“Don’t Stop the Music”: Family Weekend 2014

BY GABRIELLA NUTILE
Staff Reporter

For the past 24 years, Sacred Heart University hosts a family weekend where students can reunite with their families during a weekend filled with student activities. From Oct. 24–26 students and families celebrated “Don’t Stop the Music” with various events and activities for the whole family.

A “We’ve Got Rhythm: Wine and Cheese Party” jump-started the weekend on Friday night. A relaxed atmosphere offered an assortment of wines and cheeses to taste, and was accompanied by music from the SHU faculty brass quintet.

“My favorite part of family weekend had to be the SHU Hoops Madness,” said sophomore Lauren Oddi.

SHU Hoops Madness, held in the William H. Pitt Center, was the main attraction for the student body. The event was the kick off to Sacred Heart’s 2014-2015 basketball season. The event began by introducing both the Division I men’s and women’s basketball teams, which was then proceeded by different games such as “Bubble Ball Soccer.”

Athletes were chosen to represent their teams and put themselves in a big bubble ball and play soccer while slamming into each other. “I thought it was so fun, and the Bubble Ball Soccer was hysterical. My family and I had a great time,” said Oddi.

SHU Hoops featured a performance by R&B rap icon, MC Lyte. He performed his most famous hit singles, “It Takes Two” and “Joy and Pain.”

Saturday, Oct. 25 Sacred Heart’s football team played at home against St. Francis University. Before the game a “Rockin’ Tailgate Party” was held with a cover band, The Zoo, providing music and entertainment throughout the tailgate.

Sacred Heart’s football game was filled with excitement and apprehension according to Oddi’s parents.

“The game was the best part of the weekend for me because I love football, especially college football,” said Lauren’s father, Andrew Oddi. “The game kept me on edge the whole time and the energy was almost palpable. It was a great atmosphere to be a part of and experience with both my wife and daughter.”

During the football game, it was announced that there was a record-breaking turnout that day with 4,601 in attendance. Sacred Heart lost to Saint Francis University with a close score of 36-27.

Saturday night had a special performance from the five-man cappella group, The Cur’s Pajamas.

“The music was absolutely wonderful and just blew my mind,” said Lauren’s mother, Elisa Oddi. “I thought it was fantastic and they covered such great songs from my time and current songs that my daughter enjoys.”

On Sunday, Oct. 26 family mass was offered at the university’s chapel. There was also a continental breakfast with Sacred Heart’s President, Dr. John J. Petillo.

To end the weekend there was an afternoon field hockey game against Rider University, as well as a performance by Sacred Heart’s Club Figure Skating team at the Wonderland of Ice skating rink located in Bridgeport.

Spectrum Exclusive:
Interview with New York Yankees Analyst Jack Curry

BY EMILY ARCHACKI
News Editor

Jack Curry, New York Yankees analyst and reporter was at Sacred Heart University on Oct. 20 to talk to students from professor Rob Coloney’s sports broadcasting class. The event was also open to Sacred Heart students, faculty and staff.

Coloney, associate director of career placement and adjunct professor was hired as an intern for the New York Yankees in 2009, his freshman year at Sacred Heart. Coloney still maintains a part-time on-camera relationship with the Yankees today.

“I knew that there were many people Sacred Heart students could benefit hearing from – but as I mentioned when I introduced Jack – more than a broadcaster, a journalist, and a celebrity in the sports world, Jack is a human being. Jack tells it like it is, but is always willing to help those who demonstrate an effort, passion, and will to work, thrive and succeed,” said Coloney.

Jack Curry covered the New York Yankees and Major League Baseball for “The New York Times” for 20 years. Curry currently works for the YES Network as a Yankees analyst, reporter and program contributor. He is also the host of “JCTV: Jack Curry Television,” an original series on YESNetwork.com featuring interviews with famous names in sports, entertainment and media.

Curry has also hosted “Yankees Access” the past four off-seasons. The show gives the audience a behind-the-scenes look at popular Yankees players.

Q: For students who are interested in careers in sports media and the television industry, what experience do you suggest they pursue?
A: If you’re interested in getting into the sports media, whether it’s on the broadcasting side or the print side, you really have to gather as much experience as you can while you’re in college. Whatever your college offers you should do it, you should be the first one in line to do it. I think you have to take advantage of all that campus stuff because that leads to business opportunities away from campus and maybe you get an internship or maybe there is some sort of job opportunity. If you have the campus experience, I think that makes you that much more appealing when you are looking for one of those positions.

Q: What are the biggest differences between working for “The New York Times” and transitioning to the YES Network?
A: When I think about my career as a newspaper guy with “The New York Times” and now a TV guy with the YES Network, the biggest differences are in TV. I can’t hit the button and go back and change a word. As a newspaper guy for the “Times” if I wanted to change awkward to bizarre, I could just hit back the hint and go back and change it. I could do that as long as I did it all under deadline.

In TV, you say it and it’s out there. There is no going back. So I think the one thing that I had to learn in TV was if you make a mistake, keep going. Because if you stop and you make a big deal out of it, then everyone else is going to notice.
Awards. Hulme received third place for her short story national recognition in the prestigious Hackney Literary recognition given to Hulme. English professor at Sacred Heart University, has received years ago, I sent my headshot to the SNL Maze Ruimer,” “The Hunger Games,” sketch parodies YA novels such as “The about post-apocalyptic young adult (YA) _ “The Group Hopper.”

40 of the live comedy sketch show, and the host for that evening was Bill Hader, with musical guest Hozier. This is in fact not the first time Lim has made a guest appearance on SNL. “I have previously worked on several episodes for Saturday Night Live. Several years ago, I sent my headshot to the SNL casting department. Apparently, they have kept it in their files since then,” said Lim. In the episode, Lim makes a guest appearance in a pre-taped sketch entitled “The Group Hopper.”

The sketch was filmed on Oct. 7 at Fort Totten in Queens, New York. “SNL producers have a reputation of making the work environment very pleasant,” said Lim. The sketch is a parody movie trailer about post-apocalyptic young adult (YA) novels recently turned into films. The sketch parodies YA novels such as “The Maze Runner,” “The Hunger Games,” “Divergent,” and “The Giver.” The video describes the tagline of the finished book, and the time-honored premise that the viewer’s “integrate” of the story is what matters. The sketch, titled “The Group Hopper,” is a parody of a trailer for the upcoming movie “The Hunger Games.”

The episode was the third in season 40 of the live comedy sketch show, and the host for that evening was Bill Hader, with musical guest Hozier. "My very first acting role was a Disney produced movie that filmed in Stamford, Conn. I showed up for a casting call at Stamford Town Center. Much to my surprise, they called me several weeks later to participate in filming," said Lim. Lim is a member of the Screen Actors Guild (SAG). “After I appeared in a leading role in a remake of the video game for an episode of a talk-show television series, I was eligible to join SAG.”

Lim did not mention anything to his students about his guest appearance on SNL prior to the premiere of the episode. “There is always the possibility that my scene would be cut from the final version. So I did not want anyone to stay up late, only to find out that my scene was not used. Also, my students would probably think I was joking,” said Lim. The sketch can currently be viewed online on the SNL YouTube page.

University Professor Wins Prestigious Award

University Professor Wins Prestigious Award

Interview with New York Yankees Analyst Jack Curry

Ralph Lim appears in the live comedy sketch “The Group Hopper”

Sacred Heart Professor on SNL

BY EMILY ARCHACKI
News Editor

On Oct. 11, Professor Ralph Lim, Sacred Heart University’s associate professor of finance, made a guest appearance on an episode of Saturday Night Live (SNL). The episode was the third in season 40 of the live comedy sketch show, and the host for that evening was Bill Hader, with musical guest Hozier. This is in fact not the first time Lim has made a guest appearance on SNL. “I have previously worked on several episodes for Saturday Night Live. Several years ago, I sent my headshot to the SNL casting department. Apparently, they have kept it in their files since then,” said Lim. In the episode, Lim makes a guest appearance in a pre-taped sketch entitled “The Group Hopper.”

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In “The Group Hopper” sketch, new SNL cast member Pete Davidson stars as Thehero, with Hader starring as the tyrannical king. “It is delightful to work with both cast and production crew,” said Lim. In addition to his appearances on SNL, Lim has also had roles in television shows such as, “Rescue Me,” “Law and Order,” and “Law and Order: SVU.” He has even made appearances in the films “College Road Trip,” “Old Dogs,” and “My Soul to Take.”

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University Professor Wins Prestigious Award

BY FRANK McCONNELL
Staff Reporter

Professor Marie Hulme, an English professor at Sacred Heart University, has received national recognition in the prestigious Hackney Literary Awards. Hulme received third place for her short story “Special Romantics.”

Founded in 1969, the goal of the Hackney Literary Awards is to nationally recognize excellence in poetry and fiction.

Cory Sisterhenn, the Academic Department Assistant for the English Department, was not surprised by the recognition given to Hulme. "Marie works so hard and so often that honestly no one in the English department was surprised," said Sisterhenn. At the recommendation of her colleagues, Hulme was encouraged to enter the competition. "In my MFA program, we were encouraged to send our work out into the world," said Hulme. "So I submitted ‘Special Romantics’ to the Hackney Literary Award competition at the urging of some of my colleagues who had read the story." With a career as both a teacher and as a writer, Hulme views her accomplishment as a supplement to her teaching. "My writing life is an integral part of my teaching life as it nurtures my imagination in ways that inform the work I do in the classroom," said Hulme. "I encourage my students to embrace creativity as an essential part of our humanity and to take time to notice and to respond to the beauty and wonder of the world in original and meaningful ways.

Aside from receiving third place in the competition, Michael White, an award-winning novelist from Fairfield University took interest in Hulme’s work, describing it as “gorgeously poetic, visual, vivid, sensuous, and concrete.” Hulme was “bumbled” by the high praise.

"Michael White is an esteemed mentor to me and I greatly admire his eloquent work,” said Hulme. "He taught me not to wait for an elusive muse to appear, but rather to show up every day and put in the effort to write even a few lines. I hope my students apply this to their own interests and passions and realize that achieving one’s goals is in any field is less about talent and more about the integrity and purpose of one’s life work.”

Even with national recognition, when asked if the award has changed her life, Hulme replied, “I might have a few more fellow writers following me on Twitter which is always nice. I enjoy sharing ideas, frustrations, and small victories with others who labor over words. I have to keep chiseling away at my writer’s block most days.”

Sacred Heart students see Hulme’s award as a representation of the professors at the University. "I think it’s awesome that one of our professors received national recognition," said senior Liam Doyle. "I think it just goes to show the quality of the teachers that we have on our campus.”

Hulme’s colleagues have also taken recognition to her work. "My colleagues from across the University, and within the English Department in particular, have been characteristically generous and kind," said Hulme. "My fellow creative writers, Dr. August and Dr. Zdanys, have inspired me by their own talent and dedication to their craft.”

Professor Marie Hulme’s award recognition is an iconic representation of both her writing and teaching abilities, as well as a reflection on the quality of learning Sacred Heart employs.
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Perspectives
PARANORMAL PHENOMENON

BY MEUNfE VOLLONO
Assistant News Editor

The holiday season is one of the most anticipated seasons of the year. It’s an excuse to eat as much pie as our hearts desire, decorate our houses, and buy presents for everyone we know—even the crossing guard who lets us walk through a number of haunted houses as well as riding the rides at night.

The night is the scariest for me; being in the dark displays so many features of the unknown and miracles. Also since our vision is depleted at a higher percent, it is harder for us to distinguish things in the dark.

A couple weeks ago my friends and I went to see “Annabelle.” It was a perfect autumn night, cool and crisp and it was also a Tuesday ($6.00 movie). Great night to see a horror film, right? The part that gets me when I see a scary movie, is the way that Hollywood introduces the films, “Based on a true story...” Whether the movie is a real story or not, movie directors use this tactics to help terrify us in some ridiculous ways... and it actually worked with me. After I got home from viewing “Annabelle,” I went on to The Warrens’ official website.

The Warrens created N.E.S.P.R. or the New England Society for Psychic Research during their active years of covering these horrifying cases. For over 50 years, Ed and Lorraine Warren have researched studied several paranormal cases including the infamous Annabelle doll and The Amityville Horror house on Long Island, NY. After The movies like Paranormal Activity don’t scare me; I know there’s going to be silence and then something dramatic will happen so I guess the predictability just prevents me from getting too intimidated by it. But if I were the one in the movie who was experiencing those things, I’d definitely be out of the house in a heartbeat. I think the scarier movies are the ones that show the figures/people/things that are haunting people. Those movies give you something to focus on, and create an image in your head that will most likely carry over to your nightmares...

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The holiday season is one of the most anticipated seasons of the year. It’s an excuse to eat as much pie as our hearts desire, decorate our houses, and buy presents for everyone we know—even the crossing guard who lets us pass when we’re running late.

“Christmas is the most exciting time of the year. I’m really excited for the decorations, activities and cheer,” said senior Chelsea Tibus.

Now perhaps it’s just my inner “Ba Humbug” coming out, but since when is it appropriate to celebrate the Christmas holiday in October?

We don’t people giving out chocolates and making goopy eyes at one another in sheer glorious anticipation for Valentine’s Day. It seems that our devotions are set for Christmas.

The Christmas season is my favorite because it’s all about being with the people you love and celebrating together,” said sophomore Elizabeth Richards.

Who doesn’t love a tall eggnog after a long night of doing the things in the movie were fictional, the pure fact that the real owners of Annabelle used to find her in different positions and places in their room is creepy enough for me to dispose of that doll immediately. Dolls already kind of creep me out so I would never keep one in my room is creepy enough for me to dispose of that doll immediately. Dolls already kind of creep me out so I would never keep one in your house. The Warrens’ official website.

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TARGET DISPLAYS THEIR CHRISTMAS DECORATIONS BEFORE NOV. 1ST

If you’ve walked into a supermarket, drug store, or the lawn outside the Edgerton Theatre in the past week or two, you’ve noticed that the stores have already started to put up the Christmas decor. The dollar store in my town already has chucked out the entire Christmas display. This is very early, but since when is it appropriate to celebrate the Christmas holiday in October?

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The Fight to end Performance Enhancing Drugs

BY ALLY D'AMICO
Staff Reporter

The use of performance enhancing drugs isn’t just a problem for the professionals, they are now making their way into intercollegiate sports as well.

Performance enhancing drugs, or PED’s, are substances taken by athletes to improve performance. The most known PED in sports are anabolic steroids, which increase testosterone and build muscle.

"Performance enhancing drugs have been a growing issue in sports since around the 60’s and there are all different types such as anabolic steroids, stimulants, human growth hormones and supplements," said athletic training major, Kelsey Carpenter. "These drugs are usually taken by athletes to improve their performance. However what most athletes do not know is that PED’s have the ability to drastically alter their body and bodily functions."

The use of performance enhancing drugs comes with many side effects. From acne and balding, to heart damage, liver damage, and even blood clots. Because very few actually know the risks of performance enhancing drugs, it’s necessary to regulate them at all costs.

The National Collegiate Athletic Association, or the NCAA, has been drug-testing athletes since 1986, and today 90 percent of Division I schools implemented their own drug testing policies as well.

For Division I and Division II campuses, the NCAA has a minimum of one drug-testing visit each school year. "I think the restrictions they have put into place are good," said freshman Dan Schock, member of the Sacred Heart baseball team. "They aim to keep athletes safe from the dangers they might not be aware of."

The dangers PED’s pose are not the only reason many people are against the use of them.

"Personally, I feel strongly against performance enhancers because it takes away from the purpose of the game," said junior Moses Webb, member of the Sacred Heart football team. "For me it’s all about natural hard work and fun. There is a reason why these drugs are banned."

Many athletes agree that PED’s are unfair to those who put the time and effort into their sport naturally.

"I don’t think they should be used at all," said senior Kylee Lowndes, member of the Sacred Heart field hockey team. "You should be able to perform without them through determination and practice."

"Personally, I don’t know if PED use is a big problem in college athletics, but I would say it is more so in some sports than others. Also more of a problem in men’s sports than women’s," said Lowndes.

According to the National Study of Substance Use Trends Among NCAA College Student-Athletes in 2009, 3.3% of females admitted to using amphetamines and .2% admitted to using anabolic steroids in the past 12 months. Where as 4% of males admitted to amphetamines and .5% to anabolic steroids.

The study also showed that the sports with the highest use of anabolic steroids were baseball and football, but lacrosse held the highest use for amphetamines.

"I’m not a D1 athlete, but have played sports my whole life and currently compete in Olympic weightlifting," said Carlo Fiore, member of the club weightlifting team. "I think use in high school or college athletes is due to an over glorification of professional athletes. In addition to that, I think PED use in college and high school comes from an outside pressure (family or societal) to become a professional in a given sport," he said.

The pressure to always be on top may contribute to the increase in popularity of performance enhancing drugs.

"It’s kind of like a vicious cycle, more so in professional sports, but if most people are using them then everyone else has to in order to be able to keep up or they won’t play," said Schock.

In efforts to diminish performance-enhancing drugs in college sports, the NCAA invests $4.5 million each year to collect and analyze samples in the drug-testing program. As well as $1.5 million towards drug education programs in universities.

"I don’t think that PED’s make someone a better athlete. While they can increase strength and recovery, that does not directly correlate with performance on the field," said Fiore. "I believe that there is a certain God-given, raw athletic ability that people have or are given, which no amount of PED usage can overcome."

What are you wearing for Halloween?

Mackenzie Malloy, Senior
"Pirate"

Anna Leone & Katherine Seckler, Freshmen
"Batman and Robin"

Callum Smith, Junior
"Hula Girl"

Katie Paquette, Junior
"Scarecrow"

Sam Haug, Sophomore
"Gumball Machine"

Sarah Dizimian, Junior
"Old school Britney Spears"
The Beatles. The Who. Led Zeppelin. AC/DC. Nirvana. These are all rock bands. Rock music has been the forerunner of social issues as well as influencing all other forms of music from rap to alternative. It truly has been the most influential form of music and is and always will be my favorite type of music. So with all that in mind I must ask the question: is it dead? Is rock music actually dead?

Honestly, I do not really know. I do not want to believe it is, but then again it very well may be dead as a popular art form. Rock bands to not chart anymore. There is a reason they have the U.S. mainstream rock section on the Billboard charts. The highest charting rock band we have nowadays is Coldplay, who manages to crack into the top 10 from time to time. Other than that, rock music is basically ignored on the Hot 100 chart, which is now dominated by hip-hop and electronic “music.” So in a sense you could say it is dead. But there are arguments against this.

Rock fans do not believe rock is dead. They are the most loyal fans in all of music, and any fan will go to bat and fight for their favorite band if anyone disrespects them. They do not wave and sway to whatever is popular at the time and grow in and out of fads. You see interviews where people finally cried, and that I had done it in front of what felt like the entire student body. I wasn’t doing anything right.

The services were difficult to get through. I knew I was going to speak, but I didn’t bother to write anything down. The only speaker who didn’t have one word prepared besides a poem my Grandpa had repeatedly given me at different points in my life. I told a story about the last time I had been alone with him in everything I do because I only have him to thank for what my Grandpa would have thought and he would have been surprised and I was hurt, but I wasn’t crying; I didn’t have the chance to cry. I had six hours of work ahead of me, I had to shower and I had to eat. I didn’t tell my boss because I knew what he said; that I remember what he stood for. He stood for understanding and love, and that’s what I strive to stand for as long Live Rock?

NICK MCANENEY
SPORTS EDITOR

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.
SHU Celebrates Fall With Harvest Week

BY ALEXANDRIA MARINI
Staff Reporter

Harvest week is a week-long event at Sacred Heart University filled with fall-themed activities on campus for students.

The Student Events Team (S.E.T.) organizes this week in order to kick off Halloween and the autumn season.

"It's the entire week before Halloween with activities every night of the week relating to fall and Halloween," said sophomore Kelly Romano, S.E.T. Theme Chair.

"Because holidays and seasons frequently come around, as an events team, we try our best to have themed events to relate to." S.E.T. has been hosting this event for the students on campus for at least five years and plans on continuing to do so for many years to come. It's an opportunity for students to get involved and take their minds off of academic stress.

Some of the events occurring throughout the week include pumpkin-shaped cookie making, a viewing of the film "The Haunting in Connecticut," and many other Halloween activities.

Harvest week is held every year, so many students are familiar with the different events held throughout the week.

"We usually get around 200-250 people for each event, but since this is something that is annual and has been advertised, we are hoping for a lot more," said Romano.

The ghost hunter and the psychic fair are the week's most popular events.

On Thursday Oct. 30 at 9 p.m., ghost hunter Chris Flemming will take a group of 40 students around campus on a ghost hunt.

Last year, there were two psychics giving 10-minute readings to students. Because this event has been a hit in the past, there will be four psychics giving readings this year.

"I didn't have time to go to the psychic reading last year, but I really want to go this year because I'm interested in what they have to say about my future," said sophomore Lizzie Richards.

Before attending the psychic reading last year, senior Maggie Borchardt was not a believer of readings.

"She knew me so well and knew things about me that nobody else would know just from looking at me," said Borchardt. "Now I'm a real believer of psychics and I can't wait to go again this year." According to Romano, the people they bring to campus for these activities are all professionals in what they do. One of the newest events to Harvest Week is the mechanical bull, which is equivalent to riding the mechanical bull.

"I think it's going to be very funny to watch people do it because it is very different than something we normally do," said Romano.

Harvest week is filled with several activities on campus from Monday, Oct. 27th to Friday, Oct. 31st.

"I encourage everybody to come out to all of the events," said Romano. "They're all going to be awesome and I am very excited for the whole week."
Sacred Heart University's Wellness Center has launched the school's new Virtual Women's Center (VWC), an online resource for students and faculty. The VWC is available online under the Wellness Center's main page. The website is a new tool that is geared towards empowering women and giving the Sacred Heart community the materials to feel safe and informed. It is convenient for students because the contacts and facts are just a few clicks away.

Jocelyn Novella, Assistant Director of Counseling, came up with the idea for the VWC. "I've been at Sacred Heart for 19 years and, over the years, there have been discussions about establishing a women's center on campus," said Novella. "The problem has always been a matter of space. The idea of having a 'virtual' location for these resources solves this problem." The VWC is available online under the Wellness Center's main page. The website has several tabs on the left of the page. Each tab displays a topic that the virtual center covers. Some of the topics include: sexual and gender violence, health and body integrity, education and empowerment, and faculty resources.

"Also there are resources specific to women of color and the LGBTQ community," said Novella. Many students are excited about the creation of the VWC. Junior Casey Stathopoulos was eager to share the news of a virtual portal with her housemates. "Being a woman away from home, it is easy to feel vulnerable and alone. I think the concept of a portal filled with helpful facts and resources is a great idea," said Stathopoulos. "I cannot wait to see how the VWC grows in the future." The fact that these resources are online is a big attraction to many students. Freshman Devan Kane likes that if she has questions or needs to reach out to someone comfortable meeting with someone face to face. Having help available online is a great start for someone that needs the type of information the VWC provides," said Kane. Under each tab, the VWC provides several different sections that are specific to the needs of the reader. For instance, under the Sexual and Gender Violence tab, one can find a plethora of different facts, contacts, and advice. One section includes a list of what to do if you are raped or sexually assaulted. The following section provides several tips on how to help a friend who has been sexually assaulted.

All members of the Sacred Heart community are welcome and encouraged to visit and utilize the many resources provided.

"The goal of this virtual women's center (VWC) is for both men and women on Sacred Heart's campus to find resources and answers to questions about issues facing women today," said Jocelyn. "This site works toward helping women feel safe and more empowered by sharing information on a variety of gender-related topics. All students, faculty, and staff are encouraged to explore this site and use this information both personally and for the betterment of the campus community as a whole."

The VWC can be found at http://www.sacredheart.edu/officeservices/virtualcenterforwomen/.

## Features
### Sacred Heart’s New Virtual Women’s Center

**BY NATASHA KLINOFF Features Editor**

Sacred Heart University’s Wellness Center has launched the school’s new Virtual Women’s Center (VWC), an online resource for students and faculty. The website is a new tool that is geared towards empowering women and giving the Sacred Heart community the materials to feel safe and informed. It is convenient for students because the contacts and facts are just a few clicks away.

Jocelyn Novella, Assistant Director of Counseling, came up with the idea for the VWC. "I've been at Sacred Heart for 19 years and, over the years, there have been discussions about establishing a women's center on campus," said Novella. "The problem has always been a matter of space. The idea of having a 'virtual' location for these resources solves this problem." The VWC is available online under the Wellness Center's main page. The website has several tabs on the left of the page. Each tab displays a topic that the virtual center covers. Some of the topics include: sexual and gender violence, health and body integrity, education and empowerment, and faculty resources.

"Also there are resources specific to women of color and the LGBTQ community," said Novella. Many students are excited about the creation of the VWC. Junior Casey Stathopoulos was eager to share the news of a virtual portal with her housemates. "Being a woman away from home, it is easy to feel vulnerable and alone. I think the concept of a portal filled with helpful facts and resources is a great idea," said Stathopoulos. "I cannot wait to see how the VWC grows in the future." The fact that these resources are online is a big attraction to many students. Freshman Devan Kane likes that if she has questions or needs to reach out to someone comfortable meeting with someone face to face. Having help available online is a great start for someone that needs the type of information the VWC provides," said Kane. Under each tab, the VWC provides several different sections that are specific to the needs of the reader. For instance, under the Sexual and Gender Violence tab, one can find a plethora of different facts, contacts, and advice. One section includes a list of what to do if you are raped or sexually assaulted. The following section provides several tips on how to help a friend who has been sexually assaulted.

All members of the Sacred Heart community are welcome and encouraged to visit and utilize the many resources provided.

"The goal of this virtual women's center (VWC) is for both men and women on Sacred Heart's campus to find resources and answers to questions about issues facing women today," said Jocelyn. "This site works toward helping women feel safe and more empowered by sharing information on a variety of gender-related topics. All students, faculty, and staff are encouraged to explore this site and use this information both personally and for the betterment of the campus community as a whole."

The VWC can be found at http://www.sacredheart.edu/officeservices/virtualcenterforwomen/.

## Use Your Winter Wisely

**Session A: Dec. 15 - Dec. 26**
- **Fairfield**: CM-103-A INTRO TO MEDIA PRODUCTIONS

**Online**
- CH-239-AO CHEMISTRY OF NUTRITION
- CI-237-AO POLICE COMMUNITY RELATIONS
- CM-101-AO INTRO TO MEDIA CULTURE
- CM-297-AO WOMEN & ADVERTISING
- MK-289-AO PRINCIPLES OF MARKETING
- PS-310-AO INTRODUCTION TO PHILOSOPHY
- PS-311-AO INTRODUCTION TO PSYCHOLOGY
- PS-251-AO RESEARCH DESIGN & ANALYSIS
- PS-252-AO PERSONALITY PSYCHOLOGY
- PS-254-AO HEALTH PSYCHOLOGY
- PS-255-AO CHILD DEVELOPMENT
- PS-261-AO ETHICS AND BEHAVIOR
- PS-285-AO HUMAN & ANIMAL LEARNING
- MS-295-AO SPORT MARKETING
- PS-381-AO INTRO TO THE STUDY OF RELIGION

**Session B: Dec. 15 - Jan. 9**
- **Fairfield**: MI-105-A HISTORY OF JAZZ

**Online**
- AN-103-AO CULTURAL ANTHROPOLOGY
- CH-187-AO CHEMISTRY, SOCIETY AND THE ENVIRONMENT
- CI-238-AO ORGANIZED CRIME
- EC-292-AO PRINCIPLES OF MICROECONOMICS
- EX-100-AO EXERCISE SCIENCE
- H-233-AO US HISTORY SINCE 1877
- M-223-AO DYNAMICS OF INFO TECHNOLOGY
- MGT-207-AO BUSINESS ETHICS
- MGT-209-AO ORGANIZATIONAL BEHAVIOR
- MK-299-AO SOCIAL MEDIA MARKETING
- PS-127-AO INTRO TO AMERICAN GOVERNMENT
- PS-262-AO PSYCHOLOGY OF PERSONALITY
- TRS-298-AO INTRO TO THE OLD TESTAMENT

**Session C: Dec. 29 - Jan. 9**
- **Fairfield**: B-205-A CONNECTICUT WINTER WILDLIFE

**Online**
- CH-230-AO DRUGS & THEIR IMPLICATIONS
- CI-232-AO WHITE COLLAR CRIME
- CI-231-AO INTRO TO MEDIA CULTURE
- CS-192-AO INTRO TO INFO TECHNOLOGY
- DA-100-AO INTRO TO DANCE HISTORY
- MGT-299-AO JOB HUNTING
- MK-290-AO ADVERTISING
- MK-299-AO CONSUMER BUYING & BEHAVIOR
- PS-273-AO ABNORMAL PSYCHOLOGY
- SO-215-AO SOCIOLOGICAL MAGNIFICATION
- TRS-299-AO AUGUSTINE'S CONFESSIONS
- TRS-329-AO CHRISTIANITY

Call for more information 203-371-7830
Arts & Entertainment

Saying Farewell to Fashion Figure
Oscar de la Renta

BY NATALIE CIOFFARI
Asst. Arts & Entertainment Editor

On the morning of Oct. 20, a renowned and influential fashion designer, Oscar de la Renta, passed away in his Connecticut home. De la Renta was 82 years old and suffered from cancer. De la Renta was born in the Dominican Republic, but he left 18 years later to pursue painting at the Academy of San Fernando in Madrid. There, he became fascinated with colors, patterns, and designs. He continued to work with designs, which eventually landed him a job in Paris. As a young man, he knew he loved fashion, and everything surrounding it.

"I know for me that fashion has always been a part of my life. I could always be found playing dress up as a little kid and I even refused to wear pants for years because they weren't pretty," said senior Danielle D'Onofrio, marketing and graphic design major and president of the fashion club.

Working for fashion company Lanvin-Castillo really helped de la Renta get his metaphorical foot in the door of fashion. He became so successful with this company that he left 18 years later to pursue painting at the Academy of San Fernando in Madrid. There, he became fascinated with the famous American women. He designed gowns for women like Nancy Reagan, Hilary Clinton, and Laura Bush.

"Oscar de la Renta was really a classic designer. He was not interested in having a marketing machine for a company, he just wanted to be a designer," said Professor Bloom, a professor of fashion merchandising and marketing at Sacred Heart. "He was an artist. Even just by looking at the man, he was impeccably dressed."

Not only did de la Renta make extraordinary designs, he served as the president of the Council of Fashion Designers of America from 1973 to 1976, and then again from 1986 to 1988. He also had created a perfume line and a furniture line.

"Oscar de la Renta made such an impact on the world. He was extremely down to earth and philanthropic. He was a patron of the arts serving on the board for The Metropolitan Opera, Carnegie Hall and Channel Thirteen/WNET," said D'Onofrio.

De la Renta also adored and supported the young aspiring, fashion students.

"He supported FIT, Parsons...he was down in Washington with Michelle Obama. She had a day that featured designs of students from all around the world. He was very much interested in education, interested in design," said Bloom.

De la Renta became ill with cancer in 2006. The disease took over his body, and due to complications he passed on Oct. 20.

"His work and his designs will definitely live on. He was, and still is, an amazing and influential designer. Oscar will be missed," said Palmeri.

WARNINGS: Spoilers to follow

From Book to Big Screen: “The Best of Me”

BY MARINNA DESANTIS
Staff Reporter

After an uncontrollable heartbreak tears them apart, they meet again 21 years later when they return to their small hometown in Louisiana to deal with the death of a loved one. Dawson’s figure, who loved them both dearly, brought them back together with intentions to have them forgive one another and to respark their relationship. Funny thing is, they never stopped loving each other.

While this sounds like the perfect reunion, it’s not happily ever after, at least not yet. Amanda is married with a son that is about to leave for college. Her husband is a workaholic and an alcoholic. At this point, her marriage is essentially loveless and it seems like maybe her and Dawson meeting again is the perfect solution.

The director, Michael Hoffman, showed the love between Dawson and Amanda, through Lake Bracey and Liana Liberto, who played the then young characters. The movie is a constant flashback from the 1990’s to the present day. The now much older duo, played by James Marsden and Michelle Monaghan, revisit places of their past that they once loved.

“I thought the movie was great. It reminded me of “The Notebook,” which is probably my favorite movie of his,” said junior Steven Masetti.

While Amanda has to return home to her husband and her son, she realizes quickly that this time she cannot pass up her true love again. Finally, it seems that Dawson and Amanda can have their happily ever after. The force that drove them apart is back and stronger than ever.

This movie attempts to prove that there is a chance that your first love never truly dies, especially for Dawson and Amanda.

“I have been wanting to see this movie for a while and I loved it. I would deﬁnitely recommend it to anyone who likes a good love story,” said sophomore Alissa Fumo.

The students of Sacred Heart University still remember Nicholas Sparks coming to speak to the Sacred Heart community in the Edgerton Center almost two years ago.

“He is one of my favorite authors. I absolutely loved “The Best of Me” and I cannot wait to see the movie. Speaking to him in person made me appreciate his books so much more because I saw how down to earth he really is," said senior Gillian Bianchi.
Every year, fans of the hit series, "American Horror Story," (AHS) gather around their televisions to tune into one of the top shows on television. The fourth season of the Ryan Murphy hit series has already aired three episodes, and it has become clear that this may be one of the most dynamic, complex, and entertaining seasons yet.

"Freak show is the weirdest turn American Horror Story will ever take. Their ability to take different story lines, while using the same characters, is the main reason this show is still relevant," said senior Ryan Cotrupi.

The setting for the fourth season is in the environment of a failing freak show in rural Florida in the 1950's. Within the first few episodes, it becomes clear that tensions are building within the freak show. A power struggle occurs between the owner of the venue and the newly added conjoined twins over the actual freak show, and [the] terrifying killer clown," Ryan Murphy holds no punches when tapping into this fear. The most popular character this year is the main villain, Twisty the clown. His look is in direct relation with his name, an overbearing presence, with a mask of a twisted smile covering the deformities on his face. "During the second episode, Twisty's mask got torn off and it was quite possibly the scariest moment of this season so far," said sophomore Joe Calaca.

While Twisty is originally depicted as a psychopath in the first episode, it becomes clear that Twisty has something of a moral compass. It appears that Twisty wants to entertain, but becomes uncontrollably violent towards people's reactions to his figure.

Audiences are surely looking forward to uncovering Twisty's story. "American Horror Story: Freak Show" mixes all elements of horror, while adding in an engaging storyline that keeps the audience interested. Regular horror movies tend to be one dimensional and dry, while AHS lays more emphasis on character development.

"American Horror Story" airs on Wednesdays at 10 p.m.

"I would absolutely recommend this anyone who doesn't watch it to start," said Mital.
Comeback Falls Short
Sacred Heart Drops Their First Conference Game on Family Weekend

BY NICK MCANENEMY
Sports Editor

Playing in front of a record crowd on Family Weekend, the Sacred Heart Pioneer football team had high hopes coming off a week where they received the very first national ranking in school history.

A record crowd of 4,601 people were on hand to watch as the Sacred Heart comeback bid fall short, as the Pioneers fell to the Red Flash of St. Francis 30-27, coming off a week where they received the very first national ranking in school history.

"I think Sacred Heart is growing in every aspect so it would be great to upgrade the athletic facilities as well. An upgrade can only help all the sports teams in terms of having that edge against other schools," said Wormley. "I will be working on major gifts, capital projects and improving athletic facilities, scholarships and operation accounts.

"When you look at raising costs for athletic budgets, it is really about getting parents and friends involved," said Wormley.

"There is a lot of traveling where you go around and talk to people in order to match donor's priorities with coach's needs," said Wormley. "Not that we are necessarily doing these things, but some examples of projects that could be done from the money that donors give to the athletic department are new batting cages or renovating fields.

Any improvements that Wormley can help to create will only help the sports teams.

"I think Sacred Heart is growing in every aspect so it would be great to upgrade the athletic facilities as well. An upgrade can only help all the sports teams in terms of having that edge against other schools," said Wormley. "I will be working on major gifts, capital projects and improving athletic facilities, scholarships and operation accounts."
Friday night, the men’s and women’s basketball team held their annual SHU Hoops Madness to kick off both their upcoming seasons for the 2014-2015 year. This event included a slam-dunk competition that features members of the men’s squad and a three-point contest for the women’s team. In addition to the two teams participated in a dance with the Sacred Heart Dance team to performer’s Rob Base “It Takes Two.”

On top of the other festivities that each basketball team has to offer fans and students also watched performances by the dance team, music by the Sacred Heart Pep Band in the stands, and the cheerleaders performed a live preview of their upcoming routines.

“This year we had a lot of support and it was awesome to see so many people come out and stay through the entire event,” said junior Johanna Lopez. “We did a lot of promotions and really spread the word and it worked. I hope it continues next year too.”

The SHU Hoops Madness event is run and sponsored by the Sacred Heart University Student Government.

“After seeing this event and being involved as a freshman and seeing this school spirit, I want to attend more games when the season starts and I thought the dunk contest was really cool,” said freshman Christian Amado.

In addition to promoting the men’s and women’s basketball teams there was a “Bubble Soccer” game that each of the winter sports team captains participated in. The game proved to be quite entertaining and gave other sports the recognition they deserve.

“This bubble soccer was hilarious,” said sophomore Shelby Hickey. “I wish we got to play, but maybe we can next year.

“I think that each year this event gets better and this year I think it was the best it has ever been,” said senior Ricky Yandoli. “SHU hoops is to raise awareness for the school and basketball and you have fraternities and sororities trying promote what their doing, and basketball is my favorite sport so I like coming to these events as well as games.”

Athletes as well as Greek Life came to show their support to this event every year. Senior softball player Justine Sibthorp supports her fellow Pioneers every year and was definitely not planning on missing her last year at this event.

“SHU hoops was great. I hung out with my team,” said Sibthorp. “That’s the first in awhile being together at an event like this, and as a senior this was pretty good. I had a pretty good time.”

“All of our seniors showed up so that was really fun and it was nice to watch all the upcoming seniors get their little groove on the court. I definitely will be back for more SHU hoops madness when I graduate,” said Sibthorp.

The men will have an exhibition game this Saturday against University of Bridgeport at 6 p.m. before officially beginning the season Nov. 14 in the Connecticut 6 Classic.

“This was a great event to start our season, now I am just really excited to get out there and start playing games,” said senior men’s basketball player Phil Gaetano.

The women’s team will open on the road at Iona on Nov. 16 before returning to the Pitt Center Nov. 18 for the home opener against University of Bridgeport.

Copy Editor Katie Shepard contributed to this article.

COMINGup

Men’s Basketball
SACRED HEART (0-0) VS Bridgeport (0-0)
Saturday, 6 p.m.

Men’s Ice Hockey
SACRED HEART (2-4) VS Holy Cross (1-4-1)
Friday, 7:05 p.m.

SACRED HEART (2-4) @ Central Connecticut State (1-4-1)
Saturday 7:05 p.m.

Football
SACRED HEART (6-2) @ Wagner (4-3)
Saturday, 3:30 p.m.

PLAYbyPLAY

Women’s Soccer
10/24
SACRED HEART 1, Fairleigh Dickinson 2

10/26
SACRED HEART 4, Mount St. Mary’s 0

Football
10/25
SACRED HEART 27, St. Francis 30

Field Hockey
10/24
Sacred Heart 1, Siena 0

10/26
Sacred Heart 2, Rider 1
Men's Ice Hockey Feels the Heat as Season Begins

BY MATT MATERASSO
Assistant Sports Editor

The Sacred Heart men's ice hockey team dropped both games over the weekend to the nationally ranked Colgate Raiders.

In the first game of the series, the Pioneers and the Raiders skated to a 2-2 tie after two periods Friday night at Milford Ice Pavilion. Colgate dominated the third period scoring three goals in the period to steal the win.

The second game was more of the same as the Pioneers were in contention with Colgate throughout, but Colgate broke a 2-2 tie with a goal with 2:11 to play and winning the game by a score of 4-2.

The Pioneers are off to a rough start this season with a record of 2-4. The Pioneers first two games were against Army, Bentley, and most recently against ranked opponent Colgate. 

"We have been inconsistent so far in our games this year. Our guys have played pretty well defensively and we are working hard to get more consistency to the offensive side of the puck," said head coach C.J. Marottolo.

The team lost 2-1 in the first game of the season against Army but bounced back on Saturday Oct 12, dominating throughout the game to outrace on opponent Army, winning 5-1.

"I think going forward we need to evaluate what makes us so successful in the games we won as opposed to the games we lost and implement those lessons into our style of game play," said senior forward Ben Lake.

The two games the Pioneers won, the team was able to put up a lot of goals. The reason for scoring high goals is a direct result of the team's great speed on the offensive end.

"All twelve forwards have the ability to beat opposing players and when we play a hard-nosed type of game and take the puck to the net we have the players who can bury opportunities when given," said Lake.

Despite the slow start, the team has a lot of high expectations this season and they are still within reach.

"Every year at the start of the season we meet as a team and set goals as to where we want to be at the end of the year," said Lake.

The team's goal this year is to finish in the top four in the Atlantic Hockey rankings, which would provide the team with a first round bye in the playoffs. First though, the Pioneers have to make it there.

Lake, a senior, has been with the team all four years and has been though the teams growing success. His personal goal for the season is "to do whatever it takes" to bring this program a league championship.

"As a senior I'd really like to end my final year at Sacred Heart with a league title," said Lake.

The team this season is very young, primarily consisting of freshman and sophomores, but senior captains Will Rayner and Lake are confident that the team will be able to play consistently well and well together in order to win games.

There are underclassmen, "who have stepped up and taken upon leadership roles which has been great to see and has made us a better team," said Marottolo.

According to Marottolo, the team's mindset is to "prepare as hard and as well as we can for the day in front of us and attack each practice with a purpose. We will put ourselves in position to be a dangerous team come playoff time."

The Pioneers will face Holy Cross this weekend in a home and home series, Friday night Sacred Heart hosts Holy Cross at 7:05 p.m. Saturday the Pioneers will be at Holy Cross for a 7:05 p.m. puck drop.

PLAYERS of the WEEK

LILA PALMER
HOMETOWN Cypress, Texas
YEAR Freshman
MAJOR Exercise Science
SPORT Volleyball, Outside Hitter
STATS/AWARDS Career best 18 kills in NCAA record-setting match

R.J. NOEL
HOMETOWN Lowell, Massachusetts
YEAR Junior
MAJOR Sports Marketing
SPORT Football, Quarterback
STATS/AWARDS Awarded NEFWA Gold Helmet Award

WE SHARE A SPECIAL BOND WITH ONE ANOTHER ON AND OFF THE FIELD.

WE TREAT EACH OTHER AS FAMILY. WE HOLD EACH OTHER ACCOUNTABLE FOR WORKING AND COMPETING HARD.

WE TREAT EACH OTHER AS FAMILY.
WE HOLD EACH OTHER ACCOUNTABLE FOR WORKING AND COMPETING HARD.