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SACRED HEART UNIVERSITY  
FAIRFIELD, CT

# SPECTRUM

## Students arrested for alleged sexual assault *Ongoing case points fingers, leaves questions unanswered*

Carli-Rae Panny  
Editor-in-Chief

While most Sacred Heart University students were packing and leaving for Thanksgiving break, the media was swarming the outskirts of campus looking to find student opinions about a much more disturbing news story than the upcoming holiday.

On Nov. 22, freshmen Timothy Sanders, Nicholas Travers, and Zachari Triner were each charged with conspiracy to commit first-degree sexual assault against a female Sacred Heart student, according to several news reports. Sanders was also charged with first-degree unlawful restraint. The three were held at \$25,000 bond and later Sanders' bond was lowered to \$15,000.

According to the Associated Press, Wayne Keeney, criminal defense attorney based out of Bridgeport, who is Sanders' attorney, told reporters, "The police report itself is so confusing. The whole thing just doesn't ring true."

Spectrum is unable to confirm the details of the allegations described in some of the press coverage as the Bridgeport police department and Sacred Heart public safety would not release its report on the incident to the paper.

All three males are members of the lacrosse team and were suspended from the university pending investigation. As of press time on Tuesday the individuals remained suspended.

"In hopefully the next 48 hours, the investigation will be complete," said Larry Wielk, dean of students. "We'll determine whether or not the students will be charged with violating university policies."

In an e-mail to the Sacred Heart community on Nov. 25 Dr. Anthony Cerna, president of the university, wrote, "When the incident was reported, university Public Safety officials responded immediately and called local police to the scene."

"Three students alleged to be involved were arrested and taken into custody. The sit-

uation is under investigation by local police and the university, which is cooperating fully in the matter," he said.

In the e-mail, he said that although the situation is still under investigation, the university is taking the allegations very seriously.

"As we do on a regular basis at the end of each semester, we will use this incident as another opportunity to reevaluate residential hall policies and procedures. Those concerning visitation and guest privileges and any other policy that may be impacted," said Wielk.

Based on the allegations, some students are wondering what this will mean to the future of Sacred Heart policies.

"With all the recent flak that Sacred Heart is getting from the news, it's only a matter of time until this school becomes stricter. I remember when I was a freshman the way rules were enforced was much more relaxed," said senior Mike Frank.

"I feel like after this semester the administration is going to really start cracking down on its students," he said.

Although she does not know any of the students involved, freshmen Deena Polsinelli said the news of the alleged assault was all over the newspapers in her hometown during Thanksgiving break.

"I wish we knew more about it," said Polsinelli. "It's so confusing since we don't know if any of what happened is true or not. Either way, it's bad press for our school."

Lacrosse coach Tom Mariano and members of the lacrosse team did not respond to requests for comments about the alleged incident.

During a phone interview with Spectrum, Keeney said, "Given the circumstances as I understand them to be, this young woman is entitled to a heartfelt apology. That much is for certain."

"The activity was childish, tasteless, and boorish, and she was humiliated for no reason at all," he said.



The Spectrum/Zack Lane

Roncalli Hall houses both male and female residents, ranging in grade from freshmen to sophomores.

## Public Safety honored with 1st place award

Jennifer Hill  
Staff Reporter

Sacred Heart University's newly implemented online safety program won a first place award for the use of innovative technology.

"We have successfully developed a living document that is accessible 24 hours a day, every day of the year. This tool will enable each university department to contribute to our overall emergency and business continuity planning program," said Public Safety executive director Paul Healy.

They received the award at the International Association of Emergency Managers' (IAEM) 57th Annual Conference, a non-profit educational organization dedicated to promoting the goals of saving lives and protecting property during emergencies and disasters.

"Sacred Heart University won in-

dependent praise for its web based site, by submitting its program to IAEM for independent judging by peer professionals," said Healy.

The Technology and Innovation Award involves many different uses of technology, including software and hardware's, equipment, databases, free-ware, and Web sites.

The award recognizes the development of technology and innovation that is used to improve emergency management operations, public education, and the emergency management/homeland security field.

"This project has had and will continue to have a great impact on the university community and that of our municipal, state and federal partners," said Healy.

Applications are submitted to the IAEM for professional review judg-

See SHU's ONLINE on page 2...

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## SHU's online public safety program receives recognition

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ing and evaluation within the emergency management discipline.

According to a statement made on the Sacred Heart Web site, "Winning the first place award for Technology & Innovation from IAEM is recognition by one's peers that the SHU Public Safety Team is working each and every day to improve campus safety and security for our community," said Healy.

Students have found this award-winning piece of technology to cater to their safety needs at the university.

"With safety being such an important issue around college campuses, we are lucky to say that at Sacred Heart our department of public safety is using new technology to maintain our well being," said junior Kathryn Canaras.

This isn't the first time Public Safety has received acknowledgement and praise.

"The SHU Department of Public Safety in 2009 received a \$ 100,000 Federal grant to enhance security measures on campus form DHS and the Connecticut

Department of Emergency Management and Homeland Security," said Healy.

The awards have created a new sense of respect for the university's safety program among students.

"I feel that sometimes as students, we only look at Public Safety as a pain and only as a source looking to give us tickets in the parking lots, but Public Safety does a lot to keep our campus safe," said senior Christina Comis.

"Some schools aren't as lucky as ours to have such dedicated form of safety and this award is definitely something that will give Public Safety the appreciation they deserve."

Public Safety's external municipal emergency services partners such as the police, the fire department, and EMS are connected to their emergency plan and resources through software permissions.

"This collaborative effort will continue to develop and enhance our working relationship, proving invaluable in the event of an emergency were multiple agencies respond to our campus," said Healy.



Courtesy of Sacred Heart Public Relations

Sacred Heart Public Safety members hold first place award.

## Continuing ed opportunities for physical therapists University hosts hands-on physical therapy workshop series

Ryan Tarby  
Staff Reporter

Starting this December and running into the summer, the Sacred Heart University orthopaedic physical therapy residency program will be hosting a 2009-2010 weekend workshop series.

The hands-on workshop series is designed to review regional clinical cadaver anatomy and to train physical therapists.

"All proceeds from the course benefit our orthopaedic residency program," said Michelle Wormley, director

of continuing education and clinical faculty. "Participants will learn techniques and information related to examination, diagnosis, classification, and prognosis of a variety of disorders."

Participants are understood to be competent in basic physical therapy examination and diagnosis of orthopaedic disorders. They will discuss and interact with health care professionals and each other. Also, they will be able to perform selected manual therapy interventions, prescribe and provide instruction in selected therapeutic exercise and neuromuscular re-education techniques.

The courses are only open to licensed physical therapists

and not to Sacred Heart students. On Dec. 11 and 12 the main focus will be on hip and joint disorders.

On March 20 and 21, the focus will be on lumbo-pelvic disorders, or injuries and diseases that occur in the pelvis and lower back. The workshop on May 1 and 2 will focus on cervico-thoracic disorders. These disorders occur in peoples back and chest areas.

The series will be held at Sacred Heart's Cambridge Campus. The enrollment to the workshop series is limited to 20 participants per session. Anyone who is interested in participating can find out more information via Sacred Heart's Web site.

## HAVE YOU HEARD THE BELLS? DO YOU KNOW WHAT THEY MEAN? The university bells, visual symbols of the Catholic tradition

Tara McDermott  
Staff Reporter

Since the completion of the chapel, a new sound echoes in Sacred Heart University's campus. The recently completed Chapel of the Holy Spirit resonates the fundamental religious traditions on which the university was built. A visual symbol for the development of the school's Catholic tradition, the chapel inspires the community through its symbolic elements such as the bells.

"The bells have brought a new life to the campus. I am a very religious person and Sacred Heart's mission was a big influence on why I chose to come to Sacred Heart. Sometimes I hear the chapel bells when I am in class or walking to Flik and it just brings a new energy and unity to the school," said senior Katrina Willette.

Specifically designed for the university chapel, the bells were designed from uniquely crafted molds. To preserve their originality, the manufacturers destroyed the molds.

Like the structure of the bells, the tunes also express their originality. The ringing of the bells does not happen randomly but holds symbolic significance. Handcrafted from the Netherlands, the four eijsbouts bronze bells sing a more traditional

European peal, which gives the bells a more ancient sound.

According to David Coppola, the bells ring at various points of the day for various purposes. The bells ring once every hour from 8 a.m. to 10 p.m. to call people together for prayer and celebration. When the bells ring several times, or in a peal, it's 10 minutes before Eucharist or 5 minutes before the morning or evening prayer. They ring three times for the "Angelus" prayer at 8 a.m., noon, and 6 p.m. Latin for angel, The Angelus recalls the moment when the Angel Gabriel announced to Mary that she would conceive a child who would be born the Son of God.

The bells, like the other symbolic elements of the chapel, serve as a constant reminder of the Catholic faith.

"They also help to mark time throughout the day in such a manner that we remember our lives are connected to God and to each other," said Coppola.

The chapel provides a setting where worship and every day reflection are welcomed.

"It's nice to have a place to turn to when you feel like the whole world is crashing down before your eyes. The chapel bells remind me of this amazing community we are lucky to be apart of," said senior Kyle Bush.

### SACRED HEART BELL TOWER STATS

#### THE TOP BELL

SIZE: 41 INCHES IN DIAMETER AND 1507 POUNDS

INSCRIPTION: "SHEMA YISRAEL ADONAI ELOHENU

ADONAI ECHAD"

TRANSLATION: "HEAR O ISRAEL. THE LORD. OUR GOD IS LORD ALONE."

#### THE MIDDLE BELL

SIZE: 36 INCHES IN DIAMETER AND 636 POUNDS

INSCRIPTION: "AGNOSCE CHRISTIANE DIGNITATEM TUAM."

TRANSLATION: "CHRISTIAN. RECOGNIZE YOUR DIGNITY."

#### THE LOWER BELL

SIZE: 31 INCHES IN DIAMETER AND 636 POUNDS

INSCRIPTION: "QUIA FECISTI NOS AD TE ET INQUIETUM EST COR NOSTRUM. DONEC REQUIES CAT IN TE."

TRANSLATION: "FOR YOU HAVE MADE US FOR YOURSELF. AND OUR HEARTS ARE RESTLESS UNTIL THEY REST IN YOU."

#### THE SMALLEST BELL

SIZE: 27 INCHES DIAMETER AND 447 POUNDS

INSCRIPTION: "GUADIUM ET SPES."

TRANSLATION: "THE JOYS AND HOPE."



# Colloquia helps engage students in Catholic tradition *SHU offers lectures to inspire new ways of learning*

Ryan Tarby  
Staff Reporter

The Colloquia aims to introduce students to several issues and topics that address the Four Core Questions, and engage students' Catholic intellect and tradition.

"We want students to reflect upon and discuss a wide variety of topics and themes like prejudice, genocide, ethics, power, justice, politics, environmental issues, technology, faith, as well as other topics," said Dr. Michelle Loris.

Dr. Loris started the Colloquia series and has seen it come in to its own over the last couple of years.

"Last year we had Kerry Kennedy speak on her book, we had Judah Pearl, son of slain journalist Danny Pearl, speak on his work to educate college students the importance of understanding and tolerance between and among Jews, Muslims, and Christians," Loris said.

The faculty members involved in the Colloquia are experts in a variety of disciplines.

This "demonstrates the different discipline perspectives on the important topics," said Dr. Loris.

In addition to guest speakers and professors, there

will also be two Colloquia presented this year by honor Students.

On Dec. 7 of this year students from the honors program will be discussing human rights in "Promoting Human Rights in a Diverse World." The presentation will be aimed to highlight what role college students can play in this.

On Dec. 14 the freshmen honor students will present on their living-learning experience in a program called "Core Communities."

"We often try to organize the Colloquia so that there is an opportunity for students to engage in roundtable discussion following brief presentations by the faculty," said Dr. Loris.

The students are asked to complete an assessment form after the Colloquia, this allows the faculty to get an idea of the students, thoughts and reactions.

"Last year we collected a total of 732 assessment responses," said Dr. Loris.

In the data collected, 62 percent of the students said they "agreed" that the colloquium helped them think more deeply about the topic under discussion, and 19 percent said they "strongly agreed." Only 14 percent of students

"disagreed" and only .05 percent "strongly disagreed."

Within that same total of 732 students, 55 percent of them said they "agreed" that the method of presentation engaged and interested them; 21 percent said they "strongly agreed" that the method of presentation engaged and interested them. Only 17 percent "disagreed" and only .07 percent "strongly disagreed."

For any students who have missed out on any of this year's Colloquia, videos of them filmed by Christopher DelMage are available online. The video libraries on Sacred Heart's Media Web site under the title "Human Journey Colloquia Series." Students are encouraged to log on at: <http://mediasite.sacredheart.edu/mediasite/Catalog>.

Dr. Loris shares the beliefs of many of her colleagues that "a university education should engage students in a vibrant intellectual community that involves thinking about and discussing important topics, ideas, themes, and certainly at a Catholic institution about faith and religion."

The next round in the Colloquia series will be held on Nov. 23 in the University Commons. "Empowerment Through Peace: Pray the Devil Back To Hell" will tell a dramatic story of a group of Muslim and Christian women of Liberia and their peace movement.

## Senior class hosts inventive fundraiser, hopes for best

Katie Karole  
Staff Reporter

In the past, senior classes have hosted various fundraisers in order to raise money for the planning of senior week activities. This year, Sacred Heart University's class of 2010 decided to do something different.

Instead, they are hosting a new fundraiser this year called the Clout Card program. The money raised will go towards helping the senior class continue the annual tradition of celebrating Senior Week in May.

"We work with the senior class each year to raise money and finding a fundraiser that would bring in a substantial amount of money was the goal," said Amy Ricci, director of Student Activities.

The Clout Card is a discount card that offers participants an array of discounts at the majority of all major retailers people shop at. Each card costs \$20, and \$10 of every card purchased will go towards the class of 2010's Senior Week efforts. The other \$10 goes towards the Clout Card program itself. The membership lasts a year, is not contractual, and participants are offered the opportunity to renew their membership every year.

"The Clout Card program was presented as a potential opportunity and the senior Class President, Katie Higgins, jumped on the idea and ran with it," said Ricci.

According to Higgins, the Clout Card program is partnered with a wide range of major retailers. Being a member will give participants access to the unique discounts offered by each one.

Some retailers will offer deals on specific days, weeks, or months and eventually, the card winds up paying for itself. Starting in 2010, you can use the card in participating stores, but for now the program is primarily based on the Web.

"It is really great for the holiday season and you can get a lot of great deals online,"

said Higgins.

Members will be given an online promo code throughout each month when making a purchase, according to Ricci.

"We all shop online at some point and look for ways to save money," said Ricci. "Searching for promo codes can be time consuming and sometimes unavailable, but being a member of the Clout Card program, you'll know upfront if you have a discount code you can use for the company you are purchasing from."

The Class of 2010 has not yet started selling Clout Cards, but Higgins said students can expect to receive an e-mail soon with more information. There will also be different tables set up throughout campus with sign up sheets. Anyone can buy the cards and customers do not have to be a Sacred Heart student. The card is available to anyone interested whether they are alumni, family, friends, or faculty and staff.

"It's a great way to support the senior class and benefit for yourself in the long run," said Ricci.

Higgins also added that there is nothing more she wants than to be able to give her senior class and the class she has worked with and grown up with for the past four years the best Senior Week she can.

"We are just trying to make this the most successful fundraiser as possible," said Higgins. "That way we can give the senior class the Senior Week they deserve!"

## Handel's Messiah at SHU

Tara Rotondo  
Staff Reporter

The holiday season has now officially begun, and Sacred Heart University is preparing to put the brand new chapel to use by hosting a well-known holiday spectacle.

The Chapel of the Holy Spirit is known for housing weekly masses for the community, as well as a stage for the universities choirs.

This year the chapel gets to host a special performance.

On Wednesday, Dec. 16 at 7 p.m. the chapel will house a concert featuring Handel's Messiah for the first time.

The concert is supported by the New Haven Symphony Orchestra, and is one of the most known productions of the orchestra. The company also features their own Holiday Extravaganza on Friday Dec. 11 at East Haven High School.

The Handel's Messiah performance at Sacred Heart will be conducted by William Boughton, and there will also be some guest conductors in attendance.

Some of these guests include The Cathedral of Saint Joseph Schola Contorum,

Dr. Jeffrey Douma, and music director Dr. Ezequiel Menendez.

The concert incorporates the Christmas portion of the Handel, and includes the Hallelujah chorus, as well as other sections of the Handel.

This performance of Handel's Messiah is the only one of the four performances the put on by the NISO. The orchestra will also travel to churches and congregations in Old Lyme, Farmington, and Madison.

The chapel has been getting a lot of buzz in the community, and the Handel's Messiah performance is sure to draw people from all over the state.

Some students' families are even traveling to Sacred Heart to see the performance.

"My mom and grandmother are actually coming down to see the concert. They haven't been inside the new chapel yet, but they are really looking forward to it," said junior Emily Gray.

Tickets are \$35, and all of the money made from the evening will go to the Chapel of the Holy Spirit.

To purchase tickets contact the Edgerton Center at 203-371-7908 or visit the website at [edgertoncenter.org](http://edgertoncenter.org)

Visit us online at [www.LCChen.com](http://www.LCChen.com)

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## CHECK IT OUT! NEW CAMPUS ANTI-BINGE DRINKING POSTER WINNER



Pending final approval, this image will be the new anti-binge drinking poster used around campus. It was designed by students James Kearns, Peter Dilenschneider, Chris Whittemore, Kristi Troccoli, John-Michael Formisano, and Mike Ohrenberger for a completion in their History of Advertising and Public Relations class. The class's assignment was to create slogans and posters aimed to show students that binge drinking is not a popular activity at Sacred Heart. This poster is intended to be used in conjunction with the "SHU Said" posters already posted around campus.

The idea of this poster is to get the message across simply and with a little bit of humor; it is to say that binge drinking is not considered cool to the people who have to miss the party and take care of you while you are getting sick in the bathroom. Believe it or not most Sacred Heart students do drink responsibly and are not "butt faces."

--History of Advertising and Public Relations class poster winners.

## Doctorate of nursing practice program

Jennifer Hill  
Staff Reporter

If you're a nursing major pursuing a masters degree, in 2010 Sacred Heart University will offer you the opportunity to go one step further.

Sacred Heart University will offer a doctor of nursing practice program, which will provide students with the opportunity to earn a clinical doctorate degree.

"It is a 39 credit program for academically talented nurses," said Dr. Susan DeNisco, Executive Director, and CEHP Center for Community Health and Wellness.

To approve the program, DeNisco submitted a proposal for the program.

"They embraced the need for a second doctoral degree at Sacred Heart and one that could help educate nursing leaders. We submitted and application to the Department of Higher Education and received complete state approval in November," said DeNisco.

According to the Sacred Heart Web site, "This unique hybrid/ intensive program is specifically designed to maximize the number of potential career roles the doctoral nursing graduate may assume, whether they are in academia, in advanced clinical practice, or in executive health care leadership."

Undergraduate nursing students intend to eventually take advantage of this opportunity.

"I think this doctor of nursing program is an amazing addition to Sacred Heart," said senior Catherine Rudden. "I am graduating this year, and I have to say that I am very grateful that our school will have this opportunity and option for myself and fellow nursing students."

"Not only is this program beneficial to the university, but it will provide so many opportunities to get jobs after graduating from the program."

-- Stephanie Weaver

While managing a heavy course load, students in the Doctor of Nursing Program must complete a practice dissertation focusing on clinical nursing practice.

"Graduates of our program will be expert in designing, implementing, managing, and evaluating health care delivery systems and will be prepared to lead at the highest clinical and executive ranks," said DeNisco. "It will give our undergraduate and masters students additional opportunities to work with academically talented nurses on research projects."

Students intend on participating in this program to increase their chance at finding a good job.

"Not only is this program beneficial to the university, but it will provide so many opportunities to get jobs after graduating from the program. It is nice to know that I am able to apply for the doctor of nursing program here at Sacred Heart where I have learned so much," said senior Stephanie Weaver.

Together with the eager students and staff, DeNisco has high hopes for the program and is very excited for it to begin.

"As the committee chair and program director, I am very excited to be finally seeing this program to fruition," said DeNisco. "While there is still much work to be done I have no doubt that having the DNP program at Sacred Heart will have a transformational impact on health care systems, patients, families, and the community."

## New man on campus to kick off the new year *Cernera invites Higgins to join staff at Sacred Heart*

Tara Rotondo  
Staff Reporter

If you see a new face on campus when you return in January from winter break, it is because Michael W. Higgins, Ph.D., will join the Sacred Heart community as the new senior executive in residence.

"Dr. Michael Higgins is one of Canada's most respected Catholic educators. He is a scholar who will bring to this position extensive experience as both a teacher and a college administrator, and he shares Sacred Heart's embrace of the Catholic intellectual tradition," said President Anthony J. Cernera.

Along with assisting Cernera, Higgins will teach multiple classes and lectures while also writing a book on the Catholic Intellectual tradition. Cernera played a role in

choosing Higgins, and said his experience was key for the position.

Being a part of a busy campus and multiple organizations won't be new for Higgins since he already has a relationship with the university.

"I have known and worked with Dr. Higgins over many years, and he has an insider's knowledge of and a great fondness for Sacred Heart University. He received an honorary doctorate at last year's freshman convocation, and he was an active participant in the festivities surrounding the dedication of our new Chapel of the Holy Spirit. We know him well, and he knows us well," said Cernera.

Higgins has been part of man education boards both in Canada and internationally. These boards include the Association of Catholic Colleges and Universities of Canada, and the International Federation of Catholic Colleges and Universities.

He has an impressive background as a writer and worked his hand in television as well. He has written numerous articles and books that have been highly praised including "Heretic Blood: The Spiritual Geography of Thomas Merton." In the past Higgins was a television commentator for the Vatican affairs. He was also the chief advisor for a TV series called Sir Peter Ustinov's Inside the Vatican.

Although Sacred Heart will gain from what Higgins will bring, Cernera hopes that his time here will also impact him in a positive way.

"My hope for Dr. Higgins is the same one I have for all our students and faculty members. When he leaves us, I hope he will take something the unique Sacred Heart experience with him, that he will have deepened the values he lives by, and that he will carry with him cherished memories and lasting friendships," said Cernera.



## People in need not just during the holidays, but year-round



Courtney Perlee  
Chief Copy Editor

Now that Thanksgiving is over, there are telltale signs everywhere that the Christmas season is upon us.

Not in the least, the jingle of Salvation Army volunteers collecting change can be heard when approaching the mall for an afternoon of shopping (after 20 minutes of circling the lot looking for a parking space—it wouldn't be Christmas otherwise). Decorated cardboard boxes magically appear overnight in hallways and lobbies at the university and other offices, requesting food and toy donations for the holiday season.

When it comes to giving, people are more generous during the holidays. Nobody wants to think about children waking up Christmas morning with no presents under the tree, or parents sacrificing their dinner while other families sit down for feasts.

We all know that there are people out there in need—but perhaps more families than you think.

A recent report published by the U.S. department of agriculture said that 14.6 percent of households were "food insecure" at one point during the year. That means 17 million households in the United States had trouble providing enough food for all of its members due to "a lack of resources" this year.

What many forget is that philanthropy isn't around only during the holiday season, and it doesn't always require cutting a check or buying extra cans at Stop & Shop. Not only are people in need year-round, but more than just

money can be donated—time can too.

Time is valuable. I know the horrors of time management as well as any other college student. If I'm not in class, I'm in the Spectrum office, I'm at the Pitt Center for practice (I'm on the women's fencing team), or I'm meeting with my brothers (I'm president of my chapter of Kappa Kappa Psi, a music service co-ed fraternity). Somewhere in between, I do my homework, hang out with my friends, and maybe sleep.

There's no doubt that everyone feels the same stress to get stuff done: there's only 24 hours in a day—"how can I fit everything in" becomes the mantra every week.

And weekends? Weekends are for unwinding and hanging out with friends, going out on Friday and Saturday nights and sleeping in on Saturday and Sunday.

Instead of sleeping until the winter sun starts setting (it's dark by 4:30 now), Saturday and Sunday afternoons can be spent volunteering too. Food kitchens, like the Mission Kitchen at the Bridgeport Mission Center, are open seven days a week, and accept volunteers to prepare and serve food. It's a few hours out of your day, which might have been wasted otherwise.

One of the most rewarding experiences I have had was volunteering for a church near my hometown that served Thanksgiving dinner to people who were in a tough spot financially and didn't want to be alone on Thanksgiving.

It was an early morning, and I missed dinner with my own family, but sitting and talking with people who would have spent the holiday alone was completely worth it.

There are plenty of opportunities to give time and money at Sacred Heart through the campus ministry and volunteer programs, especially with the holiday season now in high gear.



AP Photo

A volunteer loads her car with donations for Toys for Tots. The toys will go to underprivileged children this holiday season.

Participating in Toys for Tots or adopting a family for Christmas is one step toward make a family's holiday season brighter. The volunteer office even offers rides from campus to the Bridgeport Rescue Mission's soup kitchen during the week.

Just remember when you give your time this holiday season that families are hungry and in need all year, not just during December. Spend an afternoon volunteering at a soup kitchen, a hospital, a local library, or a church's food pantry and make somebody else's day a little better.

## SPECTRUM

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## EDITOR'S CHOICE

*Favorite photos taken by your Spectrum staff*



Michele Tymann  
Asst. Photography Editor

This picture was taken at Gold Star Beach in Huntington, N.Y. I like this photograph because of the angle the dock makes and how clear the water is.

I thought it was nice that the beach was so peaceful even in the last weekend of November. By looking at this picture you wouldn't know that it was cold out, but you might think it was in the spring.

Something that I didn't notice in the photo right away were the boats in the distance. I like how they kind of make a pattern in the skyline and give a little bit more depth to the picture.

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](mailto:spectrum@sacredheart.edu).

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## Parasite consumption considered as a dietary aid

Arielle Mangiaracina  
Staff Reporter

Would you willingly swallow a parasite? A Nov. 9 episode of "The Tyra Show" featured two women who would. Both women on the show said that they eat tapeworms in order to lose weight.

This diet is the latest trend in fad dieting. The diet starts with eating the egg of a tapeworm. Eventually, the tapeworm begins consuming the calories that a person ingests from food. After the person reaches his or her desired weight, an antibiotic is taken to expel the tapeworm from the digestive system.

According to the Mayo Clinic, the dangers of a tapeworm infection include seizures, malnutrition, nausea, weakness, and diarrhea. Tapeworms may also cause serious damage to organs and tissues.

"It's not worth endangering your health to lose a few pounds," said senior Colleen Hellman.

However, some on the "Tyra Show" Web site felt differently.

One commenter wrote: "I really want to go on the tape worm diet! I know that there are tape worm diet pills available, but they are really hard to find! I know that you can purchase them in Mexico." She also posted her e-mail and asked that if anyone knew where to buy tapeworms to notify her.

*"This diet is reality, so it is the media's job to expose it. However, I think it is important that they show it in the right light. I think they need show people that it is unhealthy and very dangerous"*

-Colleen Hellman

Another commenter, who identified herself as 15 years old, posted that "she is really considering eating a tapeworm if it will help her lose weight."

One of the woman featured on the show said she is willing to do anything to lose that extra pound. Even after being shown a full-grown tapeworm by the doctor, she said she still wanted it.

"I would hope that the media would portray this diet negatively, so that it does not influence young, impressionable people to try such a dangerous, unhealthy diet," said Hellman.

According to the Web site famewatcher.com, Tyra called out a man who allegedly sells tapeworms. He defended himself saying that it promotes "self-immunity and auto-immunity." He eventually admitted that he just sells them for the money.

The Web site tapewormdiet.net, like the man on the Tyra show, advertises tapeworms as something healthy to put into one's body.

The Web site says that modern human bodies, unlike their human ancestors, are without worms and that the "mammalian immune system is not a fan of being so clean." It also blames allergies and autoimmune disorders on the body looking for worms.

"This diet is reality, so it is the media's job to expose it. However, I think it is important that they show it in the right light. I think they need show people that it is unhealthy and very dangerous," said Hellman.

## Screen sharing, a Macbook only resource

Danielle Buzzanca  
Staff Reporter

It's late at night and you're trying to figure out how to do a project for your graphic design class. You call your friend and while he's trying his best to explain it to you over the phone, you're just not getting it. You just wish there were some way he could show you, but it's the weekend and you live hours away from each other.

There's no need to worry. Macbook screen-sharing will let him literally show you how to complete your project.

With this ability, "you and your buddy can observe and control a single desktop, so you can easily collaborate with a colleague. Share your own desktop or your buddy's — you both have control at all times. iChat initiates an audio chat when you start a screen sharing session, so you can talk things through while you're at it," according to www.mac.com.

Sacred Heart University senior Rob Lawson said that he has found the Mac screen-sharing feature to be extremely helpful to him in his educational career.

"In one of my graphic design classes, my teacher will take control of all of our laptops so we can see on

our screen exactly what he is doing. Just the other night I shared my screen with my friend and he showed me how to do something for an assignment that we had," said Lawson.

Very simply, screen sharing means you can connect one Mac to another and everything on that Mac's screen is on your screen. You can control everything on both.

It seems not every student likes this idea.

"I am uncomfortable with the Mac screen sharing feature," said junior Ashley Cooper. "I think it's great that you could use it for help with confusing programs, but I find it to be a huge breach of privacy."

According to the Mac Web site, there are ways to set permissions in screen sharing. Do this by opening system preferences, and click sharing. Select the screen sharing checkbox, and your variation of privacy is up to you.

"I look at screen sharing as an educational tool. If I need my friend to show me something, I don't have to go to his apartment. We can screen share and he can show me easily how to do it," said Lawson.

"We can even talk over the Internet about what he is doing through iChat. Privacy issues have never really been a problem for me when it comes to this feature."

## TIGHT BUDGETS COULD CAUSE DROPS IN HOLIDAY DONATIONS

Danielle Buzzanca  
Staff Reporter

You walk up to the cash register after painstakingly going down every aisle of the grocery store looking for the best deal on your weekly groceries that you could get.

You put your groceries on the belt and watch as the cashier rings it all up. She looks at you and says, "that is going to be \$31.46 today, oh and with your Stop and Shop card you saved \$2. Would you like to donate a dollar to charity?"

You're now faced with a tough decision to make: do you donate, or keep the \$2 you worked so hard to save? Still, is one extra dollar really going to put you over the top?

"I have never donated money to any organizations. But I have donated canned goods and used books. The cans and used books are something that I already have. I don't have a whole lot of extra money to spare," said senior Julianne Kasinow.

Some students feel that while they're on tight budgets, they can still give a small amount of money to those in need.

"I usually donate if organizations are asking for a dollar. Especially if it's when cashing out at a register and is easier to just add another dollar to the total. It makes me feel good if I know I can help out in a small way," said senior Jennyfer Pacheco.

According to John Stossel of ABC News, "Three quarters of American families donate to charity, giving \$1,800 each, on average." So what is the other one quarter doing? Is the economy affecting their choice?

"The economy is not directly affecting my choice, but I still don't have a lot of extra money to give out," said Kasinow. "I think generally people are trying to hold onto their money. I think people would be more willing to donate used goods that they have or even donate their time over actual cash."

Pacheco says it's the charity or club that helps her decide whether or not to donate her money.

"I'm sure with the economy that people are being more careful with where their dollar bills are being spent. Like anything else, if it's for a good enough cause like breast cancer or the MS Society, I still think people would be generous despite these hard times, as opposed to supporting a sports team or club where they might be more apt to hold on to their dollar," said Pacheco.

Giving away that extra dollar when you could be putting it towards daily expenses can be tough, especially during this time of the year.

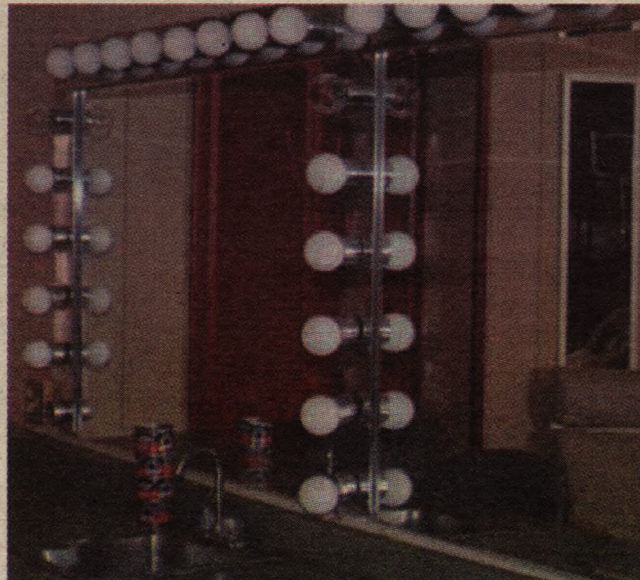
"With the holidays rolling around, I am less likely to donate an extra dollar when asked just because I know of all the expenses I am currently enduring," said graduate student Danielle Keller. "But if I have a little extra cash I always try. I think it's the right thing to do."



# Where in SHU?



Is it in the  
Pitt Center?



The Spectrum/Jaclyn Kennedy

Is it in  
Hawley  
Lounge?

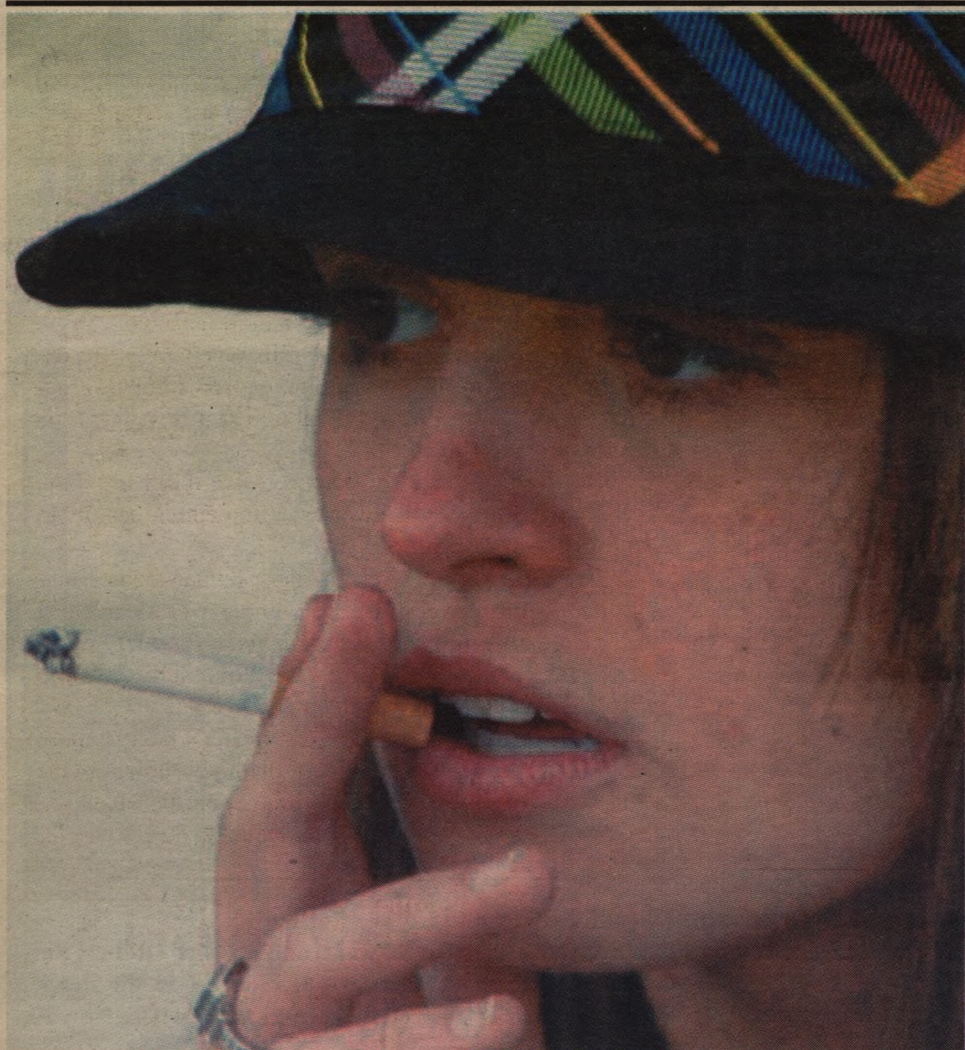
Is it in the  
chapel?

Is it in the  
library?

## Find the answer in our next issue!

Last issue's answer: The mailroom





The Spectrum/Alex Atkinson

Sophomore Angela Comfort takes a break and smokes a cigarette.

## NUMBERS SHRINKING FOR YOUNG SMOKERS

Adrian Fitzsimon  
Staff Reporter

Cancer, heart disease, blood vessel disease, lung disease, gastrointestinal disease, bad breath, trouble breathing, and stained teeth. Sound familiar?

Most college students recognize at least a few of these symptoms as the health risks associated with smoking cigarettes.

According to the U.S. Centers for Disease Control and Prevention, cigarette smoking among adults rose slightly last year for the first time in more than 10 years. However, college aged smokers were in a category all of their own, leaving adults ages 25 to 64 responsible for the rise.

A recent study conducted by the American Lung Association (ALA) showed that for the first time since 1980, the amount of college student smokers ages 18 to 24 is at an all-time low. Today, one out of five college students is a smoker.

In an attempt to maintain a low number of young adult smokers and to prevent others from starting, many states have implemented a high tax on packs of cigarettes.

According to the National Conference of State Legislatures, Connecticut and New York have both experienced large tax raises on per-box purchases. Both states experienced approximately \$1.10 raise on tax, bringing Connecticut's tax to nearly a total of \$3 and New York's tax to nearly \$2.75. This brings the cost to an average of \$9 per pack of cigarettes.

If the health risks associated with smoking cigarettes aren't enough to persuade one from smoking, the cost of keeping up with the habit might instead.

If an individual smokes a pack per day, he or she is spending an average of \$63 each week purchasing cigarettes. In one month, that is \$252. In one year that is \$3,024. Throughout four years of college, that is \$12,096.

Instead of purchasing cigarettes, that money could go towards countless other luxury items or activities.

Sixty dollars a week could go towards a new pair of shoes. Two hundred and fifty dollars could purchase tickets to a game at Giants Stadium. Three thousand dollars is

a week's vacation in the Caribbean. And with savvy shopping, \$12,000 could purchase a new car.

Nevertheless, the reality of young smokers still spreads throughout college campuses.

Regardless of the risks and costs involved, psychology Professor Ron Hamel said he believes there are many reasons why young adults start smoking.

"I believe one of the main reasons young people start smoking is peers. Research suggests that if you have friends that smoke, you are more likely to also smoke. Have friends that do not smoke, and the risk is less," said Hamel.

Hamel suggested other factors were modeling after a parent's behavior, socioeconomic status contributing to lack of education about the risks, and simply enjoyment from the calming effect of smoking a cigarette.

The amount of college smokers has decreased, but the tobacco industry is taking action to force a rise in that number.

The ALA stated that tobacco industry documents revealed campaigns that target young adults experiencing transitions from high school to college or college to work.

The ALA reports that tobacco companies believe young adults are most influential during these life stages and invest large sums of money to exploit this vulnerability.

The report conducted by the ALA stated that in 2005, the tobacco industry spent more than \$1 million a day sponsoring events and giveaways on college campuses and at local bars and nightclubs to portray smoking as a social norm.

In a news release about the report published on Sept. 8, 2008, CEO and president of the ALA, Bernadette A. Toomey encouraged college campuses to remain smoke-free and to avoid advertisements that encourage students to use deadly tobacco products.

"The industry's return on investment is staggering. Nearly 20 percent of today's college students are regular smokers. Even worse is [the tobacco industry's] continued campaign to increase these numbers. Every college student in America has a target on their back as far as the tobacco industry is concerned," said Toomey.

## HE SAID/SHE SAID

*Is looking through your partner's phone acceptable?*

Tom Herles

*He said*



When I think about serious issues our generation is faced with, I must admit that my girlfriend looking through my cell phone and vice versa is not something that I am overly concerned with.

I suppose it is a bit sneaky and would be an issue if one had things to hide. But if you need to look through a cell phone to figure out what's going on with someone you're close to, there are definitely some bigger issues.

What's next, going through the books on my bookshelf to look for secret meanings in the chapters? One look through would reveal that yes, I am in fact a Hogwarts graduate... or a big dork. Take your pick.

With that being said, cell phones are such an extension of their owner these days that it would probably be a pretty reliable way to find out a girlfriend or boyfriend's thoughts on you or anyone else. With a phone like the one I have, the options would be call history or text messages to find secret information.

But, if you're caught up with the technology of the age and have an iPhone or BlackBerry, then there's much more opportunity to find hidden information through e-mail, browser history, Facebook, and, if you're really intent on finding something, I guess choice of "apps" could mean something to you.

I'm not entirely sure what having a Wikipedia or Scrabble app says about a person, but I assume the stalker-like significant other can make something out of it.

I find this topic to be a double-edged sword. If a guy doesn't want his girlfriend looking through his phone, it's pretty suspicious. Yet if someone finds the need to investigate a cell phone, then he or she isn't a very trusting person.

The best way to avoid this predicament is simple: get rid of your cell phone and then nobody can creep their way through it, and all your secrets are safe.

But if this is too difficult and you insist on keeping your phone, then I guess we have to come up with some kind of solution for the problem of significant other cell phone searching.

My solution is one that I use almost every single week in this column: don't be a stalker.

There's a good chance that if you have known your boyfriend or girlfriend for a while then you will know if they're going to get mad at you for going through their phone. So, if they are going to be mad... don't do it.

You can also approach this from the other way.

Don't sneak around on your cell phone and then you don't have to worry about anyone reading it. I guess I'm going with the common sense approach for this topic.

Do you think the pilgrims searched through each other's books and buckled hats for secret correspondences?

So don't be foolish. But if you really need to look through someone's phone you could claim you were just playing Brick Breaker on his or her BlackBerry when you get caught.

Sam Marinko

*She said*



I know this woman—we'll call her "A.M." for "awesome mom." As a 34-year-old mother of three girls, A.M. looks spectacular for her age.

She loves tennis, does a 5k road race almost every month, and she eats better than anyone I know. At the same time, she dresses wonderfully and still loves to go out and have a good time with friends on the weekends (and that's where I come in, as the babysitter).

She's a terrific mother, but hasn't let her role as a mom take over her identity entirely. Any man should consider himself lucky to end up with such a fun and interesting woman. So what are her plans for this Wednesday? A.M. will be meeting with divorce lawyers to finalize the paperwork – six months ago, A.M. discovered that her husband of eight years had been cheating on her.

While browsing through his phone, looking for nothing in particular, A.M. discovered that her husband, let's call him "A.H." (for, well, use your imagination) had been sleeping with her best friend for 4 months. A.M. wasn't suspicious or mistrusting—she was simply scrolling around with no underlying motives or intentions. And lo and behold, her best friend, we'll call her "M.B." (for manipulative bi... I mean, bully) was texting her husband saying things that one should never say to their best friend's husband. So, was it justified? Abso-freakin'-lutely.

When you are seriously involved with someone, trust is key. Take my phone, read everything, knock yourself out. I have nothing to hide. So your ex has been texting you? Share it with your current boyfriend: "Oh yeah so I got a text from John the other day; he just wanted to say 'what's up?'" So, what do you want to do for dinner tonight?" It's really not very difficult.

Then again, wanting to look at each others' phones just leads to questions of trust, even if there were never any prior issues or setbacks in that department.

I think you just have to look at it from both perspectives. I mean, even if you do trust your boyfriend, aren't you at least a little curious who he talks to? That's another thing: curiosity and suspicion are two very different things!

If you ask "Hey, where've you been all day?" – it does not mean you're suspicious! But, if you continue on to say, "Oh, I see... with who? Wait, why were you there? What, she came, too? Why didn't you answer my call!" – that could be perceived as suspicious.

So, in my mind, it's more than okay to look through your boyfriend's phone as much as your heart desires. If you are really a good couple, then honesty shouldn't be a problem.

If he grabs it out of your hand when you start looking, then you might want to kick that curiosity of yours into high gear. And if you're reading this and you disagree, think about the texts or received calls, or worse, the outgoing calls, in your phone that your significant other wouldn't approve of. And if you still have a problem, just ask A.M. how she feels about the matter.



## GET REEL

**'The Blind Side' scores a heart-warming win, tackles big bucks**

Nicole Eastman  
Staff Reporter

True stories tell themselves, but are sometimes hard to believe. "The Blind Side," inspired by an incredible true story will make audiences re-evaluate what it means to be a good person.

"The Blind Side," a movie about football, is written and directed by John Lee Hancock and based on the book written by Michael Lewis. Audiences are bound to leave the theatre feeling compassionate, inspired, and full of hope.

In a real story about real people, the character of Michael Oher is proof that talent can be discovered in the most unlikely of places.

The movie highlights offensive lineman for the Baltimore Ravens, Michael Oher, played by actor Quinton Aaron (Be Kind, Rewind). Known as "Big Mike," the movie takes the audience on a journey from his life in the ghetto, through his high school years and adoption by a well-to-do white family, to his position as a highly sought-after recruit in college football.

The movie begins with footage from a football play and a voiceover explaining the importance of the left tackle position in the game. The left tackle protects the blind side of the quarterback. However, it's easy to miss and misunderstand the relevance of the movie's title if you don't pay close attention to this clip.

Aside from the story itself, another rewarding aspect of the film is its individual characters. Country singer Tim McGraw and Golden Globe winner Sandra Bullock portray the perfect family.

With a great cast, cameos from collegiate football coaches, and an inspiring storyline, "The Blind Side" is a movie for the whole family.

Oher's fans and followers will no doubt enjoy this movie and perhaps know how the story turns out, but typical non-sports fans can enjoy the movie too, even if they've never heard of the sports legend.

There are plenty of comedic moments to maintain the viewer's attention until the end of the movie. The story itself unfolds in a unique way that keeps moviegoers wondering what's next until the very end.

To many people's surprise, the movie's ticket sales recently rose 20 percent from the previous week, according to E! Online, and has passed the \$100 million mark after only 10 days of being in theaters, according to the New York Post.

Be sure to get a glimpse of "The Blind Side" while it's in theaters.



AP Photo

Get Reel gives The Blind Side



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## 'New Moon' sucks life out of box office in first weeks

Mark Theroux  
Staff Reporter

Batman and Spiderman have some new challenges they never would have expected: vampires.

The romantic fantasy film "New Moon," sequel to the extremely popular novel of the same name in the "Twilight" franchise, grossed \$142.8 million in its opening weekend Nov. 20, according to the Associated Press.

This is the third-highest grossing opening weekend of all time, beaten only by 2008's "The Dark Knight" (\$158.4 million) and 2007's "Spider-Man 3" (\$151.1), according to the Box Office Mojo Web site.

The film's Web site describes the movie's focus to be on the "relationship between mortal and vampire" with "more of the passion, action and suspense that made 'Twilight' a worldwide phenomenon."

Despite these 'phenomenal' proclamations, however, the film has not been as well received by critics as expected. Out of 186 reviews collected on Rotten Tomatoes, only 56 have been "fresh," with an average rating of 4.7 out of 10.

Yet among students at Sacred Heart University, there have been a variety of reactions to the film.

Senior Serena Cecere has never read the novels and tried to avoid the "Twilight" hype altogether at first, but after someone coaxed her into watching the first movie, she was hooked.

"I thought it was absolutely amazing, especially the ending," said Cecere. She thinks one reason for the franchise's popularity, especially among female students is "the concept of a guy who cares so much about a girl, and says that it's his job to protect her."

Sophomore Kristi Harris has read the novels, and although she thought the movie was good, "the books were better," she said.

Some students enjoyed certain aspects of "New



AP Photo

Bella (Kristen Stewart) and Edward (Robert Pattinson) share a heartfelt moment in the movie, which premiered in theaters everywhere Nov. 20.

Moon," more than others, such as junior Ashley Cooper.

"I thought it was way too long but it had some decent music," said Cooper.

Of course, with any enormously popular franchise, "Twilight" has its share of serious loathers.

"Don't even get me started," said junior John Young, who thinks the series is an "overhyped phenomenon" and "just looks stupid."

Still, the "Twilight" series remains extremely popular, as well as profitable. In less than two weeks of release, "New Moon" grossed over six times its \$50 million budget in the US alone, according to the LA Times.

Reuters reported that fans can anticipate a film adaptation of the series' third novel, "Eclipse," in June 2010.

## Music program not a 'major' concern for Sacred Heart?

Chris Daly  
Staff Reporter

If you're like most students at Sacred Heart University, you probably either took a music elective, or considered taking one to fill one of your humanities requirement.

But for those who enjoy music classes more than the average student looking to fill-up on requirements, we ask... is there a music major at Sacred Heart?

Despite the diverse and wide range of majors offered at the university, Sacred Heart does not currently offer a music major. They do, however, offer a non-major program, focused on providing courses for students to take as electives or as a music minor.

Even though there is no major, many of students seem to think that developing this program would be a great idea.

"I feel like we are close to having a music major," said senior Jesse Gatten. "I believe that these students would need to be instructed in conducting, composition, and arrangement."

The music department still strives to be a strong part of the university community. According to Dr. John Michniewicz, professor and director of the academic music program, there are about 150 students who participate in each of the four choirs.

"Students have a strong interest in participating in the program," said Michniewicz. "I believe music and musical knowledge are important and interesting parts of a liberal arts curriculum. I hope that everyone will consider taking one of the music electives or participating in the choirs if they have

the interest."

Some students feel that having a music major here would open up a wide variety of opportunities for learning about music in different facets.

"I think the types of classes they would need to have are ones focused on instruments as well as the corporate side of music," said junior Emilie Lattainer. "I know there are a couple of classes offered like that now, but they should be expanded."

While Sacred Heart is always striving to keep up with or surpass other universities in the region, according to the College Board Web site, there are approximately 135 colleges in the New England/New York-New Jersey area that offer majors in music.

But who would be the one to decide to implement a music major at Sacred Heart?

"The determination would be made by the dean, president, and provost of the university," said Michniewicz. "In conjunction with the board of trustees."

Students are hopeful to see a change in the curriculum within their four years here.

"I hope it becomes a major soon," said sophomore Michelle Hevey. "Most students who are interested in music are involved in multiple bands and choirs because they love it so much."

The music minor requires only 18 credits from courses within the department. The tracks include music performance and music literature.

Other opportunities for musically inclined students to get involved at Sacred Heart include concert and liturgical choirs as well as concert band, pep band, and marching band.



# Celebrity fashion lines: channel your inner diva

Emma Levine  
Assistant A&E Editor

Victoria Beckham, Nicole Richie, Justin Timberlake, Beyonce... what do these notable names all have in common, besides their celebrity status?

Each has ventured into the world of fashion, some finding great success, while others have not been so lucky.

In the last couple of years, celebrity fashion lines seem to be popping into high-end boutiques, along with more affordable lines in stores such as Target and Wal-Mart.

Whether it's a full fashion line like Beyonce's House of Dereon or a specialty line like Richie's House of Harlow 1960 jewelry, celebrities have ventured out into the world of fashion to see if the catwalk can translate into cash.

Different fashion lines seem to be geared towards different groups of consumers, but many celebs are not afraid to put a high price on their merchandise.

For instance, a simple sweater at Nicole Richie's new maternity line a pea in

the pod costs around \$245, according to the line's Web site.

According to the Forbes, Timberlake's clothing brand William Rast sells men's jeans for \$207. Beyonce's House of Dereon is priced anywhere from \$108 for jeans to \$725 for a dress, and Beckham's line of jeans for Rock & Republic sell for about \$290 a piece.

"I haven't shopped any celebrity fashion lines," said sophomore Angela Oddo. "I think they only make them because they know by putting their name on clothes, their fans will buy it. It just means more money for them."

Other celebrities like Miley Cyrus have made their lines more affordable. According to People Magazine, Cyrus teamed up with designer Max Azria to create fun affordable clothes that are now sold at Wal-Mart stores for under \$20.

"I think it's great that a celebrity is actually making clothes their fans can afford," said junior Kristen McDonald. "I usually do not like celebrity fashion lines, but I give Miley credit for making hers not out of reach of her fans."

Although Cyrus may have success with her more affordable line, many celebrities have been having trouble making a profit off of fashion. According to Marie Claire Magazine, celebrities like Jennifer Lopez have been forced to stop production on their lines due to the recession.

Marie Claire said that Lopez's line Sweetface is one of the few celebrity lines that are now extinct. Mandy Moore's Mblem line along with "The Hills" star Lauren Conrad's eponymous are others that have had to stop production because of the downturn in the economy.

"I think they're just trying to get attention," said freshman Erin Murphy. "They think just because they're celebrities that they will be successful."

Celebrities might feel entitled to success, but the truth remains: if a celebrity's name is on something, consumers are likely to be interested in the product.

"People will look at the clothes out of curiosity because a famous name is attached," said reporter Christopher Muther in an article from the Boston Globe online. "In some cases, the belief is that buying



AP Photo

Nicole Richie smiles for the camera at the launch of her maternity clothing line, a pea in the pod, on Aug. 6 in Beverly Hills.

these clothes will afford you the same lifestyle or help you resemble the celebrity."

## IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS IN FAIRFIELD COUNTY

Jacqueline Vele  
Staff Reporter

With the chaos of Christmas shopping, decorating, gift wrapping, and celebrating, there are still some simple ideas for holiday fun that are easily attainable and inexpensive in Fairfield County.

Though the famous Rockefeller tree lighting in New York City takes an hour-long commute, the Burr Christmas Tree festival is less than 10 minutes away from Sacred Heart University, and features decorated trees and extravagant wreaths.

"I would really like to see the Christmas tree lighting in New York City, but with finals it would be hard to travel there," said senior Chris MacKenzie. "But since the tree lighting in Fairfield is only a few minutes away, I might do that instead."

For its 26th year, the Burr Mansion on Post Road features holiday decorations which will be on sale for purchase for those wishing to decorate their homes.

According to the Fairfield County Web site all profits will benefit Giant Steps, a school for children with developmental disabilities. Not only will this be a jolly event that will call upon the Christmas spirit, but a charitable event as well.

If you are looking to get holiday shopping done withing breaking your budget, the Three Kings Bazaar at Fairfield's First Church is an ideal event. Located on Beach Road in Fairfield, the event will feature crafts and baked goods as well as holiday decorations and vintage linens.

"I always try to get holiday shopping done as early as possible," said senior Eric Pine. "I hate going shopping when the rush of shoppers go. It is too crazy."

According to the Fairfield County online calendar, the bazaar will host a silent auction and baskets raffle, featuring "beautiful, themed baskets including a movie night, spa pampering," and more. Stop by on Dec. 4 between 5 p.m. and 9 p.m. and Dec. 5 between 10 a.m. and 4 p.m.

If you are looking to meet Santa and

Mrs. Claus, join the Junior Women's Club of Fairfield at the Burr Homestead located on Post Road. According to the Fairfield County calendar Web site, proceeds will benefit Brady's Smile, a Fairfield non-profit organization. Tickets are only \$6 at the door.

For those who enjoy listening to holiday music, come see the New Haven Symphony Orchestra, as they play their Holiday Pops concert at Fairfield University on Dec. 19. According to the Orchestra's Web site, the event will have you "singing and tingling with anticipation for the season of good cheer." Ticket prices range from \$35 to \$45.

"I love Christmas music. It really gets me into the Christmas spirit," said senior Alan Minoyan.

For a relaxing holiday evening, the traditional seasonal story "A Christmas Carol" is currently in theaters, featuring Jim Carrey as the voice of Ebenezer Scrooge.

For those who enjoy seeing a live performance instead, "The Nutcracker" features students from the New Haven Ballet, and is set to perform at New Havens Shubert Theater from Dec. 18-20. According to the CAPA Web site, tickets range from \$18-\$53.

"A Christmas Carol is one of my favorite stories. I am definitely going to catch it in theaters," said Pine. "The message behind it is really nice: to remember to be thankful during the holidays. That is what the holidays are really about, giving back to the less fortunate."

Whether it is seeing a tree lighting ceremony or a holiday movie, Fairfield County offers festival events for all holiday budgets. It is easy to get into the cheerful spirit this winter, and to also give back to the community.

With so many choices of what to do during the season, you might be left wondering if the 25 days of Christmas offer enough time to enjoy all of the local events before heading home for the holidays.

## Local Holiday Events

**Dec. 3-6:** Fairfield Christmas Tree Festival - The Burr Homestead

**Dec. 4-5:** Three Kings Bazaar - Fairfield's First Church

**Dec. 18-20:** "The Nutcracker" featuring students from the New Haven Ballet - New Havens Shubert Theater

**Dec. 19:** New Haven Symphony Orchestra performing in Holiday Pops Concert - Fairfield University



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## Three terrible words: 'You've got mail'

Kelley Bligh  
Staff Reporter

You wake up late for class and after a busy day full of classes and homework, you finally have the chance to sit down at your computer. As a student at Sacred Heart University, chances are, when you check your e-mail, you may have as many as 50 messages waiting for you by the end of the day.

On any given weekday, students can expect to receive around 25 global e-mails from various departments and clubs, not including other e-mails from professors, coaches, advisors, family, and friends. During the weekend, the swamp of e-mail does tend to lighten to an average of five global messages per day.

This is the 21st century. E-mail is, therefore, one of the major ways of communicating – not only for Sacred Heart and other colleges but for the entire world. However, some Sacred Heart students say this is crossing a line.

"It can get very annoying," said freshman William Morse.

Global e-mails are sent to every one of the students and faculty of the university, or can be sent to particular classes – freshman, sophomore, junior, or senior – depending on whom the information pertains to.

Most students seem to agree, though, that the excess of e-mails tends to get overwhelming at times.

Marley Anderson, a junior, said that most of these mass messages are a nuisance and never even get read.

"I only read e-mails from my professors because I know the e-mails are actually for me," said Anderson.

Students often ignore most global e-mails because they feel the messages about clubs they are not in or colloquia they do not need to attend do not concern them.

Not only that, but it is not uncommon for students to receive several e-mails, all saying the same thing.

When trying to weed through what you need and what you could do without though, senior Shawn Bennett recommends using caution.

"Sometimes you can miss the important ones," Bennett said. "If you're really busy and just skimming through them, you can miss something you actually need to know about. It does happen."

Freshman Kate Poplaski said that when scanning through her e-mail of the day, she'll read the title of all messages but if that does not apply to her, that is the most that gets read sometimes before it hits the trash.

Since e-mail is a vital means of communication at Sacred Heart, everyone has their own ways of handling the e-mails that are constantly pouring in to inboxes around campus.

If students were given the chance to get rid of all the global e-mails though, they do not all jump at the chance like you may expect.

Sophomore Stephanie Stiles said that she likes seeing all e-mails about what is going on around campus, even though she may not read them all.

"It's really incredible," said Stiles, "to check your e-mail once and then an hour later to already have ten more in your inbox."

## ONE MAN'S TRASH IS ANOTHER MAN'S GOLD

Marisa Graniela  
Asst. Features Editor

Ever seen someone lurking in the alleyway picking out of a stinky dumpster?

The first assumption is that they're probably poor or homeless picking leftover garbage bits for dinner but that's wrong – they're just a freegan.

According to an online Newsday article, "freegan comes from the term vegan; a person who does not eat meat or animal products for health or ethical reasons."

"Freeigans take it one step further by eating food thrown away by stores and restaurants, to avoid waste and limit their impact on the environment," the article said.

Though some may practice freeganism to minimize their overall damage, most use it strictly to prove a point. For a large majority, the lifestyle begins as a fight against capitalism.

A capitalist society is one that produces and distributes goods and services for profit.

Sometimes, the profit is fed back into the public or private corporation providing the goods, but other times it is given back to a society.

According to the freegan community Web site, [freegan.info](http://freegan.info), "this Web site reflects our commitment to creating models of living that allow us to limit the control that corporations and money have over our lives, reduce our financial support for the destructive practices of mass producers, and act as a living challenge to waste and over-consumption."

With a society that is constantly providing too many resources, resources end up being wasted and forgotten about. In effort to stop this inevitable cycle, freeigans discontinue all grocery purchases.

The Newsday article, "they say that by not buying food, they're

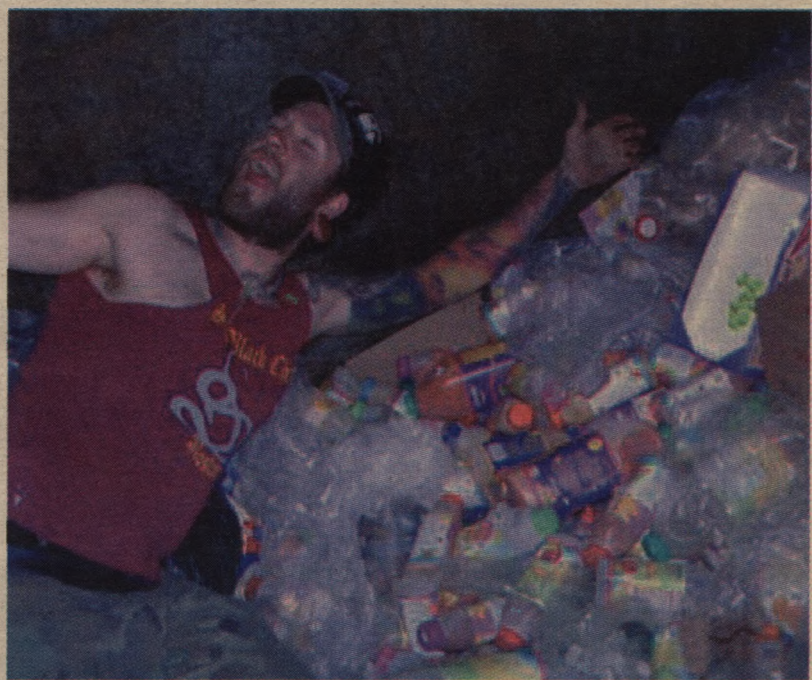


Photo courtesy of Freegan.info

A freegan celebrates a food find of Odwalla drinks that are in the trash outside a store.

ciety that needlessly slaughters animals and harms the environment by mass-producing nonessential food, much of which ends up in landfills."

So how exactly are freeigans protesting society?

Two of the most common movements are dumpster diving and squatting.

According to [freegan.info](http://freegan.info), one waits until a store and or restaurant closes, which means trash time.

One will then dive into the dumpster and take what can be reused. Anything is fair game from food, appliances, or dining ware.

Squatting is one of the practices that doesn't involve food.

So-called "squatters" search for abandoned buildings or shelter spots that are restorable, stated on [freegan.info](http://freegan.info).

They then rebuild them into free housing or community centers with programs for low-income communities.

Though some may never commit to freegan ways, they sympathize with their effort to change so-

"I can say that I will never be a freegan," said junior Lauren Merriam. "But at the same time, I think what they're doing takes guts and motivation."

For others, the idea of freeganism seems extreme.

I think what they're doing is unnecessary," said junior Brianna Neff. "There is no way that they will ever change anything in our society by eating someone else's leftover dinners."

Freeganism may not be for everyone but some can see beyond the garbage to find people who are truly trying to make a difference.

"I think it's great that they're making efforts to change communities by creating locations for low-income families to learn," said junior Kristi Troccoli.

Although freeganism may seem like an unusual lifestyle, those who choose it find it rewarding.

For more information on becoming a freegan or nearby freegan organization locations, visit [freegan.info](http://freegan.info).

## Fat club options prove to be a 'big' hit

Stephanie Kanner  
Staff Reporter

When you walk into a nightclub weighing about 120 pounds you typically get the comments and the stares that make you feel welcome and as if everyone wants you there.

But if you walk into that same club weighing 220 pounds, the comments and stares you get may be more likely to make you turn around and walk right back out the door.

"Fat clubs" are the new alternative designed for obese people to go out and enjoy themselves without the fear of hurtful comments and gawking crowds.

"I mean, if the person is comfortable in their own skin they shouldn't need a designated place for them to go out and still have a good time," said junior Paul Graziadei.

"But if that's what they need in order to feel more secure with their bodies then I think it's great for them to be able to have that kind of self esteem," he said.

Since obesity is a constant struggle for many Americans, there have been more places that are becoming available for overweight people to be among others that have the same type of problem.

According to the Web site Telegraph, an online daily newspaper, Club Bounce and The Butterfly Lounge are two nightspots that are thriving in California. The two clubs are aimed to support people who may feel unwelcome at certain places because of their size.

"I actually have a friend that suffers from being overweight," said junior Jackie Foy. "When ever we go out together as a big group I can tell that she feels uncomfortable in her own skin but we never really speak about it."

With the rise of popularity of these so-called fat clubs it makes you wonder if they would actually be a "big" hit.

"I'm not too sure if you would catch me in a night club like that if I were overweight," said junior Jamie Miller.

"I almost feel as if those clubs are promoting obesity as if it's not a problem at all in the United States. I think that when people go there, they'll think it's okay to live an unhealthy lifestyle," said Miller.

However, according to the Web site Telegraph, the existence of such venues has raised health questions in a country where the Centers for Disease Control and Prevention have concluded that one-third of adults are already obese.

These nightspots are relatively new in development.

They are being scattered across the state of California and are slowly making their way across the nation and more people are becoming aware of them.

As stated in the Web site Telegraph, Lynn McAfee, of the Council On Size and Weight Discrimination, said "it's nice to have a place to go where people can do a little flirting and maybe bring their thin sister or somebody from work who isn't fat, and they'll be in an entirely different world for a while."

Many people who scorn at the sight of obese people in the trendy night clubs may have no clue what life would be like if they were to spend the night in someone else's shoes – or pants size for that matter.

"I don't really know if my friend would ever go to a 'fat club,'" said Foy. "I feel like she knows that she'd rather be around people her own size but then again I think that when she goes out with the rest of my friends she feels like she can hang out with tinier girls which makes her feel good."

"I think that it would be a good experience for her though so she could come out of her shell a little more," she said.



# New game calls millions to report for duty

Stephanie Kanner  
Staff Reporter

Hundreds of gamers all over the United States patiently awaited the arrival of "Call of Duty 2: Modern Warfare" on Nov. 10.

The controversial game is blasting its way into video game history.

"I love playing the game," said junior Wes Lynskey. "I just got it like five days ago and I haven't put it down."

According to AP Exchange, in the game's first 24 hours on sale, "Call of Duty" made \$310 million in North America and the United Kingdom alone, while "Grand Theft Auto" made that same amount worldwide.

"Call of Duty 2: Modern Warfare" is making its way into homes rapidly.

But there is a big concern with its violent nature.

"I'd say the game is pretty violent," said senior Mark Galletta. "I wouldn't let this game fall into the hands of people who are not of 18 years."

Graphic violence in video games is nothing new to the average gamer these days, but "Call of Duty 2: Modern Warfare" is stirring controversy about a particular scene that allows the player to take on the role of terrorist.

"There is actually a screen that comes up in the beginning of the game and it tells you that there are lifelike scenarios in the game that might be too unsettling for some players," said junior David Ta.

"It'll then ask you if you want to pass over those levels or not. That's how I knew right from the start how insane this game is, in a good way," he said.

However, while some people think the



AP Photo

A screenshot from the popular new "Call of Duty 2: Modern Warfare" video game.

game is violent nature is too much at some times, there are others who think differently.

"It's important that I preface this by saying that I haven't played 'Call of Duty,'" said media studies professor Sally Ross.

"However, I think it's possible to overreact when it comes to the violence factor in these games and its influence on the players. While this kind of violent fantasy may not be for everyone, most people seem to be able to separate reality from their game play," she said.

According to Web site GRABstats.com, 63 percent of parents believe that video games in general are a positive part of their children's lives.

For most people, playing "Call of Duty" or any other video game for the matter is a social thing. The games bring friends together in a competitive environment.

"All of my friends play the game, and we always play online as a team," said Lynskey.

"This is definitely the most fun way to play because not only do you get to spend time with your friends but you also get to see who the best player really is," he said.

Aside from the competitive aspect of the game, does the war-like environment send out a message to its gamers to enlist?

"I don't think 'Call of Duty' makes people want to enlist in the army or any other branch," said Galletta. "If anything,

it shows how dangerous war is, and probably deters gamers from enrolling."

"In real life, you don't just simply respawn and try the level again. The only chance to win in real life is to "play" perfect during the entire game, a feat that I have never heard of being done by anyone playing 'Call of Duty,' he said.

Gamers are at awe with this newly released masterpiece.

The creators of 'Call of Duty' have a lot of work ahead of them when the next game comes out.

"I think this is more than just a video game," said Ta. "It's just so lifelike you really feel like you're in the game.

"Definitely one of the best games I've ever played."

# Stealing looks 'Forever?' Popular clothing chain faces legal woes

Lindsay Caiati  
Staff Reporter

Home of the trendy and inexpensive, Forever 21 has become a fashion favorite among the frugal, but a fashion menace among retailers.

According to Women's Wear Daily (WWD), the mall chain Express filed a lawsuit against Forever 21, claiming copyright and trade dress infringement.

"Express claims Forever 21 copied four of its copyrighted plaid patterns for men's shorts that were introduced in its stores in December 2007.

Additionally, Express is claiming trade dress infringement for a zippered jacket the specialty retailer introduced last December," said an article in WWD.

For the 25 years that Forever 21 has been in business, they have been sued over 50 times.

According to WWD, they recently settled with the designer label Trovata after a two-year battle in court.

"I shop at Forever 21 mostly because it's so cheap, and has so many options," said senior Alanna Birner. "I do think it's unfair that they steal so many of their designs."

"I noticed the similarities in some of the designs before, but I didn't realize how often they get in trouble for it," she said.

Other labels that have sued the company include Diane Von Furstenberg, Ana Sui, and Anthropologie, as reported by New York Magazine.

According to MSNBC.com, Gwen Stefani, who has her own fashion line called Harajuku Lovers, sued Forever 21 for trademark infringement claiming that the chain stole the label and changed the text.

The lawsuit claims Forever 21, "changed a couple of words in the Heart/Box Trademark, which are inconspicuous and likely to go unnoticed by a consumer," said a 2007 MSNBC article of the infringement.

"Specifically, the lawsuit claims Forever 21 used the design but changed the word 'Harajuku' to 'Forever' and the word 'Lovers' to 'Love.'"



The Spectrum/Nicole Eastman

Forever 21 may be a favorite shopping location among teens, but they are constantly dealing with copyright lawsuits from other fashion chains.

According to WWD, the blatant copying of her designs by the chain outraged fashion designer Diane Von Furstenberg.

She filed suit in March of 2007 claiming copyright infringement of several of her designs, saying the designs were exact replicas of her originals.

"Original prints or graphics on clothes can be copyrighted — as they are considered artwork," according to WWD.

Even though Forever 21 has gained a rocky reputation legally, the chain is still popular amongst shoppers.

"I like shopping at Forever 21 especially if I need something just to go out for the weekend," said Birner.

However there are consequences for paying such a low price.

"If its something I want to wear for a long time, and I want get a lot of use out of it I never look at Forever 21," she said.

"When I'm looking for those kinds of items that will last you a while, quality is definitely a factor, and Forever 21 doesn't really offer that."

According to WWD, the owners of Forever 21, Do Won Chang and Jin Sook Chang said that they have made changes in hopes of avoiding future legal trouble.

"Chang emphasized there has been continuing training at Forever 21 for the last four or five years to alert members of the buying team to items that might present legal issues."



## Scoreboard

Saturday, November 21

## M. Basketball

SHU- 65

Xavier- 105

## W. Basketball

Harvard- 77

SHU- 92

## W. Volleyball

CCSU- 0

SHU- 3

## M. Hockey

SHU- 3

RIT- 5

Tuesday, November 24

## W. Basketball

SHU- 83

Stony Brook- 70

## M. Hockey

SHU- 2

Yale- 8

Wednesday, November 25

## M. Basketball

SHU- 75

Penn State- 87

Saturday, November 28

## W. Basketball

Manhattan- 45

SHU- 64

## W. Hockey

SHU- 11

Quinnipiac- 1

Sunday, November 29

## W. Basketball

Manhattan- 45

SHU- 64

Monday, November 30

## M. Basketball

Columbia- 55

SHU- 60

## On Deck

## Tomorrow

M. Hockey @ Army

7:05 p.m.

W. Hockey vs. Oswego

7 p.m.

Saturday, December 5

M. Basketball vs.

Monmouth

1 p.m.

W. Basketball @ FDU

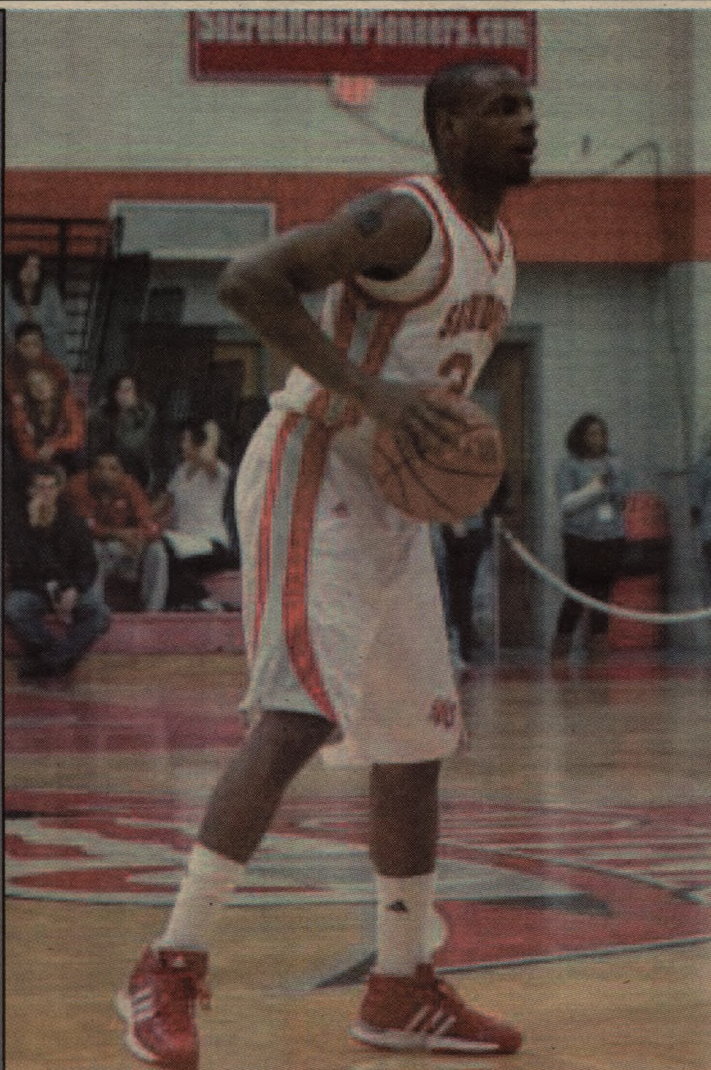
2 p.m.

W. Hockey @ Oswego

2 p.m.

M. Hockey @ Army

7:05 p.m.



The Spectrum/Alex Atkinson

Sacred Heart's Stan Dulaire (above) looks to pass during the game. The Pioneers win over Columbia University on Nov. 30. Corey Hassan (right) finished with 19 points on the night.



## Pioneers escape with 60-55 win over Columbia

Dan Graziano  
Staff Reporter

"S-H-U, S-H-U, S-H-U," cheered the crowd of more than 650 people in attendance at the William H. Pitt Center for the Sacred Heart University men's basketball game against Columbia University on Monday night.

In the final minutes of play, the Pioneers regained the lead and held on to grab a 60-55 win over the Lions.

"We had our best defensive effort of the year," said head coach David Bike. "I think it's good to be able to win games in the 50's and 60's, instead of just trying to beat everyone in high-scoring games."

Columbia led Sacred Heart by nine points early on in the first half; however, the Pioneers stormed back and tied the game.

Two successful free throws by redshirt freshman center Nick Greenbacker were the start of a seven-point unanswered run by the Pioneers to take the lead 30-23 at the end of the first half.

"At the half, I told [the team] to continue to play good defense and better offense to secure a win," said Bike.

With Coach Bike's words in the back of their heads, the Pioneers came out of the locker room to score another five unanswered points in the first two minutes of the half to extend their lead to 12 points, the biggest margin of the night.

However, the Lions followed with a 15-0 run over a four-minute stretch to take a 40-37 lead.

Junior guard Jerrell Thompson broke the Columbia momentum with a three-pointer to tie the score. Columbia followed with eight more unanswered points, extending their lead to 48-40 with just under 9:00 to play.

Senior guard Ryan Litke shot 55 per-

cent from the three-point line, including three clutch treys in the second half.

The first was at 6:31, which tied the score at 51-51. His second, at 3:49, gave the Pioneers a 54-53 lead while the third came at 3:07 and put the Pioneers up 57-53. Litke finished the night tying his career-high of 19 points.

With a little over a minute to play, Thompson had two plays that helped secure the Sacred Heart victory. The first was a steal from Agho Noruwa and the second was an offensive rebound off a missed three-pointer from senior guard Corey Hassan.

As the clock ticked down the Lions began to foul hoping the Pioneers would miss the

free throws. However, Litke made two with 15 seconds to go and Hassan made one with five seconds left.

Hassan finished with 19 points and 11 rebounds on the night to earn a double-double.

"We don't have the game mastered, and we still need to get better overall," said Bike. "We need a better attitude towards defense and we need to be smoother on offense."

The Pioneers are back in action on Saturday when they go head-to-head against the Monmouth University Hawks at 1 p.m. in the William H. Pitt Center.

Stats courtesy of the Sacred Heart University Athletic Department.

## Game of the Week Pioneers vs. Monmouth



When: Saturday, Dec. 5  
1 p.m.

Where: William H. Pitt Center



# DUO SURPASSES 1,000 POINT PLATEAU

Rob Morgan and Emily Gumbs  
Sports Editors

For two Sacred Heart University basketball players, the Thanksgiving recess was an especially monumental one. Junior Alisa Apo of the women's basketball team scored the 1,000th point of her career on Nov. 28 during the Pioneers' 64-45 victory over Manhattan College at the William H. Pitt Center.

Apo eclipsed the mark on a second-half three-pointer from the right wing to go along with 15 points and nine assists on the afternoon.

"It's a good milestone to get," said Apo. "It puts me in the same category with other great players who played for Sacred Heart so it's pretty cool."

After reaching the milestone, Apo received a congratulatory hug from head coach Ed Swanson.

"Hugs from Coach don't come often," said Apo. "It was nice – he means it when he gives them."

Apo, the reigning Northeast Conference Player of the Year, becomes the 14th player in Sacred Heart history to accomplish the feat, doing so in just her 68th game as a Pioneer.

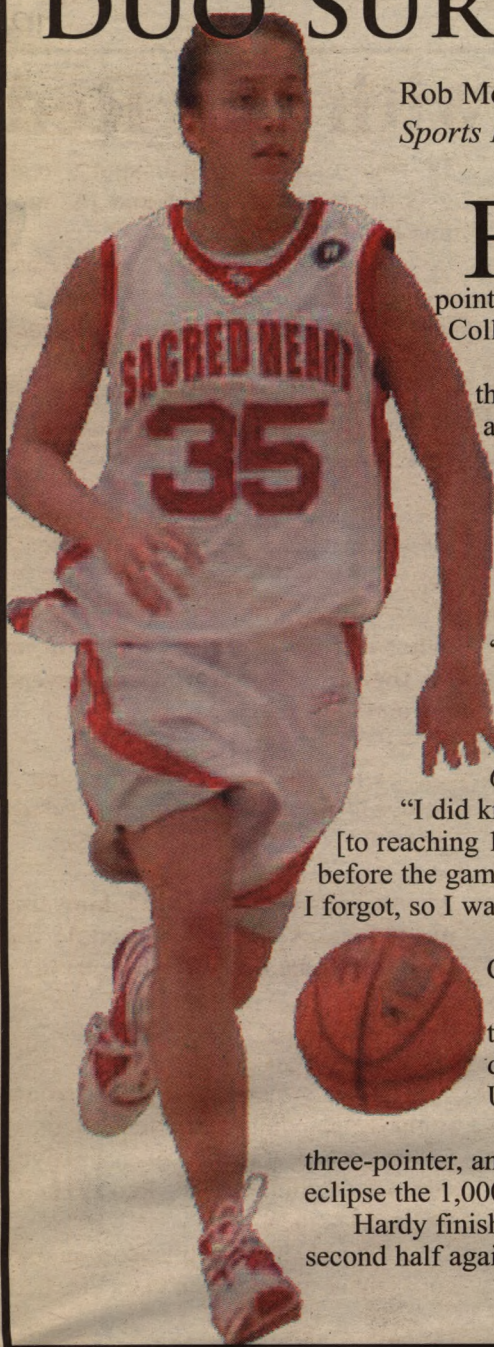
"I did know at the beginning of the season that I was close [to reaching 1,000 points]," said Apo. "Someone reminded me before the game, but I forgot, and the look on my face showed that I forgot, so I was surprised."

For her efforts, Apo was named Northeast Conference Player of the Week on Nov. 30.

Senior Chauncey Hardy of the men's basketball team also scored the 1,000th point of his career during the Pioneers' 87-75 loss to Penn State University on Nov. 25.

Like Apo, Hardy accomplished the feat on a three-pointer, and becomes the 29th player in program history to eclipse the 1,000 point plateau.

Hardy finished the game with 21 points, including 18 in the second half against the Nittany Lions.



The Spectrum/Zack Lane

## Gerlach brings experience, expertise to SHU *Finance prof. an avid tennis player, loyal fan*

Lauren Craft  
Staff Reporter

Whether you are passing by the tennis courts, attending a Sacred Heart University sporting event or taking a business class, associate professor of finance John Gerlach is someone you are likely to bump into.

But be careful if you are wearing a Yankee emblem around him as Gerlach is a lifelong Boston Red Sox fan, who admits to being unfavorably biased toward New York Yankee lovers in his classroom.

Gerlach is an avid tennis player who can be found on the tennis courts three to four times a week. His love for the sport led to him becoming the faculty advisor of the women's tennis team at Sacred Heart.



The Spectrum/Zack Lane

Prof. John Gerlach gets ready to return a serve at the Pitt Center tennis courts.

But hitting the ball around with the tennis team is just one way that Gerlach stays active – he also enjoys cycling, skiing, and playing golf in his spare time.

Gerlach is also a devoted fan of Pioneer athletics as he makes it a point to attend almost all sporting events held at Sacred Heart.

"Not only do I like supporting the school teams, I have a lot of students in my classes who play on the teams and I like to see them compete," said Gerlach.

According to Gerlach, his unique experience and involvement in sports can be described in three components.

"First, I actively played a number of sports in my life at the high school and college level," he said. "Secondly, I'm a huge fan of most sports. And thirdly, I've been directly involved in the negotiations to buy a professional baseball team and a professional football team."

Like most teachers and college professors, Gerlach has used these first-hand experiences as aids in the classroom.

"I think that in anything you teach, especially in the College of Business, the ability to provide real-world experience in addition to the theory and what they say in the books makes it a lot more interesting," said Gerlach.

Having an active role in the bidding process to purchase Major League Baseball's Washington Nationals as well as a professional indoor football team, the Long Island Dragons, is especially useful to Gerlach in teaching his business classes.

The bid for the Washington Nationals that Gerlach was involved with started in 2003 and lasted well over a year.

He said it was something he learned a lot from and, in turn, is able to bring with into the classroom so that his students can

learn from it as well.

"It involved putting together a group of people to come up with enough money to be a serious bidder to buy the team," said Gerlach. "To be able to understand how much money we could afford to invest and calculate how much we could get back from that investment was a very interesting process."

Gerlach said that the competition was tough throughout the process and his group did not end up winning the bid.

"When we started there were 11 other potential buyers," said Gerlach. "By the time we decided it was getting too expensive and we were finished, there were still five other groups still trying to buy the team."

"Not only do I like supporting the school teams, I have a lot of students in my classes who play on the teams and I like to see them compete."

- Prof. John Gerlach  
Associate Prof., Dept. of Finance

Although the bid for the Nationals fell through, as did Gerlach's group bid to buy the Long Island Dragons, he said that he would still be interested in attempting to purchase another team in the near future.

"Given what's happened in the economy, the financial aspect of buying a team today is much more reasonable than when we were looking to buy the Nationals or the Dragons," said Gerlach. "Today, particularly in the NHL, there is an opportunity to purchase at a reasonable price, as well as in Minor League Baseball, and we are still actively looking to buy."



The Spectrum/Zack Lane

Prof. John Gerlach returns a serve at the Pitt Center tennis courts.

Gerlach spent many years working in business, but eventually decided to pursue his interest in teaching.

"I worked in the corporate world for 20 years," said Gerlach. "I made a commitment to myself that instead of working to retirement I would work until the age of 50, then leave the corporate world to join the academic world."

Gerlach said that he enjoys teaching at Sacred Heart and his passion for athletics creates a special appreciation for the student-athletes at the university.

"I like that at Sacred Heart the student-athletes are really that; they are 'student-athletes,'" he said. "They are not athletes that occasionally go to class. Most of them really have a serious interest in learning, which I really like."



## Mascot mania: An exclusive interview with Big Red



The Spectrum/Michele Tymann

Pioneer mascot Big Red pumps up the Sacred Heart fans during a recent football game at Campus Field.

Alex Atkinson  
Staff Reporter

If you've ever attended a sporting event or been involved with student events at Sacred Heart University, you know who Big Red is. Or do you?

Recently, Big Red sat down for an exclusive interview with Spectrum in which he discussed several issues. Although the man behind the suit stopped short of revealing his true identity, he gave us a good sense of who Big Red is.

**On occasion, we've seen you do some break-dancing during halftime of the basketball game. Where did you learn to do that or did it just come naturally?**

*"It comes naturally. Big Red is a natural dancing talent and has occasionally starred in the background of music videos."*

**What's it like when you see young fans get excited to give you a high-five or take a picture with you?**

*"It literally puts a HUGE grin on my face."*

**What's the secret to pumping up the Sacred Heart fans?**

*"I always try to keep the crowd entertained even when the game gets*

*slow...hopefully because the Pioneers are completely dominating."*

**What's your favorite sport to attend?**

*"All of them."*

**Between the UConn Husky, the Fairfield Stag, the Quinnipiac Bobcat and yourself, who is the most valuable mascot to their athletic program?**

*"Big Red hands down."*

**What do you get involved with besides SHU athletics?**

*"I get involved in various activities from student government events, to Habitat for Humanity events, to museum openings in New York City and finally mascot day at the Arena at Harbor Yard."*

**Last year, you made the trip to Ohio to watch the women's basketball team take on Ohio State in the NCAA Tournament. What was that experience like?**

*"Sitting on the plane was rather uncomfortable. They don't make seats [big enough] for Big Red, but Ohio was a really nice state and I even got to catch up with my fellow mascot buddies from the University of Texas and Ohio State."*

**In your opinion, which sports team gets the largest turnout and the most passionate fans?**

*"A lot of our teams get a great crowd. However, I would guess that either football games or basketball games probably squeeze a few more into the stands."*

**Is it hard not to talk back to fans when they talk to you?**

*"No - my true fans can understand what I am saying. We have a great connection."*

**What can we expect to see from you for the rest of the season and in years to come?**

*"The same exciting show that I always give. I try to give my 200 percent every time I'm around."*

**Thank you, Big Red, for taking time away from your busy schedule and spending some time with Spectrum.**

*"Anytime."*

So when you're walking around campus, attending a sporting event, or taking part in a student events activity, take a good glimpse at Big Red and enjoy the entertainment.

Don't be shy, but embrace your mascot's enthusiasm and join in on the cheer.

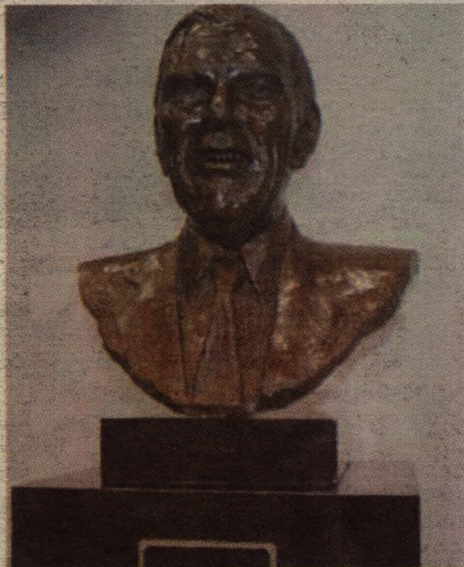
## From University Commons to William H. Pitt Center A closer look at the history and evolution of the 'The Pitt'

Steve Armato  
Staff Reporter

Did you ever wonder what Sacred Heart University was like before the construction of the William H. Pitt Center?

Prior to 1997, basketball games were played in the University Commons and the weight room was 10 ft. by 10 ft.

In 1997, the \$17 million William H. Pitt Center was built and in the facility's 12 years of existence, it has hosted more than a few athletic events, concerts, and even presidential campaign rallies.



The Spectrum/Jacque Vele

A statue of William H. Pitt is seen in the lobby of the Pitt Center.

"Architects designed a lot of the building," said Gary Reho the operations manager of the Pitt Center. "The Pitt [Center] now is what we ended up with after a number of cuts."

As the sports programs expanded through the years, Sacred Heart needed a

place that could house all of its teams. This need grew in 1990 as the school decided to add a football team.

"When I first arrived here we had one universal gym that was about ten by ten," said Reho. "The first equipment we had was used Nautilus equipment. Trying to fit 100 guys in a room that big wasn't fun."

The Pitt Center is named after William H. Pitt who was a flourishing real-estate agent from Connecticut.

Pitt was the reason for the development of Stamford into a large business center. He also donated \$3 million to Sacred Heart to aid in the construction of the facility.

Basketball was also another big reason for the construction of the Pitt Center.

With games being held in a gym that was fit for a high school, crowds grew too big for the very little available space.

"The Pitt was built to develop and expand all of the sports teams as well as a catch all for all athletics and university events."

- Gary Reho

Pitt Center Operations Manager

"With the UC [University Commons] being the old gym we needed a bigger venue for basketball," said Reho. "The locker room was twenty lockers shared by baseball and basketball, and there was also very little meeting space on campus. The Schine Auditorium was used for the really big meetings but that was about it."

With the Pitt Center being the home of both the men's and women's basket-



The Spectrum/Chauncey Hardy

The William H. Pitt Center was constructed in 1997 and has played host to several athletic events, concerts, and other notable functions over the years.

ball teams, some players feel that the Pitt Center does give a home court advantage.

"There are times when the Pitt can get really loud," said Maureen Reilly, a junior on the women's basketball team. "When the place is packed like that it is a real advantage for us."

The Pitt Center has hosted a number of large events over the years including concerts from bands such as Maroon 5 and The Fray, as well as rapper 50 Cent.

The Pitt Center also hosted the 2008 Northeast Conference men's basketball championship game and the 2009 Northeast Conference women's basketball championship game.

"The Pitt was built to develop and expand all of the sports teams as well as a catch all for all athletics and university events," said Reho.

Before the existence of the Pitt Center,

Sacred Heart was not as large as it is now and there were also not as many sports programs.

"We had seven men's teams and seven women's teams but it was a situation where the men's basketball team would also be the men's cross country team when it wasn't basketball season," said Reho. "We've come a long way."

With the university continuing to grow and expand, there could soon be the need to expand the Pitt Center.

"We are probably at the point where we need a varsity weight room," said Reho. "It used to be only the football team lifting but now it's not only athletes who lift, it is also regular students who are into it as well. We would like to add on but we'll see what happens."



# Film, technology give programs competitive edge

## Recruiting, skills improvement among areas most affected by advances

Chauncey Hardy  
Staff Reporter

Improvements in technology have changed the way we live in many ways.

Cell phones, iPods, and laptop computers are just a few examples of the many technological improvements that have changed the way people communicate, work, and entertain themselves.

College athletics are also feeling the effects of improved technology as more and more coaches are utilizing various forms of technology to improve their programs, operate more efficiently, and keep pace with rival schools that are using the same advances.

Three Sacred Heart University head coaches recently discussed how advances in technology have changed the way their programs operate in a competitive environment.

While all three programs – football, women's basketball, and lacrosse – vary their use of new technologies, all three acknowledged that the use of technology is important in order to be successful on the court or playing field.

Tom Mariano, head coach of the men's lacrosse team, has been coaching at Sacred Heart for over 12 years and has seen firsthand how technology has changed the lacrosse program.

"The technology we have now is nothing like what we had when I first got here," said Mariano. "Just a few years ago I would use two VCRs and sit there while pushing pause/record to make clips. It took forever. A lot of times when we watched film, it was watching a quarter or half."

Film and technology has not only helped the coaching staff of the men's lacrosse team in recruiting top-notch players, but also plays a major role in the

team's game preparation for opponents.

"Each player on the team gets a DVD copy of our opponent's plays, their players, and strengths," said Mariano. "We watch film and do scouting reports every day leading up to the game day."

For Mariano and other Sacred Heart coaches, preparing for opponents wasn't always as efficient as it is today. Before the many advances in technology, game preparation and scouting were both much more time consuming and tedious for coaching staffs.

Much like the men's lacrosse team, the women's basketball team uses film for a number of reasons including scouting, game preparation, and overall skills improvement.

"It would take us days to break down game film to have ready for our players," said women's basketball head coach Ed Swanson. "We would use two VCRs and sit there and edit for hours. Now we have a program that allows us to break down and edit film in less than an hour."

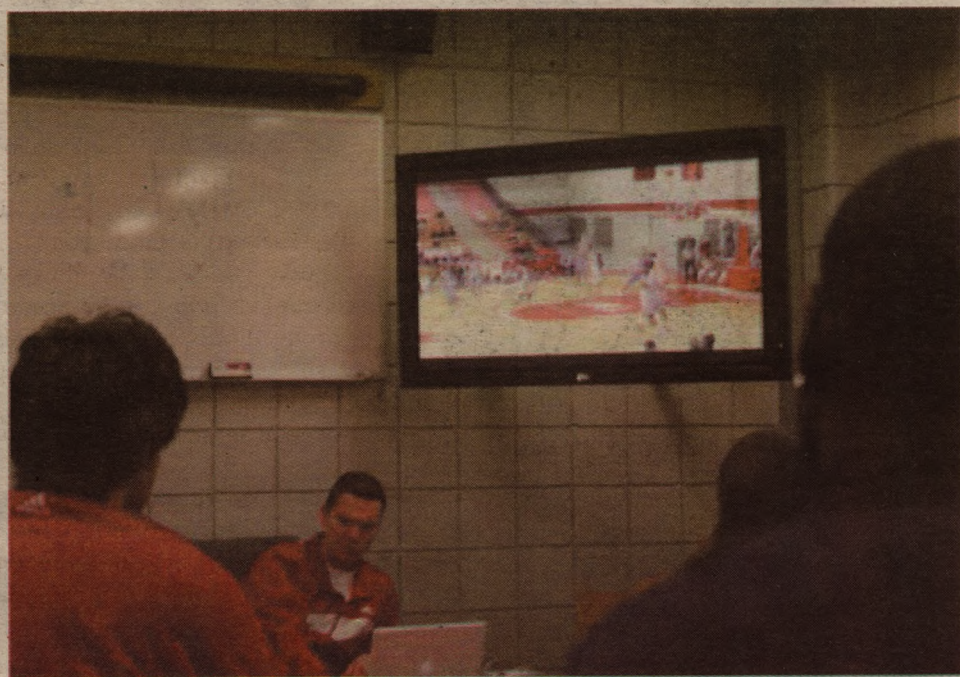
"The technology we have now is nothing like what we had when I first got here."

- Tom Mariano

SHU men's lacrosse head coach

Swanson added that the use of film saves his coaching staff valuable time and energy while providing accurate results and feedback for his players.

"The film breakdown programs allow us to be more detail oriented. We are also able to use more films in our preparation. It saves us time and energy. It has also



The Spectrum/Chauncey Hardy

Assistant men's basketball coach Anthony Latina conducts a film session with members of the men's basketball team after practice on Dec. 1 at the Pitt Center.

changed how our staff and other staffs do film exchange," said Swanson.

The way in which athletic programs recruit high school athletes has also experienced a positive impact because of technology.

"Technology has impacted recruiting because of the way that we are able to email with recruits," said Swanson. "We can get messages and news articles to them instantly instead of having to send it via regular mail."

Another sport that depends on advanced technology at the college level is football.

Head Coach Paul Gorham embraces the new system which has come a long way over the years.

"The system we use now is a great," said Gorham. "Coaching, recruiting, film,

and communication are all now easy. After every drive the coaching staff receives a picture playbook of every play called that drive. It also saves to our system database."

The is a huge upgrade from previous years where the coaching staff would sit and press record and pause for hours.

"This system allows us to prepare our players better by easily showing them clips of both themselves and their opponents. We are able to do break downs for each individual player without much hassle," said Gorham.

With technology becoming better every day and impacting the way athletes and coaches run their programs, only one question remains: what's next?

## PHOTO OF THE WEEK



The Spectrum/Zack Lane

Sacred Heart's Maggie Cosgrove (#4) makes a no-look pass during a recent game against Manhattan College on Nov. 28 at the William H. Pitt Center.

It's not out in the open, but  
**GRIEF IS HERE.**

1 out of 3 college students experienced the illness or loss of a family member or close friend in the last year. Talk about loss and help your friends in need by starting a National Students of AMF Support Network Chapter at your school.

**TalkAboutLoss.org**



# SPORTS

THE SPECTRUM

<http://shuspectrum.wordpress.com>

Pioneers off  
to 3-3 start  
to season

ON THE  
REBOUND

The Spectrum/Zack Lane

Sacred Heart's Callan Taylor (#20) secures a loose ball during the Pioneers' victory over Manhattan College on Nov. 28 at the Pitt Center.