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 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 on campus.

"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 Caitlin 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."
A cup of tea and conversation with Mortenson

**Caption:** Greg Mortenson poses with children from an underprivileged nation.

**News**

**A cup of tea and conversation with Mortenson**

**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 design 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 Kella Torres of the Connecticut Post, Joel Mills, the director of the AIA's Center for Communities by Design, said the AIA "were in-ignited by the city's industrial legacy and the resulting brownfields, its great framework for wind-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 Duming, 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 to city workers in need.

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 point system. The winners receive gift cards to local venues such as Compare Foods, Rite Aid and McDonald's.

According to Duming, the new recycling effort is not limited to year round residents of Bridgeport. Students living off campus could request it 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 get involved in the recycling effort, call 888-727-2978 or visit RecycleBank.com.
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 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, BS/HS, degree allows flexibility in career planning and helps to make your goals a reality. Depending on your career goals, the BS/HS 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, and family counseling.

"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 BS/HS 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 than being a chemistry major. 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 coursework are also included. This is also the same process for every transfer student.

The program is new to the university but that does not mean it is any less credible. 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 BS/HS 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 30 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 they have 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 course 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 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, "building 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 they have 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."
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 mandated 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 internship program at Sacred Heart, has experienced the issue of the misattribution 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, “embedded 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 also taught 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 of 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 tell 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 colloquium in the semester-long series by Sacred Heart University’s Common Core, but it actually brought to the university through Peace By Justice, an on-campus 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 abuse.”

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-effected 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 colloquium, 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, an 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.”
What do you think of the changes in Chartwells?

"I don't 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 it should be just one, not both [Chartwells and the Mahogany Room]. People want to have 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, where we are 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 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 can 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 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 much more healthy and easy to do for students to purchase groceries this semester than it would be for them to use the new meal plan." — Brittany Hartman

What do you think of the changes in Chartwells?

"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 Meredith McLoone explained her call to do 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 good cause. People that die don’t have the chance to donate blood. 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."
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 exists, 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 luxury to call their Resident Assistant or Public Safety if they lock themselves out.

Off-campus students must also consider their 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 bath room 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.”

The Eckart Street Apartments are an off-campus home to many students.
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 Sept. 7 marked the beginning of my senior year, and I reached junior year of college. However Sept. left in her place was a crazed, stressed, ball of anxiety. Gone were the days of not knowing even keep my days straight and by Wednesday since then it seems that carefree girl I once knew was thrown to the way side, and instead I was either in the Spectrum office or 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. Now “getting away” is not exactly the easiest thing when your apartment is around the block, 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.
New exhibit opens at Gallery of Contemporary Art

Venithda Sourignamath
Staff Reporter

Mario Carenio, Emilio Ortiz, 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 collector as they do about the intrinsic value as works of art.”

“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

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

His work, entitled “Rodia,” was a mixed media work, displaying a stack of dominos 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 Vazquez 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 Szalshata
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 its “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. “Sing- ers 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 Fator 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.
SEPTEMBER 23, 2010

From best sellers to the big screen

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

Jamie Miller Staff Reporter


Nineteen 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 hold 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 equating 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 are not accurately depicting 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.


The chance whether or not audiences will embrace the soon-to-be-released films 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."

"T'AP'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 actual professionals in these arts.

Before Sacred Heart's TheatreFest, Goehring and the roster to a whopping 70 TAP members have their work followed up by students performing in their own shows. The fall TheatreFest just around the corner and the spring musical, "Little Shop of Horrors," the biggest fundraiser, our Improv

"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 biggest fundraiser, our Improv

Get Reel gives "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 hiliarity 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.

Rave reviews for 'The Town'

John Hamm and Ben Affleck in a scene from "The Town."
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, cole slaw, 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, cole slaw, 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 ‘Riper Dog’ which is a juicy hot dog fried for an added crisp.

Customers looking for a healthier alternative can forgo 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 ‘Alpines’ veggie burger, full of freshly grilled portabella mushrooms, eggplant, zucchini, peppers, and onions. It was covered in goey melted Swiss cheese, loaded with perfectly grilled onions and mushrooms, and spread with a unique taragon 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 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 waitresses, 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’

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 temtations 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 blackouts’ 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.
Dealing with hovering, overprotective parents while living away at school  

Jessica Colucci  
Staff Reporter  

Are you the victim of constant phone calls and over­flowing text messages when you see that you have the name of 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 frequent their lives. 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 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 into college, and in some cases, confront 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 Veck wrote her thesis on the performance artist Kate Durbin founded "Gaga Stigmata" an online literary and inquiry. Earlier this year, doctoral student Meghan Veck wrote her thesis on the performance artist Kate Durbin founded "Gaga Stigmata" an online literary and scholarly journal for all things Gaga."  
The()){11:900}{1,000};  
A class on Gaga might be useful for that course is a unique one and is embraced by many students at Sacred Heart University.  
"If I was going to go away then you were fine because I'm so close," said freshman Alyssa Varnum, whose family lives only about 15 minutes away from campus.  
"This scenario is all too familiar for many students at Sacred Heart University. They would come to call all the time to check in about how my parents about grades/performance."  
Some students, however, did not have the same experience 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.  
"I was the only one who really felt it. I felt it a little bit more because all because I can go home whenever I want to go home."  
"When I was talking to them multiple times a day it made it harder for me to leave them behind," said Porto. "Each time I talked to them it made me not want to leave home. It was tough as a freshman away from home for the first time, for being for 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 to home to their parents who might retain some of those "helicopter" tendencies through the years.  
"Now, I think to talk to [my parents] less frequently, it makes me feel much more comfortable," said Porto. "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 Porto.  
Gaga 101: 'Sex, gender, and identity'  
Danielle Vuotto  
Staff Reporter  

This fall the University of Virginia is offering a course that explores people's identities is challenged through gender and sexuality. However, the syllabus for this course is a unique one and includes why and how Lady Gaga, a musical artist and 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 Veck wrote her thesis on the performance artist Kate Durbin founded "Gaga Stigmata" an online literary and scholarly journal for all things Gaga."  
The course, taught by Stefan Jonne Angellina Germainotta, 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 No. 1 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 Negron.  
Junior Donna Perricone, an education major, 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 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 pop star 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."  
Negron felt differently. "I feel that we do have a lot to learn from her," she said. "I feel a class would be important to learn a lot of causes that we normally wouldn't want. For example, her decision to bring former military members along with her to the VMAs showing the effect 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 outfit laden wardrobe choices.  
On the cover of the 1966 Beatles album entitled "Yesterday and Today" men were dressed in butcher coats 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 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 dissent for the policy."  
Gaga may have been trying to prove a point in her "Fame"-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. If that's the look they were going for, they did 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 singer 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.  
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 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 like 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 you looking for, even if you don't know what that is yet."
## Pioneers drop second straight

### Seven interceptions prove costly in defeat

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

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.

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

You can’t let the last two games dictate the way the season is going to, Edele 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 minds.”

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

### On Deck

#### Today

- Volleyball @ Hartford: 4 p.m.

#### Tomorrow

- M. Tennis @ UConn Invitational: All-day
- W. Golf @ Yale Invitational: All-day
- W. Ice Hockey @ Maine: 7:00 p.m.

### Schedule

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<tr>
<th>Date</th>
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<td>Dartmouth</td>
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## Scoreboard

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<tr>
<td>Friday, Sept 17</td>
<td>Field Hockey</td>
<td>Diesel: 4, SHU: 0, W. Soccer: 4, W. Volleyball: 3, Rutgers: 1</td>
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<tr>
<td>Saturday, Sept 18</td>
<td>Football</td>
<td>St. Francis (PA): 41, SHU: 0, M. Soccer: Yalie: 2, W. Volleyball: 3, SHU: 0, Brown: 0</td>
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**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.

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

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 lead. The shaky start does not worry Edele, 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 season is going to, Edele 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 minds.”

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

### Red Flash - 41

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

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.”

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A look into the mysterious art of fencing

Jessica Orser
Staff Reporter

These sports are commonly talked about and watched within the Sacred Heart community.

One that might come to mind less often is fencing.


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 all is 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 defense. Black belt does not mean anything 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 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 title.

The men and women’s season started 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.

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

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 to a fencer authority to make a touch (point).

- Foil is a “training” weapon because the valid target encompasses the area vital organs and in order to get a light the fencer must must 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.

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 under way.

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. Former Denver Darrell Williams was shot near downtown Denver, in January 2007. Later that winter the Broncos lost running back Damien Nåsh 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 of them all.

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 fiance.

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 Coach Jack Del Rio to replace him 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.

"It isn't just the football team that puts an emphasis into nutrition. Sophomore Michelle Navarro, a runner for the cross-country team notes 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.

"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 you peak performance," said Fait. "Proper hydration also helps you avoid cramps and heat stroke."

"Proper hydration through water and foods is very important. In soccer it is important to fuel your body with the proper nutrients to allow you peak performance," said Fait. "Proper hydration also helps you avoid cramps and heat stroke."

Navy wouldn't 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.

Tips for Proper Nutrition

- Athletes often require a larger calorie intake than the average person, due to the energy and physiological stress demands of their training.

- Balance of complex carbohydrates (including fruits and vegetables), lean proteins and essential fats

- Hydration is a key factor

- Proper nutrition, especially pre-activity, allows an athlete's body to perform more efficiently and decreases the risk of injury.

- Athletes who adhere to a well-nourished regimen diet must pay special attention to their food intake to ensure they are getting the necessary levels of minerals such as iron, zinc and Vitamin B12

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

Larry Swanson, head coach of Sacred Heart's football program, reflected 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 had in place for many years. We have top notch people in student-athlete academic support, compliance, athletic training and athletics operations, all with many years of experience."

Despite the small size of the school in comparison to 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 competition 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-CAAC Academic Excellence in Community Service award are just a few of his highlights.

Cook does understand that it is not the easiest position for the coaches to coach 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 give the kids 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 and 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 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 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 senior midfielder Doug Barone.

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

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The loss continues a two game skid for the Pioneer's, who have hit a minor slump 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 successes and were unable to focus on the current task at hand.

"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.

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

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

Whitney Hughes  
Staff Reporter

One would think that tennis at the collegiate 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 we'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," said men's tennis head coach Paul Gagliardi.

"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 court, the players must run distance and lift weights to maintain their strength and endurance.

"It is an endurance sport," said Harvey. 

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 night's 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.
Pioneers fall to Red Flash 41-0

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