Women Can Have It All: Stacy Schieffelin

BY GABRIELLA NUTILE
Staff Reporter

Did you know that there are only 23 female CEOs in the United States right now? Both Linda McMahon and Stacey Schieffelin have been a part of those 23 women in that position.

McMahon, who is on the board of trustees at Sacred Heart University, started a “Women Can Have A All Series” at Sacred Heart last year. The John F. Welch College of Business sponsors the program, and the series features women who have made an impact in the business world.

Last year, McMahon had her daughter, Stephanie McMahon, kick off the series and speak to everyone who attended the event. On Wednesday, Oct. 15 the second installment of the series was held in the Schieffelin Auditorium and Schieffelin was the featured speaker.

“I really feel the need to provide mentors and examples to women so they can ask them questions such as what the struggles in their success are,” said McMahon. “These women are warriors and champions within themselves, so let’s give you, the audience, an opportunity to experience it.”

The series started off with the background of both McMahon and Schieffelin, and what they have done to contribute to the business world for women.

One of the several accomplishments McMahon is known best for is being the CEO of WWE (World Wrestling Entertainment). She stepped down from being CEO in 2009, and ran for a seat in the United States Senate representing Connecticut in 2010 and 2012.

The speaker, Schieffelin, is the founder and CEO of ybf (your best friend) beauty, and with her beauty company there has come much success. Her beauty company holds an 18-year record as the number one global color cosmetic line in direct sales on four networks in eight different countries.

“I had always traveled the world being an international model, and I had seen so much. The clothing changed from country to country; but the one thing that remained the same was women’s beauty, both inner and outer,” said Schieffelin. During the lecture, McMahon would ask Schieffelin questions about her business and what struggles come with being in the business world, especially as a woman.

Schieffelin stressed that women have so many demands role-wise. They are expected to fulfill roles such as being a wife, mother, daughter, sister, and friend, all while having a job too. With all these expectations comes a lot of pressure as well. Despite Schieffelin having this constant pressure, she seems to handle it living by her acronym, S-H-O-P.

S stands for sharing, H for happiness, O for opportunity, and P for positive energy. She spoke a lot about positive energy, specifically because one’s attitude can make or break one’s ability to achieve success.

While Schieffelin has been successful, there have been some trials and tribulations, and she said her positive attitude was what helped her overcome those obstacles, “out of mishap and misfortune came the fortune.”

“I absolutely loved it,” said sophomore Nicole Cote. “The speaker was so inspiring and encouraged young women, like myself, to push boundaries and never dream small.”

If there’s one thing both McMahon and Schieffelin wanted the audience to take away from this was that there needs to be a passion for what people want to do. And if there is, go after it.

“Find out what it is that you’re really good at,” said Schieffelin. “So many times we are thrown into positions by our family, friends, and educators in a way they think might be right for us, but really our hearts aren’t in it. You really need to love what you do. If you’re passionate about it, then you’ll succeed. The things you’re not passionate about, you won’t be successful at.”
“Go Play!” Parks Passport Program
Sacred Heart Partners with Bridgeport Parks and Recreation Department to Promote Physical Activity

BY FRANK McCONNELL
Staff Reporter

This fall, Sacred Heart University and the City of Bridgeport Parks and Recreation Department will be partnering together to create a program to promote physical activity and park use amongst families.

From Nov. 8 until April 30, 2015, the “Go Play! Parks Passport Program” will be providing an opportunity for Bridgeport children and their families to visit and be physically active in Bridgeport parks.

“The program was developed in a response to the City of Bridgeport’s Parks Master Plan which calls for a Park Passport program,” said Professor Anna Greer, leader of the program. “The idea to pursue the program came from a conversation I had with Dr. Valerie Wherley about a Park Passport program in Portland, Maine that she did with her kids.”

One aspect of the program is its relation with the Sacred Heart exercise science program. As families participate in the program, by activating stone posts in different parks, data is being collected for use by Sacred Heart students and professors to be published.

“I intend to present the study findings at a national research conference and publish them in a peer-reviewed public health journal to share the study findings with other public health researchers,” said Greer. “The findings will also give valuable information to the City of Bridgeport Parks and Recreation Department about Bridgeport residents’ park use and physical activity.”

Sacred Heart exercise science students see the program as a benefit to both the university and the area surrounding it.

“As an exercise science major, I think the program is a brilliant idea,” said graduate student Andrew Brugley. “It will definitely give us solid information on youth activity rates, along with hopefully allowing us to provide information to cities across the nation.”

Aside from the exercise science program, different programs through Sacred Heart will also be participating in the program.

Students from the Speech Pathology program, the School of Nursing, and Sacred Heart sorority members will be working with the program as well.

“These students will provide activities such as health screenings, children’s games, and face painting,” said Dunbar. “As a member of the exercise program, along with being a member of the Bridgeport community, I think the collaboration between the school and the city is awesome,” said graduate student and Bridgeport resident Dan Polaski. “I look forward to seeing the results both for the program and city.”

Although there are other Park Passport Programs, the collaboration between Sacred Heart and Bridgeport will be unique because of the data being collected.

“Parks passport programs have been offered in other cities, but not one has assessed them in the manner that we will assess this one,” said Greer.

In a press release, Bridgeport Mayor Bill Finch only had positive things to say about the program:

“It’s a top priority of mine to ensure that kids and families in Bridgeport are active and healthy. This program helps do just that. It’s a win-win for the city. Thanks to Sacred heart for helping to make this program possible.”

The launch for the program will take place on Nov. 8 from 10 a.m. until 2 p.m. at Veterans Memorial Park in Bridgeport and will happen rain or shine.

New Master’s Degree in Finance & Investment Management
Sacred Heart Expanding Academics in Business Program

BY GABRIELLE WASHINGTON
Staff Reporter

Sacred Heart University’s John F. Welch College of Business has added a new master’s in finance and investment management degree starting fall 2015.

“The discipline of finance, and in particular investment management, has evolved to place ever greater emphasis on quantitative techniques for asset valuation, product development, as well as risk and portfolio management,” said Dr. Kwamie Dunbar, interim Director of the new program and Assistant Professor of Finance.

“This evolution, in conjunction with changing financial laws and regulations, has led to market demand for candidates with detailed knowledge of investment theory, outstanding abilities in mathematics, statistics, data-intensive analysis, and the written and verbal skills necessary to effectively communicate financial results,” said Dunbar.

This new master’s program will instill students with more world real training that is actually used in the market today. Since the world of finance is growing so quickly, that is an almost a rarity going into any business field.

“Companies no longer want to train you coming into a career,” said Dunbar. “The things they would have usually trained you with going into a career back then, are things they expect you to know coming in now. The market, economy, and policies are changing too fast for them to have to teach a student everything.”

“Many of the courses offered include: global financial markets and institutions, calculus and linear algebra, financial regulations and compliance, valuation models and practices, and many more classes that eventually lead to, seminar/special topics in finance and investment analysis. Although students from Sacred Heart are encouraged to apply, many of the applications rolling in are international.”

“We have already received applications and many would be surprised that most of the applications we are receiving are from international students,” said Dunbar.

An upcoming information webinar will be held on Nov. 12 due to the amount of international applications. The webinar will be held through WebEx, an online provider of web conferencing and online meetings.

“Since we do have so many international students curious about the master’s program, we will be giving an information session online that includes me as well as other members of the staff since they cannot be here physically,” said Dunbar. “This is a great opportunity for students all over the world.”

The new program will kick off in fall 2015 and is looking to have about 25 students for their inaugural class.

In order to be considered for admittance there needs to be a completion of the graduate study application, undergraduate degree from an accredited four-year college/university, current resume, official transcripts, personal statement of career goals and program interest, and lastly GMAT/GRE scores.

The early action deadline for admissions is March 15 and the admissions deadline is May 15.

“The Welch College of Business master’s degree program in finance and investment management (MSFIM) is designed for students who have a strong undergraduate background in mathematics or a related field,” said Dunbar.

Just as important as it is to have well prepared students, it is just equally important to have well advised faculty also.

“Our faculty prepares students for careers in asset management, credit and market risk management, treasury operations, portfolio management, research and technical analysis, and corporate risk compliance,” said Dunbar.

“These are the same individuals who advise and consult with the major global players in the fields of investment banking, risk management, and central banking.”
What did you like most about the 90’s?

Daniel Wrona, Sophomore

"Social media didn’t run our lives, but physical interaction did instead."

Hayley Pereira, Senior

"The TV shows, especially “Fresh Prince of Bel Air” and “Saved by the Bell”."

Rebecca Salzillo, Junior

"The music was the only good part I can remember about the 90’s."

Louis Raab, Senior

"The cartoons and the Disney Channel."

Madison Tavarozzi, Junior

"Being a kid."

Tom Barcia, Junior

"The cartoons of the 90’s were 10 times better then they are today. Children today have probably never even heard of shows like “All That” and “Rugrats.”"
The Ebola Outbreak

BY ALLY D’AMICO
Staff Reporter

Almost 40 years after the first case of Ebola virus disease was identified, are we now seeing the largest outbreak in its history? Previously the deadliest outbreak killed 224 people, but what we are seeing now has killed almost 4,500 since Dec. 2013.

Ebola is an infectious disease that causes fever and internal hemorrhaging and in some cases, death. According to the World Health Organization, “there could be as many as 10,000 new Ebola cases per week by Dec. 2014.”

“Ebola definitely makes me nervous, especially the idea of traveling,” said sophomore Kara Fanselli. “I don’t think the precautions they have taking so far have been effective. You can see this with the 2nd health care worker in Texas who traveled on a commercial flight just a day before she was confirmed to have the disease.”

Others don’t foresee Ebola becoming a huge problem in the United States. “I think people are kind of overreacting,” said senior Gill Bianchi. “We don’t live in a third world country like the places it has become an epidemic and we have the healthcare to prevent a rapid spread.”

Due to its severity and fatality rate, there has been some panic over the disease. This has lead to many rumoured and false cases across the United States. Only if someone has visited a place where the outbreak is occurring, has had contact with someone who is infected, and is showing symptoms are at risk of getting sick because they may come in contact with infected blood or body fluids of sick patients.”

“Ebola patients are not infectious until symptomatic from exposure,” said Ghumman. “And although the risk of getting the fatal disease is low for most people, especially in the United States, many are still concerned.”

“Since it’s the largest outbreak in history and has made its way to the U.S. it does kind of worry me,” said freshman John Lorusso. “From one person being infected it could lead to a serious epidemic that effects local schools and families. Within two weeks of it coming here, two healthcare workers have gotten it just from caring for the first patient.”

Procedures have been put into place for certain airports in hopes to stop it from spreading. “A person is not infectious until fever and symptoms appear. It can take up to three weeks for the symptoms (which include fever, headache, myalgia’s, chills, diarrhea, and vomiting) to appear, but on average, seven to 10 days after exposure,” said Ghumman.

Passengers on flights coming from infected countries are required to have their temperature taken because this is the first sign that a person is contagious. They are then closely monitored for any other symptoms. “I don’t think people are taking it serious enough. I think the precautions they have taking so far have been effective. You can see this with the 2nd health care worker in Texas who traveled on a commercial flight just a day before she was confirmed to have the disease.”

Others don’t see Ebola becoming a huge problem in the United States. “I think people are kind of overreacting,” said senior Bethany Barbar. “Although it is spreading it has only been to healthcare workers who had direct contact with the infected patient. When put into perspective there have only been 3 cases compared to the number of people in the U.S.”

“Ebola patients are not infectious until symptomatic with fever and other symptoms, so properly identifying patients who are at risk is of utmost importance,” said Ghumman. “It is key to controlling Ebola in the U.S. and right here in our communities.”

USE YOUR WINTER WISELY

Session A: Dec. 15 - Dec. 26
Fairfield
CM-102-LEC INTRO TO MEDIA PRODUCTIONS
Online
CH-320-AD CHEMISTRY OF NUTRITION
CH-322-AD POLICE COMMUNITY RELATIONS
CM-101-AD INTRO TO MEDIA CULTURE
CM-257-AD WOMEN & ADVERTISING
MK-261-AD PRINCIPLES OF MARKETING
PK-161-AD INTRODUCTION TO PSYCHOLOGY
PK-262-AD PERSONALITY PSYCHOLOGY
PK-263-AD HEALTH PSYCHOLOGY
PK-264-AD CHILD DEVELOPMENT
PK-351-AD BRAIN AND BEHAVIOR
PS-355-AD HUMAN & ANIMAL LEARNING
SM-265-AD SPORT MARKETING
TRR-101-AD INTRO TO THE STUDY OF RELIGION

Session B: Dec. 15 - Jan. 9
Fairfield
MG-102-AD HISTORY OF JAZZ
Online
AN-115-AD CULTURAL ANTHROPOLOGY
CH-240-AD CHEMISTRY, SOCIETY AND THE ENVIRONMENT
CJ-206-AD ORGANIZED CRIME
EC-202-AD PRINCIPLES OF MICROECONOMICS
EX-101-AD EXERCISE SCIENCE
HI-233-AD US HISTORY SINCE 1865
IS-272-AD DYNAMICS OF INFO TECHNOLOGY
MGT-251-AD BUSINESS ETHICS
MGT-212-AD ORGANIZATIONAL BEHAVIOR
MK-399-AD SOCIAL MEDIA MARKETING
PO-121-AD INTRO TO AMERICAN GOVERNMENT
PS-299-AD PSYCHOLOGY OF PosITIVITY
TRR-201-AD INTRO TO THE OLD TESTAMENT

Session C: Dec. 29 - Jan. 9
Fairfield
B-620-A CONNECTICUT WINTER WILDLIFE
Online
CH-203-AD DRUGS & THEIR IMPlications
CJ-242-AD WHITE COLLAR CRIME
CM-101-AD INTRO TO MEDIA CULTURE
CS-153-AD INTRO TO INFO TECHNOLOGY
DA-393-AD INTRO TO DANCE HISTORY
MGT-299-AD JOB HUNTING
MK-205-AD ADVERTISING
MK-259-AD CONSUMER BUYING & BEHAVIOR
PS-213-AD ABNORMAL PSYCHOLOGY
SO-110-AD RELIGIOUS STUDIES
TRR-299-BO AUGUSTINE’S CONFESSIONS
TRR-320-AD CHORUS

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October 22, 2014

The Sacred Heart Spectrum

Editorials

I Love You.

FILIPE LOBATO
CO-PHOTOGRAPHY EDITOR

When we were all younger (I would say between the ages of birth and about 4 or 5), hearing the phrase “I love you” came from either your parents or someone in your family. They would say it to you, especially your parents, because they truly do love you. They want you to grow up and be successful, live a fulfilling life, and do the things you dream of at night. They say it because they know as adults that children need a lot of love and affection to grow up loving others.

Or at least that is the plan.

Your parents and family knows how hard life is, how much some days or weeks or even months will suck and make you feel miserable, how you could be full of sorrow or pain and not have anyone to lean on for support. That is why saying “I love you” to children of that age is so important, because you want them being raised knowing that if they love others, many will love them back.

However, something happens that parents cannot control. Children are not children forever. They start growing up.

From the age of 6 until puberty, you think the opposite sex has coodies. I am pretty sure the idea of kissing the opposite sex has coodies is the grossest thing on the face of the planet during that time period.

No one tells each other they love each other, because “dude that is so weird, what are you my mom?” or “ew gross, only my parents say that to each other.” In as if suddenly “I love you” is never said to each other anymore and no one wants to say that to someone else, because it implies that they care deeply. About each other, and who has time for that when you are too busy playing N64, and running through sprinklers.

Then comes the tricky part. Highschool. The “Teenage Mania.” No one tells each other they love each other. Like “I love you” takes another meaning.

“I love you” becomes a term of support; it becomes a phrase we say to certain people to let them know that they are special enough that we will be there for them, and they do not have to do the tough stuff alone.

And when you enter into “the real world”, you are taking a chance telling someone you love them, so they can say it back, so you know that maybe this person is “the one”. Or maybe you say it to a best friend, or maybe you are feeling daring and decide to say it to anyone.

The point is that “I love you” shouldn’t just be for little kids who have the whole world ahead of them, it shouldn’t be for when you are down and alone. It should be said everyday, to everyone that means something to you. Your best friend. Your teamate. Your girlfriend. Siblings.

I don’t think we say it enough because we are afraid of the actions that might follow. I think love shouldn’t only be for your spouse or family members. It should be for everyone that has your back through the times when you simply cannot do it, when the weight of the world is too much.

Call your parents. Call grandparents. Text your friends. Message your siblings. Tell them you love them. Let them know they have your love.

I Love You.


I’ve Caught ‘The Buzzfeed’

ALANA MILLER
MANAGING EDITOR

Hi, my name is Alana Miller and I’m addicted to BuzzFeed. If you haven’t heard of this website or seen a link shared on Facebook from the website, then unfortunately, you have been living under a rock for the past year. BuzzFeed is website culmination of news, pop culture, silly quizzes and a multitude of nonsensical lists. I’m not ashamed to say that I turn to BuzzFeed for everything. I have the Buzzfeed obsession.

If you need the news on BuzzFeed, you can get a full news report written by serious first-rate journalists. On the contrary to that, you can find “21 Delicious Ways to Eat Chicken Parmesan.” Actually, there is a whole section just on the subject of food. If you are looking for entertainment, don’t worry, BuzzFeed covers that too. Personally, I like when Buzzfeed gives you a quick recap of a television shows series before the season premiere. One section that creates the most buzz is the quizzes section. Quizzes can range from “Who’s Your TV Boyfriend?” to “How Uncool Are You?” A majority of these quizzes make no sense at all, but people are obsessed with them; including me. For example, when I took the “Can We Guess Your Profession?” BuzzFeed guessed that I was a Secret Agent. While we all know this is not true, I still continue to take these mindless quizes over and over again. There is absolutely no way BuzzFeed can guess my profession by asking me what my favorite holiday is or where should I vacation. However, if one quiz is right about me, I get so excited and have to share it on Facebook.

The reason why BuzzFeed is one of the most popular sites of our time is because of the sharing option. Right under the headline of every article, quiz, video, list, etc. there are the options to share to Facebook, Twitter, Email, Pinterest, Google Plus or a bookmark. This one option is how Buzzfeed blew up. When I scroll through my Facebook newsfeed, at least five posts are from BuzzFeed. The main reason BuzzFeed is worth $850 million dollars and as widespread as it is because of the viral outbreak on social media.

So yes, I have given into the craze of BuzzFeed.

I go straight to BuzzFeed if I want a quick and easy way to understand a breaking news story. I love to share different lists on my friend’s Facebook wall or brag about how Andrew Garfield is my British actor soul mate. Yes, I know that is never going to happen, but I am still contributing to the BuzzFeed mania. No matter if their quizzes relate to you or not, BuzzFeed is doing it right.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday’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. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

The Sacred Heart Spectrum
Features

Student Blogger of the Week: Julia Kennedy

Sacred Heart University graduate student Julia Kennedy's blog, "Rising Girlboss," is a website geared toward providing women with lifestyle tips and entertainment.

"The title, Rising Girlboss, gives a couple nods to the type of blog that I would like it to be," said Kennedy. "My own personal journey (trials and tribulations, plus the obvious embarrassing happenings along the way) towards becoming a girlboss, helping others along the way, and of course, adding in the necessary social media quips here and there.

With jobs in many fields increasingly hard to come by, some students are choosing to share their job search stories in unique and compelling ways. Kennedy's blog started when she wanted to record her experiences at her summer internship in New York City.

"It's from Washington state, so moving to New York City for ten weeks was an incredible adventure and I knew I wanted to document all of it," said Kennedy. "Plus, I had done a ridiculous amount of research for internships, resume building and how to craft the perfect cover letter, that I wanted to share of my newly learned expertise with others who were struggling."

Kennedy is in Sacred Heart University's Sports Communication and Media graduate program and says that her blog has allowed her to pursue her more unique ideas.

"I've always enjoyed writing and used to have this dream of publishing my own novel when I was younger," said Kennedy. "The blog has become both a creative outlet and a place for me to share tips and tricks for the career world, feeling like I am helping my fellow woman empow-

National Public Radio at Sacred Heart: WSHU

WSHU is a group of national radio stations owned by Sacred Heart University. The organization is run and managed by a professional staff. These stations cover all of Southern Connecticut and Suffolk County, Long Island. WSHU broadcasts local news, information, and classical music.

"The station went on air in 1964, which is a year after the university opened it's doors," said general manager George Lombardi. "The station has been an affiliate of national public radio since 1984."

According to Lombardi, the radio station doesn't target students, but the Sacred Heart staff and faculty are a portion of the 263,900 listeners, as well as a highly educated older group of adults.

"Our audience is 35 years or older and over 80% of them have a college degree," said Lombardi. The radio station consists of three streams of programming. The first is for news and classical music, such as Beethoven, Brahms, Mozart, etc. The second stream is news and talk segments, which allows local reporters to inform their regional area about events. The last one is the Fairfield County public radio. This stream covers news all over Southern Connecticut, from New Haven County to the New York border.

Some of the goals of WSHU are to promote intelligent conversation, allow listeners to make educated decisions in their lives, and to uphold an important part of our culture.

"The benefit we bring to the community is we bring long form news," said Lombardi. Because WSHU is a non-commercial station, it allows reporters to inform their audience with a more in-depth story.

"Where most newspapers are contracting and getting smaller and smaller with their news coverage, we step up and fill the void of news and information for our listeners," said Lombardi.

Although the university owns the station, WSHU raises all its money independently, primarily so that they do not cost the university any money. The radio station receives donations from listeners, businesses, and foundations as well as receiving small grants from the government.

"Our largest source of income, representing about 3 million per year, comes from our listeners," said Lombardi. "They like and appreciate what we're doing, and they send us checks."

They also receive about a million dollars from businesses, as well as a couple hundred thousand dollars from foundations. This adds up to about a 4 million dollar budget for the organization.

While WSHU is staffed with professionals, it also gives Communication and Media Studies majors the opportunity to intern with them. They also have work-study jobs available for undergraduate students.

If you are interested in contributing for "Rising Girlboss," visit Kennedy's website at www.risinggirlboss.blogspot.com.
By Keshaudas Spence

Staff Reporter

The Sacred Heart shield represents several aspects of the university’s history and community. Although the symbol is all over campus, not many students are aware of the meaning behind the shield.

“The SHU Symbol has more than meaning to it. It represents service and honor,” said senior Jacelyn Bentivegna. Some students are asking people to dig deeper into the significance behind the shield. “SHU is known for compassion, heart, and faith, and if students actually dove deeper into its meaning, many would be more understanding,” said senior Kimberlyn Mele. As a marketing major, Mele says she is ashamed of many students’ “lack of interest” in the symbol.

The Sacred Heart University symbol represents six different aspects of the school. Reverend Walter Curtis created the shield between 1963 and 1965 and put time and effort into each representation. The dexter, the bridge, the water, the two diamonds, the checkered bar, and the crescent moon each have a unique significance.

Senior Kyle Church knew what each one symbolized.

“The dexter represents the diocese of Bridgeport. The bridge stands for the area around Fairfield County where SHU itself is located, and focuses on unity. The water is intended to represent knowledge and life within students. The checkered bar is meant to express different ideas of integrity coming together. The two diamonds represent love and truth and finally, the crescent moon symbolizes our lady Mary in honor,” said Church.

The shield can be seen as one large image, but what the symbol consists of is also significant.

“You never really put into consideration how much meaning is put into a simple banner that is hanging all throughout campus. These are the little things students need to start recognizing,” said Bentivegna.

Senior Ian Cotterell has a different opinion. While some students have a strong connection to the shield, others do not.

“I don’t understand the logo, it’s plain. I think SHU should change it to something that represents the Pioneers because I am pretty sure a majority of the students have no idea what the shield represents,” said Cotterell.

“Many students never looked into the meaning behind the shield. Sophomore Josh Beloff would not have discovered the significance behind the symbol if it was not for orientation,” said Beloff.

Katie DiRenzo, a junior athlete at Sacred Heart University, feels she has partial knowledge of what each element represents, but not to the full extent intended by the symbol’s creator.

“I understand each symbol, but at the same time I don’t. They are slightly boring and not energetic enough. This is a university and I don’t think it represents us the way it should,” said DiRenzo.

Students throughout Sacred Heart University pass by the shield, which hangs on almost every light pole around campus, on a daily basis. Administration, faculty, and students pass by the shield multiple times when they come to campus. The shield has a personal and significant meaning for several members of the university.

Louise, a cashier at Chartwell’s Dining, is fully aware of the symbol.

“I come to work everyday, see the symbol, remember what it stands for, and remember who I work for,” said Louise.
The Little Theater Presents “Almost, Maine”

BY NATALIE CIOFFARI
Asst. Arts & Entertainment Editor

On Oct. 16-19 the Theater Arts Program, otherwise known as T.A.P., put on a play by John Cariani called “Almost, Maine.” This play was held in The Little Theater, across from the Edgerton Center Art Gallery.

The play featured nineteen actors and actresses, eight individual scenes, a prologue, an interlogue, and an epilogue. In total, it makes up nine different stories. It was also performed without an intermission. Each scene was considered a “mini-scene.” Once one scene was over, the next scene would feature a new setting, and brand new characters.

The play takes place in a maple leaf town called “Almost, Maine.” The town is called ‘Almost’ because it was almost a town, but did not quite make the qualifications of one. Every scene that happens is during the same time at night in this town; but, each scene has its own personality. These personalities all revolved around love.

Every character that is portrayed in these nine scenes also has their own love story. Each character that was placed in that specific scene experiences different relationships and different aspects of love. Some scenes had the audience laughing, while some had the audience in a deep silence.

“We held auditions one afternoon and each person had a script available prior to that. The idea was not to have them memorize the scene, but to come in and show me, as a director, what they would do as far as an interpretation of a particular scene or that character,” said Craig Schulman, director of the play.

Schulman did an excellent job with strategically placing each person into the right setting and into the right character. The best part about the play was that you had a feel for some of the characters. The intensity and passion brought from each scene brightened throughout the tiny, dark theater.

And for some, like junior T.A.P. student Sarah Klaum, the intensity was brought back from a previous time.

“This is the second time doing this show, and second time playing the same character. And there’s definitely a difference from last year to this year. I changed a lot in my approach to the character as well. It was a lot of raw emotion, but I connect so much with the scene that I do,” said Klaum.

For other characters, like freshman Zachary Lane, their character was not so obvious, and had a big secret to keep.

“My character’s name is Chad, and he is having some mixed feelings about his sexuality... with his best friend. Basically those feelings come out during my scene. In the end, the two characters fall for each other... literally falling in love, on the ice,” said Lane.

With each scene, every character is trying to find love. Whether it may be from slipping on ice, to knocking on someone’s door that they have not seen in 20 years, the audience can definitely relate to this show.

“Almost, Maine” is personal to some, while others might be seeing something on stage that maybe has happened to them before. Regardless, love is what brought them there in the first place.

“Almost, Maine” performances continue in The Little Theater on October 23-25 at 8 pm, and Oct. 26 at 3 pm.

Illustrations Done by Senior Art & Design Major Maribel Paredes

“CHRISTIAN BALE”

“STARVED”
**Gone Girl**

**BY KRISTEN SULLIVAN**

**Staff Reporter**

**Warning: Spoilers to follow**

Gillian Flynn’s highly regarded bestseller turned movie “Gone Girl” premiered on Oct. 3. The movie was directed by David Fincher, best known for his mind game thrillers such as “The Girl with the Dragon Tattoo,” “The Curious Case of Benjamin Button” and “The Social Network.” Flynn wrote the screenplay herself and, for the fans of the book, you will be happy to know she followed the book with precision and accuracy.

“Gone Girl” is about the disappearance of Amy Dunne, the daughter and inspiration of two best selling authors of the children’s series “Amazing Amy.” Her husband, Nick, comes home one day to find her gone. With the help of her diary, scavenger hunt clues that she left for her husband’s anniversary present, and the help of those who knew her, the story of Amy Dunne unravels. With many plot twists and suspicions along the way, Amy comes back and nothing is as it seemed.

With an all-star cast of Ben Affleck, Rosamund Pike, Tyler Perry and many others, the movie gave fans of the bestselling book everything they wanted.

Affleck perfectly portrayed Nick Dunne, the emotionally detached, creepy, husband of the missing Amy Dunne. Although Nick is innocent, he gave the audience that glimmer of doubt with his smug approach to finding her. Those who have not read the book will believe he is guilty, just like readers had, until the highly anticipated plot twist.

Rosamund Pike does a decent job at playing the seemingly nice, wholesome, and perfect, but complicated Amy Dunne. She comes off a little creepy and mysterious in the beginning so she doesn’t portray Amy’s same likeability that charmed the audience in the book. However, as the movie gets going she does a fabulous job of portraying Amy as the psycho, mind twisting, manipulative killer that she is. Her performance may leave viewers afraid of her.

Finch did a fantastic job of setting the tone for the movie. It was very mysterious and slow as they tried to figure out what happened to Amy. Just like in the book, viewers did not expect the clues that kept unraveling. The sequence of events is close to perfect with how it was in the book; Finch made sure every action was smooth, smart, and sneaky. It is clear that Finch knows how to toy with the audience’s minds both in print and on screen.

The locations during the movie were depicted just as it was described in the book. Especially “the bar,” the local bar that Nick owns with his sister and the house that belongs to his father. Readers of the book will feel like they are seeing exactly what they imagined while reading the book.

However, as with most movies that stem from a book, many details were cut down or ignored. For example, the movie doesn’t show Amy going into the mall and buying a gun because she was afraid of Nick. The movie also doesn’t go into too much detail about Nick’s affair or the flashbacks in Amy’s fake diary. For those who have not read the book, Amy’s diary tells us the story of what she wants us to believe happened.

It’s well known that many readers were unhappy with the ending of the book and were hoping the ending would be changed for the movie. Unfortunately for those who didn’t like it, the ending remained the same; however, seeing it on screen makes it work. In the book the ending comes off as disappointing, but after seeing it come to life, readers may find themselves pleasantly surprised.

**“Let’s Do the Time Warp Again”**

**T.A.P. ’s Annual Rocky Horror Fundraiser**

**BY MARINNA DESANTSIS**

**Staff Reporter**

A cult classic known for being hilarious, yet extremely sexual and vulgar, was shown on the big screen in the Edgerton Center Auditorium. Sacred Heart University’s Theatre Arts Program (T.A.P.) put on the annual fundraiser showing the classic Rocky Horror Picture Show on Oct. 15.

Admission for this show was $5, which included a ticket and a participation bag filled with different items to use during the show, such as: bread, rice, water, rubber gloves, noisemakers, etc.

The show started off with a few games for people who have never been to an interactive showing before, better known as “virgins.” The student conducting the game was dressed in a full Rocky-esque costume, including fish-net tights, a skirt, and sparkly heels. There was a set of three games including crawling under each other’s legs, trading bananas between each other’s legs, and saying the word “panties” in your sexiest voice.

“I knew from the beginning that this would be a very interesting show. I’ve been to a few shows before, but this was definitely different than anything I’ve ever seen before. It was a great experience,” said junior Steven Dunne. Since this is a yearly fundraiser for T.A.P., many people in the audience have already seen the show, most audience members were wearing costumes and knew exactly what to exclaim during the movie.

The film has multiple traditions that occur at every screening all over the country. The idea of talking back to the movie after certain statements began at a 1976 screening in New York City and the tradition continued ever since.

The audience watched the movie and screamed derogatory comments when they saw the husband and wife. These comments continued through the entire show, different sayings at different parts. Along with audience members shouting, they also started throwing the items from their bag.

“I was really confused by the participation bag at first until all of the sudden there was rice flying all over the place. It was fun to be able to throw all of this stuff around and not get yelled at,” said junior Michael Mazzilli. “It was a really fun show to attend. The theatre program did a great job.”

During the song, “The Time Warp,” students in costume jumped up from their seats in the audience and ran to the front of the theater. They did a very entertaining dance alongside the dance during the movie. All of the student’s costumes were composed of black, lace and bright colors. Men were wearing bras, skirts, and glittery heels; women were wearing corsets, short skirts, and fishnet stockings.

There was a scene in the movie where the couple is in their car and it was pouring rain outside. During this time, everyone in the theatre put a piece of newspaper over their heads; within moments audience members were spraying water bottles all over the auditorium, to simulate the rain from the movie.

This interaction continued for the remainder of the show. There was shouting, items being thrown, and students dancing throughout the audience.

“At first I was nervous that this was an interactive show, but it turned out to be so much fun,” said sophomore Jill Foertsch.

The theatre program portrayed such a classic and well-known show. All of the people in attendance were involved and really enjoying the show.

“I’ve attended the Rocky Horror Picture Show two years in a row and I have to say that this year was even better than the last. We have a really great theatre program here at Sacred Heart and more people should take advantage of it,” said junior Alyssa Bonacum.
A Busy Break for Women's Volleyball

BY SHAWN SAILER  
Staff Reporter

The Sacred Heart women’s volleyball team was busy during the past couple of weeks. On Oct. 12 they defeated Fairleigh Dickinson three games to one. The Pioneers won the first game 25-21. Sacred Heart came out strong, taking a 6-3 lead but the Knights came back to tie the game at 15. Fairleigh Dickinson then took a 19-16 lead. Senior setter Alessa Mesa’s five point service run gave Sacred Heart a 21-19 lead and they never looked back.

“We took it as a match to see if we could mature and grow as a team physically and mentally and I really think we took a big step,” said Mesa.

Fairleigh Dickinson took the second game by a commanding 25-15 score to even the match at a set apiece.

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FOOTBALL

Pioneers Gaining Nationwide Respect
Sacred Heart Football is Nationally Ranked Behind Three Strong Wins

BY NICK MCA N E E N Y
Sports Editor

For the first time in program history, the Sacred Heart football team is nationally ranked in the top 25. On Monday, the rankings came out and Sacred Heart was number 24.

"Being nationally ranked for the first time is a testament to the hard work and dedication of our student-athletes," said Head Coach Mark Nofri.

Following their first loss of the season to Bucknell, the Sacred Heart football team has been on an absolute roll. They have won three straight games, and have done so in tremendous fashion.

The first of these three games was against the nationally ranked Delaware Blue Hens. The game did not start off well, as Delaware halftime Jalen Randolph took the opening play 79 yards for a touchdown.

"We had a breakdown on our first play of the game," said Nofi. "I think the kids needed to settle in." Settle in they did, as Delaware would not score another point in the contest.

With 6:36 left in the first half, R.J. Noel hit Tyler Dube for an 8-yard touchdown to finally get Sacred Heart on the board.

Both offenses couldn't get much going in the second half, until 13:11 to go in the game, Sacred Heart started a drive from their own 20 yard line. Noel ran for 32 yards on the second play of the drive, and then hit wide receiver Jackson King for a 17-yard gain.

Running back Keshaudas Spence then picked up a crucial third down conversion, and then the Pioneers drive stalled, but Chris Rogers converted 25-yard field goal to give the Pioneers a 10-7 lead.

That was a lead the Pioneers wouldn't relinquish. The Pioneers forced a Delaware punt with 2:51 remaining, and using Noel and Spence to run out the clock.

Sacred Heart's win snapped Delaware's 22-game losing streak, but it was called back on a penalty. The tone of the game was already set, though.

Sacred Heart went on to score on that drive, as well as their next three drives to lead 20-7 after the first quarter.

"The offense was just clicking," said senior running back Sean Bell. "Passing and rushing no matter what we did seem to work. It was a great feeling."

Sacred Heart would go on to amass 631 total yards on offense, while holding Robert Morris to 291 total yards and only 61 yards on the ground. They would go on to win their conference opener 52-13.

The Pioneers then traveled to Pittsburgh to take on the Duquesne Dukes for their first conference road game of the year.

Sacred Heart got off to a good start when Noel once again hit Dube for a 22-yard touchdown with 10:06 left in the first quarter. That was the last time the Pioneers would find the end zone in the first half, as the Dukes were able to keep them from scoring for the rest of the half.

Sacred Heart did not do themselves any favors either; as they would go on to finish the game with 12 penalties for 118 yards. Dukes wide receiver Chris King caught a touchdown pass from quarterback Ryan Egel with 13 seconds left in the first half.

That sent the two teams into the locker rooms tied at 7.

Duquesne would come out hot in the second half, as Egel would throw two touchdown passes to give the Dukes a 20-7 lead.

The Pioneer offense caught a spark when Noel kept them ball himself and ran for a 67-yard touchdown to tighten the gap to 20-14.

"Things were looking pretty bleak there for a time [down 20-7] and then R.J [Noel] makes a big play for us," said coach Giaquinto.

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"Things were looking pretty bleak there for a time [down 20-7] and then R.J [Noel] makes a big play for us," said coach Giaquinto.

The defense tightened up and the offense did what it had to do. I can't say enough about these kids and the leadership. They just keep coming and keep playing no matter what."

Sacred Heart was close to taking the lead, and were able to get the ball down to the Duquesne three-yard line. They were unable to punch it in, though, getting stopped on fourth down.

There would be no more scoring until the minute mark when Duquesne took a safety on fourth down to give themselves more distance on the ensuing kickoff. That made the score 20-16.

"We were not nervous," said center Frank McConnell. "We never had a doubt that the defense was going to get us the ball back with enough time that we could go down and score."

"We knew what we had to do," said cornerback Stephan Thomas.

Dube would take the ensuing free kick 37 yards to the Duquesne 45, giving the offense great field position for the final drive.

Ruju rushed for 15 yards on the first play of the drive, and then completed a 22-yard pass to Dube. But after two straight incompletions, Noel completed a clutch pass to receiver Jackson King who took the ball all the way to the three-yard line.

After an incomplete pass on first down, a sack on second, and then another incomplete pass on third down, the Pioneers lined up for what would be their final play of the game.

Noel would drop back and hit the Duquesne in the end zone with 23 seconds for the game-winning touchdown, giving the Pioneers a come from behind 23-20 improbable victory.

The next for the Pioneers will be this Saturday at Campbell Field for Parents Weekend as the take on the St. Francis Red Flashers.

Restaino Added to Coaching Staff

BY ANTHONY BARTONIK
Staff Reporter

As much as players determine the outcome of the games they play, great coaching plays a big part in helping a team reach their full potential.

Head baseball coach Nick Giaquinto announced the hiring of Nick Restaino as a new assistant coach. His title on the team, as well as a full time assistant coach, is the team hitting coach and recruiting coordinator.

His last possession was hitting coach of Southern Connecticut State last season, where he led the team to finish first place in the NE-10 Southwest Division. The NE-10 Conference, or the NE-10, is a conference for college athletes on a Division two level, which is affiliated with the National Collegiate Athletic Association, or NCAA. They are located in the northeast-

Restaino has been tremendous for the program," said coach Giaquinto.

Coach Giaquinto started working for Sacred Heart this past August with head coach Nick Giaquinto.

"To get a guy with that kind of experience, that has been tremendous for the program," said coach Giaquinto.

Previous to Coach Restaino's position at Southern Connecticut State, he was head baseball coach at his alma mater Fordham University for seven seasons. In his first season as head coach for Fordham in 2005, Restaino was named the Atlantic 10 Coach of the year.

This award has been presented since 1988 for most outstanding coach, as voted by the A-10's coaches at the end of each regular season.

Coach Restaino led his old team to their confer-

ence tournament four times, which included a second place finish. Restaino also had previous assistant coaching jobs at Manhattan College and Lehman College.

He has also seen 13 of his previous players get drafted to Major League Baseball.

Coach Giaquinto has also been focused on how the players felt about this new change to the team.

"Its all been good feedback, I kind of collaborated with the guys over summer and once we knew we were losing our assistant and our volunteer assistant, we kind of got a feel of what we needed and what they wanted," said coach Giaquinto.

"They wanted a guy with a proven track record as far as coaching college ball and also a guy who had some pro experience, and I think we are pretty fortunate that we touched all bases on what our needs are, all the feedback I have received was very good as well."

Coach Giaquinto also added an volunteer assistant coach Tyrone Kingwood, a local from Bridgeport CT, out of Bassick High School, and in 1987 Coach Kingwood was a first round draft pick for the Montreal Expos.

"He has a tremendous back round in baseball he made it up to Triple A his last couple years in the minors, and the wealth of knowledge that he has brought with him, it has been a tremendous asset to all our young outfielders and hitters," said coach Giaquinto.

Coach Giaquinto wanted to choose a coach depending on the skills they had on the staff already.

"How can we add somebody that is going to add to the program, between talking to the veteran players and getting their feedback and putting together a kind of a plan or idea of what kind of guy we are looking for," said coach Giaquinto."

That's how the process started and then of course the application is open by applying on line and we would just pick through and see who fits best, and who I thought could be the guy and then finally coming down to us making a tough decision."

Coach Giaquinto finally stated that the upcoming season looks very strong with this new addition to the coaching staff and is looking forward to the future to come this upcoming season.
To get a guy with this kind of experience has been tremendous for the program.

- Head Coach Nick Giaquinto

BIG RED CHEERING ON OUR NEWLY RANKED FOOTBALL TEAM

THE SPECTRUM/MEGAN LACKMAN