUDDING USING THE DIRECTIONS ON THE BOX
2. PLACE A FEW GUMMIES ON THE BOTTOM OF EACH CUP
3. ONCE PUDDING IS MADE AND CHILLED, POUR PUDDING IN EACH CUP SO THAT IT IS 3/4 FULL
4. POUR COOKIE CRUMBLES IN THE REMAINDER OF THE CUP
5. GARNISH WITH GUMMY WORMS FOR A DELICIOUSLY DISGUSTING DISH



AP Photo

ON THE "HOR-ROR"

Genevieve Julich
Staff Reporter

In her miniskirt and platform heels, The Wizard of Oz's Dorothy looks as if she is walking the walk of shame down the yellow brick road, just as Snow White gives off the impression that she has been sleeping next to Mr. Grumpy all night long.

There is a referee who looks like she is bound to make anyone score a goal, and Santa's little helpers look as though they just walked right out of a Victoria Secret store singing "ho ho ho" all around town.

"Girls want to get noticed when they go out," said sophomore Josephine Ferrantelli. "They know guys are looking for those sexy Halloween costumes at parties every year."

"Anyone who has watched the evolution of women's Halloween costumes in the last several years will not be surprised that these images from the Web sites of some of the largest Halloween costume retailers are more strip club then storybook," said a New York Times article (NYT).

"The trend is so persuasive that it has even been called Dress-Like-a-Whore-Day by comedian Carlos Mencia."

"I think there is a lot of pressure for girls to dress provocatively on Halloween, boys expect to see girls walking around half naked and other girls criticize those girls who are not dressed provocatively," said freshman Melanie Scheurich.

"I definitely feel the pressure this year as opposed to last year when I was in high school to dress provocatively," she said.

Others see it as an expectation for girls on Halloween.

"I think overall people just expect it," said senior Nicole Carrea.

"I don't like the tradition of dressing provocatively. Women empowerment ladies we don't need to look



Photo courtesy of Juliana Brittis

Two unidentified Sacred Heart students strut their Halloween best.

like that!" she said.

Christina Taylor, associate professor of psychology at Sacred Heart said that she looks at the pressure of girls to dress provocatively on Halloween in "the broader terms of the trends of society (The mass media, peer influence, social and political attitudes) that provides evidence for sexualizing the appearance of younger and younger girls."

But even if girls wanted to cover up on Halloween, are there options for them in the Halloween stores?

"I always dress up for Halloween," said Scheurich, "I look all over the store, I don't avoid the sexy costumes, however, I know my limits. I have a FBI agent costume for this year, which is a little provocative but it is easy to hide the body parts that I do not want broadcasted."

Boo-filled and spooky activities for Halloween nightlife!

If you're not 18 yet, don't stress! We have you covered on the scariest places to go to show off your costume.

Try these locations!

Alchemy Club & Café- New Haven

Club Lo- Bridgeport

Hula Hanks Island Bar- New Haven

JP's Ultra Lounge- West Haven

R Bar Ultra Lounge- New Haven

Toads Place- New Haven

Are you newly 21 and want to avoid the underclassman?

Try these places!

Hula Hanks Island Bar- New Haven

Harborside-Stratford

Rain Ultra Lounge and Sushi Bar- South Norwalk

Skybox Café- Fairfield

Vazzy's Brick Oven Restaurant- Bridgeport

The Field- Bridgeport

The Seagrape Café- Fairfield

NO COSTUME? NO PROBLEM

Lindsay Caiti
Staff Reporter

The scary part of Halloween shouldn't be finding a great costume!

With these tips and tricks you can be sure to have an impressive costume - fright free.

No matter what amount of time you've left for a creating a costume, by utilizing common household objects and your imagination anything is possible.

"I somehow always wait until last minute," said junior Ka-leigh Burke.

"You'd be surprised with what you can do with stuff around your house," she said.

A spare bed sheet and some safety pins can transform you into a Greek Goddess.

Have a white button down shirt lying around? If so you can go as Tom Cruise in "Risky Business."

All you'll need to complete that look is socks, a pair of sunglasses, and maybe some shorts.

Another way to turn heads this Halloween is to have a costume that will be sure to get some laughs.

"So many girls dress slutty for Halloween," said junior Kaitlyn Briffa. "I think it would be a nice change if a girl did something funny and original instead."

Here are some last minute costume ideas that will be sure to turn heads, courtesy of Halloween.com

Dress all in black; tie a shot glass around your neck.
What are you? A shot in the dark!

Got an old black leather jacket? Hair Gel? Jeans?
What are you? A 50s guy.

Wear all white. Attach (or paint) yellow circle to your stomach. You are an egg. Add horns and a pitchfork.
What are you? A deviled egg.

Get an old box. Cut a hole for your head.
Attach book, tissue box, and lamp.
What are you? A "One Night Stand!"

Cowboy hat, boots, denim? Instant cowboy.

Carry around some paper. If someone asks what you are tear one up. What are you? A paper shredder.

Dress in a nice suit. Attach legal documents to yourself.
What are you? A law suit.

LIONS, TIGERS, AND GHOSTS, OH MY

Lindsay Caiti
Staff Reporter

You're sitting in your dorm room finishing the last paragraph of your paper that's due tomorrow when all of a sudden your roommate's lamp turns on.

You just dismiss it as a malfunction; after all it's probably just a faulty light bulb ... Or not.

The question of whether or not ghosts exist has been around for quite a long time.

The paranormal activity that comes with it, however has yet to be explained.

According to Web site history.com, "ghost" is defined as a nonmaterial embodiment or essence of an organism, especially of a human being.

"I don't think ghosts are real," said junior Nicole Caravano. "It's just made up to scare people."

While some are skeptic, there have been many instances where the existence of the supernatural is undeniable.

Many cases have been documented in print and on television.

The show "Ghost Hunters" documents the eerie and unexplained every week on the Travel Channel.

Three investigators travel to paranormally active locations and try and figure out what is there and why it is haunted.

One of the locations listed on the shows Web site is located right next door in Bridgeport, Conn.

"What was once one of the largest ammunition factories in the world is now a refuge for homeless people and criminals," says travelchannel.com. The Web site also states reports of strange activity in and around the building.

"The Bridgeport police who patrol its grounds have seen moving shadows, disembodied voices and screams, and other unexplained paranormal events."

Lisa Williams, a medium and clairvoyant makes a living out of talking to the dead.

Williams' Lifetime series "Life Among the Dead" documents her experiences with the paranormal and helps people to understand and accept the sometimes haunting facts.

Williams, who also does live readings in front of an

audience wrote on her blog "What I see when I stand on stage is healing... so much healing happens in that room no matter whether you have had a reading or not... It continues through until after the show."

The idea of the paranormal is scary to some, but to others like Williams it is a way to understand and heal.

"I don't know if I believe in ghosts," said junior Courtney Lee. "I don't think I would call it a ghost, but I do believe there is definitely something out there."

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Scoreboard

Friday, October 23

M. Soccer

Bryant- 1

SHU- 0

W. Soccer

SHU- 2

Wagner- 1

Field Hockey

SHU- 1

Lock Haven- 3

M. Hockey

SHU- 3

Rensselaer- 4

Saturday, October 24

Football

SHU- 20

Wagner- 49

W. Volleyball

Robert Morris- 0

SHU- 3

M. Hockey

SHU- 6

Union- 5

Sunday, October 25

W. Volleyball

Bryant- 0

SHU- 3

W. Soccer

SHU 0

LIU- 1

Field Hockey

SHU- 1

Siena- 2

On Deck

Friday, October 30

M. Soccer @ SFNY

7 p.m.

W. Soccer vs. Monmouth

6 p.m.

Field Hockey vs. SFPA

3:30 p.m.

M. Hockey @ St. Lawrence

7:30 p.m.

Saturday, October 31

Football @ RMU

12 p.m.

W. Volleyball vs. LIU

2 p.m.

M. Hockey @ St. Lawrence

7 p.m.

Sunday, November 1

W. Volleyball vs. SFNY

1 p.m.

W. Soccer vs. MSMU

12 p.m.

M. Soccer @ LIU

1 p.m.



Photo courtesy of Athletic Communications

Sacred Heart's Brian Friedman (#22) rushes towards the goal line during a recent game at Campus Field.

Second half surge propels Wagner past Sacred Heart

Chauncey Hardy
Staff Reporter

The Sacred Heart University football team traveled to Wagner College on Saturday, Oct. 24, and fell 49-20 to the Seahawks.

The Pioneers took advantage of three Wagner turnovers in a fast-paced first half that did not feature a punt by either team but ultimately could not continue the momentum into the second half.

Sacred Heart received 118 rushing yards from senior Brian Friedman and 106 receiving yards from senior Steve Tedesco.

The Pioneers piled up 340 of their 443 yards of offense over the first two quarters led by Friedman's 98 yards in the first half.

The Pioneers' first touchdown came on a 13-play drive over 83 yards, which was capped by a Friedman one-yard touchdown run.

Sacred Heart's next touchdown came when Tedesco made a one-handed catch on a pass from redshirt junior quarterback Dale Fink. However, for the second time, a Jason Plescow point after attempt was blocked.

Pioneers- 20
Seahawks- 49

Sophomore Titus McIntosh made his first of two interceptions on the day on the Seahawks' next possession and the Pioneers added to their lead just three plays later when sophomore Garry Coles scored a 52-yard touchdown run with 1:10 to go in the half.

McIntosh came up with his second pick of the game when he out-jumped a Wagner wide receiver in the end zone to finish the first half.

The second half belonged to the Seahawks as they put 28 points on the board.

Running back Jeremy Martinez helped Wagner regain the lead at 28-25 with his first of two second-half touchdown runs with 10:34 left in the third.

The Pioneers tied up the game with 5:45 left in the third quarter as Plescow converted on his third field goal of the afternoon, hitting from 37



Photo courtesy of Athletic Communications

Sacred Heart's Ahmad Covington (#19) covers a defender during a recent game at Campus Field. The Pioneers lost to Wagner 49-20 on Oct. 24.

yards out to cap a 12-play scoring drive.

The turning point of the game came after the Pioneers turned in a goal-line stand on Wagner's next possession.

On just the second play of the drive, Fink rolled to his right and looked for tight end Chris Rapp, but Wagner safety Chaz Legette read the play and came up with the interception and returned it 21 yards for six points.

Defensive lineman Elijah Dixon said he and the rest of the defense were still regrouping from on the sidelines from the previous possession.

"We were just catching our breaths from making a great stop on fourth down and they were yelling for the defense to get back on the field," said Dixon.

In addition to Friedman's 118 yards rushing, Coles tacked on 93 yards in seven carries while Fink finished the game 20-of-37 for 185 yards, one touchdown, and two interceptions.

Sacred Heart will play their final road game of the season on Saturday when they travel to Moon Township, Pa. to take on the Robert Morris University Colonials at noon.

SEARCH CONTINUES FOR NEW NEC LEADER

Steve Armato
Staff Reporter

As the first week in November approaches, the search for a new Northeast Conference commissioner continues.

There is still no word on who the new commissioner will be, but the members of the selection committee are close to a decision.

Sacred Heart University executive athletic director Don Cook is a member of the search committee and he believes the choice will come down to who is the best fit for the job.

"We need someone who has good conference affiliation, understands and has good connections with the NCAA, basically we need the person who will be the best fit for the needs we have as a conference as well as having good insight, instincts and being politically savvy," said Cook.

As far as where the committee stands in the selection process, Cook says that any one of the remaining candidates can do the job.

"In the beginning of November, each of the remaining candidates will be given a half hour to speak in front of the committee followed by a presentation," said Cook.

Former NEC Commissioner Brenda Weare passed away in June at the age of 51 after a battle with a rare form of cancer known as synovial cell sarcoma. Weare was the third commissioner in the history of the NEC and began her tenure in August of 2006.

Although Weare may be gone, the impact that she left on the conference is neither gone nor forgotten.

"Brenda was a very humble and engaging person as well as being very intelligent," said Cook. "She had great insight and knew how to take a problem and simplify it."

Before Weare was named NEC Commissioner, she was the Senior Associate Commissioner of Conference USA from 1995-03.

"Brenda was very successful at helping the conference move to where we are trying to go," said Cook. "She was successful at bringing in a twelfth school to the conference in Bryant University. She also made the conference an automatic qualifier for the Division IAA football championship. Our football conference champion had never had an automatic bid into the playoffs and now we do."

The search process for a new commissioner is a long one and the committee needs to do a lot of breaking down of hundreds of applications before they can narrow down the candidates.

"I am on the board with four school presidents as well as two athletic directors," said Cook. "We started out with one lengthy conference call and for the most part narrowed it down to ten strong candidates. That was then narrowed down to five and after a ten-hour meeting early in October, we finally have it narrowed down to three."

With a decision quickly approaching, Cook is confident that he and the committee will be comfortable with whichever candidate they choose.

"We believe strongly that any one of the three remaining candidates can do a good job," said Cook.

Athletes encouraged to eat right, stay healthy

Proper diets, nutrition emphasized by coaches, training staff

Lauren Craft
Staff Reporter

Intense workouts, grueling practices, and fierce competitions are only part of what it takes to be a collegiate athlete in today's day and age.

In order for athletes to succeed in their respective sports, it is important that they maintain a nutritious diet and engage in various healthy activities throughout the school year.

The student-athletes at Sacred Heart University have many resources available to them on campus to encourage proper nutrition and educate them on its importance.

"Our goal is to assist student-athletes with specific dietary needs or desire to change their body complexion. They should have the proper direction in order to take care of their bodies in the proper way."

- Julie Alexander
SHU Head Athletic Trainer

"Sacred Heart University student-athletes have many resources to utilize in order to stay healthy physically and mentally," said head athletic trainer Julie Alexander. "Health services, the counseling center, the student-athlete support services and the athletic training department provide many tools."

Alexander and her staff in the athletic training department are always willing and enthusiastic about helping student-athletes remain healthy.

"Our goal is to assist student-athletes with specific dietary needs or desire to change their body composition," said Alexander. "They should have the proper

direction in order to take care of their bodies the proper way."

One of the most important parts of an athletic trainer's job, according to Alexander, is to educate and remind student-athletes of the importance of a healthy diet.

"Education is key," said Alexander. "A balanced diet and appropriate caloric intake are imperative to a proper foundation for athletic performance. An athlete needs to eat adequately in order to fuel their bodies for competition."

While the athletes are not forced to follow strict diets, they are strongly advised by their coaches and trainers to do so in order to compete at a high level during the season.

"Coaches do not dictate the diet and nutrition of their student-athletes, but they do assist in directing them if it's needed," said Alexander. "The coach's focus is on providing appropriate nutrition while on the road as well."

A number of Sacred Heart student-athletes are aware of the importance of nutrition and do their best to sustain a healthy diet throughout the season.

"I am conscious about what foods I put in my body," said junior Kelly Welsh of the women's swimming and diving team. "In order to perform well athletically, you must fuel your body with the correct foods."

Welsh, however, admits that when the season winds down, she tends to follow a less strict diet.

"When my season is over I definitely slip up in regards to my diet," said Welsh. "In the off-season, I indulge in foods that I would normally never think of consuming if I were in-season."

Other student-athletes stay conscious of their diet throughout the year.

"I stay consistent with the way I eat and I try to eat healthy," said junior Kirill Kasyanov of the men's tennis team. "I



The Spectrum/Adrian Fitzsimons

Sacred Heart athletic trainer Jennifer Plouffe tends to sophomore Alyssa Garza of the Sacred Heart softball team. The Sacred Heart athletic training staff encourages proper nutrition and a healthy lifestyle for athletes to compete at a high level during their season.

don't really like fast food so I stay away from that. I keep my diet constant throughout the year regardless if we are in season or not."

"Maintaining proper nutrition habits is not only important throughout one's season, but before, during and after exercise and competitions is equally as important in refueling muscle, fighting fatigue, recovering from dehydration and poor athletic performance," said director of student-athlete academic support services, Lucy Cox. The athletic department has been

avidly seeking professionals to speak to Sacred Heart student-athletes in regards to nutrition and plans on continuing this trend in the future.

"My office has an on-going professional relationship with Tim Wierman, president and founder of Nutrition Education Services, Inc.," said Cox. "The program he administers is called 'Eat to Compete'. He came last year to speak to student-athletes and will come again this year."

PIONEERS GIVE NEW COACH FIRST WIN

Alex Atkinson
Staff Reporter

The Sacred Heart University men's ice hockey team battled into overtime during their first two games of the season this past weekend, resulting in two different outcomes.

On Oct. 23, the Pioneers opened the 2009-10 season with a 4-3 overtime loss at Rensselaer University.

"We were really disappointed about the loss, but we felt like we actually played a good game and deserved a better ending," said junior David Berube.

The next night, the Pioneers prevailed against Union College, winning a dramatic 6-5 overtime decision.

With over 2,500 Rensselaer fans in attendance, the Pioneers opened the scoring only 4:32 into the first period.

Sophomore forward Anthony Yelovich scored the first goal of his collegiate career when he capitalized on a loose puck in front of the Rensselaer goal.

Senior Nick Johnson added two goals to send the game into overtime.

"Nick Johnson had a terrific weekend," said Berube. "He played hard and showed great aggressiveness."

The next night saw senior Erik Bolsvert put the Pioneers on the board

first just 8:30 into the game. Johnson added his first of two goals on the night in taking advantage of the man-up opportunity for the Pioneers.

Less than two minutes later, Berube found the back of the net for his first goal of the season and tacked on another to put the Pioneers ahead 4-1 at the end of the first period.

Senior defenseman Corey Laurysen scored the only goal of the second period which sent the Pioneers into the locker room with a four-goal lead entering the third period.

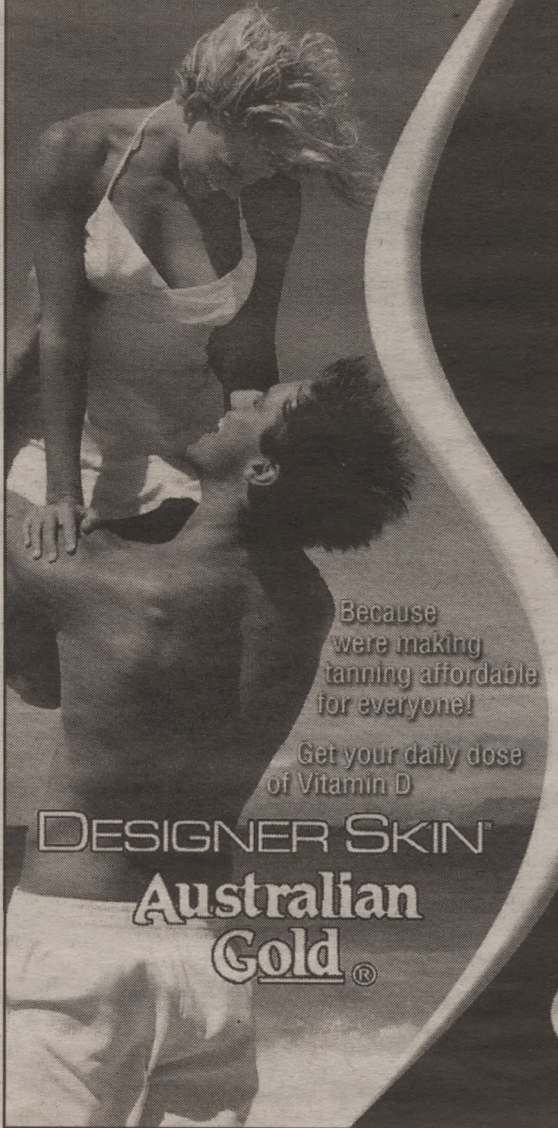
With 7:00 left in the game, Union put in four unanswered goals to send the game into overtime.

"Everyone in the building was on the edge of their seats by that point and Johnson silenced the Union crowd with an unbelievable shot," said junior defenseman Chris Brown.

The win for the Pioneers was also the first for their new head coach, C.J. Marottolo.

"Even though his arrival was slightly delayed, C.J. has had a very positive effect on our team already," said Brown. "There is a sense of excitement and eagerness for every practice and game. He is developing us into better players, both individually and as a team."

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Trip to Iraq makes 'lasting impression' on Cowher

Rob Morgan
Sports Editor

It was an offer that Bill Cowher couldn't pass up.

When NFL Commissioner Roger Goodell presented the former Pittsburgh Steelers head coach with the opportunity to travel to Iraq as part of the NFL-USO Coaches Tour in July, Cowher didn't think twice about making the trip.

"I was flattered and honored to be asked to go [to Iraq]," said Cowher who delivered a lecture in the Edgerton Center on the campus of Sacred Heart University on Oct. 26 entitled "Blueprint for a Winning Team."



The Spectrum/Stephanie Kanner
Former Pittsburgh Steelers head coach Bill Cowher answers questions during his press conference in the Gallery of Contemporary Art before taking the stage at the Edgerton Center on Monday, Oct. 26.

While the NFL has a long history of sending its players to visit troops stationed around the globe, it was the first time that a group of coaches made the 15-hour trip to Iraq.

Teaming up with New York Giants head coach Tom Coughlin, Tennessee Titans head coach Jeff Fisher, Seattle Seahawks head coach John Harbaugh, and former Tampa Bay Buccaneers head coach Jon Gruden, Cowher spent his Fourth of July holiday weekend meeting and greeting thousands of U.S. soldiers in Iraq to boost morale and show his support and appreciation for their efforts.

"It was an unbelievable trip," said Cowher. "It left a very lasting impression on me about being thankful for what we have and the sacrifices that a lot of young men and women are making."

In addition to signing autographs and posing for pictures with the troops, two of the trip's highlights, according to Cowher, were attending a weekly "Battle Assessment Update" with Gen. Ray Odierno, the top U.S. commander in Iraq, and watching more than 200 soldiers receive their official U.S. citizenship in Baghdad on the Fourth of July.

"The United States is something we should all be proud of — not just for what it stands for but for the men and women who are over there protecting us and putting their lives at stake for our freedom which we sometimes take for granted," said Cowher.

During the meeting with Odierno and his top commanders, Cowher and the other coaches were briefed on several confidential subjects pertaining to Operation Enduring Freedom including insurgent activity, the Iraqi legislative process, and economic development in the region.

"It was a very moving experience," said Cowher. "We had the opportunity to meet a lot of troops and a lot of upper level people who showed us a lot."



Photo courtesy of U.S. Army

Former Pittsburgh Steelers head coach Bill Cowher poses with a member of the U.S. armed forces during his trip to Iraq as part of the NFL-USO Coaches Tour in July. Cowher was joined on the trip by Tom Coughlin, Jeff Fisher, Jon Gruden, and John Harbaugh.

"It was an unbelievable trip. It left a very lasting impression on me about being thankful for what we have and the sacrifices that a lot of young men and women are making."

- Bill Cowher
Former Pittsburgh Steelers coach

While Cowher enjoyed spending time with the troops in Iraq, he also came away from the trip having formed several close friendships with some of the same coaches that he has competed against throughout his career.

"We had five guys sharing one room which was also quite an experience," said Cowher. "Coach Gruden and I were the youngest coaches in the group so we had to share a bunk bed. Coach Coughlin was the senior member so he got the only flat bed in the room."

Not only did the trip to Iraq allow Cowher to see first-hand what the men and women in the armed services are doing on a daily basis, but it also gave him a whole new perspective on life.

"People tend to view professional athletes and coaches as their heroes but there is no question that the real heroes are the men and women putting their lives on the line for our country," said Cowher.

W. Volleyball blasts past Blue Devils, Bulldogs Pioneers improve record to 17-7 overall; 7-1 in NEC

Emily Gumbs
Asst. Sports Editor

This past weekend, the Sacred Heart University women's volleyball team returned home to face the Central Connecticut State University Blue Devils and Bryant University Bulldogs.

First up on Saturday Oct. 24 the Pioneers took on the Blue Devils, winning 3-1 (25-20, 26-24, 15-25, 25-22). Sophomore Brittany Best recorded a double-double with 13 kills and 13 digs. Freshman Johanna Ovsenek had 14 kills.

After winning the first set 25-20, the Pioneers trailed the second 20-17 when head coach Rob Machan called a timeout. After that, sophomore Jessica Colberg had a kill and freshman Elise Sage recorded two points to tie the game 20-20.

With the game tied 24-24, Machan put in senior Aurora Appel to serve and, with a pair of kills from Sage, the Pioneers won the set and took a 2-0 lead.

In the third set, the Blue Devils were up 8-2, forcing the Pioneers into an early timeout. The Blue Devils continued to lead following the timeout, and easily took the third set.

The Pioneers started strong in the fourth set and took a 14-9 lead. Central called a timeout to try to slow Sacred Heart down, but that didn't stop the Pioneers.



The Spectrum/Alex Atkinson

Sacred Heart's Aurora Appel (#14) serves a ball during a recent match at the William H. Pitt Center.

Central closed the gap to 24-22 but sophomore Ashlyn Trimble ended the match with a kill.

On Sunday, Oct. 25, the Pioneers took on the Bulldogs. Best had 11 kills while Sage had nine kills and six service aces in a 3-1 win (25-21, 19-25, 25-10, 25-11).

The opening set came to a tie at 21-21 but Best contributed back-to-back kills to

give the Pioneers a two-point lead. Junior Courtney Kidd-Kadlubek served out the game for Sacred Heart to make it 1-0.

The Bulldogs led the second set 14-8. Machan called a timeout, but that didn't stop the Bulldogs and they took the game 25-19.

In the third set, the Pioneers took an early 4-0 lead on a serve from Trimble. They ripped off three more points making it 7-0 and the Bulldogs called a second timeout. Trimble made an error on her serve after the timeout, making it 7-1, but the Pioneers continued to roll, taking the set 25-10.

The Pioneers started the fourth set with consecutive aces from Sage and helped build a 10-6 lead. The gap continued to build until the Pioneers took the match, 25-11.

The two wins brings the Pioneers to 17-7 overall and 7-1 in the Northeast Conference. With eight regular-season matches still to play this year, the 17 wins is just one short of the school's Division I record of 18 set last season.

The Pioneers return to action tonight as they take on Quinnipiac University at 7 p.m. at the William H. Pitt Center. They also face Long Island University on Saturday at 2 p.m. and on Sunday at 1 p.m. against St. Francis of N.Y., both at the Pitt Center.

2009 W. Volleyball Schedule

TODAY vs. Quinnipiac

Oct. 31 vs. LIU

Nov. 1 vs. St. Francis N.Y.

Nov. 6 @ CCSU

Nov. 7 @ Bryant

Nov. 8 @ Quinnipiac

Nov. 14 vs. St. Francis PA

Nov. 15 vs. Robert Morris

International roots give flavor to soccer team

Pioneers have eleven players from nine different countries

Dan Graziano
Staff Reporter

Serbia, Zambia, Portugal, Haiti, Brazil, Sweden and England.

These are just some of the countries where members of the Sacred Heart University men's soccer team hail from.

Head coach Joe Barroso has made many contacts throughout the world during his career that have come in handy while coaching a Division I men's soccer team.

After talking with prospective student-athletes, Barroso usually makes the long trip to one of these foreign countries to watch the players in action and begin the process of recruiting them.

"The whole world would like an education in the United States and at the same time to play soccer," said Barroso. "What they bring in terms of soccer is a lot more of experience than the 17 and 18 year-olds we have here."

Having to balance academics, conditioning, and practice and game schedules is not an easy task for U.S. athletes, let alone those who are attending school thousands of miles away from home.

Freshman goalkeeper Andre Faria, from Pontinha, Portugal, cited the opportunity to pursue an education as the deciding factor for attending college in the U.S. and, more specifically, Sacred Heart.

"I came to play for Sacred Heart because over here I have the opportunity to get a college education," said Faria. "I had a couple of offers from second division and third division teams back in Portugal where I could get good playing time and make good money but for me, an education is priceless"

While Faria understands that becoming a professional athlete is no easy task, he said that coming to the United States to play Division I soccer was the best pos-



The Spectrum/Alex Atkinson
Sacred Heart's Andre Faria hails from Pontinha, Portugal and is one of eleven players on the men's soccer team who is from a different country.

sible option for his career.

In many foreign countries, a soccer player's career could end with an injury or if the player doesn't show enough natural skill. But with a college degree, a person's future is secure and does not rest on just soccer alone.

For any new college student, there is always going to be a tough adjustment at first. For Faria, however, he had to not only adjust to college life, but also to a whole new culture – all while participating in a Division I sport.

"It's always hard moving to another country, leaving all your friends and family behind, adjusting to different lifestyles

and points of view... but being part of a team always helps you adjust," said Faria. "Besides the possibility of making new friends it allows you to continue doing what you love."

With so many different cultures on the men's soccer team, the overall atmosphere is enjoyable, but hectic at times.

"We get to learn a bit of different languages and about different cultures," said Faria. "Someone's always speaking in a different language and we always share stories from our home countries."

In order to keep the team on the same page, Barroso enforces an English only policy during practice and games even though he, too, is a native of Portugal.

Although soccer is one of the most popular recreational sports for both boys and girls in the United States, it has struggled to maintain a following as a spectator sport and falls short of football, baseball, and basketball in terms of popularity.

However, this is not the case overseas where soccer is considered one of the most popular sports around.

"Soccer is very different over here," said Faria. "Unfortunately, not many people support the sport; we only have around 50 to 60 people at our games. Where I was playing last year, our average attendance was around 1,500 people per match. However, soccer is one of the only sports played in Portugal and over here there's a larger variety."

Numerous members of the men's soccer team usually stay in the U.S. even after their days of soccer are well over.

"Playing at Sacred Heart definitely exceeded my expectations," said Faria. "I bet a lot of well-known European clubs wish they had half of the conditions we have over here. Also, the training methods over here get players ready to play at a professional level. I wasn't expecting that at all."

Men's Soccer International Players

Alex Fait (Canada)

Aaron Kiely (England)

Nemanja Filimonovic
(Serbia)

Norman Baer (Germany)

Marcello Castro (Brazil)

Denis Brunotte (Germany)

Patrick Daka (Zambia)

Benjamin Pahlke
(Germany)

Jesper Fredriksson
(Sweden)

Andre Faria (Portugal)

William Morse (Haiti)

PHOTO OF THE WEEK



The Spectrum/Alex Atkinson
Sacred Heart men's rugby player Mike Cotrone eludes a tackle by a member of the Southern Connecticut State University rugby team on Oct. 11 at SCSU.

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SPORTS

THE SPECTRUM

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BEST OF THE REST

Brittany Best
leads volleyball
team past CCSU,
Bryant



Photo courtesy of Athletic Communications

Sacred Heart's Brittany Best (#4) goes up for a kill during a recent match at the William H. Pitt Center.