A semester in the happiest place on earth

Frank Morrone
Staff Reporter

Walt Disney World Resort is more than a tourist destination. For some, it is the opportunity to earn college credit while working among such prestigious names as Mickey Mouse and Donald Duck.

Sacred Heart University senior Megan O'Shea did just that last spring semester. From January until May 2010, O'Shea worked 40 to 60 hours per week at the Disney resort, and spent time completing assignments pertaining to the business aspect of the resort.

Somewhere between those obligations, she was able to gain free admission to all the theme parks.

"Going there and meeting people from around the world was a great experience, " said O'Shea.

In order to earn credits for an internship program, O'Shea had to coordinate a plan with an academic advisor assigned to her major of business management. Valerie Christian, assistant professor of management, helped plan for the semester abroad by preparing the academic requirements needed for O'Shea to be eligible for nine credits.

The following semester O'Shea became "fully emerged in the Disney organization," said Christian. "She lived and breathed Disney."

O'Shea worked her first two months at the Downtown Disney outdoor retail complex, just outside the theme parks. After that she worked at the Epcot theme park with the flower garden festival that also required her to work closely with merchandise and customer relations.

"It was a lot to handle, and time management skills were essential," said O'Shea.

It isn't typical for a student to earn nine credits during one internship semester, so Christian was responsible for developing a comprehensive course load that would complement the work experience at the Disney resort. O'Shea was responsible for completing papers on the cultural organization of Disney, and a strategic analysis as well.

Once O'Shea returned to Sacred Heart from her internship, she reported to an assembly of faculty members to evaluate what she had learned from her experience.

Many Sacred Heart students have expressed excitement at the idea of having a semester-long internship at the Disney resort.

"I've been to Disney World visiting the parks many times," said junior Lauren Gruchala. "I think it would be such a unique opportunity to see the other side of it and to be able to earn college credits."

Before going to work, O'Shea attended a five-day training session that covered the history of Disney and the expectations of being an employee inside the park. It covered many details unique to the Disney culture, such as stressing the importance of pointing with two fingers instead of one in order to avoid what might be viewed as an insulting gesture, and how to cater to "guests" while on the front line of customer service.

Even with all the additional challenges not typical to an average Disney resort guest, O'Shea regards the Disney internship experience as one of the best of her life. She maintains a seasonal working status and is planning to return to the resort later in the year with friends she made during her internship.

The Disney College Program regulates the internship program, and students may apply regardless of their major, as long as they meet certain eligibility requirements. The Sacred Heart Career Services department can help assist any student interested in obtaining an internship.

A fireworks display at the Disney Magic Kingdom Park is a highlight for many tourists.
Pope apologizes on behalf of Catholic church

EDINBURGH, Scotland (AP) — Pope Benedict XVI waded into the hostile atmosphere Thursday of highly secular Britain, admitting the Catholic Church did not act decisively or quickly enough to remove priests who molested children in his strongest comments yet on the worldwide sex abuse crisis shaking his church.

Benedict's historic four-day state visit has been overshadowed by disgust over the abuse scandal and indifference in Britain, where Catholics are a minority of 10 percent and endured centuries of bloody persecution and discrimination until the early 19th century.

The trip is the first state visit by a pope to the U.K., and his meeting with Queen Elizabeth II was symbolically significant because of the historic divide between the officially Protestant nation and the Catholic Church.

Dr. Lois Gandt, professor of religious studies at Sacred Heart University, had these remarks:

"I think that Benedict XVI's visit to Great Britain was very successful because, as their Prime Minister said at the departure ceremony at the Birmingham airport, the Pope made the British people "sit up and think," said Gandt.

A crowd of 125,000 in Edinburgh welcomed Benedict warmly as his Pope-mobile paraded through the streets, with cheers on Princes Street heard from a mile away and well-wishers waving the Holy See's yellow-and-white flag, according to the AP.

Only around 20 protesters gathered at the designated demonstration spot in Glasgow, where the pope celebrated an afternoon Mass, their complaints ranging from abusive priests to the pope's stance on contraception and homosexuality.

While flying to Britain, Benedict was asked about polls that suggest many Catholics have lost trust in the church as a result of the sex abuse scandals. Benedict said he was shocked and saddened about the scope of the abuse, in part because priests take vows to be Christ's voice upon ordination.

"It's difficult to understand how a man who has said this could then fall into this perversion. It's a great sadness," Benedict said in Italian. "It's also sad that the authority of the church wasn't sufficiently vigilant, and not sufficiently quick or decisive to take necessary measures" to stop it.

He said victims were the church's top priority as it tries to help them heal spiritually and psychologically.

He insisted that abusive priests must never again be allowed access to young children, saying they suffer from an illness that "goodwill" cannot cure.

"Among the things that they must be considering are the loss of the strong Christian tradition that had been the foundation of British culture and the rise of the empty secularism that has replaced it," said Gandt.

"Through his thoughtful words, delivered in a quiet and humble manner, the Pope has reminded the British people of their rich Christian heritage and called them to a reappraisal of their current priorities."

In his homily, the 83-year-old pope warned young people against the temptations posed by drugs, money, sex, pornography and alcohol, "which the world tells you will bring you happiness."

The pope's first meeting of the day was with Queen Elizabeth II, both the head of state and head of the Church of England, at the Palace of Holyroodhouse in Edinburgh, chosen because she spends her summers at Balmoral Castle in Scotland.

The last papal visit to Britain was by John Paul II in 1982, Benedict's predecessor, who was treated like a superstar and drew a crowd of 250,000 for Mass at the same Glasgow park.

The Vatican has been reeling for months as thousands of victims around the globe have spoken out about priests who molested children, bishops who covered up for them and Vatican officials who turned a blind eye to the problem for decades. In the latest admission, hundreds of victims came forward in Belgium with tales of horrific abuse linked to at least 13 suicides.

"Although the Catholic Church has now taken effective steps to protect the children in its schools and parish programs, the hurt and pain that the sex abuse scandal has brought to many Catholics will require much time to heal," said Gandt.

This article was contributed to by Staff Reporter, Thomas O'Hanlon.

PUBLIC SAFETY'S TIPS FOR STAYING SAFE

CONTINUED from page 1.

1. Always pay attention and be aware of your surroundings and what is going on.

2. Criminals look for easy targets, especially those who are distracted, alone or intoxicated. Travel in groups.

3. Avoid any and all confrontations—just walk away. Avoid types of potentially dangerous situations.

4. When in an establishment, have an emergency plan. Set a place to meet with your friends in case you get separated.

5. Look for where the police patrol officers are located.

6. When walking back to your vehicle, don’t take shortcuts. Walk in well-lit areas.

7. If you see any suspicious activity or behavior, don’t dismiss it and go with your instincts! If needed, call the Police (911) for assistance.
Melissa Carmelitano  
Staff Reporter

USA Today recently reported that a "superbug" called KPC (klebsiella pneumoniae carbapenamase) is becoming more prevalent here in the U.S. and abroad. The bug has now taken refuge in more than 35 states and has also been reported as far as Tel-Aviv.

KPC is a bacterium that strikes the critically ill and is fatal 30 percent to 60 percent of the time, according to USA Today. KPC is also resistant to antibiotics. The superbug carries within itself an enzyme that renders antibiotics ineffective.

KPC is rarely found outside of the hospital setting, but the recent outbreak coupled with a report of a recent outbreak of whooping cough, according to the New York Times, shows that infection is on the rise this season.

Here at Sacred Heart University, some students' main concern seems to be cold and flu season.

"I'm thinking about getting the flu shot this year," said junior Colleen Gedon. "I've already been sick once.

Graduate student Mary Dick has a similar concern.

"I might get a flu shot. I know a lot of people are getting sick," said Dick.

According to the Center for Disease Control (CDC) website, seasonal influenza is a virus that attacks the respiratory tract. This means it affects a patient's nose, throat, and lungs. While the flu may share some symptoms with the common cold, the way they affect the community is very different.

Experts in the field expect H1N1, last year's flu strain which spread the flu pandemic in over 40 years, to return for the 2010 flu season.

This year's flu shot - that is available at stores such as Target and CVS - protects against three different strains of influenza: the H1N2 virus, influenza B virus and H1N1.

According to the CDC website, the shot takes about two weeks to take effect and will then protect for the rest of the flu season.

So what is the right choice for Sacred Heart students? A local drugstore owner believes he knows. Craig Massaro, both owner and pharmacist at Lupo's Drugstore in Fairfield.

The father of two college students offered some advice Sacred Heart students.

"If you are a healthy adult, the flu shot is recommend," said Massaro.

Some, like former Sacred Heart student Devan Appleby, feel the flu shot is more trouble than its worth, "I don't think it helps. Some people get sick anyway. Sometimes it makes people sick," said Appleby.

Massaro warned of the bug's symptoms.

"There are some symptoms that may develop, like soreness or redness at the site of injection. You may even start to develop those types of flu symptoms for short period," said Massaro.

Lupo's owner also said if students have any fever, or aches and pains that are prolonged over a couple of days, that they should absolutely seek medical attention.

The drugstore owner also said it's important to wash your hands when leaving and coming back to your dorm room, as germs can spread quickly in a dorm environment. Massaro also warns not to share drinks, make-up, or anything else that may spread germs to other students.

"I have two college kids myself; my wife and I pack them up with hand sanitizer," said Massaro.

Erika Castillo  
Staff Reporter

The West Nile Virus strikes again. As the weather gets colder, scientists and West Nile Virus experts continue to capture mosquitoes in the Connecticut area that are still testing positive for the virus.

Most recently, reports have cited cases of the virus in Storington, Conn. on Sept. 9 and in West Hartford on Sept. 14. However, the Connecticut Mosquito Management Program has identified WNV-positive mosquitoes in 23 different towns this season in Connecticut, among them are neighboring towns such as Bridgeport, Trumbull and in Fairfield.

"Six people, living in Bridgeport, Clinton, Greenwich, New Haven, Stamford and Trumbull, have been reported with infections this year. Two additional Connecticut residents were infected while traveling out of state," said a report on the official state of Coimecticut website.

As the weather gets colder, scientists and entomologists are working to determine the West Nile Virus to be a disease that is being drained out over time, a report on the official state of Connecticut website.

The United States Geological Survey Department most recently generated a Sept. 23 data map that identifies Fairfield County as the most concentrated area of documented infections in Connecticut this year.

"The threat for human infection will remain for several more weeks," said Dr. Theodore G. Andreadis, Ph.D., Chief Medical Entomologist, in a West Nile Virus press release on Sept. 22.

In a Q&A article provided by the Division of Vector-Borne Disease, the infection of West Nile Virus can "be asymptomatic (no symptoms), or can lead to West Nile fever or severe West Nile disease."

In the same article, West Nile Fever was associated with displaying similar symptoms as the common cold such as fever, headache, tiredness, and body aches, occasionally with a skin rash (on the trunk of the body) and swollen lymph glands.

More severe symptoms associated with West Nile disease include neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscular weakness, and paralysis.

Patrice A. Klein, director of student health services, said that there have not been any known cases of West Nile Virus on the university campus thus far despite the fact that captures symptoms in the field have tested positive for the virus this year.

"We do blood work here. So one of the defining factors to determine the West Nile Virus is to do a blood withdrawal and tests specific to that once it gets sent to the lab," said Klein.

What should a student do if they start to experience similar symptoms?

"Symptoms that you can't treat by making yourself feel better at home should be addressed by your physician or by your walk-in health care center. You can also make an appointment with the student health care center; we service the entire population at the university," said Klein.

Furthermore, students are more likely to experience these symptoms as colder weather comes.

"We require all students to have insurance coverage. We have an insurance plan that provides basic coverage for students. We don't have any want secondary coverage."

According to the CDC, the more students that Heart's program. The more students that are under $3,000, hospitalization, $2,000 to $3,000, doctors visits from $50 to $75-$100, and maximal illness coverage from $500 to $700.

Junior Kimberly Rooney, who is insured under her parents, wanted to know more.

"My brother is a senior in high school. Would the rates decrease if he came here?" said Rooney.

The answer is no.

"It does not matter if any of your siblings also attend Sacred Heart," said Wielk. "But our only concern is that every student is covered."

And even though insurance is not required for all part-time or graduate students, they have the option to sign the waiver and use the policy as well.

"No medical facility will allow you into its hospital or clinic without proof of insurance," said Wielk. "At least ours is a foot in the door."
Student Affair Lecture Series to present notable speakers

Brittany Foy
Contributing Writer

In addition to the variety of colloquia provided to enrich the minds of the student body, Sacred Heart University has introduced a new series of speakers. This assembly of orators is collectively known as the student affairs lecture series.

"The purpose of the student affairs lecture series is to offer an opportunity for our students to embrace learning outside the classroom by attending any or all of the speakers we offer throughout the year," said Denise Tiberio, associate dean of students.

Since its establishment in the fall of 2005, the lecture series has included the minds of 25 powerful, prominent speakers. Some of these have included Blake Mycoskie, Mitch Albom, Rudy Giuliani, Daniel "Rudy" Ruettiger, and Tiki Barber.

"In my opinion, Blake Mycoskie’s speech was the most inspirational. His foundation, TOMS shoes, addresses a problem that not many students would realize without his presentation," said junior Adriana Rocco.

The lineup for the 2010-2011 lecture series include Greg Mortenson, Jodi Picoult, Stacy Nadeau, Travis Roy, Todd Buchholz, and Dr. Steve Perry. Each speaker has a different message to send to the students of Sacred Heart.

Mortenson, the co-founder of the nonprofit Central Asia Institute, Pensies for Peace, and co-author of "Three Cups of Tea," spoke at Sacred Heart to speak to students about his newest book "Stones into Schools: Promoting Peace with Books, Not Bombs, In Afghanistan and Pakistan." Mortenson has established hundreds of schools in Pakistan and Afghanistan, has provided education to more than 58,000 children, and has been nominated for the Nobel Peace Prize twice in 2009 and 2010. Mortenson spoke Sept. 20 in the Edgerton Center for the Performing Arts.

The next speaker, Stacy Nadeau, is a spokeswoman for healthy body image for young men and women. In her seminar, "Embracing Real Beauty," she will speak to students about the important role that they play in establishing a change in the perception of a healthy image. Nadeau will speak on Oct. 16 at 7 p.m. in the Edgerton Center for the Performing Arts.

Greg Mortenson delivers his lecture Sacred Heart University on September 20.

Todd Buchholz, a former White House director of economic policy, will be speaking Nov. 11 in the Edgerton Center on sound investments in today’s market. His latest books include "New Ideas from Dead CEOs" and "The Castro Game." His seminar entitled "Economy In The Age Of Obama," avoids economic vernacular, Buchholz is able to speak to the student population in an effective manner.

Best-selling author, Jodi Picoult, will be lecturing on "The Fact Behind Fiction." Picoult has written seventeen novels, three of first appeared as number one on the New York Times bestseller list. Most notably, her works include "Change of Heart" (2008), "Handle with Care" (2009), and "My Sister’s Keeper." Her latest book, entitled "House Rules" was released in early 2010. Picoult will speak on Jan. 24, 2011.

Travis Roy will be speaking to the student body in his lecture entitled "Conquering Life’s Challenges" about overcoming the roadblocks of life. Fifteen years ago, Roy was left a quadriplegic after sliding headfirst into the boards of Boston University’s men’s ice hockey rink. In partnership with E.M. Swift, Roy authored his autobiography, "Eleven Seconds" referring to the 11 seconds that he was in that fateful game. Since then, Roy has founded The Travis Roy Foundation in order to help those with spinal cord injuries and to fund research for a cure. Roy will speak on Feb. 7, 2011 in the Edgerton Center for the Performing Arts.

Lastly, Dr. Steve Perry, who is founder of The Connecticut Collegiate Awareness Program at Capital Community College (ConnCAP). The program’s mission has been to send low-income students to colleges and universities to better their education. Dr. Perry has been featured on CNN’s "Black in America," as a primary contributor in those examining the education gap in the United States. He has also written the bestselling book "Man Up! Nobody is Coming to Save Us." Dr. Perry, "A Conversation with Dr. Steve Perry" is scheduled to speak on Feb. 21, 2011.

To register for the open house, call 203-392-5240 or visit www.SouthernCT.edu/grad
Online fitness programs become growing option

Students stay healthy with help of Internet

Erin MacDonald
Staff Reporter

In today’s busy world, maintaining a healthy lifestyle can be difficult. With the convenience of online fitness programs, students can easily incorporate nutrition and exercise into their daily routines.

“I use Weight Watchers online. You can do whatever training program you would like and you can keep track of the activity-points that you accumulate throughout the week,” said junior Heather Wolfe.

“This helps me because I’m constantly using my computer throughout the day. So whenever I have a minute, I just jump on the website to type in what I did that day — the food I’ve eaten and whatever physical activity I’ve participated in.”

Programs such as Weight Watchers, Jenny Craig, and Jillian Michaels have become growing options for students to get started and continue achieving fitness goals. Online fitness programs that provide diet and exercise plans are available right here at Sacred Heart.

“I would recommend that students seeking fitness assistance utilize the great resources available right here at Sacred Heart. The Pitt Center, the exercise science department, and nutritional counseling with Kathleen Healy are all good places to start,” said Klein.

With places to go and people to see, many students admit that fitness routines all boil down to convenience.

“I prefer to make my routine flexible so there isn’t a ton of pressure,” said Nolans. “I do long runs for the most part, tempo runs a few days a week and maybe some lifting on occasion. It helps me keep active and on some kind of an exercise routine.”

For some like Wolfe, however, online programs are nothing if not convenient.

“Weight Watchers has a program where you can look up what you’ve eaten and it will tell you the points assigned to the food. You get a certain amount of points per day,” said Wolfe. “This program is a lot easier and more effective than other programs I’ve tried.”

Online fitness programs have become increasingly more complex with their growing popularity and continue to meet the personal needs of the user.

“The workouts that I have found and used online have been pretty generalized. Yet I’ve found that they have varying degrees of difficulty suitable for all experience levels,” said Nolas.

“We are always open to suggestions,” said junior and SET advertising co-chair Ashley Whelan. “Getting suggestions from students is ideal, because that’s who we are trying to appeal to.”

Gianoni also agrees that student ideas are encouraged, but membership in the organization is as well.

“SET is a great way to get involved with planning activities that your own peers will want to attend,” she said. “We love new ideas, and new faces.”

Contributed to by Lindsay Caiati Chief Copy Editor

Are you ready for some football?

Andrew Orlandi
Staff Reporter

Ladies and gentlemen it’s that time of the year once again. The time of year when the leaves change color, and the air carries a cool breeze. The time of year where friends and family bond through friendly competition. That’s right, it’s football season once again.

All around campus students sport the jerseys of their favorite teams and players in hopes that their team will win the Super Bowl. With all of this football spirit in the air some students are making sure that they have their work done, while others have only football on their minds.

“I don’t really need to adjust my schedule for Sunday football. I always have my homework done before then so I can really just relax and enjoy the game,” said sophomore Matt Lyman.

Junior Patrice Klein agrees that online fitness programs work most of the time, but there are certain situations where I might look for one,” said senior Jim McNamara. “If I were training for a marathon, I may look up a program because I would have no idea where to start. I think it would probably be easier to figure out a fitness program online for something like that.”

Many students who are on athletic teams in high school find themselves sticking to those same workout routines, but are open to the idea of online fitness.

“I try to do workouts that are similar to my track practices from when I was in high school,” said junior Donna Nolan. “I don’t follow any programs online per say, but I have looked online at Runner’s World Magazine a few times to get workouts for 5K and half marathon training.”

Patrice Klein, director of Sacred Heart University’s Student Health Services encourages students to get started and continue achieving fitness goals while using whatever means work best for them.

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Contributed to by Lindsay Caiati Chief Copy Editor

Watching football in Hawley Lounge is one way students spend their Sundays.

“Watching football is a lifestyle.”

Stating football is a lifestyle is not new, but for those who find themselves sitting in front of the TV, the Sacred Heart Heart Student Events Team (SET) are gearing up for a fun-filled season.

SHU offers a lot of staff ranging from comedians to hypnotists,” said senior Sean Rothenberger.

SET is the largest organization on campus, and is responsible for planning events such as bingo and the fall and spring concerts.

SET committee member Steven Fiorenza is responsible for organizing these events including trips to Six Flags Great Adventure as well as the upcoming New York City visit.

“As of now we have 45 people signed up for the New York trip, but our most popular trip is Six Flags. We had 60 people on that trip last year,” said Fiorenza. “We are also planning a trip during Harvest Week to a haunted house, said Fiorenza.

Harvest Week will take place from Oct. 24 to Oct. 31. “Every day during that week will be a different event that has to do with the theme of the fall season,” said senior and SET co-advertising chair Julie Gianoni.

Sacred Heart also had its first annual spring fest last semester, in hopes of bringing something funny and exciting to student life.

“For the first spring fest we had a great turn out,” said Gianoni.

“We are looking forward to making it a tradition here at SHU.”

Even though SET members are making an effort to create new and appealing events, some students are not impressed.

“When I went to the spring fest last semester I thought it was a joke. It was just really hard to relax and have fun when you’re being chaperoned,” said senior Wes Lynskey.

Senior Nick Phillips is happy with events such as senior pub night and the fall and spring concerts.

While SET continues to make an effort to please Sacred Heart students they are always welcome to, and encourage suggestions from students.

“We are always open to suggestions,” said junior and SET advertising co-chair Ashley Whelan. “Getting suggestions from students is ideal, because that’s who we are trying to appeal to.”

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Contributed to by Lindsey Caiati Chief Copy Editor

The Spectrums/Michelle Tymam
This emergency call box is one protective feature that can be found around campus.

HE SAID/SHE SAID

What are the rules for dating a friend's ex?

Zach Johnston

He said

I think of the glory days, eating Fruit Loops on a Saturday morning, learning life lessons through the love triangles between Zack Morris, A.C. Slater, and Kelly Kapowski (who just so happens to be the first and only love of my life) on the single greatest show ever made, "Saved by the Bell."

While Slater's jerry-curl hair and chiseled physique never held a candle to Zack's all-American looks, his sparkling smile, and the way he pulled off that preppy blazer, Slater still managed to spark the interest of the foxy, kind-hearted Kelly for a short period of time after she and Zack dated in high school.

In that time, there always seemed to be an alpha-male tension between Zack and Slater (and Kelly and Slater) weren't even "official." The tension would get thicker and thicker with each nail biting episode until Kelly finally realized Zack was the guy for her.

I myself have never dabbled in the black art; in fact I have only had about one serious girlfriend in my entire life, so I don't exactly know all the rules with dating the exes or where exactly to draw the lines. I also need help from "Saved by the Bell." I believe I can figure out the jigged edge on which you walk.

First off, you have to establish how legitimate of a friend this person is. Is this the kind of friend who is more of an acquaintance, and you feel like you should hang out with him because he is your friend's roommate, or is he your wingman every weekend for which you would do anything?

According to Fernandez, Sacred Heart's reaction to the attack is apparent in the new patrols taken by public safety, but some students are wondering if the attack on Eckart has not directly changed the way students are trying to keep safe, it has at least made students more aware of their surroundings.

"I do feel safe actually. It's all about making smart decisions and the way you present yourself," says junior Amanda Cohen. "I feel badly for the student who was attacked, but he was walking alone. People should know better. Public safety can only do so much."

The recent attack occurred off-campus, meaning that public safety really can only do so much. What many are beginning to question is the absence of heightened Bridgeport police security.

According to Fernandez, Sacred Heart's public safety can easily contact police, but some students are wondering where the response is from the police department.

According to Fernandez, Sacred Heart's public safety can easily contact police when and if necessary in a given situation. It is best for students to contact public safety first, since the university has taken steps to ensure that they are actually right around the corner.

After the attacks more and more students seem to be placing increased importance not on the actions and presence of public safety or the Bridgeport police, but on their own actions.

Junior John Miserendino, a resident of the Eckart Street Apartments, feels comfortable by the fact that an attack happened so close to where he lives.

"There isn't as much security here as there is on campus," he said. "You just have to make sure to watch out for each other. Go out in groups and be smart."

Fernandez commented on how students can look out for themselves, but also remembers how public safety is there to help.

"Walk in numbers and be alert," he said. "If you see something strange, call us immediately. We can be there in seconds."

Having played the role of the ex-girlfriend whose ex started dating her friend, I can say that it is totally okay to look and feel upset. It is a bad idea. From this experience, I vowed to never date any one of my friends' exes, and have considered even extending it to acquaintances' exes.

With this said, I also know that it is a totally ridiculous idealization to have no one you've ever known date one of your exes. It's bound to happen. The world is not that large. But there are ways to go about it the right way. If it does happen, and you find yourself liking your friend's ex, and wanting to act on these feelings, you should express your feeling to your friend and hope she understands. But be careful telling her you need to consider a few items.

First and foremost, who broke up with whom? If your friend broke up with him, she obviously has had time to digest that they were breaking up and may be well over the relationship.

However, if he broke up with her then she could still be heartbroken, especially if this break up came up out of the blue. God help you if you are the reason that he broke up with her. But that wouldn't make you her friend, just a creepy human being.

When you can break up?

If the break up is still fresh then you would hold off on making any moves. Both girl and guy need to understand the relationship is over before either of them can move on. No one wants to be a rebound girl either.

Let him take time to get over the relationship before you try to start a new one. No one needs a rebound guy either, but your friend is still pining over her ex have a serious talk about it, and go from there. If it's been since middle school and she still doesn't know how to get over him, then girl's got issues and should probably move on.

How intense was their relationship?

If their relationship only consisted of a couple dates and a peck on the cheek, still consult your friend before going out with the guy but don't expect her to care about it. If both parties were heavily invested in the relationship and it had gone on for months or years, I would advise you to back off because the relationship obviously was important to them, and by getting involved you would just be creating a messy situation for everyone.

If you are trying to date your friend's ex, think about how you would feel if your friend started dating to date your ex. You'd feel betrayed, unwanted, and alone. Think about both relationships, your friend may play it off as cool, but your relationship will change, and is there is something that you want to give up just another guy?

Think about who it would hurt more to lose — your good friend or some guy only worth a couple dinner dates.

If you are putting your feelings ahead of everyone else and moving forward with the ex, at least give your friend some common courtesy and let her know before she hears it from another source.

Or if you change your mind, and realize it's a bad idea after all, then keep this secret to yourself and continue to be a good and loyal friend.
Politics what? Election when? Obama who?

As a college student, I have come to observe that the topic of politics provokes fiery passion in some and complete apathy in others. While maybe I do not have grounds to propose which group outweighs the other, I do tend to wonder why the apathetic group even exists.

While I form my opinions based on my experience here at the university, my argument stands on other proof far more public. Not too long ago, Princeton Review placed Sacred Heart University at number three on their list “Election, What Election?”. The list essentially consisted of a listed of schools lacking political enthusiasm. As a student of this university, I find it to be embarrassing that our apathy made a list that is publicly viewed, especially one as popular and prominent as the Princeton Review.

It is not so much that I care to criticize; however, I do think it an issue worthy of our interest and attention. For some, I believe it is a matter of relevance. Standing at the threshold of our adult lives, pressing issues become far more relevant. Decisions made nationally and internationally affect us all individually, whether we root for the left or right. If we are the faces of the next generation, we need to pay attention to the decisions being made now.

For instance, there are a myriad of issues that should jump out and grab our attention as students. The fluctuation of the economy has affected the way we look for jobs after college. Also, decisions about health care and student loans determine the money we spend now and in years to come. While maybe we don’t deal with all of the issues presently, they don’t lie far ahead in our future.

Besides the issue of relevance, I think that we should remain informed for the sake of combating ignorance. As citizens we have an obligation to understand the wars fought over seas and our affairs with other countries. Domestically we should be well versed in complex controversial issues that have been morally perplexing political leaders for ages such as gay marriage, abortion or the death penalty.

Not only that, but we should know and understand the views and objectives of our political leaders. Remaining sheltered from all of this, we succumb to unawareness, which suffocates our ability to voice a valid opinion.

Maybe we also neglect to recognize the beauty of living in a democratic country. Living in America, we are fortunate enough to be able to form opinions about our political system. Other countries deprive their citizens of such a freedom, and they are consequently bound to dictate.

I’m convinced that perhaps apathy may be a defense mechanism for intimidation. After all, politics is a frightening concept for those who choose to participate. Some may not know the difference between being conservative or liberal while others may be particularly savvy.

However, don’t let it intimidate you. Knowledge is power so make an effort to get involved. Start considering various news sources, and form an opinion. While the ideally journalism should stay away from all bias, most outlets tend to represent one side more than the other. Don’t limit yourself to a particular bias. Instead, consider both sides of every argument.

While I do recognize that college consumes most of our lives entirely, the real world is still waiting for us. So the next time the news comes on, don’t pick up the remote to change the channel. Open your mind and pay attention, because our future as a nation deserves better than apathetic recognition.
Starlets and sobriety

23 days of a 45-day jail sentence

This past summer, in particular, mo­dia outlets have captured the court room drama of both Lohan and Hilton, but what is America's fascination with these falling Hollywood stars?

"Because it makes us look good," said freshman Alina-Iouza Fazavza. "Looking at other people doing stupid stuff makes us feel better I think, and also to learn from other people's mistakes."

Devon Vawter a sophomore at Sacred Heart had a similar view.

"It gives them the chance to focus on someone else's problems other than their own," said Vawter. "It makes them feel better about their lives to know that even with money and power people still struggle."

Entertainment magazines and websites constantly report the slip ups of the rich and famous, but are their illegal ac­tions just missteps or something more?

"I think it is a cry for attention," said freshman Daniel Garel. "Their careers are pretty much over and they want people to recognize who they are and what they did in their careers.

Both Lohan and Hilton are beginning to pay for their mistakes. Hilton was re­cently barred from entering Japan, in the wake of her recent legal issues and Lohan may suffer more serious consequences.

According to Mirror Online, Lohan's latest role in the biopic "Inferno," may be in jeopardy. The 24-year-old is set to star as an adult film actress, Linda Lovelace, but with her impending court date, the November start date may affect produc­tion.

"The terms of the acting services agreement would be such that Lindsay would not violate any obligation she would have to fulfill with the court..." said "Inferno" producer Chris Hanley, as re­ported to Mirror online. "As far as I am concerned that would include being 100 percent sober, yes. The actual contractual wording would be more legal to include making sure the production wouldn't be compromised in any way," he said.

As of Sept. 27, Lohan had been re­leased from jail and plans to enter a rehab facility according to the New York Daily News.

"I watched this performance on Morning America." Thousands of viewers got to witness the song debut of, "Boy Falls From The Sky," written by U2's Bono and The Edge.

"Good Morning America" and I thought it was amazing," said freshman Joy Vander­mark. "My mom's obsessed with Broad­way shows so when it comes out I hope we go see it."

According to the New York Times, the musical is setting sky high records with their budget. Running on $60 mil­lion dollars "Turn off the Dark" proves to be far more expensive then it's successful predecessors like, "Phantom of the Opera," who's budget was $8 million dollars and "Wicked," who's budget was $14 million dollars. Though the musical hopes to capture the story of Peter Parker's adolescence, while battling villains like the Green Goblin, set to be played by Patrick Page, Spider's greatest foe may be bringing the show to life each night.

"Spider-Man promises to be aesthet­ically and physically intense," said Taymor to the New York Times' web­site. "Mr. Carney climbs and flies around not just the stage, but also the entire the­ater, at speeds approaching 40 miles an hour."

While some are enthusiastic and curi­ous as to how the musical will go, others see it as a departure from the beloved franch­ise.

"I think it's a disgrace to Spider-Man and I would not see it," said senior Ryan Filippi. "Spider-Man was not meant to be a Broadway play. It's a comic book turned movie and I think they are taking it too far to bring it on Broadway."

Professor Mark Mascia had a similar opinion.

"I am not really interested in seeing Spider-Man on Broadway, as a musical. I was surprised even to hear about it," said Mascia. "However, I am intrigued by Bo­no's presence in it as a writer and producer. As a person who does listen to U2 occa­sionally and who grew up with the band, I'd be more inclined to see it if it were a kind of U2-themed musical (which this naturally isn't meant to be)."

For more information visit: www.theatermania.com

Does "Wall Street 2: Money Never Sleeps" knock audiences out before the end credits?

Chris O’Connell
Contributing Writer

"It was never about the money, it's about the game." Twenty-three years ago direc­tor Oliver Stone's "Wall Street" was released, giving the public a glimpse inside the un­iverse, has been released from prison after being put away for insider trading in the 1987 original. Jake Moore (Shia LaBeouf), channeling a young Charlie Sheen from the first flick, is a young and ambitious Wall Street trader, who enlists Gekko to help him avenge the death of his mentor, at the hands of the film's star, Michael Douglas (Michael Douglas). However, Jake happens to be dating Winnie Gekko (Carey Mulligan), and she wants nothing to do with her criminal father, thus causing a conflict of interest.

If you are confused, trust me you are not alone. Let me try to explain it: massive banks that should be too big to fail like to trade money they don't actually have from people who are defaulting on their credit and...more.

No matter how boring the subject matter, or how incredibly long the movie feels,
'American Idol' reveals new celebrity judges

Jamie Miller
Staff Reporter

For weeks the suspense has been building. Who will join Randy Jackson behind the judge's table during the Tenth season of "American Idol"?

The wait is over. Jennifer Lopez and Steven Tyler were revealed as the new judges at the final national audition in Inglewood Calif. Sept. 22. Lopez and Tyler will replace longtime judge Simon Cowell and newcomers Kara DioGuardi.

With "Idol's" very high profile names behind the judge's table, some wonder, will the show go on with business as usual or will "Idol" develop a new feel?

Some students expressed concern with the choices of the new judges.

"I don't like the new judges," said senior Alyphi Penn. "I think Steven Tyler is too old and out of touch and Jennifer Lopez hasn't made anything new in years so she's not very recent.

Known for being the lead singer in the band Aerosmith, Tyler has been in the music business since 1964, and has 33 years experience on his new partner, singer, fashion designer, and pop diva Lopez. But according to Contact Music's website, "Tyler has been 'a dream come true to work with Lopez because he has been infatuated with her since watching her last movie," according to Music N'culture's website.

However, it seems the admiration is not one sided.

"I know he's an amazing rock God, I get that. I know that. But to sit and speak with him, the depth of his soul really moved me," said Lopez, according to Music News' website.

"Honestly, I think the show might fall apart without Simon," said freshman Amy Bois. "He was the main key.

New "American Idol" judges Steven Tyler and Jennifer Lopez on stage with Randy Jackson and Ryan Seacrest.

"Simon is irreplaceable, no question about that," said executive producer Nigel Lythgoe. But he and fellow producer Ken Warwick said that the new judges will bring their own personalities to the mix.

Among other changes the new season will bring, the producers said that contestants won't be forced to stray from their favored genre: country singers can sing country songs; rock singers won't have to sing folk songs. Also, there are no plans to have celebrity mentors come on the show, as was common in seasons past said the AP.

With the new changes "Idol" seems to be making also comes praise from some students.

"I think that the new judges are a huge improvement from the old ones," said senior Sean Brown. "It's nice to see fresh and well known faces.

What the 'Elle?'
Nicole Mastronni
Staff Reporter

Elle Magazine's 25th anniversary brought to life a 'Precious' cover, but what would 25 years be without a little controversy?

Gabourey Sidibe, who starred in the film "Precious:" Based on the Novel Push, by Sapphire, was recently on the October cover of Elle Magazine. While posing for magazines sounds like a typical event for an actress, there has been much speculation since the issue hit newstands in mid September.

Accusations of Elle altering Sidibe's photo; lightening her naturally dark skin tone as well as how her plus-size frame was positioned and cropped for the cover, have been buzzing over the internet.

According to E! Online, "Sidibe is one of four stars featured on different covers for the magazine's 25th anniversary issue, along with Megan Fox, Amanda Seyfried and Lauren Conrad, who are all featured in full-length shots. Plus-size Sidibe's cover photo was cropped mid-chest."

"I don't think the cover of the magazine was a good one," said freshman Bianca Boudreau. "They hid part of the body frame and they positioned her body so as if she was getting stock of the hip-hop world.

"It's all about appearance," said senior Annya White. "If he really moved me," said Lopez, according to Music News' website.

"Honestly, I think the show might fall apart without Simon," said freshman Amy Bois. "He was the main key.

New "American Idol" judges Steven Tyler and Jennifer Lopez on stage with Randy Jackson and Ryan Seacrest.

"I feel like he was the only one who could really tell who was a good singer or not even with the big name judg­es I don't think the show will do as well as it used to."

According to the Associated Press (AP), Cowell announced last January that he planned to leave to launch a new talent show for Fox in 2011, with newcomers Ellen DeGeneres and Kara DioGuardi exiting this summer. Ab­dul left in 2009 over a contract dispute.

Jackie will be the only original judge when "American Idol" returns in January.

"Though gone, Cowell wasn't forgotten at the news conference that followed the judges' unveiling.

"The new judges as well as series producers were asked the photo of Cowell and how much the acid­tongued Britt meant to the ratings, said the AP.

Joaquin Phoenix is 'Still Here'
But does anyone still care?

Dave Gallo
Staff Reporter

In January 2009, Academy Award nominee Joaquin Phoenix appeared on "The Late Show with David Letterman" to promote his film "Two Lovers." How­ever, what should have been a typical in­terview seemed to become anything but ordi­nary.

As unkempt and disoriented Phoenix graced Letterman's stage, where he managed to drop a bombshell that he was switching careers to become a full time actor, a declaration that stumped both the audience and Letterman.

"Joaqnn, I'm sorry you couldn't be here tonight," said Letterman at the conclu­sion of the bizarre interview.

Though viewers did see Phoenix physically appear on stage, his mind was elsewhere.

"I don't know what to make of this man," said senior Annya White. "If he really moved me," said Lopez, according to Music News' website.

"He was the main key.

New "American Idol" judges Steven Tyler and Jennifer Lopez on stage with Randy Jackson and Ryan Seacrest.

"If we are truly witnessing the unravel­ling of a talented man in his prime, it's just sad," said Charity Lemire of the Associated Press. "If it's all performance art though, it's just sad.""}

Director by fellow Academy Award nominee Casey Affleck, Ben Affleck's younger brother, the flick opened to lim­ited release on Sept. 10.

The film captured the past few months of Phoenix's strange journey from recognized Hollywood star to the laugh­ing stock of the hip-hop world.

With skepticism from both critics and audiences alike regarding if there was any truth to this potential work of fiction, director Casey Affleck ultimately confessed to the New York Times that the entire movie was actually a hoax.

"It's a terrific performance," said Affleck speaking on behalf of Phoenix's questionable behavior both on-screen and off since January of last year. "I never intended to trick anybody. The idea of a quote, hoax, unquote, never entered my mind."

However, that thought did enter the minds of top critics across the country, who were not pleased nor impressed with Affleck's directorial debut.

"I'm not sure I believed a word of this film," said Peter Travers of Rolling Stone. "Actors who melt down on camera are usually, well acting."

Travers was not the only critic who thought Phoenix's "performance" was sad.

"If we are truly witnessing the unravel­ling of a talented man in his prime, it's just sad," said Charity Lemire of the Associated Press. "If it's all performance art though, it's just sad.""}

On Sept. 22, Phoenix stopped by the "Late Show" to explain once and for all the three-ring circus of his life for the better part of two years, saying "we wanted to do a film that explored celebrity and explore the relationship between the media and the consumers."

Though the twists in Phoenix's life may be over for now, whether or not stu­dents actually care about Phoenix at all is still up for debate.

"To be honest, it was a year and a half ago and isn't on my radar anymore," said senior Sarah Prial. "I understand and re­spect what he did, but it didn't strike me as anything important."
Features

Fall into autumn at Silverman’s Farm

The Spectrum reviews family-owned farm in nearby Easton

Maile Heatherington
Staff Reporter

Autumn is here, and if you are looking for a festive fall activity, Silverman’s Farm might just be the perfect place to go. The family-owned and operated farm, which has apple picking, fresh baked goods, and a petting zoo, is located in Easton, Connecticut, less than 10 miles away from Sacred Heart University’s Fairfield campus.

Aside from its close proximity to campus, Sacred Heart students love visiting Silverman’s because of its beauty during this time of year. There is a plethora of breathtaking foliage along the farm, with vivid oranges and reds seen scattered across the orchards.

“Silverman’s Farm has a very welcoming atmosphere and the hillside is covered in beautiful apple trees,” said sophomore Johanna Ovsenek.

I pulled up to the farm on a warm afternoon to see the barn decorated from head to toe in a variety of fall decorations. Pumpkins, scarecrows, and stalks of corn 12 feet high adorned the family farm and with Halloween just around the corner, there were spooky decorations, candy apples, and festive gifts galore.

I also stumbled upon a greenhouse filled with all the necessities for fall. In it, you can choose your own pumpkin, gourd, or a beautiful bouquet of fall flowers.

Silverman’s offers the perfect fall activity for all ages: a spooky hayride to go home empty-handed or disappointed. You can grab a bag and pick your own apples or you can relax and take a tractor tour through the orchards. They will even show you how to pick the best apple and explain which ones are the ripest in season.

A visit to the rustic petting zoo is a must. For only $3.00 for children and $5.00 for adults, you can feed the goats, llamas, and buffalo. “It’s the perfect place for kids because you get to pet and feed the animals for such a small price,” said junior Christina Toscano.

There are several adorable spring babies new to the farm. Twin Jacob sheep, several pygmy goats, and an alpaca family are among the new additions that are definitely worth checking out.

The bakery has so many delicious homemade goods you’ll want to bring them all home. There are pies, cakes, cookies, elephant ears, and apple dumplings lining the shelves. The dumpings, a Silverman’s specialty, are gigantic pastries stuffed with the farm’s very own apples, so they’re certain to taste delicious.

You can’t leave without purchasing some of their famous apple cider. It even comes in an apple shaped canteen to keep as a souvenir.

There are also a wide variety of jams, jellies, and local honeys. I suggest you try their apple butter or blackberry jam. If you’re in the mood for something new try their mango salsa.

This is a very popular place for school field trips because the farm offers numerous inexpensive tours all day long. For $10 a person, children get a tractor tour through the orchard and get to pick their very own pumpkin. They also get to feed and pet the farm animals and leave with a free coloring book.

Silverman’s also offers something very different that sets them apart from any other farm. Every year they offer tours to children of all ages who are mentally challenged or suffer from disabilities. The staff is very accommodating and compassionate, making their tour as memorable as possible for the children.

The farm is a great place to get in the spirit of the season. I recommend that you make the short trip there to pick your own apples and grab a delicious homemade dessert. But don’t forget the apple cider. In short, a visit to Silverman’s Farm is a must this fall.

'SHU' LIFE: I'M A MALE NURSING MAJOR

Jessica Colucci
Staff Reporter

Some say that nursing is considered a female profession because the characteristics you expect them to have closely relate to those you might expect from a woman.

"Working with sick patients can be a very emotional job and most women tend to be more sensitive than men," said senior Melissa Fuss.

Stereotypes aside, many male nursing students don’t mind working in a field containing mostly women.

"I guess I love it," said senior Thomas Topalian. "What’s not to love? The women in my class, including the professors, have always been very kind to me and accepting of my choice to pursue nursing."

Sophomore Matthew Stewart has similar sentiments.

"The fact that a majority of the class is made up of girls doesn’t bother me," he said. "I’ve had a lot of fun working with the girls in my class."

Junior Zachary Johnston said that he loves the fact that women outnumber him.

"There are 62 people in my class’s nursing program and only four are guys, which is a good ratio to me," he said. "What can I say? I love the ladies."

However, many outsiders still act as critics when it comes to male nurses.

"It mostly comes from males my age and older who grew up in a time where there were almost zero men in this profession," Topalian said. "It’s usually just some weird looks and questions about my sexual orientation."

Yet Johnston said that he doesn’t let the looks get to him.

Edward Stewart said. "If I wanted to be a doctor, I would pursue that path. There is a big difference between what a doctor does and what a nurse does."

However, not everyone questions male nursing students for their choice in profession.

"Male nurses are really great, especially for those male patients who sometimes feel uncomfortable talking to a woman nurse," said senior Liza Hanson.

Many others, however, do give credit to male nursing majors.

"It is not as common to see a male nurse but when you do, they are very smart and on point," said Hanson. "I give them credit, just as I give women credit. Nursing is a great profession."

Nursing majors agree that they were certain of this career choice for quite some time, despite the criticism.

"I've spent a lot of time in hospitals due to the fact that I am a klutz and very prone to injury so I thought maybe someone was trying to tell me something," he said.

Stewart credits his high school for giving him the inspiration to become a nurse.

"My high school stressed the importance of 'being a man for others' and that has always stuck with me," he said. "I've always wanted to go into a field of work that allows me to really help others."

For others, personal growth was a major advantage in this career choice.

"Nursing is a job where you can truly see the progress and accomplishments of your work," Topalian said.

"That's something that from a young age, I knew needed..."
FEATURES

Men’s Lacrosse team walks for a cause

Andrea Gorkofsky
Staff Reporter

On Sunday, Sept. 12 the Sacred Heart University men’s lacrosse team joined with student supporters, also known as “Ali’s Angels,” to participate in the Liver Life Walk in East Hartford, Connecticut. The team came together to honor Sacred Heart senior, Alison Cimminno, who was diagnosed with Crohn’s Disease and Primary Sclerosing Cholangitis (PSC) at the young age of 9.

“After discussing the event with the team, we thought that it was very important to participate in the Liver Walk, not just for the cause itself, but to support a fellow member of the Sacred Heart community,” said graduate student Zach Frank, one of the lacrosse team’s captains.

“We feel that if we can contribute our time and money to the cause, we can hopefully help either save someone’s life or show them support through a tough time,” said Frank.

Others said it was an important experience for the team.

“This has definitely opened up the eyes to some of the younger boys who have never experienced something like this,” said senior Billy Skelos.

The team’s head coach, Thomas Mariano, took notice in how much they enjoyed the walk.

“They loved being there and making a difference,” he said. “They were surrounded by survivors and also people who had lost loved ones.”

The event left the team feeling accomplished and motivated to do more. These sentiments spread to those members who could not attend the walk.

“Just from speaking to guys that were there, I could tell with the event changed them,” Frank said.

“After the event and meeting, speaking, and walking alongside the families of victims and victims of liver disease, it turns out that the lasting effect wasn’t on those they met and helped, but on the guys on the team.”

Many saw an instant, positive reaction from the team after the walk.

“Anytime you help someone else out it makes you reflect and have better understanding that people have struggles out there,” Mariano said. “You can help out by taking time out of your life to give to others.”

Although the team knew that they were participating in the walk, most didn’t realize the effect their presence truly had.

“It was great,” said junior Dennis Gannon. “Our intention was to help out a fellow SHU student and when we got there we realized the bigger impact. This walk has so many families that are affected.”

The walk was another event to add to the list of volunteer activities the team already contributes to.

“We’ve always been involved in devoting as much of ourselves as possible with community service, whether it be doing our annual read-alouds at local Bridgeport elementary schools or our Thanksgiving food drive,” Frank said.

The players and coach all equally agree that the team plans to participate in numerous community service activities throughout the year and are strongly looking forward to doing so.

“We hope to help out where ever we’re needed, we do other events such as the Multiple Sclerosis Run every year,” Cimminno said.

This year, the team hopes to surpass anything they have accomplished in the past.

“We want to put forth even more of an effort and devote even more time to helping those in our community that may be less fortunate than us,” Frank said.

“Through doing events like the Liver Walk, our past community service endeavors, or adopting a fellow friend of the team and honorary member named Cameron, a 12 year old boy affected by a child-specific cancer called Ewing’s Sarcoma, we’ve learned that we can make a positive effect on someone else’s life and have them leave a lasting impression on ours.”

After partaking in the walk, the players are proud to show their dedication to “Ali’s Angels.”

“Some guys have been wearing their ‘Ali’s Angels’ t-shirts since the walk,” said Frank. “They also purchased ‘Ali’s Angel’s’ bracelets that they wear everyday.”

“Shake your groove thing’
Zumba fitness takes over SHU’s Pitt Center

Danielle Vuotto
Staff Reporter

If you walk into the William H. Pitt Center at Sacred Heart University at any time of day, you are certain to see someone watching TV on their treadmill or elliptical. In our present day, it seems like having some form of entertainment is the only way to get through a workout. So its no wonder why Zumba, a dance fitness program, has become such a popular method of exercise.

The high intensity class is offered on Wednesdays to students from 5 p.m. to 6 p.m., and to faculty from 6 p.m. to 7 p.m. in the Pitt Center. The class combines Latin and international music with dance in an effort to make exercise fun.

“I could not stop smiling,” said senior Chelsea Rees.

Zumba’s routines feature interval training sessions that combine fast and slow rhythms with resistance training to tone and sculpt your body, while burning fat.

“It’s more of a workout than a regular day at the gym,” said senior Caitlin Cofell.

Forgetting that it is an exercise program is a common selling point for those involved, including the Sacred Heart instructor, Amber Allen.

“It is more than an exercise class,” said Allen, who also teaches classes in Dutien, New Canaan, and Stamford.

“The class allows you to laugh, while you are dripping sweat,” she said. “It takes you to a different place with all of the upbeat music and allows you for to get about everything else for a solid hour while getting a fantastic and fun workout.”

Allen first heard about Zumba while teaching at a dance studio. Soon thereafter, she decided she wanted to become a trained instructor and has since then made a career of it.

“I taught until I was eight months pregnant, and believe it or not, giving birth was not as bad as I thought and I thank Zumba for that,” she said.

She wasn’t the only one to be won over after her initial experience. Sophomore Brittany Burger took her first Zumba class on Wednesday and was pleased with the program.

“I like exercising because of this class,” she said. “It was different and you don’t feel like you are working out.”

It is clear that both instructors and participants enjoy this new take on getting fit and are noticing the results.

“My friends and I took the strike fit class last week and it didn’t compare to this,” said senior Melissa Brawn. “I felt my calves burning right away”.

As for who can partake in a Zumba class, Allen said its an all ages event.

“I have classes with people in their 80’s, it is life changing and the class itself encourages people of all ages to return,” she said. “I feel there is a big need for a fitness class with a high cardio work out for all ages, especially college students. It changes up the week because it’s different from all of the other classes they are in throughout the day. It’s a party!”
The men’s cross country team takes off in the 34th Annual Father Leeber S.J. Invitational this past Saturday.

DeLoreto wins Fairfield Invite
Women finish first, men finish second

Erin Burke
Staff Reporter

The hot and humid weather was not enough to prevent the Sacred Heart University cross country teams to success this past weekend.

The Pioneers had an impressive showing in Fairfield as the women’s cross country team took first place, and the men’s side took second in the 34th Annual Father Leeber S.J Invitational.

The win is the woman’s team seventh straight year winning the invitational and DeLoreto’s second straight year individually winning.

Senior Kim DeLoreto was a dominating force for the women. “Kim was in total control of the race from start to finish,” said head coach Christian Morrison.

DeLoreto finished the 5K first with a time of 18:29.06, a full 35 seconds ahead of her closest competitor.

The rest of the women’s team had impressive races as well as five Lady Pioneer’s finished in the top 10.

Regardless of the less than optimal racing conditions the girls team had a great day and took first place in the meet. There were great performances across the board and I am proud of each and everyone of the Sacred Heart ladies,” said DeLoreto.

Women finish first, men finish second

This week DeLoreto was awarded the prestigious Women’s Cross Country Northeast Conference Athlete of the Week Award. On top of that, she was awarded the Enterprise Rent-A-Car Sacred Heart Student Athlete of the Week award. These awards highlight her victory this past weekend.

DeLoreto has finished in the top five in both her races this fall.

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DeLoreto finished first, followed by a pair of sophomores, Megan Papp in fourth and Alyssa Selmiquist in sixth. Junior Brittany Llolliefsisted eighth and freshman Brittany Lane closed out the top 10 finishers in 10th place.

DeLoreto was very happy with her team’s overall performance. “Regardless of the less than optimal racing conditions the girls team had a great day and took first place in the meet. There were great performances across the board and I am proud of each and everyone of the Sacred Heart ladies,” said DeLoreto.

When asked about the women’s performance, Morrison said, “This was a very encouraging result for the women. I think we can and will run much better this season, but you could see the improvement from our season opening meet to this one.”

Along with Fairfield, the competition included colleges such as Fordham, Marist, Manhattan, John Carroll, New Haven, and Bridgeport.

“Marist posed a significant challenge for us, and while it was a nail biter all the way, our top five really asserted themselves over the last mile of the race.”

Along with the win, there have been a few surprises to the season as well. “Megan Papp is having a breakout season,” Morrison said.

Papp had her first career top five finish with an impressive time of 19:39.32. Morrison is looking to her as a vital part of his line up for the year.

On the men’s side, senior Daniel Koehler led Sacred Heart and finished the 8K Fourth at 27:12.10. The men had four members finish in the top 10.

Aside from Koehler, junior Jeffrey Lusignan finished sixth, graduate student Brendan Rickert finished at seventh and junior Richard Marcello finished right behind Lusignan and Rickert at eighth.

Despite Sacred Heart’s show in the top 10, they still came in second with 45 points, right behind host Fairfield University, who tallied 32 points total.

Yet despite the loss, Morrison is hopeful for the future of the men’s team. “The men ran a solid race today, and I’m happy with how the group is progressing. A couple of our better guys had off days, but when this group puts it all together, we’re going to be a very good team,” Morrison said.

Rickert, who was forced to redshirt last season due to an injury has finished in the top five for the past two meets.

When asked about his team’s performance, Rickert said, “We started off a little flat however we fought hard the second half of the race and pulled together a nice team finish.”

Rickert is also hopeful when it comes to the future of his team. “I think the team is a good place right now, it’s just a matter of getting through the next two-three weeks of hard training. If we can stay healthy through that then we’re going to be a very competitive team.”

Both teams have the weekend off and are back in action on October 9th at Franklin Park in Boston for the New England Championships.
Worst Game: The Pittsburgh Steelers over the Tampa Bay Buccaneers

The Pittsburgh Steelers continued their winning ways this week by thoroughly dismantling the Tampa Bay Buccaneers 34-13. The Steelers took advantage of a dominating defensive performance to smother the Buccaneers as they improve to 3-0 for the first time since 2007. The defense, which was reminiscent of the 2008 Steelers’ defense that won the Super Bowl, had four sacks, two forced fumbles and a fumble recovery, and an interception that was returned for a touchdown.

Best Player Performance: Austin Collie, Indianapolis Colts

Austin Collie hauled in 12 catches this week for 171 yards and two touchdowns, as he played a pivotal role in the Colts’ win over the Denver Broncos. Collie has certainly become Colts’ quarterback Peyton Manning’s favorite target in recent weeks, as he was the recipient of many important catches to go along with both five yard and 23 yard touchdown strikes. Collie, a former Brigham Young University superstar, has taken advantage of the playing time given to him this year as he currently leads the NFL in receiving yards, catches, and touchdowns.

Worst Player Performance: Alex Smith, San Francisco 49ers

San Francisco has gotten off to a disappointing 0-3 start in 2010, and Alex Smith’s 68.8 passer rating in Sunday’s game versus the Kansas City Chiefs certainly did not help. Smith completed 23 of his 42 passes with a touchdown and an interception, as the 49ers scored a mere 10 points in the loss.

The best and worst of the NFL

The 49ers fired offensive coordinator Jimmy Raye because of the anemic offensive performances, which means they will have their eighth different coordinator in eight years. Hopefully the 49ers’ front office will soon realize that Smith is the cause of all their problems and not the previous seven coordinators.

Biggest Upset of the Week: Atlanta Falcons over the New Orleans Saints

The defending Super Bowl champion New Orleans Saints were upset 27-24 in overtime this Sunday by their NFC South divisional rival the Atlanta Falcons.

After a hard-fought regulation, the teams were tied at 24-24 heading into the overtime period. The Saints’ had a chance to win the game in overtime but Super Bowl hero, kicker Garrett Hartley, hooked a 29 yard field goal left, keeping the Falcons’ hopes alive.

The Falcons took advantage of their ensuing possession by driving 62 yards to the New Orleans’ 28 yard line before Atlanta kicker Matt Bryant kicked the game-winning 46 yard field goal.

Job security is non-existent for kickers around Saints’ camp, as the team has already invited kickers John Carney and Matt Stover to possibly replace Hartley.

With week three behind us we look towards week four for some key match ups. The two great defenses of Baltimore and Pittsburgh will meet. As NFC East division rivals the Washington Redskins and the Philadelphia Eagles. Two APC East powerhouse the New England Patriots will meet the Miami Dolphins on yet another exciting Monday Night Football.

Will Ray Lewis triumph Troy Polamalu? Can McNabb prove that he is not washed up to old coach Andy Reid? Will Bill Belichick be able to control Miami’s wildcard offense? All the action starts this Sunday at 1 p.m.

Pioneers Drop Third Straight Game

Fourth quarter come back falls short in loss to Dartmouth

The Pioneers looked sharp in the first half, running 44 plays, which almost doubled the Big Green. They capped off a nice first half with a late second quarter touchdown by senior quarterback Dale Fink, who completed six passes on a 12-play drive.

Sophomore wide receiver Rock Tate was in the right place at the right time, as Fink hooked up with him on a big third and nine drives at the Dartmouth 16-yard line. That was followed by senior running back Marcel Archer marching in the end zone from a yard out to put the Pioneers ahead by a score of 12-7 with just 12 seconds remaining in the half. Although the extra point was blocked, the Pioneers still had the momentum at the break.

The Pioneers’ momentum from their late first half drive did not translate into the second half, as the lead quickly evaporated. The Big Green outscored the Pioneers 14-0 in the third quarter, as junior quarterback Connor Kempe’s two touchdowns put the Big Green ahead by a commanding score of 21-7. Kempe completed 16 of 30 passes on the day, passing for 154 yards.

Sacred Heart responded in the middle of the fourth when Fink threw a touchdown pass to wide receiver Rich Ross to pull the Pioneers to within points of 21-19 with 5:29 remaining.

The Sacred Heart defense then forced a three and out, giving the ball back to the offense with 2:15 on the clock. Fink ran for a first down on a third and two. A six-yard rush by Archer got the ball to the Dartmouth 21-yard line. Fink failed to hit on a pair of passes and the Pioneers were forced to settle for a 38-yard field goal attempt. Graduate student Jeeper Fredrickson lined up for what would have been the game winning goal field, however, the kick sailed left.

“The accumulation of missed opportunities, and stupid penalties killed us,” Fink told reporters in a postgame press conference. “I mean they’re a very good football team, but we should have won that game today.”

Fink had a very good day for the Pioneers. He finished 30-41, for 286 yards and one touchdown, while throwing zero interceptions.

Freshman running back Greg Be led the Pioneers rushing attack. He finished with 72 yards on just nine carries. Senior Marcel Archer also had a nice showing for the Pioneers. He finished with 52 yards, on 16 carries and he also ran for a touchdown.

Defensively, Sacred Heart was led by freshman defensive back Steve Telesemen. In his first collegiate start , he led the team in tackles with eight and also added three pass break ups. His efforts earned him the NEC Rookie of the Week Award.

Also having solid days on the defensive side of the ball included senior Bill O’Brien who finished with seven tackles. Junior linebacker Mike Zamborano also finished with seven tackles.

The defeat marked the Pioneers second loss by less than five points in the last three weeks. Their record falls to 1-3, and 0-2 in-conference play.

The team returns to Campus Field for homecoming weekend against Central Connecticut State University on Saturday, October 2. The team seems confident that they will only improve upon their recent play.

“We competed on a high level, so that’s obviously a positive,” said Miggly. “The team just needs to clean a few things up and we should be good to go.”

The Pioneers will host the Murray State Racers this Tuesday as they look to keep their playoff dreams alive.

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CHRISTINE LYNN’S DANCE STUDIO
Women’s golf finishes 1st at Yale Invitational

Jessica Orser  
Staff Reporter

The Sacred Heart University women’s golf team was kept busy at the Princeton Tigers home course. It was a two team race with Yale and host Princeton. Yale finished with a three round total of 896, which Princeton finished with three strokes behind finishing with a 909. The Pioneers finished with a total of 959.

At Princeton, Sacred Heart junior Carly Bergin tied for the lead for the Pioneers. She finished with a 231, shooting a 78 in the first and third rounds and a 75 during the second. Bergin finished second in the ECAC tournament.

Bergin is always one to count on; in her freshman year at Sacred Heart she was named the conference’s Rookie of the Year and also took a spot on the NEC Women’s Golf All-Conference Second Team.

Teammates Gabriella Riber, a sophomore, and Leopoldo Garcia, a freshman, weren’t too far behind with final scores of 233 and 248. Riber closed the weekend tied for 29th.

The Yale Invitational proved to be a tough one when the Sacred Heart women finished 12th out of 14. Yale, yet again, came out on top.

The competition at Yale included Brown University, Siena University, Dartmouth College, University of Pennsylvania, Boston College, University of Hartford, Yale University, Fairleigh Dickinson University, Lehigh University, Central Connecticut State University, St. John’s University, Seton Hall University, and Longwood University.

The par 72 course measuring 5,959 yards proved difficult for everyone. The Pioneers finished with a two-day score of 361. Sacred Heart had just about the same score at Princeton.

“Gabriella Riber was the high point of the weekend shooting an even par 72 on Sunday. She is the first golfer in the women’s program to shoot even par,”

- Matthew McGeerey  
Women’s golf head coach

“We basically shot the same score at Princeton,” said Bergin. “But I think that the improvement the second day of the Yale Invitational was definitely better than that of Princeton.”

Clintons once again pulled through for her teammate shooting a 76, 78 and an 80. It was scores like hers, and her other teammate Michael Riber, Gabriella Riber, Bergin and Kelsey Shine that guided the Pioneers.

Freshman Jean Clinton was steady and really showed a lot of determination in finishing with the second best three round total for the team,” said coach Matthew McGeerey.

M. Riber shot an 83, 88, and 79 at Yale and while her sister G. Riber shot an even par 72 in the final round. Overall she finished tied for 33rd overall.

“They have to carry on that attitude by practicing hard to improve their scores at Yale and we need to carry on that attitude by practicing hard this week so that we can do better this weekend in New Jersey at our ECAC tournament,” said Bergin.

That couldn’t be any truer of a statement since the competition thus far has finished with scores much lower than the Pioneers.

The men’s team have competed in three tournaments so far for this fall. They finished second in the CCSU Invitational, and followed that up with a fourth place finish at the St. John’s Invitational. They also competed in the University of Hartford Invitational, and finished seventh out of 15 teams.

Junior Joseph Serrantino led the Pioneers at the St. John’s Invitational. He finished 12th overall, posting a team-best score or 210. Senior David Renzki and junior Leopoldo Garcia both fared well finishing in a tie for 23rd place with total scores of 213.

At the CCSU Invitational Renzki recorded a two-day total of 143 and finished tied for third overall. He was only two strokes behind of the third overall winner, Kevin Josephson of host CCSU. Serrantino also had a fine showing for the Pioneers finishing tied for 13th with a two-day score of 150. Garcia finished tied for 18th overall shooting a 151 over the two days. Overall the Pioneers finished 19 strokes back of Central Connecticut.

This article was contributed by Ryan Hannable, Asst. Sports Editor.

Raising the Bar: The Importance of strength and conditioning

Liam Roecklein  
Asst. Sports Editor

It’s fourth and goal from the one-yard line as the clock continues to wind down. The pressure is as high as ever, and the offense needs to punch the ball into the end zone in order to score a touchdown to win the game. What allows for the players to pull through when the time is up? What brings the top competitors to the line and the clock continues to wind down. The pressure is as high as ever, and the offense needs to punch the ball into the end zone in order to score a touchdown to win the game. What allows for the players to pull through when the time is up? What brings the top competitors to the line and the clock continues to wind down.

"Lifting now will help us in the upcoming years," said freshman football player Rob Volk. "Lifting brings more than just mass, it brings speed and explosiveness. Squatting, the power clean, and the bench press are all important and will help us as we get on the field.

Flexibility, strength, explosiveness, and keeping the athletes healthy are the keys to success on all of the Pioneer teams. However, without personal commitment from dedicated athletes, it is impossible for any team to make gains in the weight room.

"The most important aspect of strength and conditioning is the individual effort because what they put into it they’re going to get out of it," said Gary Reho, the operations manager for the William H. Pitt Health and Recreational Center and strength coach for the women’s basketball team.

"Nevertheless, without a healthy lifestyle, individual effort in the weight room means nothing without proper eating and sleeping patterns only minimal gains will be made."

“You can’t think that you’re going to consume an abundance of alcohol or other illegal substances and perform well in the weight room,” said Reho. “The weight lifting is the stimulus, but it’s what you do out of the gym that really matters.”

Besides lifting weights and conditioning, cardiovascular exercises is another vital component to all athletic programs.

"Conditioning is extremely impor-
tant. Being able to play at your maximum speed for the duration of the entire contest is what will often decide a game because whatever team plays fully to the last play and doesn’t take one play-off will ultimately win the game," said Bolis.

Despite the obvious fact that conditioning is endurance training and helps athletes stay longer on the field for longer periods of time, it is also a mental strength training exercise.

"Conditioning is about the mental toughness. If you play with the mindset that you feel you can do well and you won’t let down the team, you will perform better," said freshman football player Andrew Briley.

If a team practices good habits and combine those good habits with a strong weight and conditioning program unbe-
lievable things can happen.

"The best example of strength and conditioning was our 2001 football team," said Reho. "They had two losing seasons and I worked with the team and in a two year period their physical stature and makeup grew exponentially. In the following two seasons they were able to go 22-0.”

However, strength and conditioning’s importance is displayed most prominently in the individual athlete. It is through their hard work and perseverance that they are able to achieve levels never before seen.

"Absolutely, there’s no substitute for hard work," said Bolis. "Some kids are more physically gifted because of their genetic makeup, but I’ve seen many kids with less natural ability become phenom-
enal athletes."
A Day in the Life: Sacred Heart field hockey

Ryan Hannable
Asst. Sports Editor

For some college students, Aug. 10 falls in the middle of their summers, hanging out with friends and family, working their summer jobs and going on vacations. But for the Sacred Heart field hockey team, this was the day they begin their pre-season practices.

"Coming back early is good because we get to move in before everyone else, it actually turns into a plus," said Kate Boyd, a red-shirt sophomore who starts at midfield.

When asked about how it is giving up a month of summer to come back and start field hockey, Boyd said, "I am coming back to do the thing I love, but it is definitely bittersweet."

Pre-season practices can get intense for the Pioneers. They go through double sessions everyday with the first practice being three hours and the second practice falling in the middle of their summer, hang­

were three hours and the second practice for the Pioneers. They go through double sessions everyday with the first practice being three hours and the second practice being two hours.

Before team members can start prac­
ticing they need to pass a physical test called the "beep test." It is a running test with music that every team member needs to pass in order to start practicing.

Everyone on the team works extremely hard during the summer to get their bodies ready for the upcoming season. "Over the summer we get a week off packet, and I strictly follow that. I work with a trainer during the summer and a few other teamates did the same," said Boyd.

Now that school is in session the team only practices once a day for two hours. The team now has to concentrate on their studies as well and players need to budget their time wisely. "Personally, I make a schedule. If I don't, I won't use my time wisely. It is all about finding open time slots and making use of that time. I don't want to waste any time," said Boyd.

A word from the Editor
Future Super Bowl champions: New York Jets

Dan Graziano
Sports Editor

Monday was a good day. Not just because I received an outstanding grade on my physics paper. Not because the birds were chirping and everything was in order. Mostly because the Jets were once again atop of the AFC East.

Due to Sacred Heart's location, the majority of students are either Patriots, Giants, or Jets fans. However, you do run into the occasional Cowboys or Bills fan as well.

I can safely say that at least one fourth of the Sacred Heart population can agree with me when I say, damn, the Jets are good.

Jets quarterback Mark Sanchez has posted two outstanding quarterback ratings in the past two weeks, 124.3 and 120.5 with an average of 104.9. He has thrown for six touchdowns and believe it or not he has thrown zero interceptions, after posting 20 last season.

Anyone who thought LaDainian Tomlinson (LT) was washed up must be biting their tongues these days. LT is looking good, and I mean he is looking like the old LT. You know the one from the 2006 season when he was awarded the NFL's Most Valuable Player award.

Then you have the receivers. No wonder Sanchez is looking so good, he has tight-end Dustin Keller and wide receiver Braylon Edwards to throw to. Both Keller and Edwards have been playing at the top of their games and have made key turns, which touched into touchdowns.

Sunday night's game against the Dolphins proved one thing, the Jets can still play without all star corner back, Darrelle Revis.

Revis, who was out with a hamstring injury, watched from the sidelines as fellow corner back Antonio Cromartie and Kyle Wilson held them own.

While the Dolphins Brandon Marshall had a few key catches, Cromartie was able to shut him down for most of the game.

Next you have Jason Taylor, a key player on the Jets defense. Taylor, who was acquired by the Jets as a free agent, had a big night for the Dolphins Saturday's game Taylor sent the Dolphins a message and showed the team that they were wrong for letting him go.

Taylor has posted two key sacks one against Patriots quarterback Tom Brady, which led to a fumble, and the second against Dolphins quarterback Chad Henne.

The Jets have proved in the past two games that they are NFC East contenders. Although they lost their sea­

son opener, they only gave up nine points to the Baltimore Ravens.

Tomlinson had a huge night for the team will travel to Buffalo to face the win-less and hopeless Bills. I am confident that the Jets will come out victorious and continue their AFC East dominance.

Don't forget in two weeks the Super Bowl MVP Santonio Holmes will be re-joining the team after a six game sus­

pension.

Tough weekend for field hockey

Whitney Hughes
Staff Reporter

The Sacred Heart University women's field hockey team fell short in two non-conference games over the weekend.

The first loss came from Bucknell in double overtime, 4-3. The second was to the hands of Lock Haven, 6-1.

"We did not finish our opportunities when we had them in overtime," said senior midfielder Stephanie Fazio. "We had chances to bury the ball and just missed."

In the first loss the Pioneer's trailed 2-0 at the beginning of the second half. Within 33 seconds of one another Dana Lurhs and Lindsay Kasten were able put a pair of goals in the back of the net to tie the game.

Bucknell answered back and took the lead at the 55-minute mark when a shot got by the Pioneers goaltender and landed in the right side of the net.

The Pioneers' best opportunity of the game came when a yellow card was issued to Bucknell Sacred Heart started a man­to-man style of play which was enough for Kasten to net her second goal of the day, putting the game into over-time.

After two over time periods the game went into a stroke off (shoot out). With each team allowed three strokes.

The Pioneer's first stroke from junior Alex Melillo missed wide left. The second and third strokes, from sophomore Leah Salindong and Kasten consecu­

tively were both stopped by the Bucknell goaltender.

Bucknell's three strokes slid past Sacred Heart's goalie Kim Stow, giving them the victory. Stow ended the day with 11 saves.

"I was really proud of Lindsay today because I had talked to her before the second half started and told her I needed her to step up and put some balls in the cage and she did exactly that," said senior midfielder Stephanie Fazio. "She really gave our team the extra lift we needed. We never gave up."

The second loss of the weekend was not as bad as the first. The team fell 6-1 to the Lock Haven Lady Eagles.

Sacred Heart's only goal of the game came from junior midfielder Kasten Conklin. "I had a chance to bury the ball and just missed."

In the second loss the Pioneer's trailed 2-0 at the beginning of the second half. Within 20 minutes of one another Dana Lurhs and Lindsay Kasten were able put a pair of goals in the back of the net to tie the game.

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The final 20 minutes of the game proved Lock Haven was not out of Sacred Heart's league. However, the team's lack of enthusiasm and unity was where they fell short.

Moving forward the Pioneer's look to take the two losses as motivation for the future.

"We will take our time off with intensity so we can make a statement against Quinnipiac in our conference opener," said Stow.

The Pioneer's record is 1-8 overall. The team has a two-week hiatus and will return to the turf on Sunday, Oct. 10 at 12 p.m. to play on the Quinnipiac Bobcats.

PHOTO OF THE WEEK

Jets wide receiver Jerricho Cotchery makes a catch during week two.

The Spectrum/Eric Herke

The Spectrum/Zack Lane