The Start to a New Tradition: SHU Safety Week

BY FRANK McCONNELL
Staff Reporter

"I think this past month our community has overcome a few serious incidents and events that most communities don’t have to overcome," said Student Government President Nicole Gittleman.

With crimes such as sexual assault on the rise across college campuses, Sacred Heart University is taking measures to educate its students on how to remain safe. SHU Safety Week will be taking place from Oct. 6 through Oct. 9 and will feature Student Government and Public Safety partnering together to educate students on how to stay safe.

Residential Life, the Theatre Arts Program, Greek Life, Campus Ministry, the Student Athlete Advisory Committee, S.W.E.E.T. Peer Educators and The Spectrum are also involved in this week and will be hosting several events on campus. "My goal is for students to become more vigilant and more aware," said Gittleman.

Among the topics that are featured, the most prevalent themes being discussed are both on and off campus safety, social media safety, and sexual assault prevention.

Monday focused on on-campus safety. Members of the Theatre Arts Program dressed up as "Safety Superheroes" educating students about the new SHU Safe app. Residential Life also began a "Safety Search" contest, giving a prize to the first person to solve their safety riddles.

On Tuesday, sexual assault prevention day, students had the opportunity to take the "It’s on Us" pledge to take the stand against sexual assault. The Pitt Center also held a R.A.D. Self Defense course in the Aerobics room and a Victims Vigil was held on the Quad to spread awareness for those affected by abuse.

Today, the theme is Social Media Safety. Social Media Safety speaker Gittleman will be here to educate students from 2-5 p.m. in the Edgerton Theatre. Additionally, the S.W.E.E.T. Peer Educators will be outside of Outtakes from 11 a.m.-2 p.m. education students about bystander intervention.

On Thursday, numbers/tips sheets will be distributed for students to put on their fridges from 11 a.m.-2 p.m. An online off-campus safety video will also be available online, created by SHUbox featuring Sacred Heart Athletes.

Throughout the entire week, students can receive a free coffee or tea with proof that they downloaded the SHU Safe App. Students, regardless of where they live, see the week as a positive thing.

"Living off-campus means I’m kind of disconnected from the campus, but I’ve never had any safety issues on campus," said senior Liam Doyle, who resides in Bridgeport. "This week can only help Sacred Heart students. As long as people try and pick up what Public Safety and Student Government say, this week can only benefit the students."

Student Government has taken to social media to promote the week. Their Instagram (shustudentgov) and Twitter (@SHUShUStudentGov) pages have promoted the week as a chance for students to become more aware of the movement.

Although the week is being used as an opportunity to enhance student’s awareness, students across campus already feel that Public Safety helps keep the campus safe. "I think that with so many students living off-campus, and many others going out into Bridgeport, it’s important for students to pay attention to what is being said this week," said Doyle.

Gittleman hopes that students make an effort to use the resources that will be given to them. "As Student Government President, I really hope that students attend the events and read the information we provide them. As a SHU Student, I really hope they take it to heart," said Gittleman. "Although many emergency or safety scenarios are inevitable or out of our control, we can be more precautions and it is partially our duty to keep ourselves safe."

Editor-in-Chief Amanda Sialiano contributed to this article
3D Printer Brings Ideas to Life

BY GABRIELLE WASHINGTON
Staff Reporter

Imagine printing an idea and being able to see and experience it in 3D. Thanks to the Makerbot, a 3D printer that has been brought to Sacred Heart University's Marketing Department, students now are able to print out full physical objects in real time.

"The Makerbot was recently purchased by the John F. Welch College of Business," said marketing research assistant sophomore, Taylor Ann D'Agostino.

A 3D printer is a machine capable of printing physical objects from digital plans. 3D printers typically print in either two forms of thermoplastics. The first ABS, which is what Lego blocks are made out of, or PLA, which is a biodegradable material made out of corn, according to readwrite.com.

"The 3D printer can create any digital designed object into a real life object," said D'Agostino. "By using a website called Thingiverse connected with Makerbot, you can print things."

Makerbot is a company that manufactures 3D printers, but also runs Thingiverse, which is a community to make, share, and discover 3D designs.

According to engadget.com, 3D printers have been around since the 80's, but are still relatively new and are making their way into universities all over the country and even internationally. Although it is becoming more prevalent, not all universities are able to have one and it is a large technological advance for Sacred Heart University.

"Many universities do not have this type of technological innovation," said D'Agostino. "This is a big deal that Sacred Heart University has one."

Professor Enda McGovern, Associate Professor of marketing and sport management, is primarily using the printer, but it is open to all university departments and is not just being used by marketing students and faculty.

"It is being implemented into Professor McGovern's Principle of Marketing course, however, this technology can be brought into other departments such as arts and sciences, architectural designs, and so many other uses that will overall benefit the learning curve of SHU students," said D'Agostino.

The printer is being housed in the Ryan Matura Library so it is easily accessible to all Sacred Heart students and faculty.

Since this new technology has the ability to bring all different kinds of designs to life, students seem to be getting a lot out of it.

"Students definitely enjoy using the printer because within their marketing class, they are creating a physical product to present within their marketing plans," said D'Agostino. "This is helping students bring their ideas to life in a physical example that is not given within a textbook."

FROM LEFT, MARKETING STUDENTS ZACHARY RYAN, TAYLOR ANN D'AGOSTINO AND MIKAYLA DOYLE SET UP THE 3-D PRINTER FOR OPERATION

Freshmen Spend Fall in Rome

BY GABRIELLA NUTILE
Staff Reporter

Ciao! Mangiare! Grazie! These are just a few of the many words that some of Sacred Heart University's freshmen are becoming familiar with while they are in Rome, Italy.

Sacred Heart has launched a new Freshman Fall in Rome (FFR) program this year, collaborating with John Cabot University. This program began on Aug. 25 and incoming freshman now have the opportunity to spend their first fall semester of college in Rome.

"The freshman can get a variety of academic, personal, and professional goal outcomes from this experience," said Carrie Wojenski, the Director of Global Affairs. "We imagine that our students will learn more about themselves and become more independent, but also become a part of a larger Sacred Heart identity because of the cohesive, social experience that they'll have in the program."

There are two Sacred Heart freshmen that are part of a 14-person cohort right now. Wojenski thinks, "for an inaugural program it was a perfect size" and hopes to keep expanding the numbers over the next few years. When the freshmen arrive to Rome they have a full orientation, combined group activities to promote trust and bonding, along with city familiarization and some cultural exploration of the self and the "other."

The FFR program has many other features to it as well.

It is an opportunity to forge strong bonds with other Sacred Heart colleagues. Because of the small class sizes, carefully chosen university-managed living arrangements, and the opportunity to travel, volunteer, and to participate in a wide assortment of extra-curricular activities, students are able to reap the benefits of the multi-dimensional program.

The freshmen that are a part of the FFR program are learning the same curriculum as the rest of the freshmen at Sacred Heart's main campus. They are taking core graduation requirements such as the freshman seminar, human journey course, a math course, and two core electives.

"We designed this program for an integrated social experience, and that they felt connected back here at campus as well," said Wojenski.

The Office of Global Affairs makes sure that the freshmen in Rome still feel like they are included and connected to Sacred Heart's home campus by sending them emails every week on the events that are happening here.

Freshman Anusha Bhandari is currently enrolled in the program and has been enjoying every moment.

"Studying in a different country, it is you who has to be responsible for everything," said Bhandari. "I feel that I have not only benefitted academically, but personally as well. No matter which year of college, you should think about studying abroad."

Bhandari is a pre-med student and stated that she took advantage of this opportunity of studying abroad her first semester of college because she will not be able to do it later.

In order to be in this FFR program, you just need to be accepted into Sacred Heart as an incoming freshman, complete the enrollment process, and be willing to study abroad immediately.

Although the opportunity is available to all incoming freshmen there are certain factors that may make one ineligible for the program.

If a student is receiving any scholarships for participation in varsity athletics or a merit award for participation in the performing arts program, then they are not eligible for the program.

Global Affairs is looking to launch another Freshman Fall program for next year's incoming freshman. The other program would be in Dingle, Ireland where Sacred Heart has its own campus.

"The FFR program is such a unique program," said Bhandari. "No matter which country you choose to study in, you will enjoy it a lot. It is a big step and you will come out as a totally different and better person."
SAM says...

As a child, I remember receiving my first Walkman for Christmas. I was fascinated by the way you could place a CD inside it and it would play music through my big, "over the ear" headphones. At the time, my music taste may have been very different than what I am listening to nowadays. However, the broad diversity of genres is what I love most. The fact that these different sounds are constantly changing and adapting to our culture amazes me.

In high school, I was a big fan of classic rock including Poison, Kiss, and Led Zeppelin. These bands persuaded me to head over to my local guitar store, Ron's Guitars and pick up my first electric guitar, a red Epiphone SG. Playing guitar has become one of my biggest passions over the six or so years that I have been playing. From studying chord shapes to the hum of the distortion when you fire up your favorite amplifier, playing guitar gives me an out of body experience like no other.

Classic rock and roll is great in every possible way, however, listening to it gives me the feeling of not having a personal attachment to the band or even the era. It's almost like I am living vicariously through my parents when my father plays his Jimi Hendrix "Axis: Bold as Love" vinyl on our record player. Before school began this year, my friend and I got tickets to see Kiss in Hartford. As the conversation became more in-depth, I quickly found out that the concert was actually their 68th time seeing Kiss and have even met the band a few times. Flabbergast at their answer, I became a tad bit jealous at the fact that this family has so much passion for their generation and band. Was I born in the wrong generation?

Music in general plays a gigantic role in my daily life. Michael Bublé calms me down before I go to sleep and Skrillex pumps me up in the morning. Although I listen to music in the shower, in the car, and I even have "Pearl of the Quarter" by Steely Dan playing, as I write this "He Said." Music gives me a reason to live with a positive attitude and a smile on my face, while enjoying my favorite tunes.

NICOLE says...

I think music is an influential part of everyone's lives. Most people listen to music everyday. Whether it's by choice during your car ride commute and in the studio, better known as your shower, or by chance in the elevator and at the supermarket, it's almost impossible to avoid music. Studies have shown that music can affect your mood, but some argue that music can shape who you are as a person as well. I think maybe it's not the music that shapes who we are but instead, who we are is what shapes our taste in music.

Some people's music taste can stem from their parents. If you grew up listening to the old JLo in the car on the way to school everyday with your mom like I did, then you'll probably grow up liking hip-hop/pop music. I enjoy a little bit of everything and I usually choose what I listen to based on what I'm doing or what my mood is. I don't think that music really shaped me as a person, but it definitely can change/enhance my mood. Music is something that is full of stereotypes, chances are if you listen to heavy metal you don't have big blonde hair and wear pink on Wednesdays (or even know why I referred to that day and color). And if you love boy bands like One Direction, you're most likely not a guy. There are obviously times that fans don't match those stereotypes, but those stereotypes kind of bring people together. You make friends with people who have the same interests as you; music can be the common ground.

For instance, my brother-in-law is a huge hardcore/punk-rock fan and so are all of his friends. They grew up together and they all have the same kind of mentality, they're all laid back, don't care much about material things, they like to party, but they're also hard workers. That being said, I don't necessarily think that the music is what made them all like that. I think that the people they are and the people they grew up around ended up making them gravitate towards that type of music.

Regardless of your exact opinion on music and how it shapes us, I think we can all agree that it does influence us in some way or another. It helps us grow, it can get us through those nights you just need a good song to relate to and those special songs are always there to remind you of the memories you never want to forget... or the ones you're trying desperately to forget. It can even be a form of therapy or an outlet for people, ultimately there's no replacing music.

Meal Plan vs. Grocery Shopping

What works best for you?

BY ALLY D'AMICO

Staff Reporter

After living on campus for two years and being required to purchase certain meal plans, junior Erin Foster is glad that she is no longer restricted to eating most of her meals on campus.

"When I was a freshman and sophomore, it was more practical to eat food from the dining halls," said Foster. "But now that I live off campus I never want to go all the way to school to have to find a parking spot and walk across campus to eat."

Depending on what building you live in, Sacred Heart University students are required to purchase specific meal plans.

"I think freshmen year it was understandable that we are required to have meal plans because we didn't have cars," said junior Mike Mazzioli. "But sophomore year we have a kitchen so I think we should be able to pick what we eat from the few different options on campus, 63's, and declining dollars are used in Linda McMahon Commons, Mondo's, and Outtakes.

Meals plans can be used in the buffet style eatery on campus, 63's, and declining dollars are used in Linda McMahon Commons, Mondo's, and Outtakes.

With the addition of housing students in the Trumbull Marriot, the dining situation for the students who live there has been affected.

"Since I live in the Marriott, I don't have a meal plan," said sophomore Becky Batterbee. "But they give us a complementary breakfast every morning which is convenient. Last year when I would get breakfast at school I would always feel sick from it."

"I'm only on campus when I have class, so a meal plan for me is perfect," said Batterbee.

Others prefer the perks of having a meal plan.

"Having a meal plan has helped me save some money and it's convenient for those who are on campus based on their schedules or living situations," said senior Justin Mandala. "The only thing about the food is that you have the same thing everyday so there isn't much variety."

For students who move off-campus, they opt to eat out or grocery shop and make their own food.

"I never used up all of my meal plan to its potential," said junior Kaitlyn Darienzo. "So for me, grocery shopping has made me learn to cook more on my own and eat healthier."

Although only those who live in Sacred Heart housing are required to have a meal plan, those who don't also have the option to purchase one.

"Meal plans are always convenient regardless what year you are," said Foster. "Whether you are grabbing something at Outtakes between classes or looking to get a meal from the few different options on campus."
The Study Abroad Experience

BY MEGAN FLOYD
Staff Reporter

"Just do it!" is not only a slogan for Nike, but could be a phrase used by SHU students when deciding whether or not to study abroad.

For senior Ryan Cotrupi, studying abroad was one of a kind.

"You go on this adventure open to change and it is exciting to see yourself grow from the person you were. It has opened so many opportunities for me and the lifelong friends I have made were just an additional blessing." As well as learning in the classroom, the possibility to grow as an individual could happen when students venture out of their comfort zone. Francesca Schenker, Coordinator of Study Abroad at Sacred Heart, said she has never heard of a student regretting studying abroad. Schenker believes every student learns to communicate within a new culture, form new relationships, become more independent and ultimately learn more about themselves in the process.

"It may seem intimidating at first, but it is the one time in your life that you can live in another country and travel each weekend to see another. If you really want to go really plan ahead to make sure you are ready," said senior Jenna Wagenblatt. "No matter what people tell you, your experience will be unique and one you will never forget."

Programs that the Global Affairs office is particularly excited about are the new additions to the summer and fall programs.

Next summer, students will be able to study in Rome and Costa Rica. Professor Ross will be teaching From Film to Food and in Costa Rica: Spanish, education, and service learning classes are offered.

Also new this fall is the opportunity for freshmen to spend their first semester abroad in Rome. This option is for students with majors or sports that would make it harder to enjoy this opportunity in their future. Business and media studies majors now get the opportunity to study in Berlin as well.

"It was a memorable experience where I got to dive in to new cultures and meet great friends. It was fun trying to get to know a new place that no one knew how to navigate," said junior George Dzialo.

Sacred Heart University is fortunate enough to have an abundance of study abroad programs all over the world to which they are affiliated with. The options seem endless when students search for programs online, some of the most popular include Dingle, Rome, Thailand, Australia and Greece. Students have the opportunity to go for an entire year, one semester, or a shorter period of time over summer and/or winter breaks.

If finances are a reason to be hesitant about studying abroad, students can look into scholarships for these programs. The Thomas More Honors Program promotes a scholarship that includes $500 toward an individuals student account to add to their study abroad experience. Individuals can apply for this scholarship as long as they have a 3.2 GPA and have been accepted to one of the programs.

If anyone finds themselves in the slightest bit interested in studying abroad, visit the Global Affairs office (located in HC 220) and talk to an advisor who will help find the right program and get through the application process. If students are still unsure, they can explore the program descriptions online and talk to a Global Ambassador to make their decisions easier.

Once a student has committed to studying abroad, don’t forget these helpful tips from students who have studied abroad: make sure to start the planning process early, keep track of how much you are spending in US dollars, don’t forget to bring a lot of layers, and write a list of everything you need to pack so you don’t forget anything.
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Digging Through the Directory: Dr. Jeanine Andreassi

Dr. Andreassi is an Associate Professor of management and organizational behavior. Her research that I've been doing is interesting because it's close to home, it's something that is a challenge for me. But I think that if you really love what you're doing, you make it all work out.

Q: What are your biggest successes? 
A: I think I look at success as being able to achieve at work, and also feel like I'm providing for my children, and I've been proud of a lot of things. I accomplished in my work life. I was recently asked to be associate editor of a journal, "Journal of Family Issues," so I was really proud of that. I was chair of an assessment committee for the business school for three years, and helped the business school achieve reaccreditation through those efforts. I'm proud of my publications. I've published in very good journals, and I think because of it I was asked to be editor of a journal and be their work-family expert.

Q: At what job throughout your career did you learn the most? 
A: In general, I think having a significant amount of work experience before I started teaching was key, especially teaching in a business school. If it really helps to have that corporate experience. I worked for a lot of large corporations, I worked for Prudential, I worked for JP Morgan, Credit Suisse First Boston. I worked for a consulting company where I was the lead consultant on projects working with very large corporations, American Express, Westfield Corporation. Probably out of all of them, that [working with Westfield Corporation] was the most significant experience, just in terms of exposure to senior executives at these large corporations, just working closely with the president of the consulting company that I worked for as well as actually delivering presentations to senior executives and I think that really good experience before I started my academic career. I learned a lot about interfacing with very senior people in a corporation.

Quick Hits: 
Favorite sports team? I don't watch much sports, but I grew up in New York, so I'll say the Yankees. 
Favorite dessert? Anything chocolate. 
Personal hero? My father. 
Favorite Book? Anything by Jane Eyre, "Jane Eyre." "The Paris Wife" is a more recent one that I loved. 
Hobbies? I love being active. I've played tennis my whole life and I also love to jog and play yoga when I get the chance.

Nursing Department Receives Grant

Dr. Andreassi is an Associate Professor of management and organizational behavior.

Q: Where did you grow up? 
A: I grew up in Westchester, N.Y., so not far from here. I really knew quite a few students come from Ulriune. It's a Catholic school.

Q: Did you always want to be a professor? 
A: My background is probably similar to some people in that my father was a professor and an accomplished academic, and I grew up in that environment. I never thought that I would be a professor, but it was a very familiar lifestyle for me. I grew up in a house full of books, a very aca­demically household. My dad was home a lot working on research, always poring over material and writing. So it was definitely something that I had always been around and was very familiar and close to my heart. And I was very close to my father, he influenced me a great deal and he kind of planted the seed.

I actually, out of school, started working in corporate America and I worked in accounting and finance, information technology, I worked in various sectors of business and when I went back to business school he said to me, "you know, I really think that you would be a good professor and I thought, "I would really enjoy it, that's a really great career." So he's the one that encouraged me to go on to get my PhD after I completed my MBA. Unfortunately he passed away two years into my job here, but I still have his textbook in my office and I look at it for inspiration when I'm doing research. He's just an inspiration to me and I love teaching, especially at Sacred Heart, the students here, I think, are great. They're really engaged, really smart, really excited to be here and I like teaching them.

Q: What other careers did you consider? 
A: I was always very interested in business. I was always, as a child, interested in making money. I would collect money and I would write down on a piece of paper like a bank account what I had, and I was very good about saving. Because of that I thought that business, accounting, was the place for me.

Q: What did you major in at college? 
A: I really enjoy two things. I enjoy when the research that I've been doing is interesting because it's close to home, it's something that is a challenge for me. But I think that if you really love what you're doing, you make it all work out.

The process of receiving this grant was complicated and lengthy. Because it comes from the Health Resources and Services Administration (HRSA), the award is highly competitive. "Any college or university in the United States has the opportunity to apply," said Donius. "It's a wonderful acknowledgement for both our faculty and our students." In the application, the HRSA asks several questions that determine the eligibility of the proposal. For a lot of these, include questions about the curriculum, the need in the area, and where people practice following graduation. "It shows that we have risen up in the ranks with other highly competitive nursing schools," said DeNisco in the Sacred Heart University online statement. "We already have an excellent family nurse practitioner program with excellent clinical training sites, and an excellent clinical training sites and a high pass rate on the national board certification examination." The fund has provided the school with the opportunity to support their graduate students and expand their program.
Food Review: Archie Moore's Bar and Restaurant

BY KESHAUDAS SPENCE
Features Reporter

While driving down Sanford Street, I approached a small, green-walled restaurant with a huge sign reading Archie Moore’s Bar and Restaurant. Searching for parking was slightly difficult, but luckily I was able to find the one empty spot in the parking lot right by the train station.

As I walked into Archie Moore’s, I felt my mouth start watering immediately. I have been craving bar food for a long time and knowing what I am going to experience is going to be worth while. I was pleasantly greeted by a lovely hostess, who I followed to a corner table right below a flat-screen plasma television playing Thursday Night Football.

The setting could not be more perfect. Looking throughout the restaurant I noticed that it was a decent size with vast seating capacity.

A waitress came over and handed me my menu. A cold glass of ice water was placed in front of me and I was pleasantly greeted by a lovely hostess, who I followed to a corner table right below a flat-screen plasma television playing Thursday Night Football.

There were several different categories of other food, such as different appetizers, salads, burgers, wraps, vegetarian foods, and sandwiches of many kinds. My heart was set on wings and that was exactly what I was going to order.

The prices throughout the menu were extremely reasonable. For a main dish it costs about $11. The cheapest item on the menu was around $7.

I finally chose the famous buffalo style chicken wings for $20.95. The wings are priced at 95 cents per wing, but I didn’t hesitate one bit. It came with 21 wings, celery, and blue cheese dressing. I also ordered fried mozzarella sticks that cost $9.95.

The order of mozzarella sticks came with eight pieces and marinara sauce on the side. They were absolutely delicious.

I have always been a big fan of bar food, and the way the wings were prepared with the type of sauce was pure perfection. The chicken was so tender and moist that it melted in my mouth. The portion was perfect and I finished every last bite.

Considering I needed some time to digest, I sat back in my chair and enjoyed some Thursday Night Football. Many people at the bar, which was surrounded by several bar stools, were conversing and enjoying the game themselves. I also noticed a lot of college students in the crowd.

The location is convenient for Fairfield University. Students, of age of course, were enjoying their meals accompanied by an ice-cold beer and looked like they were having the time of their lives.

Before I asked for my check, I asked my waitress how many wings Archie Moore’s makes on Super Bowl Sunday and she replied with a total of 35,000 wings. That is absolutely insane. However, I was not too surprised because the wings and mozzarella sticks were superb.

Archie Moore’s menu consists of approximately 70 options, which is perfect for this type of restaurant. The staff is friendly and polite and you can tell they truly want to satisfy their customers.

The location is slightly deceiving for those that are not familiar with the area, but it is definitely worth the search.

The restaurant is the perfect place to come with friends and family for a fun, laid-back dining experience. Archie Moore’s is located at 48 Sanford St, Fairfield, CT right by the Fairfield train station.
The box office had a successful opening this past weekend, partially due to the success of the movie “This Is Where I Leave You.” According to IMBD.com the star-filled comedy brought in $6,994,340.

“This Is Where I Leave You” stars Tina Fey, Jason Bateman, and Jane Fonda, as well as many others comedians such as Connie Britton, Corey Stoll, and Adam Driver.

Comedian Tina Fey is best known for her work on “Saturday Night Live” and “30 Rock.” She also wrote the movie, “Mean Girls,” which came out in 2004, whose famous lines “you can’t sit with us” and “a joint in the classroom.” It was directed by Mark Waters. Fonda is raunchy and distracted; Bateman is serious and distracted; Stoll is hot tempered. The fantastically funny cast made parts of the movie, that could have been done a lot better, still really enjoyable.

For example, there is a scene where the adults leave the synagogue to go smoke a joint in the classroom. It was directed very, very, very nicely. Fey is sassy, bossy and tough; Driver is immature and wild; Bateman is serious and distracted; Fonda is raunchy and inappropriate; and Stoll is hot tempered. The fantastic funny cast made parts of the movie, that could have been done a lot better, still really enjoyable.

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The plot of this film also seemed very generic; siblings coming home and reliving childhood arguments, all to hug and make up at the end. There was nothing different or special about the story; no stand out parts or characters.

The ending of the film left so many unanswered questions, but not in a way that makes the audience for more. During the whole movie the audience is led to believe that certain things are going to happen to change the fate of these characters, but they never say if they do or not, so it seems like the ending is missing something.

However, the movie was enjoyable because of the great chemistry between the actors. Each actor had something different to bring to the table, making up the hilariously, wacky family dynamic. Fey is sassy, bossy and tough; Driver is immature and wild; Bateman is serious and distracted; Fonda is raunchy and inappropriate; and Stoll is hot tempered. The fantastically funny cast made parts of the movie, that could have been done a lot better, still really enjoyable.

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The ending of the film left so many unanswered questions, but not in a way that makes the audience for more. During the whole movie the audience is led to believe that certain things are going to happen to change the fate of these characters, but they never say if they do or not, so it seems like the ending is missing something.

However, the movie was enjoyable because of the great chemistry between the actors. Each actor had something different to bring to the table, making up the hilariously, wacky family dynamic. Fey is sassy, bossy and tough; Driver is immature and wild; Bateman is serious and distracted; Fonda is raunchy and inappropriate; and Stoll is hot tempered. The fantastically funny cast made parts of the movie, that could have been done a lot better, still really enjoyable.

For example, there is a scene where the adults leave the synagogue to go smoke a joint in the classroom. It was directed very, very, very nicely. Fey is sassy, bossy and tough; Driver is immature and wild; Bateman is serious and distracted; Fonda is raunchy and inappropriate; and Stoll is hot tempered. The fantastically funny cast made parts of the movie, that could have been done a lot better, still really enjoyable.
"Faces of Heart" Gallery Opening

BY MARINNA DESANTIS
Staff Reporter

Many people don't know the dangers of heart disease and strokes. Through the new exhibit in the Art & Design Gallery, students can be educated on these deadly diseases. This exhibit is located in the atrium of the Edgerton Center for the Performing Arts at Sacred Heart University.

The American Heart Association teamed up with the Chair of the Art & Design Department and Associate Professor, Jon Walker, to show the dangers of stroke and heart disease in a new exhibit. The goal of this exhibit is to educate the community on the preventability of heart attacks and create awareness for the programs sponsored by the AHA.

The exhibit titled “Faces of Heart” is sponsored by Stamford Hospital Heart & Vascular Institute. The exhibit features a photo gallery of five inspiring stories about survivors and their battle with heart disease. The survivors were made up of both men and women, and were all treated by the doctors at Stamford Hospital. They ranged from 30 to 60 years old, which shows that this disease can affect anyone.

“I thought it was really cool that the survivors were willing to share their stories to help educate others,” said junior Mario Texeira. Many students and people from the community showed up for the “Faces of Heart” gallery reception to view the gallery and learn more about the dangers of cardiovascular disease. The university also offered healthy refreshments and snacks.

The photos were spread out throughout the art gallery with the stories of the survivors in the middle, and various facts about the disease on the outside walls. Photographs lining the walls showed facts about how the disease can affect you, how many people it affects, and how it causes death in the United States and around the world.

“I was shocked to hear that heart disease kills more women than all forms of cancer combined. It’s great to learn that something so harmful can affect anyone, especially women,” said junior Lindsey Bulakonis. The AHA has a goal by 2020 to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and strokes by 20 percent.

There was a representative from the American Heart Association at the opening of the gallery to answer any questions, and offer you a full health assessment on the iPads provided. Over the next week there will be numerous interactive events and presentations including an event called, “My Life Check.” The event will be offering free blood pressure and heart rate screenings by the Sacred Heart University Nurse’s Association. There will also be “Go Red For Women,” “Hands-Only CPR Demonstrations,” and more.

“Being an art major I normally do attend the art exhibits, but this one was one of my favorites. It was informative and interesting. I can’t wait to attend some of the events this week,” said sophomore Juliette Rivera. The “Faces of Heart” exhibit is still available for students to see.

The Warning

SUBMITTED BY: RICHARD BRUCE STIRLING

Sam swore as he switched on the light. He couldn't sleep. The label on his new pillow rustled every time he moved his head. He was about to tear it off when his wife Betty sat up and cried, “Don’t tear it off! Why the hell not?” Sam said. “You’re not supposed to tear the label off,” Betty replied. Sam turned around and asked Betty, “Says who?” “Says the law.” Betty turned the label over. “Look. It says ‘Warning: Federal law prohibits the removal of this label.’” “Right,” Sam scoffed. “This is what I think of their stinkin’ law.” He tore the label off. Betty paled. “Will you relax?” Sam said. “It’s not as if I murdered your mother. As much as I’d like to.” “What did you say?” “Nothing. Just go to sleep.” As Sam reached for the light, a fist pounded on the front door. “Who the hell’s that?” Sam groused. He glanced at the clock: two a.m. “Screw ‘em,” he said. He tried to sleep, but the pounding fist persisted. Sam shook Betty. “Go see who it is,” he said. “Forget it,” Betty replied, rolling away. “I warned you. I did.” “You’re insufferable,” Sam said. He made for the front door. Ten minutes later he returned, his face white, his shoulders slumped. “Who was it?” Betty asked. Sam stapled the label onto his pillow. “Sam?” Betty insisted. “Who was it?” “Just go to sleep,” Sam replied. He crawled under the covers. “I warned you,” Betty said. “I did.” “You did.” “Next time you’ll listen. I will,” Sam said.

Sam turned off the light, the label rustling under his head as the black car drove over the driveway and drove off.

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A Good Time For All: Intramural Sports

BY ANTHONY BARTONIK
Staff Reporter

Class, friends, and work are all challenging aspects of college life that students have to learn to balance. What if you want to get involved in athletics, but just cannot find the time to fulfill the required level of commitment?

Sacred Heart offers an intramural program that provides various sports and activities for recreation for individuals who don’t have enough time for the commitment of division-level sports as well as class. Also, staff and faculty are eligible to participate in any of these intramural sports. According to the Sacred Heart Intramural Sports website, leagues run from 3-6 weeks and one or two day events are scheduled throughout the school year.

There are both fall and spring sports offered in the program. The fall consists of flag football, volleyball, indoor soccer, softball, basketball, Ping-Pong, and a new addition this coming year, dodge ball.

If a student finds that they do not have enough time for any of those sports, the intramural offices offer a lot more during the spring term which consists of basketball, outdoor soccer when the weather gets nicer, floor hockey, tennis, and including the remaining fall sports as well.

In order to participate in intramural sports students should register online on the Sacred Heart intramural sports page on their website. The roster for the team only permits 12 members a team, but more can be added by simply contacting the intramural office.

The only costs to participate is a forfeit fee, but that forfeit is given back if the team of that forfeit any games during the season, if a team forfeits two games they will be disqualified or let go from the league.

During the regular season, all teams make it to the playoffs if they finish the whole season. This means that even if the team has the best record but forfeited a game, they will not go to the playoffs.

Every team of every sport has a team captain and he/she is responsible for their team’s behavior and cooperation. They have to collect and deliver the team fee to the intramural office, and make sure that their team is on time and ready for all games.

The captain also has to make sure all members are eligible to play. The team has to sign the team waiver form before even thinking to play. Every participant of intramural sports, faculty and students, has to sign a waiver form prior to the first game of the regular season.

If a student joins late or does not have a team and still wants to play, they can join the program as a free agent and the intramural office will help place them on a team.

Assistant Director of Campus Recreation Elizabeth McGreevy discussed the rules and regulations of intramural sports.

“Only two club players can play on one intramural team together,” McGreevy said.

McGreevy limits the number of players per team.

“Everyone who wants to pitch an idea for a new intramural sport can contact McGreevy, through email at mcgreevey@sacredheart.edu.”

Additional information can be found at www.sacredheart.edu/athletics/intramuralsports.

Copy Editor: Mark Podesta contributed to this article.

An Evening with Boomer and Carton

Exclusive Spectrum interview with NFL's Boomer Esiason and Craig Carton

BY EMILY ARCHACKI
News Editor

Boomer Esiason and Craig Carton are the hosts of WFAN's "The Boomer and Carton Show," a sports radio show simulcast on the CBS Sports Network. The show airs weekdays from 6 a.m. until 10 a.m.

Q: What kind of advice would you give someone who wants to break into the field of broadcast media?
A: Carton: If you want to do it, do it. Everyone will tell you that you shouldn’t do it, you can’t do it. If your goal in life is to be on-air personality you also have got to be willing to move. Not everyone has to work in New York to be successful. You might have a great career in Cleveland, or Tampa, or Nebraska. So you have to decide what it is you want to be and what you want. And then just go for it and don’t let anyone tell you, you can’t do it.

A: Esiason: Your initial forays into anything you do there’s going to be some failure there and you got to be able to withstand the failure, withstand the adversity, withstand a lot of people standing in your way. The only thing I can always tell you if it’s in your heart and you love it, you’re going to be successful at it. If you ever have any doubt about what you want to be, then you’re not going to be a success. Never give up.
BY SHAWN SAILER
Staff Reporter

Sophomore infielder Zack Short received the Futures Collegiate Baseball League’s (FCBL) Adam Keenan Sportsmanship and Scholarship Award.

“Winning the Adam Keenan award means so much. It’s a different kind of an award. It wasn’t a hits award or anything like that. So it was different but in a great way,” said Short.

The award is named after Adam Keenan, who played baseball at University of Massachusetts at Lowell. Keenan passed away suddenly on June 6, 2001 at the age of 20. After he passed away, it was found out that Keenan had an undiagnosed rare heart condition called Arrhythmogenic Right Ventricular Cardiomyopathy. The award was established in 2011.

Short, a Hurley, NY native, received this award for his attitude and character while playing for the Brockton Rox baseball team this summer. The Rox are located in Brockton, Mass. and are part of the FCBL.

Short hit .283 with 23 runs batted in and 35 walks in 50 games for Brockton this summer.

“This past summer was so much fun. The Brockton Rox was a great organization from top to bottom. They really put the players first,” said Short.

According to the FCBL website, the award is given to the player who exemplifies the outstanding attitude, character and sportsmanship that is synonymous with Adam Keenan’s legacy.

Sacred Heart head coach Nick Giaquinto is very happy for Short that he got recognized with this award.

“It’s really a tremendous honor for Zack and the way he represented Sacred Heart during the summer league,” said Giaquinto.

“We place guys all around for summer league and to have guys honored like that is a feather in the cap for the team,” the university, and for Zack,” said Giaquinto.

As a freshman for the Pioneers last year, Short hit for a .324 average. He led the team in hits, runs, walks, on-base percentage and slugging while playing in all 57 of Sacred Heart’s games. He also led the Pioneers to a Northeast Conference Championship appearance.

“Last year was everything I expected and more being a freshman,” said Short. “The guys on the team really showed you around and guided you for however long you needed to since the first day you stepped on campus.”

Short realizes that what the team accomplished overall last year was special but they have room to improve.

“Ever since the first game of the year in Louisiana against Tulane University, we all knew it was going to be something special. It was an awesome year but we came up short. Every day we use it for motivation for this upcoming year,” said Short.

Giaquinto is very happy about the season Short had in his freshman campaign for the Pioneers.

“Zack, only being a sophomore, is still a leader of the infield and defense,” said Giaquinto.

The Keenan family selects the winner of this award and Short was nominated by Giaquinto and the rest of the Pioneer coaching staff.

Short is very grateful for receiving the award.

“He deserved it,” said senior pitcher Dan Wertz. “He had one of the best seasons on the team. He was a true leader.”

Wertz realizes how important Short was to the team.

“We counted on him day in and day out. He stepped up in the big moments that we needed him,” said Wertz.

Short is looking for a big year out of the team this spring. He feels as though the team has the pieces to do something special.

“This year again we think it’s going to be another special year. We have a great freshman class and many players returning,” said Short. “We feel that the upperclassmen can really guide us to where we need to go to win ourselves a championship. It’s going to be an enjoyable ride. I promise.”

With one year of college experience under his belt, the Pioneers are looking for Short to have a big year in 2015.

“Zack, only being a sophomore, is still a leader of the infield and defense,” said Giaquinto.

“He’s a take charge kind of guy, who understands the game.”

“I expect Zack to do what he did last year which is practice hard and play hard,” said Giaquinto.

The Keenan family selects the winner of this award and Short was nominated by Giaquinto and the rest of the Pioneer coaching staff.

Short is very grateful for receiving the award.

“The story behind the award is very touching which is another reason why it meant so much to me and my family,” said Short.

PHOTO COURTESY OF SACRED HEART ATHLETIC COMMUNICATIONS

ZACH SHORT (CENTER) CELEBRATING WITH HIS TEAMMATES

COMINGup

Women’s Volleyball
SACRED HEART (6-10) VS
Fairleigh Dickinson (3-14)
Sunday, 2 p.m.

Men’s Soccer
SACRED HEART (4-4-1) VS
St. Francis Brooklyn (5-4-2)
Friday, 4:30 p.m.

Sacred Heart (0-9-1) @
Central Connecticut State (4-4)
Sunday 1 p.m.

Football
SACRED HEART (4-1) VS
Robert Morris (0-5)
Saturday, 12 p.m.

PLAYbyPLAY

Women’s Volleyball
10/4
SACRED HEART 3, St. Francis Brooklyn 0
10/5
SACRED HEART 1, LIU Brooklyn 3

Football
10/4
SACRED HEART 10, Delaware 7

Field Hockey
10/4
Sacred Heart 1, Maine 3
10/5
Sacred Heart 3, Vermont 1
Club Sports Dominate SHU

BY MATT MATERASSO
Assistant Sports Editor

Club sports are for students who don’t have the time and commitment to play on a D1 team, but are still passionate about the sport. At Sacred Heart University, there are 25 different club sports teams that are offered, and compete against other colleges and universities.

The club sports at Sacred Heart are very competitive but give you the opportunity to get involved more on campus. Not only does playing club sports give you the opportunity to make new friends, but it gives you the ability to improve on your personal athletic abilities.

"Men’s and women’s soccer, men’s rugby, baseball and softball all have their largest rosters in their respective histories," said club sports director Ray Mencio. "Club hockey draws a great crowd for their games and club softball had over 100 fans at their home opener this past Saturday."

Mencio is responsible for the overall development of all club sports teams which includes budget, assisting to get officials, scheduling, hiring coaches, and helping teams recruit are some of his responsibilities.

The best way for students to become involved in club sports is to reach out the coach of the respective team that the student is interested in. Coaches contact information is listed online on the Sacred Heart University website. Students can also stop by the club sports offices in Hawley Lounge to ask any questions.

"It’s a great way for me to make new friends and share and improve on my athletic abilities," sophomore Brandon Gilliam.

Being on a sports team gives students so many opportunities to be more social not only on the field and in practice, but also on campus.

"The club lacrosse team helped build my social network of friends when I was a freshman," said sophomore Nick Quaid. "All students should try and be involved, it changes a college experience."

There are a lot of games coming up in October. As follows, rugby has a home match on Oct. 18 at 4:30 p.m. on the Turf Field, club softball will be hosting UMass on Oct. 25 and NYU on Oct. 26, club hockey will be playing Delaware on Oct. 5 and hosting Penn St. on Oct. 11 and Oct. 12. Those listed are few of the key match ups coming up in October. There are more games and the schedule can be found on the club sports page on the Sacred Heart website.

*I would encourage students to check our weekly emails and see what other games are going on,* said Mencio.

MEN'S RUGBY HAS BEEN ENJOYING A SUCCESSFUL SEASON THIS YEAR

PLAYERS of the WEEK

KRYSTIN VERRETTE

HOMETOWN Saugus, Massachusetts YEAR Senior

MAJOR Marketing SPORT Soccer, Midfield

STATS/AWARDS Tied for ninth in the country with 10 goals

WE ARE A CLOSE TEAM AND I BELIEVE THAT IS WHAT IS GOING TO HELP US MAKE THE PLAYOFFS.

JAMAL VINSON

HOMETOWN Teaneck, New Jersey YEAR Junior

MAJOR Finance and Economics SPORT Soccer, Forward

STATS/AWARDS Tied for team lead in goals and points

IT'S HELPED ME GROW AS A MAN AND AS YEARS PROGRESSED I'VE DEVELOPED INTO MORE OF A LEADER.