Homecoming is where the ‘Heart’ is

Lindsay Ciaiti
Chief Copy Editor

Festivities, football, and fun... oh my!
Past and present students came together to celebrate Homecoming 2010, entitled “Rock the Red.” Saturday started off bright and early with an Alumni awards breakfast in the University Commons, which was followed by an Alumni tailgate. According to alumni relations coordinator Emily Rohman, the tailgate was a huge success.

“Things were great, everyone was grilling; the band was playing, and we couldn’t have had better weather,” said Rohman. “I think we had about 1000 people here, we had a great turnout.”

The tailgate wasn’t the only thing for students and alumni to occupy their time with. There were multiple events that took place over the weekend.

“We started off with the alumni breakfast that morning in the University Commons,” said Rohman. The festivities followed with the Sacred Heart vs. Central Connecticut State University football game at 1 p.m. and the alumni barbecue that preceded.

“The class of 2000 also had their tenth reunion on Saturday night, which brought a lot of people back,” said Rohman. The reunion was held at The Field located in Bridgeport from 6 p.m. to 9 p.m.

While the class of 2000 was busy celebrating their reunion, alumni like Greg and Lindsey Tonzola (’04) had different reasons to celebrate this year’s homecoming.

“We met and fell in love here,” said Greg. “And now we’re married and have a little girl, Molly. She’s 5 months old,” he said. “We bought her first Sacred Heart t-shirt today.”

While the newlyweds enjoyed company of old friends and peers, they reminisced about their days at Sacred Heart.

“I was the advertising manager of the Spectrum,” said Lindsey. “And when I was on the football team we were undefeated and won the national championship,” said Greg. “I have my ring in my pocket.”

Others are simply grateful to be back.

“The SHU community is more than inviting to alumni after graduating,” said Kaitlyn Franzese, class of 2007. “Most of us would do anything to exchange our real world lives for just a taste of reliving our college days.”

She said, “Returning to SHU is always exciting for former students. I think we just wish there were more weekends like alumni weekend.”

The key to Sacred Heart’s homecoming success is due to the fact that a small campus can become a second home.

“Sacred Heart is a family, just because you graduate from the school does not mean that you graduate from our family,” said Kristy Cioffi, the director of alumni relations.

“Homecoming is a special time of year for us to welcome back our alumni to thank them for being part of the history of our school and for being part of our extended family,” said Cioffi. “Sacred Heart is a second home that they are always welcome back to.”

Sarah Morris (’00) agreed.

“It’s nice to see all the changes, and homecoming is a great time for alumni and current students to get together,” she said. “It’s nice to show current students that there is life after SHU.”

Emily Blakslee, who also graduated in 2000, said that she was most excited to see the changes made to the campus.

“It’s amazing seeing the progress that has been made over the 10 years that we’ve been gone,” she said. “Even though there are all these changes and things are different, when you walk through the halls it still feels like home.”

Breakfast with President Cernera
University President to deliver keynote address at Columbus Day fundraiser

Erin Murtagh
Assistant News Editor

While some students might still be asleep at 7:30 a.m. on Oct. 8, or rolling out of bed for their 8 a.m. classes, the president of Sacred Heart University will be eating breakfast with Archbishop of Hartford Henry J. Mansell and other members of the Foundation for the Advancement of Catholic Schools (FACS).

Dr. Anthony J. Cernera was invited to deliver the keynote address at the Archbishops’ annual Columbus Day breakfast, an event designed to raise funds for the efforts of the FACS.

“Dr. Cernera is a scholar who has been a good leader of the university, and it is clear that his heart goes to helping students with education,” said executive director of the FACS, Cynthia Basil Howard, in regards to the motives for speaker selection.

This decision was not based solely on second hand experience. President of the Board of Trustees for the foundation, Maureen Kerrigan, had two daughters graduate from Sacred Heart. One in 2006, and the other in May of 2010, Kerrigan has personally seen Cernera speak at university functions.

“I have always respected him,” said Kerrigan. “He prioritizes family, education, and the whole Catholic philosophy.”

Formed 28 years ago, the FACS is a non-profit organization that works to support primary and secondary Catholic elementary schools within the greater New Haven area.

“Our mission is to help give students the best education they can get,” said Howard. As reported on the FACS website, almost $500,000 was raised and distributed to students this year alone. These funds are generated through fundraising events, and through donations and private contributions.

Other events that take place throughout the year include the Archbishops’ St. Patrick’s Day breakfast, which is approaching its 11th year.

According to Howard, the Columbus Day breakfast, now in its fourth year, continues to grow in success, with a higher degree of funds being generated each year.

Tables could be purchased for set donations, and ranged from $600 to $5,000. Individual tickets were available for $60 to $75 dollars. Local involvement was also encouraged, allowing vendors to purchase advertisement space in the program booklet.

See PRESIDENT on page 3...
News

Banned books spark controversy

Elizabeth Fish
News Editor

Could you imagine never having read books like “Catcher in the Rye” or “The Adventures of Huckleberry Finn”? Many high school and college students might know these titles as staples to their school’s curriculum. Yet you might be surprised to find out that these books were once banned in the U.S.

Even Sacred Heart University is affected by this issue in its own way.

“In my MS 101 classes, we are currently studying the novel ‘Fahrenheit 451’ by Ray Bradbury, and we are talking about many of the issues raised over the issue of book banning,” said Sidney Gottlieb, professor of communication and media studies. “Bradbury’s book presents many arguments against censorship – and not surprisingly, his book has been censored and banned.

Currently, several books in schools and libraries are subject to being banned in order to provide censorship to children, teens and adults.

“There is still book banning, but it operates in a number of different forms. There is pressure on libraries and schools about what books to buy, and pressure on publishers about what kind of books to publish,” said Gottlieb.

An online Huffington Post article by Roberta Stevens stated that since 1990, the American Library Association’s (ALA) Office for Intellectual Freedom has recorded more than 11,000 book challenges, including 460 in 2009.

In order to get a book banned from a school or library, there must be a written, formal complaint requesting that the book be removed from library shelves or banned from being used in a school’s curriculum, according to the Huffington Post article.

“I think we should raise several questions to the censors, including: What are you trying to hide and why?” said Gottlieb.

Books in the United States have been banned for a number of reasons, including books alleged use of violence, sexuality, or offensive language. Some students agree with this type of censorship, while others do not like these bans at all.

“I think that book banning infringes on our rights as Americans. If someone doesn’t agree with a book’s topic, they just shouldn’t read it. It’s as simple as that,” said senior Ashley Romer.

Book banning also affects the much younger generations.

Gottlieb said, “Children are often kept from information by censorship, presumably because they are considered to be vulnerable, in need of protection, and not to exercise judgment about what they should read or see or hear.

Even though there may be a complaint to get a particular book banned from a school or library, many of the complaints are unsuccessful. Librarians, teachers, parents, and students are sometimes committed to putting a halt to these books but have since lifted them. Other books that have been the source of controversy throughout the years include ‘Lord of the Flies’ by William Golding, ‘To Kill a Mockingbird’ by Harper Lee, and ‘Little Women’ by Louisa May Alcott, according to the Online College Degrees website.

‘Information is power, and control over information is an attempt to limit our power in certain ways,” said Gottlieb.

A healthy relationship with food

Body image is often an important issue among young adults

Jacqueline Duda
Staff Reporter

At multiple points of the day, any individual can walk into the William H. Pitt Center at Sacred Heart University and see hundreds of students running on treadmills and ellipticals, lifting weights or taking classes in the aerobic room, they are participating in activities to stay healthy and keep their bodies in shape. But is that what students are looking for in a workout, or does body image play a larger role in this?

“College is a time for many adjustments allowing students to become independent in making many decisions, including what they eat,” said Kathleen Healy, nutritious for the university counseling center.

According to The Massachusetts Eating Disorders Association, 91 percent of female college students have attempted to control their weight through dieting.

“I think that college definitely has an impact on students’ body image, especially as a freshman,” said sophomore Catherine Glass.

“Body image is so important to students because it is something personal that they themselves must deal with,” said Glass.

The pressure to look a certain way is not only felt by female students.

“I think college really does impact a students’ body image. Physically, it displays how hard it is to make a commitment to yourself to stay in shape,” said sophomore Nicolas Soubry.

People have to adapt to stay the way they want to look because family isn’t around to always be nice you. In college you’re constantly being watched.

Both genders feel the pressure to look a certain way and control their bodies. “Women in general may lean toward weight and body image issues but both genders are impacted,” said Healy.

Men are now exposed to more pressure to have defined muscles. Sports that emphasize weight or specific size can also be a primer for the development of a poor relationship with food.

Sacred Heart offers meetings with the body image task force. According to Jocelyn Novella, assistant director of personal counseling, the group is made up of students and staff at Sacred Heart. The members volunteer in order to address the issue of body image at the university. The group organizes different activities and events that are directed toward body image.

"In the past, we have done things like eating disorder screenings, discussions after lectures on body image, and screening of movies pertaining to body image" said Novella.

Books that have been banned are now often incorporated in school curriculums.

Studying on the phone

Downloadable applications prove to be useful study tools

Thomas O’Hanlon
Staff Reporter

Have you ever met a friend at the Ma-hogany Room for a late night study session or headed to the Ryan-Matura Library to write a paper? Many students have to hit the books hard during their time in school, but with some revolutionary technology, studying may have taken a turn for the better.

Now, well into the depths of the “smart phone” era, with an “app” (short for “application”) for almost anything, studying, too, has hit the digital age.

The longtime “study buddy” technique of exam and homework help may be replaced with some new online study aids. The Internet has opened the floodgates for information on everything, including various student help sites.

Smart phones, such as the iPhone, Black­Berry, and Android, have numerous programs that can help students with homework. From homework reminders to digital flash cards that will quiz and grade the user.

However, these apps and Internet programs are often not as reliable as they claim. According to PC Magazine, while apps are “useful and easy to use,” there are several systems out there that are not as reliable as they claim.

Some of these systems are not as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.

“I know it may sound funny to use an online-study buddy,” said junior Andrew Soltish. “Last year I used a website that had tons of practice quizzes available for free, and they really helped me with some tough topics in Anatomy.”

Some of these sites aren’t as simple as taking free quizzes. Backpack.com is an in­depth and study tool for students, provides users the ability to write notes, store flash cards, and other study techniques. Another ability the program has is being able to recall concepts students were unable to grasp. The application then reinforces these concepts during study sessions.
ONLINE IDENTITY THEFT POSES THREAT TO STUDENTS

Brittany Foy
Contributing Writer

In today’s society dominated by technology, online identity theft has become a pressing issue. Hacking, phishing attacks, malware, and keylogger viruses are among the most common forms, said the Huffington Post. "Technology has made it much easier for identity thieves to prey on unsuspecting victims," said the Office of Catholic Schools of the Archdiocese of Hartford in a mission statement on their website. "The lack of financial resources for tuition and other costs, and transportation limitations should not be obstacles for families who seek a Catholic school education for their children."

And their efforts were something that caught the attention of Cemera himself. "I was delighted and honored to be asked," said Cemera. "I'm happy to support them as they continue to foster an esteemed tradition of education, and work to do good within the Hartford Diocese."

President Cemera gesticulates while sitting in his office.

President Cemera ‘honored’ to speak at Archdiocese sponsored event

...CONTINUED from page 1.

“We have wonderful support from community members and local businesses," said Howard. “We are very pleased they have committed to join us.”

The FACS does not provide full tuition coverage for students, but it works in conjunction with the diocese to provide for, and support students in need.

“We believe that a quality Catholic school education must be accessible to all students,” said the Office of Catholic Schools of the Archdiocese of Hartford. "The lack of financial resources for tuition and other costs, and transportation limitations should not be obstacles for families who seek a Catholic school education for their children."

To register for the open house, call 203-392-5240 or visit www.SouthernCT.edu/grad
Even Big Red Gets the Blues
Dealing with stress, anxiety, and the college experience with the help of SHU wellness and health center

Frank Morroni
Staff Reporter

Every week, many Sacred Heart University students prepare for the start of another tour of lectures, exams, and important deadlines. Amidst those expectations, many focus their attention on personal relationships and concerns outside of the classroom. At times, a demanding workload along with extracurricular activities can become overwhelming for some students.

Jonathan Spodick, staff counselor at Sacred Heart's wellness center, discussed the difficulty many students across the nation experience when making the adjustment to an unfamiliar environment. This coincides with young men and women making the transition from adolescence to the increasing independence and responsibility of adulthood.

"Research has shown that about half of the people out there at some point in their lives can be clinically, or subclinically, qualified as depressed or anxious," said Spodick. "The issue is especially prevalent among college freshmen."

According to the website for the Anxiety Disorders Association of America, symptoms for anxiety include chronic worry, difficulty sleeping, and avoiding situations that might be potentially stressful. Symptoms for depression include frequent sensations of worthlessness, loss of appetite, and a general sense of distress that makes the sufferer feel as though the situation is not able to improve.

Academically, both illnesses may cause students to avoid coursework and cause students to feel unable to complete assignments.

"Thinking about jobs in the future, financial concerns, and finding the motivation to complete class work assignments are all thoughts that sometimes cause me anxiety," said sophomore Amanda Verrino.

Other students offer ways to alleviate stress brought on by schoolwork or the pressures of a college lifestyle.

"Being able to network with classmates has definitely helped," said junior Veronica McGorry. "Getting together with students is useful for understanding class work, and also fun for getting to know people."

Professors are also a good source of support.

"Sometimes it's just a matter of a student taking that chance and going to a professor's office hours," said Dr. Ruth Grant, assistant visiting professor of psychology at Sacred Heart.

According to Grant, students who get involved with campus clubs and organizations, socialize with other students, and speak with faculty members, establish a sense of belonging at Sacred Heart.

Included in Grant's introductory psychology class is the importance of identifying a career. This allows students to better understand themselves, and to gain a perspective on the resulting relationships.

Other coping tools for depression and anxiety include vigorous exercise, something Spodick said could be equally, if not more effective than medication. He also said keeping a journal is a technique for self-reflection, as well as finding support from a community of friends or family.

In addition to those strategies, the professional services of the Sacred Heart wellness center are available. Appointments can be made either by phone at 203-371-7955, or by visiting the office, located above the health center.

Housing market causes upperclassmen to worry

Melissa Carmelitano
Staff Reporter

Imagine you're a first time home buyer who finds the house of your dreams. You move in and make it your own, only to realize you can no longer afford your mortgage payment. You are then forced to sell your home for a fraction of its worth, in a final attempt to avoid foreclosure.

This is what many first time buyers are experiencing. According to the Washington Post, more homeowners than ever are finding themselves in over their heads. It was reported on the Post website that since 2008, the number of short sales has more than tripled.

"A short sale is when the bank agrees to take less than what is owed on the property," said Karen Cross, a real estate agent and vice president of sales at William Reis Interna-
To sleep or not to sleep? That is the question

Students weigh in on whether sleeping full night or finishing work is more important

Andrew Orlandi
Staff Reporter

Waking up without a full night’s rest can be frustrating, especially if it is the morning of a busy day. The feeling of drowsiness is something that can affect college students on any campus, including Sacred Heart University.

With heavy work loads and stressful schedules, students are pressured to get their work done early in order to have a restful night with the suggested eight hours of sleep.

Junior Cri Heymann recognized the importance of a full night’s sleep, but admitted that it is not always a possible goal.

“I get around seven hours of sleep a night. I don’t think you necessarily need that many hours to function. It is probably better for you. I’ll only really get less than that if I have a lot of homework to do. I’ll stay up for as long as I have to in order to get it done,” said Heymann.

Freshman Gina Calvanese had similar thoughts with Heymann, in terms of the prioritization work takes over sleeping.

“My personal choice is to stay up for as long as I have to in order to get my work done,” said Calvanese.

As he logs into his account, freshman Daniel Garel said that he was concerned with this issue.

“I don’t think there is really any point in Formspring. I don’t have one and I just wouldn’t use it at all. There is no need for an anonymous question to be asked,” said Garel.

“The anonymity of Formspring cre­
tates a community created in the online environment, where shared information can be benef­i­cial to others and that there can be a level of privacy created in the online environment, which are both positive goals,” said Melzer.

“That’s what I love about Formspring," said Garel. "The issue with Formspring is that it’s difficult to figure out who the bully is," said Melzer. "I think the originators of such websites take defamation or labelling others on the website so individuals could be held accountable for their behavior.

Although there is the risk of being harassed, Garel explained that Formspring can help resolve issues as well.

“It does solve problems for the person writing the question, like if they want to know an answer about someone and were too shy to ask in person. I enjoy getting fun and outlandish questions from people because it makes me feel like other people just want to get to know me better,” said Garel.

Many students who do not have Formspring such as Thurston do not see the idea of having an account as positive.

“I don’t think there is really any point to Formspring. I don’t have one and I will never get one. If someone wants to ask me a question, they can do it in person or on Facebook or AIM. There is no need for an anonymous question to be asked,” said Thurston.

“Separate but equal doesn’t work, just look at school segregation of blacks and whites,” said senior Mark Toglia. “The whole notion that gays don’t need to get married is completely wrong because they don’t get the same marital benefits as a heterosexual couple would. I think it’s ridiculous that this is even a major political debate.”

“The situation that this issue should not be as controversial as it has been be­ing treated is a commonly expressed one amongst Sacred Heart University students and faculty.

“The issue is actually of somewhat minimal consequence moving into the up­coming election,” said Dr. Gary Rose, pro­fessor and chair of the department of gov­ernment and politics. “This is not foremost with the issue. The lift on the ban will not immediately come into effect, but will be postponed until after the appeals process. Regardless of the political weight this de­bate carries with it, a lot of people’s per­sonal considerations need to be taken into account with the process.

According to the San Francisco Chron­icle, defense attorney Douglas Napier said, “Those that want to uphold traditional fam­ily values are going to be outraged. The whole nation should be quaking to think that a single judge sitting in California can reverse the will of seven million voters.”

Napier is an attorney for the Alliance Defense Fund, an organization that, through legal action, tries to keep Christianity rel­evant in American politics. This gets down to the heart of the debate—should people’s personal beliefs be considered pertinent to political debate over civil rights.

Junior Carley Rudloff, a native Cali­fornian, shared her own feelings about the overturned of Proposition 8.

“I am certainly for gay marriage. I don’t believe that marriage laws are the prerogatives of the state, and even if this is a civil rights action it is historically and constitutionally a state matter,” he said.

Even with the overturning of Propo­sition 8, California is being very delicate with the issue. The lift on the ban will not immediately come into effect, but will be postponed until after the appeals process. Regardless of the political weight this de­bate carries with it, a lot of people’s per­sonal considerations need to be taken into account with the process.

The Spectrum/Sean Elliott

Sophomore Kevin Trunz studies during the day to have more time to sleep at night.

“I’ve always felt that marriage laws are the prerogatives of the state, and even if this is a civil rights action it is historically and constitutionally a state matter,” he said.

Even with the overturning of Propo­sition 8, California is being very delicate with the issue. The lift on the ban will not immediately come into effect, but will be postponed until after the appeals process. Regardless of the political weight this de­bate carries with it, a lot of people’s per­sonal considerations need to be taken into account with the process.

According to the San Francisco Chron­icle, defense attorney Douglas Napier said, “Those that want to uphold traditional fam­ily values are going to be outraged. The whole nation should be quaking to think that a single judge sitting in California can reverse the will of seven million voters.”

Napier is an attorney for the Alliance Defense Fund, an organization that, through legal action, tries to keep Christianity rel­evant in American politics. This gets down to the heart of the debate—should people’s personal beliefs be considered pertinent to political debate over civil rights.

Junior Carley Rudloff, a native Cali­fornian, shared her own feelings about the overturned of Proposition 8.

“I am certainly for gay marriage. I don’t believe that marriage laws are the prerogatives of the state, and even if this is a civil rights action it is historically and constitutionally a state matter,” he said.

Even with the overturning of Propo­sition 8, California is being very delicate with the issue. The lift on the ban will not immediately come into effect, but will be postponed until after the appeals process. Regardless of the political weight this de­bate carries with it, a lot of people’s per­sonal considerations need to be taken into account with the process.

According to the San Francisco Chron­icle, defense attorney Douglas Napier said, “Those that want to uphold traditional fam­ily values are going to be outraged. The whole nation should be quaking to think that a single judge sitting in California can reverse the will of seven million voters.”

Napier is an attorney for the Alliance Defense Fund, an organization that, through legal action, tries to keep Christianity rel­evant in American politics. This gets down to the heart of the debate—should people’s personal beliefs be considered pertinent to political debate over civil rights.

Junior Carley Rudloff, a native Cali­fornian, shared her own feelings about the overturned of Proposition 8.

“I am certainly for gay marriage. I don’t believe that marriage laws are the prerogatives of the state, and even if this is a civil rights action it is historically and constitutionally a state matter,” he said.
Do students know proper cell phone etiquette?

Erin MacDonald
Staff Reporter

You’ve all been in this situation: you’re at a restaurant trying to decide what to order, but you can’t hear yourself think. What’s the distraction?

It is the woman three tables away who is trying to give her husband directions to the restaurant over the phone. Or how about when you are on the train during peak hours and the person sitting next to you is reading a book while talking on their phone. Proper cell phone etiquette has become a big issue these days, especially for students who are used to constantly texting, calling, and checking for updates on their phones.

“I think the most important thing about using a cell phone is to remember where you are,” said professor Richard Magee. “If you’re in a crowded room, no one wants to listen to your half of a conversation, unless it’s very scandalous, but not just the caller.”

Despite the need to feel attached to their family, students are then affected, not just the caller.

“Proper cell phone etiquette has become a huge issue these days, especially for students who are used to constantly texting, calling, and checking for updates on their phones,” said Magee. “First, I don’t ever allow someone to use my phone. I have always found that whenever I have a conversation with someone, I won’t check my phone out of respect for what they have to say,” said freshman Chris Rivera.

“If someone pulls out their cell phone while talking to me, I’ll move to the end of the conversation,” said Rivera. “To me, it seems like they are more interested in what someone else has to say at the moment than their conversation with me.”

Although many people have caught on and respected the notion of cell phone etiquette, there are still those who continue to use their phones in public places.

While in some states, there are laws against using a cell phone when driving, there are not yet any legal consequences for having a phone conversation in a public place. Some feel, however, that the dirty looks from others around you should be enough.

“Calling and texting in a movie theater during the film should probably be a capital offense, or at least subject to life imprisonment without parole,” said Magee.

The Spectrum/Sean Elliott

Sophomore Elisabeth Pfitzarella talks on the phone between classes.

‘CAN YOU HEAR ME NOW? GOOD’

Do students know proper cell phone etiquette?

Zach Johnston
He said

“True love is the soul’s recognition of its counterpart in another,” as John Beckwith put it in this oh-so adorable quote from the comedy classic, “Wedding Crashers.” It’s a dying art. The world today is consumed with the boom and bustle of people constantly looking for the new and next best thing, and love is just another iPhone 4 waiting for the iPhone 5 to come along.

I blame the cinema. Movies of all different genres have the underlying theme of soul mates: “The Notebook,” the sub-story drama/romance, “Wedding Crashers,” the hilarious romantic comedy (featuring the show-stopping Christopher Walken); and “The Lion King,” the feel-good Disney animation/romance, just to name a few.

They begin, yes, I cried when Ellie died in the first ten minutes of “Up” too, but these movies just give us the false hope of finding that perfect Claire or Nala. We lose sight of the fact that you are not going to find the perfect person, just the person that is perfect for you. However, we quickly become disappointed with the trifling and tribulations of love and do not try to work through the differences and disagreements.

Bill Mayer says, “Hollywood, these movies only put more pressure on the dating game. When we finish the movie and become conscious of the real world again, it is hard to believe that I have met the one, and half of all marriages ending in divorce these days, how can we?”

Personally, I do believe there is that special someone for everybody. Can we call it a soul mate? Call me a hopeless romantic, but I feel like showing a bit of my sensitive side this week. (Nothing ever wrong with that right?) As I mentioned in a previous column, I have only had about one serious girlfriend in my entire life, which ended about a week before I arrived at Sacred Heart. I have done my fair share of soul mate searching since then, but nothing too serious.

I have always found that whenever I try to force things in life, relationships being at the top of the list, they never seem to work out. Therefore, I have come to the conclusion that when I lay back and take what life throws at me, I seem to find myself a lucky, and thus happier, state.

Don’t get me wrong, I’m not rushing to jump into anything right now, I’m still in college, I like to have fun, and I don’t want to have to worry about what might happen when I go out. But these kinds of things always happen when we least expect it.

The most important thing is don’t force it. If you are constantly looking for the woman of your dreams, it is not going to come. Have fun doing your own thing and keep your eyes open. You never know what might be hiding around the corner. We are all conscious or subconsciously searching for that special someone.

People are in and out of relationships, always thinking this will be the one to stick, but the very belief in the soul mate means that there is only one person in the world for you. The word love conjures up so many emotions and thoughts that we don’t know what to believe. The truth is, you don’t know until you find it.

When people think about soul mates, the first things that usually come to mind are two people in love with each other. They believe their sole reason for living is for the other person and without them they would be next to nothing. Maybe they are too infatuated to really see that they may not be that happy. What a soul mate means and how you know who your soul mate will be is different for everyone.

I like to think that a soul mate is someone who loves you for you, despite your little quirks and annoying habits. They accept you as a better person because you want to be better when they are around. You don’t need to impress them, and there is never any awkward silence. They keep you on your toes and challenge you’re thinking. Things stay interesting and fun when you’re together.

People, maybe girls more so than guys, are instantly searching for their soul mate. “I can’t believe he has the same favorite show as I do, he has got to be the one.” probably because couples are so prevalent in all that we do. Even growing up, we all have had crushes on people we see at school and on TV. We want to find the one, but we wait, who knows, finding our soul mate could be easier than we think, and may happen when we least expect it. Have a little faith in those around you and see that everything happens for a reason. You can’t look for it; it’s just something that has to happen on its own.

A soul mate doesn’t necessarily have to be your significant other. It may be a life-long friend who knows how to make you laugh, and you can trust and rely on.

I don’t think anyone really knows who their soul mate is. It will happen when it happens, and when you know who your soul mate is, you don’t want to waste any more time with them. Who knows, maybe you could end up like Harry and Sally and finally realize you’ve had your soul mate with you all along. Now wouldn’t that be convenient?

When asked if soul mates exist, the first thing that usually comes to mind are two people in love with each other. They believe their sole reason for living is for the other person and without them they would be next to nothing. They also are some who may be infatuated to realize that they may not be that happy. What a soul mate means and how you know who your soul mate will be is different for everyone.

As soon as you know who your soul mate is, you don’t want to waste any more time with them. Who knows, maybe you could end up like Harry and Sally and finally realize you’ve had your soul mate with you all along. Now wouldn’t that be convenient?
Dear Sacred Heart University,

You've changed and you've changed for the worse. When I first met you it was love at first sight, and there was no one else. You were the school for me. I was young and thought what we had was special. However, something has changed. When you charged me for parking, I sat down and obeyed. But this is different, and I am forced to speak up.

Over the past week, the Sacred Heart IT Department took the ban-hammer and struck down on dozens of Internet sites. Although some of their bans are just, others, to me, seem just absurd. I agree a site that hosts torrents and promotes the downloading of copyrighted material is a no-no. If a Sacred Heart student is caught in an act of piracy, it is the university that gets in trouble since we are on their network.

However, my rant is not because of this. I am in outrage over the other sites you have blocked. You know which ones I'm talking about, the pornographic websites. A majority of incoming freshman are 18 years of age. As legal adults they are allowed to look at pornographic material. Please stop babying us. Cut the cord, we can make smart decisions on our own.

The reality is that both men and women look at porn, and the truth is that it won't kill us. If we want to use my downtime to check my favorite blog, Barstool Sports. To my surprise, the website was “blocked by content provider”. My initial thoughts: “Wait what?” The glory that is Barstool Sports has been censored from the student body.

What is Barstool you may ask? It is a blog that comments on anything from the dominance of the New York Jets to the crazed man arrested last week in Alabama. The blog is tacky, crude, appalling, and simply awesome. Although some may find the rants of KFC (the blog owner) to be offensive, others such as myself cannot live without him. Why would Sacred Heart block their students from outside views and opinions?

It seems as if by Tuesday (October 5) the block has been lifted, but for how long? What is more puzzling to me is that Barstool Sports New York was still viewable. The two blogs are almost exactly the same and the only thing that differs is the views of the bloggers. Although Barstool is now available the less important and less popular StoolLaLa, a female version of the site, continues to be blocked.

If Sacred Heart feels as if they have the right to censor us from the Internet, my question is: where does it stop? What is stopping our school from banning Facebook? Or Comedy Central’s website? If they are banning blogs they may want to protect the student body from the rants of Stan, Kyle, Kenny, and Cartmen.

Like I said, at 18 and older we are legally adults. As far as I’m concerned, what we do behind closed doors is our own business. College is a time for individual thought and growth. How can we shape our own views if we are only allowed to view what the university deems is right? We pay $40,000 a year to learn to make our own educated decisions… please don’t censor our Internet.

I agree a site that hosts torrents and promotes the downloading of copyrighted material is a no-no. If a Sacred Heart student is caught in an act of piracy, it is the university that gets in trouble since we are on their network.

However, my rant is not because of this. I am in outrage over the other sites you have blocked. You know which ones I’m talking about, the pornographic websites. A majority of incoming freshman are 18 years of age. As legal adults they are allowed to look at pornographic material.

Please stop babying us. Cut the cord, we can make smart decisions on our own.

The reality is that both men and women look at porn, and the truth is that it won't kill us. If we want observe these sites, we should be allowed to do so.

Last Friday when I was in work-study, I decided to use my downtime to check my favorite blog, Barstool Sports. To my surprise, the website was “blocked by content provider”. My initial thoughts: “Wait what?” The glory that is Barstool Sports has been censored from the student body.

What is Barstool you may ask? It is a blog that comments on anything from the dominance of the New York Jets to the crazed man arrested last week in Alabama.

The blog is tacky, crude, appalling, and simply awesome. Although some may find the rants of KFC (the blog owner) to be offensive, others such as myself cannot live without him. Why would Sacred Heart block their students from outside views and opinions?

It seems as if by Tuesday (October 5) the block has been lifted, but for how long? What is more puzzling to me is that Barstool Sports New York was still viewable. The two blogs are almost exactly the same and the only thing that differs is the views of the bloggers. Although Barstool is now available the less important and less popular StoolLaLa, a female version of the site, continues to be blocked.

If Sacred Heart feels as if they have the right to censor us from the Internet, my question is: where does it stop? What is stopping our school from banning Facebook? Or Comedy Central’s website? If they are banning blogs they may want to protect the student body from the rants of Stan, Kyle, Kenny, and Cartmen.

Like I said, at 18 and older we are legally adults. As far as I’m concerned, what we do behind closed doors is our own business. College is a time for individual thought and growth. How can we shape our own views if we are only allowed to view what the university deems is right? We pay $40,000 a year to learn to make our own educated decisions… please don’t censor our Internet.

I can say is thank God for my off-campus apartment and the freedom I have to look at what I want, when I want. So Sacred Heart, here is the deal, if we cannot resolve our issues, I may have to leave you, and I really think that you might have a hard time finding people who could love this “new” you.

Sincerely,
Dan Graziano

Editorial’s Choice

Favorite photos taken by your Spectrum staff

This photo is from a beach on Block Island, Rhode Island where I spent a week of my summer. The beach here has beautiful ocean rocks, and is unlike any other place on the island.

Sean Elliott
Assistant Photography Editor

The editorial pages are an open forum. Letters to the editor are encouraged and should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

The Spectrum does not assume copyright for any published material.

The editors reserve the right to edit for spelling, punctuation, and length. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

http://sacredheartspectrum.com
Scorsese's latest 'Empire' a hit with students and critics

Nicole Mastromi

Staff Reporter

Martin Scorsese does it again. His latest work, directing HBO's new crime drama, "Boardwalk Empire," already has critics and viewers talking. Even after the first episode, people were left wanting more and even comparing the show to the likes of the "Sopranos.

Think back to your middle school and high school textbooks, and you may remember learning about prohibition and speakeasies. These were times when people had to sneak around to enjoy the simple pleasures in life, such as having an illegal drink. Well, HBO has taken this concept to a whole new level.

The pilot episode premiered on Sept. 19, and since then there has been nothing but talk about whether this new drama will become the latest craze in HBO television. Directed by Scorsese and written by Terence Winter, the biggest buzz surrounding the show has been "does it have the potential to become the new 'Sopranos'?

Senior Diana Fabrizio said, "I really think it will be the new 'Sopranos,' so this can be a great filler."

The show is set in Atlantic City, New Jersey in the 1920s. Prohibition and many other changes are happening. According to HBO's website, "The Great War is over. The success from hits like "Just the Way You Are" and "Billionaire" are only going to one year jail time and began serving his sentence this past March. Will Mars' situation affect his promising career?"

According to People magazine's Entertainment Weekly's Music Mix blog, a solo album on Oct. 5 titled, "Doo-Wops & Hooligans," which has high hopes from already anxiously waiting fans. According to Billboard's website, his song "Just The Way You Are" which is featured on the new album is number one on the Billboard Hot 100. It is yet to be determined what the punishment for the singer will be and if he will be held responsible for his actions.

According to an article from CBS News' website, "The undisputed ruler of Atlantic City, is the town's Treasurer, Enoch 'Nucky' Thompson (Steve Buscemi), a political fixer and backroom dealer who is equal parts politician and gangster and equally comforable in either role," said HBO's website. "Nucky carves out a niche for himself as the man to see for any illegal alcohol."

Based on the non-fiction book "Boardwalk Empire: The Birth, High Times, and Corruption of Atlantic City" by Nelson Johnson, this show has a lot to offer when combined with such a strong cast and director.

"I don't know if it will be as popular many TV critics and is expected to become one of the new season's hits."

Students seem to agree with what the critics are saying.

"I think it will be a really good show. It looked really interesting," said sophomore Ross Boston. "I like history and this show shows like that I think it will stay popular if it keeps showing what the pilot did."

Michael Pitt and Steve Buscemi talk business in the hit series "Boardwalk Empire."

Valentina Szlashta

Staff Reporter

Jet Coons, Jesse Ruben, and Seth Glier. You might not recognize these names, but they are all promising young musicians whose careers are on the rise. And the best part, you might ask? They are coming to Fairfield this fall.

"I think that students would want to come see a show of theirs on campus because their music does sound like something that people our age would be listening to," said freshman Nick Schulman.

"And of course who could pass up a good show? The tour, which kicked off this past Wednesday in Boston, is scheduled to travel throughout the northeast. "Actually I'm most excited about visiting Fairfield," Glier said in an online interview. "I've heard about StageOne from all of my friends for a few years but have never been."

The 20-year-old singer/songwriter's debut album, "Space," was released in 2006 followed by his subsequent album, "Sleep, in 2007. Both of his albums were met with rave reviews described to have, "an appealingly eager soulfulness... songs of escape, romantic idealism, and life on the road," said The Herald (Edin­burgh).

Glier's most recent album, "The Trouble With People," came out Oct. 6 in a digital-only version and will be released later on Nov. 9 by MPress, according to Glier's official website.

Glier said that he describes his music as "a writer, singer as opposed to a singer/songwriter/pianist. Lyrics which have always come first for me and they're what I find difficult on film a pop singer with stories to tell."

Like Glier, Ruben and Coons have also met with success. Coons' debut album "Speak" premiered a year ago and was re-released on Sept. 21 of this year as a remix album according to the singer's MySpace music page. The album can be found in Hollister stores nationwide.

Ruben also has begun to work his way to the top. According to the artist's official website, he released his debut album "Aiming for Honesty" in 2008 and the follow-up album, "The Ones that Matter" in April 27.

"I realized that as much as this album is about music, it's ultimately a representation of who I am and all that amounts to is all about people. I've surround­ed myself with and the places I've spent time, and the stories and jokes that came out of those experiences with those people," Ruben said on his MySpace music page of the inspiration behind his second album.

In the new acoustically driven trend of modern, soulful singers such as Jaz­o Mraz, John Mayer, James Blunt, and Howie Day, it seems only natural that Coons, Ruben, and Glier's tour has garnered attention from students at Sacred Heart.

"Jet Coons is very similar to Jason Mraz with the same smooth vocal line and quirky beat. Very chill music that I would definitely enjoy listening to," said senior Allegra DeVita. "If you like the more mellow sounds this is the guy for you. Jesse Ruben has a more Goo Goo Dolls flair, but has a much more acoustic, passionate sound."

Freshman Megan Jamieson agreed. "I'd go to the show. They have a very un­plugged sound, so people who like acoustic music would like both of these artists."

The show will take place at Fairfield Theatre Company on Oct. 9. Tickets are available online at FairfieldTheatre.org.

YOUNG TALENT HITS

FAIRFIELD THEATRE
‘Social Network’ makes ‘friends’ with audiences

When’s the last time a website was so powerful and popular that it had its very own movie? Never.

It’s difficult to imagine any website getting a movie of its very own. But with over 150 million “friends,” and users, I guess it was bound to happen eventually. With all honesty, I was not too keen on seeing this movie. My initial thoughts were “seriously, a movie about Facebook?”

But after watching the flick, I have to say, the movie was amazing and fascinating, showing the ups and downs of not only running a giant website like Facebook, but keeping up with the fast-paced nature of starting your own website.

“The Social Network” outlines much more than the origins of Facebook. Touching on tales of friends, love, enemies and success, the story follows Harvard University student, Mark Zuckerberg (Jesse Eisenberg) and his quest to join all the right social clubs the university has to offer.

After a vicious fight with his girlfriend, Erika, Zuckerberg starts drinking and posts hurtful comments about Erika on his blog. This is the defining moment when he gets the idea to make a website for the Harvard student body to rate fellow female students, strictly based on their appearances.

This website, “Face Mash” becomes quite successful and catches the eye of not only the academic board but also the Winklevoss twins and their partner, Divya Narendra, who begin the blueprints for a Facebook-esque website. Zuckerberg then takes it upon himself to dodge all contact with the trio and launches the site himself.

As Facebook continues to grow in popularity, the drama escalates as business prospers and friendships die, leaving the man with 150 Internet “friends,” and zero real ones.

The chemistry among the actors is superb, as the interaction feels natural and does not seem forced, paired with awesome writing that supports a well-rounded story. I found that each character had their time to shine and for audiences to see what they were really all about.

Perhaps the best part of watching the film was that the wit, humor, sadness, empathy and deception are smoothly intertwined, never seeming like too much or too little, giving the right amount of emotion to all the characters.

“You don’t get to 500 million friends without making a few enemies,” notes the flick’s tag line.

That one sentence sums up the feel of the film as well as its unfortunate outcome. Next time you think you have hardcore “Facebook drama” with exes, friends, or stalkers watch this movie and you’ll see the sacrifices the people who brought you this wonderful and awful invention had to endure.

Dave Gallo
Staff Reporter

JOLIE AND DEPP TO STAR IN DECEMBER SPY FLICK

Venithda Sourignamath
Staff Reporter

“Pirates of the Caribbean.” “Salt.” “Alice in Wonderland.” “Mr. and Mrs. Smith.” What do all these movies have in common? Angelina Jolie and Johnny Depp.

The Academy Award winning and nominated actors will grace the screen together for the first time in the highly anticipated flick, “The Tourist,” which will hit theaters on Dec. 10.

“Angelina Jolie and Johnny Depp seem to have great chemistry in the trailer,” said senior Nicole Vaccaro. “The plot of the movie seems suspenseful but fun. I definitely would go see it.”

A remake of director Jerome Salle’s 2005 romantic French thriller, “Anthony Zimmer,” Depp will tackle the role of an American tourist who is drawn to and subsequently falls in love with a guy who is not any of other crime thrillers, with guy-falls-for-spy plot lines we’ve seen in recent years,” according to the Los Angeles Times’ website.

Even as film goers and critics alike are anxious to see this award winning duo in this upcoming feature, some are questioning whether or not their off-screen appeal translates into on-screen chemistry?

“I don’t know if adding Angelina Jolie in the mix will work out or if the two will have chemistry in the movie,” said Layden. “I guess I’ll find out in December.”

Jolie will not have to work too hard for inspiration on her latest role. After playing a suspected Russian spy in “Salt” this past summer, as well as a housewife and government agent in 2005’s “Mr. and Mrs. Smith,” alongside real-life boyfriend Brad Pitt, she seems well equipped to add another spy role to her repertoire.

“T’m so glad Angelina Jolie is coming out with another movie,” said freshman Katie Crodelle. “She is my favorite actress and I’m excited to see her in another spy movie. It’s just too bad Brad Pitt isn’t in this one with her.”

With an A-List cast, both Depp and Jolie should be relatively impressive once the movie opens world wide, but some are skeptical as to whether or not Captain Jack Sparrow himself has it takes to pull off a not-so quirky role that many are used to seeing him in.

“I don’t think this is going to be a good movie at all,” said senior Manny Acevedo. “He usually plays the weird characters like Willy Wonka, so I doubt he’ll be good playing a regular person.”

Despite how audiences may feel, the critics cannot seem to stop talking about one of the most anticipated films of the years, especially after the debut of the trailer last month.

Jen Chaney of the Washington Post agrees. “The notion of Edward Scissorhands and Lara Croft, together at last is pretty intriguing.”

Johnny Depp and Angelina Jolie see the sights in “The Tourist” out December 10.
Giving Fairfield some flavor

New Pinkberry location expected to open just a few minutes from campus

Jessica Colucci
Staff Reporter

This fall, popular frozen yogurt chain, Pinkberry will be bringing its signature treat to the Constitution State. The new location which will open this fall is conveniently located at 512 Post Road, and will be the first in Fairfield County.

Pinkberry will provide its customers with various unique toppings to go along with their frozen yogurt, which is made with nonfat yogurt and nonfat milk. Some of these toppings include honey roasted sunflower seeds, organic gummy bears, and fresh cucumbers.

Along with its variety of choices, Pinkberry also provides its customers with “an emotional connection,” according to Suzanne Giancarlo, vice president of brand management for Pinkberry.

“Pinkberry is not just a yogurt shop. It’s a lifestyle,” Giancarlo said. “It’s a cool atmosphere, great restaurants, family town, and the two prominent colleges nearby makes it a great fit. Also, it’s a coastal town so it goes well with our brand since it is very much inspired by the beach.”

Some may wonder why a frozen yogurt store is opening its doors now when their products are in higher demand during the summer.

“With two colleges in the area, everyone is coming back to school and those college consumers are a part of who this brand speaks to,” said Giancarlo.

Another way Pinkberry has timed the opening of a new location is by finding the right partner. For the Fairfield store, this person is Jamie Karson.

“Karson has a lot of local knowledge that made him the perfect person to bring him to the Fairfield area,” Giancarlo said.

According to Bevin Gove, the brand’s public relations specialist, Pinkberry is scheduled to open on Oct. 15 and like any highly anticipated premier, the new store will host a launch party.

The launch party will take place on Oct. 14 from 6 p.m. to 9 p.m. and customers will receive free samples that the company hopes will inspire people to return in the future.

“I’m really excited for the opening,” said senior Kaleigh Burke. “Pinkberry is definitely a nice treat and it will be great to have it so close.”

Features

CLICK HERE FOR SOME LUCK
Andrea Gorkofsky
Staff Reporter

Giancarlo Massaro, a senior at Sacred Heart University, struck gold in the business and marketing world when he created the website AnyLuckyDay.com.

“I learned that it was possible to make money online, so I got more involved in coming up with ideas for websites, building them up and then selling them off for a profit,” he said.

The website, which was established on Jan. 1, 2009, provides an outlet for companies to showcase their products. When a viewer goes on the site, they will find a company of the day and one or more products being given away. If they find the product to be appealing, they can make quick comment to enter its auction. At the end of the day, a winner is chosen at random.

The idea for AnyLuckyDay came to Massaro out of thin air. December of 2008 I came up with the idea for AnyLuckyDay while watching an infomercial on television,” he said. “I thought it would be cool to try out products and then give them away. That simple idea has turned into the advertising business that it is today.”

This simple idea has become a success thanks to low prices.

“Companies love it because it is an affordable form of advertising that drives traffic, sales and exposure. And people love it because they can win some free stuff,” said Massaro.

But the website wasn’t an instant success. In fact, it was un-
til this past year that it took off like a storm.

“The site has been growing steadily since it launched in Jan 2009, but this past July I was interviewed by CareerBuilder.com,” Massaro said. “That story eventually spread to MSN, AOL, and CNN which definitely has brought the site to its current popularity.”

This kind of exposure is exactly what Massaro needed, as he runs the entire website on his own.

“I work sporadically throughout the day, but about 5-7 hours per day is devoted to creating the content and video and promoting the sponsor of that day,” he said.

However, it wouldn’t be a success without his followers and friends, the site would not have the large fan base it does now.

“I visit the site frequently to see what it looks like and what new contests are available,” said senior Mario Mililli. “I think as the years go on it will grow into a major website that will be known all over.”

Mililli, an accounting major, finds AnyLuckyDay to be a strong edition to the business world.

“The site definitely promotes good qualities for the business world,” he said. “It has great marketing concepts behind it which enable companies to showcase their products.”

As for the future, Massaro plans on staying self-employed.

“I like working for myself and doing things that I like to do,” he said.

“It’s much more exciting building something up that is your own. Once I graduate this year I’ll continue building AnyLuckyDay and working for myself.”
Danielle Vuotto  
Staff Reporter

For high school seniors, the thought of graduating and leaving for college brings about feelings of maturity, growth, and independence. No one will be around to tell them what to do or how to act. Whatever decisions they make is entirely under their discretion.

But would college be the same if one of your parents worked at your school?

"Having a parent as a faculty member isn’t as bad as it would seem,” said senior Paul Perelli, whose mother works in the student accounts office.

"She really never got into my business except for the normal questions about what's going on with class and what I did this weekend,” he said. "My mother and I have a pretty good relationship so I think it really all depends on how a student to parent relationship is.”

"If my father worked here he would always be checking up making sure I was in class,” he said.

In 2009, New York University did a survey of 40 randomly chosen four-year colleges and universities and found that 85% of undergraduates experience stress on a daily basis. Students at Sacred Heart University admit to feeling stressed now and then, but not because their parents work at the same school they attend.

"Having my mother as a faculty member is something I am proud of,” said senior Maria Millili. "My mother trusts me and knows that it is me who is going to school, not her, so ultimately it is up to me to do well in school for myself. If I was ever having trouble in school she would actually be the first one I talked to about it.”

Some said having their parent on campus has been a comforting experience.

"Having my father as a member of the Sacred Heart administration has given me a unique college experience," said senior Christina Fernandez, daughter of Jack Fernandez, director of public safety.

"For most students, the transition from a high school setting to a collegiate environment can be very intimidating,” she said. "However, having the comfort of knowing that my father was no more than a short walk away gave me the confidence I needed to explore new endeavors.”

The experience can even be seen as a sort of luxury.

"Freshman year having a parent as a faculty member wasn't bad,” said Perelli. "Having my laundry done and emergency food and money at a hand it was never something I would complain about.”

However, having a parent on campus does not go unnoticed.

"I usually feel comfortable when other students bring it to my attention,” said Fernandez. "However, I begin to feel uncomfortable when I get the random Facebook message saying, 'Hey, do you think your dad could take away my parking tickets? Thanks'”

Parents who are faculty members had positive feelings about the subject as well.

"I see it as a great opportunity to being able to see first hand how our students experience college life," said Trigona Mililli, Mario’s mother, the manager of custodial services for the university.

"It offers the ability to view campus life from a different perspective and encourages conversations with our students on a variety of issues,” she said.

Others see it as an experience they can utilize in their positions.

"Being a parent has given me the tools to help our students and their parents when advice is needed, or when disciplinary actions must be taken,” said Jack Fernandez.

"When my daughter graduates I will miss the frequent visits,” he said. "When I see her on campus it reminds me of the responsibility I have as a parent and as the director of public safety to keep the community safe.”

Some say respecting each other’s boundaries is an efficient way to coexist on campus.

"She really keeps out of my business and I try to do the same but if I see her in the hallway I’m not going pretend she isn’t there,” said Perelli. "She is like any other mom and harasses me about grades, but isn’t walking around campus to make sure I’m in class.”

Father and daughter, Jack and Christina Fernandez, are just one of many families sharing the halls of Sacred Heart University.

Seeing how to live a happy life from another perspective

The Spectrum catches up with sophomore Vishal Patel to discover his pursuit of happiness

Maile Hetherington  
Staff Reporter

Many students are still adjusting to the new school year; remembering where all their classes are, the excitement of seeing all their old friends, and hanging out with new roommates.

However, sophomore Vishal Patel had to quickly master Sacred Heart’s campus. He spent every week of the summer, memorizing the location of his classrooms, landmarks around the school, and anything else that he could to help him get around.

Patel dedicated much time to getting comfortable with his surroundings because he is affected by total blindness, a complete lack of visual and light perception.

Patel was born with sight, but Patel lost his vision early on. You might say his body doesn’t determine his destiny,” Patel said. "Being blind is just a physical nuisance.”

Patel, who is originally from North Haven, Conn., transferred as a sophomore from Gateway Community College. He takes a challenging course load as a political science major, criminal justice minor, and a member of the pre-law club. Yet hard work does not intimidate Patel.

This is a significant year for Patel because it is his first year living away from home on a college campus.

Even though this is a huge transition for him, Patel said that he is not having much trouble. His independence and positivity are enviable.

"I want to make a change,” he said. "There is a lot of discrimination in the world and too many people with disabilities not being able to accomplish their dreams.”

Patel has a scribe for all of his classes even though he says he is capable of taking his own notes. His accommodating teachers, along with his strong memorization and listening skills help him overcome his special needs in the classroom.

"In Vishal’s case, it is a lot of coordinating with different departments in and out of the University,” said Jill Angotta, director of special services. "He is connected to the board of education services for the blind who has and continues to provide him with technology and with assistance with such things as caining training (a new skill for Vishal) and Braille labels for his things in his room so he can easily identify them.”

His positive spirit and optimism towards life is noticeable to all that come in contact with him.

"He truly is a smart young man who is willing to speak his piece,” said Angotta. "He also is a planner. Sometimes getting him to take it one thing at a time is a little tough, but he smiles so much it is hard to argue with him.”

However, Patel does not want anyone to feel sorry for him or treat him any differently. In fact, his blindness is his favorite thing about himself.

He considers his vision loss a gift because he sees people for who they truly are, and others see it as an experience they can utilize in their positions.

"He truly is a smart young man who is willing to speak his piece,” said Angotta. "He also is a planner. Sometimes getting him to take it one thing at a time is a little tough, but he smiles so much it is hard to argue with him.”

However, Patel does not want anyone to feel sorry for him or treat him any differently. In fact, his blindness is his favorite thing about himself.

He considers his vision loss a gift because he sees people for who they truly are, and others see it as an experience they can utilize in their positions.

"He truly is a smart young man who is willing to speak his piece,” said Angotta. "He also is a planner. Sometimes getting him to take it one thing at a time is a little tough, but he smiles so much it is hard to argue with him.”

However, Patel does not want anyone to feel sorry for him or treat him any differently. In fact, his blindness is his favorite thing about himself.

He considers his vision loss a gift because he sees people for who they truly are, and others see it as an experience they can utilize in their positions.

"He truly is a smart young man who is willing to speak his piece,” said Angotta. "He also is a planner. Sometimes getting him to take it one thing at a time is a little tough, but he smiles so much it is hard to argue with him.”

However, Patel does not want anyone to feel sorry for him or treat him any differently. In fact, his blindness is his favorite thing about himself.

He considers his vision loss a gift because he sees people for who they truly are, and others see it as an experience they can utilize in their positions.

"He truly is a smart young man who is willing to speak his piece,” said Angotta. "He also is a planner. Sometimes getting him to take it one thing at a time is a little tough, but he smiles so much it is hard to argue with him.”

However, Patel does not want anyone to feel sorry for him or treat him any differently. In fact, his blindness is his favorite thing about himself.

He considers his vision loss a gift because he sees people for who they truly are, and others see it as an experience they can utilize in their positions.
Ryan Hannable
Asst. Sports Editor

On what was a picture perfect 2010 Homecoming weekend the only thing that was missing was a victory by the Sacred Heart football team.

The returning alumni were treated to an intense, well-played game at Campus Field Saturday afternoon, but in the end it was the Central Connecticut State Blue Devils who came out on top, besting the Pioneers 24-14.

The Blue Devils answered right back with a 14 play, 64 yard drive that was capped off by a three-yard touchdown run by Everette Benjamin. With the extra point the Blue Devils now led 24-14, which turned out to be the final score.

The Pioneers fought hard and tough throughout the whole game, but they failed to score in the second half and in the end that is what hurt them the most.

In the second half the Pioneers struggled on third down, only converting one out of eight times.

Fink turned in another solid performance finishing the day, 20-34, 185 yards and a touchdown. He didn’t throw an interception.

The Pioneer’s defense had trouble containing the Blue Devils running game. As a team they ran for 274 yards. Benjamin led the team with 127 of the 274.

Most of Archer’s damage was done in the second half and in the end that is what hurt them the most.

The Blue Devils then put the game out of reach with an 11 play, 71-yard drive that was capped off by a three-yard touchdown run by running back Everette Benjamin. With the extra point the Blue Devils now led 24-14.

On the Pioneers first possession of the second half they put together a 14 play, 39 yard drive that set up a 35 yard field goal attempt by Fredricksson. Fredricksson’s kick sailed wide to the left, keeping the score at 17-14.

Central CT State then forced a three and out by Fink and the Pioneer offensive. The Blue Devils then went 81 yards in 19 plays, which led to a 20-yard touchdown run by Eric Richardson. Richardson ran over several Sacred Heart defenders before crossing the goal line. Izzo added the extra point giving the Blue Devils a 10-7 lead.

The Blue Devil’s offense kept their momentum going by scoring another touchdown on their next possession. This touchdown was scored on a reverse pass, which completely fooled the Pioneers defense. Richie Martin threw to a wide-open Devan Baker for a 39 yard touchdown completion. Izzo tacked on the extra point and that gave the Blue Devils a commanding 17-7 lead.

The Pioneers ended the first half strong with a touchdown of their own. Archer ran it in from one yard out with 49 seconds left in the half. Fredricksson booted the extra point, trimming the Blue Devil lead to 17-14 at the break.

At halftime the 2010 women’s lacrosse team was presented their championship rings. The team won the Northeast Conference for a third year in a row.

The third quarter was a defensive battle with no points being scored by either team.

On the Pioneers first possession of the fourth quarter they put together a 14 play, 39 yard drive that set up a 35 yard field goal attempt by Fredricksson. Fredricksson’s kick sailed wide of the left, keeping the score at 17-14.

Sacred Heart’s defense held their ground giving the ball back to their offense with 10:39 on the clock, but the offense couldn’t do anything and were forced to punt.

The Blue Devils then put the game out of reach with an 11 play, 71-yard drive that was capped off by a three-yard touchdown run by running back Everette Benjamin. With the extra point the Blue Devils now led 24-14.

In the end the Pioneers struggled on third down, only converting one out of eight times.

Fink turned in another solid performance finishing the day, 20-34, 185 yards and a touchdown. He didn’t throw an interception.
A day in the life: Sacred Heart football

Liam Roecklein
Asst. Sports Editor

Every morning, shortly after the sun rises, there are some Sacred Heart University student-athletes who begin their days working towards a weekly goal. The athletes in this sport are unique because of the amount of hours they spend practicing to play each week.

"Football is a very difficult sport and you have to be very mentally tough in order to play the sport," said senior linebacker Brian Flumere. "People don't understand the amount of time that goes into football every single day. When we are in season we get up early for meetings and between classes and practice we don't have that much time for ourselves."

In order to complete a day in the life of a Sacred Heart football player, the player must be dedicated in their love for the sport, because it is most definitely a time-consuming activity.

"Every Tuesday, Wednesday, and Thursday, we watch film at 6:30 a.m.,” said senior quarterback Ray Sheehan. "The film session usually lasts about an hour and a half, and from there we go to class for a few hours. After that, I'll head to the Pitt Center to get ready before we go to practice. After practice I'll go to lift in the gym, and on some days I'll have night classes to attend after the lift."

Despite their seemingly full schedule, most of the Pioneer football players will do anything extra in order to get an edge on their opponent. Often in their spare time, players watch extra film or reading scouting reports to optimize their time on the field.

"I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

"I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.

Regardless of the intense environment prior to the game, to be able to play on Saturday is the reward for the week's preparation by the players. "I love that football challenges you both physically and mentally on the field," said Kessler. "Also, the satisfaction I get from playing at home on Saturday in front of a large crowd always brings out the best in me. But what I really enjoy is competing with my teammates, and when we win it makes all the effort worth it."

"Game day is a lot more tense atmosphere. There's not a lot of talking and there's no joking around. Most of the players keep to themselves and listen to music while they get taped or stretched by the trainers before going on the field," said Sheehan.
Week four: the best and worst of the NFL

Liam Roecklein

Week four of the 2010 NFL season has come and gone, and there were plenty of close games and great performances. There were also some games of the other variety with some big names having rough weeks.

There were also some games of the other variety with some big names having rough weeks.

Jumped out to a surprising 3-0 start go-to the finish, and the Steelers were in the Steelers were able to hold on to their end zone. But after a four-play goal line stand, the Steelers were able to hold on to the lead with just minutes remaining. However, after the Steelers' offense stalled and was forced to punt, the Ravens began driving again. Raven's quarterback, Joe Flacco, led the Ravens down the field on a 40-yard drive concluding with a touchdown pass to wide receiver Torrey Smith with 32 seconds remaining.

The Steelers were unable to do anything with the field position receiving their first loss of the season. Although many Steelers fans are ecstatic to have started the season 3-1, there are going to be a few that are disappointed with a loss to a divisional rival.

Best Game: The Baltimore Ravens over the Pittsburgh Steelers

Week four brought the makings of a great game, but the contest between the Giants and the Bears was characterized by defensive prowess and turnovers.

This game was football at its ugliest, with few remarkable plays besides the 10 sacks on the Bears’ quarterback Jay Cutler. The Giants defense was relentless with their pursuit of the quarterback forcing three sacks and finally out-converted the Bears with a concussion. The game came mercifully to an end with the Giants winning 17-3 with the touchdowns coming on rushes from the Giants’ Brandon Jacobs and Ahmad Bradshaw. New York fans will most definitely be happy to be back to their winning ways. This was by no means a glamorous game.

Worst Game: The New York Giants over The Chicago Bears

Kevin Josephson, Josephson paced all golfers by shooting a 136, as his four-day total of 303 strokes moved them to 133 yards ahead of the Yale University Red Storm. This tally blew out the inclement weather. The ECAC called for only 27 holes instead of 36. The Pioneers broke onto the links on the first day, and to come back from this one, and carry it over to the Connecticut Cup.

The golf course at Yale may belong to the neighboring Yale University Bulldog's, but that didn't stop the Sacred Heart University Pioneers from feeling right at home during the MacDonald Cup. The four-day tournament, which began on September 25, 2010, ended on September 28, 2010, and was the first of the 15 competing schools of the tournament. Finishing in a fifth place tie out of the 15 competing schools, the team has placed fifth or better in three of its four tournaments this season.

The Pioneers broke onto the links motivated, shooting just four-over-par on the first day, trailing only 27 holes instead of 36. The Pioneers had commendable performances on the course. Junior Leo Garcia finished 12th in the tournament, and Josh Salah finished 25th, with a two-over 74. Kevin Josephson was tied for second after firing a two-over 74.

Kevin Josephson, Josephson paced all golfers by shooting a 136, as his four-under-par performance pushed Central Connecticut into a fourth place team finish. The Pioneers did not shoot as well on day two, as their 303 strokes moved them to 133 yards ahead of the Yale University Red Storm. This tally blew out the inclement weather. The ECAC called for only 27 holes instead of 36. The Pioneers broke onto the links motivated, shooting just four-over-par on the first day, trailing only 27 holes instead of 36. The Pioneers had commendable performances on the course. Junior Leo Garcia finished 12th in the tournament, and Josh Salah finished 25th, with a two-over 74. Kevin Josephson was tied for second after firing a two-over 74.

Kevin Josephson, Josephson paced all golfers by shooting a 136, as his four-under-par performance pushed Central Connecticut into a fourth place team finish. The Pioneers did not shoot as well on day two, as their 303 strokes moved them to 133 yards ahead of the Yale University Red Storm. This tally blew out the inclement weather. The ECAC called for only 27 holes instead of 36. The Pioneers broke onto the links motivated, shooting just four-over-par on the first day, trailing only 27 holes instead of 36. The Pioneers had commendable performances on the course. Junior Leo Garcia finished 12th in the tournament, and Josh Salah finished 25th, with a two-over 74. Kevin Josephson was tied for second after firing a two-over 74.

Kevin Josephson, Josephson paced all golfers by shooting a 136, as his four-under-par performance pushed Central Connecticut into a fourth place team finish. The Pioneers did not shoot as well on day two, as their 303 strokes moved them to 133 yards ahead of the Yale University Red Storm. This tally blew out the inclement weather. The ECAC called for only 27 holes instead of 36. The Pioneers broke onto the links motivated, shooting just four-over-par on the first day, trailing only 27 holes instead of 36. The Pioneers had commendable performances on the course. Junior Leo Garcia finished 12th in the tournament, and Josh Salah finished 25th, with a two-over 74.
Men’s soccer wins two over the weekend

Whitney Hughes Staff Reporter

The Sacred Heart University men's soccer team began the month of October strong with two victories in conference play. The first win came in overtime against Long Island University, 3-2. They followed that up two days later by shutting out St. Francis of New York 2-0.

"It was a really good weekend for us," said senior defender Konstantino Dekaneeas. "Our main focus since day one has been play. The first win came in overtime goal of the season. The tying goal was credited to the Long Island player despite the Sacred Heart defensive deflection. Within four minutes of their first goal, Long Island struck again. The shot was taken from outside of the 18 and passed Sacred Heart's junior goalkeeper, Alex Fait, giving Long Island a 2-1 lead. Sacred Heart continued to battle with six minutes left in the game, their efforts paid off. Graduate student Patrick Daka stole the ball from the Long Island defender and struck a strong ball to the lower left corner of the net and tied the game at two. Daka's goal sent the game into overtime. Within three minutes of the whistle blowing for overtime to begin, Sacred Heart secured their first victory of the weekend. Senior midfielder and captain Mario Mililli scored the winning goal for the Pioneers.

The Pioneer's followed the overtime win by shut out St. Francis of New York for their third straight win. Goalkeeper Alex Fait earned the shutout, while only having to make two saves on the day. Sacred Heart's first goal came in the 29th minute from Francolini, who scored his third goal of the season. Daka assisted Francolini's goal.

The second goal of the match was in the 77th minute from freshman midfielder Konstantino Dekaneeas. The goal was unassisted and marked Dekaneeas' first collegiate point.

"Everyone has been working hard, individually and as a team," said graduate student Patrick Daka. "We got some big plays from some key players, and the result is a 2-0 record to start conference play. Hopefully we can keep the momentum into next weekend," said Fait.

The Pioneers continue their conference play next week at Mount St. Mary's University on Friday, Oct. 8 and at Monmouth University on Sunday, Oct. 10. Monmouth University is ranked fourth in the NSCAA national top-25 poll as of Tuesday, Oct. 5.

Stats courtesy of Sacred Heart Athletic Department.

Men's hockey comes in with a bang at preseason opener

Erin Burke Staff Reporter

As the final buzzer sounded Saturday night, the Sacred Heart University Pioneers men's ice hockey team cleared their bench to meet senior goaltender, Olivier St. Onge in celebration of their pre-season 5-3 victory against the St. Thomas Tommies of New Brunswick.

Senior assistant captain, Evan "Chip" Mladenoff said he was happy with how his team played their first game.

"We got offense from many different players, and played well defensively," said Mladenoff.

Mladenoff was right, as Sacred Heart was an offensive powerhouse from the drop of the puck, out shooting St. Thomas 49-24.

The Pioneers started off with a goal from Adam D'Amico and then a second goal from D'Amico, the team's top scorer last season, to give them a 2-0 lead.

The second period was where Sacred Heart began to pull away. Junior, Matt Gingera scored just two minutes into the period, giving the Pioneers a 2-1 lead.

Another pair of freshmen added to the scoring as Tye Lewis tipped Neil Frachini's shot from the point past St. Thomas' goalie with just over four minutes left in the period.

The two second period goals gave the Pioneers a 3-1 lead going into the third period.

With a commanding 3-1 lead, the Pioneers started the third period on the power play. Senior captain Pat Knowlton, netted the fourth Sacred Heart goal on the power play with a pass from sophomore Ben Ketchum.

Mladenoff deflected a wrist shot from sophomore Alex Stuart for Sacred Heart's final goal, giving the Pioneers a 4-1 lead at the time.

St. Thomas did not go down without a fight, scoring a pair to cut their deficit from four to two.

However, Sacred Heart was able to hold strong and keep the lead for the win.

Sophomore Steven Legato and St. Onge shared the time in net. Thirteen saves from Legato and eight from St. Onge bring the goalies to a total of 21 saves.

Despite this being the only pre-season match up before the Pioneer's start up their official season, Mladenoff said that he is hopeful for his team's future on the ice.

"We still have things to work on this week before our first games against Union, but the win was a positive start to the season," said Mladenoff.

The game, which took place at the Milford Ice Pavilion, was the first home game for the Pioneers.

Junior Kate Boyd was among the many Sacred Heart students who attended the game.

"I'm really excited about the rest of the season," said Boyd. "The team looks good this year and there should be some pretty exciting games during the rest season."

Next weekend, Sacred Heart opens their 2010-2011 season on the road in a double header against Union College in Schenectady, New York on Friday, Oct. 8 and Saturday, Oct. 9. They will return to the Milford Ice Pavilion for their home opener against Canisius College on Friday, Oct. 22.

One key game to look out for this year is on Feb. 13, when the Pioneers take on UConn at Rentschler Field in Hartford. This outdoor contest is part of "Whalers Hockey Fest."

Another key matchup is versus Rochester Institute of Technology, Nov. 26 and 27. Sacred Heart fell to RIT 6-1 in the Atlantic Hockey Championship last winter with a birth in the NCAA Tournament on the line. RIT later advanced to the Frozen Four.

The Pioneers were picked seventh in the preseason AHA poll, and will look to take the conference by surprise this season.

Stats courtesy of Sacred Heart Athletic Department.

PHOTO OF THE WEEK

Freshman midfielder Konstantino Dekaneeas (#23) juggles the ball past St. Francis (NY) during Sunday's matchup. Dekaneeas went on to score a goal in the 77th minute, netting his first collegiate point.

The Spectrum/Sean Elliott

Senior defenseman Aaron Kiely goes up for a header during last weekends game.
Pioneers take two over the weekend

Senior midfielder Mario Mililli (#16) dribbles the ball upfield during last weeks game versus Long Island University last Friday.