Pioneers Celebrate Family Weekend

Celebrating family, friends and tradition

A Weekend Full of Love, Laughter and Lots of Pioneer Spirit

BY SABRINA GARONE
Staff Reporter

From Oct. 21 to Oct. 23, Sacred Heart University held its annual Family Weekend. Parents and family members of Sacred Heart students enjoyed a weekend full of fun activities and family bonding.

Denise Tiberio, the Associate Dean of Students, projected a great turnout leading up to the festivities. "This year, we expected over 1,000 families to show," said Tiberio. "Almost all of this weekend’s events were sold out."

In the days leading up to Family Weekend, families are required to register for the events they wish to attend. "People have learned from past experience that they need to claim their spots early, especially for events that are tied to a venue like the Edgerton Theater," said Tiberio. "Bingo is the craziest. This year we had to add a second game of bingo on Saturday morning to accommodate everyone."

Another sold out event that took place in the Edgerton Theater was a performance by Lets Hang On!, a Frankie Valli and The Four Seasons tribute band. The group performed various Seasons’ hits, as well as some 60’s classics, all in the style of Broadway’s “Jersey Boys.”

Drawing one of the largest crowds of the weekend was SHU Hoops Madness, the annual kickoff to the men’s and women’s basketball seasons. On Friday night, students and their families packed into the school’s gymnasium, the William H. Pitt Center, to join in on the celebration.

Attendees were greeted with free popcorn and pizza, as well as a raffle ticket for either a GoPro Camera or an Amazon Echo. Members of the men’s and women’s basketball teams competed against one another in three-point contests and showed off their dunking skills.

“It was a cool way to learn more about our school’s basketball teams,” said junior Gianna DiMartino. “I don’t get to go to as many basketball games as I would like, so it was a great opportunity to come out and show some support.”

The Pep Band, cheerleading team and dance team entertained the audience throughout the event. The night concluded with the highly anticipated performance of 90’s hip-hop duo Black Sheep.

Also drawing a large crowd was Saturday afternoon’s Tailgate Party and football game against Robert Morris University. Despite inclement weather, families enjoyed the Jersey Shore themed tailgate party, which included rock n’ roll music, family photos and hayrides throughout the campus.

Following the tailgate, families filled the stands on Campus Field to cheer on the football team. The Pioneers defeated Robert Morris 16-10.

Other events throughout the weekend included "9 and Dine at the Great River Golf Club,” "Champagne breakfast with the President” and “Hope From the Heart,” a concert featuring the Sacred Heart Choir Ensembles.

For many families, Family Weekend has become a yearly tradition. Not only is it an opportunity for them to spend time with their college student, but it also allows them to meet other students and members of the Sacred Heart community.

“We have looked forward to Family Weekend four years in a row,” said junior Gianna DiMartino. “I don’t get to go to as many basketball games as I would like, so it was a great opportunity to come out and show some support.”

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“We have looked forward to Family Weekend four years in a row,” said Sacred Heart parent Debbie Manetta. “Seeing some of the same students we met as freshmen and realizing how much each of them has grown and matured is a beautiful thing.”

Bringing together students, parents and friends has become a university tradition.

“Sacred Heart is a wonderful place, and we can only imagine how bittersweet it will be to see our daughter and friends graduate in May,” said Manetta.
SHUsquare Revamp

BY VICTORIA MESCALL
Circulation Manager

SHUsquare, the university’s virtual teaching and learning commons, was updated in the spring of 2016 to include greater access for students and to promote further collaboration between academic departments at the university.

"SHUsquare is a forum for students and teachers to have a cross disciplinary [academic] conversation," said graduate student Joe Aiato, a former SHUsquare student design coordinator.

The site features posts, video discussion boards and projects for students created by students, coincided with faculty contributions to broaden the scope of outside learning.

The electronic platform was designed to allow the sharing of work between students and faculty in an attempt to promote collaboration and intellectual growth within the classroom and outside of it.

"With this update we are trying to replicate what happened in the original SHUsquare, where different classes with different professors can communicate in one space," said Professor Pilar Munday, one of the SHUsquare faculty coordinators.

The new website is easier to navigate and features more colorful graphics and interactive links.

"It enables free interchange between faculty and students that go beyond the boundaries of the classroom. This allows for more interdisciplinary conversations and captures continuous learning," said Jaya Kannan, Director of Digital Learning in a press release. "In addition, it showcases the digital pedagogy practices implemented by our faculty. To sustain the culture of innovation on campus, we need to draw attention to the constant experimentation with emerging digital approaches."

The SHUsquare site is one way to show evidence of these innovative approaches and the impact it could have on student learning.

Unlike Blackboard, an online faculty instructor resource used here at Sacred Heart, SHUsquare invites students from all grades and majors, as well as faculty from differing departments, to view and discuss academic work that is unpublished in the classroom.

The idea for the program that developed into SHUsquare came from Seamus Carey, the former Dean of the College of Arts and Science in the 2012-13 academic year. It was under the direction of Professor Marie Hulme, the Director of the Public Square Project.

"The first version [of SHUsquare] was more of a proof of concept to make sure it worked," said Aiato. "The student community showcases features final projects from a handful of students reporting on a multiplicity of disciplines.

All Sacred Heart students and faculty can access these works through the hyperlink for SHUsquare in their LaunchPad.

The SHUsquare concept of a virtual teaching and learning commons is innovative in itself and it has brought academic reward to Sacred Heart.

The original director, Professor Marie Hulme, won the Effective Practice Award in national education from the Online Learning Consortium International Conference in 2014.

"Learning never stops with just a classroom, it's what happens outside the classroom where you continue to learn," said Dr. Jaya Kannan, the current Director of Digital Pedagogy.

Jack Welch College of Business Receives Recognition

BY MARGUERITE GIRANDOLA
Staff Reporter

The Princeton Review has recently ranked Sacred Heart University’s Jack Welch College of Business as a top business school.

According to a statement from the university, the education services company acknowledged Sacred Heart in the 2017 edition of its annual book, “The Best 294 Business Schools.”

And the news spread throughout campus, Sacred Heart’s students and faculty reflected on the program.

"The Princeton Review’s ranking of schools is based on student responses to their academic and non-academic experience at the school," said John Chalykoff, Dean of the College of Business. "We are gratified that students in the Welch College rate their experience highly."

It is not only the students that are receiving attributions for the success of the College of Business.

"The professors at Sacred Heart University have guided me through my collegiate career by illustrating their intelligence, experiences and advice through their teachings," said senior Connor Gillen. "They have helped me grow as an individual in the business field."

Gillen’s feelings are reflected in the feelings of other students as well.

"We cannot forget about all the hard work every professor and advisor has put into their teachings and how they have turned us from college students to professionals," said senior Jill Lopez. "We are extremely grateful."

"Sacred Heart is no stranger when it comes to high rankings."

"In the last two years, both our undergraduate programs and our MBA program were ranked in the top 100 in the nation by Business Week," said Chalykoff. "Our Accounting program was ranked second in the state of Connecticut and both the Marketing and Doctorate programs were ranked nationally in the top fifty."

"As the high rankings get more frequent, students feel more passionate for their degrees in the College of Sacred Heart."

"I was flattered when I found out that the John F. Welch College of Business was recognized by Princeton Review," said Gillen. "For me, it matters a lot more as a senior going into the workforce knowing my degree means more than it did when I was a freshman in the business school."

Both the faculty and the students agree that the latest ranking of their business school means promising things for their futures.

"Sacred Heart University is on an upward trajectory, as is the Welch College of Business," said Chalykoff. "Rankings are an external indicator of this success and I expect we will continue to be highly ranked among our peers."

Gillen also believes that there is a bright future ahead for not only him, but also for Sacred Heart.

"If I plan on expanding my business portfolio and with a degree from an illustrious business program, it will only make my name easier for myself," said Gillen.

Because of the recent ranking from The Princeton Review, other business students hope that more high school seniors will apply, which will foster greater competition.

"It felt powerful to share the article because I am proud of myself and my community for becoming more well- respected," said Gillen. "It means a lot to know that I am enrolled in a top tier business school and that I am indeed a student of a growing and prestigious institution."

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"With the success from both the students and the professors, students believe this will provide motivation for continuing to succeed in the future."

"Everyone in this college of business has worked hard to gain this recognition and success," said Lopez. "We think that everyone will continue to celebrate this recognition and aim to keep working our way to the top."

Chris Mooney: Politics vs. Physics

BY ALEXA BINKOWITZ
Co-News Editor

On Monday, Oct. 17, author and journalist Chris Mooney gave a presentation on the growing issues circulating around climate change and why there is a dire need for action.

Mooney, a reporter for the Washington Post and a 1999 graduate of Yale University, has been interested in science and the way that people understand scientific information for much of his life.

"I am not a scientist. I am not a social scientist. I am a journalist that writes about science, and deep down I'm a writer," said Mooney in his presentation. "My grandfather, the late Gerald Cole, inspired me to start thinking about climate change. He was quite intolerant of nonsense, so I grew up thinking that science was something important."

In the past few years, he has written articles about the melting of Greenland’s ice sheets, the recent world-agreement to start using less fluorocarbon and how to decrease human beings’ carbon footprints.

"What really strikes me is the fact that the last few years have been an utter transformation," said Mooney. "It's mainly because in the last couple years, more than ever before, the world itself has begun to give us this incredible sense of a scale of the climate changes that are happening right now.

According to Mooney, climate change is making issues regarding melting of polar ice caps, warmer winters and shifting of the poles to be much more prevalent.

"Right now, countries of the world have really taken on an increased sense of concern," said Mooney. "The result is a race between the political leaders trying to catch up and the changing planet that is starting to change quite fast. It's a race between politics and physics."

Mooney explained climate change by the earth’s average temperature is gradually increasing due to the release of greenhouse gases and the burning of fossil fuels.

"Not only is this increase happening, but this is not good news," said Mooney. "It will raise sea levels, it will affect patterns of rainfall, increase wildfires and create various types of storms, and deeply affect agriculture and our preparedness for natural disasters.

Global warming has become a significant issue and has impacted the way the earth rotates in space, as well as the location of the north and south poles.

"According to the National Oceanic and Atmospheric Administration, the earth’s magnetic north pole has been fixed in place. However, it is changing and speeding up a bit because there has been so much loss of ice in Greenland and Antarctica, and the mass of the earth’s rotation is being redistributed," said Mooney. "The researchers found that the pole used to be moving towards Canada, but now it’s heading towards Europe."

According to Mooney, climate change is going to create a new dynamic for the earth as a whole, affecting many forms of life and how human beings live as well.

"The indicators are things that are really hard to miss. There was this moment in 2014 where two different scientific papers came out and said there is a sector of West Antarctica that has been destabilized," said Mooney. "There are oceanfront glaciers, bigger than Pennsylvania, that are rapidly melting near an ocean that is rising due to this increase in sea level."

Mooney also discussed that climate change is a very unpredictable force, and it is difficult for journalists and scientists to tell how fast things could turn dangerous.

"Maybe the way it works on earth is that if you turn this hypothetical knob, then the temperature increases one degree and we see what happens to the Great Barrier Reef and possible destabilization of West Antarctica," said Mooney. "Changes are already happening."

Mooney also referenced the Paris Climate Agreement, which was negotiated last year and will become legal around the same time as the 2018 Presidential Election.

This agreement depicted that countries of the world need to work towards keeping the climate change temperature increase around 2-3.5 degrees. Heat consequences could be detrimental.

"We then have to see if the countries of the world will keep their promises and acknowledge the rapid changes in climate," said Mooney.

Because climate change is incredibly unpredictable, Mooney argues that there is going to have to be increased use of scientific research and new technological innovations to decrease the pressure on the planet.

"We humans have become a geographical force. It is up to us to see the bigger picture, and understand that the story has deepened and enlarged quite a bit," said Mooney. "It’s time to go."
Perspectives
Can You Hear Me Now... on Sprint?

GIOVANNA...

Grey shirt with squared brimmed glasses, subtle nerd, the original hipster, Paul Marcarelli. Who is Paul Marcarelli you ask? Well, he is the “Can You Hear Me Now,” guy that appeared on the Verizon commercial for some odd years. However, through acquired knowledge from actively watching television, Mr. Marcarelli is now sporting a yellow shirt as he represents the competitor company Sprint.

When I first heard about this I was left with so many crucial questions. Why did he switch companies? Was this because of a higher financial offer? How is this affecting the power of both providers advertisements?

These may be questions where I am the only one actually fascinated by. Yet, my purpose of this week’s discussion is to explain why this change in media can affect the viewer. It was a trademark. It was relevant and it was subtly implemented into my life.

Sprint has cleverly controlled the influence of Paul Marcarelli and rebranded him to their benefit. Personally, I think this is a fascinating concept. Sprint has taken something that has already spent years developing and simply used the fuel to their advantage.

Imagine if the Geico Gecko and Jake from State Farm switched places. Hello this is “Gecko from State Farm,” it just doesn’t seem to roll off the tongue. This is where Sprint’s wit has shown strength. Their commercials allude to the fact that he once was the face of Verizon. Sprint is not shying away from their clear theft. They are using their actions and the situation to their advantage.

Sprint you are clever and intelligent in your world of branding. However, let this be an example for us as consumers.

We are all victims to advertisements and we are constantly being sold. It is important as an active participant of our world to know when to look at media and when to read between the lines.

Can you hear me now?

BRAND RECOGNITION IS THE FINEST WAY TO A CONSUMER’S HEART. COMPANIES FOR YEARS HAVE BEEN TRYING TO HAVE CONSUMERS ASSOCIATE CERTAIN THINGS WITH THEIR BRAND.

The Verizon guy, although well received, didn’t last forever. hug catch phrase “Can you hear me now?” became widely known across the world.

Many people in my generation grew up watching this guy in between their favorite programs. Personally he made watching commercials more enjoyable for me, but this enjoyment didn’t last as long as I wanted it to. However the actor, Paul Marcarelli, didn’t stay in the spotlight as long as he hoped. Verizon dropped him as their “test man” and decided to pursue other advertising tactics.

Since Paul Marcarelli isn’t an A-list actor, or even a B-list actor for that matter, It just doesn’t seem to roll off the tongue. Anyway, back to the advertising thing. Joe Namath, in his prime, was a gorgeous, Joe Namath is arguably the best quarterback in NFL history and synonymous with Geico, an apple will always be associated with the iPhone. These are prime examples of successful business tactics that all companies use. Some companies, however, are not so successful. The Verizon guy, although well received, didn’t last forever. His catch phrase “Can you hear me now?” became widely known across the world.

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Since Paul Marcarelli isn’t an A-list actor, or even a B-list actor for that matter, he was forced to lay low for a while... five years to be exact. If you’ve been watching television lately than you would know that Paul has come out of hiding and reemerged into cell phone commercials. However, Marcarelli isn’t sporting the classic Verizon jacket. Paul has been hired by Sprint in possibly the best advertising tactic in the history of the world. Sprint owns up to stealing him by using a similar punch line he had with Verizon.

You can hear Paul at the end of the commercial saying “Can you hear that?”

Cell Phone Photography

“I think it’s great that it’s democratizing technology. Basically, everyone has a camera; there’s no excuse not to be able to capture the moment anymore. Now I don’t have to carry around my actual cameras when I just want to be out and about,” - Studio Manager and adjunct Professor Keith Zdrojowy.

“I personally think the cell phone camera is a great addition to the smartphone today. I like how they are able to shoot a film on my iPhone,” - junior Arianna Taite

“I think it’s pretty cool that I can shoot a film on my iPhone.”

-Arianna Taite

- sophomore Arthur Natale

The progress the industry has made in the past couple years is phenomenal,” - senior Tom Spitero

- junior Arianna Taite

- Studio Manager and adjunct Professor Keith Zdrojowy.
**Perspectives**

**CoverGirl to CoverBoy?**

**BY CAROLINE FALLON**
**Staff Reporter**

For 60 years CoverGirl magazine has been a makeup company that has promoted young women to be clean, fresh, natural and approachable when wearing makeup. Ever since they released their first issue, they always had a female celebrity or model on the front cover as their spokesperson.

However, that changed on Oct. 11 when singer-songwriter Katy Perry announced on her Instagram that the new face of CoverGirl was a male.

It happened to James Charles. He is a 17-year-old New Yorker, and he has been an aspiring makeup artist who will be the face for CoverGirl’s new mascaras, So Lushy.

Charles, within just one year of going public on social media about his interest in makeup, has already gained 113,000 subscriptions on his YouTube channel and 743,000 followers on his Instagram page.

“I think it is awesome that CoverGirl has a new male spokesperson because there is no reason someone should be discriminated based on gender. If makeup makes them feel good, they should be able to wear it,” said junior Danielle Warkens. “It shows how the world is slowly becoming more accepting.”

Charles was able to catch the eye of CoverGirl once his social media life became very well known.

His videos range from being able to do a classic look to hard Halloween makeup tutorials, according to NYDailyNews.com.

“Breaking gender norms just comes instantly as soon as a boy is comfortable and confident enough to put on makeup. I think it’s so important to love who you are and be comfortable in your own skin,” Charles told BuzzFeed.

Many people are applauding Charles for being able to take a stand and do what he loves even though some may be against it.

“I think Cover Girl should give any individual they feel is CoverGirl material a chance to show what they got. If it’s a man it’s a man, if it’s a woman it’s a woman. I think all of this means that the future is full of acceptance,” said junior Kristyn Veluz. “I think our future is headed in the direction in which eventually we won’t really know what the social norm is and that will be a good thing.”

In an interview with The Guardian, Charles said that enjoying makeup isn’t about him trying to find his gender identity.

“I’m still confident as a boy and I will always be a boy. I can be confident with bare skin and with a full face,” Charles said.

The Guardian also attached many positive messages that Charles has received since becoming the new face of CoverGirl. These messages praise him for being able to do what he pleases without listening to the negativity.

“I think the world is going in the right direction,” said junior Sanaya Williams. “As long as you aren’t disrespecting someone, then it shouldn’t be a problem or a strain on the world.”

**Buying the Pursuit of Happiness**

**BY MELINA GUTIC**
**Staff Reporter**

Would you choose a higher paying job over one that made you happy in the end?

The Center for College Affordability and Productivity (CCAP) reports 48% of employed college graduates are in a job that requires less than a four-year degree and 37% are in jobs that require only a high school diploma.

Often times, students have assistance in paying for their college education. The CCAP reports that college costs are rising, so when do you decide it is worth it?

With these four-year degrees, the expectation from peers is to immediately find a job in your field, and one that pays well. Yet as the CCAP says, that is not always the case.

“If you feel pressured to find a job as a college senior. The job market is becoming so competitive and with the pressure of paying off student loans, a job with a decent salary is not just desirable, it’s needed in order to be financially stable,” said senior Ashley Berardesca, a pre-occupational therapy major.

According to Time Magazine, “Many high-paid professions are high stress — and highly likely to lead to misery.”

There are many articles that suggest people quit those jobs to make themselves happier. But there are pros and cons to both money and happiness.

“I would not choose a higher paying job over one I would be happier with because if I am in a job I love with good working conditions and a positive environment, as well as a job that allows for greater personal autonomy, then this is indispensable to me, compared to a higher salary,” said Berardesca.

Many would agree with Berardesca because for her, happiness is greater than money. But for others, money would solve any financial problems they have.

“If I would choose a higher paying job because I think I would be happier in knowing that I wouldn’t have any financial burdens. I would be able to live comfortably,” said junior Holly Reatherford.

The amount of money you make also depends highly on what your major is.

For example, the top ten highest paying jobs are in the medical field, according to Forbes.com.

The CCAP stated, “Engineering and economics graduates, for example, typically earn almost double what social work and education graduates receive mid-year.”

“Every field has gotten so competitive and I’m scared that once I leave school, I won’t be able to find my place within the competition of the job field,” said Reatherford.

Some students are not as concerned with finding the right job after college.

“Depending on the situation, I might take the higher paying job if it benefits my lifestyle better, but I do believe happiness is the most important,” said junior Katie Lindskog.

**Star Wars: Rogue One**

**BY ANTHONY MATTARELLO**
**Asst. Perspectives Editor**

LucasFilms announced the release of their latest addition to the Sci-Fi saga "Star Wars."

On Dec. 16 "Rogue One: A Star Wars Story," will be added to the 40-year old saga and be the eighth installment since its debut in 1977.

"Rogue One" will be the second of two "Star Wars" films within the past year. Last December, LucasFilms broke the ten-year "Star Wars" silence with "The Force Awakens."

"I thought 'The Force Awakens' was a very good movie," said junior Ian Baron.

As stated in the newly released trailer, a band of unlikely hero’s plot to steal the plans of the Death Star, which is the empire's weapon of ultimate destruction.

"The film looks amazing. Of course I have to see it. It's Star Wars," said Baron.


Being spaced by only 12 months and two days will make "The Force Awakens" and "Rogue One" not only the most recent but also the two closest released films in the 40-year "Saga" history.

Even though the saga has been released over a long span of time, it has still been able to maintain its popularity.

"The saga has been very popular over the last 40 years in the Sci-Fi film industry, due to its iconic ability to capture the minds of multiple generations," said Jesse Em-spak, contributor to Space.com.

The rebellion, led by soldier and ex-criminal Jyn Erso, will be faced with a very tough task when challenged by Mon Mothma to steal the plans of the Death Star. Erso, a master swordsman, will band together with unlikely forces to take on a task bigger than they could have ever anticipated.

Plot aside, it seems that people will be seeing the movie for nostalgia alone.

"Many true 'Star Wars' fans enjoy the original trilogy over the newly released prequels, but all fans will get out and see 'Rogue One' for sure," said Baron.

However, not everyone is the same so the genre that "Star Wars" belongs to isn’t applicable to everyone.

"As the buzz for 'Star Wars' is major in the Sci-Fi community, it doesn’t interest me. I will not be seeing the movie because I have no interest in it," said junior Chris Calozzo.

This 40-year saga has eclipsed more than four billion dollars prior to the release of "Rogue One."

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Staff reporter Cody Zaro contributed to this article.
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October 26, 2016

The Sacred Heart Spectrum

Editorsials

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iPhone 7: Is it worth your money?

BRYAN KELLEHER
WEB MANAGER

The new iPhone 7 was released on Sept. 7 at Apple’s annual conference event. Each year their new products are released and continue to dominate the market. However, more recently this is not the case. According to the Wall Street Journal, Apple’s revenue decreased from the previous year by 14.0%. Apple’s iPhone sales in 2015 reached $231.5 million where as the predicted 2016 iPhone sales, according to Business Insider, was around $205 million. By looking at Apple’s new products you can see the lack of differences between the current and past models which is highlighted by their newest release, the iPhone 7. The iPhone 7 brings a couple new features that separates it from its predecessor, the iPhone 6. A few features include new color ways, improved cameras (front and back), extended battery life, added water-resistance, removed headphone jack and a new click-less home button. These features are complemented by an improved processor, the Apple A10 Fusion chipset, Quad Core CPU, Six Core GPU and 2GB of RAM according to Forbes.com. After shattering my iPhone 6 last week I decided to upgrade my phone to the iPhone 7 which was just recently released. Other than the improved battery life and camera, I must say I am not impressed with Apple’s use of an upgrade. Since the release of iOS 10 applied to the iPhone 6, there was no major difference in software between the 6 and 7. It was a little disappointing knowing I would be paying more for a weak upgrade, but if I did not get the new phone, I would quickly become out of date. Ultimately, I am indifferent about my new phone thanks to the lack in variation that it has from the older model. Yes, the new matte black color doesn’t smudge with fingerprint, and its water resistant capabilities may be a life saver down the line, but I feel like it was a waste of an upgrade.

The 128GB iPhone 7 costs $749 which is typical for a medium size iPhone. When I look at this number however I must think, was it worth it? Next year for Apple’s tenth anniversary of the iPhone, large things are expected. So with this partial to your money, you can pay $750 for a phone which can possibly become technically obsolete within the next year. For this reason, Apple users have been holding off on their new upgrade. In my case however, I was forced into a new phone briefly after the 7’s release, otherwise I would have been content with my iPhone 6. Overall, I feel as if the release of the iPhone 7 was relatively worthless and this can be seen in Apple’s decrease in iPhone sales compared to previous releases. The lack in variation from previous models is not compelling enough for users to utilize their upgrades, resulting in the drop in sales and revenue. If Apple continues to disappoint with their improvements to the newer model phones, Samsung will gradually begin to take back some ownership in the cell phone market.

A Dorm Divided: A New Yorker vs. a Bostonian

VICTORIA MECALL
CIRCULATION MANAGER

City, but it is smaller and cleaner and all around better. And for those reasons the city reminds me of home.

When I was younger, my teachers would tell our class how lucky we were to go on field trips in Boston. We attended some of the world’s most well known museums, cruised the harbor and even walked the Freedom Trail. We grew up experiencing America’s history in our own backyard.

But when you go away to college, your backyard changes. Sometimes your new backyard is hundreds of miles away from your old one.

We were two girls placed in a typical Sacred Heart freshmen dorm. We were, as were then and still are now, pretty darn proud of where we came from. Living at Sacred Heart has taught me that the city in which we were born and raised isn’t the only place you can call home. Everyone is part of who they come from. It becomes a part of who you are. In a way, your geotag becomes part of your genetic makeup.

You know it exists when that mid-summer withdrawal starts to kick in and you can’t wait to move back to college. That is what when you know you miss home.

Over the last year I have come to realize that I call home a tiny sixth floor dorm room full of a 3 a.m. laughter, ramen and a lot of native city rivalry.

Recently, I have begun to identify myself as a part-time Connecticut-native. And even though I’ll root for Massachusetts until the day I die, I’m proud to call Connecticut my part time home.

So the moral of the story is that it doesn’t matter what divides you, as long as you both find a place to call home.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

We lived in a dorm divided. It was furnished with exactly two twin beds, two dressers, two desks, two pairs of curtains and two closets, but it wasn’t the furniture that divided us. Instead, it was the age old tale of two friends from rival cities. We started off as acquaintances, as all friends do. And once we got to talking we realized there was a difference between us. I was Red Sox. She was Mets.

The first time we stayed up late and talked about missing home, it was a shock. When you are suddenly surrounded by people who were born and raised wasn’t the only place you can call home. We lived in a dorm divided.

We attended some of the world’s most well known museums, cruised the harbor and even walked the Freedom Trail. We grew up experiencing America’s history in our own backyard.

But when you go away to college, your backyard changes. Sometimes your new backyard is hundreds of miles away from your old one. We were two girls placed in a typical Sacred Heart freshmen dorm. We were, as were then and still are now, pretty darn proud of where we came from.

Living at Sacred Heart has taught me that the city in which we were born and raised isn’t the only place you can call home. Everyone is part of who they come from. It becomes a part of who you are. In a way, your geotag becomes part of your genetic makeup.

You know it exists when that mid-summer withdrawal starts to kick in and you can’t wait to move back to college. That is when you know you miss home.

Over the last year I have come to realize that I call home a tiny sixth floor dorm room full of a 3 a.m. laughter, ramen and a lot of native city rivalry.

Recently, I have begun to identify myself as a part-time Connecticut-native. And even though I’ll root for Massachusetts until the day I die, I’m proud to call Connecticut my part time home.

So the moral of the story is that it doesn’t matter what divides you, as long as you both find a place to call home.
Features

Tell Us Your Story: James Castonguay

BY CHRISTINA DIMAURO
Staff Reporter

Professor James Castonguay attended Clark University where he received his Bachelor’s degree in Media Studies. During his sophomore year as an undergraduate student, Castonguay was inspired by his professors and realized that he wanted to study and make media. It was only three months after he got his degree that he began teaching his first class, a freshman composition writing course, where he found his love for teaching.

"I was compelled to teach media, I found that contemporary media, television, radio, film and advertising, have become one of the most dominant influences in our society," said Castonguay, Director of the School of Communications and Media Arts (SCMA).

From there he received his Masters and Ph.D. at the University of Wisconsin-Milwaukee. Castonguay went on to teach at the University of Michigan.

"It was a wonderful first job, it's a great school, a big research school. I would teach these big lecture classes, like Introduction to Mass Communication, to hundreds of students, and then I would have teaching assistants who would do the discussion sections. There wasn’t a lot of interaction with students," said Castonguay.

Castonguay joined the Sacred Heart community in 1999 and he has only grown to love and develop the Communications and Media Arts program from its small major in the English department to becoming its own school. "One of the things that attracted me to Sacred Heart, and one of the reasons I applied, was because it is a teaching school," said Castonguay.

The decision to come to Sacred Heart was easy for Castonguay. He wanted to go to a liberal arts institution that had smaller classes and focused on interaction with students and getting to know them before graduation.

The relationship built with those students has only proven to be worth it for Castonguay. "What keeps me driven is the emails I get after students graduate telling me that they’re successful. Knowing that what I do, what the faculty does, matters. Knowing our students go out there and work in this industry. There is a return on the investment that we as professors put in," said Castonguay.

Professors in SCMA agree that Castonguay is a one of a kind person who dedicates his time to the school by being involved with the students.

Professor Castonguay and Colleagues Discuss Important Business Concerning the Communications and Media Department

"I view him as a triple threat in that he combines the talents of being an amazing educator, administrator and colleague all at the same time," said Professor Joe Alicanty, Coordinator of News & Broadcasting, MACOMM.

The entire faculty involved in SCMA likes to work towards a common goal and work together as a team, always looking to collaborate with each other. "He seeks out faculty and staff that he feels belong as a part of our family and as a result that means he puts a tremendous amount of trust in those people that work for our school. This also means that he stands behind us and has confidence in us to make the right decisions," said Keith Zdrojowy, Studio Manager, Martire Broadcast Center and Adjunct Instructor.

Colleagues of Castonguay have been affected by his leadership and teaching abilities. "Working with Dr. Castonguay, I have learned that everything we do here is to serve our students and the university. It has taught me that we should embrace growth and opportunity as our school becomes a leader in the field of communications and media arts," said Alicastro.

The recent growth of Sacred Heart is only the beginning. "It’s exciting to be part of something that gets bigger and better every year. The new facilities were the culmination of a story that, for me, starts in 1999," said Castonguay. "But the next chapter is the most exciting one and it always is what are we going to do next?"

From Crew to Club: Love Your Melon

BY DIANA HOFMANN
Staff Reporter

Students at Sacred Heart Showing Off Their Love Your Melon Products

Love Your Melon, also known as LYM, has become an official student club at Sacred Heart University. With the club, students are given the opportunity to help put a smile on faces of children who are struggling through so much," said junior Katie Tsukamoto, Love Your Melon’s president.

To purchase LYM products and apparel you can go onto loveyourmelon.com. By selecting "Sacred Heart University" at checkout, every product that you purchase will help Sacred Heart receive a credit. As the credits add up, Sacred Heart’s LYM club will be able to do different activities such as hospital visits or household visits to children with cancer.

Anyone interested in the LYM club can participate at any time by attending club meetings. Meetings are held every Wednesday night at 8 p.m. in HC 223. For any further questions, contact Tsukamoto at tsukamoto@sacredheart.edu or LYM Secretary, Emily Hoffer at hofferec@sacredheart.edu.
College students can be very competitive when it comes to obtaining a job after they graduate. Luckily, for the students of Sacred Heart University, they have the opportunity to get in contact with potential employers and make connections before they graduate.

The university hosts an annual career fair program each year in the fall. This event is not mandatory, but the entire student body is invited to attend. Over 600 students attend the fair each year and approximately 100 companies come to recruit new employees or interns from Sacred Heart.

"The primary objective of a college career fair is to connect students with internship and full-time employment opportunities. However, of equal importance, is student interaction with employers and the opportunity to refine networking skills. This event is one of the best activities in preparation for life after college," said Patricia Aquila, Executive Director of Career Development and Placement.

The multitude of businesses at this event not only gives students a glance at some of the jobs offered in their own major, but also the ability to be one step ahead by meeting the companies that they could potentially work for some day.

"A face to face meeting with an employer is a terrific opportunity. Students may find a temporary job or paid internship in a targeted industry that helps them decide what they would like to do after graduation," said Aquila.

The Career Fair lasts about four hours and depending on student’s schedules on that specific day, they may come and go as they please. Most companies at the event have offices within the surrounding area of Sacred Heart. That way, students have the chance to take on possible jobs during the school year or throughout the summer.

"It is important to know now what employers want to see on a resume and what they are looking for. Also, taking business cards can help you make connections when you do start looking for jobs after graduation. For example, at the Career Fair we had the opportunity to create a LinkedIn account and this is a great tool to use for future employers," said senior Sarah Zoldy.

From learning about job interview skills to writing resumes, the Career Development Office is open year-round to help students with anything that they may need to handle in the real world.

"I think what we do as a Career Center is very unique in comparison to a lot of our competitors. The reason being, we take the Sacred Heart mantra of ‘giving personal attention to personal achievement’ and we bring it to a whole different level," said Director of Career Placement Rob Colonoy.

Features

Sacred Heart Hosts Annual Career Fair

BY ATENE DILUCA
Staff Reporter

The Career Fair each year has become one of the best activities in preparation for life after college, giving students the chance to take on possible jobs during the school year or throughout the summer.

"It's about recognizing that something could be potentially threatening, learning ways to avoid it and ultimately rerouting your behavior so that you don't get faced with an unfortunate situation," said Sacred Heart Crime Prevention Officer Stephanie Trelli, who is also a certified R.A.D. instructor.

The following sessions are where the physical defense techniques are taught. Instructors will teach defense mechanisms such as striking motions, kicking, how to get out of a bear hug or chokehold and more.

If one decides to take the 12-hour course that consists of four sessions, the final class offers the opportunity to participate in a live simulation to practice the defense skills that are learned, in a safe environment.

Women at Sacred Heart are already starting to take interest in having the chance to learn more about self-defense and assault prevention.

"I think that students will benefit from this program by becoming more knowledgeable on how to protect and keep themselves safe. To someone considering R.A.D., I would tell them to go for it; it would be nothing less than beneficial," said senior Lauren Garizio.

The course is designed to inspire women to take their safety into their own hands by being proactive in dangerous situations. It also intends to promote women's confidence and empower them through the awareness strategies and self-defense that they are taught in the program.

"It's empowering to be able to say, 'you know what I'm not going to be as scared to walk down a street by myself' or 'I know how to successfully deploy some physical defensive techniques if I have to.' I would highly recommend it. You take the class hoping you'll never have to use the tools that we provide you but preparing for safety is something everyone should do," said Trelli.

R.A.D. is free of charge and has a lifetime return and practice policy. This means that anyone who has completed the course is able to retake it through different organizations. The course may also be available upon request by groups or organizations such as sororities or staff members.

"As a woman in college I think it is really important to know how to be able to defend yourself and be proactive in certain situations where assaults can happen. It seems like a long course but it may be worth it in the long run," said junior Alexis Campbell.

The three sessions will be held on Oct. 30, Nov. 6 and Nov. 13 from 1 p.m. to 4 p.m. located at Cambridge's campus.

Public Safety Hosts R.A.D. Program

BY MARY O'CONNELL
Staff Reporter

Starting Saturday, Oct. 30 Sacred Heart University's Public Safety will be hosting a Rape Aggression Defense program, or R.A.D., for all women affiliated with Sacred Heart over the age of 14.

The nine-hour course, which is broken up into three sessions, will take place at the Cambridge campus and is encouraging women to take control of their own safety through applying various defense strategies.

The course, specifically made for women, divides its classes into two parts, implementing different techniques, both strategy and physical defense based. The first class will have a PowerPoint and focuses on teaching risk reduction and situational awareness strategies.

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The Second Annual Guitar Festival

BY JESSICA ANDRIANI
Staff Reporter

Sacred Heart University’s Second Annual Guitar Festival took place on Wednesday, Oct. 19 in the Edgerton Center for the Performing Arts. The event featured artists Gene Bertoncini, Jeff Fuller, Richard Miller, David Finck, Music Professor Leco Reis and Director of Academic Music Programs, Joe Carter.

The festival focuses on and features the musical stylings of the guitar, and it is a new tradition at Sacred Heart. It gives students and the surrounding community a chance to see experienced performers showcase their talent and to connect with their music.

The first Guitar Festival took place at Sacred Heart’s Chapel last year on Nov. 10 and had a full audience. After previously only having two acts perform at this event, a third act was added for this year’s festival and was moved into the Edgerton Theatre to make room for a larger audience.

“This concert focuses on multiple performers presenting music on the same instrument. Other concerts might focus on an individual composer, like our Spring Jobimfest, dedicated to presenting the music of Brazilian composer, Antonio Carlos Jobim,” said Carter. “Most of the other concerts are also one performer or one group. This is three, giving three different perspectives. All three will perform in the guitar and acoustic bass format, creating a chamber-like sound.”

The concert began with Reis on the bass and Miller on the guitar with a slow piece titled, “See If You Like It.” Both performers worked off of each other and included a bass solo. Reis and Miller then explained the meaning behind each piece and played three more compositions.

“My professor’s passion while on the bass makes these pieces so enticing and fun to watch,” said junior Lynsey Richardson. “It also soothes the soul.”

Reis and Miller’s fourth and final piece, “Incompatibility of Personality,” had a faster pace and was said to be one of their favorite numbers to perform.

“My professor’s passion while on the bass makes these pieces so enticing and fun to watch,” said junior Lynsey Richardson. “It also soothes the soul.”

Carter said that the style of their third piece, “The Little Lion,” was similar to folk music.

“I liked their third piece,” said senior Alexandra Mango. “It was like a lullaby, very slow.”

Finck and Carter ended their collaboration performance with an original tune written by Carter.

The third and final act of the night included Fuller on the bass and Bertoncini on the guitar. Their first piece, “Alone Together,” began with a guitar solo and the bass coming in shortly after. It kept a slow pace and had long pauses.

“The bass being played with the bow in ‘Alone Together’ gave a very solemn feel to it,” said Mango. Fuller and Bertoncini concluded their duo performance with four more songs.

To conclude the event, the festival ended with Carter calling all of the performers from the night onto the stage to perform the finale. It was a fast-paced tune and included all of the artists playing together as one.

“Soothe your fears with our music,” said Carter.
The Sacred Heart University community is getting into the Halloween spirit as the student band prepares for "Halloween Spooktacular!" and the student choir program prepares for "Pipescreams." Sacred Heart's 4 Heart Harmony, Concert Choir and the Ladies Only Vocal Ensemble, SHU L.O.V.E., will be joined by the University of Bridgeport Choir, Norma Pfifig Children's Choir and Fairfield Country Children's Choir at the 15th annual "Pipescreams" concert on Sunday, Oct. 30.

"Pipescreams," there are different groups from all over the county performing. It's awesome to see everyone come together," said senior Leda Ferranti.

Members of the choir will be dressing up in costumes and audience members to do so as well to engage with the event.

"There will obviously be great music, but one can also expect the performers to be dressed up in crazy costumes that usually correspond with the style of music being performed," said junior Morgan Talley. "There is also a costume contest that goes on simultaneously so people in the audience are dressed in interesting costumes as well.

This makes it a lot of fun." "Pipescreams" will include a variety of styles of music throughout the concert.

"The style of music being sung is very sadistic because it's Halloween. However, it's not your average Halloween tunes," said Talley. "Some repertoire is from musicals and others are Latin. It's always a large mixture to keep the audience engaged."

"Pipescreams" has aspects that differ from the typical choir concert. The venue and costumes create an energy that exceeds other performances.

"It is performed in a smaller venue and you get to have fun with it," said Talley. "There's a lot more energy in ourselves and in the audience with the excitement of being dressed the part. The performance at 'Pipescreams' never seems to disappoint."

"Tick, Tick... BOOM!" is the musical the Sacred Heart student band's performance, "Halloween Spooktacular!," takes place on Monday, Oct. 31.

"The 'Halloween Spooktacular!' will be the 2016-2017 school year premiere of the Sacred Heart concert band. It will also be the return of the Halloween concert," said junior Eric Willenbrock.

The band is incorporating different techniques to reach different tastes of members in the audience.

"For anyone attending the show, they can expect a spread of music that will keep them engaged throughout the whole concert," said junior Sarah Sullivan. "The music being played includes great technique and finesse, but will grab any audience member's attention with some fun noises thrown in as well."

Audience members should also be prepared for a diverse set list of songs.

"The music being played spans from Japanese anime to coyotes to haunted carnivals and carousels," said Sullivan. The "Halloween Spooktacular!" will showcase an even more exciting side of the band.

"Usually band performances consist of classical and high rating works, but this concert is different," said Sullivan. "It consists of fun and more engaging songs that still demand the same amount of practice and attention as our usual material."

Willenbrock said that the Halloween theme will add something unforgettable to the performance.

"At the show you can expect exceptional musical arrangements set to the theme of the season, along with the band dressed in their Halloween costumes," said Willenbrock. "It'll truly be a concert to remember."
Sports

Cleveland Sports Work To Break The Curse

BY VICTORIA SAPORITO
Contributing Writer

After a long regular season of baseball, a three-game sweep of the Boston Red Sox in the American League Division Series (ALDS) and five games in the American League Championship Series (ALCS), the Cleveland Indians are making their first World Series appearance since 1997.

The Indians defeated the Toronto Blue Jays four games to one in the best-of-seven series. For years, the city of Cleveland witnessed many losing seasons with the Indians, Cavaliers and Browns. However, the Cleveland Cavaliers won their first NBA Championship this past June, marking a new era for sports fans in Cleveland, Oh.

"They broke the curse for Cleveland," said Indians second baseman Jason Kipnis to the New York Times. "That did a lot for the city, and it lifted the grey cloud over us that Cleveland can't win. If we are on the verge of winning two titles in the same year, you can't ask us for much more than that."

The Indians have not won a World Series since 1948. The Indians' championship drought is the second-longest in MLB history, which is 68 years. The longest belongs to the Chicago Cubs, who will face in the World Series. The Cubs drought has been going on for 108 years up to this point.

"It's going to be interesting to see how the Indians do against the Cubs," said senior Jason Sokol. "I don't really watch baseball that much because of football season, but this World Series is definitely going to be a big one."

The Indians' bullpen was one of the driving forces in taking this team to the number one spot in the American League by allowing only five runs in 22 innings, delivering 27 strikeouts and just three walks.

Andrew Miller, star lefthanded closer for Cleveland, finished the season with a 1.01 ERA, a 1.45 ERA and 123 strikeouts. Miller was one of the many talents that led this team to appear at World Series. During the ALCS alone, Miller had four scoreless appearances, totaling 2 2/3 innings, allowing just two hits while striking out 14.

In the ALCS alone, the Indians offense delivered six home runs while the Blue Jays only dealt two. However, during the regular season, Toronto outscored Cleveland in home runs 221-185. Coco Crisp, Francisco Lindor, Mike Napoli and Carlos Santana were the top batters in the lineup that helped the Indians to defeat the Blue Jays out to the final game of the ALCS.

"I think the Indians have an opportunity to give new life to sports for Cleveland, not only in baseball but basketball and football as well," said Sokol. "The Cavs already broke the curse so it's only up from here."

The Cleveland Indians made it to the World Series in 1954, losing the series to the New York Giants baseball team 4-0, '95 against the Atlanta Braves (4-2) and '97 against the Florida Marlins (4-3). In basketball, the Cavaliers had played in two NBA finals prior to winning this past season. They lost in four games to the San Antonio Spurs in 2007 and to the Golden State Warriors in 2015.

In football, the Cleveland Browns have not won a Super Bowl in franchise history.

For Terry Francona, former manager of the Red Sox, this is his third World Series appearance. Francona won with the Red Sox in 2004 as well as in '07.

The Indians will face the Chicago Cubs in the World Series, who defeated the Los Angeles Dodgers in the National League Championship Series.

Equestrian Team Saddles Up For The Season Ahead

BY DAN MARRO
Staff Reporter

For Sacred Heart University's equestrian team, there are high expectations for their upcoming season.

"I think we are going to kick butt," said junior Cecilia Mathon.

With new and different faces that bring on new and different experiences, the team is anxious to get the season going.

"I was a walk-on to the team this year and didn't really know what to expect," said freshman Alexis Valles. "After practicing and working hard I expect us to try our best and do what we need to do to win."

For seniors on the team, it is their last opportunity to capitalize on the growth of the team that has taken place over the past four years.

"I'm really excited," said senior Katherine Byrne. "It's my last year on the team and I've seen the team grow tremendously from my freshman year. We've had so many new opportunities throughout the years and I'm really excited to see how this year plays out."

Both seniors and underclassmen agree that the work that they have put in during the off-season has set them up for a great year.

"I have good expectations for us, I think we are going to do really, really well," said sophomore Logan Morris.

"We're all hyped up and have a lot of great positive energy."

With the team being diverse in age, each person on the team brings something different to the table.

Valles has never taken part in a competition before, but with the help of her team she is ready to compete. As a walk-rot rider, limited experience is required to be able to fill the point card in competition.

"Since I have been on the team, all of the girls have been mentoring me and helping me out with little pointers," said Valles. "They've been really supportive and there have been times I've been nervous about being in my first competition and the girls have been nothing short of helpful."

Mathon believes a mixed bag of experience can exponentially help the team achieve the goals they set forth.

"The seniors have the experience of being at so many shows and going to so many competitions so they know exactly how it is run," said Mathon. "Juniors and sophomores have the same passion as the freshmen, but with more a little more experience which is only going to help us in the long run."

Mathon also said the freshmen certainly add their own dynamic to their team as well.

"The freshmen bring new energy and the excitement of competing in their first competitions really boosts the mood of the whole team," said Mathon.

The season began on Oct. 22, with the Pioneers winning the IHSA Hunt Seat at Connecticut College. They took away High Point Team ending with a score of 40 points, five ahead of the University of Connecticut with a score of 35.

Junior Devon Conley earned High Point Rider of the day after winning her Intermediate Flat and Intermediate Fences classes. Winning two sections qualifies a rider for a high point ride off at the end of the day.

The team is ready to take on the remainder of the season ahead with the same focus and determination as their show on Saturday.

"We're definitely prepared," said Mathon. "We've been practicing so much and been doing so many technical exercises during practice to prepare us so that when we go to the competition it's that much easier for us."

The student athletes expect both their English team and Western team to do well during competitions this year.

"I think both our English and Western teams are both going to represent Sacred Heart proudly," said Morris. "We're all extremely excited to get the season going and start competing against other schools."

The team is excited for their home competition on Oct. 29 located in Southbury, Conn. at Rolling M Farm.

"Teams have to come to us and ride our horses," Byne says, "It is kind of like home field advantage for us, no one knows our horses like we do and that will always give us an edge on our opponents."
Sacred Heart and Notre Dame To Share Field

Pioneers and Lancers Partner to Expand Athletic Facilities

BY KENDALL GREGORY
Staff Reporter

The Sacred Heart University and Notre Dame Catholic High School athletic departments have renovated its multi-purpose field located behind the Frank and Mariann Maritime Business & Communications Center.

Sacred Heart men's and women's soccer teams, as well as the women's rugby team, will make this field their new home.

"To have a facility dedicated to soccer and rugby gives our student-athletes, coaches and alumni a point of pride," said Chris O'Connor, Senior Associate Athletics Director for External Affairs. "They now have a home that is top notch and is up to the standard that we want to provide for our student-athletes."

The idea for this field started because Sacred Heart needed a regulation size soccer field and Notre Dame needed a turf field. The process began five years ago, around the same time their athletic partnership started.

Notre Dame athletes will have full access to the field. The high school's boy's and girl's soccer teams, boy's and girl's lacrosse teams and softball team will play there as well.

Rob Bleggi, Notre Dame's Athletic Director, believes the field will benefit their athletic department. The turf field will allow fewer games to be cancelled in terms of poor field conditions due to rain.

"I'm most excited about having a field where you don't have to worry about cancelling games and practices," said Bleggi. "Now these teams have the ability to be on the field all the time and when you're practicing and playing, you only get better."

Sacred Heart athletes are excited to play on the new field as well. Sandra Marques, a junior on the women's rugby team, is grateful for this opportunity. Women's rugby is expected to play their matches on the field beginning in the spring.

"Since day one our coach emphasized that we work for everything and are entitled to nothing," said Marques. "With regards of receiving this field, it is completely an honor."

Sacred Heart has used Notre Dame's facilities in the past, for an occasional basketball or lacrosse practice. The high school has also had access to Sacred Heart's fields, including softball games at Pioneer Park and football games on Campus Field.

"We have a lot of good give and take. We really help each other when we need to," said Bleggi.

Although there is no name for it yet, it is ready to be used for play. Notre Dame hopes to schedule a state tournament soccer game on the new field within the upcoming weeks.

The Sacred Heart soccer teams will finish their season playing on Campus Field. Since the new field is of regulation size, the team will need more time to practice and adjust to the field.

"It warms my heart knowing that rugby is a very well respected sport and that family, friends, fans, staff, faculty, student-athletes and spectators all see the hard work the teams and coaches put in," said Marques.

Other Sacred Heart teams, including the men's and women's lacrosse teams and the baseball team, will be able to utilize the field for practice purposes.

Men's Cross Country Country Places at Princeton Invitational

Eight Pioneer Runners Set Personal Records

BY HEATHER KELLER
Staff Reporter

The Sacred Heart University's men's cross country team took part in the Princeton Invitational and finished in thirteenth place out of a total of 23 teams.

Eight of the men placed and five freshman ran their personal best.

The first Sacred Heart Pioneer to cross the finish line in the men's 8k race was graduate student Cotmor Rog.

He ran his season best of 24:42 finishing 19 over all out of 226 other runners.

Recently, Rog was named the Northeastern Conference Athlete of the Week for the fourth time. At the New England Championship, Rog ran a 24:51 8k and finished sixth out of the 219 runners that took part in the event.

To date, Rog is the fastest Sacred Heart student to run at the Princeton Invitational.

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Eight Pioneer Runners Set Personal Records

Sacred Heart Men's Cross Country finishes 13th at the Princeton Invitational

26:43. Junior Jake Taverne and freshman Nicholas Pan­
dolfo ran the same time of 26:44.

All three runners set their personal best times.

Freshman Minas Kostis, Justin Klotz, Scott Curtis, Gavin Thurlow and Stavros Xanthacos also set their personal best at the Princeton Invitational.

"I think as a team if we ran as well as we did at the Princeton Invitational we will be one of the favored teams to win the NEC championship," said Hadity.

The Pioneers are looking to continue their accomplishments at the Northeast Conference Cross Country Championships at St. Francis University at Immokalee Gulf Course in Loretto, Pa. on Saturday, Oct. 29.
GRADUATE STUDENT, KELCEY CASTRO SHOOTS THE BALL DURING THE THREE-POINT CONTEST AT THE ANNUAL SHU HOOPS MADNESS.