

| | |
|--|---|
| Greg Mortenson comes to SHU | 3 |
| <i>An exclusive interview with the best-selling author</i> | |
| He said/She said | 6 |
| <i>Dating dealbreakers for the opposite sex</i> | |
| Get Reel Movie Review | 9 |
| <i>A look at Affleck's "The Town"</i> | |



| | |
|--------------|----|
| News | 1 |
| Editorials | 5 |
| Perspectives | 6 |
| A&E | 8 |
| Features | 10 |
| Sports | 12 |



the Spectrum

Thursday, September 23, 2010

Sacred Heart University - Fairfield, Conn. Volume 27, Issue 2

Keeping the peace with local residents

Erin Murtagh
Assistant News Editor

Due to recent higher education amendments, the federal government now requires full-time undergraduate students to submit their off-campus addresses to their academic institutions.

Sacred Heart University students were required to log into their Web Advisor accounts and register their local addresses before Wednesday, Sept. 15.

"The university is required to develop a missing persons protocol," said dean of students, Larry Wielk. "As part of that protocol, we must have local contact information for all of our students. In addition, it just makes sense for us to know where are students are living during the academic year if they are not on campus and this is something we should have been doing prior to the new regulations."

According to an email sent by Wielk on Sept. 1 and again on Sept. 10, failure to submit an address could have resulted in the deletion of registered classes, as well as the implementation of a registration block.

"There are definitely pros and cons," said junior Matt Stewart, who began living off campus at the beginning of this semester. "If there is an emergency, they can get to us faster, but we are not being treated like adults. Some students are 21 or over, and it feels like we're living back on campus."

Not only do students have to answer to the university, but those living within the surrounding communities must also keep their neighbors in mind.

In a meeting conducted Tuesday, Aug. 31, 28 residents from local Bridgeport neighborhoods, where many Sacred Heart students rent off-campus houses, gathered to discuss grievances with the students living among them.

Also in attendance were members of the local police force, including Lieutenant Lula of the special enforcement team (SET), Captain Baraja of the patrol division, Officer Ortiz of the neighborhood watch program, city council members Michelle Lyons and Tom McCarthy, and State Senator Anthony Musto.

An email sent to community members after the meeting detailed a guarantee from Bridgeport police to conduct special patrolling during the beginning of the academic year. The SET team also assured attendees they would be working to suppress disturbances of the peace and underage drinking reports.

"There are a number of initiatives aimed at addressing these problems," said a spokesperson for the committee. "This includes forming Neighbor Watch groups, increased police patrolling and presence Thursday through Saturday nights, meetings with the university by both Bridgeport officials and neighborhood representatives, and communication with the owners of rental properties when called for."

Just two weeks into the school year, some students are already starting to feel pressure from permanent residents in their neighborhoods.

According to the committee spokesperson, reports have already been filed for broken mailboxes, litter left in lawns, broken bottles in the streets, urination in yards, loud noise after 11 p.m., speculated underage drinking in at least one rental home, and the use of illegal drugs in public.

"We are sympathetic to the fact we live in a family neighborhood, and in no way do we justify breaking the law," said junior Gail Gillespie. She and her housemates were approached over the summer by a neighbor who had issues with a gathering the girls hosted.

"But it's becoming a problem because we feel as if we're under the microscope, and that we'll be reprimanded every time our neighbors see cars outside our house," said Gillespie.

Wielk reiterated that there will be consequences for students found in violation of any law, or university stipulation.

"We have in the past, and will continue to meet with Police and Town Officials from Bridgeport, Fairfield and Trumbull to discuss and resolve issues around student behavior," said Wielk. "If a student is found to be in violation of campus policies off campus, they are subject to the same set of sanctions as outlined in our Student Handbook for any on-campus violations."

CHARTWELLS CONCERNS?

Answers to your questions about the changes



The Spectrum/Jaclyn Kennedy

Chartwells calms down between lunch and dinner hours as a result of the new meal plan regulations.

See SHU SAID IT on page 5...

Dedication Day honors Chapel opening

Elizabeth Fish
News Editor

Caitlin Cofell.

The Chapel of the Holy Spirit physically reflects these same Catholic traditions with the artwork that is both inside and outside of it.

Cenera described the chapel as "a beautiful free-standing sanctuary that symbolizes the University's commitment to spiritual values and the Catholic intellectual tradition."

Father Marko Ivan Rupnik contributed stained glass and mosaics to the inside of the chapel. Rupnik is a renowned artist, theologian, author, and spiritual director, according to the Sacred Heart website.

"I think the chapel is very aesthetically pleasing," said senior Ed Aliaga.

The chapel, which opened on Sept. 27, 2009, has hosted masses, ecumenical services, academic convocations and concerts.

"The dedication of the Chapel of the Holy Spirit was the fulfillment of a long-held dream on our campus," said Heiman.

For many Sacred Heart students and staff, the chapel is a symbol of campus faith and Catholic tradition.

"The Chapel of the Holy Spirit is the center of our life as a community of teachers and learners who are invited to search for truth and work for justice," said Cenera. "It is the place where many of us celebrate our Christian faith and where all can find a place of quiet prayer and reflection."

Dr. Anthony Cenera, president of Sacred Heart University has announced that Monday, Sept. 27 will be known as Dedication Day in remembrance of the completion of the Chapel of the Holy Spirit on campus one year ago.

All classes, team practices, and meetings are to be cancelled from 2 to 3:15 p.m. on this day.

"The day will be observed with displays, discussions, tours of the Chapel, and special celebrations each year," said Cenera, in an email to students.

An academic procession, followed by a Mass of the Holy Spirit will commence the activities for the day.

"The Mass of the Holy Spirit has a long tradition at Catholic universities, and is celebrated to mark and bless the beginning of each academic year," said Sarah Heiman, the campus minister for education and spiritual life.

The chapel at Sacred Heart was designed by Sasaki Associates, which is a world-class architectural firm that specializes in university projects, according to the University's website.

"I think the fact that classes are cancelled during this time slot says a lot about how serious the Catholic tradition is here," said senior

A cup of tea and conversation with Mortenson

Spectrum sits down with the best selling author backstage before his lecture for exclusive interview

Therese O'Shea
Editor-in-Chief

How long would it take you to finish three cups of tea? A few hours or so? According to humanitarian and best selling author Greg Mortenson, that's how long it might take you to sit down and talk to a stranger in order for them to give you some insight into their world.

Mortenson visited Sacred Heart University on Monday, Sept. 20 as part of the student affairs lecture series to discuss his philanthropy and his latest book "Stones into Schools: Promoting Peace, Not Bombs, in Afghanistan."

The book was a required read for all incoming first-year students, and it was clear by the two sold-out shows at 4 p.m. and 7 p.m. that students were curious to meet the man behind the bestseller. His first book, "Three Cups of Tea," has been on the New York Times best seller list for 189 weeks now, and was the inspiration for his follow-up book, "Stones in Schools."

Larry Wielk, dean of students, said that bringing the author to campus is what makes the book come to life for students.

"More importantly, it's a timely book because Afghanistan is so much in the news in what's going on," said Wielk. "And I think that for our students to have a better sense of what's going on and a better sense of the culture of Afghanistan, it's really important."

He greeted the audience with a heartfelt "Hasta lama lakum," an Arabic phrase for "Peace be unto you." But just moments before that, the Spectrum got the opportunity to sit down with the author to gain some insight into why Mortenson does what he does.

A former mountaineer, Mortenson sold his car and climbing gear back in 1993 in order to raise \$12,000 dollars to build a school. In pursuing his endeavor, his moth-

er invited him to speak at a Wisconsin elementary school where she was principle. During his time there, Mortenson came across a fourth grade student named Jeffery, who said to him, "I have a piggy bank at home, and I'm going to help you."

"I thought, 'well what can a fourth grader do?' But basically he got the school to raise 63,240 pennies," he said. "From that, we put a lot of our emphasis in the U.S. on working with kids. Because really, I would not be here had it not been for children in the U.S."

Mortenson began his organization "Pennies for Peace" in order to teach kids about philanthropy and cultural issues while visiting schools around the world. His main goal is to promote peace through education and literacy.

"I visit about 120-150 schools a year," said Mortenson. "And I ask students, 'how many of you have spent more than 10 hours with your grandparents or elders talking about World War II, or the Depression, or the Vietnam war?'"

The average, he said, is about five to 10 percent.

"Now if I ask the same question [about] Afghanistan or Pakistan, 90 or 100 percent of [students'] hands go up," said Mortenson. "I think that's one of the great tragedies of the U.S., is that we don't have that tradition where we learn from our elders about our heritage, or faith, or traditions, or our cultures."

Mortenson mentioned that he often cites the African proverb, "When you educate a boy, you educate an individual, but when you educate a girl, you educate an entire community." Much of what he focuses on in his philanthropic efforts is the education of girls because, he said, they are more likely to stay home and help build their communities.

"Girls and women are often the ones denied education as less accessible. Edu-

cating girls is one of the single most powerful investments we can make in any society," he said.

Despite Mortenson's accomplishments as a humanitarian and author, he remains humbled by the experience, and said he is still very surprised at the success of his books. A self-proclaimed "shy, kind of quiet guy," he said he "loves to be in the back row."

"Sometimes I'm baffled [at how] I ended up doing this," said Mortenson. "I feel though, this is what my mission and calling is in life, mostly to promote peace through education."

Mortenson said that Sacred Heart is the first university to assign "Stones Into Schools" as a prerequisite reading assignment. But what does he hope for them to get out of reading his book and attending his lecture?

"Use this time to make yourself a really strong person. If you want to go out and change or do something in the world, you first have to make yourself a strong person. Use your resources, and don't be afraid to ask for help," he said.

"And the other thing is, don't be afraid to fail," said Mortenson. "I think in the West we're very afraid of failing or not fitting in, and I think it's just merely a fork in the road to find your direction."

Mortenson pointed out in his lecture how impressed he was by the hours that Sacred Heart students devote to community service.

"You're probably aware that at Sacred Heart, the students in the last year have put a total of 43,000 hours into community service, doing all kinds of wonderful things. I think we should congratulate the campus here for the role you play," he said.

Students who attended the lecture seemed to relate to what Mortenson discussed on stage,

"I do work in Nicaragua, so I'm very



Photo courtesy of Greg Mortenson

Greg Mortenson poses with children from an underprivileged nation.

interested in the community service aspect of it. And I know that school and education is just as important there, so I wanted to see if it was any different in a completely different part of the world. It's really not," said junior Devon Vawter. "They all want an equal opportunity to learn."

Junior Matt Stewart said that he was impressed by Mortenson's accomplishments.

"He's definitely one individual that's changed lives of millions of people, first alone and then with the help of a bunch of other people," said Stewart. "One person can start something and people can follow."

The next student affairs lecture will feature spokeswoman Nancy Nadeau on Oct. 18 at 7 p.m. in the Edgerton Center.

'PARK CITY' PLANS FOR ARCHITECTURAL CHANGES

Thomas O'Hanlon
Staff Reporter

Bridgeport was selected in a tour of seven cities that the American Institute of Architects (AIA) will be doing this fall, providing a free sustainability study.

The study will include three days of workshops and design and architecture discussions. Researchers will take into account all aspects of Bridgeport lifestyle with the goal of molding a newer, eco-friendly system based on local features.

On the evening of the third day, the designs and drawings of architects and experts will be presented to the public to reach out to the city's residents and gain public support.

In an article written by Keila Torres of the Connecticut Post, Joel Mills, the director of the AIA's Center for Communities by Design, said the AIA "were intrigued by the city's industrial legacy and the resulting brownfields, its great framework for transit-oriented development and the potential of connectivity between the city's neighborhoods."

The linking of neighborhoods has been one of the key topics already in conversation between panels from Bridgeport as well as the AIA. The changes are intended not only to improve the state of neighborhoods, but also to reconnect the city

through community building side projects.

This program is just one of the many ways in which Bridgeport is making a conscious effort to clean up its streets and head towards a greener future. Last year, junior Olivia Durning, vice president of Sacred Heart University's chapter of Habitat for Humanity, spent time at city hall sending out information on a new recycling program the city was working with.

Most recently, Bridgeport Public Facilities workers handed out thousands of new blue recycling bins across the city.

This was part of the new incentive based recycling initiative, which gives awards to neighborhoods for recycling based on a, per pound, per neighborhood basis. The rewards include gift cards to local venues such as Compare Foods, Rite Aid and McDonalds.

According to Durning, the new recycling effort is not limited to year round residents of Bridgeport. Students living off campus could request to be a part of the effort as well.

The amount of recycling is then weighed, and each participating household from the specific route is awarded an equal amount of points. It is two and a half points per pound of recyclables, and 25 points just for signing up.

To participate in the recycling effort, call 888-727-2978 or visit RecycleBank.com.



The Spectrum/Michele Tymann

The Welcome to Bridgeport sign on Old Town Road near Sacred Heart's campus.

Health science track added to curriculum

Caroline Campo
Staff Reporter

Sacred Heart University students who are pursuing a career in the health sciences might be happy to learn that the College of Education and Health Professions has expanded their health program and is now offering a bachelor of science degree of health science.

As of the fall of 2009, the program was approved by the Connecticut Department of Education, according to professor Carolyn Shiffman.

The purpose of this degree is to prepare students to enter graduate programs that are offered.

"The bachelor of science health science, BSHS, degree allows flexibility in career choices and helps to make your goals a reality. Depending on your career goals, the BSHS will prepare you with the necessary basic sciences that are the most common prerequisites for any graduate school program," said Shiffman.

There are two tracks that are a part of the program, the pre-professional track and the leadership track, and the student needs to decide which track is going to be best for him or her.

According to Shiffman, "The pre-professional track is intended to support students aspiring to see professional health care careers. Career opportunities vary from occupational therapy, physical therapy, medical, dental, pharmacology, speech-language pathology and many more allied health related fields."

Some of the others include teaching and education, community organizing, nutrition, counseling and patient education.

"The leadership track serves part-time and adult students who hold associate degrees within allied health related field. The curriculum provides insights into management and leadership issues related to the health care environment," said Shiffman.

Just like every other major, Sacred Heart requires 120 credits for completion of this health science degree. The BSHS consists of 18 core courses and 30 health science electives.

"The degree is designed to prepare students seeking graduate degrees in these and other health-related fields so there is a minimum GPA of 3.0 for the program. A full time Health Science academic advisor will aid you in developing your plan of study based on your specific career goals," said Shiffman.

Sacred Heart's website lays out a detailed description of the courses that need to be completed. Some of these include HS-302, Health Care Administration Practice and HS-303, Health Education and Promotion for Healthy Lifestyles, both being three credits.

Junior Rebecca Baroody, a bio-chem major said of the new major, "I want to go pre-med so a major like this would have been a better choice for me as a freshman. It would have given me more guidance and option having a pre-professional program at SHU."

The Sacred Heart website said that, "An application process needs to be completed and a meeting with a university college representative to discuss transfer credits and course selections." This is also the same for any transfer student.

The program is new to the university but that does not mean it is any less creditable. According to program director Carolyn Shiffman and assistant professor Clotilde Dudley-Smith, the staff of health sciences is very passionate about this program and wish to help students with any graduate programs they wish to pursue.

"There are many opportunities to utilize your BSHS degree. Some graduates will be prepared to pursue a variety of clinical and leadership positions within the health care professions," said Shiffman.

Princeton Review recognizes computer science program

Melissa Carmelitano
Staff Reporter

"The Princeton Review" named Sacred Heart University as one of the top 50 schools in America for game design, in conjunction with "Game Pro Magazine." Last September, the university added the gaming track to the department of computer science and information technology.

The new concentration is being spearheaded by computer science and information technology chairperson, Dominick Pinto, who said why the gaming track has been recognized.

According to Pinto, the gaming track's success is due to small class sizes. The program itself currently has about 50 students.

"Small classes allow us to get to know our students well, and it also helps the students bond with each other. Our department conference room has been a place for CS majors to meet, work together, and get assistance from CLA's [certified learning assistants]."

Dan Skrelja, a computer science major, said that small class sizes have a large role in the success of the program.

"I like that the classes are small. You get to create and extra help is always available," said Skrelja.

"The gaming courses that they [the students] are taking are focusing on not only the visual but also the actual strategies, programming behind the game interface and focusing on the whole game rather than on parts," said Pinto.

Students in the gaming program take many of the same classes as students in the computer science track, "which ensures them a complete education in the computing area that goes well beyond just gaming," according to Pinto.

Gaming track students do in fact have to take a range of courses including calculus and visual organization, as well as several other logic and mathematics based courses according to Sacred Heart's website.

The graduate program is another way the computer science department is expanding. The department chair and other computer science professors have worked to develop three new graduate programs, including game development, .NET technology and information security.

"We are currently working on a cyber security track as well as a full graduate track in



The Spectrum/Sean Elliott

Chairperson Dominick Pinto prides himself on the structure of the computer science program.

game design and development," said Pinto.

Students currently enrolled in the gaming track may even add concentrations in network security, information technology and computer science.

The computer science program is also evolving to meet needs of the future.

Pinto said, "There is and will continue to be an explosion of games for the mobile devices such as iPhone, Android, Blackberry, etc. Our gaming program on all levels is innovative, can bring a student from a BS to an MSCIS with concentrations in gaming, provide internships in the field and also give the students an opportunity to complete several 'capstone' type courses for total development."

These capstone courses will work to prepare students for actual work environments, while also giving them the opportunity to get feedback from several different professors involved in the program.

"We will be using a team teaching approach combining a game programmer with a game designer. We are using a good mix of adjuncts and FT faculty," said Pinto.

Pinto said this mix of different classes will help prepare students for a range of professional tasks.

"We are making sure that our undergraduate students graduate with a knowledge of software engineering, database, algorithmic development and networking which ensures them a complete education in the computing area that goes well beyond just gaming," he said.

"I believe that we in computer science and information technology department have taken an innovative approach to the structuring of our Gaming Design program."

AN END IN SIGHT FOR WAR IN IRAQ

Erin Murtagh
Assistant News Editor

In a primetime address from the Oval office on Aug. 31, President Barack Obama announced an end to the United States' eight-year occupation of Iraq.

The 144,000 troops that were stationed in the country when Obama took office were reduced to about 50,000.

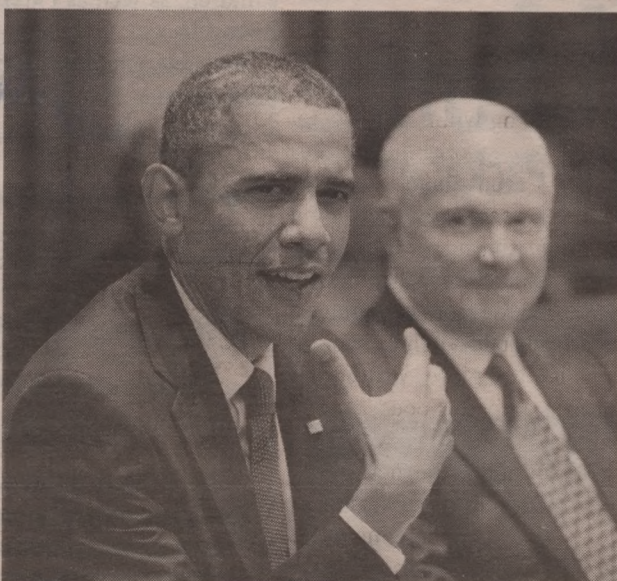
"Our task in Iraq is not yet completed," said Obama in his address. "Our combat phase is over, but we've worked too hard to neglect the continuing work that has to be done by our civilians and by those transitional forces."

Although fighting has ceased, there is still the issue of implementing a proper Iraqi government. In addition to that, the body count for the month of August was over 400. According to iraqbodycount.org, it was the bloodiest month of the entire year.

By withdrawing during a time of increased violence and leaving behind an unstable government, the Obama administration is facing criticism.

"It is the fulfillment of that election pledge," said Iraq's Prime Minister Nouri al-Maliki in an interview with Guardian News. "But it is embarrassing for them to withdraw and still we don't have a government in place, because all the achievements, all the sacrifices that have been made, could be in jeopardy. It is embarrassing for us also."

When asked about troop extraction in the midst of a po-



AP Photo

Defense Secretary Robert Gates looks on as President Barack Obama speaks during a Cabinet meeting in the White House.

litical stalemate, Dr. Steven Michels, associate professor of political science, said Obama's motives were militaristic rather than political.

"The timetable for withdrawal was supposed to be

determined by conditions on the ground," said Michels. And in regards to whether or not the decision was made prematurely, he said, "Only time will tell."

With combat in Iraq declared over, attention is now shifted towards Afghanistan. "There's a tough fight ahead," said Obama in his address. He acknowledged the dangers of U.S. conflict in the Middle East including an inevitable increase in casualties.

Some do believe that there is reason to be optimistic. "If things go well, it's an opportunity for troops, resources, and attention to be paid to Afghanistan, which has deteriorated," said Michels.

As for the troops remaining in Iraq, their purpose is primarily for training and support. And even though there has been an end to combat operations, there is still the threat of conflict.

Al-Maliki said in a televised interview that he will continue to foster foreign relations with the U.S. "With the execution of the troop pullout, our relations with the United States have entered a new stage between two equal, sovereign countries." This comes despite his disapproval of Obama's timetable.

The President concluded his address by reiterating the fact that troops can now return safely from the Middle East.

"The country appreciates you," he said. "Welcome home."

BOARD OF EDUCATION ISSUES CHILD ABUSE POLICY New guidelines state teachers must report potential cases of child endangerment

Frank Morrone
Staff Reporter

The Isabelle Farrington School of Education at Sacred Heart University does not only bear responsibility to teach students on learning theory, classroom management technique, and how to develop a lesson plan, but also how to ensure the welfare of students in accordance with state policy.

The attorney general and child advocate of Connecticut issued a report on July 8 that investigated five school districts in the state and has resulted in a tightened policy regarding the responsibility of teachers concerning the well-being of students. The policy requires teachers to act as "mandated reporters" when they have reason to believe any student under the age of 18 may be subjected to either abuse or neglect.

"This report is really very powerful – a blockbuster," said Richard Blumenthal, state Attorney General. "It shows systematic and statewide failure."

The report found "that suspicion of abuse or neglect by school district employees is underreported," and recommends a revision of the joint model between the Department of Education and the Department of Child and Families. The revision would include identifying man-

dated reporters, criteria for what must be reported, a time frame, and the protection from reprisal for those making reports.

According to the policy, teachers would be required by law to make an oral report within 12 hours to the Department of Children and Families (DCF) hotline, or law enforcement agency, and submit a written report to DCF within 48 hours of making the oral report.

"I understand the need for such a requirement as mandated reporting. But from my experience, many reports are unsubstantiated or happen from misunderstandings.

-- Megan Rose, Senior

Mike Giarrantano, co-director of the intern program at Sacred Heart, has experienced the issue of the mistreatment of children firsthand during his time as an elementary school principle for 25 years.

"It is imperative to report all allegations without regard to the child's parents or family history in order to give full protection and to err on the side of the child," said Giarrantano.

According to Giarrantano, the education program has, "imbedded the concept of mandated reporting into many of the courses." Sacred Heart students are also taught in a three-day summer teaching workshops leading up to their teaching certification regarding the policy of mandated reporting, and are held to the same standards as teachers, whether as student-teachers or as interns.

The requirement for inexperienced student-teachers to refer a student to a state agency as a potential victim of either abuse or neglect poses what may be an unexpected challenge to many aspiring teachers.

"I understand the need for such a requirement as mandated reporting," said Megan Rose, a senior in the education program. "But from my experience, many reports are unsubstantiated or happen from misunderstandings."

A downside to this new policy is that these reports of abuse might bother parents who are accused and are later found to be innocent after an investigation has been completed. Another negative aspect is that when a teacher encounters a student they feel might be the subject of abuse or neglect, it might be difficult to decide if there is enough substantial suspicion to make a report.

"Every teacher will face this situation in their careers," said Giarrantano. "And they must report all incidents and let the administration investigate."

Students work to abolish mistreatment of children in Uganda

Kelley Bligh
Perspectives Editor

You may complain about school and classes, but can you imagine not even having the choice to an education at all?

Children in Uganda are not only struggling to be sheltered, clothed, and fed after

a 23-year long civil war, but also struggle to become educated in order to redefine their future.

The upcoming Invisible Children (IC) colloquium may seem like just another colloquia in the semester-long series by Sacred Heart University's Common Core, but is actually brought to the university though by Peace By Justice, an on-campus organi-

zation.

Peace By Justice, also referred to as "PB&J," is a student-run organization that dedicates itself to fighting against social injustices.

Sophomore Alinda Yu, one of the team leaders, commented on the mission of the organization.

"Currently, we are focusing and dedicating our time towards abolishing child sex slavery, forced child violence and military activity, human trafficking, and sexual exploitation worldwide," said Yu.

She continued to explain that they way the organization does all this is by raising awareness in order to "advocate change."

On Sept. 28, there will be a colloquium in the Schine Auditorium to do just that, with two different opportunities for students to attend – one at 5 p.m. and the other at 7 p.m.

"We partner with other organizations working on these issues, and raise money to aid philanthropic activities around the world," said Yu.

These organizations include Invisible Children, as well as Falling Whistles and Love 146.

Invisible Children, Inc., according to their website, is a nonpartisan, nonprofit

organization that is "committed to exposing atrocities around the world and developing the necessary solutions to ending conflicts that plague the lives of disadvantaged people."

The site further explains how it is "mobilizing a generation to capture the attention of the international community, and making a stand for justice in the wake of genocide," referring to the war-affected areas of Uganda.

Sophomore Samantha Fasanello, another team leader of PB&J, explained how Invisible Children is different from other organizations that only aid in basics – food, water, clothes, etc. It goes beyond that to help educate Ugandan children, giving them the knowledge and power to change their own country.

"They will not learn to stand on their own if they are not equipped with the power of knowledge that they need in order to do so," said Fasanello. "Programs such as the Legacy Scholarship Fund help to educate the future leaders of Uganda in order to provide the constituents with capable leaders in the years to come."

At the upcoming colloquia, there will be a screening of the Invisible Children video telling the story of the Ugandan children in more detail as well as featuring guest speakers. The speakers on the tour coming to the university include Brenda, a Ugandan student, and Benna, one of the first bracelet makers for the organization.

IC's bracelet campaign is only one of the ways the organization is raising money for their cause. Not only is money raised with every bracelet sold, but the bracelets are made in Uganda, meaning it provides jobs for Ugandans.

Fasanello emphasized the importance of Invisible Children and put the Ugandan war into perspective.

"For me, the most surreal component is to imagine myself fighting in a war at the age of 10," said Fasanello. "The students' stories of strength and perseverance are really inspirational and I guarantee that many students will feel called to contribute to the mission of Invisible Children after listening to their accounts."

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SHU Said It!

What do you think of the changes in Chartwells?

"I do not like how the Mohog is shut down during specific hours for eating only. In past years the Mohog was the place I went to do my homework, as well as many others, now I have restricted times when I can go to do just homework without having to purchase a meal that I may not even want. If they are going to close off a sitting/eating area then it should be just one, not both [Chartwells and the Mahogany Room]. People want to a place to sit with their friends or do work without being forced to get food they may not be hungry for." — Alexandra Smith

"You can't leave the confined areas, you can't eat outside, there's no microwave so you can't even bring food. Where are we supposed to go now? I see people sitting on the floor in hallways because they have time in between classes and have no where else to go. Another inconvenience here is that you can't even grab food and take it with you. When you have a block class from 5 to 7 and your professor gives you a break to get food and go back to class, you can't even do that." — Nicole Eastman

"Our university is supposed to promote healthy living, and an 'all you care to eat' policy at designated mealtimes is not as healthy as a policy that allows students to eat several small meals throughout the day when they feel hungry. Students who take advantage of this policy will feel the need to 'get their money's worth.' Furthermore, the university is supposed to prepare students for the real world, and this includes teaching responsible money management. A simple debit point system would more closely resemble a real-world situation, where the student can choose what exactly they want to purchase with their money, rather than needing to stuff themselves to make the most of their dollar. I feel it would be a much more healthy and economic choice for students to purchase groceries this semester than it would be for them to use the new meal plan." — Brittany Hartman

Student government board hears what you're saying

Henry Crocker
Staff Reporter

In response to the controversy regarding the changes in Chartwells, in both payment and scheduling, vice president of the student body, Mario Valenti and vice president of finance for student government, Matt Choiniere discussed the factors involved in the debate.

"Part of our job is to benchmark ourselves against other schools. We really are one of the last schools to transfer from a points system to a meal system, at a fairly cheap rate comparable to other schools," said Valenti. "At other universities, students are given the same meal plan, but at rates anywhere from \$10 to \$12 per meal, against Sacred Heart's \$9.50."

If a student does not want to pay full price for a meal and simply wants to snack, Choiniere reminds us that there is still Outtakes.

"We've met with Mark Tammone, Chartwells' director of operations and he's assured us that the food selection will become more diverse with the possibility of hot foods and additional staff to accommodate the longer lines."

There are the other complaints that are directed towards the closing of students' widely used study spot, the Mahogany Room.

"We've been very fortunate with the fact that the Mahogany Room is so central in the

campus. There are other places like Hawley Lounge, Roncalli lounge, North Hall, and the library. Within the next three to four weeks there will be a new University Commons lounge, as well" said Choiniere.

Valenti also wanted students to be aware that during times of unusual academic stress, special accommodations will be made.

"During midterms and finals the University Commons will be reserved and set up for students' studying, and hopefully student government could provide coffee or some form of catering to the students."

Due to the overwhelming volume of complaints and concerns regarding this topic, the majority of Chartwells' employees and student government participants were unable to speak publically or privately about these issues. There is a proper avenue for channeling all complaints.

According to Choiniere, "Chartwells made no decision in this process. It was Sacred Heart University administration that chose to implement the new plan.

"With that being said, Chartwells is a business, and all of its employees are merely doing their job. If complaints or concerns do arise, we ask that you present those to student government where we can then bring these issues to Chartwells, which has been in an open discussion to solve all issues."

So, what is everyone doing instead?

Students go elsewhere rather than deal with changes around campus

Henry Crocker
Staff Reporter

With a new school year come changes in both Chartwells and the Mahogany Room. Students are starting to find alternatives to both due to the new restrictions set in place by Sacred Heart University administration.

With new times for breakfast, lunch, and dinner in Chartwells, and with no food being served for periods of time in between, students are trying to find alternatives for when and where to eat. The new times for when the Mahogany Room can be used are causing problems for students

as well who are just looking for a place to get work done.

So where are students going now?

"You can try to find another place to do your work, but that's always hard and takes a lot of time," said junior Frank Chioti. "As for the food, I just go to the Merritt Canteen. I think these changes are just losing Sacred Heart money."

The sudden need for replacement work areas has started to cause congestion throughout the school, affecting even those who spend minimal time on campus.

"The restrictions on Flick force students to other places, which makes these places more crowded. Even though I do work at home, I'm inconvenienced; it took

25 minutes to use the print lab one morning," said senior Chris Iacovino.

Students who are used to the convenience provided by the multi-functional Mahogany Room, a place to eat and study, are feeling affected by its unavailability during certain times. The library, at least, is now offering students the choice of eating while they study there, something that was not possible in previous years.

Even still, the fact that Chartwells and the Mahogany Room have been restricted before the construction on new student areas was complete has seemed to push students away from campus. The high level of construction intensifies the congestion, and some students just want to avoid campus

as much as possible.

"I feel like our money is going places the students do not really want it to go. Due to the restrictions and just overall interference of construction, I'm never even on campus anymore. I only really come for class. I don't even look for places to work or anything," said senior Sonny Bifalco.

For many, finding a place to do homework seems to simply mean spending less time on campus.

Senior Charles Faruza started a petition to regain unregulated use of the Mahogany Room. At the time this was written, Faruza had collected over 250 signatures, with more coming.

SHU answers call for more student donors

Andrew Orlandi
Staff Reporter

The United States is currently experiencing a blood-supply shortage.

According to USA TODAY, the most dedicated donors were the World War II generation. With their growing age and need for their own blood transfusions, sights are now being set on young people between the ages of 17 and 24.

On the Sacred Heart University campus, students understand the importance of being a blood donor, even if some are a little hesitant to take their first steps.

"I've never donated blood before because I am kind of afraid of needles," said senior Michael Ohrenberger. "I still feel it's important because if I was ever in need of a blood transfusion, I would appreciate it if someone donated for me. I guess I really should just start donating."

Senior Stephanie Kanner also shares Michael's fear of blood donating.

"I've only donated blood once before, and afterwards I passed out. I will most likely never give blood again after that experience," she said.

Some students do not give blood, not because they are afraid or do not want to, but because they are prohibited to

Senior Kate Hann said, "The only reason I have never given blood is because I have been to a Honduras, a third world country, but it's so important to donate blood. It saves lives every day."

In order to ensure a safe blood supply and the safety of the donor, there are many restrictions on who can and cannot donate blood. Donors must meet the minimum age of 17 years and weight requirement of 110 pounds in order to give blood.

There are certain situations where giving blood can be dangerous for the donor. Cross Country runner Dana Troy is unable to donate due to her strenuous sport, and the negative effects it could have on her performance.

"I don't donate blood, only because I run a lot so my iron levels are low. Regardless, donating blood is extremely important because without donors we wouldn't be able to do blood transfusions in hospital. It saves a lot of lives."

Troy's fellow teammate, senior Megan Rose agrees. "Due to cross country, donating is very difficult, but I plan on donating after I am done competing."

Senior Wes Lynskey believes that donating blood is the least that he can do to give back to those in need.

"I try to donate whenever I can. It's such a minuscule thing that helps so many people. It only takes a half hour

from your day to save a life," he said.

Senior Meridith McLoone explained her call to be a donor as well.

"I donated blood last April during Sacred Heart's last blood drive. I try and donate once a semester. I feel that as long as I'm healthy I should help people less fortunate than me."

Graduate student Bart Smarkucki spoke about his past experience with donating blood.

"It's not fun," said Bart. "For the next four weeks after donating I was really weak and sleepy, but it's for a really good cause. People need blood transfusions all the time for surgeries and certain types of cancers."

Senior Mark Theroux is very outspoken about his blood donating policies.

"I started giving blood when I was a senior in high school. I just wanted to do something good. You can save three lives per donation, and it doesn't even take that long. I've given blood several times a year for about three years. There are always people who need blood transfusions. It just feels good to give back."

Senior Sean Rothenburger shares Theroux's call to give to those in need. "I try to get out and donate at least twice a year. I like to help those who are in need. That's why I'm also an organ donor."



The Spectrum/Michele Tymann

The Eckart Street Apartments are an off-campus home to many students.

LIVING OFF-CAMPUS FORCES STUDENTS TO ADJUST TO NEIGHBORS

Erin MacDonald
Staff Reporter

Although housing is guaranteed for Sacred Heart University students for all four years, many students choose to live off-campus in Fairfield, Bridgeport, or other surrounding towns.

However, according to the 2010-2012 Student Handbook, "the university does not necessarily guarantee housing of one's choice." The Handbook also provides students with a link to listings for apartment rentals in the area.

While the freedom that goes along with living off campus is obvious, there are other factors that students living off-campus must keep in mind.

They cannot fill out a MOP work request to get their window screen fixed or turn on their television to watch the Food Network or ESPN without also having to worry about paying their cable bill. While off-campus students can decorate their living spaces however they please, they do not have the liberty to call their Resident Assistant or Public Safety if they lock themselves out.

Off-campus students must also consider this: off-campus neighbors.

"Getting along with our neighbors is definitely something my housemates and I have been struggling with lately. I feel as though they see us as college kids and do not give us a chance," said junior Gail Gillespie, who lives in an off-campus house.

"We are immediately deemed as bad, noisy, rowdy and disrespectful Sacred Heart students. Our neighbors are very quick to call our landlords or the police for any small discrepancy without coming to us first. I did feel it was easier to live with other Sacred Heart students, especially because in most instances, they became or already were my friends," Gillespie explains.

Others such as junior Melissa Cole say they do not have problems with their off-campus neighbors.

"Honestly, I don't see my neighbors unless we meet in the elevator. I had way more trouble with neighbors when I lived in dorms than I have with neighbors now. Occasionally, I have heard some noise

from my off-campus neighbors but for the most part they remain silent," she said.

Both students admitted that there were adjustments that needed to be made in living off-campus.

"Now that I am living off-campus, I need to be a lot more conscientious each month with my money because if the bills come at the end of the month and they go unpaid, there is no second chance; electricity and cable will be immediately shut off," said Gillespie.

The independence that comes with off-campus housing includes paying for electric, cable and Internet bills, grocery shopping, finding transportation to and from school, and furnishing the living space.

"There is a considerable difference between living in a dorm and living in an apartment off-campus. I have to figure out an appropriate budget for my money so that I can pay for my car, my food, and my cable bill. When I'm at home and hungry I have to make my own food if I want to eat. Years before, I would simply walk to the closest food place on campus," Cole said.

Gillespie spoke about the benefits of having an entire house to live in rather than in a small dorm room.

"Having my own big room with a large closet is a wonderful thing," she said. "Furnishing the house was fun. We had all the freedom we wanted when it came to choosing what went where and which colors to use. I enjoy having my own bathroom where I don't have to wear shower shoes."

Cole admitted that it was a challenging adjustment, but not for the reasons that some may assume. "The past few years I lived with my best friend on campus and in the room we each had our own place, our own stuff, and it worked well. Off-campus and with my boyfriend, the situation is very different. We must share everything. Perhaps it was just hard for me to learn to share so much but after a few months here, I have grown more accustomed to it."

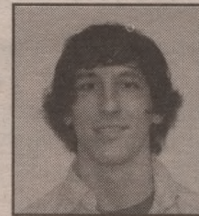
Whatever the issues, Gillespie added that, for her, the switch has been worth it. "Overall, the transition from a dorm on campus to off-campus housing has been fabulous."

HE SAID/SHE SAID

What about the opposite sex is an automatic deal breaker for you?

Zach Johnston

He said



Nicole Place

She said



Oh, the classic story of guy meets girl, guy likes girl, guy finds something horribly annoying with girl, guy runs away. It is a familiar dance of the sexes that has gone on for centuries with no end in sight. Every person has his or her own little idiosyncrasies or habits that they do in their every day life, which is only part of being human. But there are certain things in the opposite sex that, even in the foxiest of ladies, would fry my pork chops in a second.

"Got a cigarette?" No. Never. I do not have a cigarette and I never will have a cigarette for you. Sorry if I seem a bit forward on the very first deal breaker, but the smoker is without a doubt the number one habit that would turn me off from a girl. You know how they say kissing a smoker is like licking an ashtray? Well whoever came up with that hit the tar-filled hammer on the cancerous head. I have been with girls in the past who have smoked and I have tasted that dirt flavor in my mouth hours after. It is not very appetizing.

While I am sure not everyone agrees with this breaker, I had to voice my displeasure because it is, after all, at the top of my list and this is, after all, my perspective. However, I still do apologize to all you smokers out there. Just keep being you.

Next on the list is something just about everyone, male or female, finds to be a breaker in the dating game. We have all had that girl or guy who just will not seem to stop texting you, calling you, writing on your Facebook wall about just the funniest thing that happened today. That's right, I am talking about the Clinger. I have yet to meet a single person who wants a relationship with someone who constantly wants to know where you are, what you're doing, and whom you are with. Constant surveillance on someone is not a turn on. Ease up a bit and let us breathe.

Subsequent to the Clinger is the girl I have come to know well over the past few years: the Gamer. For whatever reason girls always feel like they have to play little games with guys, trying to get a rise of emotion out of him in which he will profess his love. Sometimes you may not even consciously realize you're doing it. It might just be in a woman's blood. But seriously, are we still 15 years old and have to stoop to the level of, "I'm waiting for Timmy to text me first today because I IM'd him first last night?" Go back to high school. As soon as I see the Gamer playing her games, my battleship is sunk and I am out of there.

In my personal opinion, girls annoy guys on purpose. Why else would a girl need to know everything about my whereabouts, play pointless, irritating games, or wear 15 earrings on one ear? Why else would she go on and on about why she decided to make her room zebra striped instead of polka dot, how much personality her cat Mr. Twinkle has, or the diet she swears is going to start on Monday?

Now, I am not saying every girl in the world possesses all of these qualities, but the rest of you know who you are. In fact, it is often the idiosyncrasies that draw us to the opposite sex. But if I see a smoking gamer cling onto me, I'm out of there faster than you can say mani-pedi.

Automatic deal breakers, where do I begin? So many things that guys think are attractive just aren't. Now I'm not trying to be critical, so listen you, because what I will say just may end up helping you.

For starters when I see a guy out, an immediate turn off is if he appears to be extremely into his looks. If he is wearing a shirt that would better fit a small child, that is a definite red flag. The small shirt is just not a good look.

Sure, it shows off your muscles and you think you look good, but everyone else is asking themselves how you were able to get it on in the first place. It also screams that you're conceited, which is never a good thing. Please if you find that your shirt has shrunk let's do everyone a favor and donate it to charity. Wear a shirt your size and then we'll talk.

Fake tanning, whether it be spray-on or fake-and-bake, is not okay. If when describing your skin tone, I find myself using some color other than simply, "tan," there is an issue there. Who wants to be dating someone whose skin tone is borderline tangerine? So if you find that you are closely approaching the Oompa Loompa mark, relax a bit on the tanning and let your skin fade back to a normal color.

On the other end of the spectrum (no pun intended), there are those who feel it's okay to leave their home without having showered in days. Some people like to rock the grunge style and that's great, but when you appear as if the last time you were close to running water and some soap, I suggest a shower. I want to pursue someone who looks like they can take care of themselves, without looking like they are too into their appearance. No one wants to be someone's mother as well as girlfriend.

Smoking is another one at the top of my list. Yes, you look like a tough guy when you do it, and yes, that is kind of attractive, but the smell that lingers in clothes, and the fact that it takes years off your life negates any chance of cool points. Nobody wants to kiss an ash tray, so why would I want to kiss a smoker. I'm not going to waste my time telling you how bad it is for you and then hope that you quit for me. I've had friends who said they would quit or cut back if they had a girlfriend, but they forget the simple fact that smoking is addictive, and therefore, harder to quit than they think.

And of course, I don't want anyone who is mean, rude, or egocentric. Nobody wants to deal with a bad personality on top of the orange, dirty smoker. Sometimes there is a fine line between funny and insulting, and if he's trying to constantly crack jokes at others' expense, I find that to be a turn off. It also gets tiring being around someone who is always "on" and can never just relax and be himself. If it's a struggle to have a conversation, and I can't get a word in because he won't stop talking about himself, then that's a no-go. If I am going to be interested in someone, I also want him to be interested in me.

All things aside though, I really don't have too many cut-them-off-at-the-knees deal breakers. If you are nice, polite, and for the most part clean then we could be able to work something out.

ALL ABOARD THE STRESS EXPRESS!

How to deal when life gets real

Lindsay Caiati
Copy Editor



I've always prided myself on being a very relaxed person... You know, a go with the flow, roll with the punches type girl. I don't think the word "stress" even entered my vocabulary until I reached junior year of college. However Sept. 7 marked the beginning of my senior year, and with that came more responsibility and extra curricular activities than I knew what to do with.

Since then it seems that carefree girl I once knew was thrown to the way side, and left in her place was a crazed, stressed, ball of anxiety. Gone were the days of not knowing what to do with myself when class was over, instead I was either in the Spectrum office or the media lab, but mostly the Spectrum office.

During the first week of classes I couldn't even keep my days straight and by Wednesday

of the following week I just needed to get away. Now "getting away" is not exactly the easiest thing when your apartment is around the block and home is New Jersey. So instead of sitting in my room worrying about everything that needed to be done I got in my car and just drove.

I soon found myself on autopilot to downtown Fairfield in search of a bookstore. I know it seems weird, but whenever I'm stressed or upset I find a bookstore that's not too far, (but not too close either) and lose myself in the travel section. My theory is that reading about a place very far away from wherever I am at the moment, can take my mind off of almost anything. And I am proud to say that since finding this out about myself my collection of travel books and guides has significantly decreased and in turn so has my stress.

I realize that not many people have the luxury of spending hours in a bookstore, so for that I am sorry. However, I've learned that there are plenty of healthy constructive ways to relieve the inevitable stress that comes with being a college student.

LINDSAY'S TIPS FOR STAYING STRESS-FREE

According to WebMD.com ignoring your stress is the worst thing you could possibly do, so here are some ways to tackle it head on.

- Write: If something is bothering you, but you don't want to bother someone else with it—write it. Keep a journal and let everything out, this not only will help you release your stress but it will help you identify what's getting you down in the first place.

- Exercise: The release of endorphins you get when you exercise make you happy, so walk a mile in your shoes and kiss your anxiety goodbye.

- Remove yourself: go somewhere you normally don't spend time and read a book or listen to music. Any way you can relax can help.

Now that I have learned how to manage my stress that carefree, go with the flow girl is back and better than ever. I hope you all can take a little bit of advice from this and apply it to your own lives, because lets face it; stress free is the way to be.



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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Michele Tymann
Asst. Photography Editor

I drove cross country this summer and this is one of my favorite photos from the trip. This is a photo of Flaming Gorge in Wyoming. I was standing five feet from a person's backyard.

Corrections for the Sept. 16 issue:

- In last week's edition, it was incorrectly reported that Jasmineann Vega was misidentified as a 2010 graduate of Sacred heart University. She has not completed her studies and is not currently a registered student at the school.

- The article "SHU trainer nominated for national award" contained a caption error on the photo. The photograph was of athletic trainer Leo Katsetos.

New exhibit opens at Gallery of Contemporary Art



Photo Courtesy of Alessandra Pane

People at the opening of "Juxtapositions: The Collector, the Art and the Collection."

Venithda Sourignamath
Staff Reporter

Mario Carreño, Emilio Ortís, and Sandra Ramos. These names might not be as well known as Picasso or da Vinci, but they are just some of the artists that are currently featured in the Fall 2010 exhibit at Sacred Heart University's Gallery of Contemporary Art.

"The new exhibit is very interesting," said senior Christine Gray, who works in the gallery. "All the works are done by various Latin American artists, and it

gives the gallery a different flavor."

After officially opening its doors on Sunday, Sept. 12, the exhibit, entitled "Juxtapositions: The Collector, the Art and the Collection," tends to "focus on a collection and the passion of its collector," as announced in a press release by the university.

"The collector has many reasons for collecting as there are items to collect," said gallery director Sophia Gevas. "For pleasure, prestige, for monetary gain, for knowledge, for posterity or for any combination of the above. Collections fascinate, often reflecting as much about the collec-

"The new exhibit is very interesting. All the works are done by various Latin American artists, and it gives the gallery a different flavor."

-- Senior, Christine Gray

tor as they do about the intrinsic value as works of art."

For this particular exhibit, the thirty-seven piece of art attributes to the Latin American and Caribbean culture, each possessing a distinct message that the viewer can interpret for themselves through either a photograph, self-portrait or another unique piece.

One particular area of the current exhibit displays women being restrained. From the work of Argentinean artist Alicia Candiana of Buenos Aires, the piece, "Do not think, Do not give any opinions," contains a woman in a red dress with her mouth sewn shut, while four figures stand freely in the background.

"She looks like she is rebelling against the classical interpretation of what society thinks she should be," said Gevas. "It's like the figures could represent her thoughts of freedom."

Among the self-portraits from artists like Daniel Serra-Badué and Belkis Ramírez, it is the intriguing piece self-portrait of Ramírez herself, which nixes a canvas altogether, in exchange for a nearly eight foot long woodcut on paper to bring her piece, "El Pensamiento de Julia," to life.

The self-portrait of Ramírez depicts her lying down with her hair spread out, yet there are thousands of tiny symbols resembling crosses, birds and other objects

that have been chosen as representations of her life.

"This is a fairly unusual piece and you can imagine how difficult it must've been to get a piece of wood this long and transfer the designs from the wood onto paper," said Gevas.

Other interesting works of art in the gallery this fall include the 2006 modern piece by Puerto Rican artists Ernesto Lopez.

His work, entitled "Domination #1," is a mixed media work, displaying a stack of dominoes with some of the dots being replaced with images of people from New York's annual Puerto Rican Day parade.

In a press release about the event, Yolanda Vaquez Pertocelli said, "The white chips are presented as a genealogical tree, representative of the essentials at the core of being Latino."

"Lopez's chips, with the numerous faces he collected for his piece, are encased in the same fashion that natural history museums everywhere display rare species, in sublime butterfly-boxes," she said.

Although the gallery is showcasing one-of-a-kind features this fall, will it draw the attention of the student body?

"I've heard about the gallery before but never actually went inside," said junior Briana Melilli. "Now that I have seen their website, there are some interesting pieces in the collection I'm looking forward to seeing."

The 'Juxtapositions' exhibit will be open until Wednesday, Nov. 3

'AMERICA'S GOT TALENT' HITS THE ROAD

Valentina Szlashta
Staff Reporter

After its fifth season finale, "America's Got Talent" has decided to follow in the footsteps of "American Idol," "So You Think You Can Dance," and "Dancing with the Stars," announcing an upcoming nationwide tour.

Despite the fact that the show remains the most popular summer series, outshining "American Idol" and "So You Think You Can Dance," it was still the only talent competition series that had not yet launched a national tour.

However, all of that changed on Sept. 10 when NBC officially announced it's "America's Got Talent Live" tour which will start Oct. 1.

The tour will start off in Oakland, Calif. and will be hosted by popular daytime television host Jerry Springer. The tour will make its way through 25 cities across the United States, according to Entertainment Weekly's website.

The network announced that all top ten contestants from season five would be performing, including Fighting Gravity, Jackie Evancho, Prince Poppycock, and this season's winner, Michael Grimm, all of whom were the top four finalists that competed in the finale.

"I think 'America's Got Talent' is going to be a big hit when it goes on tour," said senior Mari Brown. "There are so many cool things that the contestants can do. Everyone will want to see it in real life."

Unlike "Idol" the fact that "America's Got Talent" showcases a broad array of talent, as opposed to sitting through a line-up of strictly musical or dance acts, seems to raise its appeal for viewers.

"As far as the title is concerned, the show is about 'talent,' and the fans of it [that] I know prefer those with unique talents," said senior Matthew DeLaurentis. "Singers and dancers have their own shows already, finding one with a different talent is what makes the show interesting."

Other students like the broad range of acts the show

showcases.

Memorable past performers include singing sensation Susan Boyle, 11 year old singing prodigy Bianca Ryan, Terry Factor the ventriloquist, and singer Neil E. Boyd, who's CD is currently in stores, according to TV Squad's website.

The show is produced by a familiar face, Simon Cowell, and it aims to bring back the "Variety Format" of past entertainment shows. Hopefuls flock to the auditions in hope of winning \$1 million dollars and the coveted Las Vegas show according to NBC's website.

"I think it will do really well because it's like a variety show," said junior David Choy. "So you get a little bit of everything."

However, there has been some question as to whether or not the tour will actually do well as far as ticket sales are concerned.

"'Talent' winners haven't made much of a pop-culture mark," said Robert Bianco on USA Today's website. "They've worked, they've put out some records, but individually and as a group, they can't compete with the most successful 'American Idol.' But who knows? Maybe this is the year."

Though NBC dominated the ratings last Tuesday during the 9 p.m. slot with "Talent," according to TV by the Numbers' website, and it remains the network's top summer show, there is some speculation as to whether the live tour will mirror the success of the show.

"I can honestly say I've watched the show [on] TV once," said DeLaurentis. "I usually watch popular acts from it via YouTube like many others. If I had to guess, the tour might do alright because there are some huge fans of the show, but overall I don't think it has the fan power for it to be an overwhelming success."

The show still remains as the number one slot on NBC, but some are hesitant about the tour's future.

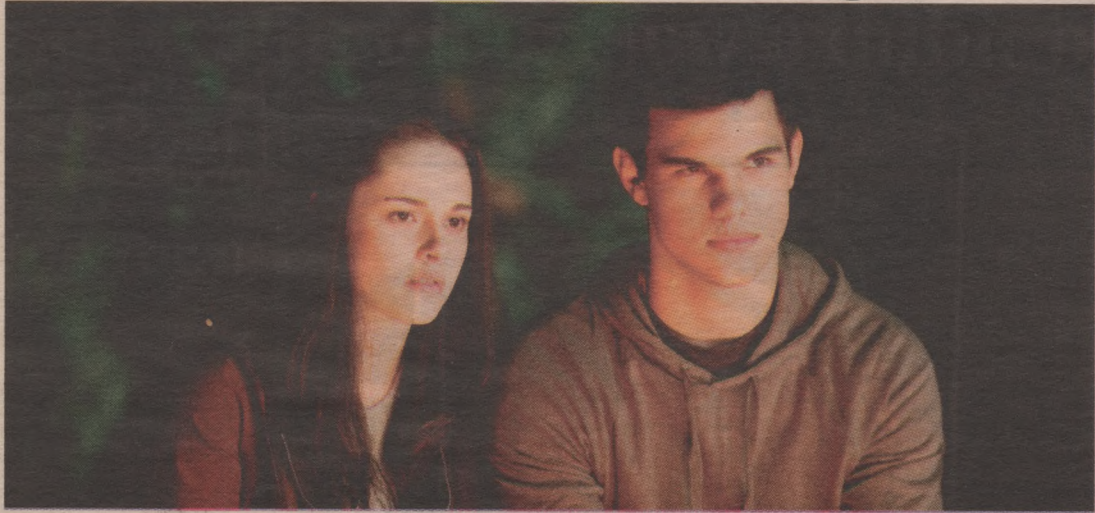
"I think since it's just starting the tour it might be more popular because the other shows have been touring for a while and this is something new," said Brown.



AP Photo

Contestant Prince Poppycock performs on "America's Got Talent" for his final performance.

From best sellers to the big screen



AP Photo

Kristen Stewart and Taylor Lautner in a scene from the film "The Twilight Saga: Eclipse"

Jamie Miller
Staff Reporter

In 2001, both "The Lord of the Rings: The Fellowship of the Ring" and "Harry Potter and the Sorcerer's Stone" hit multiplexes everywhere, changing the box office and film industry.

Nine years later, it seems that every other week a new flick debuts that has either been based off a short story, essay or full-fledged New York Times bestseller.

"I like to see how the movies turn out and if they are anything like I imagined when I read the book," said senior Dana Brooks.

Audiences everywhere are seemingly embracing the book-to-screen trend as the pages of some of the most beloved novels end up equaling box office gold.

Though some film adaptations, like Stephanie Meyer's popular "Twilight Saga" stay relatively true to the books, other features are guilty of "going Hollywood," by either changing critical story lines or in some instances, the endings.

"I feel as though movies do not accurately depict the books because they have to leave out things that could be an important part of the book," said senior David Ta.

Just last year, the film adaptation of Jodi Picoult's 2004 novel, "My Sister's Keeper," starring Cameron Diaz, Abigail Breslin and Alec Baldwin caused a stir with audiences and the author herself, as the ending Picoult's story was altered.

"Having the ending changed would certainly not have been my choice," said Picoult to USA Today.

"I wrote that ending very intentionally because I wanted to leave the reader with a certain message. Changing that ending changes the message."

Also guilty of committing a "novel-ty" of a crime, the 2010 take on Nicholas Sparks' "Dear John." According to the MSN Movies website, "The original ending, which followed the book more faithfully, bothered Relativity Media, the executives behind the film."

The filmmakers changed the ending just three weeks before its Feb. 5 release.

Several book-to-screen adaptations are set to hit the theaters this season including the recently released "The Town," drawn from Chuck Hogan's piece "Prince of Thieves," as well as the highly anticipated adaptation of Ben Mezrich's novel, "The Accidental Billionaires: The Founding of Facebook..." in the form of David Fincher's flick "The Social Network."

The chance whether or not audiences will embrace the soon-to-be-released flicks all depends on just how much they stick to the heart of the original story.

"I tend to prefer the books rather than the movies," said senior Nicole Morelli.

"However, if the movie did stay true to the overall plot of the novel, then I'd be willing to give the big screen version a chance."

'TAP'ing their way to the top

Dave Gallo
Staff Reporter

Last spring, Sacred Heart University's very own Theatre Arts Program, or TAP, wowed audiences with their rendition of the musical "RENT" and managed to snag rave reviews from both faculty and students alike.

With the success of "RENT" TAP is on their way to their next spring musical, "Little Shop of Horrors."

Before Sacred Heart's Theatre Arts Program was known as TAP, they were known as The SHU Players, with only 12 members who all shared a love and enthusiasm for the performing arts.

"We had very small straight-play performances," said junior, Kimberlie Latulippe. "And not a large audience because the plays we did were not that popular."

Early last year, TAP's program director, Jerry Goehring, presented SHU Players with an amazing opportunity.

"With the help of our director, Jerry Goehring, we have grown into a massive program," said junior Lynn D'Ambrosi. "It all started with TheatreFest in

the fall and grew only more with our musical stage debut of 'RENT' in the Spring of 2010."

TheatreFest is a student project from start to finish where the members write, direct, and perform all their own shows.

After the success of TheatreFest, Goehring and the members of TAP came up with the idea to do the critically acclaimed show, "RENT."

Thanks to the success and fun atmosphere from TheatreFest, TAP boosted their 12-member roster to a whopping 70 members. Due to the hype surrounding "RENT," many Sacred Heart students flocked to the tryouts.

"The second semester came with 'RENT' and we were completely astonished by how many people came and auditioned to be in the show," said Latulippe.

After all the hard work, sweat and tears that went into the production, "RENT" was a huge success. Goehring received many e-mails from faculty members, students, parents and even people who were not associated with Sacred Heart praising the performance.

As if the numerous positive reviews were not enough, TAP was made an official program

and it obtained the Theatre Arts Program grant.

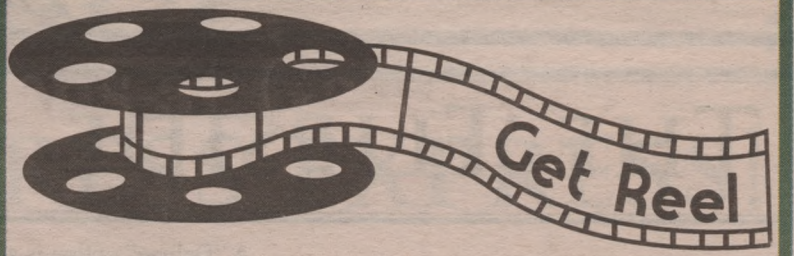
"Along with a tremendous outpouring of help, we are now receiving a grant for our hard work and practicum classes with some of the best in show business," said D'Ambrosi.

Do not expect TAP to slow down anytime soon. With the fall TheatreFest just around the corner and the spring musical, "Little Shop of Horrors," the TAP members have their work cut out for them.

When asked what a new year brings to the table, some of the members of TAP seemed enthusiastic for upcoming events.

"With this grant, every recipient must take two practicums that deal with certain aspects of theatre such as performance, design, creative, technical, and administration. These practicums are all taught by people who are actual professionals in these areas," said Latulippe.

D'Ambrosi added, "Our TheatreFest is all student run, student written, and student acted, running Nov. 19, 20, and 21. We also are continuing with our biggest fundraiser, our Improv group, performing on Oct. 20 in the U.C. It's sure to be a great night."



Rave reviews for 'The Town'



AP Photo

John Hamm and Ben Affleck in a scene from "The Town."

Nicole Mastroni
Staff Reporter

What has action, humor, and romance all rolled into one? The answer is "The Town," the new film directed by Ben Affleck. In his latest film in theaters, Affleck encompasses much more than what your typical action flick has to offer.

You might think a movie titled "The Town" would be a lifeless story about a quaint little suburb. If so, think again. There are many elements throughout the film that will grab your attention from beginning to end. You've seen the trailer: men in nun's masks holding assault rifles. That teaser alone made me want to go buy my ticket.

The film is set in Charlestown, Mass., a small town filled with crime, (and yes, their accents were authentic) making the movie come alive that much more.

A seemingly average group of blue-collar workers hide their real occupations as they take part in a string of bank robberies. These break-ins are not your average amateur hold-up, but rather, skillfully blueprinted invasions.

Affleck, John Hamm, Jeremy Renner, Blake Lively, Rebecca Hall, and several others work together to create a dynamic cast. In a modern version of the typical "cops and robbers" plot, these talented actors captured the tension of the age-old good guys vs. bad guys struggle.

Charlestown's own have a motive to steal. They've been taught by the generations before them. They're not playing around. Affleck, who plays Doug MacRay, is the ringleader along side Jeremy Renner's character, Jim, and the two work together with their team to bring down a bank in a dramatic heist.

MacRay struggles between the life he knows and the life he could have. His father is in jail serving a life sentence, and MacRay does not want to follow in his footsteps. His new love may also be sacrificed depending on his decision and this tension drives the movie.

Scenes move back and forth between their blue-collar trades and their true work in a life of crime. The balance and secrecy are both intriguing and interesting. Despite all their planning, you're still left wondering if something's going to go wrong and if it did, what would happen to them?

Now we all know that there's nothing worse than a predictable movie, but you don't have to worry about that with this one. It's plot is so multi-dimensional that you are constantly enthralled. It was action-packed and exciting, followed by an instant of sheer hilarity that was almost unexpected. The entire theater was captivated; both their eyes and mine were glued to the screen.

Saying more would risk giving away something you need to see for yourself. Its unpredictability and surprisingly refreshing twist on a classic plot is worth a night at the movies. I recommend grabbing a bucket of popcorn and enjoying the show.

Get Reel gives "The Town"



THE 'FLIPSIDE' OF FAIRFIELD DINING

Maile Hetherington
Staff Reporter

Sacred Heart University students are always looking for new restaurants to escape the monotony of Chartwells cafeteria food. Located on downtown Fairfield's Post Road, Flipside is an energetic burger joint perfect for hungry students craving something new.

Flipside offers a fun and lively atmosphere with bright blue accents and a young staff. I walked in on a Wednesday afternoon to find a quietly buzzing restaurant, busy but not too crowded.

There were a few students wearing their Fairfield University sweatshirts and a group of men and women neatly dressed in suits on their lunch break. The restaurant has a relaxed ambiance, good music, and is very family friendly.

Half of the restaurant has a fully equipped bar running inexpensive drink specials all week. If you are 21 or older, you can sit at the bar and enjoy your meal or you can slip into one of the large and comfortable booths that are available.

Flipside offers a variety of all-American food such as burgers, hot dogs, onion rings, and french fries. The menu is considerably large, but their specialty is clearly their unique burgers.

Flipside allows customers to build his or her own burger for prices ranging from \$4.25 to \$8. First, you choose between a beef, chicken, or veggie patty. They also offer a variety of delicious spreads, toppings, and veggies to personalize your burger.

Things like Velveeta cheese, sauerkraut, coleslaw, and even fried eggs are available to dress your burger just the way you like it.

A "Deluxe" option is also available for an extra \$2.75. This gives you the option to get a hearty helping of french fries, coleslaw, or pickle chips. The fries also come in a small or large order for the whole table to share for \$3-\$4.75.

Some daring enough may even try Flipside's "Ripper Dog" which is a juicy hot dog fried for an added crisp.

Customers looking for a healthier alternative can forego the burger for a light crisp salad. You can indulge in a simple garden or chopped salad with fresh shrimp or scallops.

For those looking for something a little different, there is an extensive seafood selection including wraps, rolls, or platters of fried fish. However, the prices for seafood do get a bit steep reaching as much as \$24.50.

The dessert section offers enough sugary treats to satisfy your sweet tooth. Rich milkshakes in a variety of flavors, from creamy chocolate to fruity creamsicle will melt in your mouth for about \$5. One dessert guaranteed to hit the spot is the fried Oreos— if you are willing to overlook the amount of calories and grams of fat.

I got the "Alpine" veggie burger, full of freshly grilled portabella mushrooms, eggplant, zucchini, peppers, and onions. It was covered in gooey melted Swiss cheese, loaded with perfectly grilled onions and mushrooms, and spread with a unique tarragon mayonnaise.

The burgers come hot off the grill, overflowing with delicious toppings, and cheese oozing down the sides. Customers should prepare for things to get a little messy. Grab the burger with two hands and have lots of napkins nearby.

I shared a large order of french fries and onion rings with my table. The platter came



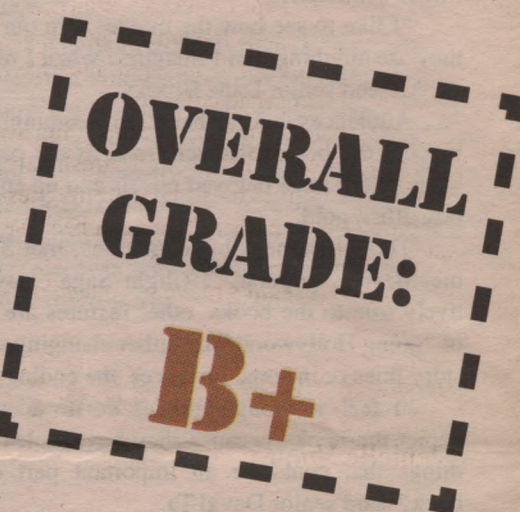
The Spectrum/Andrew Orlandi

Fairfield's newest burger joint, Flipside, located on Post Road.

out overflowing with a stack of thin and crispy potato delights. The onion rings must have been cut from an onion the size of a softball; sweet, lightly battered, and fried to a perfect crisp.

The service was nice and snappy. Our waitress filled our drinks as soon as they were empty. The food came quickly and piping hot. Out waitress, however, failed to inform us of important pricing information, such as refills not being free, and made a mistake with our order.

The food was tasty enough to go back, but the tab was a bit high for a burger and french fries. The restaurant is clean and the staff is friendly but it is not the only place in Fairfield for a good burger. Overall it is a great atmosphere for groups or families and the bar is definitely worth checking out at night.



Digital distractions provoke classroom concerns

Study at University of Pennsylvania stresses 'communication beyond the laptop'



Photo courtesy of Facebook

Professors label Facebook a success in the realm of social media but a distraction in the classroom.

Andrea Gorkofsky
Staff Reporter

Imagine a world without Facebook. That is what the president at Harrisburg University in Pennsylvania, Eric Darr, tried to do when he blocked students and faculty from accessing any communication technology for a week.

According to an article from the CollegeNews website, the temporary blocking was established to test if students could communicate beyond their laptops.

"He wanted to see what would happen if colleagues and classmates were forced to talk instead of IM [Instant Message], to walk to offices and dorm rooms instead of emailing," said the article. "He wondered if people had forgotten how to communicate face-to-face rather than online."

At Sacred Heart University, the use of laptops in a classroom is decided by the specific instructor, but many students have noticed professors cracking down on computer allowance.

"I used to spend a lot of my time in class on Facebook," said senior Ariana Marano. "But now I can't even bring my laptop to most of my classes anymore because my professors don't allow it."

On the other hand, for those who are allowed to use their laptops in class, they find it hard to resist the constant temptations of Facebook.

"In the couple of classes that I am permitted to use my laptop I try not to check Facebook but it is really tempting," said senior Sabrina DeRiso. "I usually go on to

check my notifications then get off only to find myself doing it again five minutes later."

Several professors find laptop use in a class to be a necessary part of the learning process. However, they hope that their classes trigger something within the student to not have the urge to check social sites or communicate with outside peers.

"I require the use of laptops in my classes. I think it is up to all of us as a learning community to put our laptops to positive and beneficial uses in the classroom," said Jim Castonguay, professor of media studies and communications.

"Faculty members should challenge themselves to think of effective ways to use these powerful machines to accomplish our learning objectives in new and exciting ways," he said.

Though he wants the full attention of his class, Castonguay understands that it is hard to stay focused throughout the whole entire class period.

"We need to give students something to do with their laptops in class besides just opening up Word to take notes, which often leads to Facebooking, IMing, and so on," he said.

In the past, Castonguay has held exercises, such as Eric Darr's experiment, in his classes to see how dependent his students are on the media. When the trial is complete, he always allows his students to reflect on their reactions.

"When I have done these kinds of 'media blackout' exercises in my classes, [where] I ask students to see how long they can go without being online, using their phone, etc., many students say that at first they feel like they are missing out on something," said Castonguay.

"But then after a while they realize that it can have a calming effect and when they do check back in they really didn't miss that much."

Sally Ross, also a professor in the media studies department, only allows laptops to be used for course related work. "I allow laptop use in my class only when we need them for our course related activities," she said.

"I think it's human nature to surf or check email or Facebook if the opportunity is there, so it's necessary to remove the temptation."

Both Castonguay and Ross have the same take on Facebook not being a bad aspect of the social world, but merely a distraction.

"People may think that they're good at multitasking, but I think they're kidding themselves if they think that they can get the most out of a class session and check up on Facebook at the same time," said Ross.

I LOVE YOU MOM, BUT YOU ARE CRAZY

Dealing with hovering, overprotective parents while living away at school

Jessica Colucci
Staff Reporter

Are you the victim of constant phone calls and overflowing inboxes? If you are then you know that it's not your crazy ex-girlfriend. It's your "helicopter parent."

Some parents find it difficult to cope with the fact that their children end up leaving home for college, and continue to fret once they move away. Some call it tough love, but others just call it obnoxious.

But what kind of effect do their actions have on their children?

"In extreme cases, these children are under constant supervision and no decisions are made without the parent's involvement," said Dawn Melzer, a professor of psychology. "When these children go to college, they are in constant contact with their parents and they will even step in to talk to professors about grades/performance."

According to Melzer, parental hovering can sometimes extend later into their children's lives.

"We even see some helicopter parents interfering beyond college in the work environment by contacting bosses or sitting in on job interviews or salary negotiations," she said.

This scenario is all too familiar for many students at Sacred Heart University.

"They would call me everyday to check in about how my day was, make sure I didn't have any problems," said senior Joe Porzio about his freshman year experience in college.

Some students, however, did not have the same experience when coming to college.

"My parents' reaction of me going away to school were fine because I'm so close," said freshman Alyssa Varnum, whose family lives only about 15 minutes away from campus. "It didn't really bother them at all because I can go home whenever I want to go home."

While Varnum's move to college only took her a few

towns away, other students have come to Sacred Heart from practically halfway around the world.

Senior Ferry Ferdianto is originally from Indonesia, over 10,000 miles away from Fairfield, Conn. Although Ferdianto's family is so far away for the majority of the year, he said they have been dealing with the distance just fine.

"I think each parent wants the best for their kids. My parents wished the best for me, and they thought the education in Europe and the U.S. is way better than in Indonesia."

But the questions remains, why do helicopter parents act the way they do?

"In some of the extreme cases parents are paranoid and are afraid that their children are being taken advantage of," said Melzer. "But overall, these parents have a viewpoint that they are protecting their children and doing what is best for them."

However, that underlying "protection" can sometimes leave students longing for the comforts of home, as they find themselves unable to deal with being in a new living environment.

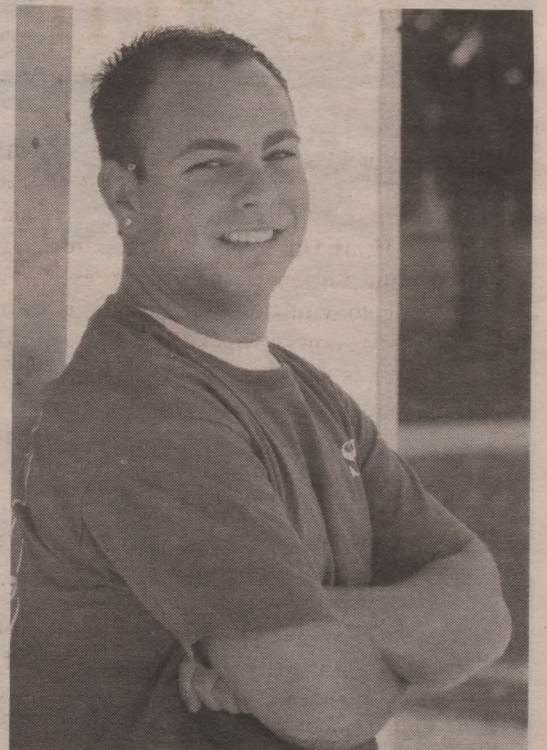
"When I was talking to them multiple times a day it made it much harder for me to leave them behind," said Porzio. "Each time I talked to them it made me miss not being home. It was tough as a freshman living away from home for the first time, having to be responsible for tasks. I also found myself going home on weekends often just to get back into a more comfortable setting and being around people I grew up with."

Yet some students find themselves growing out of old habits and embracing their independence, despite having to go home to their parents who might retain some of those "helicopter" tendencies through the years.

"Now, since I talk to [my parents] less frequently, it makes the few times I talk to them more enjoyable," said Porzio. "I now enjoy the independence and being able to do things the way I want, versus when I am home, I still feel my parents trying to control everything," said Porzio.

Walk in his 'SHU'z

Meet senior Rob Napolitano



The Spectrum/Zack Lane

Rob Napolitano takes time out of his busy schedule to stop and pose for a picture.

John Young
Staff Reporter

Many students at Sacred Heart University find their own ways to become involved in the campus community. One in particular has gone above and beyond to leave his footprint in the history of the university. His name is Rob Napolitano.

So what exactly is a normal day like for this 21 year old from Long Island? "A day in my life is pretty hectic," said senior Rob Napolitano. "I usually have to wake up by 6:45 a.m. to start my day and it usually doesn't end until about 1 a.m."

While balancing his duties as president of the Inter Fraternity Council and treasurer of his fraternity, Delta Tau Delta, Napolitano is pursuing a major in marketing and a criminal justice minor. He also finds time to work at the Pullman and Cowley Law Firm in Bridgeport as a marketing assistant.

Napolitano is also the founder of the Sacred Heart marketing club, former president of the men's rugby club, pub chair for the class of 2011, a student government member, a work study employee in the student life office, and the student orientation chair for a second year.

His commitment has made quite the impression on his superiors, especially those he works closest with. "Rob is a one of the most dedicated student leaders that I have had the privilege of working with in the student life office" said Denise Tiberio, associate dean of students.

Despite all of his commitments, responsibilities, and leadership roles, Napolitano still manages to avoid the straightforward, stern, serious demeanor one would think he should have. "No matter what I'm working on I love to keep things funny, if you can't laugh at yourself then you're being far too serious."

So what achievements has four years of heavy involvement on campus brought this Sacred Heart senior, apart from a well-rounded resume? "I wanted to leave my mark and be remembered for something."

"As my time here slowly, and sadly, comes to a close, I like to believe that I did," he said.

Lastly, he offers a few words of wisdom and advice for any student interested in becoming more involved in the Sacred Heart community. "The best advice I could give to a new student or someone about getting involved is to find what you love," he said.

"The only way to survive and make the most out of college is to get involved and meet people. You need to go out and find what your looking for, even if you don't know what that is yet."

Gaga 101: 'Sex, gender, and identity'

Danielle Vuotto
Staff Reporter

This fall the University of Virginia is offering a course that explores how people's identity is challenged through gender and sexuality. However, the syllabus for that course is a unique one and includes why and how Lady Gaga, a musical sensation and pop culture icon, confronts the challenge and pushes social boundaries.

An article from The Huffington Post stated that, "This isn't the first time Gaga has been the subject of academic inquiry. Earlier this year, doctoral student Meghan Vicks and writer/performance artist Kate Durbin founded "Gaga Stigmata" an online literary and scholarly journal for all things Gaga."

The American recording artist Stefani Joanne Angelina Germanotta, known by her stage name Lady Gaga, was ranked 73rd for the 2000 through 2010 decade by Billboard on their "Top 100 Artists of the Decade" chart and has sold more than 15 million albums and 51 million singles worldwide.

With such widespread popularity and success, it is clear that Gaga is taking the world by storm. But do students at Sacred Heart University think she is significant enough to feature a class on her?

"A class on Gaga might be useful in teaching present day American culture because she represents people who speak on things many others wouldn't due to a fear of being judged by other members of society," said sophomore Aitza Negrón.

Junior Donna Perricone, an education major, also commented on Gaga's bombastic attitude. "She has a lot of confidence in herself and does her own thing," she said. "I guess a class can be helpful for those who suffer from self esteem issues, and to show that it's okay



AP Photo

Lady Gaga poses at the MTV VMAs.

to be unique and different."

However, there are still some who say Gaga is just another celebrity daring to be different.

"Lady Gaga is a number one popstar right now. I think she is attention starved and she thinks she is rooting for the under-dog," said junior Kelly Quinn. "She says she represents herself and insists on showing how different she is, but she is by no means an example of ones gender and identity."

Negrón felt differently. "I feel that we do have a lot to learn from her," she said. "She tries to bring attention to a lot of causes that we normally wouldn't. For example, her decision to bring former military members along with her to the VMAs showing the effects the of the 'Don't Ask, Don't Tell' policy."

Gaga also plans to visit Maine on Monday in an effort to convince the state's two Republican senators to vote to repeal a law enforced with use of the so-called "don't ask, don't tell" policy put in place by Bill Clinton in 1993 banning gays from serving in the

military.

It is clear that Gaga is trying to make her impact on the world and she isn't doing it quietly, especially when it comes to fashion. However, she can't take all the credit for her outlandish wardrobe choices.

On the cover of the 1966 Beatles album entitled "Yesterday and Today" men were dressed in butcher suits and covered in chunks of raw meat and decapitated baby dolls. This served as inspiration for Gaga who has said that John Lennon was her hero.

As for her reasons for wearing a dress made of meat, Gaga told talk show host Ellen DeGeneres it was linked to her decision to walk the white carpet with gay and lesbian members of the military in order to voice her distaste for the policy.

Gaga may have been trying to prove a point in her Franc Fernandez-designed meat dress Sunday night at the VMAs, but the point was not well-received by PETA, People for Ethical Treatment of Animals, who released a statement reacting to Gaga's last look of the night.

"No matter how beautifully it is presented, flesh from a tortured animal is flesh from a tortured animal," said PETA president Ingrid Newkirk. "Meat represents bloody violence and suffering, so if that's the look they were going for, they achieved it."

Whether people like it or not, Gaga has made her mark, and in June of 2010, Forbes listed her fourth on its list of the 100 Most Powerful and Influential celebrities in the world. She is also ranked as the second most powerful musician in the world.

With all that she has accomplished, teachers and students everywhere might want to brush up on their Gaga, because she could be appearing in a classroom near you.

Scoreboard

Friday, September 17

Field Hockey

Drexel- 4

SHU- 0

W. Soccer

Yale- 4

SHU- 0

W. Volleyball

SHU- 3

Rutgers- 1

Saturday, September 18

Football

St. Francis (PA)- 41

SHU- 0

M. Soccer

Yale- 2

SHU- 1

W. Volleyball

SHU- 3

UNH- 0

SHU- 3

Dartmouth- 0

Sunday, September 19

W. Golf

9th out of 12 at Princeton

Invitational

M. Golf

4th out of 15 at Princeton

Invitational

W. Soccer

SHU- 0

Brown- 0

On Deck

Today

Volleyball @ Hartford

6 p.m.

Tomorrow

M. Tennis @ UConn Invit.

All-day

W. Golf @ Yale Invit.

All-day

W. Ice Hockey @ Maine

7:00 p.m.

Saturday, September 25

Field Hockey @ Bucknell

1:00 p.m.

Men's and Women's XC @

Fairfield Invitational

11:00 a.m.

Men's Tennis @ UConn Invit.

All-day



Photo courtesy of Sacred Heart Athletic Communications

Sophomore Jo Jo Jamiel (#9) dives for a first down in the home opener against Robert Morris on Sept. 11.

Pioneers drop second straight

Seven interceptions prove costly in defeat

Al Malafronte
Staff Reporter

The Sacred Heart University Pioneers suffered one of their worst defeats in nearly four years on Saturday at St. Francis University in Loretto, Penn.

The Saint Francis Red Flash shut the Pioneers out by a score of 41-0, marking the first time the Pioneers have been shutout since October 7, 2006 against Monmouth University.

Despite 268 yards of total offense and 17 first downs, it was the four interceptions by senior quarterback Dale Fink and the seven total that proved to be lethal in the loss.

Freshman running back Gregory Ibe did all he could to neutralize the attack, finishing with 79 yards on 11 touches.

"We didn't execute," said Ibe. "We can definitely do a better job of everything from an offensive standpoint. They made more plays than we did."

Red Flash - 41

Pioneers - 0

Senior running back Marcel Archer also had a good day for the Pioneers. He finished with 90 yards on 17 carries.

Only trailing by two touchdowns going into the second half, the Pioneers put together an eight-play drive to move toward Red Flash territory when Fink was picked off for the third time.

Red Flash freshman corner back Jakob DeMedal capitalized on the error, and took it for a 71-yards for a 21-0 lead, further opening

the floodgates, padding a lead they would not relinquish.

Fink completed just 6 of 14 passes for 21 yards and threw a pair of picks in the second half. Overall, Fink finished 13-32 for 72 yards and threw four interceptions. Senior backup quarterback Ray Sheehan relieved Fink but struggled as well finishing 2-8 for 47 yards and three interceptions.

The defense, too, struggled giving up 317 yards of total offense to the Red Flash's offense.

"Our mental focus was just not there," said sophomore offensive lineman Bill Romaniello. "We have a good football team, and it's all about being a team going forward. There was no one fault to the loss, and we lost as a team."

Red Flash sophomore quarterback John Kelly led the charge and enjoyed a career day, as he guided his team to their first victory of the 2010 season. Kelly completed 11 of his 18 passes, for 141 yards and finished with four touchdowns, one of which came on the ground. He also added one interception, but the Pioneers couldn't capitalize.

"We're going to practice harder, and have a much greater focus. The tempo was just not where it needed to be," said freshman offensive lineman Ben Eedle. "In practice this week, we're going to need to regain that tempo which will translate to our play in the games."

This is the second straight loss for the Pioneers, as their record falls to 1-2 overall, and 0-2 in the Northeast Conference (NEC). It comes just one week after a tough 35-31 loss at home to Robert Morris University when the Pioneers also struggled in the second half when they blew a 14 point league.

The shaky start does not worry Eedle, as the team heads to Dartmouth College next Saturday, marking the Pioneers' first-ever matchup against an Ivy League opponent.

"You can't let the last two games dictate the way the seasons going to go," Eedle said. "Time to put it behind us because right now we just need to focus on Dartmouth."

The Pioneers went right to the grind on Sunday, through practice, meetings, film, and lifting, hoping to ensure that last week's largest margin of defeat since 2007 is far behind them.

"We're going to get our heads back in the right place. It's a new week and we're ready to take this seriously and work hard," said Romaniello. "Dartmouth is on our mind."

Dartmouth comes into the game at 1-0, defeating Bucknell 43-20 last week. Kick-off is slated for 1:30 p.m. this Saturday at Dartmouth in Hanover, NH.

Pioneers Remaining Schedule

Sept. 25- @ Dartmouth 1:30 P.M.

Oct. 2- Central Conn. 1:00 P.M.
*Homecoming Weekend

Oct. 9- @ Bryant 1:00 P.M.

Oct. 16- @ Duquesne 12:00 P.M.

Oct. 23- Georgetown 1:00 P.M.
*Family Weekend

Oct. 30- @ Monmouth 1:00 P.M.

Nov. 6- Albany 1:00 P.M.

Nov. 13- BYE

Nov. 20- Wagner 1:00 P.M.
*Senior Day

A look into the mysterious art of fencing

Jessica Orser
Staff Reporter

Basketball. Football. Soccer. Lacrosse. These sports are commonly talked about and watched within the Sacred Heart community.

One that might come to mind less often is fencing.

"Fencing? I know nothing about Fencing," said junior Meaghan Bailey.

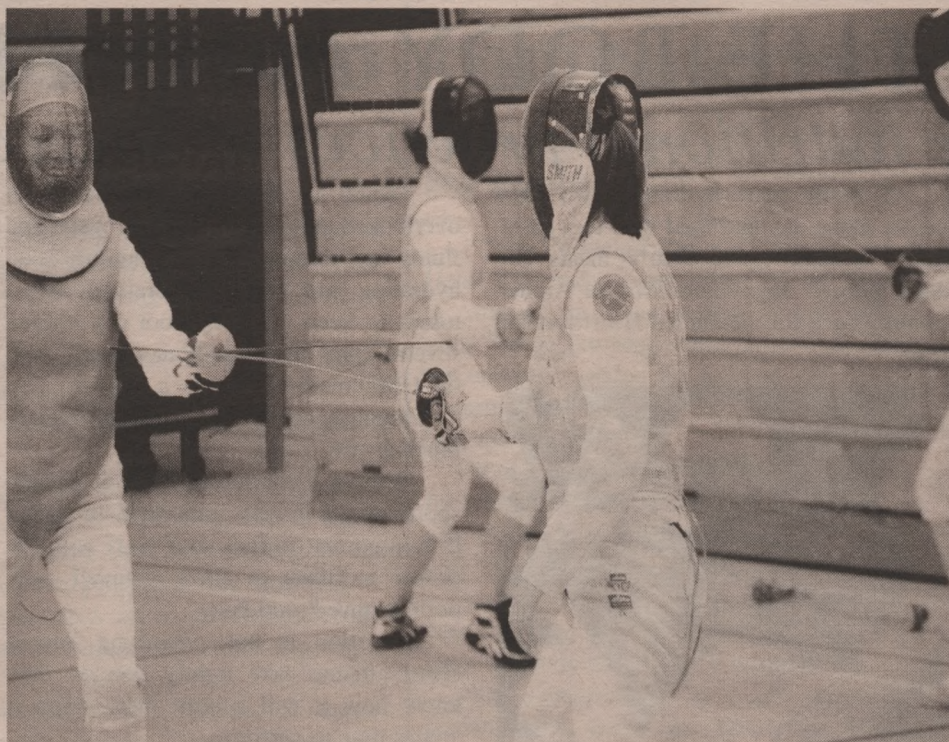
Yet what most students don't know is that fencing is so much more than sword fighting; it is considered an art form. For individual fencers, there is always the pressure to perform well because even though you belong to a team, each fencer competes individually.

"The pressure is on you to beat your opponent," said junior fencer Charles Schneider who has been fencing since his sophomore year of high school. "Your team cannot do anything to help you win; it is all up to you."

"People do not realize how intense and painful of a sport fencing can be. Because of all the other sports I have participated in, this is the one sport that really kicks the life out of you," said Schneider. "Not only is it physically straining, it is also a huge mental game. In fencing you have to have perfect form from your footwork to your blade work, everything has to be perfect, or you will lose."

Alumni Courtney Perlee, who graduated from Sacred Heart in the spring of 2010, competed on the women's fencing team for four years.

"Fencing requires as much agility and



Sacred Heart fencing athletes practice their techniques at a recent practice.

athleticism as any other sport," said Perlee. "Just like a basketball or soccer player, we train our bodies and our minds to react the way we need them to in competition."

Last season the women finished strong winning five of their last six matches to finish the Northeast Fencing Conference season 9-3. The men finished even better compiling a perfect 10-0 conference record winning the Northeast Fencing Conference.

The men and women's season starts off next month with the Red and White

inter-squad scrimmage.

This year Sacred Heart is hosting the SHU Invitational where some of the top fencing programs will be competing. These teams include Penn State, Princeton, Harvard, North Carolina, NYU and Vassar.

"I don't think we have to put in more effort than any other sports, but we do have our work cut out for us making the general population take fencing seriously," said Perlee.

The Ins and Outs of Fencing

- There are three different weapons that you can use, foil, epee and sabre.

- For the weapons Foil and Sabre you must establish right-of-way, where a particular action will grant a fencer liberty to make a touch (point).

- Foil is a "training" weapon because the valid target encompasses the area where vital organs are and in order to get a light the fencer must stab and hit with the tip.

- Sabre is much like Horseback, since everywhere waist up is target and the fencers cut. Epee is more practical, though you are only allowed to stab, you can hit anywhere on the body and there are not right-of-way rules

*Courtesy of Men's Fencing captain Jim Roberts

Death of a Bronco

Denver wide receiver found dead Monday

Dan Graziano
Sports Editor

Kenny McKinley, a wide receiver for the Denver Broncos was found dead Monday afternoon at his home.

McKinley's body was found on the second floor of his Colorado home from a self-inflicted gunshot wound. Authorities are calling it a suicide, however an investigation is currently underway.

McKinley, an alumnus of the University of South Carolina, was selected by the Broncos in the fifth round of the 2009 NFL Draft.

While attending South Carolina, McKinley was the school's all time leading wide receiver.

In his rookie season with the Broncos McKinley played in eight games. However, for the 2010 season McKinley was on injured reserve while recovering from knee surgery.

What is most shocking is that McKinley is the third Bronco to have died since 2007. Cornerback Darrent Williams was shot near downtown Denver, in January 2007. Later that winter the Broncos lost running back Damien Nash after he collapsed at a charity basketball event.

Perhaps what should be examined is the depression that may come with athletics.

The NFL can be a high-stress environment and the pressure can get to even the strongest individuals.

However, it is not just the NFL but perhaps football in general. Last spring Owen Thomas, 21, a junior at the University of Pennsylvania, committed suicide. This not only shocked his teammates, but the whole community.

Thomas was to be one the team's captains for the 2010 season. In 2009 he was named to the second-team all-Ivy and was called "the most popular kid on the team".

After an autopsy of his brain researchers from Boston University found that Thomas had chronic traumatic encephalopathy (CTE).

The news shocked the football world as Thomas was the first active football player to suffer from CTE, a condition usually found in retired athletes. The condition can cause neurobehavioral disorders and bizarre behavior.

It is not just linemen who can suffer from CTE. Last winter Chris Henry, a wide receiver for the Cincinnati Bengals, died after falling from the bed of his truck during a fight with his fiancée.

After examining his brain, doctors too found that Henry, 26, suffered from CTE.

CTE was more prominent in boxers due to constant blows to the head. However, recent examinations of shown football players may be at high risk.

Late football players John Grimsley, Mike Webster, Andre Waters, Justin Strzelczyk, Terry Long, and Tom McHale have all been identified to have had CTE.

The NFL has said it would step up its efforts in preventing head injuries, but until then, what are athletes to do? This may not be a case of new helmets and equipment but perhaps acceptance.

Athletes are looked at as "macho," and we need to encourage them that it is acceptable to seek help.

Only time will tell with whether or not McKinley suffered from any brain damage.

McKinley was 23 years old.

Week two: The best and worst of the NFL

Ryan Hannable
Asst. Sports Editor

The second week of the 2010 NFL season recently wrapped up, and what a second week it was. With the blowouts, there were also some great games. With some illustrious performances, there were also some poor ones.

Best Game: New Orleans Saints over San Francisco 49ers

The NFL saved the best for last in week two as the best game of the weekend came on Monday Night Football as the Saints edged the 49ers 25-22. Saints kicker Garrett Hartley kicked a game-winning 37 yard field goal as time expired.

The 49ers were down by eight with two minutes remaining and quarterback Alex Smith drove them down the field where running back Frank Gore ran it in for his second touchdown on the night making it 22-20.

The 49ers were forced to go for the two-point conversion and were successful on the attempt tying the score at 22. Saints quarterback Drew Brees answered right back marching the Saints down the field to set up Hartley's heroics.

Worst Game: Atlanta Falcons over Arizona Cardinals

The Falcons dominated the Cardinals from start to finish and came away with a 41-7 win. Matt Ryan led the Falcons throwing for three touchdowns. The Falcons got a strong performance from back up running back Jason Snelling. He rushed for 129 yards, two touchdowns and caught five passes out of the backfield for 57 yards.

Best Player Performance: Jahvid Best, Detroit Lions

Best did everything he could to try and

help the Lions take down the Eagles, but he came up short as the Eagles held on to defeat the Lions 35-31. Best, a rookie out of California ran the ball 17 times for 78 yards and two touchdowns. He was most effective out of the backfield catching nine passes for 154 yards and a touchdown.

Worst Player Performance: David Gerrard, Jacksonville Jaguars

This award could have been awarded to a few players, but it is tough to argue with Gerrard who struggled against the Chargers defense and his Jaguars were blown out 38-13. Gerrard finished 15-23 for 173 yards and one touchdown.

However, it was his astonishing four interceptions that forced Head Coach Jack Del Rio to replace him with back up Luke McCown.

Biggest Upset: Chicago Bears over Dallas Cowboys

The Cowboys were coming off a tough Sunday Night loss to the Redskins and looked to open their 2010 home schedule with a win over Bears, but they had other ideas and they downed the Cowboys 27-20.

The Cowboys were some experts pick to win the Super Bowl, but now are 0-2 and searching for an identity. The Bears, coming off a 7-9 2009 campaign are now 2-0.

With week two now in the books, it is time to look forward to week three.

Can the Jets capture a win against the undefeated Dolphins on Sunday Night Football? Will the Packers be able to take down Bears on Monday Night Football? Will Kevin Kolb take over for Michael Vick as the starting Eagles quarterback? Can Brett Favre get the Vikings their first win of 2010 against the Lions? All are answers and more will be answered starting Sunday at 1 p.m.

FEEDING THE BODY AND THE BRAIN

A look inside the nutritional practices of Sacred Heart athletes

Ryan Hannable
Asst. Sports Editor

Some athletes tend to overlook the importance of nutrition while competing as a Division I athlete. That is not the case with the athletes at Sacred Heart University.

Athletes at Sacred Heart are trained to be aware of the importance of eating healthy and preparing their bodies before, during and after both practice and competition.

Proper nutrition depends on the sport, size and gender of each particular athlete. According to the University of Maryland Medical Center, "calorie needs vary with the size, age, sex and physical activity performed by the individual so the number of servings a person requires will vary."

There are athletes out there that will try and lose or gain an excessive amount of weight at one time, and it is clear that is not the proper way of doing things.

"Changing body weight to improve performance must be done safely and effectively or it may do more harm than good," said the UMD Medical Center. "Maintaining an unrealistically low body weight, rapid weight loss, and unnaturally suppressing weight gain can have negative health effects so it is important to set realistic body weight goals."

In order to maintain good nutrition athletes need to get into routines and watch what they put into their bodies. Preparing for games and competitions starts days before hitting the field.

"I really start hydrating two days before game day and I eat well too, pasta, salad, basically good hearty meals two days before," said senior Marcel Archer, running back for the Sacred Heart football team.



Courtesy of Sacred Heart Athletic Communication
Running back Marcel Archer (#3) carries the ball in a recent game.

It isn't just the football team that puts an emphasis into nutrition. Sophomore Michelle Navarro, a runner for the cross-country team makes sure she is eating properly as well.

"I do my best to eat right, by limiting the amount of candy and desserts, and making sure I eat enough of each food group, especially the carbs since we need to burn them off," said Navarro.

Proper nutrition is not just important before a game or competition; it is also crucial during game time.

"Water is the most important, yet overlooked, nutrient by athletes. Water and fluids are essential to maintaining good hydration and body temperature. Sweat losses to keep the body cool can exceed several liters in an one-hour period," said the UMD medical center.

Men's soccer goalie Alex Fait is very much aware of this.

"Proper hydration through water and sports drinks is very important. In soccer it is important to fuel your body with the proper nutrients to allow yourself peak performance," said Fait.

Nutrition is not something Sacred Heart athletes take lightly because they know how it will benefit them when it comes time to perform.

"When it comes to nutrition and being an athlete it really goes hand and hand and you don't really realize it until your older," said Archer. "I've heard since I was a little kid that working out is 40 percent of becoming a better athlete, [while] eating right is the other 60 percent so I try to eat healthy to better myself."

Navarro would agree with Archer, as she believes eating right as made her excel as both a runner and an athlete.

"Nutrition means a lot to me as a runner. Without eating healthy I don't have as much energy to perform as well with the energy I would get from eating the right foods," said Navarro.

The Sacred Heart athletic training department has put on a seminar for athletes to attend and gave them an even better idea of what proper nutrition means

and what they can do to obtain maximum performance.

"Proper nutrition can be the difference in getting to that ball first, or being one second too late," said Fait.

Tips for Proper Nutrition

-Athletes often require a larger caloric intake than the average person, due to the energy expenditure demands of their training

- Balance of complex carbohydrate (including fruits and vegetables), learns proteins and essential fats

- Hydration is a key factor

- Proper nutrition, especially pre-activity, allows an athlete's body to perform more efficiently and delay the onset of fatigue and possibly prevent injury.

- Athletes who adhere to a vegetarian/vegan diet must pay special attention to their food intake to assure they are getting the necessary levels of minerals such as iron, zinc and Vitamin B12

*Courtesy of Tara Stritch Certified Athletic Trainer

Constantly improving: Sacred Heart's journey to Division I

Erin Burke
Staff Reporter

When you think of Division I Collegiate Athletics what names come to mind?

Duke, North Carolina, BU, Texas might seem obvious. But Sacred Heart University?

Despite having only about 4,500 undergraduate students, Sacred Heart has managed to build a competitive athletic program with many sports accolades. Recent accomplishments include the women's basketball team qualifying for the NCAA tournament in 2009 and winning multiple titles in other sports.

This success, however, has not come easily. Executive Director of Athletics, Don Cook recalls the switch from Division II to Division I.

"Once we came to a closure that Division I was the right fit, there were a number of internal and external issues to consider," said Cook.

Sacred Heart needed to dedicate more financial aid to athletics, finding coaches, budgeting for recruiting and having more scholarships available for student-athletes. It was also important that the entire university be completely committed to the goal of making the switch from Division II to Division I.

While trying to move with the most success possible, Cook started with the coaches and athletes.

"We retained our best coaches who were here, searched for the best, most experienced new coaches, and recruited the highest quality, available student-athletes," said Cook.

Cook reflects on how vital the support

of the administration was while trying to create an identity for the university.

"We created an atmosphere of education first, athletics second. As a result, we retained the best athletes who persisted to earn a degree, which gave the competitive side its needed stability," said Cook. "For this to occur, it was important to have a solid team of administrators and support staff personnel in place, which we have had in place for many years. We have top notch people in student-athlete academic support, compliance, athletic training and athletics communications, all with many years of experience."

Despite the small size of the school in comparison to the other Division I programs, Cook is proud of the fact that Sacred Heart holds its own.

"We won't be playing USC [football] any time soon" Cook jokes, "[but] we gain great experience competing against the best."

Aside from numerous championships that Sacred Heart has won, Cook is proud of his athletes as a whole. Maintaining 3.0 GPA continuously over semesters and receiving the 2010 Division I NCAA-SAAC Award for excellence in community service are just a few of his highlights.

Cook does understand that it is not the easiest position for the coaches to be in and that they face daily struggles but he is confident in his staff's ability and passion for excellence.

Coaches face daily struggles in terms of recruiting, finding facilities and funding that make it extremely difficult to keep each individual sport running at its current level of competition.

"It's hard to not have an ice facility on campus and funding is tough but we try to



The Spectrum/Jackie Vele

The William H. Pitt Center, home of the 32 Sacred Heart Division I teams.

give the girls the best experience possible with what we have," said women's ice hockey head coach Thomas O'Malley.

Coach Ed Swanson, of the women's basketball program has had tremendous success since his program officially became Division I in 1999.

"The hardest part about making the leap from Division II to Division I is creating an identity, having a name that people will recognize," said Swanson.

Swanson also believes that "success breeds success". Winning and being a successful program has helped Sacred Heart basketball develop the identity that Swanson uses to draw in potential athletes.

As a Division I program Swanson as a 288-148 (.661) record overall, but his teams have excelled in conference play

where they are 206-63 (.766).

While reflecting on past seasons, both O'Malley and Swanson identify their first league championship titles as their most memorable Division I moments. Both credit these titles to the hard work from both the University to get the program up and running and to their athletes for competing at the optimum level.

Despite being a school of smaller stature, Sacred Heart has developed a solid foundation for a Division I athletics' program. Through unique recruiting techniques and on going support from the University, admissions, faculty and staff, and a commitment to excellence from players, coaches and trainers alike, Sacred Heart is putting their name on the radar in the world of Division I sports.

Men's Soccer loses heartbreaker to Yale Bulldogs

Liam Roecklein
Asst. Sports Editor

After a 3-1 loss to the University of Providence on Wednesday, the Sacred Heart University men's soccer team looked to rebound this past Saturday versus Yale University in New Haven, Conn.

The game began on a positive note for the Pioneers in the first half when they jumped out to a quick start by playing fluidly and purposefully.

"We came out playing really well," said senior midfielder Sergio Freitas. "We were moving the ball around really smoothly and we were able to control the game for most of the first half."

The Pioneer's hard work ultimately paid off when halfway through the first

senior midfielder Doug Barone.

However after Brewer's goal, the closing of the first half signaled a change in Sacred Heart's fortune.

"We played well in the first half, but in the second half Yale took it to us," said Freitas. "We came out flat footed and they took advantage, it seemed that they were always on the attack."

Yale was able to break through the Pioneer's defense due to a mistake in the backline.

"Half way through the second half, after a miscommunication in the defensive line, Yale was able to capitalize on our mistakes and scored a goal," said Barone.

The game, then tied at 1-1, was forced into over-time.

"At that point, it looked like we weren't playing with any heart and we weren't able to get a flow out there," said Freitas.

Once the first overtime period commenced the pace of the game once again shifted to Sacred Heart's side. However, it seemed that it was not meant to be for the Pioneer's as an unfortunate sequence of events led to a Yale penalty kick.

"In the first overtime we started to play better and we had some opportunities," said Barone. "But in the second overtime there was a slip-up in the back that led to a penalty kick which ultimately led to a goal and the loss."

The loss continues a two game skid for the Pioneer's, who have hit a minor slump



The Spectrum/Stephanie Rewes

Benjamin Pahlke (#13) carries the ball up the field.

after starting the season 4-0 and being ranked second in the NSCAA Northeast Region.

Freitas believes that the losses are nothing but a lack of concentration.

"Basically they didn't beat us we beat ourselves, we had the game in our hands and we got too comfortable which led to our demise," said Freitas.

It seems that some of the players on the team were becoming enamored with the team's early success and were unable to focus on the current task at hand.

However, Barone believes a swift comeback and mental readjustment is in the team's near future.

"People on the team we're starting to get caught up in our rankings and weren't taking some teams seriously," said Barone. "So we need to start working harder and start playing better in order to get out of this slump and get back to winning."

The Pioneers are back in action next Friday when they host Long Island University in a Northeast Conference match-up slated for a 6 p.m. start.

Bulldogs - 2
Pioneers - 1 F/OT

half they scored the game's first goal.

"The goal came from a counter attack from on top of the left side of the box, Konstantino [Dekaneas] played a through ball to Justin [Brewer] and he was able to one time it into the net for the score," said

A DAY IN THE LIFE Sacred Heart men's and women's tennis

Whitney Hughes
Staff Reporter

One would think that tennis at the college level only takes place during the spring, but that is not the case. It is a year round commitment.

The tennis season begins in the fall with tournament play. Over winter break, they play in tournaments to maintain their skills. In the spring season, the teams compete against other schools with the goal of capturing a Northeast Conference title.

"It is a team sport with an individual concept. We play best of seven matches and while you're on the court and in charge of your own match; you are also working towards getting four points for the team," said men's tennis head coach Paul Gagliardi. "It's a little bit of individual and a little bit of team. The player next to you cannot hit the ball for you, they can only help you by being a good teammate and cheering you on."

A typical day for senior teammates John Harvey and Darcy Demers starts early and ends late.

Harvey, who began playing tennis at age five, typically wakes up at 9 a.m. and eats breakfast. Nutrition is important for the athletes because of both the mental and physical demands. Demers also wakes up early to prepare for her day. As an athlete, sleeping in late is not an option because there is always work to catch up on or a workout to be completed.

Both Harvey and Darcy then attend class until 2 p.m., followed by team practice. Practice lasts around three hours for both the men and women's teams.

Both the men's and women's teams set areas to focus on for each practice. One of the focus areas for the men's team includes overheads and lobs; an area of the game the team needs to improve.

The team practices these goals for over half of their practice time. The players put themselves in different situations and learn how to hit and defend cross-court shots.

"We break the game down to basics and work on our teams weaknesses during practice," said Harvey.

After practice, Harvey and Demers return home to eat dinner, relax and complete homework. At night, at least three times a week, Harvey and Demers go to the gym to lift weights and run on the treadmill.

"It is an endurance sport," said Harvey.

Besides three hours of skill practice on the courts, the players must run distance and lift weights to maintain their strength and endurance.

After their final workout of the day in the gym, Harvey and Demers return home. Sleep is crucial when playing a sport year round. Both the athletes require a good nights sleep in order to sustain their success.

In his fifth year as head coach, Gagliardi knows difficulties of being a student-athlete.

"Mainly it is making sure the athletes have time to complete their academic work and not to intrude on their study time too much. We practice at least two hours a day and we try to schedule practice around their classes so they're not missing any school," said Gagliardi.

Harvey and Demers credit their busy schedule with their success. Both athletes know how to balance both school and tennis.

"Our coach makes our tennis schedule around our class schedule and I stay very organized and get my work done right after practice," said Harvey.

However, Demers finds it easy to balance her time.

"It's easier for me to balance tennis and school, because it is when I have a lot of free time that I am not as successful," said Demers.

Despite the every day demands of tennis players at Sacred Heart, it all proves worth it in the end.

"Winning a tennis match is very rewarding because no one did it for you. You went out there and did it yourself; you beat someone," said Harvey.

PHOTO OF THE WEEK



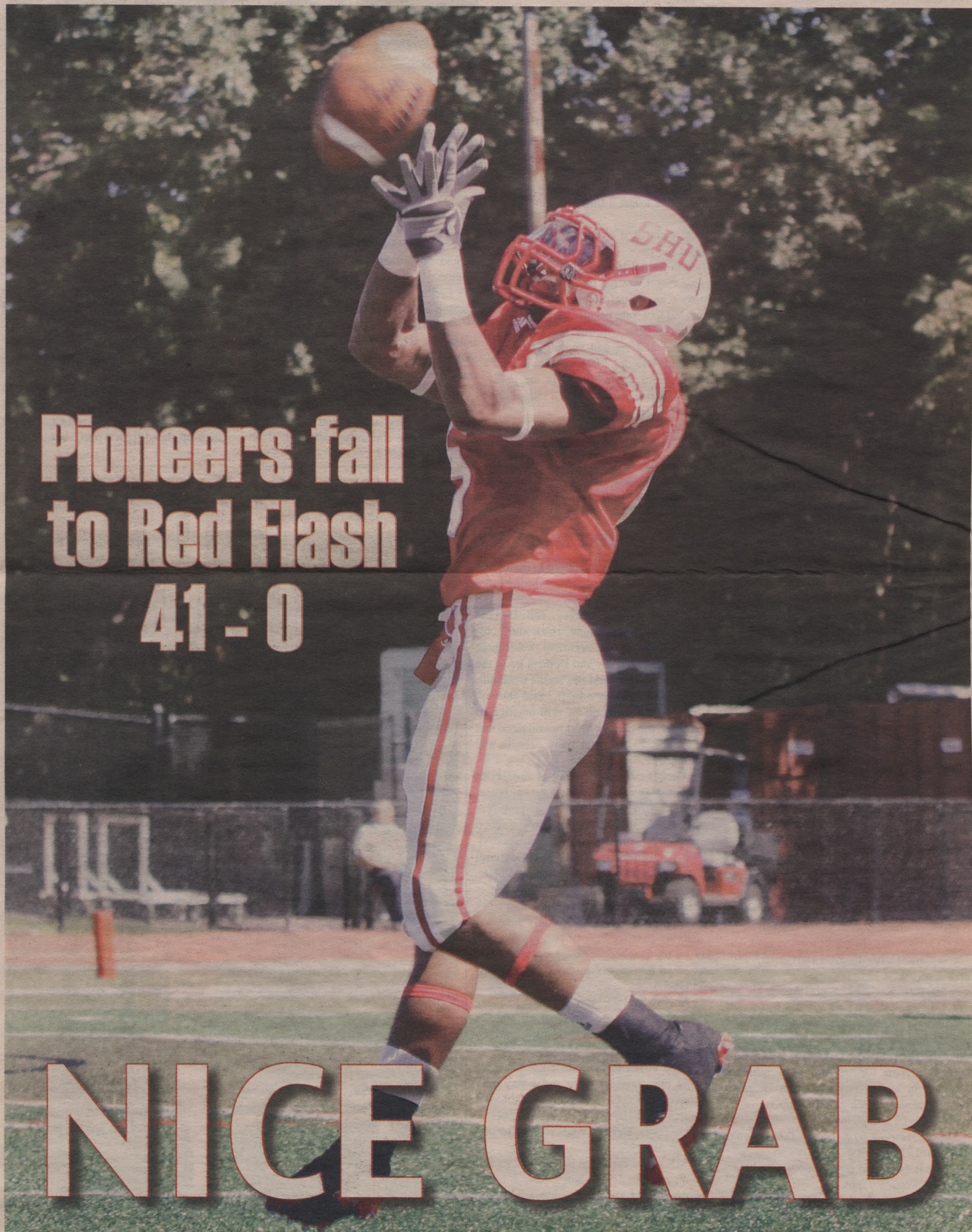
The Spectrum/ Sean Elliott

Senior John Harvey returns a serve in a recent practice.

Sports

The Spectrum

<http://shuspectrum.wordpress.com>



**Pioneers fall
to Red Flash
41-0**

NICE GRAB

Photo courtesy of Sacred Heart Athletic Communication

Freshman running back Greg Moore (#5) catches a pass during the Pioneers' 41-0 loss to Saint Francis (PA) on Sept. 18.