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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

Homecoming reunites old friends and classmates

Katherine Karole
Staff Reporter

This past weekend, Sacred Heart University celebrated their annual alumni weekend, where alumni were able to revisit the university they once attended.

For those who decided to participate, the university reserved a block of rooms at the Trumbull Marriott for only \$99, according to the Sacred Heart Web site. That way, alumni were not only able to stay relatively close to school, but for a more wallet-friendly price as well.

The weather held out on Saturday as well with bright sunny blue skies. And although the air was crisp, no one seemed to mind.

The main attraction of the weekend focused on the homecoming football game, held on Nov. 7. The Sacred Heart Patriots won 24-14 against the Bryant Bulldogs. It was here at the football game where alumni were able to tailgate and come together with old friends.

"It's great to be reunited with everyone," said Matthew Papadno, class of 2008.

Like previous years, Sacred Heart invited their alumni and families alike to tailgate in the university's parking lots prior to the start of the game. Those who wanted to take advantage of the tailgating had to register on the school's Web site between Sept. 15 and Sept. 30 in order to reserve parking spots. Any person who planned on registering their car for a tailgate parking spot had to be an alumnus of Sacred Heart, and previously registered for homecoming 2009, according to the Sacred Heart Web site.

The Web site also included a list of rules and regulations the university planned on enforcing during the day. Alumni tailgating was held in the faculty/staff parking lot only between 11 a.m. and 4 p.m. All tailgaters had to be over the age of 21, and no animals were allowed at any time, along with kegs or other "common source large quantities of alcohol."

Homecoming not only reunited old friends and classmates, but teammates as well. For example, the dance team had to opportunity to see those who have already graduated.

"It's great to see the dance team alumni," said ju-



The Spectrum/Michele Tymann

The Pioneer marching band marches up to Campus Field during homecoming weekend.

nior Kathryn Connolly. "I really miss having them on the team."

Amy Baldovin enjoyed the entire weekend, but some parts were more favorable than others.

"Seeing the dance team was the highlight of the weekend!" said Baldovin.

The homecoming football game was not the only activity planned for alumni weekend. There was also a Family Fun Fest, equipped with food, inflatables and "kid-friendly fun," according to the Sacred Heart Web site. It was held on the green beside the Campus Field.

The inaugural Sports Photography Contest was also taking place during homecoming on Saturday. This allowed students, alumni, faculty and staff to submit their favorite sports photographs, where supporters then donated money in order to vote on their favorite photos. The

money that was raised will be donated to the Bassick High School's photo and video program in Bridgeport.

There was a new addition to alumni weekend as well. According to the university Web site, alumni had the option to take a campus tour on Nov. 6, followed by a quick reception and their participation in the Reunion Dine-Out program. Alumni received a list of participating restaurants in the area that were discounting their dinners for all reunion 2009 participants. Alumni received their vouchers at the reception.

Alumni weekend was felt to be successful by many. Sacred Heart University's head dance team coach and alumni, Deirdre Eller was one.

"I graduated in 1997," said Eller. "And alumni weekend gets better and better every year!"

11 PEOPLE KILLED AND 29 INJURED AT FORT HOOD MILITARY BASE

Ines Cenatiempo
Associate News Editor

On Nov. 5 at approximately 1:30 p.m., 11 people were killed and 29 others injured at the Fort Hood military base in Houston, Texas. This location held many soldiers who were expecting to be deployed to Iraq and Afghanistan shortly.

The man accused of these crimes is Major Nidal Malik Hasan. According to Reuters.com, "he was a psychiatrist who was facing an upcoming deployment to Iraq."

The shooting happened at the Soldiers Readiness Pro-

cessing Center. Hasan was wounded by police in the process and is now in a military hospital.

Although the motives of the shooter are unclear, it seems that a possibility is that Hasan was upset at his upcoming deployment and was trying to get out of it.

Hasan was accused of shooting more than 100 rounds, creating "one of the worst killings reported on a U.S. military base," said Reuters.com

Hasan was also Muslim, and did not feel that he was accepted into the military community because of his religion. As a result of this, "he hired a lawyer to get a discharge," said the Associated Press.

Many of the military personnel questioned his loy-

alty, as it seemed that he identified first as a Muslim, and second as an American, said The Scotsman newspaper.

President Barack Obama was shocked when he heard about the shooting.

"It is difficult enough when we lose these brave Americans in battles overseas. It is horrifying that they should come under fire at an army base on American soil," Obama said in a Reuters article.

According to USA Today, Obama, in response to the shootings, said, "They are Americans of every race, faith and station. They are Christians and Muslims, Jews and Hindus and nonbelievers. They are descendants of immigrants and immigrants themselves."

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STUDENTS AND FACULTY JAILED AND BAILED

Tara Rotondo
Staff Reporter

If you happened to be walking through campus last Thursday and saw one of your teachers, or friends escorted out in handcuffs, don't worry: they weren't caught committing a crime.

Luckily, these jailbirds were just participants in Sacred Heart University's first Jail N' Bail event.

On Nov 5, the department of public safety hosted the first Jail N' Bail event to benefit the Special Olympics of Connecticut. The event took place on campus, at the courtyard next to the cafeteria.

In order to participate in the event students, faculty, and staff were able to fill out warrants for \$5 that served as a donation, and chose an individual to arrest.

Public safety officers teamed up with officers of the Bridgeport, Fairfield, and Trumbull police departments to make mock arrests to those deemed with a warrant.

Local officers, as well as the Fairfield University department of public safety served as the judging panel for those who were locked up.

The judges set the bail of the prisoners based on several charges such as bad hair, late for class, bad dresser etc.

All the participants were given a mug shot and a T-shirt as a souvenir of the event. The person arrested had to sit in a "jail cell" and relied on friends to make donations to the Special Olympics in order to be released.

The charges were for a good cause, and some prisoners didn't mind sitting in the cell if it meant helping to raise more money.

Those who were arrested and had to attend class were able to leave. Getting sent to prison wasn't an acceptable excuse for missing class.

Officers of the dept. of public safety helped patrol the hallways, and tally up warrants all for charity and of course some fun.

Officer John Kichinko played the role of a main coordinator in the event, and couldn't be happier with the outcome.

"The event has been phenomenal, and the turn out is incredible, just look around," said John Kichinko, assistant supervisor of public safety.

Kichinko has been affiliated with The Special Olympics foundation, and was asked earlier this year if Sacred Heart would like to host the event.

"We have so many great people helping us out. The criminal justice club is here, and the Beta Mu Sigma fraternity from Southern University is counting the warrants," said Kichinko.

There was a buzz around the patio as cadaver dogs barked, and students crowded around to watch their friends get escorted to jail.

In addition there was a table set up with snacks and drinks for the spectators and participants.

By 12:30 p.m. the Jail n' Bail event had sold approximately 75 warrants, and were expected to make about \$1,000. By the end of the event, Kichinko estimated that the event raised close to \$13,000.

The Jail N' Bail event attracted several high-figured members of the Connecticut safety services.

Richard Blumenthal, attorney general of Connecticut stopped by in the morning to check out the happenings, as well as Ser-



The Spectrum/Zack Lane

Girls snap photos of their friends at the Jail N' Bail event.

geant Tom Madera. Representatives from the Special Olympics organization were also in attendance.

Some students watched their fellow students and teachers beg for their release from the white tent that served as a jail cell.

"It was so hysterical. It was just so funny watching real policemen handcuffing some of my friends and even one of my teachers," said junior Liz Drehwing.

James Barquinero, vice president for enrollment planning and student affairs at Sacred Heart, was one of the judges. He ordered Kichinko to arrest Dean Wiel, Philip McCabe, vice president of finance, as well as Julie Savino, dean of university

financial assistance from Curtis Hall while they were engaged in a meeting.

"We conducted what was referred to as a high-profile arrest and sent motorcycle escort, canine swat officers (German Shepherd dogs), along with public safety officers to 'affect the arrest.'

"When they had to go before the judge, he decided that their bail would be \$150 a piece," said Kichinko.

According to Kichinko, the Jail N' Bail event was extremely successful from the beginning to end.

"It was so nice to have our whole community come together. Everyone came out and had so much fun," said Kichinko.

New program aids teachers in Holocaust education

Tara McDermott
Staff Reporter

The Center for Christian-Jewish Understanding of Sacred Heart University (CCJU) has been a leader in Christian-Jewish dialogue for close to two decades. The university has devised a program called Echoes and Reflection that will aid Connecticut teachers in Holocaust education.

Echoes and Reflection is a program and curriculum that assists middle and upper school educators in teaching about the Holocaust.

The program will train graduate and pre-service teachers in how to most effectively use resources in the classrooms.

"The curriculum is interdisciplinary which means that students learn about the Holocaust through historical, social/cultural, literary and media-studies perspectives. It is also a multi-media curriculum with the use of visual history testimonies from Holocaust survivors in each of the lessons," said Dr. Ann Heekin.

The Echoes and Reflection workshop allows teachers to choose the material they wish to cover in a specific time period.

The program aspires to help young people think critically about the Holocaust since they are nearing the end of a period when living survivors and witnesses can tell their stories.

Echoes and Reflection is sponsored by the CCJU. Their mission is to encourage greater understanding and peace between the clashing religions through education taught at a variety of levels and contexts.

"We have an important role in promoting a moral memory that encourages teshuva (a commitment to change) and allows for honest and strong bonds to form between Jews and Christians. By drawing

educators together to focus on current religious thinking within Christianity and Judaism about topics such as the Shoah, we have a great responsibility and honor to advance greater knowledge, understanding and harmony among all people of good will," said Dr. David Coppola.

The program will welcome 30 graduate and pre-service teachers who will work to encourage and influence thousands of students over the course of their careers by spreading the knowledge, tearful stories, and horrific occurrences that occurred during the Holocaust.

The mission of this workshop is to create mutual respect and understanding through a new teaching method.

The program is designed to encourage students to reflect on what they are learning, record their reactions and feelings to the material, and think about the impact of the material in their own lives.

"The idea that each of ten lessons in the curriculum are linked to video history testimonies gives teachers the confidence that they can teach the material in a way that really engages their students and helps them to think critically about this history and its lessons for the future," said Heekin.

This workshop was set to begin on the eve of the anniversary of Kristallnacht which took place on Nov. 9, 1938, which marks the night when the Nazis coordinated attack and violence on Jewish people and their property.

99 Jews were murdered and over 250,000 were arrested and placed in concentration camps.

"In the face of fading memory and even of vocal Holocaust denials, we must never allow ourselves to forget," said Dr. Anthony J. Cerna, president of the university.

"We owe it to the victims of the Holo-

caust, we owe it to our children, to remember how such a tragedy could develop in the modern world and to work to prevent a recurrence in the future."

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ART GALLERY CELEBRATES 20TH ANNIVERSARY SHU COMMUNITY GOES 'OFF THE WALL' AT ART SHOW

Ines Cenatiempo
Associate News Editor

In 1989, before the chapel and before the dorms were built, Sacred Heart University consisted of two academic buildings. University president, Dr. Anthony Cernera, however, saw something more for the school. As part of his vision for a liberal arts education, he believed that an art gallery should be built on campus. With that, Cernera hired a team to build the Gallery of Contemporary Art.

Since then, the gallery has grown to include pieces of art from a variety of artists.

Sixty-eight works are currently on display, and since 1989, over 300 works have been donated to the gallery. Many of these have been placed in the hallways for students to enjoy.

Now, the gallery is celebrating its 20th anniversary. To celebrate its accomplishments, along with those of the artists, about 140 guests gathered on Saturday, Nov. 7 at the gallery.

Entitled Off the Wall, An Evening for Collectors and Connoisseurs, this event was not only a fundraiser for the gallery, but was also a night for art lovers to admire the work of different artists.

Each participant paid \$150 and could also bring a guest for an additional \$50.

"This entitles them to leave with one of the pieces of work that are in the Gallery," said Sophia Gevas, director and curator of the Gallery of Contemporary Art.

One of the core questions of Sacred Heart's curriculum is "What does it mean to be human?"

According to Gevas, "Art is a reflection of our humanity. Artists have always been on the fringes of society, often raising questions that initially seem uncomfortable, yet often become mainstream considerations. Ahead of their times in some

ways, they have offered varied ways of viewing our ever-changing world."

After the guests signed in at registration, the ones who had paid \$150 received a ticket with a number on it. This number matched one of the paintings in the gallery.

About 6-8 months ago, Gevas began contacting artists who exhibited their work in the gallery at some point over the 20 year period, and asked them if they would donate a 12x12 inch of artwork for this event.

These were the pieces that the guests could look at while enjoying drinks and dessert and celebrating the anniversary.

Between 35 and 45 artists were at the event, and were enthusiastic about the gallery.

"I think the works generally in the show are excellent, really very fine," said artist Dorothy Powers. "This place is very special."

After the viewing, the guests were brought into the Chapel of the Holy Spirit for a guided tour of the mosaic murals featured in the main rooms of the chapel.

President Cernera spoke about the symbolism in the mosaics of the Chapel. The one in the main sanctuary "was an attempt to bring together the fundamental foundational convictions of the Christian traditions," said Cernera.

The art portrayed both inside and outside the Chapel is also meant to influence all that come into contact with it, especially the students.

"This is a house of prayer for all people," said Cernera. "So both architecturally and artistically, and through the mosaics on the walls, we are trying to invite our students to a way of life that says the life of the mind and the life of the heart are to be nurtured and encouraged so that they can go out and make the world a better place."

Cernera also gave a short history of the gallery. Not only did the university



The Spectrum/Jacque Vele

Art decorates the gallery walls for the 20th anniversary.

president want an art gallery to complement a liberal undergraduate education, but he also wanted students to be in contact with artists that are living and working currently.

"It was not to be a gallery of any type of art, it was to be a gallery of contemporary art," he said.

He also spoke of the symbolism that is prevalent in the gallery as well. "There are two ways into the art gallery. The one on the outside represents the openness to the community, so anyone can come in from the outside. There is also an inside entrance which is meant for the undergraduate students to come in to enjoy [as they are walking in the halls]," said Cernera.

Upon returning, the numbers on the paintings were shown to the guests, revealing which of the works was theirs.

The value of many of these works ranged anywhere from \$400 to \$1,200. "It's a great deal for the guests, and it's through the generosity of the artists that we were able to do this," said Gevas. The money raised will go to support the gallery programs.

The outcome of the fundraiser was affirmation of the work and success of the gallery over the past 20 years, something which Cernera was pleased with.

"After 20 years, the gallery has fulfilled that fundamental vision of providing a wonderful opportunity, primarily for the students, but also for the larger community, to view the works of current artists," said Cernera.

The artists seemed to agree too. "It can't get anything but better," said Powers.

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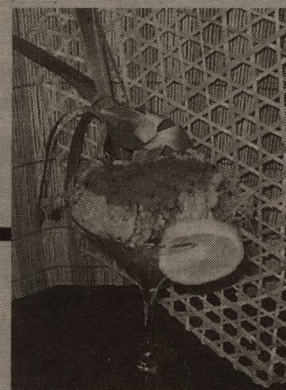
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Student senate looks to gain student attention

Carli-Rae Panny
Editor-in-chief

You voted for them, but do you really know who they are?

The student government senate works to "improve the quality of life for the students of Sacred Heart University," said Ted Fifield, vice president of senate. Over the past couple of years the senate has hosted a "Meet the Senate" event, but the event's reception was never deemed successful.

"Our plan for this year's 'Meet the Senate' event is essentially to bombard the student body with information through various medias over the course of a week," said Fifield. "A lot of work went into this week, but we do not want the student body to think our work stops here."

"We are an organization dedicated to student issues and the purpose of this event is to make ourselves known to the student body as people they can turn to with their problems and concerns," he said.

The goal, according to Fifield, is for the senate to be highlighted through all the different aspects of campus life that they work on daily. The senators have come up with new ideas that specifically target the student community. Their plans include various events that span out from Nov. 12 to Nov. 17.

One of the many planned events is the "Student Choice Day," which will allow students to select their favorite foods to appear on the menu in Chartwells. Also, a "Hometown Dinner" is in the works to bring all students and faculty together.

On Nov. 12, student senate begins their scheduled events. Students will begin receiving e-mails with the bios of each class' senator; each senator will be recognizable wearing a staff T-shirt on this day as well.

On Nov. 13 the senate will team up with the office of residential life and campus operations for a recycling program between Merton and Seton Halls. The program will be a competition between the two residential halls to see who can recycle the most items over the course of two days. The winning building will receive a free pizza party courtesy of campus operations. If the event is successful it will be repeated between residential halls, Christian Witness Commons and Roncalli Hall.

Krisitin Finan, senator for the class of 2010, said that the senate has high expectations for this week of events.

"Everyone on our board is really excited and has been working hard for the upcoming events," she said. "I'm most excited about the 'Hometown Dinner' because it's going to be a lot of fun and we expect a great turnout."

According to Fifield, the senate is in the process of trying to extend gym hours in the William H. Pitt Center. A survey was sent to students to see just how students feel about the hours that the gym operates and changes may result.

"The senators have been working judiciously on all of these events and we are incredibly excited to share our work with the rest of the student body," said Fifield.

Entrepreneur makes a difference worldwide

Alyssa Scott
News Editor

Think of your life without shoes.

Although it may be unfathomable to many, it is a reality for an overwhelming amount of the world's population. According to the TOMS Shoes Web site, 6 billion people populate the world and 4 billion live in "inconceivable conditions."

TOMS Shoes, makes strides to alleviate this problem by providing children with shoes. The mission of the company states: "With every pair you purchase, TOMS will give a pair of new shoes to a child in need. One for One. Using the purchasing power of individuals to benefit the greater good is what we're all about."

On Tuesday, Blake Mycoskie, the founder of the company, will come to Sacred Heart University to speak about his business which has given shoes to over 150,000 needy children.

"From what I have read on Blake Mycoskie he seems to be quite the inspiring individual. Someone who saw a need for positive change and decided to make it happen," said junior Kelly Leather.



Photo contribution

Blake Mycoskie will explain how his business plan made a difference on Tuesday.

Sacred Heart University welcomes Mycoskie with open arms.

"We felt that he was someone that would really resonate with our students. We are really excited to bring someone on campus the week before Thanksgiving talking to our students about how they can make a difference," said Denise Tiberio, associate dean of students.

Instead of paying money for tickets, student government asks attendees to bring canned goods that will go to the St. Charles Food Pantry.

"Blake works hard to help others and following the traditions of service within our university it only makes sense that we make our contribution to the community in need by providing canned goods to St. Charles Food Pantry," said Leather.

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EDITORIALS

5

Jail N' Bail: A great event for a great cause

Kate Poole

Managing Editor



I'm not usually one to rave about school activities, but for this week, I'll make an exception.

Last Thursday, the department of public safety and law enforcement agencies from the surrounding area held the very first Jail N' Bail at Sacred Heart University. The event ran all day on the Flik Patio and was put on in order to benefit the Special Olympics.

If you weren't there (which I'd be surprised if you didn't at least walk by), what basically happened was someone filled out a warrant for either a friend or even professor to be "arrested." The cost for this warrant was \$5 and you had to write down an offense that this person committed. At the said time on this warrant, officers would go to this person's location, state their crime, and handcuff them in order to bring them back to jail. The person then was put in front of the "judge" and their bail was set

to a certain amount. Once this amount was decided, people would have to come up with this money to help the prisoner get free.

I'm not sure about everyone else, but I thought that this fundraiser was absolutely fantastic. It was creative, well put on, and was for a great cause. I really hadn't had the time to look into it before last week, but on the day of the event it was hard to ignore. At the start of my 12:30 p.m. class two officers came in and arrested a student. Our professor felt that we should help him out, so we found out that his bail was \$30. As a class we put together the money and someone went and bailed him out.

In that same time period, the lovely editors of this paper filled out a warrant for Professor Kabak, our faculty advisor. In no time most of our writers and staff were out by the jail cells taking photos and laughing at her. Needless to say, this group came up with the \$20 to fulfill her bail. While I was outside, I decided to purchase \$15 worth of warrants myself.

When I think about it now, that was \$75 put towards this cause, (including the price of the said prisoners' warrants) in less

than around 30 minutes. Mind you, that was only for two prisoners and two warrants, there were probably about 20 other prisoners in there at the time. If you ask me, that's a good amount of money in a very short amount of time.

I ended up spending the day expecting to get arrested around 4 p.m. My friend made it seem like she had definitely put a warrant out for me, so I made sure to put one out for her as well. I also put a warrant out for the professor of my 3:30 p.m. class, Dr. Magee, and made sure to stop into his office to convince him that no one would EVER put a warrant out for him.

In the end, my friend didn't actually put out a warrant for my arrest, and she was surprised that I had thought to do one for her. Dr. Magee was also surprised by his arrest for the crime of "having ridiculously good hair" and the two were taken to jail. Seeing as it was the end of the day, each made a generous contribution to bail themselves out.

When it comes to fundraisers, I'm always hesitant to just throw my money into a bin for people yelling at me to donate to such-and-such cause. That may sound hor-

rible, but its how I feel.

This event, on the other hand, I thought was worth every penny. because people were really passionate about it and everyone was able to participate. The fact that I got to see some friends and professors thrown into jail, as well as was able to take a few breaks from a stressful school day, was great.

The idea of the Jail N' Bail was just clever, and all of the offers from the organizations got really into it. As a student who hears news all the time of other students getting arrested and in trouble, its nice to see us on the same side as the authorities for once.

I'd love to see this fundraiser become an annual tradition. I don't think it would even be viewed as a fundraiser, but as an exciting and well-anticipated event.

Even though we're in some tough times and everyone seems to be strapped for cash, I didn't see anyone hesitate at all to pull even just a dollar out of their wallet. I was proud to see that our school came together for an event, and especially proud to see the selflessness of those involved.

Correction: Last week's SHU Voices was credited incorrectly. The actual photographer of "What reality show do you wish you could be on?" was staff photographer Stephanie Kanner.

SPECTRUM

spectrum@sacredheart.edu

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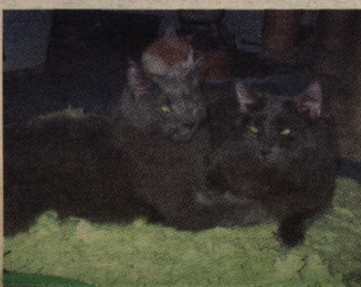
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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Alex Atkinson
Staff Reporter/Contributing Photographer

Although the "Editor's Choice" photo is usually taken by someone on the Spectrum editorial staff, this week we decided to make an exception. Staff Reporter Alex Atkinson took this photo while on the "Big M" on the Long Island Sound. Due to recent events at Fort Hood and in Orlando, we felt this photo was a nice alternative to the autumn landscapes that we've been displaying. The way in which our American flag blows over the water at sunset is remarkably beautiful, yet simple.

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation, and length. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

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Jury duty: to postpone or not to postpone? Some discuss their experiences with the required judicial responsibility

Danielle Buzzanca
Staff Reporter

You get home after a long day, and you notice the mail on the table: bills, magazines, and a letter from the state of Connecticut. It states that you're required to attend jury duty at the posted date. How do they know who you are? How is your name in the system?

"I never got letters to serve in a jury until I voted last year in the presidential election," said senior Bryanna Seymour. "I just deferred it for the second time because of school. The second time I got it, I said I would go to get it over with."

But there's more to the selection process than just aimlessly picking U.S. citizens. Criminal justice professor Patrick Morris sheds some light on the choosing of jurors.

"In Connecticut, the master file of potential jurors is drawn from a variety of sources—licensed drivers, registered voters, taxpayers, and those receiving unemployment compensation—to ensure that it is as inclusive as possible," said Morris. "From that list, potential jurors are randomly chosen and summonsed to court to be part of the jury pool. This helps guarantee that juries represent the demographics of our population gender, race, ethnicity, etc."

Previously, only licensed drivers and registered voters were summonsed for jury duty.

Christopher Reinhart, senior attorney in an Office of Legislative Research report, states that as of 1996, the

"In Connecticut, the master file of potential jurors is drawn from a variety of sources—licensed drivers, registered voters, taxpayers, and those receiving unemployment compensation—to ensure that it is as inclusive as possible."

- Criminal justice professor Patrick Morris

government has "expanded the lists of people used to make up the jury pool to include motor vehicle owners, state personal income taxpayers, and public assistance and unemployment compensation recipients."

The jury selection process has broadened, and as a result, Americans seem to be getting summonsed more frequently as opposed to in the past.

"I was never called to jury duty before. I voted last year and about two months ago, I was summonsed. I am actually a little intrigued about what the jury process is like. I have watched 'Law and Order' my entire life, so I am interested to see [what really goes on]," said senior Julianna Hatjygeorge.

While some enjoy the legal scene, others remain uninterested. However, according to Morris, it is becoming more and more difficult to be excused from jury duty.

"My wife is an attorney and actually served as the foreperson on a jury for a felony assault trial. That tells me that fewer jurors are being excused today," said Morris. "Twenty years ago, she would have been excused, first

because she was an attorney and second, because she was the wife of a police officer. It's still possible to be excused today, but it is certainly a bit more difficult."

Some students said that they feel that serving on a jury would take time out of their already hectic lives and feel they just don't have the time for it.

"I would serve on a jury if I had nothing better to do, but I have a busy life as a college student as well as working a part-time job. I just don't have time to sit in a courtroom for five hours," said Seymour.

Another Sacred Heart student feels differently.

"I think that I am fully capable and willing to serve. I say this because I believe that I'm a reasonable, logical decision maker," said junior John Hermanson.

Whether or not it peaks your interest, jury duty remains an important process in the American judicial system and a representation of the ideals of democracy.

"It is an important civic duty to serve when summonsed," said Morris. "A long trial can be a hardship. For example, imagine being a juror for OJ Simpson's trial. But it is one of those things that we need to do to provide a just system."

Interested in reading about juror requirements and what to expect if you have to serve on a juror panel?

Visit Connecticut's judicial branch Web site at <http://www.jud.ct.gov/> for more information.

Soo... how 'bout them Yankees in the World Series? SHU students and professors weigh in on the most effective small talk

Arielle Mangiaracina
Staff Reporter

The art of small talk. It's used at parties, at work, in class, even just with the person sitting next to you on the shuttle. Because people rely on small talk to make a conversation with everyone from an acquaintance to a boss, knowing what to say and when to say it is essential.

"At work, you want to be noticed, but for only for good reasons. By keeping the conversation professional, you seem to be mature and qualified to do your job," said sophomore Brian McLellan. "With my boss, I pretty much

keep to your standard employer/employee small talk about football, golf, and the news."

Freshman Karoline Cuadrado believes only work-related topics should be discussed with a boss. "My workplace setting is pretty casual, us employees are like one big family. However, I think it is inappropriate to talk about my personal life with my boss. We only discuss work-related things."

Another challenge that can sometimes arise in the workplace is what to discuss with customers.

"Customers have to be handled delicately," said Cuadrado, who works at the supermarket Food World in

Bridgeport. "The goal is to make sure that they return to your store. I am more cautious in what I say to them than co-workers. Generally, I stick to the weather, their kids, or issues they are having with the store."

Interaction at work, or even when meeting potential employers, is key. The best way to ensure that the conversation will keep going at an interview or networking event is to prepare, according to Heather Marchand, assistant director of career placement. The best way to do this, she said, is to read.

"Don't limit yourself to the newspaper. Read magazines and flyers—even cookbooks can be a source of small talk topics."

According to Marchand, you should also familiarize yourself with people hosting a networking event and the company conducting the interview, before you arrive at it.

"Small talk is a very important skill to learn as it increases success in networking," said Marchand.

Utilizing and understanding the skill of small talk is also important in social situations.

"At a party, it's hard to get someone interested in what you are saying if you are talking about something irrelevant to his or her life," said Cuadrado. "To get the conversation started, you can ask people to dance, or if they would like something to drink. You can ask your friends to introduce you to other friends, or just start up a polite conversation with someone."

McLellan agreed that small talk is necessary in facilitating a conversation at a party or other social event. "If I don't know anyone, I will introduce myself to a small group of people, and lay low until I can interject something substantial to the conversation," said McLellan.

Both Cuadrado and McLellan agreed that they are much more laid-back when with their friends and peers, and that they are less reserved because they do not need to make a first impression.

On her Web site, Debra Fine, author of "The Fine Art of Small Talk," offers several articles about making successful small talk. She applies the skills to several different situations, such as the office, holiday parties, interviews, etc. Although tailored to each situation, her tips are essentially the same: have specific subjects to talk about, and maintain proper eye contact. It's also a good idea, she says, to have a few exit lines ready so that you can both gracefully move on.

"Small talk is an art form that can be practiced and perfected. The skill is in the ability to know when to keep the conversation light and superficial, and when to explore more meaningful information and subjects," said Marchand.



Where in SHU?



The Spectrum/Jaclyn Kennedy

Is it in the Pitt Center?

Is it in Hawley Lounge?

Is it in the chapel?

Is it in the library?

Find the answer in our next issue!

Last issue's answer: The aerobics room



Flavor Flav, a reality TV star, displays his gold crown and matching grill. AP Photo

REALITY TV PROVES TO BE STUDENT'S GUILTY PLEASURE

Adrian Fitzsimon
Staff Reporter

If a bachelorette is searching for true love, she can forget attending social gatherings and placing ads on Match.com. Her best bet is to attend auditions for ABC's next season of "The Bachelor."

However, if an elegant mansion and mood lighting isn't a conducive environment for her love to blossom, there's always the delightfully tacky setting of Flavor Flav's elaborate mansion or the rock and roll scene on Brett Michael's tour bus.

The market for reality TV shows has broadened over the past years. Just about anyone can find a reality show that satisfies his or her interests. From baking on the Food Network's "Ace of Cakes" to trucking down the most dangerous roads on History Channel's "Ice Road Truckers," there's bound to be something for everyone.

But have Americans' interest in reality television gone too far?

With so many reality TV shows being aired on just about every channel basic cable has to offer, it's no wonder so many people can't avoid the world of reality television. You wouldn't even have to turn on a TV to be aware of the recent separation of Jon and Kate Gosselin, co-stars of TLC's "Jon & Kate Plus 8."

"You can't escape reality TV," said sophomore Alyssa Garza. "Everyone is so obsessed with everyone else's lives, it's become the only thing to watch and talk about."

Garza, who admits to watching a variety of reality shows herself, said she believes people enjoy drama, so the producers do everything possible to heighten those dramatic situations. The audience feels the tension between the contestants and stars of reality shows. She said that's what keeps viewers constantly coming back for more; they are always wondering what drama will unfold in the next episodes.

"It's intriguing and entertaining to see other people just like yourself doing crazy things on TV. Well, most of them are far from ordinary but it's sheer entertainment, nonetheless," said Garza.

However, not all reality TV viewers enjoy the over-exaggerated drama of most reality series.

"I can't stand the television drama. I hate shows like 'Jon & Kate Plus 8.'"

What's cool about having too many kids?" said senior Chip Clark. "At least on shows like 'Top Chef,' the contestants are trained masters at their skill and they have to do something to show off their skill. Even ['America's Next Top Model'] has some skill."

Senior Chris Caccia said he isn't fooled either by the heartache and undying love claimed to be that of the contestants. He chooses to watch the shows strictly for entertainment.

"I think they are a joke and you can't find love that way. It is all a way for 'has beens' or 'wannabes' to try to get their face on TV," said Caccia, whose personal favorite is "Rock of Love."

Reality TV isn't always revolving around dramatic conflict between characters, though. Many shows explore valuable lessons and heart-warming stories as well. ABC's "Extreme Makeover: Home Edition" provides home renovations for families in need. NBC's "The Biggest Loser" encourages overweight individuals to engage in healthy life styles.

"I don't believe these shows will have a lasting value on art or politics," said Associate Professor of Sociology and Department Chair Stephen Lilley. "Some viewers will be inspired to self-improvement or community involvement, but most will be satisfied with simply feeling good as they watch others aspire."

While most of the reality shows on television may appear to be harmless to society, the contestants and viewers are warned that what they're watching may not even be "reality."

In 2004, the Washington Post validated the belief that many reality shows are actually scripted. In the article "Reality is Only An Illusion, Writers Say," William Booth explored this truth behind reality television.

"They have scripts, called 'paper cuts,' jokes are planned for hosts; banter for judges. Plot points and narrative arcs are developed. In some cases, lines are fed directly to contestants," said Booth.

Junior Ray Sheehan said he wasn't surprised to hear about the truth behind reality TV. Sheehan chooses to avoid all reality series because of this.

"People act different in front of the camera than they normally would. It's not an accurate depiction of how people interact in real life," said Sheehan.

HE SAID/SHE SAID

Does age matter in a relationship or is it just a number?

Tom Herles

He said



Dating someone younger or older than you is only an issue in certain situations.

Think back to your high school years. In most situations, if an 18-year-old senior were to be dating a 14-year-old freshman, it was considered wrong. On the other hand, no one ever calls out the 90-year-old grave robber for being married to a 75-year-old woman.

So, public opinion isn't exactly balanced in regard to age differentials in relationships.

Personally, I don't think that age is too important, because if Benjamin Button has taught us anything it's that the haggard old guy or gal you're dating might in actuality be aging backwards and will one day turn into a suave Brad Pitt riding a motorcycle. There's no way to be sure of that, but it may be worth the risk to some of you out there.

I would rather focus my attention on someone who grew up on similar life altering events and experiences. Namely, I mean cartoons. How am I supposed to relate to someone who would prefer "Archie" to our "Transformers?" That's an extreme case, but even a few years' difference means a whole different world of pop culture.

I suppose it is possible that a couple with varying ages could work well together through similar lifestyles and interests, but if I were to have to set a criteria for determining if your boyfriend/ girlfriend is too old for you, it would depend on how you address them.

If you commonly refer to them as pops or nana (either on purpose or by accident), he or she is too old for you.

And in the other regard, if you think his or her friends are hooligans or "whippersnappers," it's probably best to just walk away.

My guidelines are pretty loose, so it's really up to you to set your own personal age limit. Because while age may only be a number, that number is associated with how long you've been alive.

A few years' difference is fine, assuming maturity is on the same level. Someone older who is a bit stunted in that department could fit perfectly with you.

But, the whole cougar phenomenon is something that baffles me. For those who don't know, "cougars" are women over 40 who prefer relationships with younger men.

I believe that this type of thing appears way more on film and television than in real life, but even so, what is our culture's interest?

My opinion on this topic constantly changes because no two relationships are the same.

Like anyone else, I am subject to influence from our society and what is generally viewed as acceptable. But I can't help thinking about how many jerks are out there that are our own age.

There's no guarantee that if you date someone equal in years to you, they will be an educated, polite lady or gentleman. There is no age boundary for being a moron.

I am not one to judge, and nobody else should, either. But if your significant other happens to be older and people criticize you for it, go with the "Benjamin Button" story.

Sam Marinko

She said



A few things can be agreed upon about age. First, no one wants to get old. Second, everyone does. And finally, age has little bearing on what kind of person you are.

You can be a jerk at 15 or 45. You can be an angel at 6 and still at 60.

Personality has no expiration. So if age really is just a number (that we are all desperately trying to stop from growing, but regardless, still just a number) then does it, or should it, really play a role in who we fall in love with?

My grandmother was nine years older than my grandfather – and I'm pretty sure when they got together back in the 40's, the cougar mentality hadn't been popularized quite yet, so there must've been some other reason it worked out for such an unlikely couple.

Maybe it's because love has no regard for age. Or maybe because women mature so much faster than men (put down your whoopee cushion and just try to argue that one, guys). Or perhaps it's because my grandma was a hot, little number at 29 when she met my 20-year-old grandfather. Each instance is as different as the individuals involved.

Personally, I don't think it's really all that important. If my soulmate happens to be a guy 10 years my senior, well, super, he'll retire a few years before me and be able to begin the search for the perfect white-picket-fence old-people home in Florida. And hey, if he's that much older, maybe we'll be on the same playing field maturity-wise, too. That'd definitely be a bonus. Actually, the most successful relationships I've been in were when I was involved with guys two and three years older than myself. Maybe that's a sign.

OK now, we can't take this concept of "age is just a number" to the extreme. I don't want anyone to get arrested for trying to date a 14-year-old, or to be accused of being a gold-digger for dating her great-grandfather's best friend, either. So I guess it's better to say that "age is just a number," but within certain legal, moral, and just plain natural boundaries.

I mean, think about it in terms of food. Some things are best consumed in their prime, like yogurt or bananas. But some things, like cheese and wine, get better with time. Some people look for a ripe, fresh attitude, but others like the comfort and consistency of perfectly-aged wisdom.

It's really hard to say exactly what ages or what people or what circumstances will or will not work.

Everyone is different. Some people would prefer being able to discuss their favorite childhood cartoons, like "Transformers."

But others might enjoy learning of their partner's old-school favorite, "Archie."

Simply stated, believe that age isn't everything, nor is it nothing. It shouldn't serve as a deterrent nor should it be an asset when it comes to finding the right person.

If they are a little old or a little young, work with it and find the beauty in your generational differences.

Hey, if Demi and Ashton can do it, whose to say you can't?

COLLEGE STUDENT DISAPPEARS AT CONCERT

Metallica pitches in to find fan who went missing at show

Jacqueline Vele
Staff Reporter

Imagine going to one of your favorite bands' concerts, expecting to get nothing more out of the night than a seeing a great show, a concert T-shirt, and a safe way home.

Virginia Tech student and Metallica fan Morgan Harrington might have enjoyed most of a Metallica concert, but somehow, she never made it home.

On Oct. 7, 20-year-old Harrington attended a Metallica concert with her friends at the John Paul Jones Arena in Charlottesville, N.C.

According to several media reports, Harrington became separated from her group of friends when she went to use the bathroom and found herself outside the concert arena. Due to concert policy, she was unable to be permitted back in.

Her parents declared their daughter missing when she didn't call or return home Sunday afternoon, as she frequently did on weekends.

"It was negligent on the part of those working the concert who didn't allow her back in," said senior Marie Douaihi.

"Police should be patrolling the area



Harrington's parents Dan (right) and Gil (center) ask the community in Charlottesville, Va. to help search for their daughter.

so that there will be less of a chance of something like this to occur," she said.

When attending a big event, many students at Sacred Heart understand that personal safety is a priority, and absolutely requires common sense.

"I believe that women especially at concerts should remain in proximity of their friends and should always have a guy friend present that will watch out for them," said Douaihi.

Others feel that people should not be fooled by the substantial security at the concert.

"I think people who attend concerts, especially high school and college students, also take for granted how safe they actually are," said senior Lauren Rodriguez. "They see security and crowds everywhere and assume nothing will happen when in fact, it could be even more dangerous."

Harrington's case has attracted na-

tional attention. According to News 8, based out of Arlington, Va., fellow students have volunteered to look for her, covering as much ground as possible. Metallica has contributed to the search by offering \$50,000 toward her parents' reward, bringing the reward to \$130,000 for anyone with information on her whereabouts.

"It was nice of the band to help. They can help raise awareness in hopes to find Harrington," said sophomore Anthony Ricco.

While the police, family, and band members make efforts to find Harrington, they are trying to stay optimistic. According to an article on People.com, Metallica guitarist Kirk Hammett would like to see her found and reunited with her family.

According to the "Find Morgan" Web site, search parties organized by the Laura Recovery Center continue to look for Harrington, along with any clues to help bring her home.

The family is touched by the immense efforts made by volunteer search parties to help find their daughter, hoping the safe return of Harrington, and extending their thanks through the Find Morgan site and in public appearances.

Athletes score on the field and in celebrities' hearts

Emma Levine
Staff Reporter

Alex Rodriguez and Kate Hudson, David and Victoria Beckham, Marilyn Monroe and Joe DiMaggio. These are just a few high-profile couples that involve both celebrities and athletes.

It seems that over the years, athletes have gained the attention and status of celebrities. Could this be why actors and celebrities gravitate towards them?

"I think that sports players are most definitely celebrities," said senior Dan Colascione. "I think they date each other because they meet at parties and award shows. They run in the same crowd."

The public has taken an interest in their favorite athletes' personal lives for some time now. Yankees third baseman Alex Rodriguez has especially gained media attention with his high-profile relationships.

First, there was Madonna with whom he had an alleged affair in 2008. According to the New York Post, the media made reports ranging from Madonna attending a Yankee game, to A-Rod spending time with Madonna instead of his wife, who, at the time, was pregnant with their daughter.

A-Rod currently is dating actress Kate Hudson, and some say she has brought good luck to the Yankees as they celebrate their 27th World Series win, but others are not so fond of the A-list blonde.

"I really don't like Kate Hudson and A-Rod," said senior Elyse Carpenter. "I think they are too public and have become really annoying."

Another highly publicized couple is David and Victoria Beckham, who have now been married for ten years. David rose to fame as a European soccer player, while Victoria gained a name for herself as Spice Girl "Posh."

Although the couple is followed by paparazzi almost 24/7, it seems that Victoria does not get the same scrutiny as other celebs when David performs poorly on the soccer field.

Pop and country superstar Jessica Simpson received a great deal of criticism during football season when she attended games to cheer on then-boyfriend Tony Romo of the Dallas Cowboys. According to People Magazine, whenever Simpson was in the stands, quarterback Romo "did poorly during the game," making fans very angry.

"If people are going to blame a team's bad luck on who they date, then that means they have nothing better to do," said senior Chris Morrow. "The last thing the team is going to do is blame their teammates, so they blame who they're dating."

Interest in celebrity couples will most likely not go out of fashion. Fans become fascinated when they can see a glimpse into their favorite player's personal life.

"Athletes are celebrities. It just

proves that sports is entertainment," said professor Damon Maulucci, professor of media studies. "Is it not part of the experience to go to Madison Square Garden [to see a Knicks Game] and see Spike Lee or Jack Nicholson? It's hard to draw the line between sports and entertainment."

GET REEL: MOVIE REVIEW OF THE WEEK

Mike Frank
Contributing Writer

Disappointing. You can stop reading this review now... but if you insist on knowing why this movie was disappointing read on.

I went into this movie with high expectations, but really who wouldn't? George Clooney, Ewan McGregor, Jeff Bridges, and Kevin Spacey star in a film about the creation and dealings of a "hippie" division of the Army. How could you go wrong? Well, they did.

From the trailer, I was expecting a dark-comedy with jokes that were drier than the gin I'm drinking right now. (Don't fret Sacred Heart, I'm 21) Something along the lines of "Kiss, Kiss Bang, Bang" or more recently "Burn After Reading," a film that Clooney was, in fact, a part of. Unfortunately, this was not the case.

While there was the occasional one-liner, the mood of the movie was, for lack of better wording, off. In most cases, I felt that the film tried to take itself more seriously than it really was. In many ways, "The Men Who Stare at Goats" was a drama posing as a comedy.

I get it, director Grant Heslov; the

war in Iraq is a problem. But you probably shouldn't try to address the matter in a movie where George Clooney has a mustache that makes him look like Freddy Mercury.

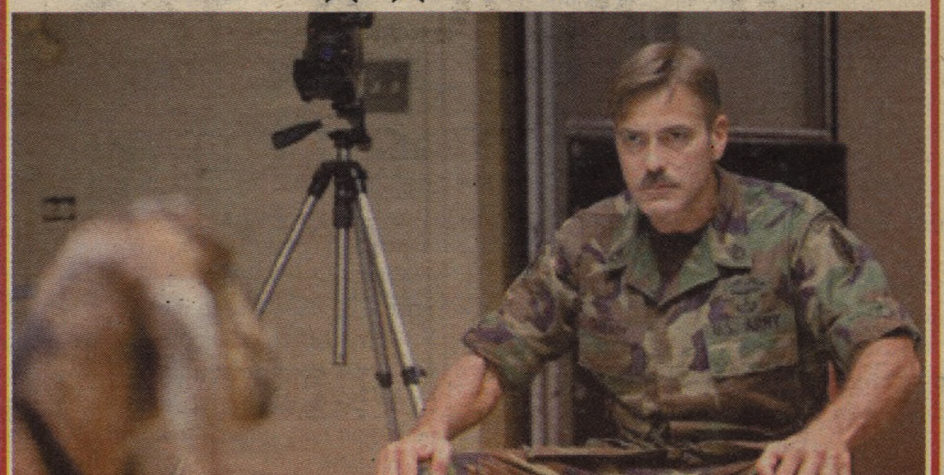
Speaking of the actors... they needed more Kevin Spacey. Granted, I'm a Spacey enthusiast, but his 'evil mastermind' character made this movie more enjoyable, even though he had a minor role. The majority of the screen time was taken by Clooney doing his 'leader on the verge of crazy' routine and McGregor doing his 'straight man' routine. It gets old quick. On the bright side, I did get to see Jeff Bridges play 'The Dude' again.

All things considered, "The Men Who Stare at Goats" was a mediocre movie for those who like dry humor films.

Unfortunately, the potential of the plot and the cast was not utilized. If you want to enjoy this movie to the fullest take my advice. Watch the trailer and try to imagine the movie that they could have made. Or run to your nearest video store and rent "In Bruges" or "Burn After Reading."

Trust me; it'll leave you more satisfied.

Get Reel gives *The Men Who Stare at Goats*:



AP Photo

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Rumored romance: A tale of two Taylors

Nicole Eastman
Staff Reporter

Now that "New Moon's" Taylor Lautner and Disney channel star Selena Gomez have split, Lautner is an available man...or is he already taken?

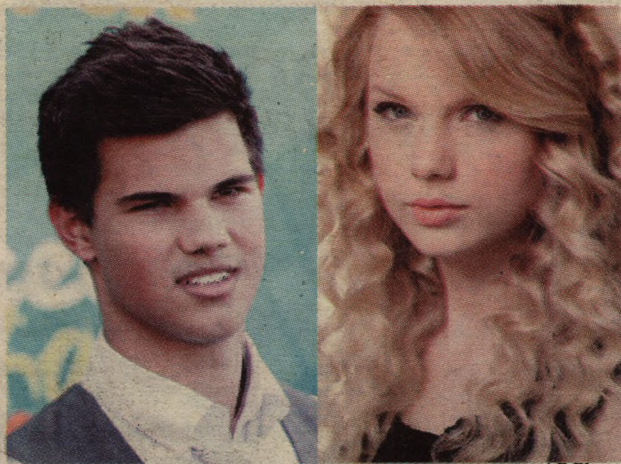
In a special collector's edition magazine on the "Twilight" saga (in which Lautner plays teenaged werewolf Jacob Black), US magazine reported that Lautner took back his high school girlfriend, Sara Hicks, rather than dating another A-list. Hicks proceeded to change her Facebook status from "it's complicated" to "in a relationship," US said.

But wait, is Lautner dating two girls at once?

Co-stars in the upcoming movie "Valentine's Day," country superstar Taylor Swift and Lautner have been spotted together on numerous occasions.

Rumor has it that Lautner is now dating Swift, and that the young Hollywood celebs met on the set of "Valentine's Day." Extra entertainment news said that the rumors started in July when they filmed a kissing scene for their new movie.

"I think it's really cliché for two of the hottest stars in Hollywood to date," said junior Matt Williams. "We see this all the time and it almost always never ends up working out."



AP Photo

According to MTV News, Lautner (left) and Swift (right) have been seen eating and hanging out off-set of their film "Valentine's Day," in theaters Feb. 2010.

The pair has not yet announced that they are together, although they have been photographed together.

"They're just trying to sell a movie," said Williams.

According to Twist magazine, the pair has earned a celebrity couple name, as they have recently been referred to as "Taytay."

Swift was also recently spotted picking up Lautner from the airport before going to a Los Angeles Kings

hockey game at the Staples Center, followed by a steak dinner and a ride in Lautner's Audi, according to an article in People magazine.

In an interview with Cody Alan from CMT radio, Swift said, "I don't know, he's an amazing guy and we're really close...and ah...yep." Swift did not directly come out and admit the two are an item, but she did not, however, deny it.

Due to Swift's national tour and Lautner's "Twilight" movies being filmed in Vancouver, the two have not officially declared they are a couple, said an article in Us Magazine.

When Swift guest starred on "The Ellen DeGeneres Show," DeGeneres made Swift blush by showing her a picture from the kissing scene in the movie she and Lautner are co-starring in. DeGeneres asked Swift if he was a good kisser. Swift's reaction appeared as though she was playing it cool.

However, during the CMT radio show, Swift confirmed that she is definitely on "Team Jake," Lautner's character in the "Twilight" series.

On Nov. 7, Swift hosted Saturday Night Live, where she mocked the rumors circulating around Hollywood. She sarcastically winked and blew a kiss to Lautner during her opening monologue.

So is it love, pure gossip, or yet another case of Twilight lust? The world will have to sit tight and wait to see.

LOCAL THEATRE: FAIRFIELD'S BEST KEPT SECRET

Mark Theroux
Staff Reporter

For those craving a steady stream of live entertainment, both local and widely known, there is an untapped source nearby.

The Fairfield Theatre Company (FTC) is a non-profit organization dedicated to "promoting live entertainment, and the open sharing of creative freedom, as cultural imperatives in the communities it serves," according to its Web site.

At the theatre you can experience concerts, stand-up comedy, plays, film screenings, lectures, and more, courtesy of the organization.

FTC books performances at two venues. The one closest to Sacred Heart University is StageOne, located at 70 Sanford

Street in Fairfield, according to the Eventful Web site. The second one is the Klein Memorial Auditorium, a 1,400-seat theatre located at 910 Fairfield Avenue in Bridgeport.

Concert fans are treated to a wide variety of both local and famous musicians from many genres, such as blues, jazz, swing, ska, and bluegrass, according to the Web site. Upcoming performances include new wave/ska band The English Beat, 90's pop rock group The Verve Pipe, and a Beatles tribute band, the Fab Faux.

"There are a lot of good shows," said senior Lacey Gilleran. "A lot of things you don't normally see."

Positive word of mouth has led to an increase in the theater's popularity among Sacred Heart students. FTC currently has

almost 600 fans on Facebook, and continues to grow.

Sophomore Rob Coloney has not yet had the time to make it to an FTC show, but intends to find time for one soon.

"I know a lot of people who give positive feedback because they keep it really fresh," said Coloney. "I definitely plan on checking them out in the future."

The FTC has become so popular that the New York Times (NYT) published an article about it earlier this year. StageOne appeals to many people due to its acoustics, "reasonable" prices, ease of access by foot, and intimacy, because, according to NYT, "no seat is more than a couple of dozen feet from the stage."

Miles Marek, producing director and one of the founders of the Fairfield Theatre

Company, told the NYT that StageOne (located in a warehouse) and the Klein Auditorium were underused venues before the formation of the organization. Now, they showcase over 150 performances a year.

The performances booked by FTC may not have the massive "star power" of acts such as The Fray and Maroon 5, but instant popularity is not the company's intention.

Liz Brombacker, a junior and an intern for the company, says that there is plenty of content to satisfy a variety of tastes at both locations.

The 250-seat StageOne location is essentially a "small, intimate, low-key environment with a lot of nice people," said Brombacker.



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Men are from Mars, women are from Venus... but they both go to the same tanning salon

Kelley Bligh
Staff Reporter

Waxing, tweezing, tanning, plucking, styling, and spending hours getting ready: sounds like part of the typical routine for beauty-conscious women across the country. Think again.

Now, it is becoming more and more common for men to partake in these grooming rituals.

"Manscaping is the motto of my town," said junior Joe Lucibello.

The made-up term "manscaping," plays off the word and meaning of "landscaping" and is defined by the improvement of a man's appearance through different grooming methods more familiar to the opposite sex.

Lucibello said that back home in East Haven, he feels surrounded by men who excessively groom themselves, although he does not partake in the rituals.

Freshman Mark Fabrizi thinks it is acceptable to manscape, but there is also a point at which it just becomes too much.

"When I get my hair cut, I'll have the barber shape my eyebrows a bit," said Fabrizi. "And I shave so I don't look too scruffy. I like to keep it clean as much as possible."

Although Fabrizi likes to keep well shaven and enjoys looking presentable, however there is a fine line between acceptable and overkill. His first thought when seeing someone who obviously manscapes is, "Guido."

"It's a little feminine," said Fabrizi.

From both the male and female perspective, often, too much grooming on a guy is thought of as too feminine and unattractive.

Freshman Tiffany Cosme said that she wouldn't judge a man who gets manicures or even pedicures. She also finds no problem with a man who has bushy eyebrows getting the occasional waxing and tweezing to clean them up.

"It's okay only to a certain extent but tanning and waxing is just too much," said Cosme.

Cosme's objection to waxing was a shared opinion of several other students.

"He can take care of himself and shave and all that, but for [a man] to wax, it's kind of scary," said freshman Towanda Pettway.

"I like men to be more natural. Men need to act more manly than womanly," she said.

Pettway and many other students on campus agree that there are just certain practices, such as waxing or tanning, that should be left to women, and women only.

"A guy should take care of himself, but not to the point that they are doing it more than girls are," said freshman Allia Lacchman.

Not only do some women think that too much manscaping is not okay, but some find it just plain unattractive.

"We want to be with someone who is masculine, not feminine," said Cosme.

Manscaping seems to have become more and more popular nonetheless.

"It's a lot more common to see than it used to be. I think it shows a sign of wanting perfection," said freshman James Gagliardi.

Freshman Stephen Percio joins Fabrizi and others in a more impartial position on the matter.

"It's really up to them," said Percio.

While many may agree, not everyone sees the issue so matter-of-factly.

Lucibello said his initial reaction would be to laugh at manscaped men not because he has an issue with their rituals, but because he feels that a deeper issue could lay beneath the primped face.

"People who are that self-conscious have to have an issue with themselves," said Lucibello. "I lose a little respect for guys I see like that."

Students seem to have their own opinions about men who manscape, and it all seems to come down to personal preference.

"If guys want to do it, then do it," said Fabrizi.



Lindsay Caiati
Staff Reporter

It's Saturday night and you're ready to hit the town.

You've tolerated the pain of waxing and tweezing. You succeeded with squeezing your feet into those sky-high stilettos.

Most of your paycheck is gone before you've even hit the club, but you don't care.

You look amazing.

The lengths that women will go for beauty has always been a mystery, but how far is too far?

"I think one way to describe it is to compare the expectations for women compared to men," said chair of the sociology department, Professor Stephen Lilley.

"The expectations are higher for women to present themselves physically and to represent themselves as attractive," he said.

The pressure to be beautiful is not the only thing women have to worry about. With trying to be beautiful comes a hefty price tag.

"My aunt owns a laser hair removal salon in Queens. It costs \$700 for full legs, and you have to go four or six times for it to fully work," said junior Kaitlyn Briffa.

Briffa, who worked with her aunt over the summer, says that while the treatments last, they are incredibly painful.

"It's like getting a rubber band flicked against your skin 800 times, that's how many it usually takes for a full leg session," she said.

While laser treatments are just one of the many things women do to look beautiful, there are many other methods they subject themselves to.

According to Women's Health magazine, waxing is the most common, followed by tweezing, and threading,

which is the use of sewing thread to remove hair on the face.

You would think the pain of these pricey procedures would make any one stray away, but in order to keep up the image the media portrays, women still keep coming back for more.

"The media is very much involved in this situation," said Lilley.

"For example, if you did an analysis of commercials and the ones that focus on presentation of appearance, of face, of clothing, I think you will find that more advertisements are for women rather than men," he said.

Not only are women being pressured to be beautiful, but there is also an unreal expectation being set for the opposite sex.

"I think there's a certain amount of exploitation where women are presented as objects to capture attention of a male viewer. In advertisements for beer and other products women are often sexualized and are attractive and so they're trying to get males to try their products and merchandise," said Lilley.

Despite the surrounding forces pushing them to strive for perfection, why women themselves find this important is still an unsolved mystery.

"I think it varies how much a particular woman buys into the importance of preparation to buy into the cosmetics and etc," said Lilley. "Some have brought this into a sense of who they are and probably would see cosmetics and fashion as a necessity, like food—it's essential to who they are."



Spectrum Illustration/Juliana Brittis

SHUCard provides more than just lunch on campus

Genevieve Julich
Staff Reporter

You wake up early Saturday morning with the goal of completing your to-do list around town. You grab a companion and set out to New Colony Diner where you fuel yourself with an egg white omelette and are now ready to face the day.

Next, you stop down the road at CVS where you stock up on shampoo, mascara, and some snacks.

You haven't gotten a haircut since the summer and are in search of a new hairdo, so you head to AC Hair on Blackrock Turnpike.

Since you're in the area, you quickly gas up your car at the Fairfield Shell and then pop into Heatwave tanning for a quick (not to mention safe) spray tan session.

Your cell rings and it's your roommates who want to meet up at Nutmeg Bowl for an afternoon game.

After a fierce bowling competition, you all decide to check out Taco Loco for a mango margarita or two.

If you add up all the food, beauty supplies, gas, haircut, tanning, bowling, and margaritas, your day of fun might break the bank at over \$250. But you were able to take part in all these activities with less

than \$20 in your bank account.

"How?" you might ask.

Sacred Heart University's SHUCard.

"I use the general account on my SHU Card, and I love it," said senior Megan Liguori.

"I love all the new places that are being added to the SHU Card merchants because it gives me more chances to use my parent's money on my card rather than use my own paychecks from working every week," she said.

Every month a new store is added to the merchant of the month list.

"Merchant of the month is chosen to highlight certain merchants that offer special deals for students. We promote these deals on campus," said the director of the student union, Mike Moylan.

Students can use their SHUCard at various places around the Bridgeport and Fairfield areas.

"I've used my card at the Merritt Canteen, CVS, Firehouse Deli, and Subway... the list goes on," said Liguori. "I avoid having to eat Flik food for every single meal, every day of the week."

Some upperclassmen believe that having a general account is an unnecessary option.

"I do not use my general account anymore because I live off campus, I now

just use my credit card," said junior Matt Vereb.

But for others who keep funds in their general account with the simple swipe of a SHUCard, spending money can sometimes be too easy for students and can create unnecessary purchases, leading to low funds.

"I love the SHUCard money [but] I have to try and manage it though," said Liguori. "I probably get money added to my card three times a semester and in large increments."

Moylan said that the SHUCard generally seems to be popular with students and the student union's deposits are going up every year.

When their money runs out, students can refill their general account throughout the year at the PHIL machine located near the ATM on campus.

"It sounds really convenient. To simply swipe the card- you don't have to worry about carrying a lot of money around," said

junior Adam Lupo.

Contrary to beliefs that the SHUCard facilitates unnecessary spending, some students use their card instead of cash, but only on necessary items.

The SHUCard's popularity amongst students can be attributed to the versatile items it can pay for.

"You can use the SHUCard for tickets to concerts on campus, and to purchase your books from the bookstore, along with other things," said Moylan.

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'Deck the halls' with extra holiday pounds

Stephanie Kanner
Staff Reporter

Ready or not, the feasting season is here.

The infamous time of temptation that starts with Halloween candy and continues with Thanksgiving stuffing, Santa's cookies, and New Year's toasts.

Even when you think it's over, there are Super Bowl chips and dips with Valentine's Day chocolate treats to follow.

The holidays are around the corner and so is the ongoing fear of weight gain.

"I think that people pack on the pounds while they're home. They don't have the luxury of having a gym right on campus which makes it harder for them to keep a certain weight," said senior Chris Rivera.

You think one little cookie won't do much damage?

Wrong. According to the Web site Fast Food Facts Online, a cookie a day for a month can add one pound onto the scale.

One might say that an easy solution for fighting holiday weight gain is just adding a little extra physical activity into your day.

But even for the athletic, the possibility of holiday weight gain is still a real problem, despite their active lifestyle.

"Even though I am a runner and I'm constantly active, I do metabolize my food much quicker than some people would," said sophomore Brigid Paddock.

"But even so, I do find myself gaining a few extra pounds while I'm at home for the holidays because I eat more there than I do while I'm at school," she said.

Portion control, a method encouraged in day-to-day eating is also suggested as a solution to holiday overeating.

"I never really find myself gaining weight during the holidays. I am just one of those people who spend a lot of time at the gym and really watch what I eat," said Rivera.

"It's not that I worry about what I eat. It's more like I portion myself correctly," he said.

It's hard to rid the weight once it's been gained but there might be a way to prevent it.

"Since most people tend to not lose weight once they gain it, it would probably be better to take a preventative approach," said Dr. Beau Greer of the exercise science de-



AP Photo

The holiday table can be a recipe for disaster with entrees filled with calories.vcv

partment.

"For example, if you know you're going to have a huge Christmas dinner, try and eat less for lunch," he said.

Since holiday weight gain can be a common fear and topic of discussion between party-goers, some feel that the truth about extra pounds can be stretched.

"Often, the amount of weight gained during the holidays is extremely over exaggerated. Adults in the U.S. typically gain only about a pound over the winter holidays," said Greer.

A study conducted by Web site WebMD found that in a study of holiday weight gain, the participants gained 1.36 pounds during the season.

Nevertheless some people still express worries about gaining the supposed weight over the holiday season.

"I honestly didn't know that the average adult only

gains one pound over the holidays," said junior Christine Gray. "Even though I know that now, I'm still going to be cautious about what I eat."

"There are so many holidays where numerous meals and sweets are pretty much everywhere," she said.

The best ways to avoid holiday weight loss can be categorized under normal weight loss methods including portion control and increasing physical activity.

"A little advice for people who are worried about their weight... I would say don't panic," said Greer.

"If you just return to your normal eating habits and either slightly reduce portion sizes or increase your physical activity levels, your weight should return to pre-holiday levels within a few weeks," he said.

HOW TO AVOID THE HOLIDAY BULGE

I. EAT A SMALL SNACK BEFORE THE PARTY THAT IS HIGH IN PROTEIN AND FIBER

II. AVOID ALCOHOL WHICH CAN ADD EXTRA CALORIES

III. DON'T SKIP MEALS TO MAKE UP FOR FEASTING

IV. WRITE DOWN WHAT YOU EAT

V. DON'T USE EXERCISE AS AN EXCUSE TO EAT DOUBLE

COURTESY OF USNEWS.COM

SHU Dining Out Guide

PIZZERIA MOLTO MOZZARELLA AND WINE BAR

Marisa Graniela
Asst. Features Editor

On a random Tuesday night, sleepy Fairfield was bare and suffering from the harsh cold climates.

The only action on the newly renovated Brick Walk on Post Road had was the crowd piling into Pizzeria Molto Mozzarella & Wine Bar.

When first arriving, you'll notice the city-like vibe emanating from the urban-chic business men and women respectively sipping on cosmos, martinis and expensive wine at the bar.

The bar, taking up most of the surface space at the restaurant, might be the best looking watering hole I've ever seen.

Look up and you'll notice a projected black and white Italian film for the whole restaurant to see— but none of those gaudy mafia types.

La Dolce Vita is played often, a classic 1960 Italian film often hailed as one of the greatest European films of the century.

Get cozy with a glass of wine on the red leather booths that are elevated from the ground to view these classic pieces of cinema.

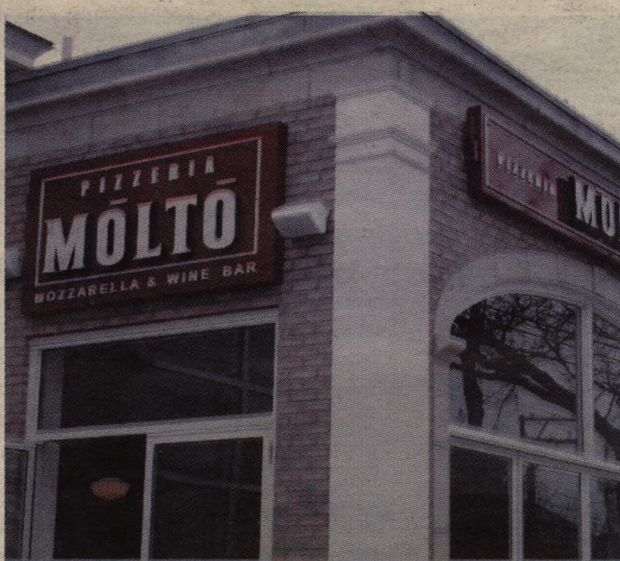
The intimate setting is topped off with an Italian menu covered with old and modern homemade comfort dishes.

Though the selection in appetizers lacked depth and excitement, it took some risk taking to have the guts to order one; moderately priced, they vary from \$7 to \$13.50.

Despite this, the salad, sandwich, and panini selection was filled with interesting choices from a salmon BLT to a Kobe bar burger, with prices ranging from \$7.50 to \$9.50.

Though Pizzeria Molto is known for their pizza, I chose a more traditional choice.

What Italian restaurant can get chicken Parmesan wrong, right?



The Spectrum/Marisa Graniela

Pizzeria Molto Mozzarella & Wine Bar located at 1215 Post Road in Fairfield.

Unfortunately, that was the worst decision of the night.

Looking past the fact that my meal came out lukewarm, I couldn't forgive the burnt chicken and breading.

The overabundance of sauce wasn't strong enough to minimize the lingering burnt taste either.

On the plus-side, the proportion was just right. From the meat size to the side of pasta, I finished the plate off feeling satisfied and ready for dessert.

My friend and dining partner made the better decision. She ordered the nine-inch thin-crust margherita pizza and enjoyed every bite.

The menu also offers a 14-inch pie for a larger occasion, or just for a hungry person.

With dessert being my favorite part of the meal, it goes without saying that I was overly excited about seeing the menu.

It was nice to see that every dessert on the menu was a flat price of \$5.

With choices ranging from cannoli, tartufo, and tiramisu, we decided on a slice of traditional Italian cheesecake.

This was the best part of the whole meal.

Regardless of the 30 minute wait, the food came out in record time. There was a very little wait for the food and my water glass was never less than half full.

This is not a place for little children and the attire is not formal but closer to comfortable casual.

I felt a little under dressed wearing a cardigan, jeans, and a pair of Sperrys. Though heels and ties aren't necessary, I would advise one to wear jeans, a dress shirt, and a nice pair of flats.

This is a perfect place to take your parents or even your friends for an inexpensive night off from Chartwells.

Happy eating!

**OVERALL:
GRADE
B+**

Scoreboard*Friday, November 6***W. Volleyball**

SHU- 1

CCSU- 3

M. Soccer

FDU- 2

SHU- 0

M. Hockey

Holy Cross- 4

SHU- 2

*Saturday, November 7***Football**

Bryant- 14

SHU- 24

W. Volleyball

SHU- 3

Bryant- 0

M. Hockey

SHU- 5

Holy Cross- 4

W. Swimming

SHU- 80

CW Post- 116

*Sunday, November 8***Wrestling**

Rutgers- 43

SHU- 0

W. Volleyball

SHU- 3

Quinnipiac- 0

On Deck*Tomorrow*

Wrestling @ Pittsburgh

12 p.m.

M. Basketball vs. Yale

5:30 p.m.

W. Basketball @ Columbia

7 p.m.

W. Hockey @ Postdam

7 p.m.

M. Hockey @ Bentley

7:05 p.m.

Saturday, November 14

Football vs. Duquesne

12 p.m.

W. Volleyball vs. SFPA

4:30 p.m.

M. Hockey @ Bentley

7:05 p.m.

W. Hockey @ Postdam

2 p.m.

Sunday, November 8

W. Volleyball vs. RMU

12 p.m.

M. Basketball vs.

Lafayette

4 p.m.



The Spectrum/Zack Lane

Sacred Heart's Corey Hassan (left) is guarded by teammate Ryan Litke (right) during a scrimmage on Nov. 10 at the William H. Pitt Center. The Pioneers will face Yale University in the opening game of the Connecticut 6 Tournament tomorrow night.

Men's basketball set to begin season

Pioneers picked to finish sixth in poll

Steve Armato
Staff Reporter

With Nov. 13 quickly approaching, the Sacred Heart University men's basketball team is preparing for another exciting season.

However, this season starts off with more buzz than usual as the team will open up against Yale University tomorrow night in the inaugural Connecticut 6 basketball tournament.

"We're really excited about it," said senior forward Corey Hassan. "It's a good idea and they have done a great job promoting it. They even have a Web site where you can follow teams in Connecticut all season. They are doing a really good job."

Along with the buzz of a new season comes the sense of optimism that newcomers will contribute to the team in the upcoming season.

"Nick Greenbacker, who redshirted last season, is going to give us some more size as well as contribute some solid minutes off the bench," said redshirt senior center Liam Potter. "Parris Massey should develop into a good defensive player."

With only two newcomers joining the team this season, the Pioneers will return many of the same key players who led them to the Northeast Conference playoffs last season.

"We return a lot of key guys like Ryan Litke, Jerrell Thompson, Mehmet Sahan and Chauncy Hardy," said Hassan. "Also Liam [Potter] is coming back after redshirting last year so he gives us six or seven more inches in the middle just like that."

Even with a very strong core of returning players, Potter and Hassan expect a breakout season from one player in particular.

"As far as players having a breakout season look for Jerrell Thompson to have a big year," said Potter. "We also have a very strong senior class."

Finishing 17-14 overall and 12-6 in the conference last season, the Pioneers were picked to finish sixth in this year's NEC pre-season poll.

"It is definitely motivation for us," said Hassan. "We probably should be higher, we have a lot of returning guys, plus guys like Liam [Potter] who redshirted last year, we are definitely better than that."

Potter felt that same way about the pre-season poll and feels that losses from graduating seniors like Joey Henley and Ryan Howard were factored into the poll.

"I think people are sleeping on us because we lost Joey [Henley] and Ryon [Howard]," said Potter. "We got picked seventh a few years ago and went to the championship game. Pre-season is just a number."

Replacing graduating seniors is normally a tough task to deal with, but the team feels extremely confident that they will replace the presence of both Henley and Howard.

"Joey [Henley] is very hard to replace; he was very skilled and very athletic," said Hassan. "But Liam [Potter] adds a lot of size and will definitely pick up a lot more rebounds and blocked shots."

"We have just as much of a chance as anyone to win the conference. We have been talking about it all year - we want a conference championship."

- Liam Potter
SHU men's basketball center

The team also believes it will have a better all-around game than they had last season because they are more athletic than in previous years.

"I am looking to contribute a lot defensively where Joey was more of a scorer," said Potter. "Mehmet [Sahan] will contribute a lot as far as scoring and Stan [Dulaire] is very athletic and should add a lot on both ends. We also have very athletic guards."

Regardless of their pre-season ranking, the Pioneers have very high expectations for this

Connecticut 6 Tournament

Sacred Heart
Quinnipiac

Yale

Hartford

Central Connecticut
Fairfield

All games will be held at the
Arena at Harbor Yard
on Nov. 13

season and won't be satisfied with anything less than a conference championship.

"Win the conference championship and go to the NCAA tournament," said Hassan when asked what he expects from this year's team. "We have talked about it since we lost last season - we expect to win the conference. The pre-season number doesn't mean much."

The Pioneers also understand that just because a team is picked first in the pre-season poll does not guarantee that team will win a conference championship.

"We have just as much of a chance as anyone to win the conference," said Potter. "We have been talking about it all year - we want a conference championship."

After playing in the Connecticut 6 Tournament tomorrow night, Sacred Heart will host Lafayette on Sunday afternoon for their home opener at the William H. Pitt Center at 4 p.m.

Soccer team ends season with loss

Dan Graziano
Staff Reporter

The Sacred Heart University men's soccer team suffered a season ending 2-0 loss on Friday, Nov. 6 to the Fairleigh Dickinson University Knights.

The loss officially ended the Pioneers' hopes of making a Northeast Conference playoff appearance for the second season in a row.

The game, which occurred during the start of homecoming weekend, also honored the senior members of the team.

Prior to the start of the game, each senior along with their families were welcomed onto the field where they received a rose and a Sacred Heart soccer plaque.

Junior Nathan Gelinas was one of more than 200 fans in attendance on the cold Friday evening under the lights at Campus Field.

"The officials had no control over the game," said Gelinas. "And unfortunately Sacred Heart wasn't playing up to their full potential."

Late in the first half, FDU senior Serge Zulu shot the ball past Pioneers' goalkeeper Alex Fait as the Knights put the first point on the board. The goal came at 28:06 in the first half.

Later in the half, senior captain Jesper Fredriksson shot the ball from 35 yards out and it hit off the crossbar and bounced away from the goal. Fredriksson led the team with three shots on the day.

Prior to the end of the half, graduate student and midfielder Norman Baer unleashed a strong header towards the net which was saved by the diving Knights goalkeeper.

The Pioneers were down but they were not out as they marched back onto the field for the second half of play.

Although they were outshot 6-5 in the first half, both the Pioneers and the Knights each had a total of four shots in the second half.

With 17 minutes left in the game, midfielder Dominic Reinhold powered a shot past Fait to give the Knights a 2-0 lead.

With time running short, the chances of a comeback were looking slim for the Pioneers.

Animosity was building in both the stands and on the field as fans began yelling at the officials and at each other.

Then, with 11 minutes left in the game, the officials rushed to the middle of the field to break up a confrontation between each team's players.

The Fairleigh Dickinson fans were full of cheers while the Pioneers left the field with their heads down as the clock ticked down to zero.

After the game, head coach Joe Barroso and the members of the team declined to comment on the game. However, many fans were disappointed with the outcome.

"It was a real shame," said junior Megan Rose. "They had a great season and I felt like they really deserved to win."

Six yellow cards were given in the game, including two for the Pioneers and four for the Knights.

Fait finished the day with two saves for the Pioneers, while freshman Brian Francolini along with Fredriksson and Baer all had one shot on goal.

The Pioneers finished the season 7-8-2 and 4-5-1 within the Northeast Conference, giving them a sixth place finish.

Stats courtesy of Sacred Heart Athletic Communications

SHU Women's Basketball Season Preview



The Spectrum/Michele Tymann

Lindsey Gibson drives to the basket during a recent practice at the Pitt Center.

Key Returners: Alisa Apo, Callan Taylor, Maggie Cosgrove, Lindsey Gibson

Key Losses: Kaitlin Sowinski, Stephanie Ryan, Khalia Cain

Key Newcomers: Kiley Evans, Amie Toner

Season Outlook: The Pioneers are the pre-season favorite to defend their 2009 NEC title. While the inside presence of Kaitlin Sowinski will be missed, Alisa Apo and Callan Taylor will provide a dominant one-two punch.

FOOTBALL PICKS UP HOMECOMING WIN

Chris Whittemore
Associate Sports Editor

It was the annual homecoming weekend at Sacred Heart University this past weekend as hundreds of alumni saw the football team defeat the Bryant University Bulldogs 24-14 at Campus Field.

The victory was Sacred Heart's second of the season and improved their record to 2-7 overall and 2-5 in the Northeast Conference.

Prior to kickoff, hundreds of current and former students, faculty members, and staff gathered in parking lots around campus to tailgate.

On the field, Sacred Heart got a big day from junior running back Marcel Archer who rushed for 109 yards.

Redshirt junior quarterback Dale Fink threw two touchdown passes in the win which snapped a three-game losing streak.

Sacred Heart kept the Bulldogs off the scoreboard in the second half thanks in large part to the defensive play from sophomore linebackers Michael Zambrano and Chris Mandas who each had 11 tackles and a sack.

Senior wide receiver Steve Tedesco set another school record by catching the 33rd touchdown of



The Spectrum/Michele Tymann

Sacred Heart's Jason Plescow lines up a PAT attempt during the Pioneers 24-14 victory over Bryant on Nov. 7 at Campus Field.

his career. The milestone ties Sacred Heart great Ed Pricolo as Tedesco has an opportunity to capture the mark outright in the Pioneers' final game of the season.

As a team, the Pioneers finished with 359 yards of total offense on the day. Fink finished 19 of 32 with 175 passing yards. Tedesco finished with six catches and a total of 76 yards.

Sacred Heart will finish up the 2009 season on Saturday, Nov. 14 to host the Duquesne University Dukes on Senior Day. Kickoff is scheduled for noon at Campus Field.

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YANKS' 27TH TITLE UNLIKE ANY OTHER

Rob Morgan
Sports Editor

For something that was scribbled down on a piece of paper, Alex Rodriguez and the New York Yankees couldn't have written a better script for their 2009 season.

On Feb. 18, Rodriguez stepped to the podium before a throng of media members assembled at the Yankees' spring training facility in Tampa, Fla. to answer questions about his self-admitted steroid use from 2001-2003.

After detailing the specifics of his steroid use and thanking his teammates for their continued support, Rodriguez uttered a sentence that at the time seemed like just another case of damage control by the much-maligned third baseman.

"I thank you and I love you and I look forward to putting this day behind us and having an amazing season," Rodriguez said to his teammates. "It will be the best season of our lives."

In early April, however, it appeared that 2009 was going to be a season to forget for the Yankees who lost Rodriguez for a month due to hip surgery and Chien-Ming Wang, a former 19-game winner, to season-ending shoulder surgery.

And that was only the beginning.

The Yankees lost their first eight meetings to division rival Boston Red Sox, prompting newly acquired first baseman Mark Teixeira to say in one postgame interview, "we just found another way to lose tonight."

There was a sense of panic mounting in the Bronx as the best team money could buy was underachieving miserably.

To say that it was not how the organization envisioned the inaugural season of their new \$1.3 billion stadium is an understatement of epic proportion.

But the team persevered and, with the help of 15 walk-off wins over the course of the regular season and a newfound obsession for a cream pie to the face, began its quest to return to the playoffs for the first time in two years.

As it turned out, 2009 was, in fact, an 'amazing season.'

In another twist of fate, it was Rodriguez who played a critical role in the Yankees' postseason success, helping the team knock off the Minnesota Twins in the American League Division Series and the Los Angeles Angels of Anaheim in the American League Championship Series.

But instead of the House that Ruth Built playing host to yet another Fall Classic, this time it was the House that George Built hosting its first World Series while the old Yankee Stadium stood in darkness and silence just across the street.

And instead of George Steinbrenner receiving the Commissioner's Trophy from Bud Selig like Yankees fans have been accustomed to seeing in recent years, it was Steinbrenner's sons, Hal and Hank, team president Randy Levine, and COO Lonnie Trost who made sure to take center stage as the FOX television cameras were rolling.

Some things will never be the same.

Morris named new NEC Commissioner

Rob Morgan
Sports Editor

After an extensive nationwide search, the Northeast Conference finally has a new commissioner.

Noreen Morris, who spent the last five years as a senior associate athletic director at Northwestern University, was named as the fourth commissioner in league history, succeeding the late Brenda Weare who passed away in June after a lengthy battle with cancer.

Sacred Heart University executive director of athletics, Don Cook, served on the search committee along with Monmouth University president, Vice Admiral Paul Gaffney, and is pleased with the decision.

"Noreen is very talented, very bright, and very articulate," said Cook. "She understands the mechanisms between conferences and institutions and will be a tremendous asset for the conference."

According to Cook, there were 50 applicants for the position which was narrowed down to a pool of 10 and then to three before a final decision was made.

"The conference is thrilled to land Noreen Morris," said Gaffney in a press release on the NEC Web site. "She was selected from a very talented field and



brings to us a wealth of conference, campus and NCAA governance experience."

Morris has an extensive background in intercollegiate athletics, including experience in academics, compliance, athletic training, and strength and conditioning, as well as undertaking various leadership positions during her 20 years in the field.

Among them include stints as Director of Legislative Services and Associate Commissioner of Conference USA.

She is a 1987 Cornell University graduate with a Bachelor's degree in Consumer Economics. She later earned her Master's degree in Sports Administration from the University of Massachusetts in 1991.

Morris will assume her duties with the NEC on Jan. 4.

M. Hockey splits with Holy Cross Crusaders

Alex Atkinson
Staff Reporter

In front of a packed house at the Milford Ice Pavilion, the Sacred Heart University Pioneers lost to the Holy Cross Crusaders, 4-2, on Friday, Nov. 6.

"I was happy the way they came out in the third period," said first-year head coach C.J. Marottolo. "But we cannot win only in 20 minutes, we need to play hard the whole game."

The first goal came at 3:37 into the first period. It was Holy Cross who led the scoring when they took advantage of a mistake in the Pioneer zone and capitalized.

Never putting their heads down, the Pioneers attempted a comeback when junior forward David Berube received a pass in front of the net and slammed one home as the Pioneers took advantage of a power play opportunity.

Sacred Heart found themselves on a two-man advantage in the second period, but could not capitalize.

Holy Cross capitalized on some Pioneer mistakes and scored two goals in the period.

The second goal came 4:10 into the second frame when Jamie Jelinek found the back of the net for the Crusaders.

The third goal of the game came 18:44 when Jay Silva found the back of the net giving the Crusaders a 3-1 lead.

Junior forward Patrick Knowlton cut the lead in the third period to within one goal when he redirected the puck off a scrap in front of the net.

While the goal temporarily gave the



Pioneers some momentum, it did not faze the Crusaders who scored their fourth and final goal with 3:36 remaining in the game.

"Friday wasn't our best performance," said Berube. "We had some struggles in the defensive zone, and they took advantage of our mistakes that night. We felt as though we had let our fans down Friday night by not taking home the [win]."

After losing Friday night, the Pioneers traveled to Holy Cross the next night for a rematch against the Crusaders.

"Saturday night we came stronger as a team, and we were on a mission to take the win that night," said Berube. "We wanted to prove to ourselves we were a stronger team than we displayed Friday night, so we played more aggressively, skated harder, and made it a point to have fewer errors that night."

After settling for a weekend split with Holy Cross, the Pioneers are looking forward to meeting the Crusaders again later this season.

But for now, their focus will be on Bentley College who they face tomorrow and Saturday night in Waltham, Mass.

BIG RED WHEELBARROW



Photo courtesy of Annie Archer

About 40 freshman student-athletes gathered in the William H. Pitt Center on Sunday evening, Nov. 8, to participate in the freshman Olympics. Sponsored by the Student-Athlete Advisory Council (SAAC), the fun and games included wheelbarrow races, four-square, an egg walk, and dodgeball. Teams were randomly chosen in order to encourage freshmen to meet and interact with athletes from other sports.

"I think if athletes know people from other teams, it helps build support throughout the whole athletic program," said senior Annie Archer, co-president of SAAC. "It promotes athletes to go to other teams' events and helps create a better environment in the gym and on the field."

--Courtney Perlee

Injuries force athletes to cope with time off

Lauren Craft
Staff Reporter

Athletes of all sports are constantly putting their bodies at risk of injury.

At Sacred Heart University, when injuries occur, the athletic training staff is always available and eager to help injured athletes on the road to recovery.

According to Sacred Heart associate head athletic trainer Leo Katsetos, the athletic training staff's role is evaluation, treatment, recognition, and rehabilitation of athletic injuries.

"[Athletic trainers] are trained to thoroughly evaluate an athlete's injury and determine the course of action that we see should be taken," said Katsetos. "Whether it may be to send for further evaluation by our team physician or begin a course of treatment that would be appropriate for that specific injury."

The athletic training staff uses different methods of therapy to rehabilitate injured athletes, depending on the specific injury.

"We treat the athlete's injuries through various types of therapeutic modalities," said Katsetos. "The athlete will be put through a rehabilitation program designed by the certified athletic trainer that can range from an array of different exercises depending on the type of injury and severity, whether it may be acute, chronic, pre or post surgical."

According to Katsetos, it is imperative that an athlete does not return to any type of workouts or competitive play before they are medically cleared to do so by a certified athletic trainer or team physician.

"Returning to play too soon can sometimes result in further injury which may result in ending the athlete's season or in some cases [require] surgery," said Katsetos. "In cases with concussions, returning to play too soon can result in

more severe life-threatening conditions."

Senior Rashod Underwood is a defensive back on the Sacred Heart football team who recently suffered a lisfranc fracture and was forced to sit out four games while recovering.

"It happened in the Central Connecticut [State University] game while I was making a tackle on a play," said Underwood. "My foot got planted in the turf and it was hard to walk because it felt like my arch collapsed."

Since his injury, it has been difficult for Underwood to watch the team play without him, but he manages to make the best of it by providing encouragement for his teammates.

"Missing the past four games has been very hard on me knowing that I cannot be there for my teammates," said Underwood. "The only thing I can do is motivate my teammates to play hard because they know I would do anything to be on the field with them."

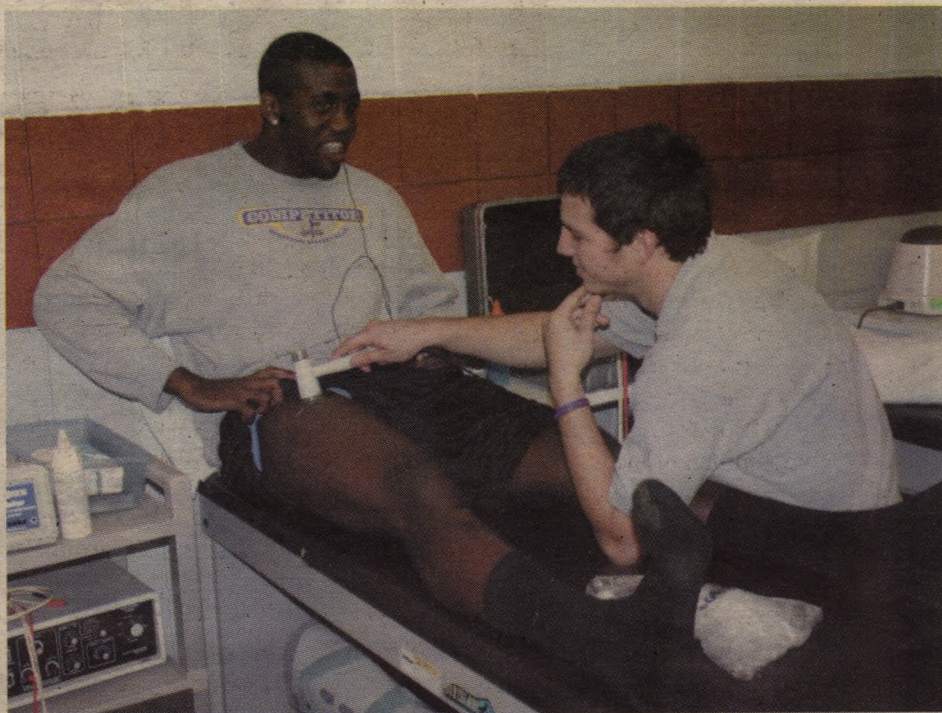
Underwood's injury has prevented him from running which has affected the shape he is in.

"The only thing I have been allowed to do is ride the bike to keep my cardio up," said Underwood. "Not being able to run for a month takes a toll on your body when you finally start running again. This week I had my first day of doing some running exercises and after a short amount of time I can tell I am way more out of shape than I was a month ago."

Despite his injury, Underwood is working hard to get back into the shape that he needs so that he can return to football before the season is over.

"Since the day I got hurt I have been rehabbing my foot every day, and progressing to get back onto the field for at least the last two games," said Underwood.

Another member of the Sacred Heart football team, defensive lineman Bill O'Brien, suffered a season-ending elbow



The Spectrum/Adrian Fitzsimons

Femi Akinpetide of the Sacred Heart men's basketball team receives treatment from junior A.J. DeRita in the athletic training room at the Pitt Center.

injury last spring which required Tommy John surgery.

"I tore ligaments in my elbow during a full contact spring ball scrimmage," said O'Brien. "I was trying to recover to maybe come back and play, but I tore muscles in my forearm while I was working out. I had to get another surgery that would put me out until next season. This season I've taken a medical redshirt."

Being out for the entire season is frustrating for O'Brien because he feels he can make a difference out on the field rather than watching from the sidelines.

"The frustration doesn't come from seeing people play while I'm on the sideline," said O'Brien. "The frustration comes from watching my team play and if they are losing, not being able to do anything about it. I'd do anything it takes in order

to win...But when I'm unable to play, the fighting spirit just lingers and builds up inside of me."

Because O'Brien is unable to perform physically, he uses his time to focus on the mental aspects of the game and to prepare himself for when he can return to the sport.

"I have one and a half more months before I can start working out again, but in the meantime, I prepare mentally for the road I must travel to becoming an impact player once again," said O'Brien.

Although he can't play, O'Brien understands that he is still a part of the team and hopes that his teammates will notice this.

"I still attend every practice and every game I can," said O'Brien. "I want the players to know that I still hurt when we lose and celebrate when we win."

PHOTO OF THE WEEK



The Spectrum/Michele Tymann

Sacred Heart's Jesper Fredriksson (#6) kicks off during the Pioneers' 24-14 win over Bryant University at Campus Field on Nov. 7.

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**Basketball
teams set to
begin seasons
tomorrow**

**COUNTDOWN
TO
TIP-OFF**

Sacred Heart's Steve Zazuri (#10) attempts a lay-up during a recent practice at the Pitt Center.

The Spectrum/Zack Lane