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the Spectrum

Thursday, November 18, 2010

Sacred Heart University - Fairfield, Conn. Volume 27, Issue 9

Students return home eager for pre-Thanksgiving festivities and fun

Andrea Gorkofsky
Staff Reporter

As Thanksgiving approaches, some may be looking forward to the food, while others can't wait to head out for a night on the town catching up with old friends from home on Thanksgiving Eve.

Thanksgiving break is the first official break most college students have had since the summertime. The chance to reminisce with friends not seen in nearly three months is what gives Thanksgiving Eve a reputation for being a night of partying and students at Sacred Heart University are eager for it to arrive.

"I am very excited for Thanksgiving eve this year," said senior Mike De Nicola. "I have been going out on this night for the past five years. It has become a tradition between me and my friends."

Thoughts such as these continued throughout the senior class.

"I'm really excited for it this year," said senior Chris Fanelli. "It is a chance to see my friends from high school I haven't seen since the summer."

For some, this night has alternative payoffs aside from reconnecting with old friends.

"As a bartender, I do get very excited for thanksgiving eve because is the night I make the most money bartending," said senior Madeline Gillen. "I work at a bar called Christopher's in Huntington Village on Long Island and it is by far the biggest night we have."

"With college students home, it brings so much business to the bar because everyone wants to see each other so it's a great chance to celebrate," she said. "No one has to worry about priorities the next day since they know they will be satisfied by a great Thanksgiving meal."

Bars near students' homes appear to be the big hot spot for those of the legal drinking age.

"We always go to bars and clubs in downtown New Haven," said De Nicola. "We never stay at one place though; we always make a round to a few bars."

Others find comfort in hometown locations.

"We go to a local bar in town where it is guaranteed to see everyone you have not seen in a long time," said Fanelli.

But not every student will be a bar hopper this year.

"This Thanksgiving eve I'm going to spend with my boyfriend," said senior Kristen Karch. "We usually go to his house, and roast marshmallows by the fire. It is a great way to spend time with someone I care about and have been away from for so long, before a fun filled day with my family."

Regardless of what festivities students have planned, the idea of Thanksgiving Eve is not overrated in the minds of seniors at the university.

See THANKSGIVING EVE on page 11..



The Spectrum/Zack Lane

Some students at Sacred Heart feel that tuition cost was not the main factor when choosing schools.

NOT PUTTING A PRICE ON COLLEGE EDUCATION

Studies show tuition costs no longer main concern for prospective students

Jacqueline Duda
Staff Reporter

Imagine you are a senior graduating high school in a few months, looking through endless amounts of college brochures and visiting a countless amount of campuses. You go through all of this in order to find the school that best fits you and your needs. School size, location, and classes offered may be some of the aspects that are being investigated, but what about the price? Some students have decided that price is not an important factor and are willing to attend colleges they cannot afford.

In recent studies performed by College Board and higher education consulting firm Art and Science Group, many students are not taking price into account during the college decision-making process. Many consider attending schools that they are actually unable to afford.

According to an article by the Huffington Post, College Board and Art and Science conducted the survey by interviewing 1,067 high school seniors. They were asked questions about their family's financial situations and how they would be affected by paying for a college education. Out of these seniors, 63 percent stated that paying for college would be financially strenuous for them.

When taking money into consideration, the choice on which school to attend after high school can drastically change. This affects all different students, even those at Sacred Heart University.

"Looking at schools, there were so many different aspects that I took into consideration to help me make my decision," said freshman Cassandra Apruzzese. "The price of it was definitely one of them because it was important to make sure that my family was comfortable with the amount of money it would cost to attend a particular school."

According to the Huffington Post article, out of the 63 percent that said college would be difficult on their families, 59 percent said that they used financial aid calculators in order to help them get a better understanding of just how much the price of school would cost either themselves or their families.

The issue of the price of college was not only taken into account by students entering college recently.

"College and deciding which one was best for me was a major decision not only for me but for my family too," said junior Caroline Van Wart. "Attending college can be a big investment and the price was something I didn't want my family to feel pressure about."

However, some students did not worry about how much the college or university would cost when they were making the decision.

"When I was trying to make the decision on which school would be best for me, the cost was not at the top of my list of priorities," said junior Breanna McLaughlin. "It was more important for me to feel comfortable with location and the quality of classes that were offered. I figured the price was something I could work with even if it meant taking out loans and dealing with them after I graduated."

The College Board survey showed that out of the 1,067 seniors polled, 24 percent said that they would worry about how to pay college tuition when the time came.

Freshman Brianna Lauria agrees that the tuition and how it would be paid for was not a main priority in her college decision making process.

"It was more important for me to be comfortable wherever I was going to spend the next four years," said Lauria. "Whether it be through scholarships or loans, I knew it would eventually all work itself out."

Black Friday vs. Cyber Monday: Tradition or convenience?

Caroline Campo
Staff Reporter

The most anticipated shopping day of the entire year is right around the corner--Black Friday.

As shoppers wake up as early as four in the morning to camp out of stores and race to be the first one to have a guaranteed hot new toy, there is a group of people who will not be joining them.

These people are the online shoppers.

Switching to this style is not what people are used to. For as long as some regular shoppers could remember, the anticipation and thrill of waking up early is the way you should be shopping for the holiday season.

"It is a tradition with my family," said freshman Jen Dellemonico at Sacred Heart University. "We wake up at five in the morning to go to the mall and shop all day until 3 in the afternoon, only breaking for lunch. It is so much fun and I would never prefer online shopping over Black Friday."

Other students have similar feelings.

"I like going on Black Friday," said sophomore Kaihla Rettinger, "because there are huge sales that I don't want to miss and the deals I get are worth waking up really early for."

Trends and styles are changing though. Online shopping is becoming more convenient for shoppers all over the county. New York City has always been a hotspot and one of the most popular places for people to travel to shop on this one special day.

Now, staying home and not worrying about traveling, people are saving even more money by shopping out of the comfort of their homes.

The excessive amount of online shopping has created a new "holiday"—Cyber Monday, the Monday following Black Friday.

This is the designated day that most online shoppers do all their shopping, just like those that do it on Black Friday, but perhaps not as early, and some people might consider it to be more comfortable.

According to CNNMoney.com, reports said that sales climbed 14 percent from 2008 to 2009. Also, people that online shop bought 10 percent more in their order than those who actually went out early that Friday morning.

There are many factors for reasons why some students at Sacred Heart prefer online shopping. Crowds seem to be a one definite reason why.

"I prefer online shopping to Black Friday because I can't stand all the crowds," said senior Nicole Belfiore. "I would rather just sit in my bed and just click."

"The crowds aren't worth the sales," said junior Alex Ikenberg. "Any sale that is large enough to be worth it is sold out by the time you get through the door anyway."

Waking up early isn't exhilarating and exciting to some students either.

"I love to shop, especially for the holidays," said freshman Rachel Marsanico. "But I can get any of my holiday shopping done online, especially not at four in the morning. I prefer going before or after Black Friday at a more reasonable time, like three in the



AP Photo

Shoppers hit stores early on Black Friday, the day after Thanksgiving.

afternoon."

There is a definite split as to how students prefer their shopping.

"By shopping online, you don't know if you are going to like the looks of something when it gets delivered to you," said Rettinger. "If you aren't satisfied, you have to send it back and it is a hassle."

"Black Friday is only way day out of the year," said junior Tyler Kethro. "I think people should experience waking up early and getting into the holiday spirit. Everyone should just try shopping this way once."

Oil spill causes several long-term damages to ecosystem

Melissa Carmelitano
Staff Reporter

Gunk, sludge, muck. These are a few of the words one might use to describe the effects of the BP (British Petroleum) oil spill on the surrounding areas. On April 20, BP's oilrig called the Deepwater Horizon caught on fire while at sea.

As it turns out, the oil spill will affect the environment in a more long-term way than originally expected.

According to an article from RepeatingIslands.com, the oil slick threatens the existence of many species in the Gulf such as the sawfish of Louisiana. The smalltooth sawfish was already certified as an endangered species, the largetooth sawfish endangered species on May 7, just three weeks after the spill began.

Also affected by the slick were the brown pelican, sea turtles, coral reefs, and different types of sea birds, dolphins and whales. According to the journal of the Federation of the American Societies for experimental biology, three sperm whales have died because of oil slick in the Gulf. Also affected by the spill are bottom-dwelling fish and organisms. The death of smaller organisms has changed the ecosystem.

"It's a shame that for three months, oil spewed from the rig, killing businesses and marine wildlife," said Taurean Roundtree, a Florida native and current Bridgeport resident.

The impact of the spill may even reach the east coast. Marine biologists are



AP Photo

Coral life near the BP oil spill is beginning to show signs of decay due to the spill that occurred in April.

worried that a loop current, a warm water current, could carry oil slick around to the east side of the Florida coast.

When the accident happened in April, 11 men were killed and after the rig sank, response teams were called in to address a massive oil leak coming from the vessel.

"The whole thing is crazy," said recent Sacred Heart graduate Meghan Dick. "It just went from bad to worse, then no one really knew what to do about it."

BP and other government organizations began looking for a way to stop the

leak. Their first attempt was to activate the blow out preventer within the vessel. The teams were unsuccessful, and month's later oil continued to spew from the vessel.

"It's just ridiculous to me that it went on for so long," said student Bailey Harmon. "I don't understand how there wasn't some kind of plan in case something like this happened," said Harmon. "[The spill] caused so much damage to so many areas."

The responsibility fell on BP, and they were found to be in violation of the Oil Pollution act of 1990. Areas affected in-

clude Louisiana, Mississippi, Alabama and Florida. Both wildlife and the economy in those areas were greatly affected.

"This isn't the first time we've experienced this type of spill," said Roundtree. "There should have been better safeguards in place to make sure an accident of this magnitude couldn't happen again. The economy was also greatly affected because of poor planning."

The spill did affect the economy in terms of agriculture, fishing and tourism in the Gulf. According to CBSnews.com, oyster beds in Louisiana were destroyed by the oil slick. The company that owned those beds had to lay off more than 60 employees as a result. The company also had to raise their prices.

Many small businesses were also affected. Fisherman and small coastal towns are losing money because beaches and coastal waters are off limits.

A poll taken by ABC news showed that many Americans blame the government along with BP for economic and environmental crisis. Forty-four percent of those polled thought government agencies failed in properly regulating offshore drilling.

"I feel that BP's slow response time to the leak and the governments soft enforcement on drilling policies is a testament. A testament to the disregard the government and big business have for the environment," said Roundtree. "BP went ahead and drilled without having a plan in place, and the government didn't fault them for not having one, it's very disappointing."

Younger generations make shift from TV to Internet

Thomas O'Hanlon
Staff Reporter

On Sunday nights, senior Rob Coloney's favorite shows, "Boardwalk Empire" and "East Bound & Down" air on HBO. This past Sunday, Nov. 7, "East Bound & Down" aired its season finale. Coloney works every Sunday and doesn't have TiVo, but he doesn't seem worried.

"I can't watch the shows when I'm at work, but I watch them online whenever I have the time," said Coloney.

He said he uses an assortment of websites to view television programs that he never watches on a television set.

"Best of all, I get no commercials," said the Coloney.

Recently, a study titled "Multi Screen Media Consumption 2010" revealed that of 300 million consumers polled worldwide, 50 percent watched Internet TV. In the U.S. according to a poll by the Conference Board, 25 percent of U.S. homes watch television on their computers.

The latest studies have found that millennials (the generation of 14-25-year-olds) are the main source of this newest media resource. This younger generation happens to be using much more Internet for media than any other age group. With constant use of websites such as YouTube and Twitter, which are fueled by user submissions, the communities continue to grow.

"Every student has a laptop and with the Internet, you have plenty of resources for media...Finding news and television is just that easy now."

-- Ryan Farrar, junior

So where do Sacred Heart University students stand on this Internet usage?

"It makes sense," junior Ryan Farrar. "Every student has a laptop and with the Internet, you have plenty of resources for media. With all the social networks and everything else on the Internet, finding news and television is just that easy now."

Farrar spoke of finding Hulu.com for watching TV shows and using Tumblr.com and Twitter.com for viral news and videos. Hulu, a website where plenty of television shows can be viewed, is one of the many sites online where people can view sitcoms.

Another option many students cited, as a source for their favorite shows and movies was Netflix. Netflix, an online rental site provides the ability to watch thousands of shows and movies of all genres instantly for a small monthly fee.

"My mother has a Netflix account at home and with the Watch Instantly feature, I can watch any movie I want while I'm away at school," said junior Billy Eckert.

With the prices of many cable channels like HBO running high, it seems the economic route for the college student lies within the depths of the Internet.



Rick Del Vecchio, director of career development, poses in his office.

The Spectrum/Jamie Miller

CAREER DEVELOPMENT ASSISTS STUDENTS WITH POST-GRADUATE OPTIONS

Frank Morrone
Staff Reporter

The current situation is reminiscent of four years ago. Samuel Silliman is once again a senior, preparing for graduation by completing his coursework amidst college applications and standardized testing dates. But this time, Silliman is applying for graduate school.

Many students in the class of 2011 are confronting the similar routine of preparing for life after graduation. The current unemployment rate of 9.2 percent, according to the U.S. Bureau of Labor Statistics, has been a cause of concern for many college graduates. Although in the past, graduating has usually meant beginning a career, students are increasingly leaning towards graduate school programs.

According to Rick Del Vecchio, director of career placement, an average of 95 percent of students graduating from Sacred Heart University secure placement in either a career or graduate school program after a year. Of that percentage, 45 percent typically go into graduate school, but that percentage has increased to 57 percent, according to information collected from the Sacred Heart graduating class of 2009.

Preliminary data from the class of 2010 suggests graduate school will remain a popular option, said Del Vecchio.

Silliman's interest in literature is a compelling reason for his decision to remain a student.

"I'm staying in school primarily for the sake of education," he said. "Literary theory opens the doors for research and new possibilities with literature."

Silliman hopes graduate school will prepare him for a career as a professor, or as a researcher in his field of study.

In preparing for graduate school, he has received letters of recommendation, acquired official transcripts, written a personal statement, and studied for the Graduate Record Examination (GRE). Scoring within a high percentile on the GRE will help him to be awarded grants and fellowships that will offset living expenses, said Silliman.

Junior Lauren Gruchala, is unexpectedly preparing for life post-undergrad, as she recently realized she was eligible to graduate a year early. She is also interested in attending graduate school, and has been looking into programs overseas. Her interest in American foreign policy encouraged her to look into schools like the University of St. Andrew in Scotland that offers a year-long session on international securities.

"The opportunity to learn while living immersed into a foreign culture would be terrific," said Gruchala. "I am interested to add depth to my undergraduate background in political science and hopefully gain a more insightful understanding of international policy."

Gruchala said the idea of a year-long program is attractive because she would like to be able to return home when many of her friends will graduate. She hopes that the experience abroad will improve her chances of beginning a career dealing with the reform, or the enforcement, of U.S. policy.

"We help students through the process of deciding whether they should go, or not go, when considering the option of graduate school," said Del Vecchio.

The career development and placement center is available to help students put together a resumé, get an internship, find a job, and get accepted into graduate school. Counselors like Del Vecchio are available to work with students to inform them of available options and how to successfully apply for them.

Silliman said part of the challenge of the application process was "being diligent with compiling all the correct information," and that services at career development helped him to become aware of what he should be doing.

Del Vecchio's advice for those students concerned about graduating and unsure of how to prepare is that they should go to the career development center in order to develop a plan following graduation.

The current temporary location for the career development center is SC 206 in the academic building, and is available to both current students and alumni.

Support White-Out Day Sponsored by the Marketing Club

According to the Lung Cancer Alliance, Lung Cancer is the leading cause of cancer death in the United States.

Since November is Lung Cancer Awareness Month, the Marketing Club asks the Sacred Heart community in support of those who have been affected by the disease by wearing white this Monday, November 22 on campus.

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Social media sobriety test fails to grasp SHU's attention

Andrew Orlandi
Staff Reporter

Computer software company Webroot has recently released their latest product called the "Social Media Sobriety Test."

With the installation of this product, users can specify specific times that they anticipate being unable to comprehensibly update social media sites including Facebook, Twitter, Tumblr, Youtube, Flickr, and MySpace due to intoxication.

If the user persists on accessing the site, the program will begin to launch a series of sobriety tests. If passed the user is given access to the site. However, failed completion of the test would block access to the social medium and a status update "[name] is too intoxicated to post right now," would be posted to the page.

"When I first saw the YouTube video I thought it was a joke," said senior Kate Hann. "They have the right idea but it's wrong that they still display that you are intoxicated through a status update. I think it's helpful in the fact that people say stupid things on Facebook when they drink so it could be really beneficial to the people who do that."

Senior Nicole Eastman was taken back as well after learning that the program wasn't a joke.

"At first I thought it was a joke, but I still think it's really funny and for people who go on these websites intoxicated, I think they should invest in it," said Eastman. "Plus, I think it would be hilarious watching them try to pass the sobriety test online."

After failing the tests, the software will actually give you a choice of whether or not you want to post the status declaring your intoxicated state to the social media world. In an altered state of mind, this option may not be recognized and the ironic statue could be posted.

Some students like senior Nikki Farrell seem to have a hard time grasping the idea of the status update.

"The whole point of the software is so that you don't go on Facebook and post things you'll regret and have all of your friends know you're drunk," said Farrell. "Meanwhile, if you fail the test, it tells Facebook you are too drunk to post. It doesn't really make sense."

Senior Kayla Jerome believes that it is a good idea, just poorly executed.

"I just think that it's funny that if you fail tests they post that your drunk so everyone will know anyway. It kind of defeats the purpose," said Jerome.

Students like senior David Ta think it's a good concept but will ultimately fail.

"Some people can still function well enough to pass the 'roadside' tests on the computer while intoxicated," said Ta. "Also, the more people try to bypass the exams, the better they will become and eventually will succeed in getting to their social media sites - creative, but not realistic."

Senior Megan Rose agrees.

"I guess it would be helpful to some people but there are plenty of people out there who are capable of typing and such while they're drunk," said Rose. "And I don't know how hard the sobriety tests actually are but I think that average intoxi-

ated person would be able to pass it."

Senior Sean Barrett does not really think the program is necessary on the Internet but could be put to better use if implemented elsewhere.

"If you're drunk and want to go on Facebook, that's your choice," he said. "I think drunken texting is a much bigger issue in my opinion."

People may not notice that the software does offer users to get around the site by pressing a button that says they are not drunk. In doing so, they are allowed access to their social media sites. Once this is found, the software seems to be deemed ineffective.

fective.

"I think it's kind of ridiculous because I know that people can pass the test while intoxicated," said senior Anthony Spinale. "If you really want to get on Facebook, you will get on regardless of what tests they give."

On the opposite side of the spectrum students like Brittany Dexter think it is a feasible idea.

"I think that if you feel you have a problem with drunk posts and you need a filter like that to stop you from saying something you'll regret, then yes, it is helpful."



Photo courtesy of Webroot Personal Security

One of the sobriety tests provided by this software is to keep the mouse inside the red circle surrounding the finger on the screen.

Economy forces students to alter living plans

Erin MacDonald
Staff Reporter

As Emilie Latainer thinks about what she'll be doing after she finishes her senior year at Sacred Heart University, her plans are not definite.

"The economy is making me seriously question my plans after graduation," Latainer said.

According to the Bureau of Labor Statistics, the national rate of unemployment in March was 9.7 percent, but for Americans under the age of 25 it was 18.8 percent.

Latainer, like many other college seniors, is considering moving back home after graduation.

"I want to be more economical and go home for graduate school, but my family knows that this is not my first choice," she said. "Right now, I am applying to my first choice graduate school, seeing if I get in and going from there."

The Pew Research Center interviewed college students who were about to graduate and found that 85 percent planned to move back in with their parents.

Although moving back home may be economical, some students will move to wherever they find employment. Samantha and Dana Troy are both senior nursing majors who find themselves in this position.

"The economy will be affecting my plans after graduation in that I will move to wherever I get a job," said Dana Troy. "I haven't really put too much thought into it yet - I've started to think about what hospitals I would like to apply to, but that's about it."

Samantha Troy agreed, saying that "the economy is playing a part" in where she will be living after graduation. "Depending on where I get a job is where I plan on living," she said.

Although moving back home after graduation may be the best option for some students, others are finding alternative ways of saving money and living on their own after they graduate.

"I plan on living with roommates close to school after I graduate," said senior Alexa Mainella.

Mainella said that she hopes to live with roommates who are also in the education program.

"We'll all have the same schedules and classes. That way we can study together and have each other for moral support when things get really stressful," she said.

Dana Troy finds herself in a similar situation.

"I'm hoping to move in with roommates rather than moving home," she said. "If I do have to move back home, it will most likely be for a brief amount of time until I pass my NCLEX exam for nursing."

While moving home or moving in with friends is common for recent college graduates, some alum are moving in with their significant others as well.

According to the Current Population Survey, there's been "an increase from 6.7 million unmarried couples living together in 2009 to 7.5 million couples in 2010."

Whatever the living situation may be, many Sacred Heart students are keeping in mind the option of returning home.

"If all goes according to plan, I will be getting a place with roommates," said Latainer. "If that ends up not being an option, I see no choice but moving back home, which I never viewed as an option before."

If the occasion of living on their own does arise, some students said that they would most likely remain in the Connecticut area, while others said they would like to live someplace different.

"I probably will not be moving away from Connecticut or New York, only because that's where all of my family and friends are based," said Latainer. "I don't think I would be able to stand being away from both of them."

Mainella agreed, but said she may consider living in a less expensive state.

"For now, I'm planning on teaching in Connecticut after graduate school because my family is from here," Mainella said. "I don't want to move too far away from them, but it might be nice to live in a different state that has a lower cost of living."

Samantha Troy said that although she has lived in Connecticut her whole life, she is open to the idea of moving to a different state.

"I really would like to move some place new outside of Connecticut," she said. "If it means I have to move home for a few years to save up, then so be it."

Standardized testing no longer a standard

Brittany Calvanese
Asst. Perspectives Editor

Imagine being able to go back in time to your senior year of high school and not having to take the SATs. Think about all the fun things you could have done if you weren't busy doing all of that prep work for a three-hour and 45-minute standardized test that could be the very thing to determine your future.

Today, about 830 of the country's 2,430 four-year colleges do not use standardized tests to admit the majority of applicants. However, some schools require an SAT or ACT if you have a low GPA.

"Every high school is different so it can be tough to judge someone's academic skills based on grades alone. A nationwide exam evens the playing field but I do not think that colleges should have it count too much when they are making decisions," said junior Evan Landry.

Before changing the system where students had the option to send in their standardized tests when applying for college, students were considered for admission based on their cumulative grade point average, extracurricular activities, honors and awards, work or out of school experience, letters of recommendation, and anything that makes the student stand out amongst all the rest of the applicants. Many students use the argument that these tests have always been irrelevant.

"I don't think that SAT scores necessarily reflect how smart a person is or how well they will perform academically in college," said senior Caitlin Cusano.

But how does this new system make college students feel now that they have already put in all the work to take the SATs and ACTs? Some students feel that it is unfair that they had to but high school seniors now do not. However, many do agree that this new system is a more efficient and fair way for students to be evaluated as a considered candidate for admission.

"I think it's a good idea to not require SAT's anymore," said senior Arielle Mazzei. "I'm jealous of the students that don't have to submit theirs anymore. I think it's a god idea because not everyone is good at tests like that and the scores don't always reflect the kind of student he or she is."



AP Photo

Keith Olbermann was recently temporarily suspended from MSNBC for contributing to Democratic parties.

Keith Olbermann's suspension from MSNBC causes stir

Henry Crocker
Staff Reporter

In a lighthearted, mock-impassioned return to MSNBC as host of the show "Countdown," Keith Olbermann said, "I assure you this was not a publicity stunt. Of course, if I had known all this would happen, I would've done this years ago!"

Although done in jest, his genuine frustration with the situation was clear in his underlying tone.

According to MSNBC, Olbermann was suspended indefinitely last Friday, Nov. 5 for contributing to three Democratic campaigns. Although Olbermann is not a nonpartisan journalist, the network does have a policy against any journalist contributing to political parties.

"Olbermann's public contributions to Democratic candidates in the recent mid-term elections are in direct conflict with his journalistic duty of nonpartisan reporting. However, I believe that this issue goes beyond Olbermann's actions," said senior Kevin Medeiros.

"MSNBC knowingly and willingly airs Olbermann's liberal program to directly contend with the very conservative views of FOX News and Glenn Beck," said Medeiros. "MSNBC should not try to censor Olbermann's campaign contributions if they don't feel the need to censor the liberal agenda he tries to advance on his program daily."

The fact that Olbermann is biased and has now made blatant contributions in support of Democratic campaigns might compromise his credibility as a journalist. According to the MSNBC website, this is precisely the reason they forbid any such activity.

"I agree with Olbermann's suspension and firmly believe that he compromised the standards of journalism by contributing to three Democratic candidates," said government and politics department chair Dr. Gary Rose.

"At the same time, I should also note that I'm very hesitant to classify Keith Olbermann as a journalist, as he rarely demonstrates the sort of objectivity necessary for balanced and intelligent news coverage. When I think of journalists, I

think of individuals like Walter Cronkite, Tom Brokaw or Tim Russert, not pompous ideologues like Olbermann."

In a press release, Olbermann said "I did not privately or publicly encourage anyone else to donate to these campaigns, nor to any others in this election or any previous ones, nor have I previously donated to any political campaign at any level."

This defense does not comment on the fact that MSNBC does have clear rules about activity in political parties.

The part of NBC's ethics policy that pertains directly to this occurrence reads, "Anyone working for NBC News who takes part in civic or other outside activities may find that these activities jeopardize his or her standing as an impartial journalist because they may create the appearance of a conflict of interest."

"Such activities may include participation in or contributions to political campaigns or groups that espouse controversial positions. You should report any such potential conflicts in advance to, and obtain prior approval of, the President of NBC News or his designee."

Olbermann did not obtain prior approval from the NBC network before contributing donations. The only contradiction within NBC's official code of ethics is that the action of contributing funds to a political party would endanger the journalists' credibility due to blatant partisanship. Olbermann is outspokenly democratic on "Countdown," so his status as a journalist - as stipulated within NBC's own ethics agreement - is open to debate.

Olbermann's actions, however, are not the only ones being questioned. MSNBC's decision to withdraw their suspension has also been discussed as being self-defeating.

"First off, if he's been outspoken about [his political leaning] for so many years I think that [MSNBC] should've seen it coming," said junior Travis Knuth.

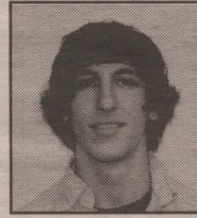
"He hasn't done it until now, which is kind of surprising, but the fact that they let him back a week later is ridiculous. It's strange that they would undermine their authority like that. They could've dragged the indefinite suspension out more to make more of a point."

HE SAID/SHE SAID

How have 'conventional' dating standards changed?

Zach Johnston

He said



What ever happened to the year 1805 when the glimpse of a girl's ankle said, "what's up" to the chub? Or how about in 1920 when a wet t-shirt contest would probably mean deciding who could hand-wash a load of laundry the fastest? I remember the days when the only time I heard the word "grenade" was in a sixth grade history class learning the triumphs of America in World War II. Back in the 50s, you would get burned at the stake if you were living with someone of the opposite sex who you weren't married to and who was not a direct member of the family.

Nowadays it's all about the low-cuts, Brazilian makeovers, and hook ups; but I don't hate it.

Part of me wishes that it were more like the old days of chivalry and courting your crush, but the other part of me, and the hefty majority, loves the fact that you don't have to be technically dating someone anymore to still have some fun. There are fewer ties, less pressure, and more room to do your own thing.

I think that the best addition to the new dating age is the "shacking up together" policy. While not everyone decides to live with their significant other before they tie the knot, I feel that the majority of people find that it's just the easier option these days.

One of the hardest things to do in this world is to not only to physically live with someone, but to actually share all of your time, space, and property with another human being. Let's face it, guys are messy and girls leave hair all over the shower (which is not something I want to be looking at when I am soaping and shampooing).

Living with someone before you enter into the "holy bonds of matrimony" allows you to work out those problems beforehand. Girls, you can teach your man a few strategies on how to put clothes in a laundry basket after he is done wearing them. And guys, you can talk to her about how all you have to do is take the showerhead and rinse the walls off when she is done.

It's literally that easy. This way you can get these problems out of the way to decrease the amount of early-marriage fights that are bound to happen time and time again.

Then again, there's no school like the old school.

Guys back in the formal days had way more game than we do today; they had to work for their keep. Those girls were not giving them anything easy. In order to get a girl to fall for you, you had to make it happen.

In today's setting, you go out to a party, start talking to a girl you have never seen or met in your entire life, get her a few drinks, and she comes home with you by the end of the night.

Personally, I like a little mystery in the girls I go for. Don't get me wrong, when I go to the beach over the summer I am looking at what you girls are showing off just as much as the next guy (that's what sunglasses are for) but when I am looking for a girl who I would actually consider dating, I like a little more class.

Nicole Place

She said



At one point dating was a trial run for the relationship. The boy would ask the girl out, he would "court" her, and then they would progress into a relationship. In the present day, we are overly consumed with technology to the point where we are using it as a screening process for who we can and cannot date.

I personally have not been on any of the dating websites out there, but, correct me if I am wrong, the gist of it is that you fill out about 1,000 questions about your personal life: likes and dislikes, etc. Then they match you with a list of your top most compatible companions. From there you can weed out the ones you aren't attracted to then continue to browse through the remaining few to see who you would most like to request a meeting with. Gone is the spontaneity, and the chivalry. Dating, for the most part, only happens when you are for certain that you want a relationship with the person.

Once the relationship has progressed and it's now, not only official, but "Facebook official" you are now able to make some lifestyle adjustments (because face it, it's only official when you post it on the Internet for your closest 1,000 friends to see pop up on their news feed).

It may start out with leaving a few things at his house so you don't have to lug things back and forth and things will slowly progress until, before you know it, you two are sharing a lease. This is all fine and good. It is definitely not as taboo as it would've been for our grandparents' generation, or maybe even our parents' generation.

See, their relationships would develop as follows: Meet at a party, date for a couple months, give her his letterman jacket or fraternity pin, get engaged, get married, move in together. Now people feel that it is more appropriate to move in together before engagement as sort of a trial run for how marriage could be. If it works out, and you are not totally turned off by the habits you have only just discovered since living with each other, then you get engaged.

Many older women - moms, aunts, older cousins - who have been in the situation of moving in first would probably advise against it. I know I have heard countless of times that if I ever am thinking of moving in with a guy, get a ring first. By moving in first you are prolonging the progression of a relationship, and the guy may think, since it's going great, if it ain't broke don't fix it. Meaning you may not be getting engaged for a very, very long time.

At this stage in my life, I could not see myself moving in with a boyfriend. That, I feel involves making grown-up decisions, and that's not something I am personally ready to do. It is interesting though to watch how trends in dating have changed over the years, and see how they are affecting my friends.

I do know one couple, both 21 years old, who have moved in together and it works for them.

I just hope that those who do make decisions to move in together make them for the right reasons and are grown up enough to do so.

Wild about Harry

Patiently anticipating final movie's arrival to theaters



Jaclyn Hendricks
Asst. A&E Editor

My inner child is jumping for joy this week, and not just because Thanksgiving break is around the bend. On Thursday night, while some are getting ready for a night out at one of Park Avenue's hottest spots (upperclassmen, you know what I'm talking about), I'll be comfortably settling into my seat inside Trumbull's Bow Tie Cinema, eagerly awaiting the clock to strike 12:01 a.m.

As a self-proclaimed movie-freak and Harry Potter nerd, I've been counting down to the release of "Harry Potter and the Deathly Hallows" since the end credits began rolling during last year's "Half-Blood Prince." What is bound to be, in my opinion, the darkest "Potter" flick yet, I'm also holding out hope that it can top my favorite film in the franchise, "Prisoner of Azkaban."

Like many of my fellow fanatics of the critically-acclaimed series, I plan to spend the weekend with my favorite wizarding trio, trying to convince my non-Potter friends to come to a flick that lacks romance and vampires may pose as a problem.

While magical spells and a colorful cast of characters may be appealing for a fair few, for those debating about whether the Rachel McAdams chick flick "Morn-

ing Glory" or the bro-mantic comedy "Due Date" is worth their time more so than "Deathly Hallows," I am offering one last plea.

Since "The Sorcerer's Stone" hit theaters in 2001 and the first set of Potter books hit store shelves nearly ten years ago, the fantastic fantasy franchise has been a part of our generation since our pre-teen years.

It almost seemed that not a year went by (except in 2003 and 2008), when we weren't touched somehow by a new book or film, continuing on the series in some way. Without Harry and his friends, the world may never have recognized the talents of Daniel Radcliffe, Rupert Grint and Brown University's most popular sophomore, Emma Watson.

Aside from the A-list cast list each movie brings to the table, the world would have never known about the craziness that is quidditch or get the chance to live the life of a wizard in warm Florida sun at Universal Studios in Orlando. Essentially, when someone mentions even a "Harry" or "Potter" out loud, an image of a lanky, dark-haired boy with glasses and a lightning bolt scar pops into many minds.

So if you find yourself standing in front of ticket line in a movie theater this weekend, ten dollars in one hand and a list of show times in the other, make the "Potter" purchase. Because while real-life rom-coms and slapstick flicks may fade into box office oblivion, a series that potentially defines a generation will not.

Shedding some light on darkness of Black Friday



Ashley Monaco
Asst. Features Editor

Thanksgiving is just around the corner and Black Friday is nipping at its heels like a high-strung Chihuahua. All around the country, people are breaking in their running shoes and bracing themselves for a day of marathon shopping filled with steals and deals.

With the economy and society's relationship status currently listed as "It's Complicated," it's no wonder why everyone is bargain hunting. But Black Friday takes frugality to an entirely different and vicious level.

Let's jump in the DeLorean and flash back to 2008 when Jdimytai Damour, a 34-year-old temporary Wal-Mart employee, was trampled to death moments after opening the doors at a Long Island store. This man's obituary had to be written because of sales on flat screens and digital cameras and although people aren't regularly dying due to Black Friday, it scares me to think lives are at stake over price slashing.

For as long as I can remember, my mother and aunt have been regular Black Friday shoppers. They would wake up at hours no normal human ever would, fuel up on coffee, and dash off to the mall for the day.

Their return home was a whirlwind of shopping bags, exhaustion, and chatter of how they conquered some soccer mom for the last portable DVD player in Target. Each story they told sounded more and

more like an episode of a Real World/Road Rules challenge. Don't get me wrong, I'm grateful for what I'm given, but if I have to go without a sweater from Express so a tug of war with someone's grandmother is avoided, then so be it.

What I don't get is how this day became so sadistic. Not even 24 hours prior, families gather in their homes to give thanks for all that they have and suddenly that's not enough. There are so many people that are without and we're more concerned with getting the latest generation of the iPod for 30 percent off.

I understand it's a great feeling to spoil our loved ones, trust me, I'm one of those people who enjoys giving gifts more than receiving them, but I think there is a more logical way to go about holiday shopping. And yes, for all you penny-pinchers, discounts are included.

You could try coupons. I know they're old fashioned but believe it or not, stores still accept them. Or use a tax-free day to buy big-ticket items and store them somewhere until they're ready for wrapping.

Online shopping is another great way to avoid the Black Friday chaos. Most stores offer free shipping once a certain amount is reached and send you a plethora of discounts in your email. Plus websites like Amazon and eBay have a wide variety of options when it comes to reasonably priced goods.

But no matter what your game plan is, avoid being a Grinch this Black Friday. Let that relaxed feeling you get from binge eating on Thanksgiving carry over and try spreading a little peace.

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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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WHAT ARE SPECTRUM EDITORS THANKFUL FOR THIS YEAR?



Elizabeth Fish, News Editor

I am thankful for having a break from News editing next week.

Kelley Bligh, Perspectives Editor

I am thankful that Pioneer Magazine is finished and will be coming out soon!

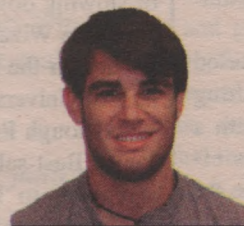


Marisa Graniela, Features Editor

I am thankful that I'm going on vacation to Turks and Caicos in January.

Emma Levine, A&E Editor

I am thankful for Christmas music starting to play on the radio.



Dan Graziano, Sports Editor

I am thankful for Thanksgiving break, the New York Jets, and my assistant editors.

Alyssa Scott, Managing Editor

I am thankful for my cat, Angus.

Lindsay Caiati, Copy Editor

I am thankful for my lovely Spectrum staff and my fellow T.A.P. members.



Therese O'Shea, Editor-in-Chief

I am thankful for my friends, family, and boyfriend who continue to love and tolerate me. And for landing a spring internship!



'HARRY POTTER' SERIES HAS ONE LAST SPELL TO CAST

Valentina Szlashta
Staff Reporter

Why must all good things come to an end?

Across the globe, members of the "Potter generation" are asking themselves this age-old question. After spending a magical decade among witches, wizards, goblins, and ghouls, the enchantment of the age of Harry Potter is now drawing to a close. With the premiere of the first half of the seventh and final installment of the film series: "Harry Potter and the Deathly Hallows: Part I" premiering tonight at midnight.

The book, whose first drafts were written on napkins, has become a modern classic. Selling over a whopping 300 million copies, according to the New York Times, the fantasy series has made author J.K. Rowling's estimated worth greater than the Queen of England herself, at \$1.2 billion.

But the boy wizard is much more to the "Potter generation" than just a money-making machine.

"JK opened my mind to reading other authors and different stories. Few have captured me the same way in which she has," said senior Matthew DeLaurentis, "But I am definitely a more avid reader because of her and it just so happens my major is

English with a writing concentration now."

Freshman Nicole Thomas had a similar story. "I started reading the books at a very young age and when I was little, I thought that a world like that could actually exist. It gave me a very vivid imagination and is the reason why I fell in love with literature."

The sentiment of Harry Potter inspiring children to read is perhaps what has caused the series' overwhelming success, and the numbers behind it certainly back it up.

A 2006 study by Scholastic and Yankelevich the books have not only inspired children across the globe to become avid readers, but children who read the books also improved the quality of their schoolwork as well. The survey, conducted on 500 children ages 5 to 17, revealed that more than half of Harry Potter readers said they had never read for fun until picking up the series and furthermore, 65 percent stated they had begun doing better in school as a result.

"I guess it was the book that got me into reading like everyone else," said sophomore AJ Cusello. "At first I didn't like it, but two years later I picked it up and I was like 'Wow, this is actually really good!'"

But is the legacy of the boy in the cupboard under the stairs simply a fad? Is the magic and mystery of Hogwarts going to flicker and vanish with the ending credits of the seventh movie?

in an audition," said freshman Tara Ryan.

Watson, who plays Hermione, is already moving away from "Potter" by stepping into the role of a college sophomore at Brown University.

Watson will also co-star alongside Michelle Williams in next year's "My Week with Marilyn."

"I believe Emma will be able to break out of her Harry Potter role, as opposed to Rupert or Daniel. She's already becoming a fashionista, with her wardrobe choices constantly being published and praised in multiple magazines," said senior Morgan Ibarrondo.

Ibarrondo isn't the only Sacred Heart student who thinks Watson will find success outside "Potter."

"I think Emma Watson is going to be the most successful afterwards, because her characters' changed her look throughout the movie," said Ryan. "Rupert Grint will always be the red-headed Weasley boy, and Daniel Radcliffe is always going to be Harry Potter."

The famous wizards are beginning to transition from child stars to serious actors, experimenting with diverse roles.

"'Wild Target' was quite different from Harry Potter," said Grint to Yahoo.com. "There's a lot of car chases and shooting people and stuff, not to mention stunts where you're running and stumbling."

Taking the road not-yet-traveled by his co-stars, Radcliffe began drifting from his wizarding roots in 2008 with a starring role in "Equus." Despite his efforts to shy away from the series, some are wary if he can shed his "Potter" persona.

"When he did 'Equus,' people saw Harry Potter doing 'Equus,' not Daniel, which is part of the reason why the public was reluctant to accept it," said Ibarrondo.

As their Hogwarts days are over, the famous trio is ready to move forward.

"I think because they have been working while they were doing the movies they will be successful," said sophomore Ariel David.

"They might still be known for it, but they will be able to be successful as actors, as well," she said.



Daniel Radcliffe, Emma Watson, and Rupert Grint attend the NYC premiere.

"I remember when 'The Sorcerer's Stone' came out in fifth grade and reading it religiously. I knew I was hooked. I have seen all of the movies thus far and movies three through six at midnight of their release," DeLaurentis said. "The funny thing about it is, it actually took me a little while to get into it; then came Hagrid and Diagon Alley, after that it was game over."

With talks at the NCAA of making Quidditch an official college sport, the re-

cent opening of The Wizarding World of Harry Potter at Universal Studios' Islands of Adventure in Orlando, Florida, and even a new music genre of "wizard rock," the Harry Potter legacy does not seem to be losing its magic just yet.

Cusello certainly agrees.

"We may all be Muggles, but we're witches and wizards at heart," he said. "Harry Potter and the Deathly Hallows: Part I" opens at 12:01 a.m. on Nov. 19.



AP Photo

Harry Potter himself, Daniel Radcliffe.

Post-'Potter' plans

Nicole Mastroni

Staff Reporter

In 2001, Daniel Radcliffe, Emma Watson, and Rupert Grint were relative unknowns, who were cast to bring author J.K. Rowling's "Harry Potter" series to life.

Nearly ten years later, the now A-list actors are gearing up for one last magical adventure in "Harry Potter and the Deathly Hallows part one," hitting theaters Nov. 19.

After spending a decade portraying one character, what paths do the actors find themselves going on post-Potter?

"...Personally, I don't know what my day-to-day life is like without going to work, and seeing all my friends, and doing Harry Potter," said Daniel Radcliffe in an interview on the website, Sky.com.

Though the second half of "Hallows" is months away from opening, the actors will have to contemplate their next career move, breaking free of the "Potter" mold.

"I think they're all really talented, but I think it's going to be close to impossible to convince anyone that they can be more diverse than their Harry Potter characters

ROWLING CONJURES UP THE PERFECT POTION FOR SUCCESS

Dave Gallo

Staff Reporter

During the late-90s, the world was taken by storm because of one adventurous wizard and his friends. Fourteen years later the magical world of "Harry Potter" is still as popular as ever, if not more.

The mastermind behind this phenomenon, England's own J.K. Rowling, who began writing her magical series in a U.K. coffee shop during the mid-90s.

"She is an absolutely amazing writer. Her technique just lures you in to read more," said Sacred Heart University sophomore Michael Embry. "You can't just read one chapter, you have a real strong urge to finish the book in one day."

It has been a true rags-to-riches story for Rowling. The one time struggling author could not afford to pay rent at one point in her life and now, she is currently estimated to be worth over one billion dollars, according to Parade Magazine. It has also been reported that Rowling is in negotiations for a possible licensing agreement which would expand her fortune even more.

Rowling's cash flow shows no signs of slowing down any time soon. This past June, the Wizarding World of Harry Potter opened in the Islands of Adventure theme park at Universal Studios Orlando.

Though Rowling has seven New York Times Best-sellers under her belt, with six and soon to be seven blockbuster films spawned from her meal ticket, is the end in sight for the "Potter" series? If it was 2009, the answer would have been yes.

A year after the release of the novel, "Harry Potter and the Deathly Hallows," Rowling spoke with Parade Magazine announcing that she was done with the "Potter" series. "It's definitely time to stop now. I don't want to write anymore books about Hogwarts," said Rowling.

Yet as the saying goes, "time changes everything." In Oct. 2010 the famed author sat down with Oprah, admitting that she "could easily write an eighth, ninth or tenth



AP Photo

The woman behind the magic, J.K. Rowling at the film's London premiere.

book," giving hope to Potter fans that the franchise may not be completely over.

"I'm praying that she keeps writing more books for 'Harry Potter.' I would be the happiest person alive if she did," said graduate student Joe Torres. "Even if she wrote a whole new story, I'd be happy with that. But I'm banking on more Harry books."

Before jumping into a new venture with Harry, Ron, Hermione, Rowling's focus may stray away from the world of witches and wizards, to a completely new series altogether.

"A story that I'd describe as a political fairy tale, and I think, it is for slightly younger children, so that will probably be the next thing that I finish," said Rowling, as reported by Parade Magazine. "I'm not in a mad hurry to publish, I would like to take my time."

Even as the finale of the "Harry Potter" film era is less than a year away, as part two of "Deathly Hallows" film is set to open on July 15, 2011, for now fans can enjoy the books from the past and look forward to more magical tales in the future.

Pulitzer Prize winner comes to campus

Photographer Anthony Suau shares experience with students

Venithda Sourignamath
Staff Reporter

A picture is worth a thousand words. Anthony Suau knows this, and with the click of a button he can inscribe these words into your conscious.

The Pulitzer Prize winning journalist has taken the responsibility of recording the world unknown to the common public. On Tuesday, Nov. 9, he shared his experiences with media studies students at Sacred Heart University.

Suau was a part of the lecture series for Vision Project, an organization dedicated to the development of investigative journalism, documentary photography, multimedia and education. The project's sole purpose is to produce documentary material, such as photographs, that encourage the understanding and awareness about a broad range of social issues, according to the Vision Project website.

"When we first brought it together the goal was really solely to produce documentaries," said Richard Falco, president and creative director of Vision Project. "We then got a lot of requests on the educational side to doing everything from creating workshops and presentations."

Suau was brought in to expand the educational side of the Vision Project by presenting his work to students and teaching them about what photojournalism really is.

The lecture began with Suau speaking about traveling from Germany to Italy and even Russia to capture powerful images to display the atrocities of the world. After this, he showed a video presentation called "Hard Rain" followed by a collection of photographs that he captured during the Bosnian and Chechen Wars, Russia's Second Revolution, as well as images from post-9/11 in America.

"The photos that he took were incredible. Every image had a certain feeling to it," said junior Rock Varnado. "Some were powerful and others were downright chilling to see, for example there was one with a man in a ditch looking through a pile of dead bodies searching for his son."

During the end of the presentation Suau was asked a number of questions by students in the audience. One student in particular asked if he was still going into war zones and taking pictures. He said, "I stopped going into war zones about 10 years ago when my daughter was born because I realized it



The Spectrum/Jessica Orser

Anthony Suau at the Schine Auditorium Nov. 9.

wasn't my own life that I was putting on the line."

Dr. James Castonguay, associate media studies professor felt that Suau brought life to world events students have only learned about.

"Personally, I am amazed at the people that come in, these are the events that people remember. It's a wonderful opportunity that we have, as a learning community to sit in a room with people that are so accomplished," said Castonguay. "He's (Suau) right there on the front lines volunteering as a journalist to inform us as citizens about these things that are going on in our world."

Suau then speaks of his newest project called "Facing Change" which in his own words, "is the future of photo, not collective since press is falling down but more reinventing the wheel." The website contains images taken by a collection of photojournalists who were inspired to create change in the way we as viewers see the world.

"It had been a really successful adventure and it's taken us a year and a half for us to do this thing," said Suau. "It's amazing people all over the country are sending us story proposals but our success is your success."

Gearing up for annual Theatre Fest

Jamie Miller
Staff Reporter

If you are an improv or show junkie and if you especially love student-run performances, then Sacred Heart University's second annual "Theatre Fest" is the place to be Nov. 19, 20, or 21.

Students involved in Sacred Heart's Theatre Arts Program, or "T.A.P." are gearing up for their annual Theatre Fest, where students are able to showcase their talents of writing, directing, singing, and acting in their own plays.

"Theatre Fest is made up of all one act plays that are written, directed, and acted by students in T.A.P. It is a chance for students here at Sacred Heart to show off many different theatre skills," said vice president of TAP, junior Kimberlie Latulippe. "A student is able to write about whatever he [or] she wants to and turn it into a one act."

According to Latulippe, there are four shows this year and every one is bringing something different to the stage. The first is called "Snakes on a Mane" which is a comedy written by Matt DeLaurentis, a senior English major. The second play is called "Vissi D'Arte" which Latulippe describes as "a romantic post World War II play," this show is written by Allegra DeVita, a senior neuroscience major.

The third show is called "Panoramic," written by Jeff Therikelsen, a sophomore media studies major. The play takes a comedic approach to an old ur-

ban legend and the final play "Corruption" by Ryan Menge, a junior accounting major is a "public service announcement in regards to four major plights of mankind," according to Latulippe.

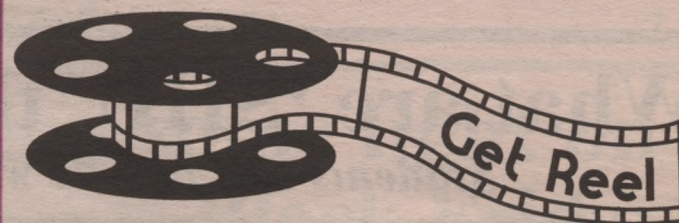
Along with the four shows the Sacred Heart Improv Troupe will also be performing the night of the Fest. There will also be theatre practicums where students will be able to show what they have learned throughout the semester.

"What's also interesting about Theatre Fest is that it gives an opportunity for students who musicals might not be their thing or just really enjoy acting to be in a play," said Amanda Rivera, T.A.P. advertising chairman. "We opened auditions to everyone no matter their year of graduation and gave students the opportunity to practice on a real stage, direct students, and have their plays that they've written performed right before their eyes."

The students have a chance to participate no matter what their major is which opens it up for the entire university.

"I've never gone to Theatre Fest but I know a few people involved in it this year so I'm really excited to go and see some new talent," said senior Julie Gianoni. "With anyone being able to audition and perform lets the rest of the student body see new names and faces."

Theatre Fest will be held on Nov. 19-20 at 8 p.m. and Nov. 21 at 3 p.m. in the Edgerton Theatre. Admission is free and open to the entire Sacred Heart community.



Is 'Morning Glory' worth jumping out of bed to see?

Chris O'Connell
Contributor

I am not a morning person. I would prefer to wake up at noon every single day of my life; and when I do wake up early, the sickeningly bouncy morning news shows tend to make me lose my breakfast. "Morning Glory" (What's the story?) may have convinced me to give them another try, but only if Harrison Ford is one of the anchors.

"Morning Glory" is based around the life of Becky Fuller (Rachel McAdams), a very determined, hard-working woman with such unkempt bangs it's as if her head is a willow tree.

After being recently let go from a New Jersey morning show for not being qualified enough, she applies around looking for a job. She gets a call from the worst morning news show known to man, "Daybreak."

Becky takes the job because, lets face it, she's pretty desperate. After flailing around like a goldfish with no water, Becky makes a desperate ploy to save the show: use a contract loophole to force Mike Pomeroy (Harrison Ford), one of the worlds greatest reporters, to anchor the failing "Daybreak."

Becky soon discovers that Pomeroy is about as nice as a pack of rabid wolverines and refuses to say words like "fluffy" because it is beneath him. With ratings taking a dive, Becky has to employ some show saving techniques to keep her job and the show afloat.

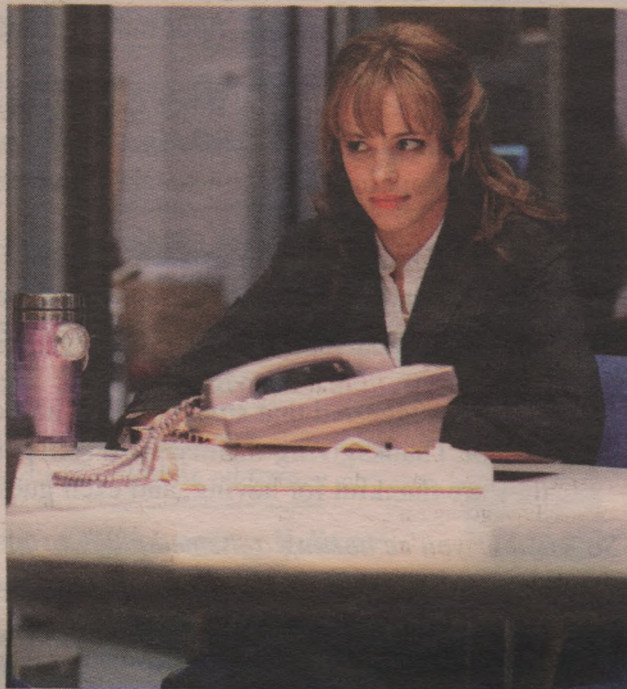
"Morning Glory's" strength is in its actors. Rachel McAdams is usually a strong force within her films but her performance is fairly weak compared to others. Jeff Goldblum and Diane Keaton playing a senior executive and co-anchor respectively are very funny and many of the supporting cast throw their weight around as well.

The real heavy hitter is Harrison Ford. His first movie since 2010's flop "Extraordinary Measures" and he hasn't lost a bit of his pizzazz. Responding gruffly to co-workers and referring to Becky's love interest as "Senor Dip\$#%!" had me immensely enjoying myself.

Where "Morning Glory" fails, it fails pretty hard. There are some clichés within the film that make it just a shameless copy and paste exercise, but the really annoying bits involve Becky and her new man Adam.

Their budding love (based entirely off his want of any girl he can see, and her want of being too busy for any sane guy) drags the movie down at every point. It is incredibly forced and a pain to sit through.

I wouldn't get up bright and early to see this morning news show, but I might TiVo some reruns.



AP Photo

Rachel McAdams and Harrison Ford star in "Morning Glory."

Get Reel gives Morning Glory



What are 'SHU' thankful for this Thanksgiving?

Students and faculty weigh in on what they appreciate most this year



AP Photo

Maile Hetherington
Staff Reporter

The Thanksgiving holiday is a tradition of happiness and appreciation has a different meaning to everyone that celebrates it. Some people look forward to the time off while others can't wait to feast on delicious food. But one thing many people eagerly anticipate is the opportunity to spend time with family and friends.

Traditionally, Thanksgiving is a harvest festival used to give thanks to friends and family for the year but also provides a short break from the chaos of daily life.

Students, faculty, and staff on Sacred Heart University's campus have been working hard all semester long and it appears that Thanksgiving break could not arrive at a more perfect time.

But what exactly are members of the Sacred Heart community thankful for?

"I'm thankful that the academic year is almost over and I get to go home and spend the holidays with my family and friends," said junior Ashlyn Trimble. "This semester was really challenging and stressful trying to stay on top of my classes while being in season, so it will be a nice relief."

Some seniors are grateful for their years at Sacred Heart, which are coming to a close.

"I am thankful for the academic opportunities this university has provided me, the last four years have been a great blessing," said senior Matt Somerville.

In a challenging economic climate, many people are thankful to have a steady job, especially if it is one they love.

"I am thankful for Sacred Heart because it provides

me with a job I love so much," said Judy Minutolo, Chartwells staff member. "I love the students and I love my bosses. I've been here for five years and every one is very respectful, the students make me feel young everyday."

Others are thankful to be doing something they are so passionate about.

"I am thankful I have a career that I enjoy so thoroughly," said Rob Machan, head coach of the women's volleyball team. "It is a career that I feel privileged to be able to be a part of. Coaching is a passion of mine, and therefore it is difficult to classify it as work."

The holiday season also offers an opportunity to reflect on each moment life has to offer.

"I am thankful for life and family," said sophomore William Morse. "They are not always guaranteed and so we should be grateful and happy as long as we have it."

Occasionally, it can be easy to forget exactly how much there is to be grateful for.

"I am thankful for my family and friends but I am also thankful for all the opportunities I have in life," said freshman Dianis Mercado. "I am healthy and able to get medication that not everyone has the ability to get. It is really easy to forget how lucky we are in America to have access to the basic necessities of life."

It is clear that this holiday provides time to be gracious for all areas of life, both on and off campus.

"I am thankful to be part of a team of really cool girls. I have 15 best friends that I will have forever and have that experience to look back on," said junior Jessica Colberg of the women's volleyball team.

"I love Thanksgiving because I can finally relax and enjoy quality time with family and friends, it is a reminder of how lucky we all are to have each other," said Colberg.

HOW TO

...celebrate Thanksgiving, college style

Jessica Colucci
Staff Reporter

The American tradition of Thanksgiving is usually thought of as a time to spend with family and friends. People often sit around a table and eat together, giving thanks for things or others in their lives. But no one really thinks of the people who don't.

These are the college students who stay at school and don't go home to see their families over the Thanksgiving break. Does anyone think of how these people spend the American holiday? Or at least how they could?

1. Senior Candace Critcher-Dumas suggested spending the holiday with other students, "whether it's teammates, floor mates, or just other SHU students."
2. Other Thanksgiving Day foods that you don't have to go without are turkey, pumpkin, or carrots. Anna Kendall from the Style101 website advised making turkey casserole, turkey panini, or turkey risotto to replace the full turkey you usually eat at home. She also suggested baked pumpkin seeds for a snack, which can be done with just a toaster oven.
3. Critcher-Dumas called this idea "budget friendly as well as social." She said, "Everyone can create one dish or item that their family typically makes and then come together and create one family-style Thanksgiving." "After all, that's the spirit of Thanksgiving, coming together in celebration of community and SHU community doesn't have to be any different," she said.
4. Kendall suggested that students host their own party, "which can include Thanksgiving-themed decorations like cornucopias." There can also be Thanksgiving-themed food like pumpkin pie and Thanksgiving-themed games, like harvest trivia. "Guests can bring an item that they are thankful for having, and each guest can explain their selection at the party," she said.

So whether you're hosting a themed party or attending a college-run event, don't spend Thanksgiving alone. Just because you're not home, doesn't mean you can't be with family. Here are some quick and easy recipes you can follow to contribute to your own holiday meal this year.

(Recipes source: FoodNetwork.com)



Individual Sausage Stuffing

Cook Time: 15 min

Directions:

Make stuffing mix according to the package instructions, but use low-sodium chicken broth instead of water and add cubed chorizo or andouille sausage and a handful of chopped hearty herbs such as rosemary and thyme. Divide the mixture among individual ramekins or muffin tins and bake. If you're using a stovetop mix, prepare the stuffing then spoon it into ramekins and heat in a 300 degree F oven for a few minutes, until crusty on top.

Canned Cranberries

Prep Time: 5 min

Ingredients:

- 1 (8 ounce) can whole berry cranberry sauce
- 1 (6 ounce) can mandarin oranges, drained
- 1 cup walnut pieces
- 1 cup pecan pieces

Directions:

In a bowl, fold together the cranberries, mandarin oranges, walnuts, and pecans.

EXPLORING THE STUDY ABROAD EXPERIENCE

Mari Brown
Staff Reporter

Have you ever wondered what it would be like to take off for a few months and spend a semester abroad?

Junior Michelle Grosodonia is currently overseas in Rome, Italy, studying business and the Italian language. She has given us insight to her experience and the pros and cons of studying abroad.

Q: Why did you decide to study abroad?

A: Tradition. Heritage. Roots. Not only did my mother study abroad in Pisa during her sophomore year of college, one of my three older brothers spent his entire junior year in Florence. Growing up in a Sicilian family and having an immense love for my heritage has lead me to Rome, Italy. I can still remember growing up dreaming of studying in Italy, picturing myself walking up and down the streets and speaking Italian.

Q: What has been the hardest thing about studying abroad?

A: My classes are very difficult and early in the morning. I wish that I could have taken more elective classes dealing with art or more language classes. Having to study when people around you don't have to is a very difficult task. I have learned so much about time management during this experience.

Q: Have you found yourself becoming homesick? How did you deal with it?

A: I wouldn't call it homesick. I certainly miss amenities like a comfortable bed, a shower with pressure, Frank's red hot, and Sam's Club. However, studying abroad has always been a dream of mine so when I start to feel down I remind myself where I am and how lucky I am to be here. I have been very stressed and let little things get to me but this is when I take a second and just sit myself down take deep breaths and look around and open my eyes to Rome.

Being able to communicate through applications such as gChat, Skype and iChat have nearly saved my life. Just being able to see the face of a loved one or a best friend makes me feel like I am back with them in the states. Growing up I was always involved in camp and eventually became a camp counselor, and I remember how sitting around all day just reminds you of another place. To fix this issue, I just get on the bus and go for a walk. "Fare una passageata," or going for a walk, has become my favorite past time in Rome.

Q: Is it hard to be on your own, meeting new people, and finding your way around?

A: Within the first month of studying abroad I already could see a change in the way I went through life. I would say the word independent can pretty much describe how I have lived the past two months of my life. I could have never imagined myself




Photo courtesy of Mari Brown

Michelle poses at one of the many sites she has seen while studying overseas.


taking busses by myself places and walking all around a city I barely know. In order to meet new people you have to be willing to go out of your comfort zone and walk up to strangers and start talking to them. Within the past three weeks I have meet a really good group of new people who have the same goals and objectives while studying abroad

Q: What would you suggest for other students who want to study abroad?

A: DO IT. Do anything and everything you can. Do not have any regrets, if you are scared to stay a whole semester just DO IT. Studying abroad is single handedly the best decision I have ever made in my entire life. I feel as though I have had an epiphany and am a new person. There are certain things that happen to you when you go abroad that cannot be explain, but just experienced.



EMT-B Class




The Department of Public Safety in conjunction with the Echo Hose Ambulance Training Center will be conducting an EMT-B class.


Learn skills in order to help your community or your family.

When, Where, and How Much.

- Class will be held at Sacred Heart University on the Main campus in Fairfield.
- Classes will be held on Mondays and Wednesdays from 6:00-10:00 pm, and every other Saturday, 9:00-5:00 pm from January 24-May 2, 2011.
- The Class will cost \$575.00. This includes text books and class materials.



Contact Public Safety at BrenhaP@SacredHeart.edu for more information on classes including exact dates, times, and method of payments.



Thanksgiving eve leaves some students opting to stay home

...CONTINUED from page 1

"I don't think Thanksgiving eve is overrated," said De Nicola. "It should be looked upon as a time to go out with family and friends and enjoy yourself."

Even though she will be the one behind the bar this year, Gillen would be going out with friends or spending it with family if she was not.

"In the past when I don't have work I usually go out with my friends," she said. "If the lines are ridiculously long to get into the bars, we go to someone's house and spend time together. Regardless where you end up, the idea of going out is not overrated."

No matter what the game plan is, anticipation is a common sentiment.

"Thanksgiving eve is exciting," said Karch. "I may not be supporting the local bar with a large sum of money as I would normally, but I will be spending the night before the best meal of the year with the best family, with the best boyfriend."

FOUR LOKO UPDATE Conn. firms to suspend deliveries of Four Loko

HARTFORD, Conn. (AP) —

Connecticut liquor wholesalers have agreed to voluntarily suspend their shipment and deliveries of a caffeinated alcoholic drink that has been banned in four states.

Gov. M. Jodi Rell and Consumer Protection Commissioner Jerry Farrell said on Monday that they have secured the deal to curb the distribution of Four Loko and two similar beverages, including Four Maxed and Joose.

The popular drinks have been banned in Washington, Michigan, Utah and Oklahoma.

Four Loko is made by Chicago-based Phusion Projects. The firm says it is disappointed by developments in Connecticut and that it was not consulted over the agreement.

College students have been hospitalized after drinking the beverages, including in New Jersey, where one school banned them on campus.

The federal Food and Drug Administration is reviewing the products' safety.

Scoreboard

Friday, November 12

M. Ice Hockey

SHU- 4

RMU- 4

M. Soccer

St. Francis (PA)- 2

SHU- 1

W. Basketball

SHU- 65

St. Peter's- 48

Saturday, November 13

W. Ice Hockey

Nichols- 3

SHU- 2

M. Ice Hockey

RMU- 5

SHU- 1

M. Basketball

Fairfield- 62

SHU- 45

Sunday, November 14

W. Volleyball

SHU- 3

LIU- 0

On Deck

Tomorrow

M. Ice Hockey vs. Holy Cross

7:00 p.m.

W. Bowling @ Hawks Classic

All-day

W. Swimming @ Frank Elm

Invitational

All-day

Saturday, November 13

Football vs. Wagner

1:00 p.m.

M. Basketball @ Brown

7:00 p.m.

Men and Women XC @ IC4A/

ECAC Championship

9:30 a.m.

M. Ice Hockey @ Army

7:05 p.m.

W. Volleyball vs. CCSU

4:00 p.m.

Wrestling @ Body Bar

Invitational

All-day

Contact Sports Editor

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Left: Senior captain Alisa Apo (#35) drives to the hoop. Right: Sophomore guard Kiley Evans (#3) looks to find an open teammate. The Spectrum/Erin Burke

Women's Basketball wins opener

Apo and Evans lead Pioneers with double-doubles

Erin Burke
Staff Reporter

Despite a slow start on Friday night, the Sacred Heart University women's basketball team was able to win their season opener against St. Peter's 65-48.

"Friday night was the first time we have opened up at home since we [the senior class] have been here," said senior captain Maureen Reilly. "I think we started off slow, but after we got the 'first-game nerves' out of the way, we started to connect."

St. Peter's came out firing from the very start. In the first half alone the Peahens hit 55% of their three-point attempts, completely overshadowing Sacred Heart's 22 percent. St. Peter's had their biggest lead of the game of 13 points in the first as well.

As the teams went into their locker rooms for the half, Sacred Heart trailed St. Peter's by seven, 22-29.

Pioneers	- 65
Peahens	- 48

The second half of the game would be drastically different.

"I don't care if you are a freshman or a senior, everyone has first game jitters but we were able to put those behind us and start playing our game in the second half," said head coach Ed Swanson.

Sacred Heart came out in the second half looking to respond to the poor first half. Both offensively and defensively the Pioneers improved their play. Sacred Heart increased their three-point percentage to 45 percent while keeping St. Peter's to a minimal 11 per-

cent on three-point line.

Senior Alisa Apo and sophomore Kiley Evans were the core of the defensive presence both leading the team with eight defensive rebounds.

Sophomore, Morgan Merriman also had a strong defensive performance with four rebounds and several steals, taking away St. Peter's momentum on numerous occasions.

Offensively, senior Maggie Cosgrove gave the Pioneers their first lead since the first minutes of the game with her three point basket with 16:30 remaining in the second half, making the score 34-33.

Apo and Evans, fueled the offense as well. Both girls started their season out on the right foot, with the double doubles. Apo finished the night with 16 points and 10 rebounds. Evans finished with an equally as impressive, 17 points and 11 rebounds.

"Kiley is coming off of a strong freshman year," said Swanson. "She was a blending player last year, this year she seems to be pulling ahead and becoming a real star for the team."

Evans acknowledged that the key to the success of Sacred Heart's second half was teamwork.

"We were able to work the ball around and use each others strengths," said Evans.

Although it was a great way to start out the season the Pioneers still have their eyes set on the future.

"We're going to enjoy the win tonight and then move on. With practice this week, were looking forward to St. Joseph's on Tuesday night," said Swanson.

The victory has evened the all-time series matched up of the two teams to 4-4. The Pioneers have now won four of the last four games versus the Peahens.

The woman also played this past Tuesday

night versus the Saint Joseph's Hawks. The match up is the first time in both programs history that the two team play one another. As of print time results and stats were unavailable.

Sacred Heart looks to build on this game as they are back in action this Monday night when they travel to Hartford. Tip off is slated for 7 p.m.

Stats courtesy of Sacred Heart Athletic Department

Pioneer Leaders vs. St. Peter's

Points

Kiley Evans - 17

Callan Taylor- 17

Alisa Apo- 16

Assists

Alisa Apo- 6

Rebounds

Kiley Evans- 11

Alisa Apo- 10

Steals

Maggie Cosgrove- 2

Callan Taylor- 2

WEEK 10: BEST AND WORST OF THE NFL

Ryan Hannable
Asst. Sports Editor

Week 10 in the NFL has come and gone, and it was yet another exciting and unpredictable week. There is so much parody in the league this year, and any team can win on any given day. Here are the best and worst from this week.

Best game: New York Jets over Cleveland Browns

In a wild and crazy game the Jets came out victorious 26-20 in overtime over the Browns. This was the second week in a row the Jets have needed overtime to beat their opponent. The Jets improved to 7-2 with the win, while the Browns dropped to 3-6. The Jets had some missed opportunities to end the game in regulation, but kicker Nick Folk missed three field goals. With 2:42 to go in regulation Folk kicked a 25-yard field goal to put the Jets up 20-13, but the Browns drove right down the field led by rookie quarterback Colt McCoy. The drive was capped off by a Mohamed Massaquoi touchdown catch.

This forced the overtime period. The Jets punted on their first possession giving the ball to the Browns. They got into field goal range, but a fumble by wide receiver Chansi Stuckey gave the ball back to the Jets. The teams traded possessions without much yardage; ending with Folk missing yet another 47-yard field goal. The battle of field possession ultimately led to the Jets getting the ball at the Cleveland 37 yard line with 24 seconds left in the overtime period. On the first play of the drive, Jets quarterback Mark Sanchez found wide receiver Santonio Holmes for the winning touchdown.

Worst Game: Denver Broncos over

Kansas City Chiefs

In an AFC West match up the Broncos took it to the Chiefs in a 49-29 rout. The game was not even as close as the score would indicate. The Broncos jumped out to a 35-0 lead, and the Chiefs didn't even score until 1:28 left in the first half. Quarterback Kyle Orton led the Broncos going 22-34, for 296 yards and throwing for four touchdowns. Backup quarterback rookie Tim Tebow also threw for his first career NFL touchdown. The Chiefs scored most of their points in garbage time, but this allowed for Chiefs quarterback Matt Cassel to have a career day in the loss. He threw the ball 53 times and finished with 469 yards and four touchdowns. With the win the Broncos improved to 3-6, while the Chiefs fell to 5-4.

Best player performance(s): Tom Brady, New England Patriots and Michael Vick, Philadelphia Eagles

These two players had outstanding games so they share the honor of best player performance. In a game between two of the powerhouses in the AFC, the Patriots took it to the Pittsburgh

Steelers in a 39-26 win. Brady had his best game of the season, and arguably his best game since his major knee injury in 2008. Brady was 30-43, for 350 yards and three touchdowns. Brady also ran for a touchdown as well. Brady finished with a quarterback rating of 117.4. This big win for the Patriots boosted their record to a league best 7-2 and have them keeping pace with the Jets in the AFC East standings. Vick was simply unstoppable on Monday night in the Eagles demolishing of the Redskins 59-28. He played almost perfect football, finishing 20-28, for 333 yards and four touchdowns. He had a passer rating of 150.7. Vick also added 80 yards and two touchdowns rushing. His six total touchdowns in a game were a career best for Vick.

Worst player performance: Nick Folk, New York Jets

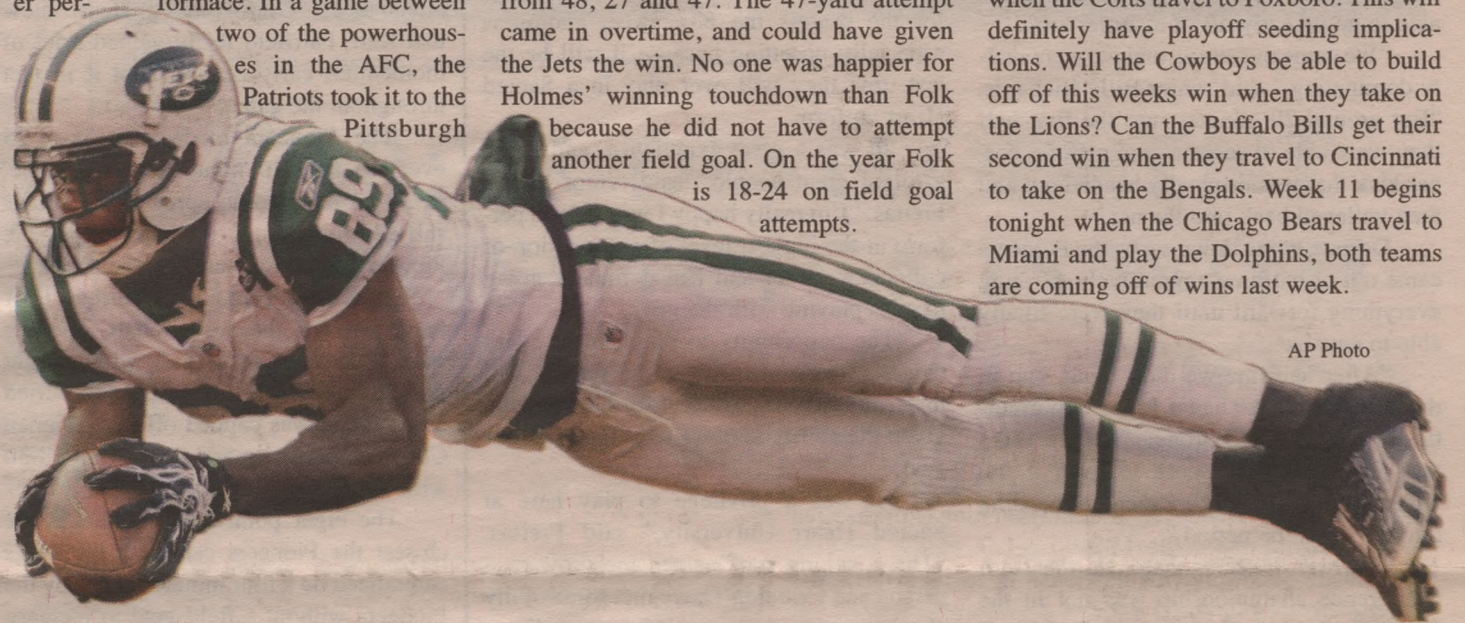
Folk almost single handedly prevented the Jets from winning on Sunday against the Browns. Folk missed three field goals from 48, 27 and 47. The 47-yard attempt came in overtime, and could have given the Jets the win. No one was happier for Holmes' winning touchdown than Folk because he did not have to attempt another field goal. On the year Folk is 18-24 on field goal attempts.

Biggest upset: Dallas Cowboys over New York Giants

The Cowboys came into the game at 1-6 and the Giants 6-2 but the Cowboys came out strong and played with passion giving interim head coach Jason Garrett his first NFL victory. Rookie wide receiver Dez Bryant led the Cowboys with his first career 100-yard receiving game finishing with 104 yards. He also added a touchdown catch. The Cowboys defense also forced three Giants turnovers. The game was stopped for 15 minutes due to a power failure at the New Meadowlands stadium. The whole stadium went dark, but power was restored fairly quickly.

What to look for in week 11:

Week 11 will have some key divisional and conference matchups. In the NFC East the Philadelphia Eagles take on the New York Giants in a critical divisional matchup. In the AFC the rivalry between the Indianapolis Colts and the New England Patriots will be renewed when the Colts travel to Foxboro. This will definitely have playoff seeding implications. Will the Cowboys be able to build off of this week's win when they take on the Lions? Can the Buffalo Bills get their second win when they travel to Cincinnati to take on the Bengals. Week 11 begins tonight when the Chicago Bears travel to Miami and play the Dolphins, both teams are coming off of wins last week.



AP Photo

Men and women's cross-country teams compete at NCAA Regionals

Ryan Hannable
Asst. Sports Editor

The men and women's cross-country teams competed in the NCAA Regional's at Hammonasset State Park in Madison, Conn. this past weekend. The meet included some of the best programs in the Northeast and proved to be a huge test for both teams.

The men finished 27th out of 35 teams, while despite some key injuries the women finished in 30th place out of 35 teams as well.

Syracuse swept the meet finishing first overall for both the men and the women. Iona, Providence, Dartmouth and Columbia rounded out the top five for the men. Stony Brook, Providence, Boston College and Columbia completed the top five for the women.

"Usually the women would finish a lot higher. Our number one runner Kim DeLoreto didn't run, she was feeling a little under the weather," said head coach Christian Morrison. "We have had a wrath of injuries and those definitely had an effect on our finish."

Morrison was fairly pleased with how the men ran, although he was hoping for a better finish.

"The men ran well too. I was hoping that they would have ran a little better and would have placed in the top 25, but they all had pretty solid days on a tough course," said Morrison.

Senior Brendan Rickert had a career day for the Pioneers as he finished with a personal best 32:10.2 on the 10K course.

"I didn't know what to expect today from my race, but I went out there got into a great rhythm, moved up throughout the race and wound up having a personal best," said

Rickert.

Rickert knew that it would be a challenging race coming in because of the competition he would be racing with.

"It was certainly a challenge running in a meet like this. There were a lot of guys who work very hard to be very competitive but it's a great experience. I mean how often can you say you ran a race against some guys who run a sub four minute mile?" said Rickert.

Juniors Richard Marcello and Jeffrey Lusignan ran well for the Pioneers as well respectfully finishing second and third for the team.

The women had two freshmen lead the way with Brittney Lane and Brianna Castrogivanni. Lane finished the 6K course with a time of 23:00.4. With Castrogivanni not too far behind with a time of 23:23.9.

Morrison was very pleased with the two freshmen.

"They both ran nice races. Under normal circumstances they would not be the best for us, but they stepped in and both ran very well," said Morrison.

Lane and Castrogivanni will only get better from here after competing in such a big race.

"The experience that they gained in this meet will definitely serve them well in the future," said Morrison.

The season is coming to an end for both the men and the women. They conclude their season next weekend at the IC4A/ECAC Championship at Van Courtland Park. The team is hoping to go out on a high note with each runners looking for a successful finish.

"For me it's my last ever-collegiate race, but we're all looking to end the season on a strong note," said Rickert.

PHOTO OF THE WEEK



The Spectrum/Erin Burke

Sophomore guard Kiley Evans (#3) battles for the ball in this past weekend's game vs. St. Peters. Based on her performance she was awarded NEC Player of the Week.

Men's soccer falls in overtime thriller

Liam Roecklein
Asst. Sports Editor

Sooner or later all great things must to come to an end. For the Sacred Heart University men's soccer team, their record-breaking season finally came to an impromptu ending last Friday at Monmouth University in the semi-finals of the Northeast Conference, when they lost 2-1 to St. Francis University (PA) in overtime.

"Our team worked really hard all year, but the breaks didn't go our way," said senior Doug Barone. "I feel we were definitely the better team because we outplayed them throughout the contest, but sometimes it just doesn't happen for you."

Unlucky bounces were the theme for the Pioneers on this day, as St. Francis was able to go up early off of a corner kick.

"We came out strong and we were really dominating," said senior Billy Richards. "But around 20 minutes into the first half they were able to score a goal off of a corner kick that was originally headed out and then volleyed back into the net."

Despite going down early, the Pioneers came out of halftime aggressively, pushing everything forward until they were finally able to equalize.

"After halftime we didn't quit, and in the second half we had a lot of opportunities to score," said Barone. "Patrick Daka was finally able to score to even it up, which gave us a lot of momentum heading into the overtime period."

However, it seems that a Northeastern Conference championship was not in the Pioneer's destiny this year, as a Red Flash goal in sudden-death overtime denied the Pioneers a birth in the championship game.

"In the first overtime period they were able to score another goal off of a corner kick, which finished the game for us," said Richards. "So we were really upset that we weren't able to capitalize on our second half goal that we had worked so hard for."

The loss brings a serious disappointment to the Sacred Heart squad that has had several major accomplishments this year, but they will remember the season for its many ups and downs.

"This season was a lot of fun," said Richards. "We set the school record for Division I wins in a season and we also received national rankings twice. But the end of the season was definitely disappointing because we weren't able to go any further in the playoffs."

Although all the members of the team are dissatisfied with the result of the game, for the seniors the bittersweet ending is especially upsetting because it will be the last time they will ever play in a Sacred Heart uniform.

"It was a great experience, and I met a lot of great people," said senior Sergio Freitas. "I'm really happy I was able to perform at the highest level of competition of collegiate soccer and I'm definitely going to miss playing with the guys."

The opportunity to play soccer every day is something many of the seniors will miss, and they are grateful for having been given the ability to do so over the past four years.

"It was a privilege to play here at Sacred Heart University," said Freitas. "The coaching staff helped me grow as a person and I wouldn't have met some of my closest friends if it weren't for soccer."

"I'm going to miss going to practice every day," said Barone. "I wish I had four more years to keep playing."

Pioneers 'Stag'ger with slow start to open season

Al Malafronte
Staff Reporter

The offseason rust hasn't completely worn off for the Sacred Heart men's basketball team, as their performance at the 2010 Connecticut Six Classic at Mohegan Sun arena indicated. The Pioneers dropped their season opener to cross-town rival the Fairfield Stags by a score of 62-45.

The Pioneers jumped out to a 6-0 lead in the game's first 1:30, but struggled throughout the rest of the half, being outscored 31-10. Which left the Pioneers looking at a 31-16 deficit entering the break.

"Nothing went right in the first half," said freshman Tom Heenan who was in attendance. "Once Sacred Heart blew that lead, Fairfield really gained a lot of momentum early on and kept it in tact throughout the game."

The Pioneers made just six-of-25 over the first 20 minutes of the game, as 24-12 rebounding spree by the Stags shifted momentum completely, as the Pioneers failed to neutralize the attack.

The team looked to correct their faults to start the second half, opening with a 15-7 spurt to pull within eight points. Sophomore Shane Gibson buried a three, and was capped off by freshman Chris Evans' lay-in and one to trail 38-30 with 13:34 left.

The eight point differential was the closest the Pioneers came, as the Stags capitalized on a four minute stretch by the Pioneers without a field goal to increase their lead to 51-36 with 4:18 left.

The Pioneers could not get back in to the game during the final four minutes

and the Stags came away with a 62-45 win dropping the Pioneers to 0-1.

"Defense is something we have to control all game. Offensively, we have guys who can score the ball but some nights it just might not be there. We still have to be able to rely on our defense to suppress those days and grind out games," said senior point guard Jerrell Thompson speaking to reporters after the game.

"We didn't communicate as well as we should have in the first half. We weren't a factor on defense as much as we need to be to be a better team. To get the job done, we have to be effective on defense," said coach Dave Bike speaking to reporters following the game.

The Pioneers were back in action two days later as they traveled to Fordham to take on the Rams. Fordham shot 40% from three point range to pull away in the second half, defeating the Pioneers 69-42.

Sacred Heart only trailed by three at the break, but Fordham used a 12-2 run in the second half to ultimately fight off the Pioneers.

Offensively the Pioneers had a pretty balanced attack. Sophomore Shane Gibson led the way with 11 points, and five rebounds. Red-shirt freshman Louis Montes came off the bench and added nine points. Senior point guard Jerrell Thompson chipped in with seven points.

The Pioneers traveled to UMass on Wednesday to take on the Minutemen, but results were unavailable as of press time.

Sacred Heart is back in action this Saturday, Nov. 20 when they travel to Brown. Tip-off is set for 7 p.m.

Stats courtesy of Sacred Heart Athletic Department.

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A DAY IN THE LIFE: WOMEN'S BOWLING

Jessica Orser
Staff Reporter

The Sacred Heart women's bowling team may not be a team you hear about very often, but they are doing some big things this season. Just two weekends ago they knocked off seven ranked opponents at the FDU Jersey Jamboree.

One of the team members that is helping make this triumphant season happen, is junior Nicole Caggiano, who averaged a 206 during individual games to lead Sacred Heart to a sixth place finish at the Jamboree a few weekends ago.

Caggiano is no newcomer to bowling; in fact she has been playing since she was a kid and knew she would want to continue playing after high school and into college.

"I've been bowling since I was six years old. I had a lot of college's contact me my junior year [of high school] but with the NCAA rules, it is illegal to talk to the coaches on a personal level until your senior year of high school," said Caggiano.

Once Caggiano became a senior, everything came into place.

"As soon as I was a senior I got in contact with the women's bowling coach at Sacred Heart, Becky Kregling, and we set up an official visit right away, said Caggiano.

"Once I saw this campus I fell in love and signed early decision to come to Sacred Heart."

Like most student athlete's school comes before bowling for Caggiano. "My main goals at SHU are definitely to exceed



The Spectrum/Jess Orser
Junior Nicole Caggiano poses for a photo.

in my schoolwork, I'm a psychology major with intentions to be a school teacher when I graduate," said Caggiano.

Although she does expect bowling to be apart of her life even after she graduates next spring.

"Bowling will definitely be apart of my life when I graduate and I'll be in leagues probably until I'm too old to throw a bowling ball."

Since Caggiano has been at Sacred Heart, she has been able to balance being on the bowling team, getting good grades, and having a social life. Having a routine helps with being able to balance everything.

"My daily routine is hectic to say

the least. I wake up have class, grab food between classes and practices, and still make time to go to the gym. It is really hard to get used to but it doesn't take much to learn how to manage your time correctly," said Caggiano.

With the toughness of being a student athlete, it comes as no surprise that Caggiano and her teammates have grown to be very close to one another.

"We spend a lot of time together. Some of us live together, some of us just in the same buildings, and others on their own with their friends, but we all get a long very well," said Caggiano. "We spend every weekend together when we travel, we cook dinner for each other and are there for each other for anything. We literally become a family."

Having a good season definitely helps with the stress that comes with a busy schedule. "I am beyond happy with how we started this season off as opposed to last year, we had a really rocky start and we were still the in the bubble position to make Nationals," said Caggiano.

"We have a lot of depth within our team. Other than the five starters, the ladies on the bench have a tremendous amount of talent."

It seems an overall positive team attitude, along with commitment, is paying off for the Pioneers. Their record so far this season is 10-3, and things are only looking up for the Pioneers.

"We have some of the most talented women bowlers out there on the lanes in collegiate bowling. I know we can make

it really far this season which means, Nationals looks like it can be a definite at the end of this season," said Caggiano.

The Pioneers are coming off of a solid weekend where they went 6-3 at the first-Northeast Conference meet.

You can catch Caggiano and the rest of the Pioneers in action November 19 at the Hawk Classic.



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Men's lacrosse has 'Mustache Madness'

Team grows out facial hair to raise money for various charities

Whitney Hughes
Staff Reporter

The Sacred Heart University Men's Lacrosse team is putting their facial hair to good use this November. The team is growing out their mustaches to raise awareness and funds for cancer.

"I had heard of Mustache Madness last year reading InsideLacrosse.com. This year, my coach, a fellow captain, Ben Cimmino, and I talked and decided that those of us that are capable of growing facial hair might as well as put it to good use and raise some money for a good cause," said senior captain Zach Frank.

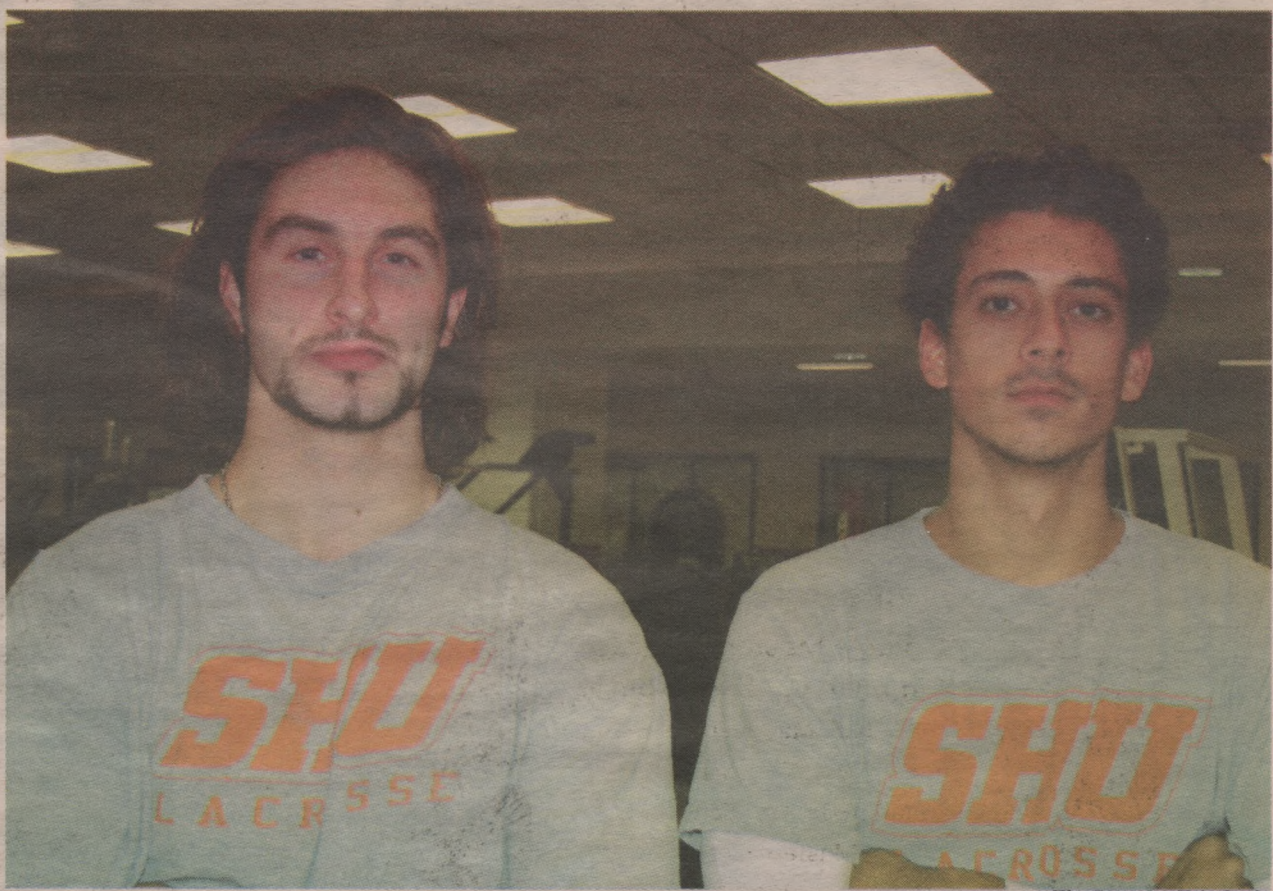
According to the website, StashMadness.org, the foundations has four missions: "to generate funds for cancer research; to distribute grants and assistance to survivors of blood cancer; to provide financial assistance to families who are experiencing the hardships of having a sick family member; and to provide scholarships and grants for students with ambitions of entering the medical field."

The head coach of Sacred Heart's lacrosse program, Thomas Mariano, is extremely proud of his players and their participation. The experience will contribute to the growth and success of the lacrosse program at Sacred Heart.

"I think it is a great experience, we are very involved in community service and the effort to give back. This is an event that was started by lacrosse players the funds raised benefit the HEADStrong Foundation, founded by lacrosse player Nick Colleluori, who died of Non-Hodgkins Lymphoma in 2006, and support its mission of raising awareness, supporting families and generating funds for cancer research," said Mariano.

The foundation has special meaning to Sacred Heart. "Nick and his brother Michael played at Hofstra against our program so we have a great deal of respect for them and the goals of their foundation," said Mariano.

The lacrosse program is familiar with helping others out. The community service the men complete during their fall season prepares them to work together and builds chemistry for their spring season. Not only do the recipients of their fundraising benefit, but the team benefits as well.



The Spectrum/Erin Burke
Sacred Heart lacrosse seniors Ben Cimmino and Billy Skelos show of their mustaches.

"Mustache Madness is totally bringing our team together even more. We've completely dedicated this fall to getting as much community service and charitable work done as possible," said Frank. "To be honest, doing the charitable work has always been apart of our fall pre-season, but we felt that this year, doing more could only bring us closer together and make a bigger impact on other people."

"I hope to really raise as much money as possible. My goal is to raise the money, donate it, show anyone affected by cancer that we are behind them in their battle and of course to grow some fun mustaches," said Frank.

"It is a great event that also has some fun involved in it watching the team grow their mustaches and different

looks. This will only help us become a better program," said Mariano.

Frank also looks forward to what this fundraiser will do in the future. "I do think that it has and will continue to raise awareness for cancer and show people it does not take much to make a difference," said Frank.

For information on the event, go to www.stashmadness.org and click on the blog section. Also, www.sacredheartpioneers.com/sports/m-lacrosse/index to view Sacred Heart's personal team site. The fundraiser ends December 1.

"Any donation at all will make a difference in someone's life," said Frank.

Sports

The Spectrum

<http://www.sacredheartspectrum.com>

W. BASKETBALL VICTORIOUS

TEAM WINS HOME OPENER VERSUS ST. PETERS

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MEN'S SOCCER TUMBLE

TEAM FALLS IN AN NEC SEMI-FINAL OT THRILLER

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LAX HAS MUSTACHE MADNESS

MEN'S TEAM GROWS OUT FACIAL HAIR FOR CHARIY

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Game of the Week

Sacred Heart Hosts

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LADY PIONEERS CAPTURE HOME OPENER

Senior captain Alisa Apo (#35) calls out a play to her teammates in the home openers at the William H. Pitt Center last Friday night.

The Spectrum/Erin Burke