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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM



The Spectrum/Zack Lane

Maroon 5 rocks out at the William H. Pitt Center on Nov. 12.

'NOTHING LASTS FOREVER' *Maroon 5 college tour schools university*

Alyssa Scott
News Editor

When the lights faded at the Pitt Center at Sacred Heart University on Thursday night, a crowd of fans erupted into a roar of cheers awaiting their entrance. Satiating the audience's anticipation, Maroon 5 played their opening number "Harder to Breathe."

"They were great. The energy of the concert was crazy," said junior Kristin Wood.

According to Amy Ricci, 3,000 tickets were sold to both the general admission and Sacred Heart students.

"The majority of those in attendance at the concert were college-aged students, as Maroon 5 was doing their college tour and we marketed to various colleges in the area," said Ricci.

However, many families attended the concert with younger children. While many students crowded the floor close to the stage, some families gathered on the back bleachers.

The band played several of their hits such as "She Will Be Loved," "Sunday Morning," "This Love," "Won't Go Home Without You," and "If I Never See Your Face Again."

Along with their own material, the band performed a few covers including a rendition of Alicia Keys' "If

I Ain't Got You."

"It surprised me to hear them sing songs other than their own. It was a nice mix of music," said junior Kayla Jerome.

Before Maroon 5 took the stage Fitz and the Tantrums performed for the crowd.

According to Michael Fitz, the lead singer of the group, Adam Levine, frontman for Maroon 5, first heard their music while getting a tattoo and decided the band would be their opening act.

"It's pretty amazing you know we are just a young band starting out," said Fitz.

Touring the East Coast with Maroon 5, Fitz has become acquainted with the band members themselves.

"They are all such awesome guys who are super nice, super supportive, and so talented. I always knew so many of their songs and hearing them night after night made me realize they have so many great songs," said Fitz.

The crowd showed a great deal of energy for the opening band as well.

"I had never heard of them before, but I really liked how they sounded."

As a part of this concert tour, Maroon 5 offered various opportunities to win tickets and prizes.

According to Maroon 5's Web site, Adam Levine is using his per-

sonal Twitter account throughout the tour to give fans unique ways to win tickets.

At Sacred Heart, select ticket holders were able to meet the band after the show. Antonia Patano, a junior met them with a few of her friends.

"When I found out I was going to meet Maroon 5, I was extremely excited because they have been one of my favorite bands since they became popular."

Patano remarked on their amiability.

"They were very outgoing and modest yet accepting when asked to sign autographs. They even took pictures with us," said Patano.

To Patano, this was a once in a lifetime opportunity.

"It was a really cool experience and not at all disappointing. Sometimes when you meet famous people they are rude and stuck up. Maroon 5 was so nice," said Patano.

After their performance at Sacred Heart, the band will continue to travel the East Coast with Fitz and the Tantrums.

"I'm glad they decided to invite Maroon 5 to perform here. I have been a fan of their music for a long time, and I finally got to hear them live," said Jerome.

Mycoskie: A walk in someone elses shoes

Gina Cerniglia
Asst. News Editor

Who doesn't love combining fashion with a good cause?

Blake Mycoskie, founder and chief shoe giver of TOMS Shoes wanted to do just this.

On Tuesday, Nov. 17, he spoke at Sacred Heart University explaining how he started his business and inspired students to become successful.

Mycoskie got the idea while traveling in Argentina three years ago when he met children who didn't have shoes. He didn't want to start a charity, but wanted to create a sustainable way to give them shoes. He decided to start a business where every time they'd sell a pair, they'd give another away to a child in need.

More than 150,000 shoes have been donated since May 2006 to children in need. He started out small, with only 250 pairs of shoes. After spending another month in Argentina, he went back to the United States so he could begin to sell them in stores.

He explained that at first he did not get much of a response, but he refused to give up. American Rag clothing company bought their shoes, and before Mycoskie knew it, TOMS Shoes began to gain popularity. In Oct. 2006, the company was featured in Vogue magazine, and his shoes were being worn by stars such as Scarlett Johansson, Keira Knightley, and the Hanson brothers.

Before long, TOMS began to provide shoes to children in Ethiopia, South Africa, Argentina, Haiti, Guatemala, and other countries. They also provide to places in the United States, such as Mississippi and New Orleans, mainly where natural disaster has occurred. His company provides shoes for two main reasons: to help children go to school, and to prevent diseases.

One may wonder, if his name is Blake, why is it called TOMS Shoes?

Mycoskie wanted the name to be "Shoes for Tomorrow," but the name could not fit on the little tag on the shoe. Therefore, he shortened it to "TOMS," for a "better tomorrow."

During the lecture, Mycoskie provided advice to college students aspiring to be entrepreneurs.

"Sometimes people have this idea that they want to be an entrepreneur and they think of a business plan, but that's not a good way to start a business I don't

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Founder of TOMS Shoes speaks to Sacred Heart community

...CONTINUED from page 1.

think," said Mycoskie.

He thinks that passion is key.

"I think the best way is follow your passion or follow a need that needs to be filled and then let you naturally become an entrepreneur instead of forcing it."

When asked if anyone has inspired him, he quickly responded, "my parents."

"They are the most compassionate people I've ever met," said Mycoskie.

He said that he saw that growing up. His parents' kindness towards others really affected him and sparked desire to give, he explained. He also met a lot of successful entrepreneurs and saw that they really used their resources and wealth to give back to the community, which inspired him as well.

Mycoskie said that his staff created a big impact on his company.

"We have the most amazing staff in the world," said Mycoskie. "They're there

because they want to be part of something they're proud of."

He encourages students to get involved with his dream. He has a paid internship program in LA. Interested students can apply on the TOMS Shoes Web site.

"One day I hope he can expand his offices to the East coast so I can get involved," said sophomore Caroline Campo.

Students asked if he will ever expand his company's sales beyond shoes. Mycoskie said that at some point they will, but for the next year or two they will mostly be focusing on making shoes for those in need.

"I think it is great that there are people out there like Blake that can create viable business plans that enhance both our current corporate communities and the lives of underprivileged children across the globe," said junior Matthew Choiniere.



The Spectrum/Zack Lane

Blake Mycoskie meets for an exclusive interview with the Spectrum backstage before his lecture in the Edgerton Center for the Arts.

Junior Allegra DeVita to star in opera 'Alcina'

Brittany Calvanese
Staff Reporter

Imagine standing before a crowd of people ready to belt out beautiful melodies in an opera. Seemingly unfathomable to most college students, this opportunity presented itself to neuroscience major Allegra DeVita.

"One of the women in the chorus read my resume and saw that I had performed the role of Ruggiero in 'Alcina' last year. She told me that she was directing the opera in New Haven and asked if I would like to join the cast," DeVita said.

The opera will be put on by Hillhouse Opera Company, performed at Pratt Hall in New Haven.

However, this opera is not DeVita's debut. She has been involved in music for most of her life starting at a very early age.

"I started formal singing lessons at

age eight. From that point on, I did two-three musicals every year both community theater and in school plays, until I was 15," said DeVita.

Since operas are not as common as any other type of performance, especially for people in their twenties, it is especially unique that DeVita is involved in Alcina.

"When I was 15, I got accepted into a program called the Ensign-Darling Vocal Fellowship. This program paid for my theory lessons, voice lessons, and vocal coachings for three years. This program, however, was centered mostly on operatic music, so I began studying opera, and never stopped," said DeVita.

As a music minor, DeVita has been focusing some of her studies on music but also finds time to take her musical abilities to extracurricular activities.

"Because she is so active in the program, is the cantor at Mass and was the

winner of SHU Idol last year, she has a very visible presence in the music program, so many people know her," said Professor John Michniewicz, the head of the music department.

With DeVita's aspirations to become a full time opera singer and musician, it seems that she would have fulfilled music as her major.

"I wanted to spend that time getting a degree in something that interests me [neuroscience]. It is sort of like a fall-back plan if the whole opera career doesn't work out," she said.

However, even if she had decided differently, Sacred Heart only offers music as a minor.

"Currently, we have a very active music minor program, but there are no plans to develop a music major. We do want to offer a variety of courses and performing groups on campus that can engage our students,

from interesting classes to our choirs to various instrumental and band ensembles," said Michniewicz.

DeVita hopes for a promising future in music as she has already gained ample experience and publicity amongst directors.

It appears that many people believe in her, including Michniewicz, and that she will be a star of the opera world one day.

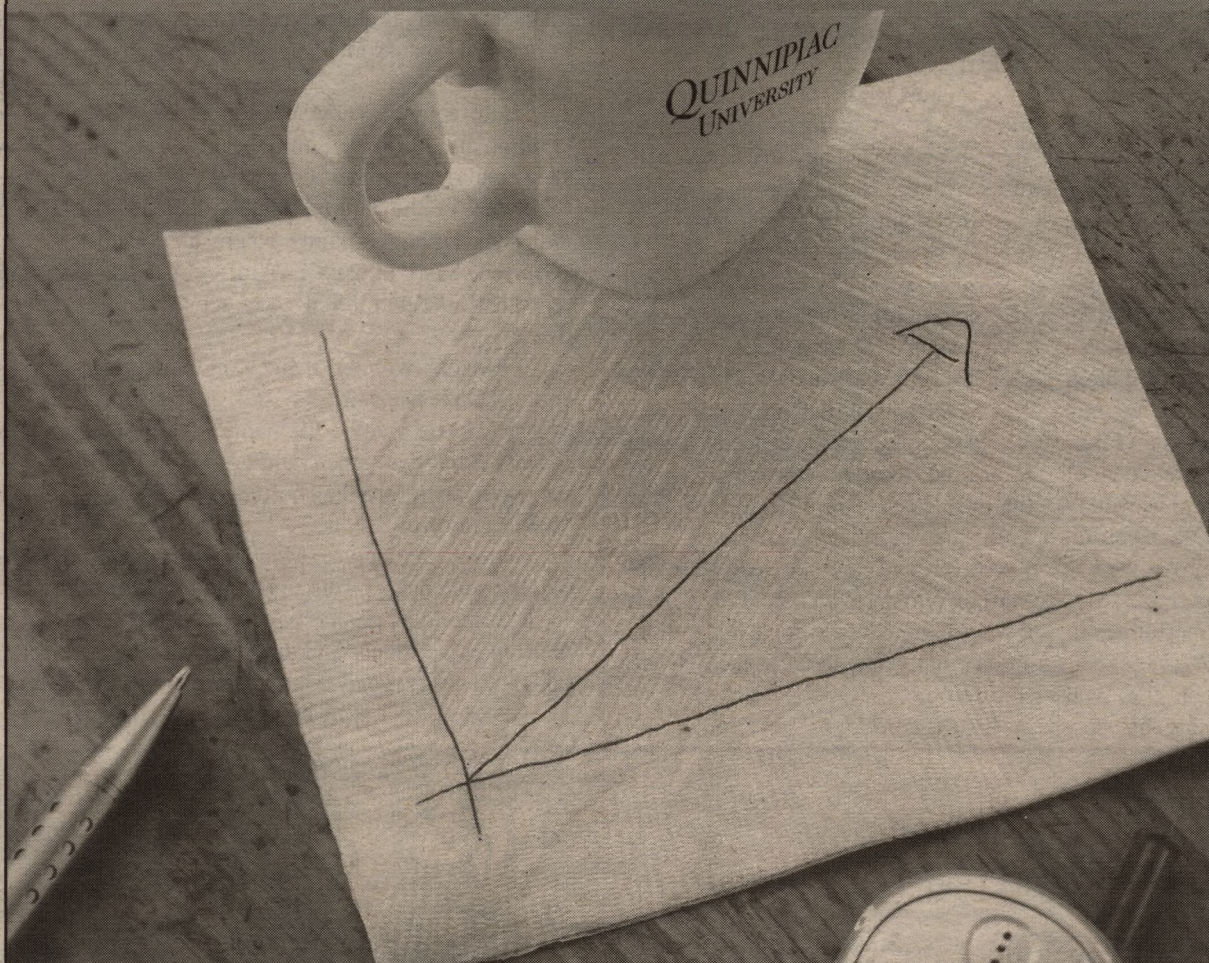
"Allegra sang an aria from that opera in class as part of her presentation, and everyone in the class was blown away. Students in the class keep asking,

"When is Allegra going to sing again?"

One student came to me afterward and said, "She's going to be famous, isn't she?" All I could answer was, "Yes, I really think so."

This article was contributed to by
Alyssa Scott, News Editor.

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HOPES FOR PARKING GARAGE DIMINISHED

Students find parking situation at university to be frustrating

Kaitlin O'Reilly
Contributing Writer

The ticket has been drawn.

Senior Matthew Napolitano is the winner of the annual Public Safety parking space raffle. Lucky for him, he will be the only student this year who is truly guaranteed a place to park in Sacred Heart University's parking lots, or in other words, battle zones.

"Finding a spot is difficult. I usually end up parking at the Pitt and I usually have to do a few laps with my car to try to find a spot," said senior Corey Hassan.

The raffle, whose proceeds went to the Special Olympics, ensured the lucky winner "a prime parking spot on campus" reserved specifically for him or her.

Although a significant number of students purchase parking decals at the beginning of the school year, the number of students illegally parking make it difficult for those with stickers to rightfully claim a spot.

"It's a huge pain to find parking in the lots and results in me being late for practice and classes at times," said Hassan.

It's not just a problem for students. It is just as difficult for faculty and staff to find spots as well.

Instead of being able to park in the faculty parking lot, the majority of the faculty and staff must venture into the north lot to seek out an available location.

However, it is not too large of an inconvenience.

"I just find a spot in North Lot. But it is not much of a difference. We are not a campus the size of the University of Connecticut. It's not really a far walk," said Wielk.

"I am not always able to find a spot

close to the building in the faculty lot, but I can usually find somewhere to park in North Lot," said club sports graduate assistant Michael Tarantino.

Students with commuter decals suffer from the same problem as faculty who cannot find parking space in their designated lot: students who purchase stickers for the area can never park there.

"I bought a commuter sticker this year, since I moved off campus, and as far as I am concerned it was a waste of money. I never get to park in the commuter lot, but I find spots with relative ease in North Lot," said junior Nicole Nagler.

While many people accumulate multiple fines throughout the semesters for illegally parking, to some, the threat of being fined does not outweigh the consequences of being late for class or having to walk a few more steps.

"I think it's just an issue of there not being enough parking. I think that the reason so many students park illegally is because sometimes they may just have to run into the building to quickly hand something in, but don't want to park a mile away to have to do it," said Hassan.

Numerous tickets are issued by Public Safety daily and towing will soon be implemented to punish unregistered vehicles that have accumulated outstanding balances.

Although Public Safety does not directly act on the implementation of parking, they still seek opportunities to help where they can.

"The department of public safety is always looking for solutions to combat the parking congestion," said public safety manager Addie Dennis.

However, the parking situation has begun to cause critical issues.

"We are running into a problem where students don't register their vehicles. They park illegally and are now running up excessive numbers. I think what is going to be happening is those cars will be towed. If they haven't started, they will," said Wielk.

Wielk said that some students with unregistered vehicles have accumulated more than \$1000 dollars in parking tickets.

Due to the fact that administrators have no way of knowing who owns the cars in order to contact them, they must begin towing.

"People think that they are getting away with the fact that they haven't registered their car," said Wielk.

Even without people illegally parking, the lots would still be packed. The amount of students has greatly increased and parking was not established to accommodate the growth.

Rumors have circulated about the creation of a parking garage. According to Wielk, it is in consideration for the future, but it's not something that will break ground anytime soon.

"In our long term plans, we have always identified the possibility of a parking garage. The problem with the parking garage is that it is not the most cost effective building to build. We are trying to raise money for some of our future buildings and it's not the kind of building that someone will give money towards to put their name on," said Wielk.

If a parking garage were to be built, would it change the overall appearance of the Sacred Heart campus?

"A parking garage would definitely help. Although cosmetically it would look very unappealing," said Tarantino.

In lieu of the high expense, it may be a few years before the university can even consider building a garage.

"If it is to happen, it will probably be tied in with another project, but it's not something that will be done soon," said Wielk.

As for now, discussion has risen about creating alternative outlets for students to get to campus. Administration is currently looking into enhancing the shuttle routes to better accommodate the Sacred Heart community so that more people can avoid the hassle of parking altogether.

"I think our bigger issue moving forward is how we deal with the off campus housing sites and allowing those students to bring their cars to campus. Or, if we can, do something to maybe improve our shuttle system and make it more feasible for students who live in buildings such as Park Ridge to leave their cars at their dorm," said Wielk.

Many students seem to state that they avoid the shuttles because taking them can be incredibly time consuming.

"You have to get there sometimes as much as 45 minutes before a class and either stay 45 minutes to an hour later or rush to get to the shuttle. With all that time just waiting around, it can be frustrating," said Nagler.

Adjusting the shuttle service to better accommodate the parking area would still be costly, however, and may not even be successful if students still choose to have their cars.

"Personally, I think it's more convenient to have a car to take to and from school because you don't have to wait for a shuttle. If you have your car, you can come and go as you please," said Hassan.

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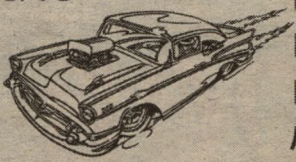
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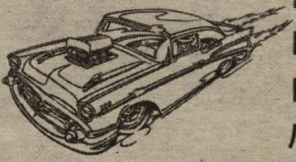
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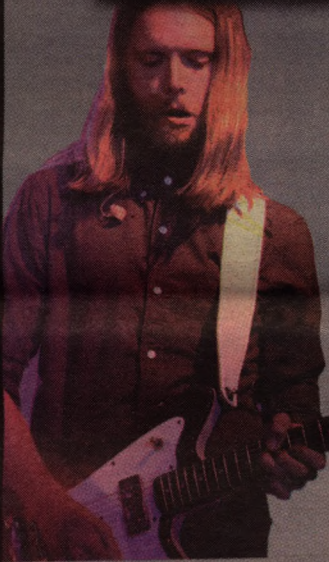


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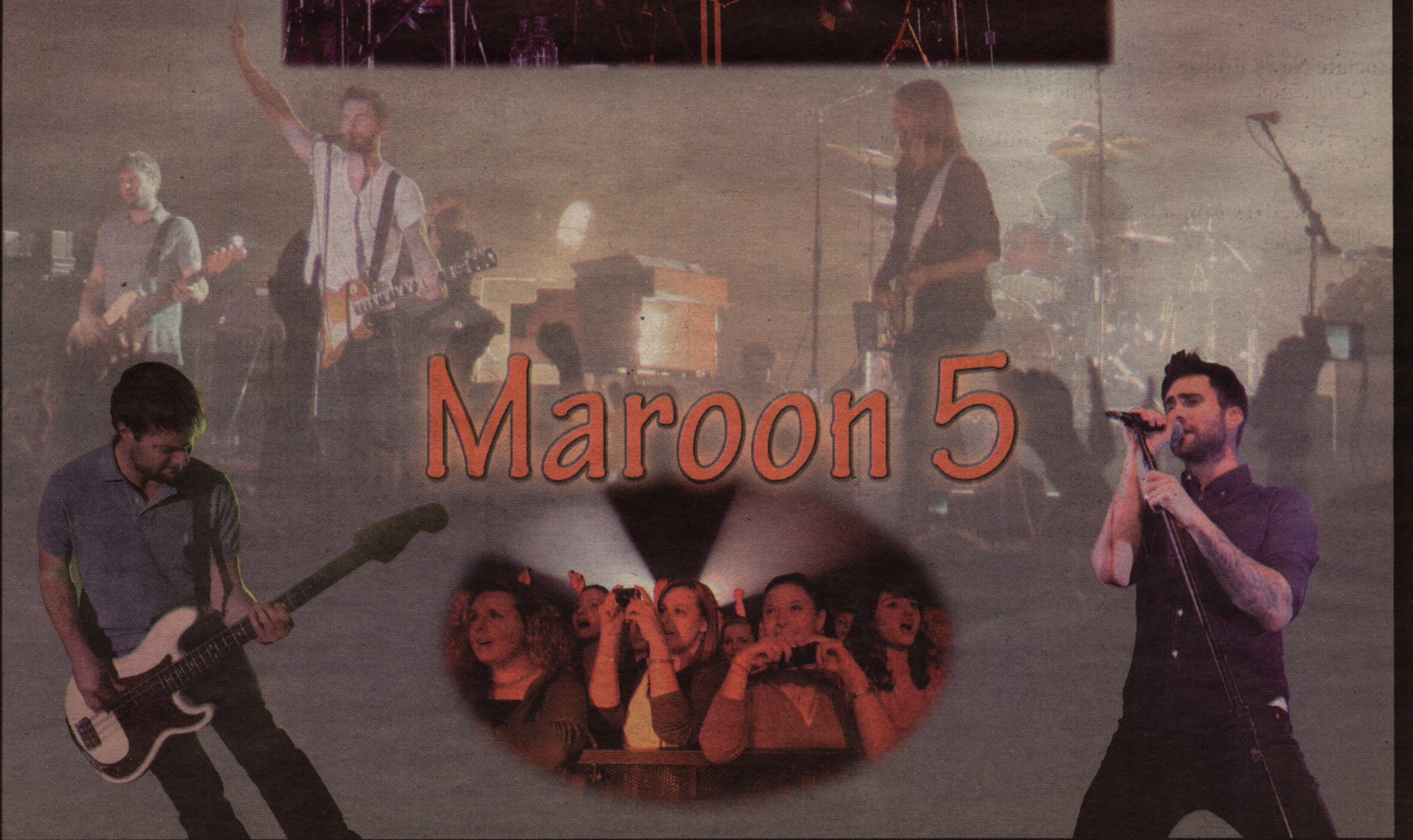
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So you think you can't dance?

Carli-Rae Panny
Editor-in-Chief



Over the past week and a half I've never seen so many stressed out and exhausted people in my entire life. The following editorial has nothing to do with anything in particular. I'm just using this column as a way to clear my head.

Forgive me for writing in this insane manner but I'm hoping to get some clarity from writing this column. If you don't give two you-know-whats don't bother reading any further.

I think everyone has either lost their minds or completely checked out. With the onslaught of classes, e-mails, jobs, GRE preps, nagging bosses, whining friends, and concerned family members, there couldn't be any more on my plate right now.

Maybe you're feeling this too? Then again, I feel like I might be the only crazy person out there.

As of right now I think everyone I know would benefit greatly from a long spa getaway and a nice slap across the face. Although I never promote drinking, something to take the edge off would be fantastic right about now.

My suggestion to you? Find the one thing in this world that clears your mind and makes you happy – even if only for a

few minutes. Do this once a day and you will surely be fine; at least that's what I keep telling myself.

For me, it's all about dancing. I don't care if you're a girl or a guy, a wallflower or a dancing queen – just dance ('Gonna be ok.' Disclaimer: Lady Ga-Ga scares me but don't lie, if you were in your car with the windows down you'd be singing and bopping too).

A little dose of humility and musical therapy goes a long way. Not to mention, making a fool of yourself is always highly entertaining and will make your friends feel better, if not you too. Seriously, don't take yourself so seriously.

Sing and dance. Do whatever you have to do to get your mind in a different place. Once you've distracted yourself for long enough it's somehow easier to believe that everything's going to work out.

Stop, breathe, and make a list of to-dos (listed by importance). Although some of my OCD friends disagree, you might feel better crossing out each task with a strong hand and a black permanent marker. That, to me, feels like success.

Overall, good luck surviving everyone! Remember that you're not alone and if you ever feel like being bold, feel free to stop me in the hall and bust out your favorite move.

P.S. Show off your jazz hands, they just might make my day.

The GRE's: ruining lives, wasting time

Kate Poole
Managing Editor



I'm with Carli-Rae in the fact that life as a college student can at times become hectic. Everywhere I turn I have a boss, friend, advisor, staff member, etc. asking me for something. I guess it's my own fault that I never say no.

In my quest for becoming the most successful person ever, I've decided to apply to graduate schools next year in order to further my education. This process however requires that I take the Graduate Record Examination (GRE). I'm actually registered to take the exam this coming Monday.

Let me just say this: the GRE's, like the SAT's, are a crock. In my GRE study book there is a paragraph talking about how the test can help determine a person's ability to succeed in graduate school. I think not.

In the maybe ten minutes I've had to look at my study materials, I've learned that I should be memorizing about 800 vocabulary words, re-learning high school math, and just succumbing to the ways of standardized testing.

Let me ask you this; is knowing the definition of mercurial, umbrage, or curmudgeon going to make me a more successful person? It is going to make me a more personable employee, more determined, or less of a failure? Maybe some of the admissions

offices of these schools might think so, but I strongly disagree.

Besides being a full-time student, I run a magazine, manage a newspaper, freelance write, work for GE 18 hours a week, and somehow manage to maintain relationships with my friends, boyfriend, family, and also try to take care of my health. I've worked my butt off for the past four years to become as well rounded of a student and person as I can.

If you ask me, being established and successful in the things I do is much more important than standardized testing. To take say, 10-20 hours per week for a few months to study for this test, just to learn things that I'll dismiss from my mind soon after, is ridiculous. I could spend that time in a much more effective and productive way by putting it into the activities that will help me progress in my career.

I've come to realize in the past week that putting in a lot of time to study is just not going to happen. I hardly have time to sleep, so I don't really know where the hours and hours of time is going to come from to help me succeed on Monday.

My thought is this, I'll study the best I can this weekend, and go in with the knowledge that I have. If I do well, great, If not, ok. If that number is going to determine whether or not these schools accept me, and not take into full consideration the amount of time I've put into preparing myself for what I want to do, well, then maybe those schools just aren't the place for me.

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Correction: The article that appeared in the Nov. 12 issue of the Spectrum. According to the article, the shooting at Fort Hood resulted in 11 deaths, however, the number was actually 13.

EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Zack Lane
Photography Editor

I was walking on Madison Ave in Bridgeport last week near the park and I noticed the entrance. I saw this fence with the brick at the end and thought it would make a great picture. What I like most is how it looks like the fence never ends.

I like how the sun is shining through the fence, creating a shadow on the ground and almost a reflective image of it.

Sometimes students associate Bridgeport with negative stereotypes so I thought that this was a great shot to show students a nicer side of it. I'd highly recommend taking a walk around this area with some friends on a nice afternoon before the snow flies.

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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No meat, but wheat? Hardships of a vegan *Eating a diet free of meat may make it difficult to dine out*

Danielle Buzzanca
Staff Reporter

Have you ever experienced the hardship of sitting at a restaurant scanning the menu for everything and anything that does not include the word "meat?"

For many vegetarians, this is something they come up against daily.

"All of my friends make fun of me when we go out to dinner because they say that I am always 'reworking' the menu," said senior Erica Marathas.

"I have been a vegetarian my entire life—my mom and my sister are vegetarians too," she said.

But it has been found that many Americans today are shying away from what some think of as "America's Food" and saying hello to the veggies that their parents at one time pried down their throats.

About 10 million Americans today consider themselves to be practicing vegetarians, according to a TIME poll of 10,000 adults.

In addition to these 10 million full-fledged vegetarians, about 20 million have 'flirted' with vegetarianism sometime in their lives.

But what exactly is a vegetarian?

According to the American Heart Association "some people follow a 'vegetarian' diet, but there's no single vegetarian eating pattern.

"The vegan or total vegetarian diet includes only foods from plants: fruits, vegetables, legumes, grains, seeds and nuts."

Some may question the nutritional value of this limited diet.

"The biggest thing people will ask me is how I am healthy if I am not eating any protein. I think that people often times forget that you can get protein from other things besides meat," said Marathas.

But really, how much protein do humans need?

It is recommended that people take in 0.8 grams of protein for every kilogram that they weigh, according to the vegetarian resource group.

What many people don't know is that there is a great deal of protein in vegetables, beans, grains, and other vegetarian foods.

In a report by Health.com, it was documented that vegetarians may actually be healthier individuals and live



PETA protesters wear bikinis made of lettuce to promote veganism.

AP Photo

longer due to their eating habits.

Further, the Web site said, vegetarians are shown as having a lower risk of developing cancer as well as heart disease, and high blood pressure.

It went on to say that "if you're not a vegetarian, you have 25 to 50 percent higher chances of getting cancer as opposed to a vegetarian.

"This 25 to 50 percent vegetarian statistics is even after you have controlled your smoking, body mass index, and socioeconomic factors."

Senior Derek Winsick agrees that the vegetarian lifestyle is a healthy choice.

"I have to say that I have two friends who are vegetarians, and one of them is considering going vegan, they are both physically fit, and seem to get sick less, I think it has a little bit to do with their eating habits," said Winsick.

Despite its health benefits, vegetarianism is overlooked at some restaurants.

"I think that, being vegetarian for the past 21 years, I have become accustomed to eating the same thing a lot of the time. When I go to restaurants I already have a vague idea of what I am going to be ordering," said Marathas.

It is much more common to come across vegetarians these days than it was 20 years ago.

Restaurants and school cafeterias are becoming more sensitive to this and offering vegetarian options on their menus.

Chartwells, Sacred Heart University's food provider states, "We have the resources to develop menus that will appeal to all backgrounds. We meet vegan, vegetarian, and kosher style standards. A vegetarian entree is available at each meal."

Even at places that don't necessarily cater to vegetarians, Marathas finds ways to do it.

"When I go to McDonalds I ask them for the Big Mac minus the beef!" said Marathas.

ShuVoices

Nicole Eastman
Staff Photographer

What are you thankful for?



Casey Waser
Freshman

"Great friends and an amazing family."



Dom DiMaria
Sophomore

"SHU Theatre Arts Program & Theaterfest."



Tom Tilton
Junior

"Mom's home-cooking."



Emily Kehoe
Senior

"The memories made at SHU."

The price of high tuition

Adrian Fitzsimon
Staff Reporter

Paying off four years of loans isn't exactly an ideal way to enjoy the life after college. But with the high prices of tuition, most graduates don't really have a choice.

After the price of classes, room and board, a meal plan, and any other required fees for the field of study, one year of tuition is more than most college graduates will be making after one year at their new jobs.

Because the price of a private school education can be so high, Sacred Heart offers many ways to alleviate the cost of tuition. According to the Sacred Heart Web site, the university offers awards to eligible full-time undergraduates based on their financial assistance application. These awards may consist of need-based grants, merit scholarships, employment opportunities, and/or student loan programs.

Junior Megan Ford is one of the many students at Sacred Heart who is taking advantage of the financial aid offered through the school. However, even though the financial aid helps, Ford said it still isn't enough.

Ford has taken on the responsibility of paying for her own tuition. In addition to being a full time student, Ford also works four jobs totaling 50 hours each week.

Three of these jobs are offered through the university. Ford is an assistant in the

Institutional Advancement office, a chemistry assistant through work-study and a resident assistant at Taft.

Even though Ford spends so many hours working, she said it is worth the benefits. "I enjoy the work for the most part... it helps offset some of the money expenses of going to school. It's also helped me with meeting a lot of new SHU students that I would never have meant otherwise," said Ford.

Senior Mike Thompson is covering the cost of tuition through loans offered outside of the university. He said he plans to pay off the loans after he graduates, making small payments at a time.

In the midst of a recession, paying for a college education may be one of the biggest financial challenges. Even though college tuition is so expensive, many people still value a college education enough to be willing to take on the burden of paying off loans.

According to the Census Bureau of Labor Statistics, the unemployment rate for October went up 0.4 percent reaching a high of 10.2%.

Thompson fears the competitiveness of the job market will prevent him from being able to start paying off his loans.

"Tuition is pretty high and especially since the economy is so awful, it's going to be hard for graduates to find work. It's going to be even harder to pay off these loans," said Thompson.



The Spectrum/Jacque Vele

The Ryan-Matura library on campus, another location where students may not know the history of its name.

RYAN-MATURA WHO?

The men and women behind SHU buildings

Adrian Fitzsimon
Staff Reporter

Ryan-Matura, William H. Pitt, Augustine and Avila.

Sound familiar? Probably.

These are just a few of the names of the buildings around campus.

But even though students hear these names and can recognize them as the buildings on campus, many don't know what these names mean or why buildings are named after them.

"I know that my building is named after a martyr because my mom told me," said sophomore Erin Murtagh, a resident of Romero Hall of Christian Witness Commons.

Like most students, Murtagh said she never really thought about what the names meant.

And after contemplating the names, she realized she really doesn't know who the buildings were named after.

Other than the collections of dormitory halls and the academic building, there are only four other buildings named after individuals on the main campus: Curtis Hall, William H. Pitt Health and Recreation Center, Ryan-Matura Library, and Lieberman Hall.

"It's not uncommon in a lot of colleges and universities that when someone has made an outstanding contribution of time, talent and wealth that an institution will recognize them for their services and for their commitment," said Dr. Anthony J. Cernera, president of Sacred Heart University.

Curtis Hall houses offices for undergraduate and graduate admissions, student financial assistance, career development, web content management, and the Center for Irish Cultural Studies.

The building is named after Bishop Walter W. Curtis, who was the head of the Roman Catholic Diocese of Bridgeport.

What many don't know is that Bishop Curtis founded Sacred Heart University in 1963, when the university was still a commuter college.

Next to Curtis Hall is the William H. Pitt Health and Recreation Center.

William H. Pitt was a successful realtor in Fairfield county and friend of Cernera, as

well as a major benefactor to the university.

The William H. Pitt Foundation continues to support students of the university. Every year 20 students are recipients of the William H. Pitt scholarship.

Another financial contributor to the university is Robert J. Matura, who is a university trustee.

In recognition of Matura's service as a volunteer chancellor from 1986 to 1988 and to show appreciation for his monetary gift, the library is named in his honor.

Another name that some students may be unfamiliar with is Lieberman Hall—better known to students as the administration building.

This building was named after David and Louella Lieberman who have served as major benefactors to the university.

The Liebermans were supporters of Sacred Hearts Center for Christian-Jewish Understanding (CCJU).

Mrs. Lieberman now serves as the Center's Board of Directors and is a University Regent.

Mr. Lieberman, who passed away in 1997, was a charter member of the CCJU board as well.

The dormitories, on the other hand, were named after individuals for different reasons. In 2004, Cernera announced the renaming of the dormitory buildings.

"We decided that since the buildings had been haphazardly named that we would take the opportunity to name the buildings after the Catholic tradition," said Cernera.

According to Cernera, a committee of about 10 people solicited potential names of individuals who represented the Catholic tradition and before they knew they had more names than buildings to chose from.

The names of these buildings, which are of individuals who dedicated their lives to the Catholic faith, are meant to serve as examples to the students.

"We tried to capture something of the breath, depth and length of the Catholic tradition. You have somebody as far back as Augustine in the 5th century to Jean Donovan, Dorothy Day, Roncalli and Merton in the 20th century," said Cernera

Students can find biographies and information on the namesakes of the dormitories on the Sacred Heart Web site under Residence Halls.

HE SAID/SHE SAID

Whats the best way to stay friends after the break up?

Tom Herles

He said



Oh the break up. How is one to respond?

Some choose revenge (see Nov. 5's He Said/She Said), while others would rather cut the person out of their lives completely. But it seems that a lot of ex-couples try the "let's be friends" approach and, while it may seem possible in the beginning, it's rare that it would actually work out.

See, it's just like "Family Matters" taught us. When Steve Urkel and Myra break up, they try to be friends but it turns out Myra is crazy and stalks Steve to the point that he wants nothing to do with her. Urkel taught us as well as any that sometimes a good relationship ends and we have to accept that. He was one of the more brilliant minds of our generation.

In the context of our lives here at Sacred Heart University, I don't think it's very different. Even if it hasn't happened to you personally, I'm sure we can all think of a couple that broke up and one of them hangs on as a "friend" for too long and is labeled a stalker. This can be avoided.

The first and most important step is: don't be a stalker. If you really want to be friends with your ex, you must take baby steps.

Maybe an occasional hello or facebook message to break the ice. I recommend nothing too serious or personal. An example could be "How goes it, old chap?" That way you're staying in touch without being labeled with the newest of college insults, a "creeper."

Then through short correspondence, you can possibly build up a friendship with your ex. That is if you actually are only looking to be friends.

In some cases, one person could be trying to get the relationship back together or maybe keep an eye on who his or her ex is currently involved with. Another could be staying close to plan a vicious act of revenge. Ulterior motives are pesky buggers and very tough to detect.

In theory, I think a friendship with an ex is possible. People are reasonable, right? Chances are, you were in a relationship with someone who shared your hobbies, so friendship should be a possible alternative. If only it were that easy.

The first few weeks post-breakup are definitely the most important. This is the grace period where you can decompress and let some of the harsh feelings make their way to the back of your mind.

Because it's not very flattering to have a screaming match with someone in public whether it is on a phone or in person. Nobody wants to see you self-destruct while they're eating in the Mahogany Room.

So I wish you the best of luck if you are trying to pursue friendship with an ex. It is no easy task. If Steve Urkel couldn't do it, I don't know how much of a chance we have. But you'll never know unless you go for it. We are Pioneers, after all. We're supposed to break new ground.

Sam Marinko

She said



Staying friends with an ex after a breakup defies each and every principle of healthy relationships to the fullest and utmost extent.

Why would you want to, anyway? Surely there are circumstantial inequities that make this prospect either more likely or utterly impossible, but in the wise words of Mayday Parade, "it's called breakup, 'cause it's broken."

People break up for a reason. He always steals your Victoria's Secret catalogue; she's too picky of an eater. He refuses to answer your calls during baseball games; she won't go out on Tuesdays because "The Hills" is on. He hasn't done his laundry since 2006; she hates when you put your feet on the coffee table.

Whatever your legitimate and valid reasons may be, there is always a grounds as to why things came to an end.

I totally understand why someone would want to stay friends with an ex, and though I generally don't agree with it, I have a few friends that were once more-than-friends. Surely it's possible. It's very important that you are both truly committed, though, to stop imagining it going any further and to get rid of all the mixed CD's and cute anniversary cards that were exchanged during the duration of your failed relationship.

Concentrate solely on the buddy aspects of your newfound friendship. Watch "Super Bad" instead of "The Notebook." Shoot hoops instead of going for a walk. Hang out in groups that consist of more than just couples. Don't hang around each other's families quite so often. Text, don't call. Don't buy each other presents at the holidays – but if you must, stick to food or anything from Spencer's.

If you are both truly dedicated to staying friends, a few things are imperative.

First, if the breakup was mutual, your friendship's chances of survival improve a ten-fold than if someone was the dumper and someone was the dumpee.

Maybe distance came between you, or just time. Maybe you have both had your eye on someone else on the side, which isn't particularly honorable, but at least it's mutual.

Second, if you give it some time after the breakup, that's definitely going to better your chances. Maybe you go to different colleges or perhaps one of you is going abroad (the latter is a guaranteed, tested method).

Third and most importantly, his friends are absolutely, positively, unconditionally, categorically, most definitely, without question, are off limits!

That said, it is possible to remain friends with an ex. And certainly I see the desire in that.

If someone was such a big part of your life for so long, it's hard to imagine your life without them in it.

Just be sure to abide by the standard rules of friendship and no matter what, make sure you never ever drunk dial them at 2 a.m. on an idle Friday in April and confess your undying love.

RIHANNA SPEAKS OUT ABOUT DOMESTIC ABUSE

Artist opens up to '20/20,' warns young women how blind love can be

Emma Levine
Assistant A&E Editor

Common misconception: celebrities have it all. They don't have to deal with "real world" problems. Right?

As the media has made clear in recent months, this was not the case for superstar Rihanna, as she recently began speaking openly about her incident with ex-boyfriend Chris Brown.

Rihanna sat down with Diane Sawyer on '20/20' to discuss the drama. Rihanna and Brown were driving back from a Grammy party on Feb. 8 of this year, when Brown physically assaulted her. She was left battered both physically and emotionally.

The incident started when Rihanna noticed a text message on Brown's phone from another girl. She confronted him about it and caught Brown in a lie.

"He wouldn't tell the truth and I wouldn't drop it," said Rihanna in the interview. "His back was up against the wall. The truth was right there in the text message, so it escalated in him being violent towards me. And it was ugly."

According to the interview, which aired on Nov. 6, the police report said Brown continued to drive as they fought and he shoved her against the window, bit her, and punched her in her left eye. Her mouth was filled with blood when finally, someone heard Rihanna screaming and called 911. Brown fled the scene, but was arrested later that night.

Sacred Heart students do not seem to be pleased with



AP Photo

Sawyer sits down with Rihanna in a '20/20' exclusive interview, which aired on ABC Nov. 6.

Brown's actions, yet are proud of Rihanna for finally coming out and speaking about the incident.

"A man should never hit a woman," said senior Pete Lipinski. "What he did to her was unacceptable and immature."

According to the ABC news Web site, Brown was sentenced to five years of probation, community labor, as well as one year of domestic violence counseling.

"There are [men] who abuse because they don't have the skills to know how to deal with their anger," said Dr. Amy VanBuren, associate professor of psychology. "And they can often be taught how to deal with their emotions in a more productive way."

After the incident, Rihanna was ridiculed for going back to Brown a few weeks after he had beaten her.

"I felt really lonely...and I'm like, 'if I feel this depressed, then what is he going through?'" said Rihanna during the interview.

"I was still attached by love, but I wasn't thinking about the reality of the situation," she said.

Even with Rihanna's explanation, some fans were still disappointed in her original choice to return to Brown, although she's no longer with him.

"I think it sends a terrible message to young women and young men," said junior Tara Ilamathi. "It basically says to them both that abuse is forgivable, when it is always inexcusable."

Brown performed several public apologies. According to the NY Daily News Web site, he released a statement on YouTube and appeared on "Larry King Live," apologizing and saying he was still in love with Rihanna.

"I don't think he was sincere," said senior Chris Kardos. "Even though the incident was last February I think he should stay out of the spotlight for a while. He's just not a likable person at the moment."

Rihanna has expressed an interest in helping young women that have gone through domestic violence. In the interview she said that she's glad it happened to her, because now she can help young women who are going through similar situations.

"I'll say that to any young girl who's going through domestic violence, don't react off of love. 'F' love," she said, "because love is so blind. It's so blind."

GET REEL: MOVIE REVIEW OF THE WEEK

'Boondock Saints' sequel satisfies ten years later

Jacqueline Vele
Staff Reporter

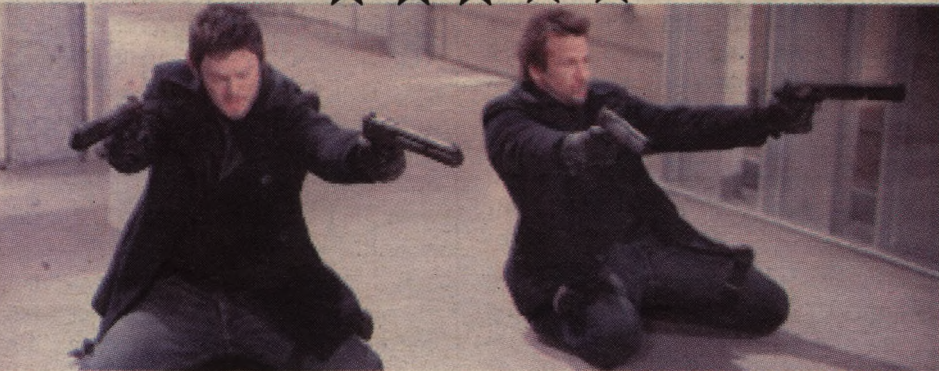
The practically unstoppable McManus brothers are back with a vengeance.

Troy Duffy, writer and director of the original 1999 film "Boondock Saints" returns to the big screen for the much anticipated sequel, "Boondock Saints: All Saints Day." The film is known for its high action scenes and comical actors; the sequel in this aspect will not be disappointing.

The plot centers around the brothers living a quiet and secluded life in Ireland, when they receive notice of the killing of a beloved Boston Priest. They return to Boston to unleash a bloody crusade against the mobs heinous crime and bring justice to those responsible.

For those who are fans of the first movie, you will be pleasantly surprised at the return of many actors such as Billy Connolly who plays the Il Duce, father of the McManus twins. And for girls who enjoy watching the eye-catching McManus brothers kicking a**, you will definitely enjoy the sequel, as Sean Patrick Flanery and Norman Reedus return for "All Saints Day."

Get Reel gives The Boondock Saints II: All Saints Day



AP Photo

The movie follows a similar developmental arc; the brothers proceed to tear through the mob in order to reach the man behind everything for a surprising finale. The McManus brothers even encounter a few familiar faces along the way.

More enthusiastically, the McManus brothers still come up with crazy plans for killing their enemies... plans they witness in movies and want to reenact.

Though these plans often go wrong, everything eventually work out in their favor, as expected. However, the boys do have one weapon that their armed enemies do not: divine intervention.

With all these considerable factors, the movie is still an enjoyable watch, but I wouldn't say it beats the first. The action scenes, though minimal in comparison, still invoke chills when witnessing the high quality of a** kicking.

However, the plot seems to be a bit confusing; while the McManus brothers return to the US to clear their name, and seek vengeance, they are unaware of who is truly responsible for the heinous crime of the priest assassination.

Decide for yourselves ... "Boondock Saints All Saints Day" is currently in theaters.

Latino comedian spices up the late-night lineup

Chris Daly
Staff Reporter

Comedian George Lopez seems as if he's sitting on top of the world – at least on the late-night scene.

Not only have Nick at Nite reruns of "The George Lopez Show" become popular among students, but Lopez's new late-night talk show, "Lopez Tonight" began airing last week.

Lopez is the first Latino to host a late-night talk show on any English-language network, a great feat for the Latino community.

"I'm happy for him," said sophomore Jesus Martinez. "It's good to know that the entertainment industry supports him this way. There aren't many dominant Hispanic TV shows on many of the networks."

Lopez's show debuted on Nov. 9 to a surprisingly large audience of 3.2 million, according to TV by the Numbers' Web site.

Not only is he the host of this late-night show, where he stands for most of the episode rather behind a typical desk, but Lopez is also serving as the show's executive producer.

Many Sacred Heart students are intrigued in the ethnic flare that Lopez brings to the late-night scene.

"He brings in a whole new demographic of people and that makes him appealing to some minorities," said junior Manny Acevedo.

Although many students feel that Lopez will be successful, others think that it might be tough to find new material almost every weeknight. Lopez's popularity may not be as strong as other late-night hosts.

"To be honest, I really didn't know he was having a new show," said junior Ben Conforte, "I barely watch his show



AP Photo

Catch Lopez on TBS, weeknights at 10 p.m.

on Nick at Nite."

Lopez has already booked several notable guests for his show. Within his first two episodes, he featured guests such as Jamie Foxx, Eva Longoria, Ellen DeGeneres, Santana, and Dane Cook.

"He has a lot of potential to make it successful, but he needs to work hard," said Acevedo. "And not only appeal to his usual audience, but broaden his jokes so they don't just fit one demographic of people."

Others feel that a daily dose of Lopez might be a bit too much.

"I feel that it would work better as a once-a-week show rather than four days a week," said junior Emilie Latainer. "Every night is too much Lopez, but I do hope he succeeds."

Tune in to TBS Monday through Thursday nights at 10 p.m. to catch Lopez in action.

DVR: Busy students' best friend or neglected technology?

Mark Theroux
Staff Reporter

With the busy schedules of college students, finding the time to simply sit down and watch television can be very difficult.

But have no fear, Sacred Heart University, there is a potential solution: digital video recorders (DVRs) to record shows on a hard disk to watch at a later time.

On its Web site, TiVo describes its DVR as "the focal point of the digital living room: a center for sharing and experiencing television, movies, video downloads, music, photos, and more."

One might think these devices would be popular among busy college students. However, according to NewTeeVee, a technology information Web site the popularity of these devices is on the decline.

In Oct. 2008, when profit share numbers were last released, there were merely 3.46 million TiVo subscribers, down from a 4.36 million peak in Jan. 2006.

These devices do not appear to be popular at Sacred Heart University. Students cite reasons such as high cost, or a general lack of interest in this particular technology.

"I just use On-Demand," said junior Michael Ohrenberger.

It appears that most students are still watching television this fall, but usually in small quantities. Many, such as sophomore

Alex Zeller, only concentrate on a single program.

"I'm not really watching any television, except 'V' on ABC," said Zeller, who enjoys the science-fiction drama for its "action and aliens."

Comedy is also popular among students, including junior Eddie Kuspiel, who has exclusively been making time to watch the FX sitcom "It's Always Sunny in Philadelphia."

"It's the only show I've been attempting to watch, and it's the funniest show on TV," said Kuspiel.

Most recently, the Yankee's 27th World Series victory has been the talk of the media, with game four attracting 22.8 million viewers, according to Sports Illustrated. Aside from major events such as this, general interest in television among college students, as well as professors, is not as high as it once was.

A growing trend involves watching shows online, instead of a television set. The ABC Web site claims to be the most-streamed TV network Web site, with 5.6 million unique viewers in the first month of the fall season, according to TV By The Numbers.

In the article, the ABC Web site said that it beat "NBC.com by 30 percent (4.3 million unique viewers), CBS Television by 47 percent (3.8 million,) Fox Broadcasting by 229 percent (1.7 million,) and CWtv.com by 273 percent (1.5 million.)" The most-watched program is "Grey's

Anatomy."

Prof. Mike Reynolds, from the media studies department, has used a DVR "very sparingly" over the past two years, to record "three or four" important events, such as President Obama's inauguration, and two movies.

"When the technology was new, net-

works were afraid of people skipping over commercials, but people just watch all the recorded content to avoid the hassle," said Reynolds.

"My stepson uses it extensively to record shows such as 'House,' 'Bones' and 'Smallville,'" he said, "but he never watches them."



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Duhamel's epic fail

Actor allegedly cheats on Fergie with stripper

Nicole Eastman
Staff Reporter

Just five months ago, "Transformers" star Josh Duhamel admitted to Redbook magazine that his wife was "the one for him," according to People.

"It's almost like, 'Okay. It's just you and me. You and me against the world.' I know she's got my back, and I've got hers. And it's good," said Duhamel to Redbook.

However, it seems that somewhere, the "just you and me" part must have turned into just you, me, and an exotic dancer.

Early this October, stripper Nicole Forrester admitted to having an affair Duhamel, 37. Just this past January, he wed Black Eyed Peas female front-runner Fergie.

Duhamel was said to have bragged about the hook up on the set of his new movie, "Life as We Know It," set to be released in December 2010. These rumors caused The National Enquirer to seek out Forrester, 34, for the real story.

As reported in People magazine, Forrester admitted to having a one-night stand with Duhamel.

"I thought, 'Nobody's gonna find out. It's not gonna hurt anybody,'" said the exotic dancer in an article in People.

Some Sacred Heart University students admit their disgust at Duhamel's unfaithfulness.

"I would laugh in his face if this was

true," said junior Lindsey Greenlee. "Fergie is amazing."

According to the NY Daily News Web site, since Forrester came forward, other women from across the country have spoken out as well, saying that Duhamel also slept with them.

According to Forrester, their alleged night was a "really, really good time," (as she said in an interview on Atlanta's Q100 radio station).

Although Forrester claims that she has text messages to prove her story and passed a polygraph test, Duhamel denies the alleged one-night stand, according to an article from The Huffington Post.

Duhamel's rep spoke to People magazine and said, "This is not the first nor will it be the last time that a stripper was paid a large amount of money to sell a false story about a celebrity," said Duhamel's rep. "This story is absolutely ridiculous."

Forrester had originally sold her story to the Enquirer for more than \$20,000.

According to an article in US Magazine, Fergie is still on her husband's side. She continues to stand by him despite the stripper's claims.

Yet the question that remains on students' minds is simply, "why?"

"Why would anyone want to give up being married to an iconic female vocalist like Fergie," said sophomore Josephine Ferrantelli, "just for a one-night stand with a stripper?"



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Young starlets prove to be negative role models

Lindsay Caiti
Staff Reporter

Is today's youth paying the price for looking up to starlets who are prancing around minus their morals?

Young celebrities are dancing on poles, nude photos are being strewn across the Internet, and DUI's are becoming a regular occurrence.

"I have two younger sisters (ages 12 and 14) and they absolutely idolize Miley Cyrus," said senior Cristina Soares.

"Everything about her appeals to them: her music, the way she dresses, especially the fact that she acts so much older than she really is," she said.

Cyrus, who is just four days shy of 17, has created an empire out of her hit records, clothing line, and of course her Disney Channel series "Hannah Montana".

According to the New York Daily News, Cyrus was voted the worst celebrity influence of 2009 by an AOL poll.

"The ranking follows a year which has seen Cyrus controversially dating a 20-year-old model, making 'slant eyes' in

an informal snapshot criticized as mocking Asians, and being accused of pole-dancing on a teen awards show," said the NY Daily News.

Accompanying Cyrus in the category of worst celebrity influences were those such as Kanye West, Britney Spears, Shia Labeouf, and "High School Musical" star Vanessa Hudgens.

Hudgens made her way to celebrity scrutiny by taking nude photos of herself only to find them leaked on the Internet—not once, but twice.

Young starlets who made it into the "Best Celebrity Influence" category are stars including Taylor Swift, Nick Jonas, and Selena Gomez, who won the title.

While Gomez's fellow Disney stars are rebelling, she is dedicating her time to UNICEF as their youngest ambassador in history at the age of 17.

According to the Web site kidglue.com, as an ambassador Gomez will help fundraise and educate alongside UNICEF.

"I stand with UNICEF in the belief that we can change that number from 25,000 [children dying every day from preventable diseases] to zero," said Gomez to

kidsglue.com.

She is one of the few using her star power for good, and people are noticing. "It's so refreshing to finally see a young role model actually live up to the honor," said kidsglue.com writer Kelly Turner of Gomez.

While Gomez, Swift, and the Jonas Brothers make impressive strides to be good role models, others just can't be bothered.

Lindsay Lohan, for example, has been to rehab and back before the age of 22.

Now her wild ways are influencing her own younger sister.

Ali Lohan, who is underaged at 15, has reportedly been seen partying with her sis Linds into the early hours of the morning, according to the NY Daily News.

"It scares me a lot," said Soares of the influence young Hollywood has on today's youth. "My sisters don't realize that there are other aspects of fame and celebrity," she said. "Then again, my celebrity role model was Britney Spears," said Soares.

"That definitely changed as I got older, hopefully that will be the case with my sisters as well," she said.



AP Photo

Lindsay Lohan stays in the headlines with her visits to rehab and constant partying.

CHARTWELLS MAKES SOME CH-CH-CHANGES Themed Thursdays, 'Mondo' priced subs join the menu du jour



The Spectrum/Nicole Eastman

Chartwell's features it's new Menutainment area.

Genevieve Julich
Staff Reporter

"Chartwells food is like the weather," said junior Matt Vereb, "totally unpredictable."

There are many changes happening in Chartwells dining hall on campus these days, included among them is the addition of Mondo Subs in the spring 2010.

Mark Tammone, senior director of dining services said, "the Mondo sub concept is coming out on January 19, 2010 here at Sacred Heart and is in between a Blimpie and Quiznos, the subs are fresh just like Subway."

Along with the new subs comes fresh potato chips, which are made to order and have different seasoning blends that students can choose from to add to the chips.

"They are made to order, pretty much they are Cape Cod chips with many different seasoning blends, you choose the blend you want and then it is added to the chips."

For some students it sounds like a great idea, but for others it also sounds expensive.

"The implementation of Mondo Subs sounds intriguing, but at what price?" said Vereb.

"We are already charged over \$6 for a Chartwells sandwich, so I'll be hard-pressed to spend \$8 for a Mondo sub when I can go to Subway right

down the street and get a \$5 footlong."

Other students thought that the new Mondo Subs would be good for Chartwells.

Junior Adam Lupo said, "I don't think too highly of Chartwells in the first place, but I think these changes can only be for the better for Chartwells given that I believe there quality is not that great and near 'rock-bottom.'"

He said, "even though I no longer eat that often at Chartwells, I am excited to try Mondo Subs."

Furthermore, some changes such as themed Thursdays have already been implemented.

"We wanted to add some new excitement to the students on campus," said Tammone of the new weekly additions.

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"We are trying to keep the students on campus while dining."

There are many different themes that Chartwells has to offer; an examples is last week's Italian cuisine night. Meals such as chicken parmesan, meatball grinders, and toasty garlic bread were offered.

Some students are looking for healthy alternatives in their dining selections.

"I would like to see themes that enable the student body to eat better food, I think that Chartwells needs to focus more on substance, not just style," said Lupo.

For certain students, more choices and variety are the exactly changes that they are looking for.

"I'd like to see more variety in the food," said Vereb, "There always seems to be the same food, day in, and day out."

Tammone said they now offer the online menu again for students to view so they can see the different choices offered day to day.

But of all the sandwich chains out there, why Mondo Subs for Sacred Heart?

"We looked at the campus and what we already offer," said Tammone. "We talked to the students and the staff, and then branded concepts that would work well for students. We thought that we would bring the sub concept to campus."

Last year Chartwells brought Coyote Jack's to Roncalli Grill. "Now we thought that subs were needed on campus," he said.

Should students expect any more changes anytime soon in the Chartwells dining hall?

"Not until we have a new dining hall," said Tammone. "As of right now this will be the last change coming until the new building."

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Features exclusive feature

One-on-one time with SHU alumni talent Jeff LeBlanc

Marisa Graniela
Asst. Features Editor

What's life after SHU like?

"Now that I've moved on from Sacred Heart, I'm feeling a constant roller coaster of emotions. I can't lie; I'm a total nostalgic. I think about missing college quite often; it makes me truly appreciate all the friends that I made and experiences we shared. Like many others, I found that I was constantly saying to myself 'do I really have to graduate?' However, I'm looking at this time as the next chapter in my story. As much as I'd love to go back to the previous one, it's time to turn the page."

What do you miss most about SHU?

"Not to be totally cliché, but it's the little things that I miss the most. I think wasting countless hours in the Mahogany Room for an assignment that should take all of about 15 minutes is certainly one. For me, the big parties and nightlife could never equal up to the times I shared with friends being lazy or randomly spontaneous."

What's your most memorable year at SHU? Moment?

"Actually, I feel each year was incredible and unique. Granted each year comes with its own set of highs, lows, stress and heartbreak, I never hit a forgettable point when I was at SHU. However, if I could pick one to take a time machine back, it would have to be my sophomore year. Living in Roncalli, as a group of twelve, was certainly something I'll never forget. This is also when I really started to pursue my dream of playing music. The first time I ever performed on campus was October of 2005 over at Holy Grounds; they had just opened it. There was probably about 50 people there but it felt like I was about to play Madison Square Garden. Moment? Playing a round of miniature golf on all ten floors of Roncalli— in proper golfing attire. Can't beat that."

What are you doing now that you're not in college?

"Well, as some people know, I'm actively pursuing my career as John Mayer's body doubles' understudy. I never thought that I'd be calling myself a professional musician, but I guess that's my career title for now. I've always had a great endorsement from the Sacred Heart community. Pete Donohue and Matt Doino, both SHU graduates, have been there supporting my every move and helping me with some of my decision making."

"I just released my first real album this past September and it's doing quite well so far; MTV, VH1 and E! television networks recently picked it up for licensing. Two of the tracks were actually written with longtime friend and Fairfield-native, Joe Beleznyay. This past year I've been traveling a whole bunch. I've gigged on over 25 college campuses."

How has SHU shaped you for the "real



Photo contributed by Jeff LeBlanc's official MySpace

world"?

"Well, I'm technically not using my degree right now. I finished in 2008 with a bachelor's in History and a minor in Music. I also spent 2008-2009 working on my teacher certification at Sacred Heart where I successfully student taught middle school in Stratford. Regardless, I think SHU has helped shape who I am today. I learned so much during my years there, inside and outside of the classroom. Most importantly, I gained the courage to pursue my dreams."

When you first started college, did you picture it to go the way it did?

"Well, I never thought my love of music and hobby of playing guitar would turn out to be my profession. I came to Sacred Heart as a student and also a volleyball recruit, so I certainly envisioned myself playing all four years. After two years on the team, I felt accomplished enough and ready for the next avenue. Choosing Sacred Heart was the perfect decision for who I am. It allowed me to think independently, constantly meet new people, and not feel like I was just a number."

What teacher or faculty member at SHU helped shape your experience in a positive way?

"There's a large list of people such as Jane Carlin, who pushed me to my creative threshold. It was with her encouragement that I had the audacity to read some of my first lyrics to our freshman communication class. My rapport with music professor Joe Carter is also something I treasure— what a fantastic musician and teacher. Just when you thought you were getting slightly cooler; he'd give you a much needed reality check that you weren't. John Roney, Jack Carmarda and Lauren Kempton are also amazing educators and people I will never forget long after their classes were over."

It's been almost two years since you've graduated, in two

more years where do you hope to see your life going?

"Hopefully on a stage. Within the next year, I will be completing my teachers' certification, which right now I'm considering my 'safety net.' The utter lack of consistency in the music industry is what scares the life out of me— here one day, gone tomorrow. I do love the spontaneity of my job though. 'Do you want to play with Matt Nathanson in Rhode Island next week?' 'Ok!' I can't deny that the lack of job security is something I fear. I'm sure the parents of girls I've dated also feel the same way. 'He does what for a living?' 'Date a doctor!' I feel that when you graduate, there are two kinds of people; those who want to settle down as soon as possible and those who are willing to take the time to explore what life has in store for them."

What advice do you have for current SHU students?

"Well, let's start with the freshmen. I think the key is to never get stuck. It's really easy to get trapped into doing the same things with the same circle of friends for way too long. Be open to possibilities. Some of my closest friendships started randomly in the Mahogany Room or the elevator."

"For the seniors, this next year will be a series of lasts for you. Like I mentioned before, it was the little things I loved so much about Sacred Heart; take advantage of them. Put aside differences and the pointless weekend drama. Reconnect with old friends, meet new people and spend time with your closest friends. I also believe it's important to have a battle plan once you get that diploma in your hand. Make sure you keep all of your options open as you embark on the next journey of your life."

If you could go back and live it all again, would you? Would you do anything different?

Without a doubt. We'd all love to go back to certain times in our lives or take regrettable moments out. My time at Sacred Heart University was wonderful but I have to accept that it's over. Nevertheless, I would probably trade you anything in the world to be sitting around a table in FLIK on a Sunday morning (in sweatpants) with my best friends discussing the mistakes we made the night before."

Check out Jeff's upcoming shows!

Nov 25 2009 9:00PM
The Fish
Hampton Bays, NY

Dec 2 2009 6:00PM
Sunrise Mall
Massapequa, NY

Dec 5 2009 9:00PM
Artful Dodger
Westhampton Beach, NY

Dec 19 2009 7:00PM
The Bitter End
w/ Caroline Rose (18+)
New York, NY

Dec 26 2009 9:00PM
Artful Dodger
Westhampton Beach, NY

Scoreboard

Friday, November 13

Wrestling

SHU- 7

Drexel- 30

M. Basketball

Yale- 86

SHU- 92

W. Basketball

SHU- 55

Columbia- 79

W. Hockey

SHU- 5

Potsdam- 2

M. Hockey

SHU- 3

Bentley- 6

Saturday, November 14

Football

Duquesne- 45

SHU- 42

W. Volleyball

SFPA- 0

SHU- 3

M. Hockey

SHU- 1

Bentley- 1

W. Hockey

SHU- 3

Potsdam- 6

Sunday, November 15

Wrestling

Rutgers- 43

SHU- 0

M. Basketball

Lafayette- 70

SHU- 81

Monday, November 16

W. Basketball

Villanova- 50

SHU- 49

On Deck

Tomorrow

M. Hockey @ RIT

7:05 p.m.

Saturday, November 21

W. Basketball vs.

Harvard

2 p.m.

M. Hockey @ RIT

4:05 p.m.

M. Basketball @ Xavier

7:30 p.m.



The Spectrum/Adrian Fitzsimon

Sacred Heart's Chauncey Hardy (#22) is guarded by a Lafayette defender during the Pioneers' 81-70 win on Sunday, Nov. 1 at the William H. Pitt Center.

Hassan, Potter help Pioneers win pair

Next up: SHU travels to Ohio to face Xavier

Steve Armato
Staff Reporter

For the first time since moving up to Division I, the Sacred Heart University men's basketball team has started the season with a 2-0 record.

A win against Yale University on Friday, Nov. 13 in the inaugural Connecticut 6 Tournament was followed up on Sunday, Nov. 15 with an 81-70 win over Lafayette College.

The Connecticut 6 Tournament was a chance for the Pioneers to play against some of the other big schools in Connecticut basketball.

"I think we all enjoyed it a lot," said senior Corey Hassan. "It was a great atmosphere and we had a lot of fun. It was a chance for us to prove we are one of the best, if not the best, mid-major basketball team in Connecticut and I think we did a good job of that."

Hassan followed up his 30-point outburst on Friday night with a 21-point performance on Sunday against Lafayette.

For his efforts, Hassan was named the Northeast Conference Player of the Week.

Seniors Chauncy Hardy and Ryan Litke also added 17 and 14 points, respectively, to help the Pioneers pick up the victory on Sunday.

"It feels good to get the first two wins under our belt," said senior Liam Potter. "We have never started 2-0 in the history of Division I so it's definitely an accomplishment not only for SHU but for the coaching staff and guys too."

The Pioneers fell behind 20-8 early on Sunday but went on a 12-2 run to get back in the game and cut the Lafayette lead to 22-20 with 7:30 left in the first half.

The run was capped when junior Jerrell Thompson came up with a key steal and passed it off to Potter for an emphatic two-handed dunk.

"We know we are a good offensive team and have a lot of guys who can score," said Potter. "We have many weapons and everyone contributed tonight, from the starting five to the

last man on the bench in one way or another." However, the Pioneers still trailed 36-34 at halftime.

Coming out of the locker room to begin the second half, Hardy hit a big 3-pointer to give the Pioneers the lead.

"I think the turning point of the game was actually at halftime," said Hassan. "We all talked and knew we were playing sloppy defense. We came out in the second half and stepped up the pressure which led to us getting a comfortable lead."

With a comfortable lead of 77-62, the Pioneers never looked back.

Sacred Heart shot 11 of 17 from behind the 3-point arc, led by Litke who was 4 of 7.

Despite their early success, the Pioneers would like to set their sights towards tightening up their defense for their upcoming games.

"Moving forward we need to tighten up on defense," said Potter. "We know we can score

so now our attention needs to turn to getting defensive stops. We need to learn to trust each other on defense and communicate better in order to become a very good defensive team."

On Saturday, Nov. 21, the Pioneers will head to Cincinnati, Ohio to take on Xavier University.

After that, they will travel to Penn State University on Nov. 25 to take on the Nittany Lions.

The Pioneers will return home on Monday Nov. 30 to take on Columbia University in the William H. Pitt Center for a 7 p.m. start.

"I think Xavier is going to be a great experience," said Hassan. "I know personally I am going in there thinking anything is possible, and if we play defense well and execute on offense anything is possible."

For a special "behind the scenes" look at the Pioneers' home opener, see Page 13...

Game of the Week

Pioneers vs. Xavier



When: Saturday, Nov. 21

7:30 p.m.

Where: Cincinnati, Ohio

A Day in the Life: Sacred Heart Men's Basketball



The Spectrum/Zack Lane

Members of the Sacred Heart men's basketball team gather around assistant coach Anthony Latina at a recent practice at the Pitt Center.

Ever wonder how an athlete spends the hours and minutes leading up to their game? The Spectrum goes behind the scenes to detail how the Sacred Heart University men's basketball team prepared for their 2009 home opener against the Lafayette College Leopards on Nov. 15.

11:30 a.m. - The team gathers at the Pitt Center for a pre-game meal consisting of chicken, pasta, salad, and vegetables.

12:15 p.m. - Team watches film on Lafayette to analyze player match-ups and other keys to the game.

12:45 p.m. - Team concludes their film session and goes to cheer on the women's volleyball team in their last regular season home match.

1:30 p.m. - Players are free to shoot around, receive treatment from training staff, and suit up for the game.

3 p.m. - Team shootaround begins.

3:28 p.m. - Players head down to the locker room where a recap of the scouting report is presented by the coaching staff.

3:38 p.m. - Players take the floor for pre-game warmups.

3:50 p.m. - Team returns to locker room where head coach Dave Bike addresses his players one final time before tip-off. Among the points Bike makes are to keep the game simple and play strong defense.

3:55 p.m. - Big Red leads the team onto the court with the Pioneer fight song being played by the band in the background.

4 p.m. - Tip-off.

4:35 p.m. - First half ends with the Pioneers trailing by 2 points. Coaching staff makes adjustments and suggestions in the locker room for a better second half including getting turnovers and turning them into baskets.

4:45 p.m. - Team takes the floor to start the second half.

5:45 p.m. - Game ends with a Pioneer victory over the Leopards. Final score: Pioneers- 81, Leopards 70.

- Andrew Owens

Wrestling team looks to turn around season

Emily Gumbs
Asst. Sports Editor

After an 0-3 start against some strong competition, the Sacred Heart University wrestling team hopes to use the experience gained in the early matches to help them improve and turn their season around.

"We all know that we have a tough next couple of weeks so all the guys are just trying to take it one match at a time," said junior Anthony Priore. "Each match every guy is picking one more thing to work on and perfect for the rest of the season."

The Pioneers opened their season Nov. 8 when they wrestled Rutgers University in the Pitt Center. They failed to win a match in any weight class.

The Pioneers then traveled to Pittsburgh, Pa. to take on both Drexel

a 4-3 decision over Pittsburgh sophomore Chris Kochinsky.

Sophomore Jonathon Rizzitello also picked up a win for the Pioneers at 165 pounds, winning a 9-5 decision over Pittsburgh sophomore Karl DeCiantis.

Priore knows that his teammates have the ability to get better.

"Our team strengths are probably the knowledge and experience all the guys in our lineup have," he said. "Most of us have been wrestling since elementary school so anything done at practice is pretty much second nature."

The next chance for the Pioneers to pick up their first win comes Sunday at the Sprawl Brawl hosted by Binghamton University. SHU will be pitted against Edinboro University, Harvard University and Rutgers University.

"We all know that we have a tough next couple of weeks so all the guys are just trying to take it one match at a time."

- Anthony Priore
Sacred Heart's Wrestling Team

University and the University of Pittsburgh. Drexel took the Pioneers down by a score of 30-7, while the Panthers won a 35-6 decision.

Redshirt junior Pat Feely was a stand-out for the Pioneers by winning twice at 125 pounds. In his first match he won a major decision over Drexel freshman Joshua Yurasits, 12-4. He then managed

UPCOMING MATCHES:

NOV. 21 BODY BAR INVITATIONAL

NOV. 22 SPRAWL BRAWL

NOV. 28 NEW ENGLAND DUALS

DEC. 4-5 CLIFF KEEN INVITATIONAL

DEC. 29 SOUTHERN SCUFFLE

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Last second FG spoils record day for Pioneers *Tedesco's four touchdowns cap stellar career*

Alex Atkinson
Staff Reporter

With one last chance to post a victory on the season, the Sacred Heart University football team came up short on Saturday, Nov. 14 against the Duquesne University Dukes 45-42.

Despite the loss, it was a record breaking day for a few Pioneer student-athletes.

Senior wide receiver Steve Tedesco matched his previous record with 12 catches in a game and set a new school record with 37 career touchdown receptions after hauling in four against the Dukes.

Redshirt junior quarterback Dale Fink went 22-of-28 for 245 yards and set a new school record with six touchdown throws.

But it wasn't enough, as the Dukes made a last second field goal to hand the Pioneers their eighth loss of the season.

"Honestly, I didn't think the kicker was going to make the final points," said senior left tackle Abel Malae. "It was so sudden and unexpected."

After a two-yard run from Larry McCoy, Duquesne jumped out to a 7-0 lead heading into the second quarter.

But a 12-yard throw from Fink to Tedesco capped an eight-play drive for 70 yards and seven points.

Three minutes later, Duquesne answered right back as McCoy ran one in for a one-yard touchdown – his second of the game.

Duquesne maintained possession to start the second quarter as quarterback Sean Patterson hooked up with Mathew Glose on a three-yard touchdown pass to give Duquesne a 21-7 lead.

The Pioneers came out of the locker room to start the second half and scored two touchdowns to even up the score.

Senior tight end Chris Rapp scored the first touchdown of the second half after a 11 yard pass from Fink. The drive consisted of six plays and covered 60 yards.

The second score of the quarter was another Fink-to-Tedesco hook up on a four yard pass to give Tedesco his second score of the game.

Duquesne started the scoring just four minutes into the final quarter as McCoy ran it in from four yards out for his third touchdown of the game.

The Pioneers quickly marched right back down the field, and for the third time in the game, Fink found Tedesco on an eight yard pass to tie up the score once again.

Once again, however, Duquesne received the kickoff and marched right back down the field, setting McCoy up for a 13-yard touchdown run – his fourth of the game.

With six minutes remaining, the Pioneer offense took the field again trying to tie up the score.

"I didn't think the kicker was going to make the final points. It was so sudden and unexpected."

- Abel Malae
SHU football team

They did just that when Fink found Tedesco yet again for a 46-yard touchdown reception. The extra point attempt was botched and the Pioneers were down by one point.

A failed on-side kick attempt by



The Spectrum/Michele Tymann

Sacred Heart quarterback Dale Fink eludes Duquesne defenders during the Pioneers' 45-42 loss to the Dukes on Saturday, Nov. 14 at Campus Field.

Sacred Heart left Duquesne with great field position and enough time to drive again.

Once again, McCoy rushed in for a touchdown to put Duquesne up 42-34.

After a 50-yard kickoff return from Marcel Archer, Sacred Heart started one last drive with a minute and a half left hoping to send the game into overtime.

Four plays later, Fink found senior Brian Friedman on a two-yard pass, to put the Pioneers down by two. The two-point conversion was successful on another pass from Fink to Tedesco.

With more than enough time on the clock, Duquesne marched down the field and put themselves in field goal range with

two seconds remaining.

The kick sailed through the uprights and the Duquesne players stormed the field in celebration.

According to a news release on the Sacred Heart athletic Web site, "The Pioneers had 400 yards of total offense and 26 first downs in the loss. SHU only faced six third down attempts in the game, converting twice, and no drives of more than eight plays. The Dukes in turn controlled time of possession, holding the ball for 38 minutes while amassing 450 yards of offense and 25 first downs."

With the loss, the Pioneers finish the season 2-8 overall.

Women's hoops falls to Villanova Wildcats, 50-49

Dan Graziano
Staff Reporter

"De-fense! De-fense! De-fense!" cheered the crowd of more than 600 people in attendance at the William H. Pitt Center for the Sacred Heart University women's basketball game against Villanova University on Monday, Nov. 16.

With only nine seconds left in the game and Pioneers down by one, cheers consumed the building as the tension began to build.

With the clock ticking down, the Pioneers had to act fast. A pass to the left was followed by a pass to junior guard Alisa Apo on the right.

As Apo began to accelerate towards the basket, however, Villanova's defense stripped her of the ball and it was recovered by the Wildcats to secure the 50-49 win.

Despite coming out on the short end on Monday night, head coach Ed Swanson was pleased with his team's defensive effort.

"Going in to [Monday's] game, I thought we needed a better effort on the defensive side and we got it," said Swanson. "The game came down to a few plays and we need to work harder on some of those end of the game situations."

The loss to Villanova was the team's second in as many games after dropping their season opener to Columbia University, 79-55, on Nov. 13.

In the loss to Columbia, three Sacred

Heart freshmen, Kiley Evans, Amie Toner, and Morgan Merriman each made their collegiate debuts.

Evans had six points with four rebounds, two assists, two blocks and a steal while both Toner and Merriman had a bucket apiece on the night.

"The game came down to a few plays and we need to work harder on some of those end of the game situations."

- Ed Swanson
SHU women's basketball head coach

Sacred Heart never led against Columbia and turned the ball over 18 times leading to 23 points for the opposition.

The loss to Villanova at the Pitt Center on Monday night also ended the Pioneers' 12-game home winning streak.

"Overall, [we had] a great team effort on defense," said Swanson. "We emphasized good individual defense and good team defense in practice and I thought it showed tonight. We just didn't make enough plays in the end to get it done."

At the end of the first half, the Pioneers led 26-25 while shooting 55 percent from the floor.

The Pioneers came out of the locker room at halftime and put immediate pres-



The Spectrum/Alex Atkinson

Sacred Heart's Kiley Evans (#3) applies pressure to a Villanova player during the Pioneers' 50-49 loss to the Wildcats on Nov. 16 at the William H. Pitt Center.

sure on the Wildcats to start the second half, which enabled them to extend their lead to 35-28.

However, Villanova answered right back by scoring 11 unanswered points and giving them their biggest lead of the night, 41-35.

Despite their hot shooting in the first half, the Pioneers struggled to find their offense throughout most of the second half, making just 7 of 21 shots.

Senior forward Lindsay Gibson had a career-high nine points with six rebounds

and two blocks against the Wildcats.

Apo led the team with 12 points while sophomore forward Callan Taylor was right on her heels with 11 points.

"These are the games that toughen you up," said Swanson. "We lost three key starters and right now we are focusing on a transition and to get more players in rhythm."

The Pioneers are back in action on Saturday when they face the Harvard University Crimson at 2 p.m. in the William H. Pitt Center.

'SENIOR DAY' HONORS ATHLETES, FAMILIES

Lauren Craft
Staff Reporter

On Saturday, Oct. 14, the Sacred Heart University football team played their final game of the season against the Duquesne University Dukes at Campus Field.

Before the start of the game, the senior members of the team were called onto the field along with their families to be recognized for their accomplishments and honored for their completion of their collegiate football careers.

The final home game of each team's schedule marks Sacred Heart's annual "Senior Day" for that team and Saturday was the football team's turn to celebrate and honor their senior players.

Senior Abel Malae of the football team was of the many seniors honored before the Pioneers took on Duquesne. Malae's family flew in from California to support him at his last game.

"My family was able to make it to the game Saturday, being from Estonia [Calif.]," said Malae. "It was awesome that they came. Since this was the last game, it was great to see my dad and brother in the stands."

While Malae only played for two seasons, the time that he did play was very rewarding for him.

"I have no regrets about the effort I put in and I am appreciative of the dedication and passion of the coaching staff," said Malae.

The Pioneers lost to Duquesne, 45-42, which was not the way any of the seniors envisioned closing out their college careers.

"After the game I felt terrible," said Malae. "I don't think that I will ever feel good after a loss, especially one that caps off my competitive football career."



The Spectrum/Michele Tyman

Senior Adam Conger (#92) poses for a pre-game photo with his family and head coach Paul Gorham prior to the Pioneers' final regular season home game against Duquesne on Nov. 14.

Although Malae was unhappy about the outcome of the game, he was glad to be recognized on the field along with the other seniors.

"It felt great to be honored by my teammates and coaches on Saturday," said Malae. "But, I have to admit that I felt a little undeserving since I've only played on the team this year and last year."

After the game, the seniors returned to the field for one final photo as the realization that many had just played in their last competitive football game began to set in.

In addition to the football team's seniors being honored on Saturday, senior members from the marching band and dance team were also recognized at half-time along with their families at midfield.

Athletes reflect on Thanksgiving holiday

Chauncey Hardy
Staff Reporter

The fourth Thursday in November traditionally holds a special meaning for Americans.

For most people, the Thanksgiving holiday is spent with family and friends while giving thanks for all that they have been blessed with throughout the course of their lives.

Student-athletes from Sacred Heart University are looking forward to Thanksgiving and will spend the holiday in a number of different ways.

Some Sacred Heart student-athletes will travel thousands of miles to spend time with friends and family while others just have to travel across town.

Rashod Underwood, a senior on the football team, lives in Baltimore and is excited about spending the Thanksgiving holiday with his family.

"I am going home for Thanksgiving," said Underwood. "This is one of the few times that I am able to go home because I'm not as close as others."

Senior Alex Bavasi of the women's volleyball team hails from Arizona and will not make it home for the holiday.

"Since I'm from Arizona, I'll spend Thanksgiving [in Conn.] but a few of my close friends from home are flying out, so the weekend will definitely be spent in good company," said Bavasi.

While the Thanksgiving holiday gives athletes a much-needed break from balancing schoolwork with their seasons, they also take time to enjoy what is, according to these athletes, the true spirit of the holiday: giving thanks alongside family and friends.

"For me, it's not even about the

amazing food, it's about spending time with the people who mean the most to me," said Bavasi.

Senior Jeff Hodges of the football team always looks forward to the Thanksgiving holiday as a chance to spend quality time with family and enjoy some home cooking.

"Every Thanksgiving our family has a big dinner at my house," said Hodges. "It means a lot to me because they continue to support me when I'm at school."

In addition to time spent with family, Pioneer athletes have many things to give thanks for.

"For me, it's not even about the amazing food, it's about spending time with the people who mean the most to me."

- Alex Bavasi

SHU women's volleyball team

"I'm thankful for life, experiences... anything that makes an impression on me," said Bavasi.

Others are just grateful to have the opportunity to see another day and spend another holiday with their family.

"I am thankful to have another day to live. I'm thankful to see my family and friends. You never know when your last day will come," said Underwood.

PHOTO OF THE WEEK



The Spectrum/Michele Tyman

Sacred Heart's Jason Plescow (#15) lines up a field goal during the Pioneers' 45-42 loss to Duquesne University at Campus Field on Nov. 14.

Help support the Exercise Science Club & the Muscular Dystrophy Association at Sacred Heart Exercise Science Club's

ON-CAMPUS 5k!

November 21, 2009

9 am - Sign in at the Pitt
10 am - Race begins at J-Hill



For more information:
riverac@sacredheart.edu
or
deccicol@sacredheart.edu

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**Pioneers fall
to Duquesne on
last second FG**



HEART-BREAKER

The Spectrum/Michele Tymann

Sacred Heart's Brian Friedman (#22) carries the ball during the Pioneers' 45-42 loss to Duquesne on Nov. 14.