Families Join Pioneer Nation
Sacred Heart welcomes families for 25th Annual Family Weekend

Sacred Heart university students and their families had plenty of activities to attend during this past weekend.

By David Russo

Sacred Heart students and their families all came together this past weekend to enjoy a weekend on campus.

Starting Friday Oct. 23 through Sunday Oct. 25, there were various events held around campus to welcome and host students and families.

"Every year we have a different theme for Family Weekend. This year our theme was 'Picture Perfect.' So we provided opportunities at each event for families to capture their memories of the weekend," said Denise Tiberio, Associate Dean of Students. "We started preparing for Family Weekend last April. Every year our weekend is centered around a home football game. So once the schedule is released we start our planning."

The main event of the weekend was the tailgating party held prior to the home football game against Central Connecticut State University. At the tailgate there were food tents, a live DJ, and areas where families could take pictures with a life-size photo frame labeled "Family Weekend 2015." Although the Pioneers suffered a 26-10 loss, the families in attendance still enjoyed their time and the energy-filled stands.

"Over the weekend my family and I attended the football game, and since I am 21, I also brought them to Red's," said senior Brian Gibson. "We had a great time and it was fun meeting up with some of my friends' families too."

Another event, held by the science department, was called "Science Ambassadors," which featured various activities for families to take part in.

"We wanted to get the parents and their kids actively involved with having hands on experiments," said assistant professor Linda Petillo for those over 21 years old, and an annual choir concert.

Other events throughout the weekend included SHU Hoops Madness, a percussion event, a champagne breakfast with President Farber, Ph.D., who was in charge of the event.

Families had the ability to barbecue with their kids actively involved with having hands on experiments, and proud parents, enjoying the music that their children have been working on for the past two months," said Rodenberg.

However, two of the most popular events were the tailgate and family bingo.

"Our participation for this Family Weekend is fantastic. Many events were already filled to capacity with the Tailgate Party hosting 2,000 and SHU favorite, bingo, was sold out with 800 attending," said Tiberio.

Sacred Heart's parking lots, and surrounding fields were open for tailgating. Families had the ability to barbecue with their students, before and after the game.

"I have attended all four years of Family Weekend but this year's tailgate party was one of my favorite events," said senior Lindsey Balukonis. "I think it's a great opportunity to prove how much of a community we are and it's cool to see everyone come together."

The annual concert at the Edgerton Center for Performing Arts.

"This was one of the highest attended concerts for the semester. It was very humbling to see an audience full of happy and proud parents, enjoying the music that their children have been working on for the past two months," said Rodenberg.

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Co-News Editor Ally D’Amico contributed to this article.
Juliette Rivera

**Occupy the Gallery: Revolutionizing Academic Territory**

According to a global email sent to the Sacred Heart community, "We have replaced the walls with graffiti walls containing social commentary and art. We have also provided plenty of chalk to scrawl your marks anywhere on the graffiti walls," said Professor Jonathan Walker of the Art and Design department.

Social issues are highlighted in the exhibit that relates to privacy, racism, social media and having the initiative to start a change or become more involved on their campus.

R.A.T. notices these issues and revolutionizes the academic atmosphere by offering a "free space" for students to share what they believe is imperative to the student community. Art and design majors at Sacred Heart have opened the exhibit a great outlet for students to voice their own opinions.

"I have seen the graffiti walls for myself and I think the exhibit has good intentions, but I'm not sure if it will be used in the right way," said junior Tyler Beauchesne-Headley. "People are filling up the spaces with meaningless information such as their social media names which is completely besides the point."

As an art and design major himself, Beauchesne-Headley not only finds the R.A.T exhibit intriguing, but would recommend ways to possibly see the exhibit done better.

"I'm not entirely sure that students can express themselves on that particular wall which has already been filled with R.A.T.'s content. I am interested in putting up my own graffiti message, but was turned off by what was available," said Beauchesne-Headley. "I wish it was just a wall viewed and marked only by select people in the most prominent areas."

A few Sacred Heart students suggest the graffiti walls could influence students to make a difference politically, socially and even internally amongst themselves.

"I find it fascinating that our school is even allowing this type of freedom of speech, especially with the students. It's very rare, especially with the amount of indifference and chaos going on in the world, but it is important for our voice to be heard rather than building up anger that can later negatively affect the Sacred Heart community," said junior Juliette Rivera. "I think Easton EMS is a great resource, for not only students to grow and prosper in my personal and professional life."

"The graffiti walls have the potential to become very powerful at Sacred Heart," said Beauchesne-Headley.

**Easton EMS Offering Opportunity for Certified EMT Students**

**BY ALEXA BINKOWITZ**

东滩EMS是一家由认证的急诊医学技术人员（EMTs）组成的志愿者组织，它在提供服务方面具有优势，尤其在急救方面。它为学生提供了一个学习和实践的机会，使他们能够在紧急医疗服务方面充分发挥自己的潜能。

**Easton EMS has been part of the community for almost 60 years, and has also spread their services to other towns in need of medical help.**

"I think Easton EMS is a great resource, for not only Easton residents but also the towns surrounding Easton, because we do on occasion assist in emergency medical calls in neighboring towns," said Ferreira. "Easton EMS signifies a close knit community which focuses on helping those in need."

"Volunteers will be in a hands-on environment that gives students a look into real-life medical situations and scenarios that take place in ambulances and in hospitals. It is an experience like not too many others in Connecticut. It will give the students the ability to practice emergency medicine with a diverse organization with a call volume of approximately 450 calls a year," said Arnold. "It has been very beneficial for those interested in the medical field."

"I have been volunteering at Easton EMS for almost two years and absolutely love it," said junior Liana Ferreira. "It's an experience that allows you to work with people from all different walks of life. It's been a great opportunity for me to grow and progress with my personal and professional life."

"Students who volunteer with Easton EMS will answer 911 ambulance calls between the hours of 12 a.m. and 8 a.m. Their experience is very rewarding and fulfilling."

"Easton EMS has been part of the community for almost 60 years, and has also spread their services to other towns in need of medical help."

"Even once we get to the hospital, I have the opportunity to work on the Easton EMS team and be a part of the team that is helping those in need," said Ferreira. "I also get great experience working with the patient and sometimes rides with us in the ambulance. Sometimes they do other procedures I have never seen, which is quite neat and opens up more knowledge," said Ferreira.

"I have been volunteering with Easton EMS for almost 6 years, and have seen a lot of different situations. Being able to help those in need is something I would not have been able to experience anywhere else," said Ferreira. Sacred Heart students who are interested in the opportunity to volunteer for the Easton EMS can fill out the application on the Easton EMS website at www.eastonems.com/volunteer, or can contact Jonathan Arnold directly through his email at jamold@eastonems.com.
All Hallow's Eve. The time of year where things go bump in the night and children run amok flinging toilet paper and eggs.

Historically, Halloween can be traced back 2,000 years to the Celtic festival, Samhain (Pronounced Sow-Inn). The celebration marked the beginning of winter, associated with frequent death. It was believed that on Oct. 31, the line between the living world and the spirit world blurred, allowing for ghosts to return to the Earth. Cue eerie ghost noise.

When European immigrants came to America, their customs came with them. However, because of the insanely rigid Protestant beliefs, we were afraid of dabbling with witchcraft and connecting with the dead.

The holiday became less grotesque, and most of the supernatural undertones were lost. Okay, that’s enough of a history lesson.

All this being said, I have something I need to get off my chest. I believe in the paranormal. I believe that Halloween is a time where Spirits can cross over. I think they come to smite you. If you’re upstairs and hear a weird sound when no one’s home, don’t go downstairs.

I don’t care. If believing in the Spirit world diminishes my credibility as a student, I don’t mind. If believing in the paranormal makes you feel weird, don’t bring it home with you. Are you looking to be possessed? I don’t let my parents leave you home-alone for some weird vacation they want to take. Don’t take a closing shift at work and be the only one to lock up the store in total darkness.

Next, remember that Halloween is NOT a time for romance. If you find that your friends are dying alone by one, it is the worst idea to go on a date. The killer will catch you off guard in a moment of intimacy and kill you.

Plus, if you can think about dating someone when all your friends are dying, you seriously need to rethink your priorities. If you’re hiding from a killer, ghost, zombie or demon, do be smart about how and where you hide. Don’t hide in a shed with lots of weapons. If you’re upstairs and hear a weird sound when no one’s home, don’t go downstairs.

"Mom, is that you?" It’s not your mom. She would have asked you to help unpack the groceries by now. I understand that these things may sound ridiculous. If you think it’ll be hilarious to stay in a house you suspect is haunted, go ahead.

I’ll have no sympathy for you when the ghosts come to smite you. If you’re looking for me on Oct. 31, I’ll be under the safety of a thick blanket eating candy corn. You’ve been warned.

Even in my old age of 19, I still embrace Halloween as a top-tier holiday. Is there reason not to, though? When you’re younger, only Christ­mas can rival the excitement of All Hallow’s Eve.

There’s the trick-or-treating, the classic ABC Family movies that air in October, and the fact that you thought up the undisputed coolest costume on the block (shout out to Zorro; I felt tough wearing that mask).

As a college student, I appreciate the day just as much as I always have, but Halloween takes on a slightly different meaning now.

For one, my costume game has weakened significantly. I still dress up, but always at the last minute, and usually in a basketball jersey.

At the moment, finding a costume is just not as much of a priority as it once was for some reason.

When I graduate and start to work— and if I also get to be a father one day (a million years from now)—then I’ll get creative with my costumes again.


Halloween is also fun in college because these four years are the only ones in which one gets to celebrate it with all their college friends. After this, it’s all reunions and well-planned get-togethers.

Between the carved pumpkins with faces and the silly costumes, All Hallow’s Eve may seem a tradition best fit for kids.

However, the idea that a young adult or anyone older cannot enjoy it too is straight up foolish.

So enjoy Halloween, and let it make you feel young. You’ll live longer.
Is Sacred Heart Getting Too Big?

BY ILARIA DEANGELIS
Staff Reporter

The expansion and constant growth of Sacred Heart is something that everyone is taking notice of. But is it possible that Sacred Heart is getting too big?

"Sacred Heart has so much potential to be a great university and was being held back by not expanding. Once they received the rights to build the business building and the new dorms there have been many new opportunities added to the school," said senior Christine Mogelnicki.

A growing university means growing class sizes each year. According to statistics on Study.com, Sacred Heart accepted 968 students in 2011. In 2014, 1,400 students were accepted, making the class of 2018 the largest freshman class in Sacred Heart history, according to the Sacred Heart website.

The past three freshmen classes have been the largest classes that the university has ever seen, leading to a call for an expansion of the university itself. Director of Campus Experience Rob Gilmore, an alumnus of Sacred Heart, commented on the university expansion and how Sacred Heart has imparted himself as a student and now as a staff member.

I chose SHU as a transfer option because I was compelled by its uniqueness compared to colleges in the area. I'm still a student at Sacred Heart, and that's still a feeling that prospective students get when they come here.

When asked if Sacred Heart is losing its small school feel, Gilmore said, "Absolutely not."

"The universe is growing but it's growing with the idea that every student has their own individualized attention and resources to succeed to the best of their ability," said Gilmore.

"I think it's a good thing that we're expanding. With a growing university, there are more opportunities to do things in the school and the resources become more plentiful," said sophomore Bethany Halliwell.

However, some students agreed that the university could be taking on more than it can handle.

"The only thing SHU needs to improve on is accepting enough students to accommodate in this small, now medium-sized school," said sophomore Kennedy Pavlik. "We need to have a balance between taking in more people and building larger accommodations."

Some students have different opinions about how Sacred Heart used to be compared to how it is now.

"When I was a freshman at SHU, my class was the last 'small class' admitted," said Mogelnicki. "The campus was a ghost town on the weekends because everyone went home and it still felt like the school was stuck in that transition from being a commuter university."

Even after only one year, students see the changes of what was once a small university.

"There are more people on campus and more events happening to be able to entertain and accommodate all these new students. As a senior I can very much see the positive change in the university," said Mogelnicki.

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POET'S CORNER...

"SPELL BOUND"

By: Christine M. Zangrillo, Junior

I'm trapped under your spell,
Wondering why this heaven is so close to hell.
Am I resigned to a past fate,
With nothing to show for all my wait?
But pleasure is pain,
Just as a loss can precede a gain.
Can temporary contentment
Outweigh the underlying ripple effect of future disappointment?
Questions like this can haunt the mind,
But their answers we might not want to find.

"FLOWER CHILD"

By: Ray Fagon, Senior

A seed floats in the wind
Flying free it takes a whimsical journey
Over many grassy fields;
Each a lush green ocean beneath the brightest of blue skies
As the day nears it's end the winds settle into a cool comforting breeze
And this seed softly drifts onto the warm and soothing ground.
Settling down the seed is openly welcomed into it's new home.
With love and nourishment the seed begins to grow.
From a precious baby floating in the wind
Blooms the most beautiful flower
Who sways freely amongst its kin.
So that one day this miracle may begin again.
Every student in college has experienced change, but not everyone believes that change is a good thing. The transition from high school to college is a huge one, and it’s a change that some handle better than others.

I can say from my own experience that I was definitely not one of the better ones, especially during my first two weeks of college.

My life before college was always stagnant. I woke up in the same house that I’ve been living in for almost 15 years, and had the same schedule I had been going by for all my life. I woke up at 7 a.m., brushed my teeth, ate breakfast, started school at 8 a.m. Then I got out of school at 2 p.m., had sports practice, ate dinner, finished homework, and then went to sleep.

That was what my life was like for more than half of my existence, and the thought of that all changing terrified me. College is nothing like high school. There are no socially constructed barriers, no set schedule, and you’re completely independent. I, and almost everyone at college, was used to the same routine day by day, and I did not mind it. I liked knowing what every day was going to be like. I liked coming back to my house to recharge myself for the next day. I liked all of this because it was all I knew. That was my comfort zone.

When I moved into college freshman year, I was excited and fearful at the same time. Excited because everyone said how fun it is and that I’d love it. Fearful because this was going to turn my world upside down, and I did not welcome that.

The first two weeks attending Sacred Heart were probably the hardest two weeks of my life. I missed my family tremendously, I missed my friends like crazy, and I had no grasp on how to handle this new part of my life. It’s not that I didn’t like making new friends or the independence that came with this new phase of my life, I was just scared of change.

From the past two years of college, I can confidently say that I have changed, and definitely for the better. I have pushed myself out of my comfort zone multiple times, because I realize that you need to in order to get to the place you want to be in life. You don’t get anywhere in life by staying in the same place. Getting over the fear of change, I have tried to make the most of my college years so far. If I have learned anything about change, it’s that it is inevitable, but how we react to it is totally up to us.

A new change faces me. I am going to be studying abroad this spring semester of my junior year in Rome, Italy. This is a huge leap for myself as a student and as an individual. This will ultimately push me out of my comfort zone further because I will be in a different part of the world, immersing myself into a new culture.

This time I’ll make sure to embrace this change, because change is a good thing if you let it become a good thing.
Features

Student Spotlight: Meaghan McGann

BY NICOLE CANNIZZARO
Staff Reporter

According to the mission statement of Sacred Heart University, the focus of the university itself is "to assist in the development of people knowledgeable of self, rooted in faith, educated in mind, compassion in heart, responsive to social and civil obligations, and able to respond to an ever-changing world.”

When it comes to graduate student Meaghan McGann, Sacred Heart can say: mission accomplished.

McGann graduated last year with a Bachelor’s Degree in Psychology and is now in graduate school at Sacred Heart for Speech Language Pathology.

However, her feats outside of the classroom are another thing to be proud of.

Beginning in high school, McGann became involved in volunteer work and mission trips within the United States. “I found it important for me to dedicate myself to understanding the struggles of my own country before venturing abroad. It wasn’t until last year when I finally took my first trip to a new country,” said McGann.

McGann traveled abroad to El Salvador on Sacred Heart’s alternative spring break trip in 2015 and then to Guatemala with the College of Health Professions as part of the Speech Language Pathology team.

She believes that each trip brings something different to those involved.

Her trip to Guatemala included speech language pathologists, nurses, occupational therapists, and physical therapists. “Each discipline brings something different to support the Guatemalan community from a health profession standpoint. Most importantly, we all share the same desire to learn and embrace the culture of the people we meet,” said McGann. “Not only did I form relationships with amazing people from the SHU community through this trip, but I also came home with relationships with Guatemalan people that will last a lifetime.”

Her trip to El Salvador was more of a learning experience than any other for McGann. The trip led her to question herself and the way we live in America after hearing the truths about United States' involvement in the war in El Salvador in the 1990s.

"The El Salvador trip completely redefined the meaning of mission trip by challenging me to engage in service listening. Instead of getting your hands dirty, you offer your service to the people by listening to their stories and immersing yourself in the beautiful culture they offer to you," said McGann.

McGann’s service doesn’t stop with mission trips. She also volunteers her time to a variety of community service organizations and keeps her mind and heart open to new experiences.

“I have always had a deep devotion to the special needs community, so I am very involved in any volunteer work involving the community that is incredibly close to my heart. I also have a strong connection with the homeless community in my home city of Denver, Colo. So whenever I go home I make my way to the soup kitchen I have volunteered at since high school,” said McGann.

McGann found out about her recent trips through the Sacred Heart community, but the internet is able to find trips all over the world. If you are looking into your first mission trip, she recommends fundraising so that you can afford to take part in these life-changing experiences.

“It depends, but in general mission trips do cost a lot of money. Fundraising is always available and normally highly successful, especially when you’re traveling with a group,” said McGann.

McGann encourages people to prepare before hand and realize that the way most people live around the world is outrageously different than the way that we are blessed to live in the United States.

“It is not our job to ‘fix’ the way they live, it is our job to experience life with them and learn about their way of life. In general, we don’t live in a minimalistic society,” said McGann. “Which is a huge difference from the other countries. So take that culture shock that you will experience and push yourself to embrace the idea of minimalism. There is no beauty more brilliant than the beauty of simplicity.”

Meaghan McGann/Sacred Heart University

Veteran Spotlight
United States Marine Corps Sergeant Nicholas Quinzi

BY MARINNA DESANTIS
Asst. Features Editor

Freshman Nicholas Quinzi is a veteran of the United States Marine Corps. His enlistment lasted from June 2009 to June 2014. While in combat, he was stationed in Okinawa, Japan.

Q: Why did you first decide to join the Marines and why did you choose this branch?
A: For me I joined late, I was tired of working dead end jobs, feeling like I wasn’t going anywhere. [I wanted to] feel like a part of something that would make my family, especially my little brother and sister, proud. So I met with the recruiter and made the best choice of my life.

A: It did, for me it was probably the main influence. After having two ankle surgeries while in the service and seeing a lot of the process, it really made me want to get into that field with the end goal of being able to work on a military installation or Veterans Affairs clinic.

Q: Are you working alongside taking classes or are you a full time student?
A: I am a full time student and work part time when possible due to my wife being a full time student and wanting to take care of our daughter instead of getting a full time daycare or babysitter.

A: It is a little difficult at times, but for the most part at this institution it is a lot easier since this school has a more driven student population than I have seen.

Q: What has been your best memory at Sacred Heart so far?
A: Best memory at Sacred Heart...I would probably have to narrow it to two. First is hearing the VITAL Program is now offered on campus with an awesome advisor named Amy Kaplan, who helped my transition tremendously from Marine to student at Norwalk Community College. Second would be meeting with Mr. Jon DeBenedictis, who is a Part-time Undergraduate Advisor, and Amy Ricci from Student Activities. They have been a huge help in all the matters pertaining to getting a Veterans Club on campus.

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Deborah Noack Named Director of Communications

BY KYRA DERSASKISSIAN
Staff Reporter

Sacred Heart University's Deborah Noack has been chosen to be head director of communications as of this academic year.

Noack graduated from the University of Maine, Orono with a bachelor's degree in journalism and began her career as a writer. Noack started writing for a small weekly newspaper in New Hampshire and spent close to seven years there. Shortly after, she moved to Connecticut and became the editor of the Stratford Bard.

"I moved into doing public relations for the Stratford Public Schools in 1988," she said. "I helped them build their school business partnership program. After that I moved into a corporate job at Health Magazine. Then I started freelancing for Sacred Heart and now I'm here."

Noack worked at Sacred Heart for four years before taking on the role as director of communications.

"It's been an interesting transition. I found the new job is a lot more of attending meetings and finding out what is going on throughout the university so I can pass that onto my staff and keep them informed," said Noack.

With this title, Noack is in charge of writing and assigning stories for the school website, writing press releases to send to local press, and responding to requests that may come in from the press.

"Anything can happen. Sometimes all of a sudden the president needs a letter or something written, so I'll do that as well as write scripts, make posters, and create ads, so there is definitely a lot happening," said Noack.

With expansion projects at Sacred Heart, Noack's job has required more attention due to the light that has been shining on the school.

"There's no such thing as a typical day here. When I come in I'll make a little list of the things that I think I'm going to get done, but that never happens because anything and everything can happen while working in this department," said Noack.

Sacred Heart recently announced the creation of the School of Communications and Media Studies.

"We just went from a department to a school of communications, which is really exciting. The program is constantly growing, with new majors and new sub topics under those majors," said Noack. "On top of it, the new building is immaculate with state-of-the-art materials and equipment."

Noack offers advice to students who are looking to follow a similar career path.

"We're in a crazy technological world so the way we communicate is constantly changing. you have to be able to adapt to those changes," said Noack. "I think that attention to detail is really important, whether that's with ones writing skills or being able to spell and use words correctly. I also think it is really important to listen, listen to what is going on around you and don't discount opportunities to dig deeper into a story."

When Noack graduated, she had her heart set on working for a newspaper. She had never thought about working at a university, but is pleased with how everything turned out.

"It's an exciting time to be at Sacred Heart," said Noack.

"The school is growing and every day there is something new and exciting happening to share with the university community about what we're going to build next, so it's fun to be at a place that's growing and vibrant."

Features

Student Government Cake-Off Event

BY SPENCER STOVELL
Staff Reporter

Who makes the best burger? This month at Flipside Burgers & Bar, the second competition in a monthly series is currently being held between Sacred Heart University and Fairfield University, who are competing to claim the title of most popular burger.

Juniors Alison Hoag and Emily Murphy are members of Sacred Heart University's culinary club, SHUsine, as well as employees of Flipside Burgers & Bar, commonly known as Flipside.

After expressing interest in creating a burger challenge to their manager, the first face off in the new burger competition at Flipside began.

"SHU won the first month overwhelmingly, but we are in a fight for the month of October," said SHUsine Culinary Club advisor Rob Gilmore.

Customers who come in and order one of the college-associated burgers, both sold for $12, are participating in the challenge with their purchase counting as their vote. A winner is then announced at the end of the month based on sales.

"Sacred Heart won in September, we are still in the process of October and we'll find out who officially wins it all in November," said Hoag.

For September, Sacred Heart won with their Big Red's Nacho Burger on the menu, which came with chili and tortilla chips topped with cheese sauce, guacamole and pico.

Fairfield University featured their Deep Fried B Burger topped with bacon, cream cheese and chives along with lettuce, tomato and ranch.

"It is a best of three [competition] so if we fail to win this month we will look forward to the November tie-breaker," said Gilmore.

For October, Sacred Heart launched a new burger called the Pioneer Fall Slaw Burger. The burger includes cheddar cheese, onion rings, barbecue sauce with cinnamon sugar, and a fall slaw of cranberries and apples on a pretzel bun.

Fairfield presented a Chips and Dip Burger that includes Swiss cheese and grilled onions, with house made chips and French onion dip.

"I heard a lot of good reviews from students, I look forward to trying the SHU burger soon," said junior Melissa Estime.

Sacred Heart students were sent emails informing them of the competition, and many heard about the challenge from friends who have participated.

"I went to Flipside Burger this month and I tried the burger, I liked the cheddar cheese, barbecue sauce, and brown sugar cinnamon flavors combined. I thought the pretzel bun was a nice addition to the other ingredients," said freshman Christopher Turechek.

Once a winner is chosen, students of the winning school will receive 10% off their check with a valid student ID for the remainder of the school year.

"It's a lot of fun, I think both burgers are really good. It definitely boosted people's morale. Having a burger competition between our across-town rivals is a good way to start the school year," said Hoag.

Anyone interested in dining at Flipside is welcome to enjoy both the Fairfield and Sacred Heart burger special.

"If you're just a family who lives in Fairfield and you want to order the Sacred Heart burger you're more than welcome, but it's been a lot of fun seeing our peers come out and support the SHU burger," said Hoag.

If interested in trying either burgers, visit Flipside at 1125 Post Road in Fairfield.

Jessica Chalou, Copy Editor, contributed to this article.
Arts & Entertainment

HALLOWEEN WEEKEND MOVIES

Check out films playing at Bow Tie Marquis 16 & BTX located in Trumbull, Conn.

- Paranormal Activity: The Ghost Dimension
- GOOSEBUMPS
- THE MARTIAN
- Steve Jobs
- CRIMSON PEAK
- The Last Witch Hunter

ARTIST CORNER
The romantic relationship between Sonia and Vernon was based on the dynamic and music of the time. The show revolves around the story of Vernon Gersch, an established composer, and his relationship with Sonia Waltz, an aspiring lyricist. Set in 1972, the story of the play corresponds with playwright Neil Simon’s music of the time.

The romantic relationship between Sonia and Vernon was based on the dynamic Broadway duo, composer Marvin Hamlisch and lyricist Carole Bayer Sager, who shared a romantic relationship while working together in New York in 1972.

“Troy” was the drone strike initiated by President Obama to silence Awlaki. There were very large audiences, according to the report. Awlaki was assassinated by his own government without trial since the end of the Civil War. He had threatened an attack on America and the purposes they serve. He also spoke about the rise of drones since they were introduced into the American government and military.

A New Funky Fresh Musical

“They’re Playing Our Song” Comes To Sacred Heart

BY LISA CARBONE

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“The thing about shows in the Little Theatre is that they get put up pretty quickly. This is one of the more technically ambitious shows we’ve put on in the Little Theatre, so I’m excited to see the final result,” said Feely.

“The cast also feels that the audience will relate to the timeless tale of love.”

“I think people of all ages would love this show because it has a little something for everyone, there’s love for those hopeless romantic people and there’s upbeat pop music that will get stuck in your head from when you first step foot into the theatre,” said Faccenda.

The cast believes that the story and music of “They’re Playing Our Song” will attract audiences of different tastes and interests.

“It’s got a mix of everything: from comedy to drama to romance, and it definitely will not disappoint. It will be interesting to see the audience’s reactions because of how different the show is, and hopefully they will love it as much as I do,” said Shea.

Goehringer also hopes students and staff come out to support the cast and crew.

“I hope the audience takes away two ideas. One would be the great creative work of the students. The second would be for them to have experienced the story told.

“The cast and crew have been busy with music rehearsals, staging scenes, and learning the choreography.

“We began rehearsing in late September and have rehearsed almost every day since then. A typical rehearsal day includes several hours of music, acting and choreography work. Seeing as this show is based on two characters, it has been a huge commitment for me and Chris,” said Klaum.

Other cast members are excited for the fun and personal atmosphere that Sacred Heart’s Little Theatre provides to the audience members.

The romantic relationship between Sonia and Vernon was based on the dynamic Broadway duo, composer Marvin Hamlisch and lyricist Carole Bayer Sager, who shared a romantic relationship while working together in New York in 1972.
Strengthen the body, sharpen the mind, and elevate your performance with these key insights from our dedicated staff and athletes:

**Men's Rugby Making Playoff Push**

*BY TOM PETICCA*

*Staff Reporter*

The Sacred Heart men’s club rugby team came into the 2015 season with a lot to prove. They finished the previous season with a 7-2 record, and made it to the playoffs. They also entered this season with a new coach.

The way the 2015 season started, the team was ready to prove that they can be a dominant team in their division. They opened the season with three straight divisional wins, including wins over Montclair State University, Hofstra University, and win against non-divisional opponent Marist College. However, those games took a toll on the team, with multiple starters suffering injuries that sidelined them for a few games.

"Injuries have plauged our team and it affected our rhythm a lot," said junior Maurice Fabiani.

The team suffered injuries to over five key players that sidelined them for as many as three to four weeks in some instances. That being the case, the X-Men lost two games in the division, including a heart-breaking loss to Seton Hall on the road. The loss put them in a must win situation to make the playoffs.

The next game came at home against Molloy College on Oct. 18. It was a hard fought game that the X-Men won by a 33-19 score. The win sent them back to the playoffs for the second straight season.

"For us to overcome so many injuries this year and still be able to make it back to the playoffs was big for us. It really shows the resiliency of this team and I’m proud of all the guys that stepped up when we needed them," said junior captain Matthew Calton.

The 2015 X-Men have no seniors on the roster. Half of their team (15 out of 30 players) are juniors. Their freshman year, many of them were new to the sport and put together a season that only produced one win. But the more they played together, the better they became. The team finished last season with a 7-2 record. They currently have a 6-2 record for this season.

"I feel like the team chemistry we have leads us to work well together," said Fabiani. "I don’t think we’ve reached our peak yet. Coaching has really helped."

The X-Men are in their first year under new head coach Ray Peterson. Peterson has played in over 900 rugby matches in his life. He also has experience at the USA rugby by level. Last season he was the head coach of the University of New Haven women’s rugby team.

"Having a new coach this season was certainly a challenge, but playing with so many of these guys for the last two years really helped us learn together," said Calton.

"Our previous coach taught us the game very well, now we have Coach Ray and he will bring us to the next level," said junior captain Jason Libertelli.

"Having a new coach isn’t the only thing that has the team excited. Many players expressed how impressed they were with how the freshmen on the team were able to come in and learn the game so well."

"The freshmen are all learning a lot," said Fabiani. "They really picked up the game quickly. I have been very impressed and I am excited to get the chance to play with them more," said Calton.

One freshman in particular has really stood out to Libertelli.

"Joey Fox has definitely been the standout freshman this year," he said. "Although all have been great."

Fox has started all seven games for the X-Men this season.

The Sacred Heart X-Men have come a long way from posting a one win season just two years ago, and a lot of the recent success has been attributed to the experience they have gained in playing, as well as the closeness of the team.

The X-Men defeated Vassar College 50-21 on Saturday, Oct. 25 in the Tri-State Conference quarterfinals. They will play at Molloy College on Sunday, Nov. 1 in the semifinals at a time to be announced as of publication. The winner of the conference will move on to regionals.

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**Strength & Conditioning Coaches Keep Athletes Primed to Perform**

*BY OSEDEBAMEN IMEOKPARIA*  
*Staff Reporter*

Each year at Sacred Heart University, 31 Division I teams kick off the season in their respective sports. The strength and conditioning staff helps each team go into their season prepared, and helps maintain what they gained during the offseason throughout the regular season.

This is only Sacred Heart’s second year with a strength and conditioning program. In past years it has been coaches and local trainers who would take on the task for their team. In May of 2014 that all changed when Sacred Heart brought in head strength and conditioning coach Chris Fee.

Previously, Fee spent one year at Monmouth State University. Prior to that, he worked for five years at Yale University.

"I was the first official hire [for Sacred Heart’s program]. That was exciting to start my own kind of program. In past years they had sports coaches and local outsiders helping their team," said Fee.

"I also grew up in Connecticut so I knew a lot about Sacred Heart University. I knew it had a ton of Division IA athletes. It has a lot of potential and that’s what drew me here. It was a once in a lifetime opportunity for me so it was no brainer for me to come to Sacred Heart University," said Fee.

On the strength and conditioning staff with Fee is assistant coach Wayne Adams, who worked with Fee before coming to Sacred Heart, and graduate assistants Sam Reffsin, Jeancarlo Lezema and Andrew Brigley.

"It’s a very enjoyable experience working here. The athletes here are pretty motivated compared to other places I have been," said Adams. "It’s just the culture here; everyone seems to be motivated; it makes our job that much easier to push someone to get better."

"It’s great to work with student athletes. We are all working for one goal. You don’t get that from a private facility or personal training," said Reffsin.

Brigley, a former offensive lineman on the football team and all-NEC selection at Sacred Heart, is very familiar with both sides of the training experience.

"Working at Sacred Heart University is a great opportunity. Being a former athlete here, I understand how the system has worked previously and now that we have a well-developed strength and conditioning staff," said Brigley.

Since the program has been a part of the Sacred Heart Athletic Department, there have been improvements in the weight room equipment, and the addition of bands and rollers to help prevent injuries. The staff also helps the student athletes by providing a nutrition guide on how to eat properly.

"It’s great to have a program like the one Coach Fee and his staff implements. It finally gives us the proper training we need to excel at the collegiate level," said junior Joshua Beloff.

Beloff is a sprinter, long jumper and triple jumper in track and field. He was an all-NEC selection and silver medalist at the NEC (Northeast Conference) Championships (indoors & outdoors).

"They are also very motivating in helping us hit heavier weight. They push us to our breaking limits, which I enjoy personally. We have been doing a lot of explosiveness work which has helped me get out of the blocks faster, run a faster 200, and jump further in long jump," said Beloff.

"It’s like a performance on stage, where we are just in the back and the athletes are the ones performing. We don’t take credit for it but it’s great to see your athletes succeed. When they perform best it’s a great, humbling experience," said Lezema.

The staff not only benefits the athletes, but the coaches as well.

"It’s a lot easier on us as coaches. In years past we never had a strength and conditioning coach. It was always one of the football coaches trying to do that job as well as coach and recruit, causing a strain in the program," said head football coach Mark Nofri.

Since the inception of the strength and conditioning program, Sacred Heart Athletics has seen a number of conference championships and two NCAA playoff berths. The staff looks to grow its successes and to continue upgrading Pioneer athletics.

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**THE FOOTBALL TEAM WORKS ON STRENGTH TRAINING BEFORE THEIR GAME ON SATURDAY**

OSEDEBAMEN IMEOKPARIA/SPECTRUM STAFF
Hoops Madness Rallyes Campus for Basketball Season

BY ANTHONY SANTINO
Assistant, Sports Editor

On Oct. 23, the Sacred Heart men’s and women’s basketball teams took part in the annual ‘SHU Hoops Madness.’ Hosted on Coach Bike Court, the main floor in the William H. Pitt Center gym, the event was a kick-off celebration to ring in the new season for both programs.

The men’s program won the Div. II national championship back in 1986. Winning the Northeast Conference title would give the Pioneer men their first automatic bid to the Div. I tournament.

“Our goal is to get better everyday and to pump ourselves in contention to win a league championship,” said men’s basketball head coach Anthony Latina.

Latina’s players have been working hard this preseason to make that goal a reality.

“We’re just trying to improve in all areas,” said Latina. “We have a good mix of veterans and new guys who are coming together, trying to get to know each other a little better every day, and getting to play better together, too.”

For junior guard/forward Shelby Hickey of women’s basketball. Hoops Madness provides a good night of fun for her and her teammates.

“The atmosphere is great for us,” said Hickey. “Everybody loves each other, so we’re all having fun out here tonight, regardless of what we do [this season].”

Players don’t all have the fun at the event, though. Other Sacred Heart students who attend Hoops Madness show their appreciation for the experience, too.

“It’s great to see the Sacred Heart community come out to support the basketball program, and it’s a good time,” said sophomore Danielle Guth.

After the teams were introduced to the crowd, some of the players partook in friendly rounds of a three-point shootout and a dunk contest. Both competitions drew great applause and enthusiasm from those in attendance.

Following the two displays of basketball skills, the players had a chance to show off some of their dance moves.

As headlined, the Sugarhill Gang, one of hip-hop’s pioneering collectives, joined the players on the floor. They performed some of their hit songs, which included "Rapper’s Delight" and "Apache (Jump on it)." While the group rapped, Sacred Heart’s dance team and basketball players danced alongside them as part of the performance.

Both the men’s and the women’s basketball teams are looking to be doing some dancing come March. The phrase "they’re going dancing" is a common one in reference to a team that qualifies to play in the NCAA Div. I Basketball Tournament.

The Pioneer women’s team made their first of three national tournament appearances in the 2005-06 season.

The men’s program won the Div. II national championship back in 1986. Winning the Northeast Conference title would give the Pioneer men their first automatic bid to the Div. I tournament.

“Going through the season, it creates championship teams or it creates teams that fold,” Marshall said. “We’ll take a day and get this nasty taste out of our mouth and turn this into a win.”

Senior forward Jordan Allen, who was Sacred Heart’s leading bench scorer and rebounder last year, looks to do better in the 2015-16 season than he did last season.

“Last year, I turned the ball over a little too much,” said Allen. “I played about 22 minutes a game, and that’s a lot of time to do a lot of things on the floor. I just want to be more effective this year.”

Also looking to improve on last year is the women’s team. Although they had a 16-13 regular season record, they lost to St. Francis Brooklyn in the first round of the conference tournament. But, like the men, the Sacred Heart’s women’s team is on the hunt for a championship.

“We want to get a banner,” said women’s basketball head coach Jessica Mannetti. “We have a great group of young kids that have come in, and we have a great group of returners. So I definitely think this could be a great year for us.”

Now that the smoke is cleared and the Sugarhill Gang set is over, it’s back to the grind for Sacred Heart basketball. As tip-off approaches for both teams, so do the title runs.

Jets Come Up Short Again in New England, Lose to Pats 30-23 Over Former Teammates

BY ASSOCIATED PRESS

FOXBOROUGH, Mass. (AP) — Brandon Marshall recovered an onside kick that gave the New York Jets a chance against the New England Patriots. Then, his false start penalty led to a 10-second clock runoff that ended the game and left the Jets with a frustrating 30-23 loss to their AFC East rivals Sunday.

“Games like this, situations like this, it creates championship teams or it creates teams that fold,” Marshall said. “We’ll take a day and get this nasty taste out of our mouth and move on.”

New York led 20-16 in the fourth quarter, outgained the Patriots 372 yards to 353, and held New England to just 16 yards rushing. But the Jets could not hold on, coming up short for the ninth time in their last 11 meetings with the Patriots, and losing a chance to move into a tie for the division lead.

The Jets (4-2) held New England (6-0) to just 16 points and 205 yards over the first three quarters. But Tom Brady threw for a pair of touchdowns in the fourth, completing 14 of 17 passes in the final 15 minutes.

The Super Bowl MVP was 34 of 54 for 355 yards overall — numbers that would have been even better if not for the 11 drops by his receivers, six by newly activated Brandon LaFell.

“Tom is great at dissecting any defense and that’s what he did down the stretch,” said Jets cornerback Darrelle Revis, who spent last season in New England. “He ended up making more plays than usual. He ended up finding the matchups that he wanted to find and made the plays he needed to throw.”

The Jets rallied in the final minute, kicking a 55-yard field goal on final drive with 18 seconds left and then recovering the onside kick. But after a short pass from Ryan Fitzpatrick, left the Jets 37 yards from the tying score, before Marshall’s penalty ended the game.

“There is a lot of fight in this team, but we know that,” Fitzpatrick said. “We can’t really take any moral victories from it.”

Fitzpatrick finished 22 of 39 for 295 yards and two touchdowns. Chris Ivory, who entered the game as the AFC’s leading rusher, was held to 41 yards on 17 carries while dealing with a sore hamstring he tweaked early in the game.

“Tom was in the game and he was healthy,” coach Todd Bowles said. “You’ve got to give (the Patriots’ defense) credit. They get paid, too.”

Fitzpatrick fumbled on the second play of the game, giving the Patriots the ball at the New York 19. After losing 1 yard in three plays — including Brady’s first sack of the game — Stephen Gostkowski kicked the first of his three field goals.

Folk tied it for New York and then the Jets went 83 yards on the next drive to take a 10-3 lead on Fitzpatrick’s 5-yard pass to Jeremy Kerley.

On the next New England possession, the Patriots stalled with a third-and-10 at the Jets 13, but Brady scrambled for 11 yards for the first down. James White was stopped short of the goal line and, after an incompletion to Gronkowski, Brady connected with the big tight end but he couldn’t get into the end zone.

On fourth down from the 1, Brady jumped over the line on a keeper to make it 10-10. Gronkowski’s second field goal gave New England the 13-10 lead going into the half.

Rob Gronkowski had a career-high 11 catches for 108 yards and a touchdown, Danny Amendola had eight for 86 and a TD and Brady also scored a keeper from the 1 to give the defending Super Bowl champions their ninth straight victory, dating to last year’s playoffs.

New York led 20-16 after Fitzpatrick hit Ivory for a 9-yard score late in the third and Nick Folk kicked the second of his three field goals. Brady was 7 for 8 for 85 yards on the next drive, finishing it off with an 8-yard touchdown pass to Amendola, who was unblocked before landing on the goal line.

The Jets went four-and-out and then Brady took over again, completing seven of nine attempts for 65 yards and ending it on a 15-yarder to a wide open Gronkowski, who trotted in untouched to make it 30-20.

“It’s Week 7,” Revis said. “We knew what this game meant in terms of being on top in the division. But we’re fine. We’ve got a long season.”
JERMAINE UKAEGBU WINS THE MEN'S DUNK CONTEST AT THE ANNUAL SHU HOOPS MADNESS