



Happy Holidays
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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

The "Mirror" reflects controversial image

Fate of Fairfield University student newspaper grabs attention of Society of Professional Journalists

Alyssa Scott
News Editor

After Chris Surette wrote the article "Walk of Shame" in the He Said column of the Fairfield University's newspaper, the Mirror, it received a great deal of attention for its ethical issues.

Most recently, the Academic Council voted to move the paper out of Student Affairs and into the Academic Affairs division.

According to the Mirror's Web site, when Student Affairs nullified their \$30,000 contract with the paper, the Academic Council supported the paper, defending its freedom of expression.

Since then, the university has been handling the issue in an attempt to preserve the paper's image.

In an Oct. 9 letter addressed to Thomas Cleary, Editor-in-Chief of the Mirror, Thomas Pellegrino, the Associate Vice President and Dean of Students at Fairfield University wrote, "the failure to adhere to any provision in Code of Procedure or Code of Ethics render the funding agreement null and void. As we have discussed, however, it is not the desire of Fairfield University to cease the operation of the student newspaper."

As of now, Pellegrino's decision to still fund the newspaper still stands.

"This is an issue with many facets, but basically, our goal is to support the newspaper, not discontinue it," said Pellegrino.

"We feel strongly about student newspapers preserving freedom of speech for all students on campus, and the newspaper serving as a forum for various points of view," he said.

In response to Pellegrino's letter, Cleary responded with his own by saying that they "have truly learned

from this experience and want to move forward and use this opportunity to make our newspaper stronger."

Although he responded to the Dean's letter, Cleary was unavailable to comment as of press time.

Addressing the university in a press release, Pellegrino also commented on the sexual harassment charges brought up against the university.

Between Oct. 5 through 9, four Fairfield University undergraduate students filed incident reports with the department of public safety saying that content appearing in the article infringed upon Fairfield University's Harassment/Equal Education Opportunity Policy.

Since it was posted on the Mirror's Web site, the article has received a great deal of scrutiny from the outside world, including the Society of Professional Journalists (SPJ).

According to SPJ's letter to the editor, they "urge Fairfield University to refrain from penal action or other sanctions against the newspaper as a result of these claims."

Commenting on their letter, Cindy Simoneau, the president of the Conn. chapter of SPJ emphasized the importance of maintaining the Mirror's right to freedom of the press.

"We feel strongly about student newspapers preserving freedom of speech for all students on campus, and the newspaper serving as a forum for various points of view," said Simoneau.

However, she also strongly advised the newspaper to remain tasteful in their judgment.

"Satire also plays an important role in commentary on all issues and events. We do, however, caution that in a professional newsroom there is

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SACRED HEART ROLLS OUT THE RED CARPET



The Spectrum/Keith Wilkinson
Students leave their sweatpants behind and break out their formal wear on Friday night on the dance floor at the Stamford Marriott for Sacred Heart's annual semi-formal event.

Alyssa Scott
News Editor

When the clock struck eight, a line of people waited to walk the red carpet into the Stamford Marriott. Dressed in "Classic Hollywood" decorations, the hotel hosted 1,100 people looking to dance and socialize before the overwhelming burden of finals began.

According to Amy Ricci, this year's winter formal, sponsored by Sacred Heart University's class of 2011, was very successful.

"It's a great way to end the semester and bring together a large number of our undergraduate population. It's a break from the everyday routine of classes, work, practice, etc. The students enjoy dressing up and enjoying a fun evening with their friends in a semi-formal setting," said Ricci.

The semi-formal board has been rigorously working on the event for a while.

"The class of 2011 board has worked hard for months behind the scenes to put this formal into action from choosing a theme, creating hype for ticket sales, and in planning the actual event," said Jaclyn Bellino, the 2011 class president. "It was a successful event for the class of 2011 board and I am very proud of the entire 2011 board for working so diligently and pas-

sionately to put this event together."

Students too admit that it was a great escape from the stresses of everyday college life.

"I had a great time. It was great to be able to dance with my friends for the night and forget about finals, projects, and papers for a little while," said junior Nicole Morelli.

Students enjoyed the appetizers as well as the dinner selection offered at the formal.

"The Stamford Marriott did a great job hosting the event," said junior Tracy Severe. "The food was great, and the holiday decorations really stood out."

According to Bellino, they have been planning the dance since spring of last year. After sitting in on meetings with members of the 2010 student government, Bellino had a better idea about how to conduct this year's dance.

After coming up with different themes, she and the board members unanimously voted on the Hollywood theme.

"We wanted to stray away from the typical cliché Hollywood theme - so we collaborate decided to make it "Classic Hollywood." In this, it was fun to play out the theme with classic old movies and even a red carpet," said Bellino.

The event sold out on the first day even after 100 additional tickets were added.

"The event was very successful. The junior

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CHAPEL INSPIRES NEW WINTER TRADITIONS

Annual winter concert blesses new home of worship for first time

Gina Cerniglia

Assistant News Editor

Taking place at the Chapel of the Holy Spirit for the first time, the annual winter concert touched the hearts of those who attended on Sunday, Dec. 6.

The chapel was filled to capacity. Everyone was waiting anxiously for the concert to start. It was so quiet; you could hear a pin drop.

"I was so surprised at how packed the university chapel was," said sophomore Jacqueline Duda. "Everyone was really excited to see what the anticipation was all about."

Four different choirs performed; The University Concert Choir, Liturgical Choir, 4 Heart Harmony and S.H.U. L.O.V.E., (the Ladies Only Vocal Ensemble).

All were directed by Dr. John Michniewicz, head of the music department, and Galen Tate, accompanist for University Concert Choir, Liturgical Choir and 4 Heart Harmony.

The University Concert Band performed as well, directed by Keith Johnston. Some of the songs they played included "To Those We Remember," "I Wonder As I Wander," "Pacem Noel," and "Chason For Christmas."

The audience seemed to be pleased with the choirs and band.

"The precision of their singing and their memorized text is very impressive. They sound great," said Fr. Jerry Ryle, director of Campus Ministry.

The Polar Express Medley was a popular piece performed. It included songs from the movie, "The Polar Express" along with an old favorite, "Santa Claus is Com-

ing to Town."

"The song choices made it festive with all the Christmas songs," said freshman Tiffany Lynch.

The concert was able to capture the spirit of Christmas through song, and brightened the spirits of those who attended.

"They played a lot of Christmas songs that reminded me of when I was little and it made me feel like I was home which was nice, especially in this stressful week of finals," said sophomore Caroline Campo.

Along with holiday songs, Michniewicz incorporated a variety of other music. The 4 Heart Harmony Choir sang "Music in the Night" from the well-known Broadway play, "The Phantom of the Opera."

Those involved in the choir seemed to enjoy the experience, and looked forward to spending time with the group in the future.

"Dr. J [Michniewicz] is a wonderful director and does a great job putting together programs for 150 different voices. I definitely plan to remain a member of the choir and am certain my membership will continue to have a positive influence on my experience at Sacred Heart," said choir singer and junior Lindsey McGrath.

Besides the fact that it was the first time the concert took place in the new chapel, this year was different than the previous years, said choir singer and sophomore Josephine Ferrantelli.

She said that S.H.U. L.O.V.E., the ladies only vocal ensemble, is a new addition to the concert choir, which made the performance "much more enjoyable."

Michniewicz also agreed that S.H.U. L.O.V.E. did an outstanding job. He was impressed with how well they performed for their first time singing together as a group.



The Spectrum/Alex Atkinson

Matt Graziano plays the saxophone at the annual winter concert on Dec. 6.

"I was really thrilled about the S.H.U. L.O.V.E. ensemble because it's our newest choir on campus this semester. And the fact that they performed at such a high level being basically a brand new group this semester I thought was really great," said Michniewicz.

He said that many people enjoyed the concert, not only because of the music, but also the connection that the choirs could make with the audience.

"I thought the choir has done an excellent job and all the musicians did a fabulous job. They really looked like they loved performing and presenting the music and I think that was felt by the audience," said Michniewicz.



The Spectrum/Alex Atkinson

The Winter Concert took place for the first time in the new campus chapel.

SHU celebrates the holiday season

Tara McDermott

Staff Reporter

It's that time of year again. The wreaths are going up and Christmas lights are being lit around the campus while the university is preparing for events to bring the holiday spirit to the community.

At one of the events, the United Congregational Church in Bridgeport is bringing music to the Sacred Heart community in its second of two concerts on Dec. 9 at 12:05 p.m., at the United Congregational Church located on Park Ave in Bridgeport. It's an Advent Noonday concert, which also features faculty from Sacred Heart.

"We would love to bring more college age people into our church and this concert series is one way to do that," said Carrie Work, director of Christian education at the church.

According to the Sacred Heart Web site, the concert consists of Christmas carols and lullabies from composers around the globe. Each half-hour concert will be followed by a luncheon for five dollars. All are welcome to the concert.

The people involved include the staff of United, the musicians, David-Marc Finley and Galen Tate, Dr. Michniewicz, the director of the music department, and members of the kitchen staff: Nancy Ibsen, Johanne Noble, Pat Oburchay, Betty Lucas, Judy Wilkinson, Ellen Carter, and Stuart Sosnoski.

"Our mission is to pause and contemplate the season and the gift in the birth of our Lord. We hope students have an appre-

ciation for the worldwide recognition of Jesus Christ and the beauty of the composers in both score and lyrics," said Kuhn.

Along with the holiday concert, Sacred Heart has more in store for the Christmas season. According to the academic calendar, "Christmas Week," hosted by the Student Events Team, began Friday Dec. 4 with the winter semi formal.

"This week gives students an opportunity to celebrate the holidays, spend time with friends before winter break as well as relax before final exams begin," said Amy Ricci, director of student activities.

The events of the week also included the Christmas tree lighting, a screening of "Four Christmases," stocking decorating, and a Christmas tree decorating contest.

Sacred Heart is also hosting "The Holiday Joy Cookie," a fundraiser that will help support the marine Toys for Tots foundation. Cookies will be sold in the university's food court. All profits will go to Toys for Tots.

Along with fundraisers, students in some organizations have organized events to promote the holidays and get students excited and involved. For example, Habitat for Humanity chapter organized a gingerbread house-making event.

"I was always taught that Christmas is a time for giving and I want to contribute and give back to the community that has given so much to me. The many fundraisers SHU offers makes this easy to do," said senior Kristen Sullivan.

CANCER TOOK MY DAD TODAY

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

Cernera re-elected second time as president of IFCU

Ines Cenatiempo
Associate News Editor

Dr. Anthony Cernera graduated with three degrees from Fordham University and is a professor of religious studies at Sacred Heart University. He directs the National Association of Independent Colleges & Universities and the Association of Catholic Colleges and Universities. On Friday, Nov. 20, he was elected for the second time as president of the International Federation of Catholic Universities (IFCU). And, of course, he is the president of Sacred Heart.

Those are only a few accomplishments that Dr. Cernera has completed and maintained, and although being the president of Sacred Heart is his first priority, being re-elected as president of the IFCU was also a great honor.

According to the IFCU Web site, the history of this Federation goes back to 1924. Two Catholic universities in Italy and the Netherlands came together to form a Federation to deal with specific issues which were of common concern to them. The following year, 14 universities met in Paris, and it has only grown since then to include over 200 Catholic universities and institutions.

The Federation was recognized by Pope Pius XII in 1949 and was named the International Federation of Catholic Universities in 1965. One of its greatest moments, however, was being recognized by the United Nations in 1967, making it an official non-government association with

consultative status, said the Web site.

So what exactly has President Cernera done in this role?

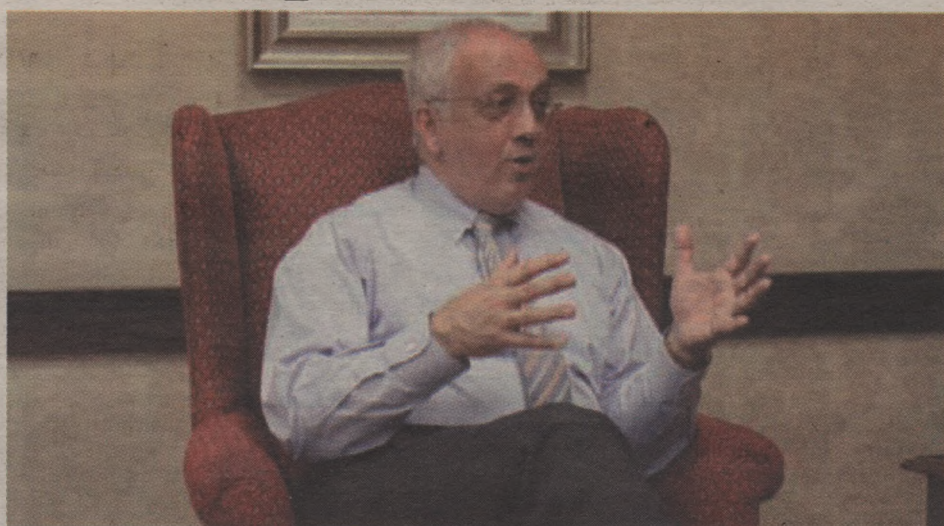
As he said, "The IFCU is the oldest and largest international association of Catholic colleges around the world. Being president is like being the chair person of a board of directors, and the president has the principle responsibility for developing a strategic plan."

The accomplishments made during Cernera's first term were increasing the membership of the association and developing academic disciplinary groups. Continuing with this, Cernera and fellow directors "coordinate the work of the regional associations of Catholic colleges on each of the continents," he said.

His role as president changes depending on which project is being worked on, but the basic goal remains the same. All the member schools "are committed to academic and professional excellence and to the best principles of Catholic post-secondary education," said the Sacred Heart press release.

In his new term, President Cernera plans on proposing a new strategic plan at the Council's meeting in March. Before doing this, however, he will write to the rectors and presidents of the member universities to see what they feel are important issues to be addressed.

Cernera suspects that one of the issues will be the environment and "going green." Other probable areas of focus will be "inter-religious and inter-cultural dialogue, the Christian or Catholic intellectual



The Spectrum/Michele Tymann

President Cernera talks with a Spectrum reporter in his office after being re-elected president of the IFCU, an international association for Catholic colleges.

tradition, and globalization," said Cernera.

"One thing I am sure of is that the issue of the Federation's presence in the media world will need to be increased and enhanced, and that we will continue to build long-term financial security for the organization," he said.

With so much on his plate, it is a wonder that President Cernera is able to balance everything. With some strategic planning, however, he is able to do so.

The IFCU has an office in Paris, so while visiting, Cernera would also make a trip to the Sacred Heart campus in Luxembourg, thereby accomplishing two things in one trip.

Of course, being the president of multiple institutions also involves other strategies.

"I know what I should be doing and I know what I shouldn't be doing, and giving the overall strategic direction and overseeing the good work of an extraordinary staff makes it manageable," he said.

President Cernera was personally honored with his re-election, not only as the first Catholic lay person to hold the position, but also as the second Catholic-American to have the job in the 85 years of the IFCU.

Of course, this was also an honor for the university which he leads.

"The re-election is indication of people being happy with the leadership and it obviously adds to the prestige of the university. Having that job with world class level has real benefits for Sacred Heart," said Cernera.

Obama plans to send 30,000 troops to Afghanistan

Katherine Karole
Staff Reporter

Last week, President Barack Obama announced his plan to send 30,000 more troops into Afghanistan over the next six months with several hundred Marines being sent by Christmas, said the New York Post.

Obama said he hopes this quick surge will help the war effort and that by July of 2011, Afghan forces will take over. He said the additional troops will deploy in early 2010 at the fastest pace possible, so that they can target the insurgency and secure key population areas.

As reported by Fox News, Obama said: "They will increase our ability to train competent Afghan security forces, and to partner with them so that more Afghans can get into the fight. And they will help create the conditions for the United States to transfer responsibility to the Afghans."

According to political science professor Kathleen O'Gara, Obama is attempting to surge an additional 30,000 troops to bolster the troops already there, particularly along the border with Pakistan, as well as increase the number of those available to continue to train Afghan forces so that U.S. forces will no longer be necessary.

"There is a potential end and the idea is to then pressure the Karzai government to make significant improvements in fighting corruption, drug trafficking and improving the human security of its people, in terms of education, health care, employment, transportation etc., before that date," said O'Gara. "If Obama pledged these troops with an indefinite ending, the criticism might then be that there is no exit strategy."

The deployment of 30,000 more troops means a new total of more than 100,000 U.S. forces in Afghanistan, but Obama feels it is necessary.

"I do not make this decision lightly," said Obama in his speech at West Point. "I make this decision because I am convinced

that our security is at stake in Afghanistan and Pakistan. This is the epicenter of the violent extremism practiced by Al Qaeda. It is from here that we were attacked on 9/11, and it is from here that new attacks are being plotted as I speak."

General Stanley McChrystal, the commander of U.S. forces in Afghanistan issued a statement saying Obama has provided him with a clear military mission and the resources needed to accomplish the task.

The decision was met with concern as well as appraisal. The New York Post said: "In recent days, leading Democrats have talked of setting tough conditions on deeper U.S. involvement, or even staging outright opposition."

Republicans also expressed disagreement.

"We need a success strategy, not an exit strategy," said Missouri Republic Senator Kit Bond to Fox News. "When it comes to troops movements in Afghanistan, the president should listen to the military commanders on the ground, not arm-chair generals in Washington."

Republican Dan Burton also expressed his opinion about Obama's proposed exit strategy.

"I can't imagine why the president is saying in his speech tonight that he's going to start withdrawing our troops in July of 2011," Burton said to Fox News. "Even if he plans to do that, he shouldn't say it, because he is telling our enemies exactly what we're going to do and it's just wrong."

Obama's decision has raised concerns in the university community as well. According to senior Greg Cristallo, he will always support our troops, but does not agree with Obama's decision.

"I feel that it is about time that Obama accepts the fact that as a superpower we have certain responsibilities, one of them being what we have started in Afghanistan," said Cristallo.

"I do not agree, however, how rapidly he has changed from a President of peace

to a President of war; it makes me question his motives. It also makes me believe that the voters of this great nation are heavily influenced by the mass media as shown by a well spoken optimist opposed to a realist."

Senior Rob Motto has anxiety too, and

says he is torn about Obama's decision.

"Personally I have friends in the military and I don't want to see them deployed to Afghanistan and spend months there," said Motto. "But on the other hand, I feel the increased number of troops might be a solution to the conclusion to this war."

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Semi-formal: a Hollywood affair



Photo contributed by Ryan W. Cordova

Students gather together for a picture at the winter semi-formal

CONTINUED from page 1...

class did a very good job with planning the event from start to finish. All of their hard work paid off and everyone in attendance seemed very happy that evening with the way it turned out," said Ricci.

Some students found it to be a nice diversion from their usual activities.

"The semi formal was something fun and different for us to do and it brought together the students of sacred heart community," sophomore Lauren Iervolino.

Students seemed to enjoy the lively atmosphere and energy of the crowd.

"It was fun to dance with my friends. I really loved the songs the DJ played. I got to request a song, and they played it right away," said junior Michele Borriello.

For the members of the semi-formal board, they took pride in their work to make a successful 10th annual winter formal.

"In selling out on the first day and having over 1,100 students interested in coming to our semi-formal, this has been a huge milestone for us as a board and we plan to continue to work hard with the same passion on future events," said Bellino.

University publications take heat

CONTINUED from page 1...

a sense of responsibility and accountability to our readers, listeners and viewers about all opinions expressed and a need for dialogue on all points," said Simoneau.

Fairfield's Mirror however isn't the only student publication that has felt administrative wrath lately.

Quinnipiac University's newspaper the Chronicle faced a problem similar to that of the Mirror. According to the Foundation for Individual Rights in Education, after a struggle between the editorial staff and the administration over a racial incident, Jason Braff, the Chronicle's Editor-in-Chief led his staff to create an independent online publication. When he tried to speak out against the administration, they threatened to take away his position and \$8,000 stipend.

In the world of student newspaper publication, there proves to be a need for balance between students' freedom of speech and respect for administrative policies.

STUDENTS ABROAD RETURN WITH MORE THAN JUST SOUVENIRS

Ryan Tarby
Staff Reporter

Returning home from overseas, Sacred Heart students bring back more than just their luggage.

"There was honestly nothing to complain about during the trip and everyone that helped coordinate the trip was very helpful and made your experience that much better," said senior Derek Winsick.

Winsick studied abroad in Ireland, just one of the many study abroad programs Sacred Heart has to offer.

Sacred Heart now offers a new study abroad program at the campus in Luxembourg.

"While we've had an MBA program at the site for over 15 years, undergraduates will now have the opportunity to study there during a two-week program in June," said Deanna Fiorentino, coordinator of study abroad programs in Dingle, Ireland, and Luxembourg.

While Luxembourg itself offers a blend of cultures and is a major European banking, business and policy center, students are also excited about the visits to France, Belgium and Germany which are part of the program.

Along with Ireland and Luxembourg, Sacred Heart has a wide variety of international study options for its students. Sacred Heart students can study in more than 30 countries, including Costa Rica, England, France, Mexico, Morocco, and Russia.

The university sponsors four of its own programs, Ireland, Rome, Australia, and Spain.

The Study Abroad program in Australia is a semester abroad at the University of Notre Dame Australia. The Australia program started off as a pilot program in the spring of 2004.

Study abroad Australia offers students an experience of Australia's rich mix of cultures and traditions, while also exploring the urban environment of Sydney.

Sacred Hearts Ireland program offers the students a cultural experience in the heart of the Irish-speaking Gaeltacht region of County Kerry.

"My overall experience on my trip to Ireland was an amazing time. Everything about the trip was great, from the field trips seeing the different sites Ireland has to offer," said Winsick.

Any Sacred Heart student who is interested in the study abroad programs should contact Study Abroad Programs Coordinator, Marylou Roof.

"If possible, I believe it is most important for students to have some global exposure sometime during their academic careers," said Roof.

This article was contributed to by News Editor Alyssa Scott.

The key to surviving finals stress free

Jennifer Hill
Staff Reporter

It's the last two weeks of the semester. The Mahogany Room is packed, the library becomes the new hang-out spot and you feel like all your work in every class is due on the same day.

What to do with all this stress?

Sacred Heart provides a source of outlet with students to help them cope with their on going stress.

"Stress is a normal part of life, but when it gets out of control it can have serious negative consequences on your health and quality of life," said Karen Flanagan, the coordinator of peer education at Sacred Heart.

S.w.e.e.t. Peer Education is a program that provides education and prevention efforts focusing on the many different aspects of students life with a goal of reducing high-risk behaviors.

Some students do feel the pressure and stress of the heavy course load on top of preparing for finals.

"I do feel overly stressed out with my course load," said junior Sarah Riccitelli. "Apparently, all my teachers decided to have tests, papers and projects all due at the same time."

"Personally, I stress a lot throughout the semester being a communications and technology major," said senior Jacklyn Vanacore. "Although I am stressed currently with finals approaching soon, I feel that if I haven't kept up with the rest of my work throughout the semester it would be so much worse. So although I am stressed, I feel that my hard work somewhat pays off through the semester so everything is not piled on me at once."

"S.w.e.e.t. offers an interactive "Stress Less!" program for students during the year. It covers common college stressors, notorious time stealers, time management strategies for a college environment, and healthy ways of coping with stress," said Flanagan.

However, some students do not feel the stressed out at this time.

Junior Kelly Welsh is on the swim team and feels the balance with her stress within her academics and athletics responsibility.

"I don't feel overly stressed during finals week," said Welsh. "My coach makes us send him our finals schedule ahead of time; so he can compose a practice schedule that allows us to come at different times during the day. My coach usually offers three or four practices throughout the day and only asks us to make one of them. In doing this, he makes sure we are keeping up with our studies, because he knows how important exams are."

In a recent survey done by the Associated Press and mtvU, they found that 85 percent of college students feeling stressed in their daily lives with worries about grades, schoolwork, money and relationships the big culprits.

S.w.e.e.t. Peer Education program is offering a Stress Free

Zone on Dec. 11 from 2 p.m. to 5 p.m. in the Faculty Lounge.

"Students are invited to stop by, relax and have fun, enjoy some free food, and pick up tips from s.w.e.e.t. members about handling the end-of-the-semester stress," said Flanagan.

Some of the students are not aware of what is being done on campus and would like to see more help coping with their stress.

"I would really like to see more help from SHU, in regards to reducing the stress of their student athletes," said Welch. While they offer numerous tutors to help us stay on track with our work, we do not always have the time to go see them. I think a few reading days should be incorporated into each semester's calendar. This way the administration provides students with an adequate amount of time to catch up with coursework."

"I wish SHU could help with stress levels but I don't see how they could," said Riccitelli. "Most of the time is scheduling conflicts between teachers. Maybe professors within the same college could discuss their curriculum's for the semester and plan it so students aren't swamped with tons of work at the end of the year especially the week before finals."

"I would love to see students help others when dealing with stress levels," said Vanacore. "Sometimes we become too wrapped up in our own personal work that we don't realize that chances are more people are probably feeling the same amount of pressure. Even just speaking with someone about the work you have, or expressing your ideas to someone helps tremendously with stress. I feel that us as college students all on the same campus should take advantage of our colleagues to motivate us in ways that our professors can't."

With S.w.e.e.t. Peer Education, students have place and a chance to talk about what they are going through and a opportunity to learn to deal with their current stress.

"So, we try to be proactive, and help teach students how to cope with everyday stress successfully so they will be better prepared for the inevitable, high stress times of year, like finals", said Flanagan.

S.W.E.E.T. Peer Educators' Tips on Dealing with Stress

- Form a support system— talk to family & friends to vent and get support
- Get off the couch! Exercise & fresh air can reduce feelings of stress and help you feel energized & focused
- Prioritize. Make a to-do list & focus on the most pressing item first.
- Laugh! There is no better cure for stress.
- Check out the yoga classes at the Pitt Center!
- Ask for help

Farewell to our graduating seniors, a few last words



Angela Salerno
Asst. Perspectives
Editor

Oh graduation, how I have such mixed feelings for you. From feeling happy, anxious, and relieved, to also feeling nervous, uncertain and sad, it is hard for me to make complete sense out of my emotions. But all in all, I guess it is perfectly normal to have such a combination of feelings.

I feel happy and relieved knowing that I will no longer stress over studying for tests, or worry all week about when I will find the time to write one of my papers.

However, right along with that feeling of anxiousness to leave school behind, I know I am going to miss the people I have come close to along the way and am a tad bit nervous to enter the so-called "real world."

But change does come along and I want to be ready to accept it. But at the same time, I sort of feel nothing really does change.

I guess what I mean is that once I have a career off the ground and running I will have deadlines to meet once again and new skills to learn. Those same feelings of stress and being overworked will arise once more. But so do the positive feelings

of being able to meet new people and being able to grow as a person.

I feel not only did I learn in the classroom, but also learned life experiences along the way outside of my classroom doors. Parts of those experiences come from being involved with the Spectrum. I really have enjoyed my time being part of a school organization that is able to reach out to the entire university and to be part of a hard-working, devoted team.

Overall, my time spent here at Sacred Heart won't be forgotten. Not only do I remember being a freshman walking down the hallways, but also I remember what our campus used to look like prior to all its new renovations. I feel both the university and I have come a long way and it has all been worth it.

Thank you Sacred Heart for everything you have brought my way; including all the exams I have taken, loans that need to be paid back, and even the high cost of text books that made be broke, I have learned from it all.

So I would like to end with saying for those of you who are reading this and aren't graduating just yet, I wish you the best of luck and success while you're still in college. Take each day as it comes and be willing to give it your all.

Sacred Heart, thanks again for the experience, I know I will always be a pioneer at heart.



Laura Smith
Web Editor/PR
Manager

Oh, how time flies! I remember move-in day like it was yesterday. Unpacking my unnecessary amount of stuff, and yes, literally just tons of stuff.

Classes came and went and then each year continued on. Suddenly, senior year fell into my lap and I was left wondering, where did the past 3 years go?

Well, it's time to graduate and let go of all I have really known, that being school, of course.

My experience at Sacred Heart has now come and gone and I have to say, I am excited, yet sad.

I learned what it is like to undertake classes where I never knew what to expect, I took on leadership roles and even made a fool out of myself. Some of these small lessons I learned truly impacted my life.

College is a time to grow and learn. A time to accept the impact of your environment that will shape the person you will become.

I am very grateful for the time spent at Sacred Heart and the people I have met. Others may not realize how important these college years are, but after you have come and gone, it begins to sink in.

I am counting down the days until graduation, not only because I am excited to reach out in to the "real world." But also, to give it all I've got in these last few days because this is the last time I get to embrace what I have been given.

I can gratefully and genuinely say that I am leaving here on a very good note.

Throughout my freshman year I started to understand how college actually works. I began to question myself, where do I belong and what can I do to make a difference?

I was fortunate enough to fall right into the Spectrum. Not knowing what to expect, I became frustrated with the process, but then I started to comprehend the importance of writing. Not until a few articles later, did I begin to realize the responsibility I had to the newspaper, the readers and myself.

This was the tipping point for me, where I realized how strongly people could depend on one another.

Sacred Heart and the Spectrum have both encouraged my open-mindedness and provided me with the tools I need to take on the next chapter in my life.

I can only thank the university for what it has provided me and believe that I will achieve my own success from all that I have learned at my time spent here.

Thank you Sacred Heart and good luck to all of you who are graduating!

SPECTRUM

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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Jaclyn Kennedy
Asst. Photography Editor

This picture was taken at 4 a.m. on the last day of a seven day cruise to Canada. We were returning from the last port and entering into the Hudson River. As we entered the river the cruise ship went under the Verrazano Bridge. I really like this picture because the sun was rising and it looked beautiful on the city and the bridge.

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

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Correction: The article "Pioneers escape with 60-55 win over Columbia" from the Dec. 3 issue of the Spectrum stated that during the basketball game, senior Ryan Litke tied his career-high of 19 points. Litke's actual career high is 23 points.

Some SHU students won't be home for the holidays

Danielle Buzzanca
Staff Reporter

The holidays are a time for good food, friends, and family. When recalling Christmas morning, you picture your family all gathered around the Christmas tree, passing out gifts. Could you even imagine waking up Christmas morning without the comfort of your family around?

While many are local, a vast amount of students at Sacred Heart University come from different parts of the U.S. as well as different countries.

"I do not go home for holiday breaks because I live in Zambia and the breaks are too short for it to be worth my while. It is very expensive to fly back and forth," said senior Patrick Daka who is part of the soccer team at Sacred Heart.

Another Sacred Heart senior also on the soccer team talks about how he cannot afford to go home for breaks during the school year as well.

"I am from Serbia, and I only go home for the summers because it is very expensive to fly home when the breaks are only a week or a couple weeks long," said senior Nemanja Filimonovic.

According to an Associated Press-GFK poll, 93 percent of people are saying that they will spend less or about the same as last year. Half of these people say that they are suffering some debt-related stress, which could lead to

cutbacks during the holiday travel season.

"I would be very upset if I was unable to spend the holidays with my family," said junior Andrea Zarate.

"Thanksgiving break and Christmas break are the only time off you get to spend with your family. It would be weird to me to not be home for that time of the year."

So what do these students do if they are unable to go home for the holidays?

"I give the people who come from far away a lot of credit. I don't know if I could deal as well with being away from my family for months at a time the way some people do."

-- Andrea Zarate

"I live in Canada, so for me to go home for small breaks like Thanksgiving isn't really worth the time, effort, and especially money," said senior Olivier St-Onge. "I am on the hockey team, so this year I went home with one of my teammates and spent Thanksgiving with his family."

While spending holidays with friends from school is a good alternative, do these students ever miss or wonder what their own families are up to for the holidays?

"I do miss my family a lot on the holidays. This past

Thanksgiving, I was in my house alone while my roommates went home and I started thinking of what I would be doing if I was home myself. This is something that I have gotten used to, though, since I have been doing it for years," said Daka.

Zarate finds it difficult to imagine herself in Daka's situation.

"I give the people who come from far away a lot of credit," said Zarate. "I don't know if I could deal as well with being away from my family for months at a time the way some people do."

But some students appreciate the distance.

"I liked the idea of moving away actually," said Filimonovic. "I wanted to move out of my country; I can live anywhere life sends me."

Daka agrees with Filimonovic that as much as he misses his family, especially around times like the holidays when others are with their families, he is overall happy with his decision to come to the United States and Sacred Heart University.

"I like it here, I was excited to try something new," said Daka.

Still, some people feel there's no place like home for the holidays.

"I always felt like my family grows together over the holidays. I know a lot of people don't always spend holidays with family, but I know that it would be strange to me not to," said Zarate.

Holiday season provides temporary increase in available jobs

Arielle Mangiaracina
Staff Reporter

Your last final is finished. You have made the trek home. Now it is time to go Christmas shopping. However, the money that you got back for your books is not enough to cover the presents for your family and friends. How else can you get a few extra bucks during the holiday season?

The answer lies in having a job.

With the stress of the holiday season, there is no doubt that retail stores in the mall will be hiring. More shoppers means more hungry people, so even the mall food court and restaurants will also be hiring.

People attend many parties during the holiday season at restaurants or private residences. Sophomore Brian McLellan, who works as a busboy at the Golf Club of Avon restaurant, said he is rehired every December because the club is understaffed due to employees leaving for college.

"The restaurant is very busy during the holidays because there are so many parties. Everyone who returns from college gets rehired to help out," he said.

Grocery stores look to hire a few extra checkers and baggers during the holiday season because of an increase in shoppers due to purchasing food for parties and holiday dinner.

Because parents are out shopping for their children and attending their office Christmas parties, they need someone to watch their kids. Baby-sitting is another way to earn some money.

"I am working as a nanny [over break]," said junior Alexa Mainella. "That's when the woman who hired me has to go back to work. She commutes to New Jersey every day so she needs someone to watch her kids while she's working and drive them here and there," she said.

Mainella said she was excited because she enjoys working with children, and the pay is good.

"I am planning some Christmas-related activities such as baking cookies, making gingerbread houses, writ-

ing letters to Santa and making Christmas cards," she said.

There are also jobs available that are not seasonal or holiday related that you could apply for during your break.

"I teach swimming lessons at an indoor pool," said sophomore Erin MacDonald. "The pool supervisor hires back the college kids during the winter because a lot of little kids take lessons over their Christmas breaks. Adults take lessons during the winter too because they [have] vacation time off."

Have you been to the mall and found no help wanted signs? Inquired within a restaurant and not heard back? Offered your baby-sitting services to your neighbor whose mother-in-law is visiting and able to watch the kids?

Do not be discouraged. Ask your parents, their friends, and your friends if they know anyone who is hiring. Adults usually have more connections and may be able to assist you in your job search.

"I got offered a job at my town hall over this break. They are very busy at the end of the year handing out permits and need some extra help," said McLellan.

ShuVoices

What is your new
year's resolution?

Adrian Fitzsimon
Staff Photographer



Katherine Cooper
Freshman
"To keep working hard."



Michael Jalbert
Junior
"To be more focused on school."



Shannon McCoy
Junior
"To volunteer more."



Shawn Bennett
Senior
"Be more punctual."

SHU welcomes all faiths

Arielle Mangiaracina
Staff Reporter

"We wish you a Merry Christmas, we wish you a Merry Christmas and a Happy... Hanukkah?"

While Sacred Heart University is predominantly made up of Catholic students, many forget that not all practice this same religion.

"Sometimes I get frustrated in class. Many professors assume and expect that all their students have a Catholic background," said junior Emilie Latainer, whose father is Jewish.

"It is harder for me to relate certain information because I do not know a lot about Catholicism," she said. "Other than those two issues, being Jewish at a Catholic university does not bother me."

One aspect of Sacred Heart is that it has the Center for Christian-Jewish Understanding, also known as CCJU.

According to the Sacred Heart Web site, the purpose of CCJU is to "contribute to the creation of a world of greater respect, cooperation and peace by educating Christians and Jews for a dialogue that is based on knowledge and truth about God and one another."

Through the CCJU, Sacred Heart teaches courses such as "The History of Christian-Jewish Relations," "Christian-Jewish Relations in Contemporary Church Teachings," and "Peace and Social Justice

in the Jewish-Christian Tradition."

These courses examine the historical relationships between Jews and Christians and educate students about the ideas stated in the mission statement.

Like the CCJU, Sacred Heart's campus ministry is doing all it can to foster a relationship with the university's Jewish students.

"We partner with Jewish students through Hillel and work with any students that approach us about interfaith ideas. We're always open to new ways of reaching out," said Sarah Heiman of the Campus Ministry office.

"I do not feel that the university forces Catholicism on its students," said junior Kylie Abrams. "Not being Catholic has not had an affect of me. The only time I feel out of place is at mandatory Mass for athletes," she said.

While it is accommodating to students of all religions, Sacred Heart decorated the grounds on main campus for Christmas. The trees leading into the main entrance now have Christmas lights on them, and there is a manger, among other decorations displayed throughout main campus.

"I think the Christmas decorations around campus are very nice. I do not look at them as decorations specifically for Catholics. I see them as nice additions to our school during the winter," said Latainer.



The Spectrum/Adrian Fitzsimon

New recycling machines on campus are part of Sacred Heart's attempt to go green.

BE GREENER THAN THE GRINCH THIS SEASON

Adrian Fitzsimon
Staff Reporter

The traveling, shopping, decorating, and festivities make the holiday season a joyous time of the year for many. However, the oversized inflatable Santas, twinkling electronic icicles, rolls of gift wrapping, and shopping galore can also create a lot of wastefulness and contamination that harms the environment – not to mention it can produce high energy bills.

During this season of giving, whether you're celebrating Christmas, Hanukkah, or Kwanza, there are many ways to reduce the emission of harmful toxins and reduce wasted energy.

Here are five ways the Sacred Heart community is "going green" this holiday season:

1. No money but a lot of cans? Sacred Heart's newly installed recycling vending machines are a perfect way to get some holiday shopping done without the crowds and chaos that surrounds the shopping malls. By recycling empty cans and water bottles, you can win free prizes to give away as gifts this holiday season. According to Ed Dobransky, manager of support services with campus operation, the machines are now randomly giving away free prizes such as t-shirts, pens, Fuji digital cameras, and much more. The more cans you recycle, the more chances you have of winning the prizes.

"The whole idea is to arouse the attention to recycling; we all have to be sensitive to the environment. I am very pleased with the student body's efforts over the past years," said Dobransky.

2. During this holiday break, senior Tyler Teaton and her friends are planning a road trip to escape the winter weather down in South Carolina. But the five of them have decided to give up the luxury of leg room provided by one of their SUVs and have opted to travel economically and environmentally friendly by loading into Teaton's Toyota Camry Hybrid.

Teaton, who has owned her hybrid for over two years now, said the hybrid is the best option for long road trips because of the all the gas money she saves. According to Teaton, being eco-friendly is another benefit.

"I feel that I am contributing to helping our environment become a cleaner, more pure atmosphere to live in," she said.

3. Junior Alyssa Palazzo will be doing her part to protect the environment this holiday season by using cloth bags to carry home her Christmas shopping purchases.

"There's no need to get a brand new bag from every store I shop at when I can just throw everything into this cute shoulder bag," said Palazzo.

According to the Environmental Protection Agency, more than 380 billion plastic bags are used in the United States every year. Of those, approximately 100 billion are non-biodegradable plastic shopping bags, which cost retailers about \$4 billion annually.

"I definitely feel like I am helping improve our environment when I use my bags. People notice when I ask the checkers to use my bag instead of the plastic bag. It'll become a fashion trend in no time, I'm sure," said Palazzo.

4. This holiday season, sophomore Carly Rudloff will be wrapping her presents with the wrappings she saved from last year. She plans to use the old wrapping paper, bows and gift bags from previous years as a means of "going green." By recycling gift wrap, Rudloff will be saving herself money and eliminating wasteful use of paper and plastic.

"You can also use newspaper as gift wrap or decorate your own. I think it makes the gift more personal when you use creative wrapping ideas," said Rudloff.

5. Like many individuals who enjoy participating in the holiday spirit, sociology professor Grant Walker has put up holiday lights. Walker's holiday lights are set to automatically turn off after a certain hour as a means of saving electricity. He uses a timer to minimize the amount of energy that is spent on powering the lights.

Mary Schwager from Hartford's Examiner.com suggests keeping the lights off during the day and while you are away in her list of ways to cut energy bills during the holiday season. "Timers are a simple way to do this and are a great safety measure since lights can cause fires if not used properly," said Schwager.

HE SAID/SHE SAID

How can you make a long distance relationship work?

Tom Herles

He said



Distance makes the heart grow fonder? I suppose that could be true, but then you're just fond and alone, and nobody wants that.

Long distance relationships can be incredibly tough, but like most things, it's what you make of it. With the stalker technology at our disposal these days, you can be in touch with your significant other faster than you can say "Facebook status."

Every couple is different, but there is a good chance you can find a method that works well for you. Yes, I know nothing is like the real person held in your arms that you could hug and kiss... now that I'm done dry heaving, let's get back to the matter at hand.

My girlfriend and I were forced to do the long distance thing for a while and it was definitely hard. There were some significant speed bumps, but we made it through mainly because of patience and setting aside time to talk on the phone. It doesn't help that college keeps you incredibly busy most of the time.

But when you have a few minutes to spare, there are so many ways to stay in touch. The new big one with college students is the video messaging system "Skype." I personally can't stand this method. There's something about sitting and staring at a low quality video form of a person that doesn't work for me. There's always that awkward moment that you break eye contact for a second and are met with "what are you looking at?" In theory it should be like a person-to-person conversation... but it's just way creepier.

I suggest the trusty cell phone, but if that doesn't work for you it's OK—there are many more options. Instant messaging is still a fan favorite. Then it can be like sixth grade all over again where you talk to your "boyfriend/ girlfriend" online with plenty of time to plan out what you say. Remember such classics as "it was totally funny the way you belched in social studies today?" I was such a ladies' man.

Texting is the preferred on-the-go method these days, but it tends to abbreviate everything too much. I always find myself texting people a long-winded story that takes 2 or 3 texts and I get a "lol" or "haha" back. I need more justification than that. Throw me a bone, folks.

So, none of these alternatives are really that great for staying in touch with a long distance hubby, but at times they're all you've got. For those of you who have begun dating someone this semester and you are dreading the Christmas break, do not fret. It's only a few weeks. Organize a few points to meet up during your time apart.

Guys, it would be a nice gesture to make the trek to her house close to Christmas that way you can give her that incredibly imaginative gift of Uggs and a North Face to her in person. Girls, you could do the same. Just because you're a lady doesn't mean you can't drive. A lot of Sacred Heart students live only a few hours away from each other so if that's the case, go and see your squeeze.

But realize that if you can't make it to see them, a distorted, creepily staring video chat version of them is just a click away.

Sam Marinko

She said



Keeping a relationship going in full-force while separated by distance is definitely not easy – but it's certainly not impossible, either.

Though, I personally can't say distance has done me much good in past relationships. But I do know couples that have defied the strife of distance for years and counting.

"I've been with my boyfriend for almost three years now and we have managed the distance thing no problem," said senior Brittany Knotte.

Knotte and her long-time, hometown boyfriend have managed to overcome the troubles of distance with a few easy methods.

"We talk every day and take turns visiting each other as much as possible, definitely at least once a month."

Though for some less involved couples, the break won't be taken so lightly. The effort to stay together for a new couple with less invested in the relationship is far more difficult.

So for you new couples, perhaps this trying time apart from your schmoopie will be the defining factor in your relationship; the make-or-break point when you come to realize that you cannot be without them or that their name barely resonates in your mind when you're not together for every waking moment. Out of sight out of mind, maybe? That was definitely the downfall of my last relationship.

We lived in different states but went to school together, making summers a bit tricky but still manageable with only a two-hour drive between us.

But then I decided to study abroad. I might as well have chosen Pluto, because Australia is literally like being on a different planet as far as trying to keep in touch.

It's almost 30 hours away and a 13-hour time difference didn't make talking on the phone for \$1.30 a minute any easier.

If I called him when I woke up in the morning, he was out at a bar with his friends. When he called me around lunch time, I was in the REM cycle of sleep. It became impossible. And another one bites the dust in the face of distance.

But that's not the case for all couples. Anything is possible. And that's an extreme break. Not like the one we're about to be facing.

With the fast approaching winter break, on-campus couples may be bracing themselves for some time apart from their pooky. One of you lives in Long Island, the other in Boston. Or worse, maybe you are dating one of the girls on the softball team all the way from California.

Regardless, a month-long separation is difficult for any couple to cope with, but absence makes the heart grow fonder, right? Optimistically, right.

Guys, send flowers. Girls, leave cute voicemails. Try not to fall victim to the trend of out of sight, out of mind. Hang in there! And think of this break as bitter-sweet. It sucks now, but when you finally reconnect in a month, the sparks will fly twice as high and shine twice as bright!

Happy vacation! And remember, your significant other is just a phone call away.

One-on-one with 'Paranormal' celebrity Micah Sloat

Westport native shares what worked for him on his rapid rise to the top

Therese O'Shea
A&E Editor

Take a low-budget indie thriller and an inexperienced actor with dreams of making a life for himself. What do you get? A major box office hit, scoring over \$100 million on a \$15,000 budget.

Actor Micah Sloat made that rapid rise to the top with his starring role in "Paranormal Activity," which hit theaters back in September. Sloat, who grew up in nearby Westport and attended Staples High School, said that he even had several friends who attended Sacred Heart University.

The Spectrum got the opportunity to exclusively speak with Sloat, and asked about his speedy road to stardom and success in such a short time span.

What is it like to have reached such a level of popularity so quickly?

"Pretty surreal. I think that's the best word to describe it. For a while there, I was going to interview after interview, meeting all kinds of famous people. It was a real rush. I almost don't remember a lot of it just because it was so fast, and I don't think it all really sunk in during that period."

Did you ever expect the film to be as big as it was?

"Definitely not. I mean, we believed

in the film from the beginning, and even while we were shooting it, we knew the quality of the work we were putting together was very high standard.

"As far as the actual response and audience reaction, it's been beyond anything we've ever imagined. I had some wild dreams of success, but I had never even thought about half the stuff that's happening."

A lot of students have been saying that "Paranormal Activity" was one of the scariest movies they've seen in a long time. What was it like being in a scary movie? Was it scary to make?

"I think there's difference between acting scared and actually being scared. When you're in a movie and you need to act scared, you're responding to imaginary stimulus, which you can always get rid of if you need to, whereas in real life, obviously you have less control over that.

"So yes, we were literally scared during the majority of filming, as we needed to be. And we were shooting 18 hours a day, seven days a week, and that left very little time for sleep. We skipped some meals, and it was very difficult physically, which fed into the performances in a good way."

Did you get to input any of your own ideas, or was the film all scripted?

"There was no script. All the dialogue is improvised. There was a story outline that Oren [Peli, director/producer] had put together that he did not tell us about, so we wouldn't know what scenes were coming next. So we would shoot a scene and he would say 'these are the points we need to hit, this is where the scenes going, let's see what happens.'

Do you have any advice for students who have dreams of making it big in Hollywood?

"It's probably the most competitive, most difficult thing I can think of devoting

your life to, but at the same time, it's like, if that's what you need to do to get your creative output, if you're that type of person who needs to create to be satisfied in life, then you've got to do it anyway. Do it because it is the most difficult thing... because there's nothing more rewarding than doing the impossible."

What worked for you?

"Honestly, I have no idea what works and what doesn't work. I think picking an independent movie and hitting it big is like climbing Mt. Everest naked: it's the most difficult process. It took us three years to

get to where we are, and there were a lot of ups and downs, a lot of serendipitous moments. I don't really want to say luck, but I guess it is luck."

You were just named one of People magazine's "Sexiest Men Alive" of 2009. What does it feel like to be categorized with men such as George Clooney, Brad Pitt, and Johnny Depp?

"It's kind of all one big surreal roller coaster. From the time we heard that Steven Spielberg saw the movie and was going to redo the ending, to making a hundred and whatever million dollars that we made in the box office, to being on Leno... when this came around I was just like, 'Sure... It seems fitting!' And obviously it is extremely flattering. To be on any list with Johnny Depp and Brad Pitt is just awesome. And I mean, I just hope I make it next year!"

So, what's your next move?

"There are a lot of options right now. The floodgates have opened and there's a tidal wave of opportunity coming my way, and it's really a question of which projects I'm right for, and what's the next step. It's really competitive; and now I just get to jump in a different pool of fish and try to fight for another small piece of food with bigger fish. There are a lot of interesting prospects and projects lined up... nothing concrete yet, but I have a feeling I'll be focusing in on some stuff."

FROM THE MET TO THE HEART

Jacqueline Vele
Staff Reporter

Cassandra Andreas has been an instructor at Sacred Heart University for many years, teaching voice lessons and enriching the music program, and she brings an impressive resume of international performing to the music department at Sacred Heart.

Cassandra holds degrees in voice and opera from Eastman School of Music, and was the recipient of a United States Fulbright Grant and a Deutscher Akademischer Austauschdienst to the Hochschule fur Musik in Hamburg, Germany.

As a high soprano, Cassandra said that singing is when she is the happiest, and that she was blessed with musical talent from the time she was six months old. She traveled back and forth from Germany to the U.S. taking part in summer concert programs and solo opera performances.

"I was singing before I was talking," said Andreas. "Singing classically is my lifelong passion."

As a young adult, Cassandra auditioned in New York at the International School of Education where she became a finalist in the competition for the Metropolitan Opera. About three years later, she received a message to start performing at the Met studio. At the time, she was performing in Germany, and traveled back to

the U.S. to take part in the Metropolitan Opera.

Later down the road, Cassandra started a family of her own and began teaching at Sacred Heart. She took part in a church singing job as a soprano soloist when she received a call to begin working at Sacred Heart.

"I was fortunate to live in an area where I was able to sing and raise two children," said Andreas. "I consider myself a fortunate singer."

Cassandra brings her extensive training for music and performing arts to her experiences working with students.

"Professor Andreas is amazing. She has an amazing voice and has amazing talent and it is great to learn from someone like her," said sophomore Samantha Strokes.

"I had never taken voice lessons before, but I had always been a singer. Professor Andreas pushed me to do things with my voice that I didn't think were possible," she said. "Sometimes I would sing a note or phrase and say 'whoa, did that just come out of me?'"

During her hour-long voice lessons, Andreas develops great relationships with her students.

"I love my students," said Andreas. "I enjoy improving their voices and passing the tradition of classical music on to them. It's a lot of fun for me, and I love teaching what I learned from my mentors."

Through many different voice exercises, Andreas helps to perfect the voices of her students to expand their musical talents. She is very passionate about singing and enjoys working with her students, to help them develop their unique voices.

"I don't teach them, I guide them," she said. "I teach them skills they cannot learn in a textbook. The voice is an instrument, and the internal voice that they didn't know they had blossoms."



AP Photo

Precious (played by newcomer Gabourey Sidibe, right) struggles through

'Precious' movie already gaining Oscar attention

Chris Daly
Staff Reporter

What's so precious about "Precious"?

The newly released Lion's Gate film chronicles the life of a young teen as she searches for her identity.

Precious tells the story of a young, overweight Black girl living in Harlem who seems to have her fair share of troubles. Gabourey Sidibe plays the title character, Clarice "Precious" Jones, who must suffer abuse from her father while living with a disturbed mother, played by actress Mo'Nique.

Add on the fact that Precious has one baby, another on the way, and is developmentally challenged, and you've got one off-beat teenage-angst film.

"I saw the movie, and it was fantastic," said junior Lisa Hanson. "As soon as I saw the trailer, I knew that I wanted to see it. As a nursing student, it was so compelling to watch, but I think that everyone should see this movie. I left the movie so touched and inspired. It was truly outstanding."

Perhaps another reason Precious seems to be beloved by viewers is the manner with which the movie was made. Based on the novel "Push" by Sapphire, the movie was produced by Lee Daniels. The movie debuted at both the Sundance and Cannes Film Festivals without major studio backing. It had been rejected several times from various production houses.

"I think this movie will turn out awesome," said freshman Renan Zafoli. "If the message of the movie is about hope and triumph over troubles, then, this movie will make a huge impression on the audience."

A lot of the reviews are developing Oscar talk. According to Rotten Tomatoes, the film currently has a 91-percent "Fresh" rating based on 122 professional reviews. Very few films earn this honor, but is it possible for an Oscar in the film's future?

"I hope it gets nominated for an Oscar," said junior Kevin Bussell. "It's the type of movie that seems like an Oscar contender."

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GET REEL

'Everybody's Fine' this holiday sea-

Emma Levine
Ass A&E Editor

As I entered the movie theater and walked down the aisle, I noticed a sea of grey heads. Almost every person who came to see my showing of "Everybody's Fine" was over the age of 60. This surprised me because the movie appealed to both my friend and I... but maybe we're just a couple old souls.

Starring Robert De Niro, Drew Barrymore, Kate Beckinsale, and Sam Rockwell, the holiday-oriented movie revolves around De Niro's character Frank, who seems to be in his mid 60s. Frank is dealing with the recent death of his wife and the fact that his children do not need him like they used to.

The movie opens with Frank getting ready for a family weekend with his children. Frank takes so much pride in his four children and talks about them to anyone nice enough to listen. He cleans the house, buys a nice cut of steak, and even asks the grocery store clerk for advice on expensive wine.

Needless to say, Frank ends up disappointed when they all cancel, and the rest of the movie follows Frank as he travels from state to state visiting his busy children.

The film was very touching and made me personally appreciate my

parents and siblings. De Niro's performance was dynamic; at times he is funny and at other times he breaks your heart.

One thing I loved about this movie was its movement. Frank's job was stringing telephone wire across the United States. The wires are almost always near the train tracks that he is traveling on.

Many times when scenes change, a shot of the telephone wires appears and you hear scrambled voices, different telephone conversations, until one voice becomes prominent, which is always one of his children.

This film seemed to be marketed as a holiday movie but really, there was nothing "holiday-esque" about it until the very end. This was one of the only things I did not like about the movie.

The film is also much sadder than I anticipated but it didn't completely ruin the movie for me. Instead, I found myself re-evaluating my relationship with my family.

Even though most of the audience could be my grandparents' friends, "Everybody's Fine" is a movie for every age. If you are looking for a touching film with an impressive performance by Robert De Niro, this film will satisfy... and maybe even motivate you to pick up the phone and call a loved one.



AP Photo

Get Reel gives Everybody's Fine



ROCKIN' AROUND A CONNECTICUT TREE

Rockefeller Center tree hails from Easton

Mark Theroux
Staff Reporter

New York City's holiday tourist season has begun.

On the night of Dec. 2, Mayor Michael Bloomberg lit the famous tree in Rockefeller Center, televised by NBC. According to the Associated Press (AP), the streets were packed with tens of thousands of people, who watched performances, including Aretha Franklin, Shakira, and the Radio City Rockettes.

Keith Douglas, a spokesman for Rockefeller Center, told AP that the tree helps attract 750,000 people during the period it is lit, which is 400,000 more than a typical day.

Unlike previous years, however, there were no performances on the ice rink; this year it was carpeted, so the crowds could stand closer to the stage.

Surprisingly, this year's festivities almost didn't happen. The New York City chapter of the National Association of Broadcast Employees and Technicians, a broadcaster's union, threatened the boycott until NBC's entertainment division would restart "stalled contract talks," according to the New York Times.

However, by Wednesday afternoon the group decided to call off the protest.

This year, the tree came from Easton. A woman named Maria Corti was "impressed" when she saw the Norway spruce in her yard when she moved to Easton a year ago, according to the Easton Courier.

She thought the tree looked perfect and symmetrical, so in January, she informed Rockefeller Center representatives of it.

"I just nonchalantly called them and then thought nothing of it," Corti told the Courier.

Soon, however, the tree was added to a list of finalists, and in early November, crews came to her house to cut down the tree and transport it.

Corti did not feel terribly guilty about cutting it down because, as she told the Courier, although it was beautiful, it was dangerously close to her bedroom window. Also, it is a family tradition for her to visit Rockefeller Center every year.

"You go to Rockefeller Center and you're



AP Photo

The tree shines brightly in Rockefeller Center throughout December.

just in awe of this tree — you get caught up in the holiday spirit and all the goodwill," she told the Courier.

Freshman Katie Perzanowski was enthusiastic about the Rockefeller tree because it was featured in the movie "Elf" one year.

"I love 'Elf,' as well as Christmas trees," said Perzanowski.

Those enthusiastic about "going green" will be happy to hear that this year, the tree uses "energy efficient LED Christmas lights that will be fully powered by solar panels," according to Inhabitat, a Web site devoted to innovative architecture and design.

Daniella Bower, a junior, thought the fact that energy efficient lights are being used is "amazing."

Also, after the Christmas season, the tree will be "donated to Habitat for Humanity to use as wood for a home in Connecticut," according to The Breeze, a New Jersey radio station.

Lacey Gilleran, a senior, was not surprised that the tree is so popular to visit.

"I think it's an American tradition."

'Tis the season to gather 'round the TV

Nicole Eastman
Staff Reporter

The halls are decked, the shopping is done, and Christmas movies have taken over every television station. The countdown to Christmas is on!

It's the same thing every year. With everyone's crazy schedules and busy preparations for the holiday season, it may be hard to find time to just relax and enjoy some quality time with the family.

For junior Mario Mililli, Christmas is the time of year to get together with his family and watch holiday movies.

"It's nice to get together as a family," said Mililli, "and it gets me into the holiday spirit."

Lifetime, ABC, and ABC Family, air Christmas television specials specifically for the holiday season. This year, ABC Family hosts its twelfth installment of the "25 Days of Christmas," airing a different holiday favorite from Dec. 1 right up until Christmas day.

According to a press release from ABC Family, the "25 Days of Christmas" will air over 200 hours of holiday shows and movies, providing time for families come together to prepare for the holiday season.

For some students, curling up on the couch with hot chocolate, family and close friends, watching holiday classics, is the way to enjoy the Christmas season.

Junior Dan Shaw said that watching Christmas classics is part of his family's holiday traditions.

"It brings my family together," said Shaw. Shaw added that his favorite Christmas movie is "Rudolph, The Red Nosed Reindeer."

Watching Christmas movies and shows offers everyone a chance to spread some quality time and holiday cheer... not to mention an excuse to feel like a kid again.

This year, audiences are getting a sneak peak at what happens before Santa comes to town in the Disney/Pixar holiday special, "Prep and Landing." Airing on ABC on Dec. 8, it's the first animated TV special by Disney, according to ABC.

A clear holiday hit among university students is "Elf." Junior Megan Rose said she loves "Elf" because it's cute and funny.

"It puts me in a really good mood," said Rose.

While some enjoy watching Christmas movies every year, other students said that they are tired of the same movies every year being over played.

Other classics include "A Charlie Brown Christmas," "Jingle All the Way," "A Christmas Story," and "The Year Without a Santa Claus."

Christmas movies and television specials have helped make the holiday season special for most students.

"It wouldn't be Christmas without Christmas movies," said senior Josh Marshall.

Top 10 Christmas Movies

1. A Christmas Story
2. It's a Wonderful Life
3. Miracle on 34th Street (1947)
4. Scrooged
5. White Christmas
6. Elf
7. Christmas in Connecticut
8. Home Alone
9. Babes in Toyland
10. National Lampoon's Christmas Vacation

(Source: Moviefone.com)

LIKE FATHER LIKE SON

Stephanie Kanner
Staff Reporter

"A chip off the old block," "the apple doesn't fall far from the tree," and "like father, like son."

These folk phrases sum up family characterizations - some appreciative while others definitely not.

But they all have one thing in common. All infer that parents are to blame for how kids turn out, for better or for worse.

Kids young and old have been teased about how they're going to turn out to be just like their parents. Whether it is because of the way they talk, dress, act or think. But is it true?

"There are definitely some characteristics that I possess which were passed down from both my mom and dad," said junior Sean Rothenburger.

"Not just physical characteristics but personality traits as well," he said.

According to the New York Times, nine out of 10 teens describe their mothers as having a high level of influence in their lives, and eight in 10 say the same of their fathers.

"I'd say that my dad has the greatest influence on me," said Rothenburger.

"He was always into sports as a kid and he loves the fact that I am athletic just as he was. Even down to the way we throw a football is something that he says reminds him of himself."

Although parents seem to admire the influence they have made upon their children, there may be harmless "teasing" that goes on between the two about how they may grow up to be just like them.

"My dad has a really sarcastic sense of humor. As I've gotten older I've noticed that I make

some of the same comments that he would say to some people," said sophomore Justine Ameye.

"I think my dad finds it funny that I make the same comments as him because we understand where the other is coming from. And he always teases me about it," she said.

"Whenever I say I don't care, my dad always tells me I sound like my mother. I hear it more from friends outside the family telling me that I sound just like my parents."

However, besides all of the characteristics that parents like to see in their children, there are some traits that they do not want them to pick up.

"My dad always worries about everything and that is definitely something that I try and avoid," said Ameye.

"He thinks about the most random things and chooses inopportune times to harp on them. I try to be more nonchalant but sometimes it shows through anyway," she said.

Despite the positive personality traits passed down, there are also harmful ideas that children make take from their parents.

"I had a friend growing up whose parents were alcoholics," said sophomore Andrew Richards.

"He never seemed to follow in his parents footsteps but shortly after high school he went over the deep end," he said.

Child and adolescent psychiatrists claim that these children are at greater risk for having emotional problems than children whose parents are not alcoholics.

"We grew apart after high school graduation but all I hear about him is that he's been in and out of rehab facilities," said Richards.

"It's a sad thing when parents have that type of negative reinforcement on their own children," he said.



AP Photo

Holiday horrors often occur on the road during congested commutes.

Holly jolly traffic jam

Much anticipated traffic this holiday season

Genevieve Julich
Staff Reporter

You've finished all of your studying, took your last final, and packed all of your things. You've even packed up your car, all set to get home for the holidays.

Exhausted from finals, with coffee and energy drink in hand, you set off for the long drive home.

This scenario is common for many students at the end of the semester: driving home for the holidays with tons of traffic and many drivers who are not fully focused.

The roads leading home can potentially be very dangerous and risky. "The hazards college students encounter while driving long distances (say, 14 hours) or even during shorter ones (say, three) can include, sleepiness, distractions such as texting, cell phone calls, music from radios or iPods or eating while driving, heavy traffic, other distracted drivers, speeding, driving too late at night, and bad weather or road conditions," according to a NewsNet Nebraska article.

This concerns some students.

"It is nerve-racking for students," said junior Matt Vereb, "we aren't as experienced driving on major highways."

He said, "Part of the problem is that, during the holidays, everyone feels more pressure to arrive at certain destinations in an orderly amount of time."

Freshman Melanie Scheurich agreed.

"People are more excited to go home during the holidays, they have a lot of things on their mind and not paying attention as much as they should."

Some students say traffic and everyone being in a rush to get home is reason enough for the rate of accidents increasing during the holidays.

"I think that the rate of accidents rises during the holiday season," said junior Jacky O'Brien, "there are more cars on the road, and everyone is in a rush, people are driving long distances. A lot of people are driving during the holiday season which means that there is more volume on the road. Everyone is looking to get to their families and destinations as quickly as possible. After driving on the road for awhile, people tend to not be as alert."

What are some tips for students from the people in the know for students to get home safely this holiday season?

Officer John Kichinko, assistant supervisor of public safety said "get plenty of rest, do not drive when you are tired, and avoid confrontation. If you feel there is going to be confrontation dial 911 immediately and ask the police to come."

What do you do if you get into an accident?

"Call 911 immediately without a doubt," said Kichinko. "If you can make sure the vehicle is pulled off to the side of the road, and you are in the safest position that you can be, you want to get help immediately from 911."

Some say reducing stress and anxiety before driving will help prepare you for the drive home.

Ryan Greelish, resident hall director at Roncalli Hall said, "Students should pack a day or two before so that after their last final they are not rushing to pack or get out the door. By packing ahead of time, it will take away some of the anxiety during the final and while driving home."

"Stay off of cell phones. They are very distracting. Even if a hands free device is being used, turn down radios, and CD players, and keep a window open even just a bit to be able to hear sounds around you as you are driving," said Kichinko.

Greelish agreed. "Remember to always wear your seatbelt, do not text or talk on the phone, and pull over if you are feeling tired," he said.

Vereb added that getting some sleep after your finals, before you hit the road is a good way to stay safe, as well as putting your cell phone away.

"Texting is tempting to do when driving," said Vereb, "but Christmas won't be very merry if you get into an accident."

'Deck the halls' with lots of shopping

Lindsay Caiati
Staff Reporter

There are only two weeks left until Christmas, and you haven't even thought of buying gifts yet. The idea of finals is enough to make anyone frazzled, which is why all of the things you could possibly want to give are all right here in this holiday gift guide.

"I exchange gifts with my friends and family, but some people are hard to shop for. I never know what to get for my dad," said junior Jessica DiPiazza. "I usually end up getting him something sports related."

This year instead of getting dad something he might already have, why not purchase nice bottle of wine? Not 21? A brand new iPod shuffle for \$55 from amazon.com will be sure to give dad something to sing about.

"My mom is really hard to shop for," said junior Tara Ilamathi. "She'll always say that she has everything she could ever want."

Luckily, for you and for mom, dogeared.com has the "I love you mom" necklace, which comes with an inscribed card, and will make a perfect sentimental gift that will last a lifetime.

Now that mom and dad are taken care of you may be asking about some of the other special people in your life.

"Concert tickets are a great boyfriend/girlfriend gift," said Ilamathi. "I wanted to go to a concert so badly around Christmastime, but my boyfriend at the time couldn't afford the tickets. So instead he made a diorama of us at the concert and played the CD of the band," she said. "It was really sweet."

Another idea for that special someone is to make the gift personal, find what they love and think of a way to give it back to them in a tangible form.

Have a boyfriend or girlfriend that loves movies? A one-year subscription to Netflix is perfect for them. If you feel like you know what movies they would love, you can make the selections yourself, and have a surprise

film come for them every week!

"I usually do a secret Santa with my friends," said freshman Kelsey Consiglio. "We usually get funny gifts that have to do with an inside joke."

Last minute holiday gifts

Late night shows in New York City like Late Night with Jimmy Fallon are completely free of charge. All they require is a reservation. And you just might get to be on TV too.

Clothes are always great for college students. Try J. Crew for your friends and roommates - with a college ID you automatically receive 10 percent off.

An inexpensive way to inject winter with a little bit of warmth is a personalized mug. Art of fire located just 30 minutes away in Ridgefield offers paint your own pottery. To make this extra cozy gift add a few packets of hot chocolate, a gift card to a coffee chain to the mug, and a blanket. Keeping warm never looked so good.

Hansen's Flower Shop
24 Hour Service Available
Family Owned & Operated Since 1920
Floral Designing Weddings & Parties
Sympathy Work Our Specialty
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1040 Post Road Fairfield
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STUDENTS LIVIN' LA VIDA LOCA

Do co-ed dorms promote unruly behavior?

Marisa Graniela
Asst. Features Editor

College shopping, in general, is one of the toughest times of being a teenager. The actual probability of finding a school with every detail one desires is nearly impossible.

There's just so much to think about— location, majors, sports, and financial aid.

Though some schools stick to traditional ways, many campuses have residential halls that are co-ed; mixed genders. These co-ed living arrangements range from same building, same floor, or both.

Although co-ed dorms may literally seem like all fun and games, is it really as good as it sounds? How about safe?

When a university has residential halls, this raises many questions as well as concerns for parents, administration, and even some students. Many are afraid that with having two genders living on the same floor or hall. It could lead to an increase in illegal drug or alcohol use.

Along with that assumption, some even believe that there is a higher chance of consensual sex and other sexual activity.

"On a co-ed dorm floor, you're more likely to meet more of the opposite sex than you would otherwise," said junior Phil DeMuro. "You begin to hang out more and because you're with those people a lot, you'll start to party together."

"Since you're consuming large amounts of alcohol,

you're more willing to become intoxicated and have sex," he said.

Furthermore, some students can attest to this hypothesis due to first hand experiences or observations.

"My freshman year I saw a lot of people on my floor, which was co-ed, getting drunk and doing a lot of things that they would never normally do," said junior Lauren Merriam. "Whether partying and drinking lead to drug use or sex, it was completely out of character for some people."

"I definitely think that having boys on the other end of the hallway as well as below us on other floors had everything to do with it," she said.

Though some feel strongly about this view, some residential life officials as well as students disagree.

"Having both genders share a floor does not explicitly promote dangerous behaviors, like sex or drug and alcohol use," said Joel Quintong, director of residential life.

"Students are entrusted with the responsibility to make good and healthy choices and this must prevail despite the fact that someone of the opposite gender may live down the hall, upstairs, downstairs, or wherever," he said.

Some students that lived on co-ed floors in the past agree with this debate.

"I think co-ed dorms do not promote more sex drinking or drug use," said junior Liza Hanson. "I think that if you want to have sex, drink, or use drugs then you will be able to do so regardless of where you live."

"It goes without saying that it is easier as well as more convenient to have sex with someone on a co-ed floor or

hall for the obvious reasons," she said.

Freshman Kaihla Rettinger argued that students would engage in these behaviors whether the university allowed co-ed housing or not.

"Whether both people live in the next room or a completely different building, if they want to have sex then they will," said Rettinger. "Having to walk a little further to do it won't stop them."

"I've heard plenty of stories about people who sneak through first floor windows into dorm halls during after hours when they're supposed to be in their own designated hall," she said.

Although some students are one-sided in their opinion, the resident hall director at Roncalli Hall, Ryan Greelish, said that the feedback she has received has been very mixed and "it all depends on residents' individual opinion."

"Angelo Roncalli Hall currently has five freshman floors and three floors that is primarily sophomores/transfers," said Greelish. "There is one freshman floor that is all females and one sophomore/transfer floor that is all males."

"I have heard feedback from several residents and a few said that they are more comfortable having the entire floor their gender, but others have told me that they enjoy interacting with the opposite gender," she said.

Though this issue is something that is currently a hot topic throughout all higher education institutes, it is something that will always be controversial.

From bestseller book to big screen

Kelley Bligh
Staff Reporter

"Slumdog Millionaire," "21," "The Notebook," "Iron Man," "Horton Hears a Who!" "Psycho," "The Time-Traveler's Wife," "Harry Potter."

At first glance, these movies may seem to have little in common except for the fact that they are just that – movies.

However, these films all had to be adapted to the screen the same way, all of them being based on books.

You may be surprised to learn how many of your favorite movies started out the very same way.

The movies in theaters now which have been adapted from already existing pieces of literature include "Precious," "Where The Wild Things Are," "New Moon," and "The Blind Side."

"Filmmakers often go to stories, novels, and plays because they have already established themselves as 'popular' and have a ready-made audience," said Dr. Sidney Gottlieb, professor of media studies, who teaches a class in film and literature.

"But they also go to them because often they have many of the qualities that filmmakers are looking for – drama, human interest, complexity, serious attention to serious subjects, vivid characters and other such things," he said.

Many movie-goers who go to see the movie due to their love of the book often can feel disappointed or even angry about changes made from the paper to the screen.

Each filmmaker has a reason for taking the written word and making it into film, so with his or her additions, it can never be an exact replica of the original.

"Some filmmakers have their own stories to tell, but many find it helpful to either tell someone else's story or use someone else's story as the basis of what they want to say," said Gottlieb.

Junior Antoinette Silvestri said that she enjoyed the changes made from the book to her favorite film adaptation, "He's Just Not That Into You."

"I liked the book because it was a quick read, basically just broken up into



A screenshot from the upcoming movie, "Lovely Bones." New to hit theatres this Friday.

questions and answer sections," Silvestri said. "However, I liked the movie a lot better because it brought all of the topics from the book to life with real characters experiencing similar problems in their relationships."

Movies and books are two different types of media that try to do the same thing in the sense that they try to tell stories or make commentaries on life.

They are each able to do these things in different ways though.

While a book is able to literally spell out what the author wants you to know, a movie is able to use images and sound to tell the same story.

"Most of the great adaptations re-conceptualize and re-imagine the original," said Gottlieb. "This disappoints some readers, because they expect the film to be the same as the story."

"But we shouldn't expect the film and the story to be the same," he said.

This trend continues and you can look forward to seeing some very well-known and beloved novels on the big screen soon.

the Frog," based on the fairy tale "The Frog Prince" by Jacob Grimm and "Invictus" based on John Carlin's book, "Playing With the Enemy" all will be released in theaters on Friday, Dec. 11.

In 2010, "Alice in Wonderland," "Dear John," "The Chronicles of Narnia: Voyage of the Dawn Treader," and "Eclipse" will make the transition from the written word to motion picture.

"I read 'Dear John' over the summer and loved the book," said sophomore Heather Wolfe. "It's definitely in my top five books I would like to see be made into a movie."

"I'm excited to see the scenes I imagined as I read realized on the screen," she said.

Even though some have high expectations when watching movies of books they have read.

Seeing scenes played out for them seems to be a plus when it comes to the film versions of students' favorite reads.

"The movie brought everything from the book to life," said Silvestri, "in such a way that people could really relate to the characters on the screen."

"The Lovely Bones," based on the novel by Alice Sebold, "The Princess and

SHU STUDENTS' FAVORITE FILM ADAPTATIONS

"HE'S JUST NOT THAT INTO YOU"

-JUNIOR ANTOINETTE SILVESTRI

"MY SISTER'S KEEPER"

-FRESHMAN KAYLA CROOMS

"NO COUNTRY FOR OLD MEN"

-PROFESSOR, DR. SIDNEY GOTTLIEB

"THE DAVINCI CODE"

-SOPHOMORE EDDIE KENNEDY

"THE SECRET LIFE OF BEES"

-SOPHOMORE NICOLE PLACE

"THE LORD OF THE RINGS: THE TWO TOWERS"

-SOPHOMORE CHRIS BRUMBER

Scoreboard

Wednesday, December 2

W. Hockey

Nichols- 1

SHU- 3

Friday, December 4

W. Hockey

Oswego- 2

SHU- 7

M. Hockey

SHU- 1

Army- 2

Saturday, December 5

M. Basketball

Monmouth- 73

SHU- 81

W. Basketball

SHU- 64

FDU- 48

M. Hockey

SHU- 2

Army- 4

On Deck

Tomorrow

M. Basketball @ Hartford

7 p.m.

W. Hockey vs. RMC (IL)

7 p.m.

Saturday, December 12

W. Swimming @ Siena

1 p.m.

Sunday, December 13

W. Basketball @ Fairfield

1:30 p.m.

M. Basketball @ Fairfield

3:30 p.m.

M. Hockey @ Dartmouth

4 p.m.

Sunday, December 20

M. Basketball vs.

Stony Brook

1 p.m.

Monday, December 21

W. Basketball @

Binghamton

7 p.m.

Tuesday, December 22

M. Basketball @

Holy Cross

7 p.m.

Monday, December 28

W. Basketball vs. Yale

7 p.m.

Tuesday, December 29

W. Hockey vs. W. Ontario

7 p.m.



The Spectrum/Alex Atkinson

Sacred Heart's Jerrell Thompson (left) dished out 11 assists against Monmouth while Corey Hassan (right) finished with 17 points to lead the Pioneers to a 81-73 victory over the Hawks on Dec. 5.

PIONEERS WITHSTAND MONMOUTH COMEBACK; EARN FOURTH VICTORY

Steve Armato
Staff Reporter

The Sacred Heart University men's basketball team fended off a late second-half rally and held on for a 81-73 victory over Monmouth University on Saturday afternoon at the Pitt Center.

Senior Chauncey Hardy led the Pioneers with 18 points and senior Corey Hassan added 17 points and nine rebounds.

The Pioneers, now 4-3 overall, jumped out to a big lead early on as they used smothering defense and lights-out three-point shooting to take a 41-16 lead more than midway through the first half.

"It was huge for us to get out to a fast start but I think a lot of that came from our defense," said redshirt senior center Liam Potter. "Coach [Dave Bike] has been stressing that our defense needs to tighten up and we played great defense in the first half."

Even with the big lead early on, Potter and Hardy got into some early foul trouble and the play of redshirt freshman Nick Greenbacker and senior guard Ryan Litke became vital.

"The role of the bench was very important during the game," said Hassan. "We have a team where we won't lose a step once players come off the bench, which helps us when players like Chauncey and Liam get in foul trouble."

With Sacred Heart shooting 63 percent in the first half and six of eight from behind the arc, the Pioneers took a 44-28 lead into the locker room.

After a bucket by Greenbacker midway through the second half, Sacred Heart had a commanding 57-41 lead.



However, in the next 3:26, Monmouth rallied to cut the deficit to 62-54.

"I think we became too comfortable with the lead we had and in the second half it showed because our defense wasn't as good," said Potter. "We need to learn how to play defense like we did in the first half, for the whole game."

With just over three and a half minutes remaining in the game and the Pioneers cling-

Game of the Week

Pioneers @ Hartford

When: Friday, Dec. 11
7 p.m.

Where: Chase Arena, Hartford, Conn.

ing to a 69-64 lead, consecutive threes by Hassan and Litke all but sealed the victory.

"I think the turning point of the game was in the second half when Monmouth brought it close to within five," said Potter. "Litke and Corey hit a couple of huge threes for us. That pretty much buried Monmouth at that point."

Litke finished the game with 13 points off the bench and junior Mehmet Sahan added 13 points and seven rebounds as well. The win was the first conference win for the Pioneers who are looking for a fast start in conference play.

"It was very important for us to get off to a good start in conference play because that puts us in a good position in the conference right away," said Hassan. "Our goal is to get home playoff games so we are trying to win every conference home game we have, especially since it's hard to win conference games on the road."

With games tomorrow night against

University of Hartford and Sunday against Fairfield University, the Pioneers still feel there is room for improvement especially on the defensive end of the floor.

"As a team I think we still need to work on our defense," said Potter. "We showed signs of improvement the last couple of games which is good although we all know it can be a lot better."

With an offense that is shooting over 43 percent from the three-point line and averaging just over nine three-pointers a game, the Pioneers are still stressing the importance of their defense.

"Defense is something we have been emphasizing lately and the last couple games we have stepped up," said Hassan. "We have so much firepower on offense, and if our defense keeps getting better like it has the past couple games we will be a very tough team to stop."

Stats courtesy of Athletic Communications.

Women's hoops opens NEC schedule with win Taylor's 18 points help Pioneers knock off Knights

Dan Graziano
Staff Reporter

The Sacred Heart University women's basketball team opened their Northeast Conference schedule with a 64-48 victory on Saturday, Dec. 5 against the Fairleigh Dickinson University Knights.

The win brings the Pioneers' record to 4-3 overall this season.

Sacred Heart shot 46.3 percent from the field and 80 percent from the free throw line to help them secure the victory.

The win over the Knights also extends the Pioneers' unbeaten streak against conference foes to 22 consecutive games.

"It feels great to be 22-0 in the conference and keeping our streak alive," said sophomore forward Callan Taylor. "It only makes that target on our backs even bigger, but I think that ultimately is what really motivates us each game."

The Pioneers began Saturday's game with seven unanswered points, which forced the Knights to call a quick timeout.

Coming out of the timeout, the Knights went on a run of their own and took the lead by three points which was their biggest margin of the day.

Sacred Heart was not phased, how-

ever, and scored 26 more points to build a 35-19 lead going into the locker room at halftime.

"We were really able to get the ball inside to our post players and score," said Taylor. "Our full court pressure gave them problems as well."

Fairleigh Dickinson came out of the locker room to the cheers of their home crowd hoping to get back into the game.

Two back-to-back three-pointers by forward Alyssa Mayrose brought the Knights to within 13 points of Sacred Heart.

"Every game we are playing better as a team but our overall team defense can always be improved and it will be."

- Callan Taylor
SHU women's basketball

However, it was not enough as the Pioneers pulled away over the next five minutes with a 15-2 run, thus extending their lead to 57-31.

A steal with less than two minutes



The Spectrum/Zack Lane
Sacred Heart's Lindsay Gibson (#5) looks to pass during a recent game at the Pitt Center.

to play from freshman guard Amie Toner followed by another with under a minute to go by sophomore guard Kris Lovino

helped preserve the Sacred Heart victory.

Fairleigh Dickinson guard Mariyah Laur racked up 22 points on the day, but 22 Knights turnovers and a 36.3 field goal percentage plagued the team throughout the contest.

Taylor led Sacred Heart with 18 points followed by junior guard Alisa Apo, who had 16.

Junior guard Maggie Cosgrove shot 80 percent from three-point range en route to 12 points on the day. As a team, the Pioneers made 42.9 percent of their shots from behind the arc.

The Pioneers' victory on Saturday was their 13-straight over the Knights and improves their all-time record against Fairleigh Dickinson to 17-1.

"Every game we are playing better as a team," said Taylor. "But our overall team defense can always be improved, and [it] will be."

The Pioneers are back in action on Sunday as they go head-to-head against cross-town rival Fairfield University at the Arena at Harbor Yard in Bridgeport. Tip-off is slated for 1:30 p.m.

Stats courtesy of the Sacred Heart Athletic Communications.

Balancing athletics, studies is full-time job

Lauren Craft
Staff Reporter

Just dumb jocks? Not at Sacred Heart University.

Student-athletes at Sacred Heart not only excel on the field and on the court, but also shine in their studies.

With a cumulative GPA of 3.15 in the Spring 2009 semester and a 96 percent graduation rate for all student-athletes, it is clear that the athletes at Sacred Heart have no problem competing at the NCAA Division I level and keeping up with their studies.

The required GPA by the NCAA is a 2.0, but it is clear by the cumulative GPA of the athletes at Sacred Heart, that they go above and beyond that.

According to Lucy Cox, senior associate AD and director of student-athlete support services, the university offers an abundance of academic support services for the student-athletes, in order to ensure that they excel in their studies.

"My office monitors every student-athlete," said Cox. "My job is to make sure everyone graduates on time and we do whatever we can to make sure of that."

The student-athlete academic support office offers support services to the athletes such as individual and group tutoring. They also offer seminars on time-management, study skills, test taking, note taking and organizational skills.

"Every one student is different from the next, so I make sure I get to know every athlete," said Cox.

By getting to know each student and working closely with them throughout the semester, Cox and her staff help athletes excel in the classroom.

"I don't care what it takes; we'll make it work," said Cox. "I even tell them, I don't care if I have to buy you tickets to a rock concert, if that's what's going to help you. I'll do it."

Junior Evan "Chip" Mladenoff is a

member the men's ice hockey team who said he does not find it difficult to balance school and hockey.

"You just have to know when you need to study," said Mladenoff. "It's like having a full-time job while at school."

Mladenoff said he uses his time productively in order to keep up with his studies.

"When my team is on the bus, or in hotel rooms on the weekend I try to get as much work done as I can," said Mladenoff. "I also try to get as much work done during the week, so I'm not stuck doing it all on Sunday night after a weekend on the road."

Senior Annie Archer of the women's volleyball team said that she manages to maintain a good GPA and has made the dean's list every semester at Sacred Heart.

"Balancing school and sports can be difficult, but it is definitely possible," said Archer.

One of the biggest challenges, according to Archer, is when she has games on the weekend when most other students are catching up on their work.

"Between travel, meals, and warm-ups, a game can take all day leaving little time to do work on the weekends," said Archer.

Archer also said that in order to make it more manageable to succeed; she schedules her more difficult classes during the off-season. However, she said that many athletes tend to excel in academics while in season.

"A lot of the time, athletes' GPAs actually tends to be higher while they were in season, because they have to be more focused and efficient with their time," she said.

Mladenoff said that the student-athlete academic support office at Sacred Heart is very resourceful to many athletes.

"Sacred Heart provides some good resources to help athletes if they need help, thanks to Lucy Cox and now Heather Lewsey (assistant director of student-athlete support services)," he said.

Athletes take time to spread holiday cheer

Chauncey Hardy
Staff Reporter

In recent weeks, Sacred Heart University students – particularly student-athletes – have received a great deal of negative publicity in the media.

While it is easy to focus on the negatives, Sacred Heart student-athletes are also doing a great deal for others in the community this holiday season.

One of the objectives of the Student Athlete Advisory Committee (SAAC), according to the Sacred Heart Web site, is to "provide efficient communication with athletic department administration, coaches, faculty, staff, student-athletes and campus personnel."

Additionally, SAAC helps connect Sacred Heart student-athletes with families that are less fortunate, especially during the holiday season.

According to the Sacred Heart Web site, the SAAC's goal is to "encourage a sense of community service and giving back to the community among student-athletes."

This fall, SAAC conducted a book drive for Dunbar Elementary School, sent letters to the troops away at war, and participated in a breast cancer walk.

SAAC co-president Annie Archer and her board of directors coordinate community service and activities between all of the student-athletes.

"We send around 575 cards to the troops overseas during the holidays every year," said Archer.

Athletes also get involved with various events and community projects and strive to make their presence felt during the holiday season.

Men's lacrosse head coach Thomas Mariano believes it is important to give back to others in the community especially this time of the year.

"I think it is very important to give back to people who are less fortunate and

could use a little help," said Mariano. "We try to help out year-round but during the holidays there is more of an emphasis on helping out."

"The holidays bring out the best in people. We adopt a family at the holidays to give them a little boost. We also work with Friends of Jaclyn, which is a group that works with children who have brain tumors," he said.

"We try to help out year-round but during the holidays there is more emphasis on helping out."

- Thomas Mariano
SHU men's lacrosse head coach

Student-athlete Elijah Dixon has made his presence felt in the local community during the holiday season. Dixon is among many other student-athletes who have dedicated their time and effort.

During the Thanksgiving week, Dixon volunteered to give out turkeys to the community and plans on doing more community service as the Christmas holiday approaches.

"It feels good to give back to those who are less fortunate," said Dixon. "It made me realize how fortunate I am. It feels good to know that you're helping the lives another family. It was a real eye opener to see how many are struggling to meet daily needs and felt good to help out."

With the Christmas holiday quickly approaching, it's important to recognize that Sacred Heart athletes are going above and beyond to help others and give back to the community especially during the holiday season.

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After 30 years, ESPN still 'Worldwide Leader in Sports'

Rob Morgan
Sports Editor

The goal was simple: get on the air and stay on the air.

On Sept. 7, 1979, anchors Lee Leonard and George Grande took their places behind the desk on the SportsCenter set at ESPN Studios in Bristol and welcomed viewers to the telecast for the first time.

Having to overcome technical glitches and a shortage of highlights throughout the inaugural SportsCenter, Leonard and Grande persevered and together helped the network take its first steps in a journey that has far exceeded anyone's highest expectations.

What started out as a small one-acre piece of land on Middle Street in Bristol has grown into a massive 116 acre campus with 12 buildings, 9 studios, 27 satellite dishes, and over 5,000 television monitors.

"It has just been incredible growth and I think really it's the fans that made it so — their thirst for sports and everything related to sports," stated ESPN founder Bill Rasmussen in a press release who, along with his son Scott, came up with the idea of creating the first ever 24-hour sports network.

ESPN is celebrating its 30th anniversary this fall with a special "30 for 30" series in which 30 renowned filmmakers each recount a sports-themed story that happened during the past 30 years.

According to ESPN spokesman Dave Nagle, ESPN employs roughly 5,700 men and women worldwide, including 3,700 at its Bristol headquarters.

Sacred Heart graduates Robert Gallace, Marc Ferraiolo, and Martin McPadden, are just a handful of employees involved with the day to day operations at ESPN and whose efforts have made it possible for the network to achieve such unprecedented success.

Gallace has been with ESPN for nine years, working in the emerging technology department, which is responsible for integrating technology into the network's on-air broadcasts such as the bottom line ticker and the mini scoreboards during live events.

"For a software engineer like myself who is into sports, working [at ESPN] is a pretty cool thing," said Gallace. "To be able to work on those things and then go home and see the finished product at the end of the day — you just don't get that in other industries."

Gallace likened ESPN to a college campus atmosphere, specifically like that of Sacred Heart, noting that both places have "a lot of young people who are into sports and who are passionate about what they do."

When asked to identify the single most important characteristic that a person must possess in order to succeed in the field, Gallace, without hesitation, pointed to initiative.

"It's not about being in the office 16 hours a day," he said. "It's about coming up with innovative ideas. The biggest thing is to be passionate about what you're doing and thinking outside the box. We take the approach that every idea should be heard and often it's not the original idea that gets followed through on, but it gets turned into another idea [that is used]."

Gallace said the overall experience of working for the Worldwide Leader in Sports pales in comparison to that of any other job he has previously held.

"I have a lot of pride about working at ESPN," said Gallace. "The way I feel about ESPN goes way beyond anything I've felt about other jobs. There are a lot of good things that go on here and I couldn't be happier. It's a great place to work."

Ferraiolo, like Gallace, graduated from Sacred Heart with a degree in computer science, but was hired by ESPN the day after his graduation in 2004.

He credited his former baseball coach and current Sacred Heart maintenance supervisor, Seth Kaplan, with introducing him to a recruiter from ESPN which led to an interview and, ultimately, a full-time job.

"It definitely did help," Ferraiolo said of the education he received at Sacred Heart. "Going through college you learn a little bit about everything. [At ESPN], it's about applying a little bit of this course and a little bit of that course to your everyday tasks."



Photo courtesy of ESPN

Anchors Lee Leonard and George Grande host the first SportsCenter on Sept. 7, 1979 at ESPN studios in Bristol. ESPN is celebrating its 30th anniversary this fall.

While cases like Ferraiolo being hired by ESPN right out of college are rare, he still had some important career advice for those looking to enter the workforce after graduating from college.

"The biggest thing is getting yourself out there by networking and doing internships," said Ferraiolo. "Learning about someone's business and technologies is extremely valuable in the long run."

Martin McPadden is a network control supervisor at ESPN which is essentially the last line of defense before the product airs.

His team is responsible for making programming changes as needed during live events and ensuring that commercials are aired accurately and cleanly.

"It's very much a team environment," said McPadden. "Each piece is important. If one person lets up on their end of the production, then everything falls apart. It's all interlinked."

While working nights, weekends, and holidays is the norm for many of those working at ESPN, McPadden said that he wouldn't trade it for anything because of the excitement that each day brings.

"That's the main reason why people get into this business — because it's very

exciting," he said. "If you like status-quo, [ESPN] is not the place for you, but if you like learning new things, it's like a playground."

Currently, ESPN reaches over 250 million people across the United States while maintaining a strong presence overseas as evidenced by their 45 international networks in 16 different languages.

While the network's popular catch phrases, anchor personalities, and humorous commercials have captured the attention of viewers around the world, there is much more that goes on behind the scenes which are often overlooked by the average viewer, yet pivotal to the company's success.

What began as an extremely risky business venture 30 years ago with no stability in sight has now become the most recognizable and trusted source of sports information and highlights in the world.

Thirty years after its launch, ESPN continues to grow at an unprecedented rate and the sky is the limit for the sports media giant.

Sports Editor Rob Morgan is an intern at ESPN this semester.

Guastelle: Adidas outsourcing won't affect SHU contract Company announces NBA jersey production to be shifted overseas

Alex Atkinson
Staff Reporter

With Adidas recently making headlines as a result of their decision to outsource NBA jersey production from New York to Thailand, some politicians are voicing their displeasure with Adidas while calling on others to abandon their contracts with the company.

Saying Adidas has broken its contract with an upstate New York Company that poured \$1 million into the facility, Sen. Charles Schumer called on the NBA to end its deal with the jersey maker if it goes ahead with the move from Perry, N.Y.

"Because it's an American sport invented in America, played better in America than anywhere else, the jerseys ought to be made here in America," Schumer said in a press conference outside the NBA Store in NYC.

The Sacred Heart University athletic department has a contract with Adidas which requires athletes to wear only Adidas gear while competing.

Michael Guastelle, senior associate athletic director, handles the Sacred Heart contract with Adidas and said that the

recent chain of events involving Adidas has no impact on Sacred Heart's business relationship with the company.

"The outsourcing of jerseys does not affect our contract at all," said Guastelle. "About three years ago we switched from a lot of local vendors, to a single contract with Adidas. The contract agreement is for no less than five years."

"Because it's an American sport invented in America, played better in America than anywhere else, the jerseys ought to be made in America."

*- Sen. Charles Schumer
[D-N.Y.]*

Sacred Heart's contract with Adidas allows for a more unified look among athletic teams whereas before the agreement, athletes and teams would purchase their sneakers, warm-ups, and uniforms from multiple vendors.

"Before [the agreement with Adidas] we had a kind of Hodgepodge look," said

Guastelle. "But now this contract with Adidas satisfies all our needs, and brings a sense of unity to the school."

With 32 Division I sports teams on campus, Guastelle said that the switch to Adidas has proven to be the best decision for the athletic program as a whole.

According to Guastelle, if Sacred Heart spends 'X' amount of money with Adidas, then Adidas will send 'Y' amount back in compensation.

With over 800 student-athletes, finding the best deal is essential for the school in these challenging economic times.

Among the items that some student-athletes receive are sweatpants, sweat-shirts, sneakers, and equipment.

"I received shoes, and a warm-up," said junior athletic trainer A.J. Darita. "I was not expecting it, but it was a nice little perk working with the basketball team."

Although some student-athletes may receive different items, it all depends on the size of the team and the amount of money they have budgeted to spend during the year.

"We constantly move money around," said Guastelle. "We prepare for next year by looking at which teams need what, and try our best to provide equally for all



The Spectrum/Alex Atkinson

A pair of Adidas sneakers are worn by a member of the Sacred Heart University men's basketball team. Sacred Heart athletics has a contract with Adidas which has announced that they will be outsourcing NBA jerseys.

teams."

With Sacred Heart's contract with Adidas unaffected by its decision to outsource, athletic department officials are not concerned about the long term effects and will continue to operate in a "business as usual" mode.

Material for this article was contributed by the Associated Press.

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THE SPECTRUM

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Pioneers
fend off late
Monmouth
rally

HOLDING ON

Sacred Heart's Liam Potter (#32) goes up for a jump shot during the Pioneers' 81-73 victory over the Monmouth Hawks on Dec. 5 at the Pitt Center.

The Spectrum/Alex Atkinson