Pioneer Rower Wins Gold at the Head of the Charles Regatta

BY SHAWN SAILER
Staff Reporter

Rowing has always been a huge part of Sacred Heart senior Jaclyn Smith's life. Smith, who is captain of the Pioneers women's rowing team, had to overcome a vision problem to become the exceptional rower that she has become. She was born with a condition called ocular albinism. Due to this condition, she is legally blind and her eyes are sensitive to light.

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She played most sports growing up, but due to her vision problem she couldn't be great. When she heard that her high school offered a sport that did not involve a ball, she tried it out and got hooked. She ended up excelling as she earned four varsity letters in women's rowing at Our Lady of Mercy Academy in Syosset, NY.

Smith has continued her success in rowing since high school. This past summer, she competed for the United States National Para-Rowing Team at the 2014 World Championships in Amsterdam, The Netherlands. Smith led Team USA to a silver medal in the LTAMix4+, finishing just five seconds behind Great Britain. LTAMix4+ stands for legs, truck and arms and it a group of 4 or more of mixed genders. That was Smith's second consecutive appearance in the World Rowing Championships.

On Oct. 16, Smith led the US National Team to a gold medal at the Head of the Charles in Boston, Mass. Smith and Team USA won their race four seconds ahead of Australia. The US Team raced in LTA Mix 4+ race. Traveling around the world has been a great experience for Smith. "It was so much fun traveling to these places," said Smith. "These are places I could have never imagined going to. Amsterdam was definitely somewhere I would have liked to travel on my own, but last year was South Korea, which is definitely somewhere I could not have imagined traveling," said Smith. Smith said meeting all the different people was the coolest part of traveling. She said that everyone's stories are better than the last.

CONTINUED ON PAGE 11

President Obama Visits Bridgeport

On Sunday, Nov. 2, President Barack Obama visited Bridgeport, Conn. He attended the rally held for the current Conn. Governor Dan Malloy and advocated generously for his re-election.

The rally was held at Central High School and Sacred Heart University offered parking and shuttle buses to and from the event. President Obama was originally scheduled to visit Bridgeport two weeks ago, but his appearance was postponed because of a meeting in Washington D.C. regarding the Ebola outbreak.

"The experience was incredible. This was the first time I was able to watch the President speak live," said junior Kiran Swamy, Public Relations liaison for the Sacred Heart College Democrats.

Both President Obama and Governor Malloy are members of the Democratic Party. Governor Malloy is running in attempt of a second term against Republican candidate, Tom Foley.

President Obama spoke at this rally in order to raise voter participation in Bridgeport, which according to CT Post is a heavily Democratic city. The main topics Obama discussed were why residents of Bridgeport need to get out and vote for Governor Malloy. From current political policies to the direction of the state, Obama vouched for Malloy.

Swamy was in attendance because he volunteered to work the rally with the Connecticut Democrats, one of the political organizations on campus.

"Over the past few weeks, I have been calling and talking to Bridgeport residents about getting in their ballots," said Swamy. A total of 1,900 people were in attendance at the rally according to the CT Post.

"Obama left Bridgeport with the powerful statement, 'The wealthy do not need another champion. You do,'" said Swamy.
Local Sorority at Sacred Heart Goes National

BY GABRIELLA NUTILE
Staff Reporter

It's out with the old and in with the new for Sacred Heart University's sorority Kappa Phi.

Kappa Phi has been a local campus sorority for nearly 21 years, but this upcoming year, many aspects of it will be changing.

Kappa Phi started at Sacred Heart in 1993 by 16 women who devoted themselves to try to make a difference both within the campus and the surrounding community.

Senior Gia Spinelli, President of Kappa Phi thinks this change is a good thing and is proud of what they have done for the past 21 years.

"Since the times are changing, it was time Kappa changed as well. We lasted as long as we could as a local organization, and I would say we did a great job," said Spinelli.

So how exactly did Kappa Phi choose to become Delta Zeta?

According to Spinelli, they looked for a sorority that shared similar values that Kappa Phi embodies in their organization and philanthropy.

The Kappa Phi sisters pride themselves on the close bond they have with each other, and they consider trust and respect to be the most important factors within their organization. Their motto is "Friendship and Sisterhood," and as sisters of this sorority, they embody that ideal completely.

The Delta Zeta sorority calls its members to make a difference where they live. This sorority’s common purpose is to make life fuller, more meaningful, and more rewarding.

Kappa Phi’s philanthropy is Pancreatic Cancer and helping the underprivileged children of Bridgeport. Delta Zeta’s philanthropy is speech and hearing with the goal of allowing everyone to have the chance to be able to hear. Delta Zeta works with the Starkey Hearing Foundation to help raise money and awareness.

Although both of the philanthropies are different, Kappa Phi is expecting to finally become Delta Zeta as a local organization, and they became clear to them that Delta Zeta was ultimately the right choice and fit for them.

The sisters of Kappa Phi did not take this new sorority change lightly. They weighed the pros and cons, and it became clear to them that Delta Zeta was the right choice and fit for them.

While some members of Kappa Phi have to get used to the idea of having an entirely different sorority identity, new members will become founding sisters of Delta Zeta at Sacred Heart.

"I personally am so excited to become a founding sister of Delta Zeta," said Vero. "Just having joined this group of girls a few months ago, I have already made so many friendships and it's so exciting to be going through this process all together with them. It will and has been only making us grow closer."

Spinelli has mixed emotions on saying goodbye to the sorority she has been in since her freshman year here.

"It is a bittersweet time that we are experiencing right now as an organization," said Spinelli. "Being that I have been a member of Kappa Phi for nearly four years, it seemed, at first, that a little piece of what represented me here on campus was being taken away. As a piece of me is being tucked away, Delta Zeta is coming in to make new memories and to fulfill each of our hopes of becoming an amazing national sorority."

Kappa Phi is expecting to finally become Delta Zeta during the month of December.
Perspectives

Are We Addicted to Social Media?

SAM says...

"The average person spends 4 years of their life looking down at their cell phones," taken from the viral YouTube video, “Can We Auto-Correct Humanity?” rapped by Prince Ea. I am definitely one of those people who are submerged in their cell phones, laptops or some kind of video game for the majority of the day.

Ever since I could remember, technology has always interested me. (I suppose growing up with a computer programmer as a father didn’t help as well.) If it was going out and buying my first Nintendo 64 (which I still have) as well as my first cell phone in eighth grade, having a significant amount of technology has always been the case with me. Not going to lie, having these several pieces of technology was great, however it hurt in the social world. I felt that I always needed to be home playing video games or looking down at my Razor cell phone.

"In a world filled with Macs, iPads, iPhones, so many Is, not enough us and we,” said Ea.

During the summer of 2007, I made my first status “Hi Facebook” on Facebook. From that moment on, my reign of social media usage has soared across all platforms. From my iPhone, to my iMac, I am constantly finding ways to discover any kind of new information that my Internet friends are posting.

"We may have big friend lists, so many of us are friendless,” said Ea.

I agree with the statement. Currently I have 1,049 friends on Facebook and I am positive that I have not talked to at least half of them. Some are old friends from high school or even friends that I went to kindergarten with. We aim to receive likes and followers on these social media sites and using technology to better our ideas and understanding of the norm, and having your phone out ready to document whatever you’re doing day-to-day is expected. It affects our relationships with everyone in our lives; it’s common to walk into a restaurant and see at least two tables of people where someone has their phone out. The prominence that social media has in our lives is one of the most obvious cons, but there are pros to it too obviously.

That’s why it’s so addictive right? It’s something that can keep us connected to friends and family and it’s an amazing advance in communication and media sharing for our world.

It’s not going to slow down, and it definitely changes aspects of relationships, but I don’t think all of it is such a bad thing. I've tried to moderate my usage of social media and my phone in general after taking note of how mesmerized I would get with my phone in my hand. The worst thing about social media technology in my opinion is that people don’t communicate in person as well, or as much anymore. People have become too lazy to even have phone calls, texting is becoming the norm, and having your page out ready to document whatever you’re doing day-to-day is expected. It affects our relationships with everyone in our lives; it’s common to walk into a restaurant and see at least two tables of people where someone has their phone out. The prominence that social media has in our lives is one of the most obvious cons, but there are pros to it too obviously.

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It’s not going to slow down, and it definitely changes aspects of relationships, but I don’t think all of it is such a bad thing. If you’re a social network user and it’s your birthday, that’s so bad about writing something sweet and sharing a photo of the two of you? It’s one extra way to make that person feel special on their birthday, or any day you share a photo or comment about them. Or showing off your most treasured moments and having your page to look back on in the future? It can be like a mini scrapbook.

Social networking is going to be a part of our lives now and there’s no way around it. So if you don’t Overuse and misuse it, then it’s a positive advance and way of communication that we should take advantage of.

The whole idea of social networking and how you handle it is up to you, if you realize that you use your phone at dinner when you’re out, just make the effort to cut down. If you find yourself posting pictures that you know you could regret one day, then look for approval elsewhere because the followers won’t last in your real life. Making real relationships in the world and finding people you can talk face to face with and not get bored, that’s what matters more than the amount of likes you get on that precious "selfie." Wifi is a great thing, but we all should realize when it should be turned off.

Local Elections: The Student Vote

BY MEGAN FLOYD  
Staff Reporter

On Nov. 4, Connecticut residents voted in the local elections at countless schools and voting facilities. Were college students among those voters in Connecticut and other states across the country?

Freshman Tyler Endee claims he is very preoccupied with balancing his academics and sports commitments to include anything else.

"At home, I like to spend time with my family and friends, do my homework, and watch sports. I've never been interested in politics before," senior Nick Balias said.

Local Elections: The Student Vote

VOTERS LINE UP TO LET THEIR VOICES BE HEARD  
PHOTO COURTESY OF CT

In public, I’ve noticed several people at dinner, constantly on their phones, as well as people walking down the HIS hall so busy on their phones that they don’t even realize they are close to hitting a wall. Rather than making small talking with the other person, people are so worried about what the latest picture they were tagged in from Halloween weekend on Instagram is.

Endee, on the other hand, doesn’t see the need to vote this year. As someone who has not yet reached the age to vote, Endee believes that she should not be forced to vote in the upcoming election.

"Being on my phone or constantly checking Facebook is something that I need to work on, as well as our whole world. If people focused more on social interactions our world would become a more successful and enriching place. I would like to end with the last line of the video. "I imagine a world where we smile when we have low batteries, because that would mean we would be one bar closer, to humanity," said Ez.
What do you want to be when you grow up?

BY ALLY D'AMIICO
Staff Reporter

It's a question college students of all ages are repeatedly asked throughout their time in school. In college that question turns into, "What is your major?"

The truth of the matter is that an overwhelming majority of students really don't know what they want to do yet.

"For some the process may be rushed," said Natasha Sousa, graduate assistant and first year career specialist. "Some students tend to be rushed by external factors such as parents or peers, others may feel rushed to pick a major because they are one of the few kids who haven’t decided what they want to do for the rest of their life."

According to research conducted by Penn State, up to 80% of incoming students admit that they are not entirely certain about what they really want to major in, even if they’ve initially declared a major.

"I think we are too young to make the decision to study something that we want to do for the rest of our lives," said junior, Lindsey Balukonis. "It would be different if they taught you about jobs in high school, but they don’t and they expect us to go into college expecting us to know what we want to do."

Many agree that this decision is a tough one for students coming right out of high school.

"We are told what to do, academically, wise, all our lives, by teachers and parents and then all of a sudden once college hits you are expected to do everything on your own," said sophomore Christina DiBella. "You’re expected to figure out what you want to do with your life when the only thing you’ve ever known is being told what to do."

The reasons behind why students pick their major vary from person to person.

"I think the choice you make for your major is influenced by peers or trends that are happening during that time," said senior Kaitlin Darienzo. "For example, the health kick that has been going on has influenced students to look at majors such as nutrition and health/exercise science more so than ever before."

Others have known what they want to do since they were younger. "I have been determined to become an art major since the beginning of high school," said sophomore, Juliette Rivera. "And I’m right where I want to be."

Although this may be true for some, not all can say they have always stayed on track with their plan. "I came into freshmen year and after sitting through the classes that were going to be for my major I realized it was the complete opposite of what I wanted to do with my life," said junior Stephanie Puleo. "It was a pretty big bump in the road and confused me because then I had to rethink everything that I wanted to do with my life."

According to the National Center for Education Statistics, or the NCES, about 80% of students in the United States end up changing their major at least once. On average, college students change their major at least three times over the course of their college career.

Even after attending college and getting a degree in a certain major many students still end up doing something outside their field.

"I think there is an assumption that what you do in school has to be what you have to do for the rest of your life, but I don’t think that’s really the case," said freshman Devin Doran.

According to the American Community Survey by the 2010 U.S. Bureau of the Census, just 27.3% of college graduates had a job related to their major.

"On top of that, a large number of the jobs that will be available in 5-10 years haven’t even been created yet," said Doran. "Who would’ve thought even a few years ago that there would be actual jobs with social media? It just shows that demands change and you could end up doing something you haven’t even heard about yet."

For students who need assistance during this process, the answer is easy.

"Come meet with your career coach," said Sousa. "We offer a number of resources that will highlight your personality, strengths, interests, values and specify careers these characteristics would fit well in. For freshmen and sophomores, we have the Major in Success program (MIS). The MIS program is a unique program to Sacred Heart, that offers structured meetings, working one-on-one with a career coach and specially trained student mentor to learn about themselves, while gaining career knowledge in order to develop an action plan."
You cannot live up to it, because you binge drink. You could be so much better, but you are not, because you binge drink.

Your body is dehydrated. And now it is a new week. The cycle starts all over again and you are exhausted.

Everything I am today is mainly because of my family, including two extremely important people in my life, my mother and her mother. I've always been thankful for being lucky enough to have such a close family, but I couldn't be more thankful for the year of 2012. Whenever it comes up in conversation, I always say it was the best and worst year of my life.

It was my senior year of high school, and you'd think that was the reason it was the best, but that doesn't even cross my mind when I think of the highlights of that year. It was the best because I spent almost every single day with my Nanny, Poppy and Mom. It was the worst because I only did so because we had to take care of my Nanny as her health diminished because of cancer.

Everyday after school I went straight there, opened up the front door to see her in her hospital bed perked up with her arms open waiting for me after watching me walk up the driveway, on her good days that was. On her bad days it was my aim to turn them around, telling jokes, singing along with Bryan from hospice, coloring or just making a fool out of myself to try and make her day a little brighter. I did what I could and sometimes it wasn't enough, but the reason I tried is because she taught me what life should be about. Family.

My Forever and Always

NICOLE CANNIZZARO

ASST. PERSPECTIVES EDITOR

My Letter to the Student Athlete that Binge Drinks

NATASHA KLINOFF

FEATURES EDITOR

Dear Athlete,

There is no doubt that you are different from other students. Not because you drink, but because you are an athlete. Along with classes during the week, there is film, practice, lift, games, team meetings, and other mandatory events.

Thanks to the NCAA you get one day off. Just one. Maybe your coach gives you two days off, but that is a rare occurrence.

The choices you make reflect the commitment you have to your team and your sport. These decisions decide weather you become better or worse.

When you binge drink, you become worse.

Your reaction time, coordination, balance, strength, and endurance all decrease. You increase risk of injury and impair your ability to recover. Those drinks didn’t let you heal from the lifts, practices, and games. Your muscles haven’t repaired themselves. Your body is dehydrated. And now it is a new week. The cycle starts all over again and you are exhausted.

Your team needs you, and you cannot perform, because you chose to binge drink. Your coach expects greatness from you, and you cannot live up to it, because you binge drink. You could be so much better, but you are not, because you binge drink.

You lost your game but it didn’t phase you because you were undefeated at the pong table. The teammates that went out with you put you on the back congratulating you for your victory. Would you trade a goal or a save for sinking the last cup?

Your commitment is shown through your actions. Being a collegiate athlete does not end when you are off the field. The moment you put that jersey on for the first time you claim you are committed. Every moment after that is the time to prove what type of player you want to be.

With being a student athlete, you don’t get to have a normal college experience. You chose sports. The regular college student can afford sleepless nights and hangover Monday, you cannot. You owe your team more than that.

You have to ask yourself, how much do I care about my sport? How badly do I want to win? Your words mean nothing when you choose to binge drink after a tough loss or an epic win.

After a weekend of games you should be exhausted. If you can drink and party until early in the morning after a weekend of games, you are not putting in enough effort. Real athletes leave the game physically and mentally worn out. But here you are, eager to get to another bar.

If you want to be a serious collegiate player, binge drinking cannot be part of your lifestyle. You frustrate and anger me because you could be such an amazing athlete, but you are not, because you choose to binge drink.
Unconventional Warm-Ups: Athlete Pre-game Rituals

BY KESHAUDAS SPENCE

While confidence is a key factor for ensuring a win amongst athletes, it may be surprising how many rely on pre-game rituals and routines. These range from the most mundane tasks to some truly far-fetched habits to satisfy superstitions.

Sacred Heart University is well known for its Division I varsity sports. Some of these include basketball, football, golf, fencing, baseball, lacrosse, soccer, and cheerleading.

Sophomore Devan Barnett, a forward on the men’s basketball team, has a particular ritual for his games. “On game day, I arrive two hours early to the arena to make sure my uniform is perfectly aligned in my locker and my sneakers are squeakily clean,” said Barnett.

Freshman Joshua Beloff, another student-athlete, takes part in sprits and jumps on the track and field team. “I always have to set out my clothes the night before in the order that I put them on. I also watch my highlight tape from high school the day of and hope to put those skills to use during my particular event,” said Beloff.

Some students go even further to recreate circumstances from past sports successes. Junior Lenea Etienne, a forward on the women’s basketball team, is convinced her dirty laundry guarantees a win. “If I know I have a game on an upcoming weekend, I will wear my game socks throughout the entire week and don’t wash them once,” said Etienne. “This started when I was in high school and ever since then, luck has been brought my way.”

Most people probably never think about how much thought goes into an individual’s pregame preparation, but Senior Evan Kelly, a guard for the men’s basketball team, has a unique ritual. “Every night before a game, I speak to the same three people on the phone,” said Kelly. “I speak to my uncle, my cousin, and one of my best friends that I used to play basketball with here at Sacred Heart. Not only do these three individuals give me motivational speeches, but comfort to sleep at night.”

Student-athletes aren’t the only ones with superstitions. Some coaches follow unique gameday routines as well. Junior Andrew Brigley says a prayer before a football game. “As an alum, it’s fun to come back and play the game with the friends that I have made through the club,” said Florez. “I like learning new strategies, using them against my opponent, and then teaching them to my friends. It’s a great feeling.”

For freshman Alex Ruiz, the game is not only about having fun with competing, but also the friendships he has made from playing. “It’s a nice environment to be around,” said Ruiz. “The majority of us are into the same type of things like comic books and movies, so when the club meets we get to talk about all of that, and it’s like a social event.”

Magic the Gathering is the inspiration for other popular trading card games, such as Pokemon and Yu-Gi-Oh. While it is meant about all of that, and it’s like a social event.”

Magic the Gathering is more than just a trading card game. It teaches people strategies that not only can be used in the game, but can also be applied to real life situations. “I’ve heard once that an employer was asking people if they actually play Magic the Gathering because he knows it gives people certain critical thinking skills, and he wanted the people he hired to have those skills,” said Bridgeman.

According to Bridgeman, people play this game because it’s fun, competitive, and the cards are collectibles. The club brings people together who have the same interests and can lead to life long friendships.
By Natasha Klinoff

Features Editor

Like many people, I love to dine out. An issue I have been reflecting on is where to eat when you are in the University of Chicago's South Side neighborhood. I was not looking for a fancy restaurant or a quiet bistro, but rather a place where you can have a good burger or pasta dish, and I was in the mood for something different.

This week I found Taco Loco, a Mexican restaurant located on 8th Avenue in Bridgeport. When approaching the restaurant, I could see that they offered outdoor seating. The area outside was decorated with small lights and it was more than enough seating. During the colder months, the patio is heated so guests can still enjoy the outside dining experience.

The restaurant appears to be in a difficult place to find parking, but I was happy to see that just behind Taco Loco is a large parking lot. I had no trouble finding a spot. The interior of the restaurant is warm and inviting.

On a cold day, it was a wonderful escape from the wind. Along with the lovely atmosphere, I quickly noticed several delightful smells. I could not pick them out individually, but it did make you eager to get seated and take a look at what the menu had to offer. The moment I walked through the door I was directed to my seat.

Minutes after I sat down I was given a large basket of tortillas and a bowl of salsa. My waiter informed me that Taco Loco offers unlimited chips and salsa. The salsa was delicious and the chips were warm and crisp.

They have a bar along with a large variety of drinks. They also have different prices for their drink specials. For people that are over 21, Taco Loco is a great place to meet up with friends for a drink.

The restaurant offered a breakfast menu, dinner, take out, happy hour, and a drinks menu. With each menu the prices fluctuate. I was given the dinner menu.

On the dinner menu, the prices range from $6 to $21. The majority of the meals cost $15. They offer a wide range of appetizers such as empanadas, Pinchos de Churrasco, and the Nachos Superior. I did not purchase an appetizer, but I did get a good look at the table across from me full of fresh tacos. The Nachos Superior consist of homemade corn chips, jack and cheddar cheese, seasoned ground beef, black beans, salsa, jalapenos and sour cream. This particular appetizer costs $9.

They also offer soups and salads along with traditional and specialty dishes. I ordered the grilled chicken quesadilla for $13. The dish consisted of grilled chicken, melted cheddar cheese, sour cream, fresh guacamole and salsa cruda. Along with the quesadilla I was served a side of Spanish rice and black beans. The portion size was larger than I expected and the food was great. The beans and rice complemented the massive quesadilla with ease.

I greatly enjoyed my meal and I will definitely return to Taco Loco soon.

—Natasha Klinoff

Food Review: Taco Loco

By Melanie Holec

Features Editor

Dr. Michels is an Associate Professor of Political Science.

Q: Where did you grow up?

A: Michigan, south of Detroit in the suburbs. I left to go to graduate school at the University of Georgia in 1996. I spent two years there and then I went to Loyola Chicago for four years, and I've been here since 2002.

Q: Did you always want to be a professor?

A: Well I always wanted to be a teacher. I didn't know what I wanted to teach exactly or at what level. And then, when I was fourteen, we had a presidential election. Ronald Reagan ran for re-election and I got to see him speak and that was very exciting. That was sort of my first impression of politics. So then I started to think about social science. I had a lot of really great teachers in high school and my students' work, and then I realized that in addition to loving teaching I also loved the subject matter, so I think that's when I really engaged to need to engage with it at a higher level.

Q: When did you know you wanted to work in higher education?

A: When I was in college, they made us do something called pre-student teaching where they sent us into high schools, and so I actually went and sat in on a class with my eighth grade civics teacher. It was really interesting going back; he was older, I was older, I saw everything differently. You know, high school, then down when you get to college I thought I wanted to be a high school teacher and teach government, because I had a lot of really great teachers in high school and it was their ideas and things, but then I realized that in addition to loving teaching I also loved the subject matter, so I think that's when I really engaged to need to engage with it at a higher level.

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Q: What would you say are your biggest successes?

A: We have awards at the university for research and teaching, so in 2012 I won them both. And it was great to win the one for research because I had a book out, but I was really gratified by the teaching award because I feel like one all I ever wanted to do was be a teacher and to be recognized for doing a good job at the only thing I ever really wanted to do was very gratifying.

Q: What is your favorite thing about teaching?

A: I think my favorite thing about the job is that I get to share the things I love with people. Like my favorite books, whether it's Tocqueville or "The Federalist Papers" or John Locke or whoever. I teach a freshman seminar so I do some politics and literature, and one of my favorite novels is "Brace Springsteen" by Alexander Lewis. We get to design our courses, so I get to spend a lot of time talking about things that I love. Of course, not everyone agrees with me about everything. In fact, most of my classes are really not like that book by John Locke. But one student really liked it, and who knows, she's a freshman now but she's going to graduate and that could become one of her all-time favorite novels for her whole life. That's fabulous, that something that someone exposed me to or I stumbled across on my own, and then I loved it and shared it, that someone else can take that away. I mean, that's magic, right?

One of my favorite favorite things is when I expound to his favorite book and his favorite genre. That's very great, those are the kind of impacts you can make.

Q: Do you have a publication you are particularly proud of?

A: There is a lot of work on literature and pop culture series that I've written for. I'm proud of these because they're fun to write, I have a lot of control, if you will, over what I write to publishing. I just looked at the makes of looking at comparing it with Thomas Hobbes, so it was taking something very familiar and sort of scholarly and addressing it to a popular audience. And I think those are really fun. I think scholarship at its worst is very isolating and irrelevant, and I think it's just fun to be able to talk about popular things in ways that are very accessible.

Q: What is your most memorable teaching experience?

A: Well, a lot of people are on their way to law school. A lot of people just like debating or thinking about public policy, or they're invested in making a difference. It's probably true that our political system is kind of broken, so who else is going to fix it? We need some really good people.

Q: What is your current research interests?

A: I have like, four different book ideas. I have so many ideas if I never came up with another idea I'd probably die still having ideas to work on. So I have two different books on Toqueville, one on the Federalist Papers, one on civilization. I still want to finish the book on which I wrote my dissertation on him. It's very tough to get a book published, and to spend that much time on something, it's almost like having a serious, exclusive dating relationship, you know, once you get out of one you think, I can't commit to another one right away. I have a lot of ideas percolating and one of these days the stars will align and someone will be interested in publishing it. Hopefully the next one will be on Alexis de Toqueville.

Q: Why do you think people choose to study your discipline?

A: Well, a lot of people are on their way to law school. A lot of people just like debating or thinking about public policy, or they're invested in making a difference. It's probably true that our political system is kind of broken, so who else is going to fix it? We need some really good people.

Quick Hits:
Favorite sports team? The Cubs and the Tigers.
Favorite movie? Mr. Smith Goes to Washington.
Favorite Band? The Replacements.
Favorite Book? "Democracy in America" by Alexis de Toqueville.
Favorite Food? Indian.

—Melanie Holec

Features Editor
**Iconographic Story of the Boston Marathon**

**BY NATALIE CIOFFARI**  
Asst. Arts & Entertainment Editor

On Oct. 29, the "102 Hours" art exhibit opened at the Sacred Heart University Edgerton Art Gallery. The Art & Design Gallery, the Art Club, and Manifest sponsored this exhibit. Manifest is a company that explores contemporary issues through visual communication. This exhibit was also a cooperative creation between Youth Design & Tank of Boston.

This exhibit displays four panels of simple, yet powerful, pictures of the events that happened during the Boston marathon bombing. These pictures are of only white, black, and yellow colors that follow in sequence of the events. There are also no words to them.

As you walk in, your first stop is a sign that says "102 Hours" and "6,115 Minutes." You have to look close to see that underneath "102 Hour" there is a description - "An iconographic storytelling of the Boston Marathon bombing and the days that followed."

"I had no idea what '102 Hours' was," said sophomore Stephen Bruno, Art & Design major. "I kept receiving those emails about it, and it confused me because there were only '102 Hours' and the countdown in it. But it also made me curious. So when I went to go see it, I was shocked!"

Professor Jon Walker, Chair of the Art & Design department, first saw a design firm in Boston named Tank that was promoting and working with "Youth Design - a program that focuses on addressing the critical socio-economic needs of young people by teaching them design skills with powerful messages."

Walker really wanted to display the design of "102 Hours," and show the Sacred Heart community the power of visual communication. The collaboration that Youth Design and Tank put together displays really inspired Walker. These works are not of Sacred Heart students, but of the creation of these companies.

"Originally at this time in the semester the Art & Design Gallery was to have installed an exhibit on Rural Healthcare in America, but due to internal conflicts we were unable to meet our deadlines and that will be presented in the spring," said Walker. "Needling an exhibit, and having '102 Hours' on my 'wish list,' the gallery, the department, and the Art Club pulled this show together in only a few days of maximum effort."

Within the few days that Walker had, he sent a very powerful message through email, with a mysterious message to the entire Sacred Heart University community. "My point was to show how it is possible to very effectively promote this gallery event while completely eschewing what we have for decades assumed was the necessary role of the media," said Walker.

Art & Design Professor Mary Treschitta also helped Professor Walker with the layout and design of the exhibit. They wanted to make visitors follow what the images were saying.

Professor Treschitta merged black presentation boards together and put each image one after the other. To make the event seem more real, Professor Treschitta put footprints on the art gallery floor so that the audience could follow the story in the "footsteps" of the Boston marathon-bombing event.

Following the footsteps on the art gallery floor can make memories flood back of that infamous day.

"The '102 Hours' art exhibit was really inspiring," said sophomore Laura Vero. "I walked through it slowly so that I got the feeling of everything that was going on. It made me think back to that day when we found out what happened. It was so horrible, and I hope that no one forgets what those marathon runners and Boston residents went through."

Every person has a different feeling towards the exhibit. You could be just an observer, and simply admire the graphic design, or it could be personal to you. The central idea of the art gallery exhibit is to really make you visualize the Boston marathon bombing, without words, or intense graphic images.

"This is another way of visualizing the events, without the gore. It's a design for change. This is a powerful reminder," said Treschitta.

The "102 Hours" art exhibit is open now until Nov. 17 in the Edgerton Art Gallery.

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**Movies, Concerts, and Events...Oh My! Visit Bridgeport's Own Bijou Theatre**

**BY MARINNA DESANTIS**  
Staff Reporter

Music and entertainment are a huge part of every day life, wouldn’t it be nice to go to venues in our community that offer just that? The Bijou Theatre in Bridgeport has been open for nearly three years, yet Sacred Heart University students may not take advantage of this hidden gem located just a few minutes away from campus. The theatre is located at 275 Fairfield Ave. in Bridgeport. It is the perfect location to grab dinner, drinks, and head over to a show.

Lillian L. Ashmun purchased the theatre in 1909. From 1909 to 1996, the theatre was fully functioning for all sorts of different entertainment. In 1996, the theatre was vacant and repurchased in 2005 as part of the "Bijou Square" development. In 2011, the Bijou Theatre was reopened as a multi-functional venue hosting film, theatre, art, comedy and music. The venue has shows numerous times a week, ranging from children’s shows, adult comedy shows, and live music. Within the next month, there’s live theatre including “Assassins,” “One With Everything Live Taping,” and "Your Time to Shine!" talent competition.

With the holiday season coming up, there are a number of Christmas shows as well. Starting on Nov. 30 and running up until Dec. 21, “Santa’s Crazier Christmas” and “Unwrap Your Season with Nutcracker Suite” will be held at the theatre.

“I’m a big fan of the Christmas Spectacular in New York so this is awesome that there’s a theatre we can attend around here while school is still in session. I’m definitely going to check out some of the Christmas shows after Thanksgiving break,” said junior Stephanie Paleo.

Along with being a great place to go and check out the entertainment, the theatre also has open auditions for some of their shows. It is a great way for students to get involved in the community.

“It is great to know we have a place to go in the community for music and comedy. I wish I had known sooner,” said sophomore Alissa Olivetti.

The Bijou Theatre welcomes Sacred Heart students and even offers a few discounts. If 10 or more students want to attend a show, the theatre offers 10% off the ticket price. If more than 20 students want to attend a show, the theatre offers 25% off the ticket price.

For more information or to purchase tickets, call The Bijou Theatre box office at (203) 332-3228.
“Shake It Off” with Taylor Swift’s New Album: “1989”

By Kristen Sullivan
Staff Reporter

Taylor Swift recently came out with her fifth studio album, “1989.” This album is drastically different stylistically from her other four, and fans were surprised by her work.

Swift came into the music industry as a country singer, but as she made more albums, she added more pop elements to her sound. This new album is an entirely pop-based album; she has completely left her country vibe behind.

“It is a good album, but I wish she went back to her original roots and did more country,” said sophomore Fatimah Jeudy.

Swift said that her goal with recording “1989” was to evolve her music into a new sound. The album title was inspired by her birth year, but it has a little more meaning than that. To Swift, the 80’s were when pop came forward and made risky, bold decisions with the sounds produced, and slowly evolved into the gem it is today. She believes that the best pop hits and artists came out in the 80’s. Since she wanted this record to be a full pop album, she found this title most suiting.

“1989” is an amazing new album by Taylor Swift. It is completely different from all of her other albums. It makes you want to get up, dance and sing lyrics to every song,” said sophomore Christina Li.

Swift decided to make the full genre change because she believed that people need change to grow. She recently moved to New York, a city she never saw herself living in, and was inspired by the bright lights and the idea of coming into her own world.

The debate on whether “people change” is an interesting one to her because she believes people change a little bit every day. She decided that to show this, she had to make a total change in the way she tells her own stories.

“I feel like it is different from the rest of her albums. All of her songs on the album just bring a smile to my face and put me in a good mood,” said sophomore Sam Boyle.

Most people know Swift from her songs on boys and love, but this album is much more than that. Her song, “Welcome to New York,” is about how in New York you can be anyone you want to be, and how nothing can stop you. This song has a complete 80’s feel with its retro beat and dance style.

“Shake it Off” and “Blank Space” are satirical songs that talk about what people think of her. She pokes fun at what people expect her to be like in a relationship.

“Shake it Off” has her signature touch of talking in her songs but more of a 60’s pop feel.

“I think the song “Shake It Off” is super catchy and I just want to dance to it all the time,” said sophomore Kelci Trunk.

Her songs “Out of the Woods” and “All You Had To Do Was Stay” have a very Ellie Goulding and Madonna feel to them. The beats are very dance inspired, but the vocals are very computerized and electronic. These songs are about failed relationships and her thoughts before and after her breakups.

The song “Bad Blood,” which is supposedly about Swift’s feud with Katy Perry, is the song that’s most unlike her other work. She does a lot of talking in it, but the beat has an R&B feel and the lyrics are more aggressive.

People may be surprised to hear her song, “How You Get the Girl,” because she is talking to a male audience rather than about a male audience. Swift explains how you can win back the girl you lost.

Her songs “Shake it Off” and “Blank Space” are currently in the iTunes top five for singles and her album is currently number one. Swift’s album “1989” is available on iTunes and CD.
Field Hockey Earns Post-season Birth

BY ANTHONY BARTONIK
Staff Reporter

Even though the women’s field hockey team finished their regular season with a loss against the defending MAAC champions Quinnipiac 1-0 on Friday, Oct. 31, this loss for the Pioneers puts them at a final 9-8 record. They also have a 3-2 record in the MAAC.

The loss against defending champions Quinnipiac was a bittersweet one, as they also learned that they will be going into post season MAAC tournament this upcoming Friday, November 7th and will travel Monmouth University.

“We are very excited for our tournament play and our expectations of the tournament is that we are going in there and travel to the tournament next week.”

“Coming into this season we were expecting to be a little bit better then last year, and we came out with a few big wins early in the season,” said Granito. We beat Yale for the first time in a few years, we also beat Lock Haven for the first time in program history, so we came up with a lot of wins at that point we knew it was going to be a different season and we were going to come out and show everyone that Sacred Heart has a new program this year and we are not the same as last year.”

Head coach Katie Kloeckener was asked of the expectations of this upcoming tournament, or what is to come in the upcoming week in the MAAC.

“Looking back over the season thus far, whether we have won or lost, we have had a team that has just continued to learn and add to our great foundation we set back in August,” said Kloeckener. “This team has truly developed and defined the style of Sacred Heart field hockey they want to represent. I fully believe this team has yet to reach it’s full potential and they look to make a statement in the upcoming MAAC Tournament.”

The team was excited to hear that they were going to be participating in the tournament, but also knew they still have work to do.

“The girls were definitely ecstatic to hear about being the first MAAC School to clinch a playoff birth. But this week they went back to business as usual with great focus because they don’t just want to go to a MAAC Tournament, they know they have the capabilities and desire to win not only a MAAC Regular Season Title, but also a MAAC Tournament Title,” said Kloeckener.

Kloeckener then discussed how all this work came up to this point and how different this team was from last year to now starting from presession.

“This has been a special team from the start of the year. Just the work ethic, the focus, the willingness to be challenged and never settle has been unbelievable. Every time they are faced with adversity, they have found a way to rise above to overcome the obstacle,” said Kloeckener.

Kloeckener’s final thoughts or expectations come out as an underdog kind of feel especially from the differences in this and last year’s team.

“The MAAC Tournament will be hard fought games. We’ve played more of an underdog role this year, surprising teams, but I don’t expect to be a surprise anymore, I expect teams to make adjustments when they face us,” said Kloeckener.

“We will make the necessary adjustments, but at the same time keep our focus on staying true to our style of hockey and just playing it to the best of our abilities,” said Kloeckener. “If we do that, we put ourselves in a great position to compete for a MAAC Tournament Championship.”

The Pioneers start the first post-season match Friday, November 7th against Monmouth University at Monmouth at 1:30 p.m.

It’s A Dynasty
Giants Defeat Royals to Win Third World Series In Five Years

BY NICK MCANEENY
Sports Editor

The San Francisco Giants, for the third time in five years, are World Series champions.

They defeated the Kansas City Royals 3-2 in Game 7 in Kansas City to take home yet another title. Madison Bumgarner was named World Series MVP, going 2-0 with one save while pitching 21 innings while posting a 0.46 ERA.

Pablo Sandoval and Hunter Pence led the way at the plate, both ending the series with 12 hits and hitting .429 and .444 respectively.

Most of the games were not very close, with five of the games being decided by multiple runs. Only games three and a single run, with both games having a final score of 3-2 decided seven.

The Royals problem throughout the series was playing from behind. In every game the Royals won, they were able to hand a lead to their bullpen, which had been stellar all postseason. The bullpen did their part and always held the lead, giving the Royals a 2-1 series lead at one point.

The Royals starters did not pitch well enough for them to win the series. James Shields, Jeremy Guthrie, and Justin Vargas started five of the seven games and had 7.00, 5.40, and 6.75 ERA respectively. The Giants were able to get big innings and were able to put the ball in play to create runs.

Their MVP Madison Bumgarner, who absolutely dominated not only the World Series, but also the entire postseason, led the Giants. He dominated from the start, and ended up going 2-0 in the series with one save as well. He went seven in the innings in Game 1, threw a complete game in Game 5, and two days later pitched six shut out innings in relief to clinch the series for the Giants.

Bumgarner’s postseason will go down as one of the best in baseball history, as he went 4-1, and only allowed six earned runs in 52 2/3 innings. He also improved his World Series record to 4-0 in three different World Series. He has only allowed one earned run over those sports spanning the Giants recent run of success.

Pablo Sandoval, who is now a free agent, also made himself a lot of money with his performance in the World Series. As previously stated, he hit .429 with 12 hits, coming up in the clutch hits like he always seems to do for the Giants. He will be generating a lot of interest from other teams this offseason and it is going to cost the Giants a lot of money if they wish to keep them.

While the Giants celebrate their moment in history, the Royals should hold their heads high. Not a lot of experts predicted they would make the playoffs, much less take the World Series to seven games. They have a great core of young, talented players such as Lorenzo Cain, Alex Gordon, Salvador Perez and others. They are going to be a force to be reckoned with for many years to come.

With the Giants having finished their parade and celebration, the countdown is on.

Four months till Spring Training.
Smith got involved in the national team thanks to her coach at Sacred Heart, Nicola Mantescu. "My coach and I started talking about what life was going to be like after rowing was done here at Sacred Heart for me. I wanted to stay at the most competitive level possible," said Smith. 

Her teammates are impressed with how she has persevered and succeeded. "I think Jackie's success is impressive and inspiring," said senior rower Erika Doyle. "We have all watched her challenge herself and succeed over the past few years and through the ups and the downs she's stuck with our team at Sacred Heart and Team USA."

Smith had gotten recognition for her excellent rowing in college. She was named to the Pioneer All-Rookie Team in the 2012 season and was also named the Allyson Rioux Memorial Book Award in 2014. Both awards are given in memory of former Sacred Heart head coach and softball coach Allyson Rioux. She died in 2009 after a battle with cancer. This award is given to someone who represents the characteristics of loyalty, dedication and great love for our sport and teammates. The winner of this award is given a $500 book scholarship. 

Smith has excelled in the classroom as well. She earned the MAAC Honor Roll from 2012 to 2014. She also made Sacred Heart's dean's list in May and Dec. of 2012. Mantescu said that everything about Smith is special. "She is smart, determined, and passionate about everything she does. She does not give up, adversity and challenges only make her stronger," said Mantescu. 

When she is not rowing, Smith loves to go to the beach, and to hang with friends and family. She also loves to do anything athletic and to be outdoors. Smith is very proud of all that she has accomplished. "I feel I have accomplished a lot in my career so far." 

"If you really want to make something happen, you just need to put your mind to it and it can happen." —Jacklyn Smith

**Men’s Basketball Season Preview**

**BY MATT MATERASSO**

Assistant Sports Editor

The Sacred Heart Men’s basketball schedule was announced not too long ago. The schedule for this upcoming season includes two Big Ten opponents for the Pioneers including Ohio State and Rutgers University. "As we grow and evolve as a program, it is important to challenge ourselves by playing teams at the highest level of college basketball like Ohio State and Rutgers," said head coach Anthony Latina. 

"A big thing for us this year is to try to not worry about things we can't control. If we do those things I think we can be successful." —Kevin Gaetano

The Pioneers have three newly elected senior captains including Gaetano, Steve Gliowiak, and Evan Kelley. "It is a great honor to be selected as captain," said Gaetano. "To know my coaches and teammates have that trust and respect in me as well as Steve and Evan." 

"I don't think it will change how I play though, I just want to approach every day the same as always and just get better and help the team every chance I can," said Gaetano.

In the Northeast Conference Men’s Basketball Preseason Coaches' Poll, St. Francis Brooklyn, Central Connecticut State, and Robert Morris were ranked at the top. Sacred Heart University is ranked last in the conference at the number 10 spot.

Even though the polls ranked the Pioneers last, Gaetano doesn’t see this as any sort of disadvantage. "The conference is wide open this year and every team has a chance to win it," said Gaetano. "As far as out of conference our game at Ohio State is definitely going to be a tough game for the season."

His message to the team as captain, "is to just embrace getting better every day, whether it’s on the court or not," said Gaetano.

Another point Gaetano mentioned was that the team "just needs enjoy every single game and play as hard as they can on every play and to not worry about things we can’t control. If we do those things I think we can be successful." 

**Players of the Week**

**LIZ BERGMAN**

**HOME TOWN** Blandon, Pennsylvania **YEAR** Senior **MAJOR** Criminal Justice **SPORT** Field Hockey, Midfield **STATS/AWARDS** Named MAAC Offensive Player of the Week

"We have become more confident in our style of play. It’s my hope that the program will continue to move in the right direction."

**KEVIN BARRY**

**HOME TOWN** River Edge, New Jersey **YEAR** Sophomore **MAJOR** Marketing **SPORT** Football, Linebacker **STATS/AWARDS** Second on team in tackles and sacks

"We all put in the effort to achieve our common goal: an NEC championship."
As we grow and evolve as a program, it is important to challenge ourselves by playing teams at the highest level of college basketball like Ohio State and Rutgers.

-Head Coach Anthony Latina