Students learn to Think Pink
Serendipity and student groups work to honor breast cancer awareness month
Get Reel movie review
Stuarts pop off the screen in 'Jockey 3D'
Seniors have all the fun
Class of 2011 finally gets their turn to enjoy Senior Pub nights

Cheerleaders get the crowd pumped up while students cheer for rap group The Sugar Hill Gang.

PIONEERS GET PUMPED

Erin Murtagh
Asst. News Editor

The William H. Pitt Center was packed last Friday night, as students, faculty, and staff from Sacred Heart University convened at the 2010 SHU Hoops Madness event. According to the student government, roughly 1,200 to 1,500 spectators came to show support and celebrate the 2010-11 men and women’s basketball seasons.

“The atmosphere of SHU Hoops was great for team morale,” said Alisa Apo, senior point guard and one of three captains for the Lady Pioneers. “It was a great, fun, and exciting kickoff to the season, and I think it got the team really anxious for the upcoming games.”

The event commenced at 8 p.m. with roster and coaching staff introductions. The stage was then surrendered to a different group of pion­eership hop group The Sugar Hill Gang. A live performance of their 1979 hit, “Rapper’s Delight,” was accompanied by a choreographed dance by players from both teams.

“We were kind of able to bond over having to do that dance,” said junior forward for the men’s team, Nick Greenbacker. “It wasn’t something many of us were comfortable doing, but the fact that we all did it together made it a lot easier.”

The excitement level remained high as the athletes participated in a series of skill contests. Senior guard and captain for the women’s team, Maggie Congrove, faced off against teammate, junior forward Callan Taylor, in a three-point shooting competition.

Sundy members of the Men’s team then took to the court for a slam-dunk contest, which kept the crowd on its feet.

“That was one of my favorite parts of the night,” said junior Branna Melilli. “I loved seeing all of the dunks they were able to come up with.”

Going into this season, the Pioneers plan to harness fan support.

“It is one of the most important things to us,” said Apo. “There is nothing better than looking in the stands and seeing the people that came out to support the team.”

And after a 2009 appearance against Ohio State in the first round of the NCAA tournament, the Lady Pioneers are eager to continue the pro­gram’s success.

As for the men, they are ready to embark on what they are confident will be a successful season.

“Fan support is huge for us,” said Greenbacker. “This year’s team is going to play a lot harder and a lot more together than Sacred Heart teams in the past. So we should be fun to watch.”

Speaker encourages true SHU beauty
Melissa Carmelitano
Staff Reporter

As a former model for Dove’s campaign for real beauty, Stacey Nadeau had to overcome her own self-image when she was approached by a Dove representative, who asked her to audition for a spot in the campaign.

“At first I was very nervous to get involved, but I came to understand what this campaign was about,” says Nadeau.

The opportunity was actually presented when Nadeau’s college roommate called Dove representa­tives and pretended to be her, and made an appointment to audition.

“I was furious,” said Nadeau. “I called my mom, but she thought it was a great opportunity.”

Six months later, Dove representatives called Nadeau and congratulated her. She then hopped on a plane.

After two days, 25-hours of photo shoots and hundreds of pictures, Nadeau was exhausted. When the photos hit billboards and newstands, the media frenzy began.

“None of us had ever been in the media, and we got calls from the Today Show, Ellen, Tyra, Dr. Phil. See STACEY on page 3 ...
Chapel to install new stained glass

Thomas O’Hanlon
Staff Reporter

If you have started to notice some scaffolding around Sacred Heart University’s Chapel recently, you might wonder, "what other construction could possibly be going on?" On Sunday, Oct. 17, workers began to install brand new stained glass windows depicting biblical stories.

Father Marko Ivan Rupnik, SJ has designed an array of stained glass windows set to be installed in the north and south exterior walls of the Chapel of the Holy Spirit.

Fr. Rupnik, the artist who designed the chapel’s intricate biblical mosaics in 2008, has again created detailed religious artwork for the chapel, this time in the form of stained glass. The glass will feature scenes from both the New and Old Testament. The windows will be placed at certain specific angles that will use the sun’s natural light to illuminate multiple scenes throughout the course of the day.

The stained glass was manufactured in Rome by the company Vetrate De Arte Giubellina. The company will send employees to Sacred Heart for the installation that will last from Sunday, Oct. 17 until Saturday, Oct. 23.

The windows designed by Fr. Marko are the long-awaited and colorful capstone to their travels. The glass will feature scenes from both the New and Old Testament. The windows will be placed at certain specific angles that will use the sun’s natural light to illuminate multiple scenes throughout the course of the day.

Sacred Heart for the installation that will last from Sunday, Oct. 17 until Saturday, Oct. 23.

The windows designed by Fr. Marko are the long-awaited and colorful capstone to Sacred Heart University’s Marching Band.

On Monday, Oct. 11, crowds lined the streets of New York City to look on as the annual Columbus Day Parade took place. The Sacred Heart University marching band was among the participants of the parade, along with some other high school and college marching bands.

The Marching Band was among the participants of the parade, along with some other high school and college marching bands.

"Last summer, Dean Wiek told me that, thanks to a personal connection with the University, the NYC Columbus Foundation had invited us to perform in the parade," said Johnston.

"Very often bands must submit applications and video tapes to perform, so it was really great to be approached by the foundation and asked to come and perform.

The parade was televised live in the tri-state area, along with being broadcasted on an Italian television station.

"I think it is great that the SHU marching band was broadcasted over not only national but international television," said junior Ben Bradley, who is a member of Sacred Heart’s marching band.

"This year marks the second time that Bradley was able to march in the New York City Columbus Day Parade.

During the parade, the band played a song called "Va Pensiera," an Italian song that has a special historical tie with the holiday.

"The piece is from a Verdi opera called Nabucco (the life of Nebuchadnezzar). The song Va Pensiera is based on Psalm 137, and is sung by the exiles on the banks of the Euphrates lamenting the loss of their homeland," said Johnston.

The song became a popular anthem in the late 1800’s during the occupation of Austria in Northern Italy. Italians would write the composer's name, Verdi, on walls and streets as a call for freedom and Italian unification according to Johnston.

The marching band might be seen as a representation of the University, and they carry this representation throughout their travels.

Pitching in for pink: Students do their part for breast cancer awareness month

Caroline Campo
Staff Reporter

The month of October is no longer exclusive to candy, costumes, and the changing of leaves. The first full month of fall is also known as a time to think pink in honor of breast cancer awareness month.

This year marked the 26th anniversary of awareness, education and empowerment in order to benefit those affected by the disease.

The National Breast Cancer Awareness Month organization (NBCAM) is a collaboration of national public service organizations, professional medical associations, and government agencies working together to maintain awareness.

According to their website, "Since its inception a quarter century ago, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer."

The NBCAM is not the only organization promoting awareness for the cause. The Lambda Alpha chapter of Zeta Tau Alpha at Sacred Heart is instigating the effort "Think Pink Week.

The week of events, which started on Monday, Oct. 18, and will conclude on Sunday, Oct. 24, was designed by the sorority to educate and spread awareness.

"Before "Think Pink Week" actually started, we sold ribbons with names of those who have passed or are fighting breast cancer," said junior Courtney Sharpf, the sorority’s fundraising chair.

The events and fundraisers began Monday with a Yoplait yogurt eating contest in the Outpost Pub. Tuesday was Statistics Day, during which the halls of the academic building were lined with important breast cancer related statistics and early detection information.

Oct. 20 was the memorial vigil on the upper terrace of the South Mall, where students convened to honor those who lost their lives to, or who are still fighting the disease.

The "Mardi Bros" event will take place in the University Commons from 9 p.m. to 1 a.m. on Oct. 21, and students are invited to dye- dyes sports bras and shirts.

Events for the rest of the week include Paint the Campus Pink, when the ribbon previously sold will hang on trees throughout Sacred Heart.

Saturday, Oct. 23, will be the Tackling Breast Cancer Pink-Out football game at 1 p.m., and Sunday will conclude the week with the Think Pink Breast Cancer Walk at 5 p.m. on Campus Field.

"At any point during the week, donations are very much appreciated," said Sharpf.

Participating in Think Pink Week is not the only way to show your dedication to raising awareness for breast cancer. A popular trend that girls of all ages are doing is getting a pink hair extension to donate to the cause.

Senior Michele Borriello participates in the trend to support the search for a cure.

"My best friend's grandma passed away because of breast cancer," said Borriello. "The pink strand in my hair was just another way to show support.

Purchasing and wearing pink bracelets is another way to donate. According to junior Michael Giaccone, he supports and sports the pink bracelet everyday of the year.

"It is for a good cause and it is the least I could do for families like mine who are struggling with the fact that a loved one has breast cancer," said Giaccone. "I am supporting the fact that there will be a cure."
Nadeau included in her lecture a statistic. Only two percent of women globally feel comfortable labeling themselves as beautiful, according to a study by Dove and Harvard University.

“That’s a scary statistic to me,” said Nadeau. “I think real beauty comes from a place of acceptance of yourself of learning and understanding you and treating other with respect.”

In her lecture, she addressed her own moments of insecurity.

“I still have insecurities every day. I’d be lying if I said no one was going to have those bad days including myself,” said Nadeau. “For me it was my thighs, and it took years to come to a place of acceptance, and now I love my curves and look at them as a source of beauty rather than a source of anxiety.”

According to the motivational speaker, there are some steps students can take to, in her words, squash the negative voice in your head.

“Be a good friend to yourself. Find a place where mental health and physical health meet in the middle,” said Nadeau. “It’s important to be a leader with friends in stopping negative conversations about your body, and to never pass judgment on anyone else.”

Nadeau includes male body image in her lecture, and said she wants all Sacred Heart students to take the same message from her lecture.

“Treat them the way you would like to, in your own body image, to have a different perspective on beauty, an understanding of what the media does behind the scenes to manipulate photos everyday,” said Nadeau. “I also want people to walk out of here respecting each other more, respect themselves more.”

Ehrenkranz honored for uniting faiths

Jacqueline Duda

Staff Reporter

After a lifetime of work, Rabbi Joseph H. Ehrenkranz was honored by the Center for Christian-Jewish Understanding. Ehrenkranz was presented with the Nostra Aetate Award due to the work he comes from home with. During an interview with the student newspaper, he said that the award is an extremely narrow definition of what beautiful is,” said Nadeau.

“…”I think the media five years ago gave us an extremely narrow definition of what beautiful is,” said Nadeau.

Lighthouse Program lets volunteers’ shine

Erika Castillo

Staff Reporter

Julianne Manresa, a second grader at John Winthrop Elementary School, huddled around a table with her peers to do homework. Her friends, also second graders at Winthrop, all have one thing in common with Julianne—they come from homes with working parents.

“If the Lighthouse Program wasn’t here, I would be alone at home because my parents are working. I would probably be just watching TV... doing nothing,” said Manresa.

The Lighthouse Program provides a safe place for the students to stay after school until most of their parents are off of work.

“It’s actually an extension of the school day; they’re brought down to the cafeteria after dismissal. The program involves academic and recreational enrichment activities,” said Judy LaMonico, a Lighthouse site coordinator at Winthrop.

LaMonico discussed how Sacred Heart University students were an important part of the Lighthouse program.

“The Sacred Heart students are a huge part of our program because one number one, they work with the students during the homework period, giving individual one-on-one tutorials which are particularly helpful to kids that have a hard time academically in school,” said LaMonico. “They also assist us with rotation during our specials and help bring other additional enrichment activities to our kids like dance, performance, arts and crafts, things like that.”

Dawn Doucette, coordinator of volunteer programs at Sacred Heart University, has successfully fostered the relationship between students at Sacred Heart and four schools in the Bridgeport area that host Lighthouse programs—John Winthrop Elementary School, Columbus Elementary School, Bryant Elementary School and Johnson Elementary School.

“I did community connections, so that made me want to do my work study through the volunteer department at Sacred Heart,” said freshman Kristen Sullivan. Sullivan helps the students with both academics and athletics.

“I am mainly the dance teacher but I come for the first half just to talk to them, make sure they’re behaving and to help them with homework. Then I go to teach dance, which is right now is with the fifth to eighth graders,” said Sullivan.

The volunteers dedicate their time during after school hours to interact with the students on a personal level.

“I love it. The kids are so much fun. I know that they really love it and have fun doing it, too, which is basically our main goal, just to have fun,” said freshman Marisa Santopietro.

Santopietro co-runs the Dance segment at the Light­house program with Sullivan.

“We’ve definitely made a lot of great relationships with the students, and I enjoy connecting with them one-on­-one,” said Santopietro.

The Lighthouse program has an impact on the community as well as on the students at Winthrop. Seven-year-old Lula Ferreira, another second grader at Winthrop has two reasons why she likes the volunteer students from Sacred Heart.

“I like them because they help with my homework and when they weren’t here, I never got to finish my homework because I didn’t know what to do. Also, they’re very nice and helpful.” said Ferreira.

Located at around 25 different site locations in the city of Bridgeport, Connecticut, the Lighthouse Program runs from 3:00 p.m. to 5:30 p.m. from Monday to Friday.

Through the contributions of volunteers, school of­ficials and the community, the Lighthouse program has been able to live up to its vision statement: “To provide a safe environment that compliments school day learning and fosters intellectual, cultural, physical, social and emotional development of children by partnering with and supporting the efforts of family, school and community.”
Student suicides become pressing issue across nation

Brittany Foy
Contributing Writer

The transition from high school to college may be considered a fairly large step forward in a young person’s life. It can mean making new friends, finding one’s self, and expanding horizons. But for others, it can be an isolating experience, perhaps resulting in bullying or depression.

According to a 2008 study by Drexel University, college students are twice as likely to be suicidal compared now than 10 years ago.

Depression may fuel loneliness, seclusion, or even acts of violence. This could be due to a number of reasons, but one prominent factor in recent years has been students confronting their sexuality.

Extreme bullying and victimizing those struggling with sexuality are threads that run through today’s society.

Such was the case that Rutgers University freshman Tyler Clementi faced shortly before committing suicide this past September. Sources reported that Clementi took his own life after fellow classmates recorded him in a homosexual encounter. Some students at Sacred Heart University believe that this event is not secluded to the Rutgers campus, but could happen anywhere.

“I think, unfortunately, that the tragic events that happened at Rutgers could happen anywhere, even now,” said junior Joey Pruitt, president of the gay-straight alliance (GSA) club. “I think bullying is a serious problem that needs to be addressed in schools. And I think a lot of progress still needs to be made in terms of tolerance and the LGBT (lesbian, gay, bisexual, and transgender) community, not just for the adversity that many people face, but especially for teenagers who are struggling with issues about their sexuality and are afraid to talk about it for fear of what could happen.”

“It is my hope that with the work that GSA and other organizations on campus are doing will ensure that such an incident never takes place at SHU,” he said.

For those struggling with issues of sexuality at Sacred Heart, the gay-straight alliance club on campus offers help. GSA events are open to anyone as the club stresses the accepting open door policy.

“One thing that we try to stress in particular in GSA is that anyone can come to us, whether it is just to talk, get involved, or both. In fact, one of the first lines in our constitution states that GSA is a ‘safe environment of tolerance and acceptance,’ and that is the primary purpose of our club. We try to get this point across at every event we do because if we can help just one person, then it was worth it,” said Pruitt.

In addition to Clementi’s suicide, there have been many acts of violence on college campuses over the past two months. Within the same week that the media reported on Clementi, there were other suicides at Fordham University and University of Texas at Austin.

Freshman Jacob Miller was found dead in Alumni South dormitory after hanging himself in his dorm. His friends described him as a friendly, happy person, according to NY Daily News.

Also at the University of Texas at Austin, a gunman with an AK-47 opened fire on the campus shortly before shooting himself in the library. The person was suspected to be Colton Tooley, a 19-year-old sophomore who attended the school, according to The Huffington Post. The direct causes of both incidents have not yet been determined.

Because of the issues of depression and anxiety can arise in college, Sacred Heart provides counseling and wellness services to students.

The counseling center “develop[es] outreach and psycho-educational programs on topics such as date rape, depression, suicide, gender identity, healthy relationships, cultural sensitivity, stress management and eating disorders,” according to the Sacred Heart website.

Important facts including warning signs and intervention for suicidal behavior can be found on the Sacred Heart website. For students in immediate need of help, call 911 or (203) 371-7995 for crisis intervention.

FIND OUT HOW AT OUR GRADUATE PROGRAM INFORMATION SESSION ON SATURDAY, OCTOBER 30, 2010.

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Register online at www.sacredheart.edu/graduate.cfm

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Students express feelings about newly blocked sites

Erin MacDonald
Staff Reporter

Although paying for her own Internet bill each month may be a hassle, junior Lieran Koblis has the option of browsing any website at her leisure at her off-campus apartment. However, students using the wireless network do not have that option.

The recent filtering service Sacred Heart has placed on its wireless network has made many students frustrated and upset.

"I can't think of a reason why sites are being blocked. Things have been just fine for the two years I've been here and I have never seen them try to block the web up until now," said junior Casey Dee. "I feel that this content blocker may be the school trying to enforce their Catholic views on everyone who uses the network."

Although many students feel as though this may be the case, communication systems architect William Mumper, who works in the networking and telecommunications division of information technology, explained what Sacred Heart's intentions were.

"In regards to the Internet content filtering, it is a service that was put in place to address security issues. The sites blocked present viruses, spyware, malware, illegal/copyright material and other malicious pieces of software, which are quite often not apparent to the end user," Mumper said. "We have taken these steps to keep our users and network infrastructure safe and secure."

Many students understand the motivation for the restrictions and the legal consequences Sacred Heart could face if they were not put in place.

"Certain sites that they are blocking are justifiable; sites where people can download songs illegally should be blocked, because it is my understanding that if students are caught pirating music on SHU's network, the University can be held legally responsible," said Koblis. "However, beyond sites with illegal activity such as pirating, SHU crossed a line by initiating these restrictions."

Students feel as though they should be entitled to view whatever website they please.

"I believe it is a restriction that should be lifted - not because the sites that have been banned are deemed inappropriate by the school, but because it is our right to have full access to the Internet," said senior William Grant.

Some websites were blocked initially but were later unblocked after it was concluded that they did not pose any threats. Sacred Heart is in the process of figuring out which websites are truly necessary to block.

"We are working hard to improve the filters so that sites that do not meet the criteria are not needlessly blocked," said Mumper. "While we have made great progress in this area, we will continuously work to improve the content filters."

Students understand the legal responsibility Sacred Heart has in blocking certain websites, many students said that they would have appreciated a warning of some sort while this was happening.

"What angers me about the whole thing is that Sacred Heart's administration didn't even see fit to inform the students of what they were doing. They never sent an email informing us of the upcoming blocks, nor did they inform us after the blocks were initiated," said Koblis.

The IT department is working with students to figure out which websites causing problems.

"Input from the students has been helpful, as there have been several websites that were incorrectly categorized by the default filters and due to this feedback we were able to make a correction and get access to the site restored in a timely manner," said Mumper.

At the end of the day, many students are simply frustrated.

"I came to Sacred Heart for an education, not to be 'protected' from the big bad world on the Internet or to have my morals chosen for me," said Koblis.

Staff Reporter

Andrew Orlandi

Do you find the music or does the music find you?

While the Internet gives people the opportunity to enjoy almost any music at any time, some students are still taking the time, and money to support their favorite artists by going to live shows. Plus, going out is a great way for students to broaden their musical horizons beyond their already-existing playlists.

At a live show the artist playing usually brings a couple of supporting acts on the road to play before they take the stage later in the night. These opening acts usually play in the same or very similar genre.

"I go to a few live shows a year, and some of the opening acts I've seen have been bands I haven't heard much about but then started listening to more afterwards," said junior Justine Anneye. "I'd say the way to find out about new music is by word of mouth. If someone plays a song I don't know at their house or in their car, I'll listen to it out of curiosity."

Freshman Ra'Anie McKenna agrees that the live music scene is an essential part to learning about new music.

"If I really like a song, I will go and see them live. I saw The Script open for a band I went to see recently," said McKenna.

When sophomore Mike Flume goes to a show he admits that the opening acts don't really interest him.

"I go to shows every once in a while. I usually get there early to get closer to the stage so I always see the opening acts. I tend to not really pay attention though because it's the main band I'm there to see. I wouldn't say that I probably get most of the music I listen to from the computer or the radio," said Flume.

With advancements in technology it seems more and more often as though the music finds the listener.

"I don't really go and see bands live anymore. I get all the music I listen to from the radio and the Internet," said senior Kristin Wood. "I use a site called Pandora. You basically type in a band or song that you like and Pandora will generate a playlist of songs that are in the same genre."

McKenna however, notes Taylor Swift's success as an example of how important live shows are for lesser-known opening acts' public exposure.

"Taylor Swift used to open for Rasputin Flats when she was an unknown. Who knows, if she never got the chance to open for them we might not know who she is, regardless of the Internet," said McKenna.

So when you go to a show you are listening to the music scene, but students like senior James Loughren seem to be embracing the idea of fast music.

"I feel like nowadays, with the Internet, we never have to leave our homes to find music that we like," said Loughren.

Andrew Orlandi
Staff Reporter

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When sophomore Mike Flume goes to a show he admits that the opening acts
One on-campus ATM narrows students' banking options

Henry Corroeker
Staff Reporter

One of the unwritten requirements for attending Sacred Heart University is to open up a Bank of America account. This is not necessarily because it is easy to use safety features or student-friendly characteristiques but because Bank of America owns the only ATM machine anywhere on or near campus.

Bank of America does offer many student friendly features with an account. Cash and checks are easily deposited through one meeting or phone call with the bank manager. This is obviously not an official service they offer - fee eradication - but it is a common occurrence.

There are students who have always used Bank of America and always plan to. For varying reasons many people have always considered it the right bank to use, regardless of accessibility on campus.

"Being a patriotic citizen of the United States I believe it’s only just to be part of the Bank of America. I have been a member with this company for a few years now and have never had a problem. The accessibility is very easy and convenient and I feel safe and confident when my direct deposit checks from school arrive there. I believe it’s worth recommending due to its easy service and trustworthiness," said Student Union employee sophomore Matt Tarducci. Working in the Student Union it’s easy service and trustworthiness," said Student Union employee sophomore Matt Tarducci. Working in the Student Union, it’s easy service and trustworthiness," said Student Union employee sophomore Matt Tarducci. Working in the Student Union.

"I use Citybank because it was readily available where I used to live in New York," said junior Sara Graziosi. "I hate paying the service fee when I can’t always drive to Citibank. I would really like for Sacred Heart to either erase service fees or open more banks’ ATMs - but I don’t think it’ll happen."

Other Local Banks to Choose From:

People’s United Bank
2600 Madison Ave
Bridgeport, CT

TD Bank
1715 Black Rock Tpke
Fairfield, CT

Webster Bank
1177 Post Rd
Fairfield, CT

Please disregard everything the girl to my right says. She is biased.

Let’s talk about a walk in a woman’s shoes. This is your first date out with Johnny. You have been preparing for this night all week because Johnny seems like such a guy that you can take a shower, dry your hair and make up, and get dressed for this super special night. Just as you finish putting that last curl into your hair and brushing one last dash of cover-up onto your zit (which of course just popped up today), you hear the doorbell ring because Johnny had to drive all the way to your house to pick you up.

You greet him with a hug and invite him in. Johnny then has to meet the parents, which includes the over protective father, Kloss from Germany, who does not want to see his last little girl grow up. After that awkward exchange, you finally get to go out to dinner and the restaurant they picked. Johnny had to call ahead and make reservations to Johnny. Johnny opens the door for you as you walk in and the waiter seats you. You order your food and wait for Johnny to say something because, of course, he has to initiate dialogue or else he is dull and boring.

Finally, Johnny starts up some conversation and the two of you are getting along famously. He is funny and delightful and he doesn’t even need his mouth held shut; everything you could have hoped for and more. You finish your dinner and, while you use the little girls room, Johnny pays the bill.

You leave the restaurant and hop back into Johnny’s coupé so that he can drive you home. He walks you to your door and you thank him for an enchanting night. He leans in for the kiss but you shoot him down because you don’t do that sort of thing on the first date; but it is still Johnny’s responsibility to know to text you tomorrow.

That was a tough life.

When it comes to the human anatomy and physiology, we think we can come to an agreement that the female has it harder, what with the “times of the month” thing and having babies and all.

However, I chuckle at the notion that girls think they have it harder than guys when it comes to dating. Guys simply have more expectations to fulfill than girls. They are expected to pay for everything, to propose, to know what girls are thinking all day every day. Most of the time we are just hanging back looking for a girl that we might actually have a shot with.

Even if Johnny and her did hit it off, and they decided to dive into uncharted waters, Johnny would have had to pay for the next date and the next date and the one after that. Sure, he may end up getting a little something in return every now and then but in most cases that is on her terms as well.

Girls, don’t give me the whole, "It’s hard to find a nice guy. They’re only looking to hook up and not a relationship."

There are plenty of good guys out there. You just get attached more easily than we do and therefore annoy us (refer to my previous “Deal Breakers” column for more information on that).
LETTER TO THE EDITOR

"On October 1st, Sacred Heart University implemented new ‘security measures’ which have left many students wondering why sites such as FMyLife.com and Text From Last Night were temporarily blocked.

Put simply, what has happened is an Internet filtering system has been put into place that blocks content in two ways. The first part of this system is list rejection. This part of the system relies on the system administrator who creates a list of infringing sites. After this list has been established if a user were to attempt to connect to a site that has been predefined unsuitable the DNS server would reject the connection and display the Permission Denied page.

The second line of attack is keyword filtering. Keyword filtering is similar to list rejection but works on a slightly different concept. In key word filtering, if a user tries to connect to a website that contains either a word or phrase in the title or located on the site that has been defined as hazardous to the user, it is also blocked. For example, if a user were to search for a web site for information pertaining to safe sex he or she may not be able to access this site because the word sex may have been censored as inappropriate.

I invite the people in charge to open the channels of discussion, to join in the debate, and to face our questions and concerns head on."

— Mark Conklin, class of 2012

Have your own questions about the blocked sites?

To express your thoughts on this and any other issues, e-mail us at: spectrum@sacredheart.edu

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Therese O'Shea
Editor-in-Chief

I took this photo at the Giants vs. Bears game on Oct. 2. My sorority, Zeta Tau Alpha, was invited by the NFL to collect donations and sell breast cancer footballs and hats to the tailgaters before the game that afternoon. We even got to attend the game later that night. Before the national anthem, breast cancer survivors ran onto the field to form this giant breast cancer ribbon in honor of their being able to defeat the disease.

Corrections from Oct. 7 issue:

- The article “Homecoming is where the ‘Heart’ is” was contributed to by Jessica Orser.
Screams, scares and sequels

Jamie Miller
Staff Reporter

Blood, guts, torture devices, and haunted houses. Generally, this is what audiences expect from the string of horror movies that arrive with the Halloween season. But "Paranormal Activity 2" and "Saw 3D" are the normal Chapter 2 sequels shed out from the rest of the ghoulish horror movies with potential box office success and eager fans awaiting the films' opening nights.

The plot of the two movies has been kept under lock and key, and very little is known about the mystique and intrigue of two films. Both of the films are sequels to previous box office toppers, so even though not much is being given away about them fans will come out in zombie droves to get their pants scared off.

"I'm excited for 'Paranormal Activity 2' but honestly still get creeped out from the first one so I am not really sure if I'm ready to handle it," said senior Erica Stolarz. "'Paranormal Activity 2' is the sequel to the 2009 indie flick turned box office hit. The first "Paranormal Activity" was said to have had a $15,000 budget according to Box Office Mojo's website, which had mowed no cure in the initial box office and boosted the horror film's profits when it grossed almost $200 million worldwide. Even though the fans were not happy, the fans can 'demand it' and the movie will play in their city first. The more people vote for the movie, the better chance it will have of coming to their city according to Boel Movie News' website.

According to Hollywood News online, major cities such as New York, Los Angeles, and Boston were among the top 20 cities to win the pre-screening of the film. This was one of the tactics used on the first "Paranormal Activity" which helped create buzz and gain an audience. While there are only two "Paranormal Activity" films, the seventh installment of the "Saw" series will be released only days apart from "Paranormal Activity 2." "I'm looking forward to seeing "Saw" because I am one of the very few who have progressively gotten better," said senior Sean Rothenberger.

Fans of the horror film series will be piling into the theaters to see "The Final Chapter" and finally see how the "game" plays out. "I get to see "Saw" because I've seen all the other ones and this is actually the last one so you have to know how it ends," said senior Corey Andrews. Many people find it hard to believe that this will be the last film in the "Saw" series. According to the Cinema Blend website, "Saw" star Costas Mandylor, was asked if this was really the end of the series he said, "From what I'm getting, yes but if the fans come and business good you never know if they'll try one more.

The real challenge is how much better can you make it and how much more can you do," said Mandylor. Even though film after film in the "Saw" franchise is released fans still seem to come out for them. I want to see it to top the previous film, which they seem to have been able to do in the past.

I am looking forward to seeing both "Paranormal Activity 2" and "Saw."" said senior Cam Sheary. "I'm glad that the 'Saw' series is finally coming to an end and think and hope that it will end on a good note. As for "Paranormal Activity 2," I think it looks like it will be similar to the first one, and hope it will live up to the high standards set by the original."

WHRT sings a new tune

Dave Gallo
Staff Reporter

Change is in the air at Sacred Heart University this semester, more so than with the seasons. This fall, the university's student-run radio station, WHRT, is adjusting to the latest transitions and additions, including the arrival of the new station manager, senior Liz Brombacker. WHRT is the station itself, which serves the campus community with the latest in breaking news stories, hot topic discussions, and playing the latest tunes from all music genres to continue to do so, except this year, it will be under Brombacker's management.

"This year I am planning on expanding the schedule and making more of a name for WHRT," said Brombacker. "Our schedule is getting close to capacity and every week we have new students applying to become DJs. So far we've got a great start." According to WHRT's website, Brombacker is majoring in media studies and aside from being the station's manager also runs cross country and track.

Though expanding the schedule for the station is just one of the plans Brombacker has in mind for this year, she also wants to spread the word to students and faculty about upcoming events hosted by the radio station. First up on the agenda: the second annual Wicked Halloween Riot on Oct. 27.

"There will be prizes for the best costume again," said professor Greg Golda, the faculty advisor for the station. Even though the 'Riot' may be the first event of the semester, Brombacker has plans to host similar events in the future.

"I think one main goal is to hold more events, like the Wicked Halloween Riot, throughout the year," said Brombacker. "It is events like this that really get our name out there. So we'll see what the rest of the year brings for us." According to WHRT's website, the station is just one of the plans Brombacker has for the fall semester, as she plans to host similar events in the future.

"The Trevor Project was founded when the creators behind the 1998 HBO film "Trevor" discovered that there was no hotline available for gay individuals suffering from suicide.

"The Trevor Project was born," as stated on the campaign's official website. "The Trevor Lifeline was established and became the first and only nationwide, around-the-clock crisis and suicide prevention hotline for lesbian, gay, bisexual, transgender and questioning youth.

According to the E! Online, celebrities like Anne Hathaway, Tim Gunn, Kristin Cavallari, Neil Patrick Harris and "Glee's" Chris Colfer are currently working with the Project. Gunn recently admitted to taking more than 100 pills when he was 17 after he was bullied for being gay according to the Reynolds website. Together, these celebrities are getting the message across to those in need that suicide is not the answer.

During DeGeneres' public service announcement, she listed the recent and much publicized losses of those who ended their lives as a result of ongoing bullying. "I am devastated over the death of 18 year old Tyler Clementi," said DeGeneres. "He was outed as being gay on the Internet and killed himself."

The news of the recent losses has touched students in the Sacred Heart community as well. "People should respect other's privacy and sexual orientation," said senior Stephanie Ene. "No one should be criticized for who they are."

In wake of the recent suicides, celebrities like DeGeneres, are using their fame to garner public attention and reach those in need.

"I want anyone out there that feels different or alone to know that I know how you feel, and there is help out there," said DeGeneres in the video. "Things will get easier, people's minds will change, and you should be alive to see it."

But will the appeal of the hottest stars in Hollywood be enough to prevent further suicides and put an end to the bullying once and for all?

"Celebrities are idolized in today's society, people look up to them," said junior Kerri Borea. "If they see that celebrities are helping out, maybe they will, too." Borea is not the only one who believes that celebrities are using their fame for a good cause.

"I think that when celebrities make a pitch to help, people are more apt to help, and they're using their celebrity in a very positive way," said Dr. Pavone. "It's important to have the hotlines and information available to those suffering."

WHRT seems to have become a staple on campus life at Sacred Heart, since its initial debut, as it not only provides smash singles from the past and present, but offers a forum for station DJs and for those tuning in, a chance to interact on-air regularly.

"I really believe we have a number of talented DJs here," said Brombacker. "They have invested interest in the radio and its apparent in their shows."
Valentina Szasztha
Staff Reporter

It's that time of year again: all Hollow's Eve and ABC Family's annual "13 Nights of Halloween" are already speaking and delighting audiences who tune into the frightful movie fest.

The first year of this seasonal tradition which kicked off on Tuesday, Oct. 19 with some ABC Family originals, including Halloween specials of "America's Funniest Home Videos" and their latest sitcom "Melissa & Joey."

But the Halloween mischief is not just limited to ABC Family Programming. The network stated in a press release that the "13 Nights of Halloween" are already spooking low's Eve and ABC Family's annual "13 Nights of Halloween" returns for fright fest.

What the boys have capitalized on is the "Jackass" series, and it has a few tricks up its sleeve. "Jackass 3-D" is the long-awaited and fully loaded porta-potty.

If I had time to list all those that were headlining would be 'The Ghidees' and 'Hocus Pocus,' they're classics."

The special was created in response to the overwhelming success of its predecessor, the "25 Days of Christmas" beginning in December of 1996 according to the network's website. Despite the channel's history of being passed around corporations, the "25 Days of Christmas" has remained a crucial element to the holiday season.

Following in the footsteps of the modern-day holiday tradition sensation, the success allowed the channel to expand its borders and garner a loyal band of viewers eager to launch their annual Hal­loween special.

"The Christmas specials were our gateway into the 13 Nights Of Halloween, being that Halloween is my favorite holiday," said freshman Chris Rivera. "These movies keep up with what Halloween is more about."

ABC Family is not just airing spooky flicks, their website is also in full Hallow­een mode. On their website, they have a schedule of all the movies that will air this week and next as well as polls like, "What's the best part about Halloween?" and links to shows like, "Scariest Places on Earth."

There are also convenient links to each movie they are showing, which gives a de­scription, so viewers can see which ones they are interested in.

Aside from the seasonal "13 Nights of Halloween," ABC Family is known mostly for their original shows and have launched such popular programs as "Secret Life of the American Teenager," "Make It or Break It," and most recently "Pretty Little Liars."

"The 13 Nights of Halloween" will continue every night throughout the holiday season starting at 8 p.m. until its last night on Oct. 31.

What's on tonight?

"America's Funniest Home Videos Halloween" at 7:00pm

"Van Helsing" at 8:00pm

Venithda Souringnanath
Staff Reporter

Former hard partying heiress turned reformed good girl, Nicole Richie is making headaches on reality TV again, but now in a much different way.

The pint sized socialite has trans­formed herself from troubled teen wreck into a media mogul, thanks in part to her business ventures outside reality televis­ion and more recently, onto the literary scene.

Just last month, Richie celebrated the release of her latest novel, "Priceless," her second turn at fiction since the release of her 2005 New York Times bestseller, "The Truth About Diamonds."

"When I heard about Nicole Rich­ie coming out with a second novel I couldn't believe it," said junior Gail Gil­lespie. "I needed to go get a copy of her book and start reading because I have heard from a lot of my friends and fans of Nicole that it's an amazing book."

"Priceless" tells the story of a rich and talented young singer named Char­lotte, who loses everything and tries to start her life over in New Orleans. De­spite trying to keep her past a secret, Charlotte soon finds that it can come back to haunt her in the end.

Since the Sept. 28 release of "Price­less," the book has sold over 1,000 cop­ies, according to publisher Simon and Schuster's "website. With a knack for storytelling, Richie has found a way to reach her female fan base through a harrowing tale of self-discovery outside the glitz and glamour of the Hollywood scene.

"I wanted to write a story about the journey of a girl's life," said Richie during an appearance on Good Morning America. "The story of a girl finding her place in this world, growing up and de­veloping a voice of her own. That's re­ally where the inspiration came from."

While author-turned-special Los An­geles Times critic Joal Ryan rants about Richie's "Priceless," calling the novel "a little bit ban­anas," Star Magazine raves "as adept as ever at mixing her personal life for literary gold, Nicole's tale of a reformed party girl rings true."

In addition to being a best selling author, Richie has dabbled in fashion as well. Starting with her "House of Har­low 1960" jewelry collection, Richie expanded to clothing in recent years. Her contemporary clothing line "Win­ter Kate," is currently available in stores such as Nordstrom and Kitson boutique in Los Angeles.

"I own so much of Nicole Richie's jewelry from her line 'House of Harlow 1960' and some of her shirts from 'Win­ter Kate,"' said junior Jessica Geraghty. "I love her and that's mainly because I admire her style, just like most girls, plus I think she's entertaining."

Apart from her role as a business­woman, Richie's recent role is playing a housewife-to-be, as she is engaged to Good Charlotte front man Joel Madden and together, they have two children, daughter Harlow Winter Kate and son Sparrow James Midnight Madden.

Though Richie may have her hands full, her focus seems set on the future, which includes plans of penning her third book and taking on conquests un­known.

"At the moment, my focus is on writing my third novel, which will be out next fall," said Richie in an Oct. 14 tweet, "but I never say never to any­thing."

Nicole Richie's novel is in stores now.

Johnny Knoxville takes a dive off a ramp in the new "Jackass 3-D."
A LITTLE BIT OF ITALY ON KINGS HIGHWAY

The Spectrum reviews SHU card merchant Mancuso’s Ristorante over a home cooked meal

Maile Hetherington
Staff Reporter

The typical college student diet seems to consist of alternating between macaroni and cheese, pizza, ramen noodles, and candy. But Sacred Heart University students looking for a delicious meal luckily do not have to go very far. Located just a few miles from campus is Mancuso’s Ristorante & Bar, a lively Italian restaurant perfect for hungry students.

Mancuso’s offers a variety of Italian dishes to enjoy dining in the restaurant, but also provides a take-out and catering menu to its customers. The best part for Sacred Heart students is that Mancuso’s is a participating SHU card merchant, which means you can use your SHU card to pay for your meal.

I was pleased to find a very warm and relaxing atmosphere on a quiet Wednesday evening. I slipped into a cozy booth with a few friends and we were immediately greeted with the enticing aroma of garlic knots. The basket was overflowing with breadsticks, squares of focaccia, and garlic knots. The waitress also left a variety of tasty oils with roasted garlic.

It would not be an Italian restaurant without freshly baked pizza. Thin and crispy crust, fresh mozzarella, and authentic tomato sauce is the standard at Mancuso’s.

Customers can enjoy their pizza as simply or extravagantly as they wish. Whether you prefer your pizza just with cheese, loaded with vegetables, or decorated with fresh seafood, Mancuso’s will prepare it just the way they like it. Prices range from $8 to $13 for a nine-inch round of the Italian delight.

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The restaurant’s large menu is full of appetizing dishes from antipasti to dessert. Diners will not have to wait long for their food to arrive. The atmosphere provides and intimate setting for customers to feel comfortable and enjoy a home cooked meal.

The positive responses did not stop there.

The overall vibe of Mancuso’s Ristorante and Bar is a very relaxing and inviting atmosphere. The atmosphere provides and intimate setting for customers to feel comfortable and enjoy a home cooked meal.

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Grad school: To go or not to go?  
Preparing for life in the real world after graduation

Mari Brown  
Staff Reporter

For Sacred Heart University seniors preparing to graduate, questions about graduate school often cross their minds. Is it important? Is it necessary for every major?

Regardless of the career path a student wishes to follow, graduate school “should always be an option,” said Dr. Gary Rose, chairman of the political science department.

“In general a graduate degree will always open more doors for employment and will result in a higher income and a better life style,” he said.

Some state it is an essential step toward achieving certain jobs.

“A graduate degree is often necessary for more specialized training for a particular career,” said professor Kathryn LaFontana, chair of the psychology department.

In order to be accepted into graduate school, certain preparations are something to consider throughout a student’s undergraduate career.

“Study hard in your undergraduate program and take challenging courses that will teach you how to read, write and think on a higher level,” said professor Charlotte Gradie, chair of the history department.

Speaking to people already in the field of your choice is another way to gain insight as to what path to follow after graduation.

“Talk to faculty advisors and to people who have a career that you think you would be interested in,” LaFontana said.

“What kind of preparation do they use? and gather as much information as you can about graduate programs in that field. Start early, so that you will have enough time to plan ahead and be adequately prepared for whatever program you choose.”

At Sacred Heart, there are several graduate program options once. The fourteen different graduate degree options include business, communications, nursing, physical therapy, applied psychology.

“The applied psychology graduate degree is good preparation for managerial and supervisory positions in corporations and community service agencies, as well as being appropriate as preparation for future doctoral work,” LaFontana said.

Students who major in programs that do have graduate degree options at Sacred Heart are encouraged the same way as those who don’t.

“In psychology, if someone wants to be a counselor, a school psychologist, a university teacher or researcher, or a consultant, he or she really needs a graduate degree, either a master’s degree or a doctorate.” LaFontana said.

This is despite the fact that Sacred Heart only provides a master’s degree in applied psychology.

Tuition is another factor to keep in mind when thinking about graduate schools. Many students are unaware of whether or not there are scholarships available, and if they are, how to obtain them.

“There are grants and scholarships available.” Rose said.

“The best strategy is for the student to try to secure a graduate research assistantship, which at many schools will result in a waiver of tuition and a stipend.”

For those students who aren’t interested in graduate school, there is no need to worry. “Graduate school is not for everyone,” Gradie said.

“It is important for those who have a specific career goal in mind.”

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READY, ‘SET,’ BINGO’S BACK

Jessica Colucci  
Staff Reporter

“B 9, I 30, N 41, G 58, 0 73, Bingo!” Sounds such as these are heard once a month on Wednesday nights in the Edgerton Center for the Performing Arts on the campus of Sacred Heart University.

Typically, people associate the word “bingo” with their gray-haired grandparents’ favorite week-night activity. However, bingo nights at Sacred Heart are nothing of the sort. In fact, they are the exact opposite and consist entirely of college students.

“Bingo has been running for over 15 years from student events team as a fun event to come to for the students to relax and win great prizes,” said sophomore Colleen Craffey, vice president of student events team (SET).

“SET is the largest organization on campus,” she said. “We plan the events on campus including movies, comedians, Relay for Life, Spring Fest, and Novelty Nights. Bingo is SET’s most popular event as we always get over 500 students to attend monthly.”

Some see the night as a great opportunity to spend time with friends and possibly win great prizes.

“Who doesn’t love bingo and winning prizes? I think a good portion of the students love bingo nights,” said senior Cerri DeLizio. “I know my friends love them and we get pumped when we go.”

These sentiments are shared among others, even former bingo regulars.

“I used to go to bingo my freshman and sophomore year because it was something fun to do,” DeLizio said.

“There are a large variety of prizes for the event, which act as a major selling point for students.”

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Men’s soccer splits over weekend

Lose first to St. Francis (PA), beat RMU

By Jessica Orser

Staff Reporter

The Sacred Heart University Pioneers Men’s soccer team’s five game winning streak ended Friday night at Sacred Heart’s Campus Field in an overtime thriller against Saint Francis (PA) Red Storm with a 2-1 loss. The loss has brought their overall record to 8-3-1 and 3-1-1 in the Northeast Conference.

The previous weekend, though, was a success. The Pioneers had a 1-0 victory over Mount St. Mary’s University, and tied nationally ranked Monmouth University.

“The team has been working hard and we had a good run of play,” said forward Patrick Daka, Justin Brewer and Brian Francolini,” said senior midfielder Lusiano Dadario.

Men’s soccer splits over weekend

Lose first to St. Francis (PA), beat RMU

“We had a tough loss last night. As coach I was just in the right place at the right time and just put it away.”

Sophomore defender Marcello Castro put the final tally on the board and gave the Pioneers the lead in the 29th minute of play. The ball was brought up the field with a goal kick booted by junior goalkeeper Alex Fait. Daka was able to control the ball, only to get sandwiched between two Saint Francis players and fouled. The direct free kick was taken by Castro and placed right out of reach from the Red Storm goalkeeper’s fingertips. It was his fourth goal of the season.

The crowd went wild and teammates came running over to Castro as he celebrated his goal by jumping into the air, coaxing the crowd. The Pioneers held onto their lead until the second half, when Saint Francis tied the game in the 68th minute with yet again, another free kick caused by a Sacred Heart foul.

The Colonials did have a few chances to tie the game at two. One of those chances occurred late in the first half, when a free kick sailed just inches above the crossbar.

With only 10 minutes remaining in the game the Colonials had another good scoring chance when freshman Daniel Calabretta laced a shot from about 25 yards out, but Fait was ready and denied the scoring chance.

Fait finished with three saves on the afternoon. Last week Fait was named the Enterprice Rent-A-Car/SHU Student-Athlete of the week. During the week he earned his third and fourth shutouts of the season.

“The team’s chemistry is the most important thing, and this year it’s been phenomenal,” said Daka to a reporter.

“On and off the field we are really close together, we talk about the game, we do things together and we bring that to the field as well. We have everybody’s back and we just look out for each other and that transcends into the game when we play.”

As of the October 19 NSCAA National rankings the Pioneers are in third in the North Atlantic. Monmouth and Loyola of Maryland are the teams ranked ahead of Sacred Heart.

In the most recent NEC standings the Pioneers are in first place with 13 points. Monmouth is a close second with 11 points, followed by St. Francis (PA) with 10 points. The regular season schedule is winding down as only five games remain, four of them being crucial NEC Conference games and one out of conference game versus Army.

The Pioneers are in action tomorrow in a 3 p.m. matchup at rival Quinnipiac.

This article was contributed to by Asst. Sports Editor Ryan Hannable.
The players must remain healthy throughout the season. Fait often stays after his classes and before dinner to prevent him from being overworked. After dinner, Fait revisits the athletic center for a work out in the gym.

As a goalkeeper, Fait has extra practice demands. On Thursday nights he returns to the field to practice with a goalie coach from 5 p.m. to 7 p.m.

After his second workout of the day, Fait returns to Palmacci’s dorm to study. “I dedicate at least two hours a day before I go to bed to studying and homework,” said Fait.

“The hardest part of being a student athlete is making sacrifices that other college students do not even have to think about. In season we aren’t allowed to go out that much, which affects the social aspect of college. But the reward is much greater playing in the soccer games and being a part of a Division I program,” said Fait.

Despite the daily sacrifices made by both Palmacci and Fait, both athletes agree they would not choose a different college experience. Palmacci would not choose a different college experience because of the overall level of success. But he credits his success to his work ethic.

“My priority is what is in front of me. When I’m at soccer I focus on soccer and off the field I focus on school. Part of my day is dedicated to each of them.”

Palmacci has practice from 5 p.m. to 7 p.m. “Late night practices are tough, especially when I have a test the next day. It is hard but somehow I learn to adjust, manage my time, and finish my work at times when I really may not want to, but have no other choice,” said Palmacci.

Fait

The pressure and time constraints on the athletes actually improve their level of success. During this more free time, both Palmacci and Fait agree they would be less successful in soccer and their studies.

Despite the daily sacrifices made by both Palmacci and Fait, both athletes would not choose a different college experience.

“There is no way it may seem like soccer is a job, I love the game, my team, the good times and everything. We are lucky. It is so worth it,” said Palmacci.

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Credit for the success is not just to the Pioneers, but also to Palmacci and Fait, both athletes. Palmacci and Fait agree they would be less successful in soccer and their studies.

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Fantasy football is Internet's latest obsession

Ryan Hannable
Asst. Sports Editor

It's Sunday afternoon and junior Rob Rubinstein is sitting in his common room watching football with his laptop by his side. One would think that he is doing his homework, but instead he is keeping up with the newest Internet craze, fantasy football.

Fantasy football is a new obsession among football fans. "You have your laptop sitting with you during a game, normally it would be elsewhere but now there is something important to look at during the game," said Rubinstein. "It is definitely the most popular fantasy sport in the United States by far," Rubinstein added.

Fantasy football is an online game where players manage their own football team. It is played on many popular sports websites including espn.com, yahoo.com and afc.com. In order to play, you can either form a league with your friends, or join a random league organized by each website. Junior Mike Vicoli is in a league with his friends and loves the competitive nature of the game. "I am in a ten team league. I don't play for money. I just play for pride. It brings competition between me and my friends," said Vicoli.

Some leagues are for fun, while others have money involved. "I am in a 12 team league, and it costs $50 to join. The winner gets $450 at the end of the year," said Rubinstein.

It is also a big topic of conversation among players. "Between me and my group of friends it usually is the main topic of conversation. Sometimes we talk to each other just to discuss trades," said Vicoli.

At the beginning of each season each league has a live draft online where team owners pick their teams. Most leagues have one quarterback, two running backs, three wide receivers, a tight end and a team defense. Once all those positions filled, owners pick back ups. When all set and done, each team has 15 players. The format of each league is each week teams face each other in a head to head format. Whichever team accumulates the most points wins, although the way points are distributed varies between each league.

For most leagues when a player scores a touchdown that is six points. For every 50 yards passing for a quarterback that equals one point. Every 20 yards of rushing that equals one point. Three points for a field goal, but the longer the kick the score increases. Players can also lose points. Quarterbacks throwing an interception lose two points. Runners losing a fumble also lose two points. Defenses can also lose points for giving up a certain number of points.

After the Monday Night Football game, and all the games for the week the team with the most points is the winner for that week. In an average league point totals can vary from anywhere between 80-120.

Depending on the league teams face each other once, and in smaller leagues teams may face the same team twice throughout the course of the season.

Most leagues go for 12 or 13 weeks, and then the four or six teams with the best records will make the playoffs. After more head to head play, a champion is crowned.

Fantasy football can certainly be an obsession. Within each week owners can add or drop players and even make trades.

Owners can get very into their teams. "I check my team everyday. It becomes part of my life. I don't even realize it sometimes, I automatically check my team when I turn on my computer," said Vicoli.

Rubinstein feels the same way. "I check my team everyday. I see if someone added or dropped someone or something like that, " noted Rubinstein.

Fantasy football gives people a different way to watch football. For some they feel more into the game. "It gives a another way of watching football, you don’t watch it in the same way. You are looking for specific things to occur," said Rubinstein.

Fantasy football is different because unusual things can also occur, owners can find themselves rooting for players on teams that they dislike, if they own players on that team. "The team that I have always hated my whole life, I now have to root for them to do well. It is so weird," said Rubinstein.

It also allows certain things to occur that would never occur normally. "This week, I am rooting for Tom Brady, funny thing is I am a Jets fan," said Vicoli.

Fantasy football is Internet's latest obsession
Change of Pace: SHU’s newest coach Nicoleta Mantescu

Liam Roeklein
Asst. Sports Editor

It’s 5:15 a.m., and the recent poor weather has continued with high winds and rain. But as always, it is still dry inside the basement of the Pitt Center, and all that can be heard is the rhythmic sound of rowing machines simultaneously moving. As you approach the machines to find the source of the sound, the sight of four women pulling the rowing cords with precise coordination and turning becomes evident.

There is one figure that stands out from all the rest in this early morning scene, because she is the one standing behind the team, making sure that they are constantly in sync. This figure is the newly appointed women’s rowing coach, Nicoleta Mantescu, who is supervising the team as they go through their morning workout.

“I personally love our new coach, not only is she a great teacher and motivator but she has gotten to know each and every one of us girls on the team and treats us like her own,” said sophomore Lynn Ciccarelli. “All I know is that she is making a huge impact on our team for the better. And I’m so grateful to have her as a coach to learn from her.”

The Sacred Heart University women’s rowing team is currently at a crossroads, trying to be taken seriously in the competitive Mid-Atlantic Athletic Conference, but also being at a disadvantage because they are not at full strength.

“Well this year for me is a buildup year,” said Mantescu. “We have 17 girls on the team right now and in the next year we want to recruit so that we will have 24 on the roster. But this year we just want to compete with the other teams in our conference to see where we stand currently.”

Making this year even more difficult for Mantescu is the fact that most of the team members have never rowed prior to college.

“A majority of the girls we have now were freshman last year and just learned how to row last spring. But one bright spot is that in the fall we were able to bring in two freshman girls who have a lot of rowing experience from high school,” said Mantescu.

Despite the large obstacles, Mantescu certainly has the rowing pedigree to make the team competitive. Born in former communist Romania, she was recruited to the Romanian national team at a young age.

“When I was 14 I was introduced to the world of rowing. It began when the communists representatives came my school looking for girls to join the national team,” said Mantescu. “They would go in to school and look for girls with the right height and the right length, and then they would ask if you wanted to go train in the capital Bucharest.”

Mantescu continued to row with the Romanian junior national team until she was struck with hepatitis, effectively ending her rowing career. She eventually came to the United States after working with the Romanian Federation team during the rowing world championships that were held in Indianapolis, Ind.

“In 1995 I came to the United States for the world championships because I was working for the Romanian federation. After the competition I stayed with my sister in Princeton, NJ and then I was able to get a job with the Saugatuck rowing federation in Westport, CT,” said Mantescu.

Mantescu’s affiliation with Sacred Heart began after she obtained her job with the Saugatuck rowing federation, because at that time the Sacred Heart University had started a women’s club rowing team that was run through the club. However, her official employment did not begin until this year, and she intends to take advantage of the opportunity given to her through hard work.

“If we’re not on the rowing machines we’re on the water at 5:15 a.m.,” said Mantescu. “The practices differ from day to day varying from long distance and endurance workouts, to interval workouts, to high intensity/high repetition work outs. As far as the gym goes, we do a lot of plyometric core strengthening and body circuits, a lot of push-ups and pull-ups and stuff like that.”

Mantescu’s work ethic has certainly inspired her athletes who believe that with their coach’s help they will achieve their goals.

“Nicoleta has really inspired me,” said sophomore Annamare A’Hearn. “We always say row with heart and through the past few weeks with having Nicoleta as our coach I can see she has a big one. She pushes us farther than we could have imagined last year and is always proud of us. She is a great asset for our team.”

A word from the editor

Baseball and the lack of manners

Dan Graziano
Sports Editor

The reason I became sports editor was to combine my two loves, journalism and sports. As a man it is natural that I spend a majority of my time watching some sort of sport. Football, baseball, basketball, running, college sports, hell I’ve even sat down and watched some NASCAR (not my proudest moment).

Sports are what drives us. Without sports men can’t be men.

As you are aware from my previous article, I am a huge New York Jets fan. I can’t be any happier that Gang Green is not only first within the AFC East but they currently have the best record in the NFL.

While some of you may call it luck, I call it winning. I don’t care if Mark Sanchez threw two picks and played one of his worst games of the year. Don’t hate and blame the official, the pass interference call on Santonio Holmes was a legit call. It comes when it comes to all that matters are theWs, and guess what the Jets have five of them in a row.

However, I promised myself this article would not be about the dominance of the Jets. While watching the New York Yankees game this past Monday night I realized something. No, they do not suck. Actually quite the opposite, the Yankees will most likely triumph the Phillies to win the World Series.

Yet after the Rangers laid down one of the worst beatings I have seen in a quite sometime. I realized something that has been going on in baseball for over a hundred years, and no it’s not the use of steroids.

I noticed that when one of the teams wins their bench clears. The players give each other high fives and smack one another’s butts (of course in the manliest way possible). They cheer and celebrate as if every game is the World Series.

While all this is going on the other team runs off the field and into their locker room as if the field were on fire. They scatter like ants into their ant holes.

What has baffled me is the absents of manners within the sport of baseball. Why is there no handshakes in baseball? No good games and no good lucks?

Basketball and football players give each other hugs and joke around with the opposing team after the game. While hockey players line up and shake hands after a playoff or Stanley Cup series.

Occasionally you see a first basemen and the runner on first chatting but if they are able to chat, why not have the sportsmanship to shake your opponents hand after the game?


However, a major transition occurs once you go to the majors. You lose all sense of respect and all your sportsmanship flies out the window.

Children look up to professional ball players,ixelate I know I did. Wouldn’t we want our children to play their games with sportsmanship and respect for one another?

Come on baseball, dont be a jerk.
Sophomore forward Justin Brewer (#11) prevents the ball from going out of bounds in their recent game versus Robert Morris.