Make your vote count for midterm elections

What you need to know about ‘tight race’ in Conn.

Michele Tymann
Assistant News Editor

On Nov. 2, millions of people across the country will line up to cast their votes in the elections. In Connecticut, the voters will have their say on District representatives in Congress, and Governor, but the most talked about race has been the race for Senate.

"The Democratic Party is by far the larger of the two parties in Connecticut," said Dr. Gary Rose, professor and chair of the department of government and politics. "Currently all five members of Congress are Democrat, as well as the two Senators."

However, this doesn’t mean the Republican’s can’t have a presence in Connecticut.

"Unaffiliated voters are the largest block of voters and can at times swing towards a Republican candidate," said Rose. "This is why we have a Republican governor."

November’s candidates, Blumenthal and McMahon, are "locked in a tight race that’s become increasingly heated," according to the Associated Press (AP).

"It’s a classic contest between the ‘outsider’ against the political ‘insider’,” said Rose.

McMahon came to fame as CEO of World Wrestling Entertainment, while Blumenthal has been Attorney General for 20 years. She is also a Sacred Heart trustee.

"McMahon is a wealthy businesswoman who is running as an ‘outsider’," said Rose. "While Blumenthal is a career politician who is campaigning on the basis of his record as Connecticut’s Attorney General and what he has done for the residents of Connecticut over the past two decades."

The final Connecticut Senate debate on Oct. 12 was a competition that “came down to trust, jobs and professional wrestling,” according to AP.

"The economy, jobs and taxes are the two most important issues in the minds of the voters," said Rose. "Both candidates are primarily concerned with these issues."

"The economy of jobs and taxes are the two most important issues in the minds of the voters," said Rose. "Both candidates are primarily concerned with these issues."

"The platforms of candidates can be accessed on the Internet," said Rose. "And any student who plans to vote should carefully read where the candidates stand on the issues."

"You have to go out there and fight for a job. You need to make a case for what you bring to the party. You can’t go to an interview dressed casually and be too cool about it. You have to be an animal fighting for jobs because there are too many people fighting for the same job."

Students were impressed with Welch’s ability to captivate and related to students.

"Welch had a really comprehensive speech that got the crowd excited," said junior Jeremiah German. "He wasn’t afraid to show his mind on controversial issues."

Welch touched on the issue of employers grading their employees by getting rid of the bad ones and rewarding the good ones. This is something that he said needs to be done more often. According to Welch, bad workers suck the energy out of a company, which ties into the current economic state.

"There’s a lot of talk about how to fix the economy, but in reality it’s more about changing the mindset of the average American. People need to believe that they can make a difference. Welch’s message resonated with many people."

"You have to take care of the best in the worst of times, and that’s not happening."
Father Boyle discusses ‘G-Dog and the Homeboys’

Californians influenced by gangs make a transition into a cleaner lifestyle

Frank Morrone
Staff Reporter

Los Angeles has a reputation for criminal activity that Father Gregory Boyle refuses to demonize. Over the past quarter century, he has pursued a mission to improve the quality of life of those affected by the prevalent gang culture with a commitment to the Catholic message of redemption.

The “Human Journey” colloquia series featured Boyle and his newly published book, “Tattoos on the Heart,” on Oct. 18 in the University Commons. He spoke of his experience developing Homeboy Productions, a business enterprise that seeks to help those at risk of, or already involved in, gang related activity.

Many students at Sacred Heart University are familiar with Boyle. Some have discussed his book in class this semester, and others read “G-Dog and the Homeboys,” a book by Celeste Fremont that focused on Boyle’s experience with rehabilitating gang members. Both books have been a topic of the common core curriculum. The books have been assigned to students to assist them with tackling the questions of forging a just society, what it means to human, and how to live a life of purpose. These are some of the ideas challenged in the common core curriculum at Sacred Heart.

Homeboy Productions has placed convicted felons with careers, and has offered services such as tattoo removal, educational programs, and mental health counseling. Dr. Jeffrey Cain discussed that it was admirable for the infrastructure of the business to be focused on “starting them towards a more meaningful existence,” rather than merely becoming a supply chain for capitalist labor.

“Tattoos on the Heart” is Boyle’s book about how faith and compassion can help former gang members make a transition to a more meaningful life. The book deals with themes that are “constructive in strengthening community connections,” said Stiltner.

Junior Mary St. Thomas spoke of Boyle’s approach. “Sometimes people are too quick to blame others,” said Thomas. “It might be difficult to do, but it’s important for me to understand what we have in common, despite our differences.”

Dr. Brian Stiltner, religious studies professor, said that it is a difficult process.

“It’s a real challenge to help people have happy meaningful lives when they are burdened with challenges of poverty, gang life, and broken families,” said Stiltner.

By incorporating “Tattoos on the Heart” into his lectures concerning the common core questions, Stiltner said he hopes students are able to identify with even distant and dissimilar gang members on a compassionate level.

Stiltner incorporates service learning into the common core course that he teaches. Service learning is an “invitation to build a kinship with others,” said Stiltner. Students have the chance to volunteer along members of the Bridgeport community and experience the day-to-day problems of others, and help them to get by difficult passages in their life.

“Boyle’s book brings out a vision of God’s role in everyone’s life, that God loves us despite our flaws,” said Stiltner.

Junior Olivia Duming said she “felt inspired” after reading the book “to help others get on the right track.”

The book dealt with themes that were “constructive in strengthening community connections,” said Duming.

In “G-Dog and the Homeboys,” many of those affected by gang life are in search of a good life. In making the connection between Fairfield college students, and Los Angeles street gang members, Stiltner said he still believes that “the good life is something we all want.”

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Chilean miners escape darkness with minor health problems

Caroline Campo
Staff Reporter

Imagine being trapped inside a mine with no sunlight or warmth, light, or minimal water to ration. You don’t know if this could be the last meal you eat. And you have no connection to the outside world, to your loved ones. They do not know that you are still alive.

These were the temporary lives of the 33 Chilean men trapped inside a mine.

Being underground without the necessities to live is never going to result in a healthy outcome for anyone—especially for 69 days.

From reports on Oct. 14, the miner’s health is better than expected. According to Health.com, in a news conference with Chile’s health minister, Jaime Mañush, said, “Things are extraordinarily very well so far. We have had very, very minor problems.”

They were soon avoided to avoid damaging the miner’s eyes from the sun due to lack of sunlight. They also were afraid that when pulling them up from the shaft they would experience vomiting.

As soon as the miners were rescued they were immediately brought to the hospital. Many were released that next day which was a much-anticipated release for many.

The miner was treated for pneumonia and two were treated for other minor injuries. Remaining concerns were poor nutrition, poor sanitation and lack of sleep, according to U.S. News and World Report.

Not only is their health a main concern, but also their mental health is going to be key to a quick and steady recovery.

Many of the men were unable to sleep and wanted to talk to their families and were anxious, according to Associated Press (AP).

A disorder that is most common for the miners to suffer from is post-traumatic stress disorder, according to CNN.

Michelle Lorri, assistant dean and professor of psychology at Sacred Heart University, knows much about post-traumatic stress disorder (PTSD).

“It is possible that any of the miners could develop PTSD,” said Lorri. “It is also possible that an individual could experience what is called a ‘delayed onset’ of symptoms and that means that six months have passed between the traumatic event and the onset of symptoms.”

Senior Tracy Severe, thinks that the miners might need time to recover.

“From knowing and understanding the dangers of the mind and health after very traumatic situations, the miners are going to be put under a lot of stress, especially from the media,” said Severe. “They may seem fine and recovered now, but later on down the road they will begin to be haunted by what they experienced.”

Camila Sabat Previtali, a relative of a Sacred Heart student and a college student living in Chile, commented on the impact of the rescue.

“When the first miner came out, everyone was crying and celebrating. People started to gather in most of the cities, everyone was so happy, not only the miners’ families,” said Previtali.

Although it has been the biggest news story in Chile, and a large international news story as well, the question remains about the issue of mine safety, what will the future life of the miners be like.

“When the rescue was completed, the news [was] about the health of the miners,” said Previtali. “But when they ensure that the were well, the stories started to focus on two things, the people responsible for the accident and the use to mine, and the future life of the miners.”

The miners are going to have become mentally stable and to move on with their lives.

“They are going to travel all over the world now,” said Previtali.

College dropouts deemed cause and effect of poor economy

Jacqueline Duda
Staff Reporter

Students tend to spend months researching colleges and finding the one that they think will fit them perfectly. Days are often spent packing bags of clothes and new dorm room accessories. All this is in preparation to set off on the adventure of attending four years of college, often with a thought that for some young adults, graduation day may never come.

According to an article from the Connecticut Post, the dropout rate of college students does not only affect the students and their families financially, but it has also put an increased burden on taxpayers.

The article states that $5.1 billion in grant funds are set aside by the government, and $1.4 billion is set aside by the state. Some of the students receiving these grants never even proceed to their sophomore year.

Sacred Heart University is no exception to having students drop out before completing their college education.

“Every college has new students who simply made the wrong choice, and the college just didn’t meet their expectations,” said Michael Bozzone, assistant dean of arts and sciences. “For example, there are students who selected a small college, where once they began, found that they really wanted a larger one—and the same thing goes for the other way around.”

Student’s reasons for leaving their college or university before completing their education may vary based on the student and the school.

According to the Connecticut Post, President Obama’s administration is shifting gears on what is important when it comes to people attending college. Now the goal is to make college easier and more accessible for students.

“In every college, Sacred Heart included, retention is a major concern, and there are any number of steps taken both to identify students who may not be staying and to intervene when appropriate to assist if students have problems,” said Bozzone.

In today’s economy, one of the circumstances that can contribute to the dropout rate of students is finances.

“First, it’s no surprise in this economy that finances play a major role in a family’s decision about college. If a college is too expensive, then often a student will make a change to a less-expensive alternative,” said Bozzone.

College educations can cost thousands of dollars even with grants and scholarships.

“Many students may drop out of school because of the financial responsibility that comes along with college,” said DeMunno. “Money can be a sensitive subject and the pressure to pay to go to a good school can become to much for students and their families.”

Sacred Heart has worked to make students feel as comfortable with their decision of coming to the school as it can.

“Retention is an issue that is at the forefront of everyone’s mind, and there is a great deal of programming done through Student Life, for example, to create a positive environment that will encourage students to view Sacred Heart as a play they care about and where they wish to remain,” said Bozzone.

“For freshmen, our Academic Advisors are always attentive to retention, and there is even a committee, chaired by Dean Tiberio that meets regularly and focuses on retention,” he said.

Through programs and events around campus, the opportunity is offered to help students get more involved at school and may lead to them wanting to remain in college until the achievement of their degree.

Sacred Heart offers a lot of different opportunities during the week and the weekends,” said sophomore Catherine Glass. “It helps to get students involved and feel comfortable. Also, the staff is great at working with students in both their academic issues and personal issues.”

Volunteers help BRIDGEPORT ‘Feel the Warmth’

Erika Castillo
Staff Reporter

With a smile on his face, Bridgeport native Frank Mc-Clain stood in the front of the room while others clamored around him. Mc-Clain was one of the United Congregational Church in downtown Bridgeport.

“I’ve been coming here every Thursday for about a year,” said McClain. “I love to meet new people and different people.”

Feel the Warmth, an effort of the United Congregational Church in Bridgeport, has been helping to serve hot meals. The church has expanded to host a variety of events from two day soup kitchens, educational initiatives and health care services. Among these services are clothing drives, hbox day soup kitchens, educational initiatives and health care outreach.

In some towns it’s tough,” said Jose Davila, a Bridgeport resident who came to Connecticut from Puerto Rico. “In some towns it’s tough,” said Jose Davila, a Bridgeport resident who came to Connecticut from Puerto Rico. “In other towns don’t have as many programs like these.”

The church has aimed to provide a protein, piece of fruit, vegetables, and fruit juice with each meal.

Junior Adriana Rocca is a volunteer, and has been involved with the program for a majority of the semester.

“I love it a lot. I’m a social work major so I just really enjoy it,” said Rocca. “You get to meet the people of Bridgeport and we have a lot of friends here. I feel like the soup kitchen really helps them out.”

Many of the Feel the Warmth’s visitors are local people who have been affected by devastating circumstances.

“The neighborhoods are hurting,” said Reverend Sara D. Smith, the senior minister at UCC of Bridgeport. “It trickles down when you’re in a recession too, and the poor are the most hurt the worst because the services dry up. We feed anyone who’s hungry, no questions asked.”

Funds are generated through donations, and the Feel the Warmth program has become almost totally self-sufficient.

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"In some towns it's tough," said Jose Davila, a Bridgeport resident who came to Connecticut from Puerto Rico in 1996. "New Haven and Bridgeport have a lot of help for homeless people and for people who are low-income but other towns don't have as many programs like these."

Davila is grateful for the food supplied by the Feel the Warmth program.

"By the grace of God, I'm not homeless anymore," said Davila. "But I still come here because I get hungry, and I want to eat."

Starting from humble beginnings, Feel the Warmth aims to provide a protein, piece of fruit, vegetables, and fruit juice with each meal.

With the help of the volunteers from Sacred Heart and other local churches and schools, the program feeds an average of 150 people every Thursday.

"We couldn't make it without Sacred Heart," said Smith. "The Sacred Heart students are some of the finest young people I've met. They're committed, they're smart, they're always respectful and they come here loving the food."
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Seattle University strives to save environment

SHU students praise SU's on-campus ban on sale of single-use water bottles

Erin MacDonald
Staff Reporter

As junior Samantha Antonietti sits down to eat her sandwich, she gets her reusable Nalgene water bottle out of her bag and takes a sip of water.

Although Antonietti could have gone to Outtakes and purchased a water bottle, Seattle University students do not have a choice between using reusable water bottles and purchasing a plastic water bottle on campus.

According to Seattle University's school newspaper The Spectator, "the ban on the sale of single-use plastic water bottles on campus is official." The idea began from a project in a religion and ecology course, and there had been a decline in the sales on water bottles ever since.

Many Sacred Heart University students think that a ban on single-use water bottles is a positive thing.

"I think the entire sale of water bottles nationally should be discontinued," said senior James Roberts, who is a biology major concentrating in ecology and conservation. "Most people do not know that the water found in any water bottle brand is essentially the same thing. What is it exactly? Tap water."

Karen Price, Seattle University's campus sustainability coordinator, spoke of the regulations fountain water must go through compared to water that is bottled in an article from The Spectator.

"Water that comes from a reservoir and eventually through the pipes of a water fountain goes through several filtration barriers and health and safety checks. Bottled water is only checked once, as it is put in the containers; there is a greater chance of drinking bad water out of a bottle than a tap," she said.

In an attempt to support the ban on water bottles, Seattle University officials upgraded 31 water fountains with easy fill spouts for reusable water bottles and also installed built-in aqua chillers. The Spectator reported.

"I think that the upgraded water fountains would be an easy transition from bottled water to refilling your own water bottle," Antonietti said.

Although many students believe a ban on bottled water would be a step in the right direction, they admit the challenges that universities would face in doing so.

"I think the ban on water bottles is a good idea, but I do not think it is realistic to spread anywhere else. There is always going to be a group that doesn't trust the water source and this will lead to many people acting out against the university," said junior Brian McLellan.

Though there has been no talk of Sacred Heart participating in the ban on water bottles, there are many other steps the university can take in becoming more "green."

"Students must first be informed and then convinced," Roberts said. "Sacred Heart can hold activist talks to seek out people that might have a shade of 'green' in their personas, enforce recycling policies and use alternative eating utensils. As students, we can reuse bottles and do a clean sweep of the campus. You can choose not print out every page unless your learning style forces you to do so.

While there are numerous steps students can take in becoming more environmentally friendly, many students believe that a ban on water bottles and an overall increase in recycling would be a positive change on all campuses.

"Eliminating bottled water would really push students to realize that we need to save our environment," said Antonietti. "I know that many students are willing to recycle because we know that it is the healthy thing to do for the earth."
Duke sex rate list raises questions of gender stereotypes

Andrew Orlandi
Staff Reporter

Duke University student Karen Owen has caused quite an uproar with an inside joke between friends become a national headline.

Owen made a 42-slide PowerPoint presentation explaining, in detail, her sexual experiences with attending Duke. In the presentation she named, showed pictures, and listed almost all of the men she had relationships with throughout her four years.

Owen sent the slideshow to her friend Elizabeth. Later realizing that others started finding out about it.

"Nothing is safe on the Internet. Even if it's a joke between friends once it's on the Internet it's not private anymore," said senior Emily Cordero.

Due to the nature of the Internet, many have seen the "presentation" in full or in part. Or have at least heard about what Owen's PowerPoint contains:

"I haven't seen the presentation in full. However, from the excerpts I've seen, it seems to be an excuse for promiscuity within her private life," said senior Patrick Mahoney. "I feel it hurts the academic reputation, but it's hard to treat as Duke. Furthermore, her efforts help add to negative stereotyping in regard to college-aged females."

Students like senior Lisa Gerolamo are appalled with what she has heard about Owen's behavior.

"I think it's disgusting. Regardless of gender, I just don't think it's appropriate. What goes on in your personal life should stay in your personal life," said Gerolamo.

"Due to the nature of the Internet, this should be punished, because what's going on is enough of a punishment. I think it's funny because you can just go on the internet and find out," said Nolan.

Senior James Loughren shares similar views on gender discrimination. "I personally don't see a problem with it. I think it's just to mix things up. At last, for the fourth and final try, I made it nice and quick over the phone - no waterworks, no physical abuse."

What can I say? I was weak. If any girl was going to say something, it was me to my first piece of advice in breaking up. If you are certain that you want things to end, even if she cries and begs and says she will give you anything you want, hold your ground and dump the broad. It will be better for the both of you in the long run.

One thing that I did correctly, however, with the aforementioned psycho girlfriend was that I gradually showed less and less interest in the relationship as the days passed. Although most girls tend to get the hint after you attempt to pancake them four times, you have to let them know.

Don't act like everything is great and you are perfect the two are perfectly the same of the sudden end. You have to build it up to it. Make it seem like there has been something wrong, giving her hints that the relationship is not really working out. Maybe say that you would rather have a night with the guys than stay in watching another chick flick with her. Hopefully, she will start to pick up on the clues and be not so caught up in things that are not important.

When she confronts you about the matter, drop the hammer.

Probably the most important piece of advice I can give you is if you are looking to end a relationship, don't do so by cheat ing. That only leads to a world of trouble that could have been avoided in the first place.

True, you will not have to deal with the awkward conversation, but in many cases, the place of that conversation you receive a full order of reaming out. Along with that comes a side serving of dirty looks and cold shoulders when she tells her friends and have ten kids. No, thank you.

"In terms of gender the legal charges would be worse in the case of a male, but from a social aspect he would be almost looked up to among his peers," she said.

Blackboard and Facebook in the 'mix'

Blended sites spark discussion, disagreement among students

Eri MacDonald
Staff Reporter

While many Sacred Heart University students spend their time throughout the day on both Blackboard and Facebook, would it be a good idea to combine the two? Some, like senior Karen Owen at Purdue University is now using a website that combines elements of the two. The website, Mixable, allows people to create an account and gain access to the website. However, many Sacred Heart students believe that this would cause more problems than it would solve.

"I don't think using this website would be beneficial," said senior Elizabeth Bronbacker. "Yes, both websites function as social networks, but in completely different ways. While Facebook combines the two may seem like a way to bring friends and networks together in the classroom, I think it would be just as effective, if not more, to keep using both websites separately."

Sophomore Eileen Slavin agreed, saying that the primary use of Facebook is for socialization and not for schoolwork.

"The temptation to socialize and procrastinate is much greater on social network sites than on a purely academic site like Blackboard," Slavin said.

While Mixable may bring some ease to students, many students believe that the combination may not be the best idea. "Many people can't multitask, so combining the two wouldn't be a good thing," said freshman William Clark.

The system allows students to decide how involved they want their Facebook to be with the website.

According to an article on Purdue's News webpage, "project leader, Daniel Bowen said, "Even if a student joins a Mixable group within Facebook, his or her other Facebook friends won't see this activity." However, a student doesn't want to combine Facebook with their academic life, they can still use Mixable as a separate tool and not part of its features."

Despite this option, Bronbacker said that not all students would feel comfortable combining something so important like Facebook with Web site such as Blackboard.

"Facebook is focused around friendship and communicating on a more laid back level, while something like Blackboard is mainly academic," she said.

Slavin agrees. "I would rather keep my social life on one website and my academic work on another," she said, "because combining them would only inhibit my ability to focus on work."
Remember the "good old days," when the beginning of September meant you already had ideas, diagrams, and sketches of the perfect Halloween costume? In my younger days, I remember the costume options seemed infinite. And I have to say I had some pretty creative ones: Rudolph the red nosed reindeer, a TV (yes an actual TV), and of course, Princess Jasmine. With Halloween only three days away and my time at Sacred Heart beginning to come to a close, I’ve come to realize that this may be my last chance to ask myself a very crucial question: what is up with college girls and their Halloween costumes? There are the classics, of course, such as the naughty nurse, scantily clad schoolgirl, the promiscuous pirate—the list goes on. Year after year I’ve witnessed the student body, myself included, raid Spencer’s and Party City days before Halloween, desperately trying to find the sexiest costume possible. When did this happen? When was the turning point where Halloween costumes went from a creative canvas to express your imagination to the equivalent of a wet t-shirt contest? I get that we’re all still young and able to express ourselves freely, especially by sporting certain costumes, but does this mean we have to lower our standards, degrading ourselves just because it’s "what we’re supposed to do at this age?" I say no. For those of you who enjoy walking around Bridgeport on Oct. 31 each year in six-inch heels and a bra and panties, more power to you. But for those of you who feel like you have to pick a trashy Halloween costume just because everyone else is, I say break the cycle. My advice? Be something dorky like Princess Leia, an iPhone, or your favorite cartoon character from back in the day. On this day where you could be anyone or anything you want, don’t let peer pressure override who you truly want to be.

Gang threats restrict options for enjoying Halloween festivities

In my four years at Sacred Heart University, I have heard many complaints about the school’s lack of social outlets. Bar closures, a crackdown on house parties in the surrounding towns, and lackluster athletics have all contributed to some students’ opinions that “Sacred Heart isn’t like a real college.” Now that Halloween is upon us and many of age students would like to go somewhere to celebrate, we are being told that it is not safe.

As we’ve been warned on numerous occasions, threats have been made regarding Bridgeport gangs targeting Fairfield University students in initiation rituals. It seems that students from both FU and SHU have less options than we already did for celebrating the Halloween weekend.

However, throughout my college career Sacred Heart students have been constantly struggling to find a fun and secure weekend destination. There seems to be no bars or nightclubs that safe and within a reasonable distance from campus. So for many students, safety is easily compromised when going about their weekend activities, as they end up choosing a shady establishment in a bad area of Bridgeport because they honestly have no better option. From the time we were freshmen, we have been told that our school is located in Fairfield, but this is not entirely true. The main campus may be in Fairfield (by the skin of its’ teeth), but Roncalli Hall, Christian Witsness Commons, Oakwood, Park Ridge, and Taft dormitories are all actually in Bridgeport. While many areas of Bridgeport are just like any other middle-class suburban town, the regions that almost all of the local bars are located in are not the safest areas. According to the website HomeSurfer.com, who took data from FBI Uniform Crime Rate database in 2008, “Bridgeport, Connecticut has a violent crime rate of 1,202 incidents per 100,000 people. This compares with a rate of 281 in Connecticut and a rate of 676 nationally. Lower numbers are better, indicating that fewer crimes happen per person in the population.”

What this means is that, “Bridgeport, Connecticut is in the 99 percentile rank in the state for violent crime. In this case, 99 percent of cities in Connecticut have crime rates equal to or lower than Bridgeport.” With many of Sacred Heart students frequenting bars and nightclubs in dangerous parts of Bridgeport, I believe it is the University’s responsibility to provide adequate security in these places. And if this is impossible, the school should provide other bars or nightclubs close to or on campus for students to enjoy. It is Halloween weekend after all, and we should be allowed to have fun just like every other student at every other college.

There’s no need to constantly poke and prod yourself all night to make sure you’re “covered up.” My theory is that there are a lot more people who do pick the trashier Halloween costumes, but would rather be dressed as something unique or fun (and might I add warm).

Even though many of us are conditioned into the routine of going out and buying a vamplike costume because that’s what everyone else does, make this year different. Break the mold. There are still a few shopping days left to get that Velerco-attachable cat tail or super-cool batman cape, because I think it’s still possible to capture the magic of “All Halows Eve” like we did when we were kids.

In my younger days, I remember the costume options seemed infinite. And I have to say I had some pretty creative ones: Rudolph the red nosed reindeer, a TV (yes an actual TV), and of course, Princess Jasmine. With Halloween only three days away and my time at Sacred Heart beginning to come to a close, I’ve come to realize that this may be my last chance to ask myself a very crucial question: what is up with college girls and their Halloween costumes? There are the classics, of course, such as the naughty nurse, scantily clad schoolgirl, the promiscuous pirate—the list goes on. Year after year I’ve witnessed the student body, myself included, raid Spencer’s and Party City days before Halloween, desperately trying to find the sexiest costume possible. When did this happen? When was the turning point where Halloween costumes went from a creative canvas to express your imagination to the equivalent of a wet t-shirt contest? I get that we’re all still young and able to express ourselves freely, especially by sporting certain costumes, but does this mean we have to lower our standards, degrading ourselves just because it’s “what we’re supposed to do at this age?” I say no. For those of you who enjoy walking around Bridgeport on Oct. 31 each year in six-inch heels and a bra and panties, more power to you. But for those of you who feel like you have to pick a trashy Halloween costume just because everyone else is, I say break the cycle. My advice? Be something dorky like Princess Leia, an iPhone, or your favorite cartoon character from back in the day. On this day where you could be anyone or anything you want, don’t let peer pressure override who you truly want to be.

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In my four years at Sacred Heart University, I have heard many complaints about the school’s lack of social outlets. Bar closures, a crackdown on house parties in the surrounding towns, and lackluster athletics have all contributed to some students’ opinions that “Sacred Heart isn’t like a real college.” Now that Halloween is upon us and many of age students would like to go somewhere to celebrate, we are being told that it is not safe.

As we’ve been warned on numerous occasions, threats have been made regarding Bridgeport gangs targeting Fairfield University students in initiation rituals. It seems that students from both FU and SHU have less options than we already did for celebrating the Halloween weekend.

However, throughout my college career Sacred Heart students have been constantly struggling to find a fun and secure weekend destination. There seems to be no bars or nightclubs that safe and within a reasonable distance from campus. So for many students, safety is easily compromised when going about their weekend activities, as they end up choosing a shady establishment in a bad area of Bridgeport because they honestly have no better option. From the time we were freshmen, we have been told that our school is located in Fairfield, but this is not entirely true. The main campus may be in Fairfield (by the skin of its’ teeth), but Roncalli Hall, Christian Witsness Commons, Oakwood, Park Ridge, and Taft dormitories are all actually in Bridgeport. While many areas of Bridgeport are just like any other middle-class suburban town, the regions that almost all of the local bars are located in are not the safest areas. According to the website HomeSurfer.com, who took data from FBI Uniform Crime Rate database in 2008, “Bridgeport, Connecticut has a violent crime rate of 1,202 incidents per 100,000 people. This compares with a rate of 281 in Connecticut and a rate of 676 nationally. Lower numbers are better, indicating that fewer crimes happen per person in the population.”

What this means is that, “Bridgeport, Connecticut is in the 99 percentile rank in the state for violent crime. In this case, 99 percent of cities in Connecticut have crime rates equal to or lower than Bridgeport.”

With many of Sacred Heart students frequenting bars and nightclubs in dangerous parts of Bridgeport, I believe it is the University’s responsibility to provide adequate security in these places. And if this is impossible, the school should provide other bars or nightclubs close to or on campus for students to enjoy. It is Halloween weekend after all, and we should be allowed to have fun just like every other student at every other college.

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday’s issue. All submissions are subject to editing for spelling, punctuation, and length. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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Oscar winning actor coming to Sacred Heart

Ernest Borgnine comes to Sacred Heart for a retrospective of his career and a talk with the actor

Nicole Mastroni
Staff Reporter

Mermaid Man is coming to Sacred Heart University. No, not the cartoon superhero from "SpongeBob SquarePants," but the voice behind the animated character.

Friday Oct. 29 kicks off what looks to be an Ernest Borgnine weekend on campus.

Starting at 12 p.m., the university's Theater Arts Program (T.A.P.) will host the Ernest Borgnine Retrospective in the Schine Auditorium where students and faculty alike can catch a peek of Borgnine's work.

In addition to the main event, Ernest Borgnine himself will take the stage at the Edgerton Center at 3 p.m. on Saturday, Oct. 30.

Borgnine, who goes by Ernie among friends and colleagues, has had success in both television and film for the past 60 years.

"I think it is so important that the students of Sacred Heart, and especially those in the Theatre Arts Program get to hear the life of such an accomplished actor," said senior Allegra De Vita, of T.A.P. "He has covered all fields, from film, to television, to Broadway, to voice animation. I'm sure he has many interesting stories to share from working under such varying conditions."

Born in Hamden, Conn. in 1917, Borgnine went on to high school in New Haven, but before he set his sights on the glitz and glamour of Hollywood, Borgnine went in a different direction.

According IMDB's website, Borgnine had a 10 year career in the Navy until 1945.

After a push from his mother, he began studying at the Randall School of Drama in Hartford, as well as working with Robert Porterfield's Barter Theater in Virginia for the next four years upon finishing the course.

Borgnine got his big break in 1949, playing a male nurse in "Harvey" on Broadway. Since then, Borgnine has been steadily working in film, television, and animated shows.

"His experience and knowledge make him a great resource, not just for T.A.P. people, but for anyone in the business and marketing area," said junior and T.A.P. member Lynn D'Ambrosi. "He has been around and he knows how the business, as well as the artistic side, of film works."

The list of Borgnine's film and television credits range from his most recent film release, "Red," to "Torpedo Run," as well as his appearances on "7th Heaven," "JAG," and "Touched by an Angel."

D'Ambrosi is not the only Sacred Heart student who is anticipating the event.

"I personally would find it interesting if I went to talk to him, because he's famous and you can get the idea of how he got involved in that business," said sophomore Krista Salinardi.

Jerry Goehring, executive director of the Edgerton for the Performing Arts, will take the stage with Borgnine at the beginning of Saturday, asking him questions in a similar fashion as shown on Bravo's "In-side the Actor's Studio."

"The whole reason we're doing this is to support the T.A.P., and for students to interact," Goehring said. "It's important for students interested in theatre to meet Academy Award winning actors."

Friday night's event is free of charge. Tickets can be purchased for Saturday's event at the Edgerton box office in the lobby of the Edgerton or call 203-371-7908. Ticket costs are $15 for students, faculty, staff, and senior citizens; $20 for general admission.

Back for more 'Paranormal' frights

Does second film live up to its spooky predecessor?

Venithda Sourisrnath
Staff Reporter

Who knew home security cameras were so handy. Not only can they film real-life intruders but also demon spirits. "Paranormal Activity 2" hit theatres this past Friday, Oct. 22, and it was nothing less than normal.

Writer-director Oren Peli's sequel to last year's box office hit has proven to be a commercial success, making Office hit has proven to be a commercial success, making for an interesting office hit has proven to be a commercial success, making for an interesting .

The film starts off before the events of the first movie even take place, which makes for an interesting interpretation of the overall story. The story centers on Katie's sister Kristi and her family, introducing their new bundle of joy. Hunter, to the family. The story takes place in an ordinary suburban home in Carlsbad, Calif. with a 16 year old girl Ali, and Dan the father, along with german shepard Abby.

The family experiences an unexplained break-in and immediately installs cameras around the house to prevent another home invasion from happening. But little do they know the events to follow would change their lives forever.

Having the security cameras allowed for several different camera perspectives, one filming the pool, the living room, the kitchen, the front door, the front entrance and the baby's bedroom.

Just when you thought this was going to be another sequel gone wrong, Peli takes you by surprise as he ties the movie in with last year's story line, centering it on the time before the murder of Micah.

The movie was successful for the most part because it did make me jump and scream at points, but other parts of the movie seemed to lag with no action going on. It seemed as if the director couldn't come up with enough low budget, do it at home paranormal antics to fill the movie with.

At one point it was confusing as to why the pool scene kept coming up because nothing seemed to going on in the scene.

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At one point it was confusing as to why the pool scene kept coming up because nothing seemed to going on in the scene. "Paranormal Activity 2.""

The demons are back and scarier than ever in the new prequel "Paranormal Activity 2."

I would definitely recommend going to see the second because it all ties together and gives you the 'ah-ha' moment. If you missed out on the first one see it first and then go see this, your mind will be blown.

Get Reel gives Paranormal Activity 2
Attention please, Taylor Swift is ‘Speaking Now’

Jamie Miller
Staff Reporter

After a rollercoaster year of both success and heartache, 20-year-old music superstar Taylor Swift is set to release her latest album, “Speak Now.”

The record, which hit store shelves on Monday Oct. 25, speaks to listeners about anything and everything.

Swift gets personal with her new album “Speak Now,” insight into her personal life.

“One of the things that makes this album different is that a lot of the time on my albums before this, I was dreaming about what relationships could happen if they were to work out or mourning the loss of a relationship that I could have had,” said Swift in an interview on People’s website. “On this one, if I’m missing someone, I’m missing an actual person that I was in a relationship with, and if I’m apologizing to someone, it’s about someone I was actually in a relationship with.”

Although her lyrics stem from her real life experiences, she leaves a certain ambiguity to her songs in the sense that her listeners can also relate their own life experiences to the tunes she is singing.

“I like how a lot of her songs are based on how she feels and about love and relationships,” said junior Courtney Shropshire. “Both the good and the bad and a lot of it is based on how she feels and all about relationships.”

Speaking of relationships, rumor has it that Swift’s list of not-so prince charmings, from Joe Jonas to Taylor Lautner, and even John Mayer may have been some of the inspiration behind some tracks, on the latest disk.

Recent speculation from the lyrics of “Dear John” has led listeners to play a guessing game of whether or not the song is actually about singer-songwriter John Mayer.

“Dear John, I see it all now that you’re gone. Don’t you think I was too young to be messed with?” sings Swift. “The girl in the dress, cried the whole way home. I should have known.”

Though Swift will not confirm or deny if Mayer is the actual “John” from the song, for now listeners will have to shroud in the mystery of Swift’s musical diary, despite the picture she paints through her lyrics.

“[I] only hope that people will be able to apply my personal stories to their life,” said Swift in an interview to Variety. “I like my lyrics to be specific and paint an accurate picture.”

“Speak Now” is currently available in stores and on iTunes.

‘One Tree Hill’ star to play Fairfield Theatre Company

Valentina Szlachts
Staff Reporter

Have you ever seen “One Tree Hill” or the 2007 indie comedy “Charlie Bartlett?” What about the Academy Award-Winning film chronicling the life of country singer Johnny Cash, “Walk the Line?”

If the answer is yes, then Fairfield Theatre Company has the show for you. Tyler Hilton—musician, actor, and all-around performer—will be playing at Fairfield Theatre Company on Oct. 30 at 7:30 p.m. and will be accompanied by former “American Idol” contestant, Joshua Leming.

Combining a rich, eclectic feel of music genres ranging from country, to harder pop, acoustic, and even rock, it is no wonder that Hilton’s music has gained the attention of students at Sacred Heart University.

“He seems to have a very country feel to his music with a kind of 90s music feel in the background,” said Jeff Therkelsen, a junior.

“I can only hope that people will be able to apply my personal stories to their life,” said the actor-singer-songwriter. “I like how a lot of her songs are based on how she feels and about love and relationships.”

Yet his music is not all about pushing through the storms. According to Hilton’s website, “His music style is a mixture of pop and acoustic rock and reminds me greatly of Jesse McCartney. It’s harder pop music.”

Hilton is no newcomer to the stage. The 26-year-old singer-songwriter, actor, and guitarist dropped his first major-label album, “The Tracks of Tyler Hilton” in 2004. The success of his first album, which gave rise to such Top 40 singles like “How Love Should Be” and “When It Comes,” was what kept Hilton signed to Warner Bros., even after his original record label, Maverick Records, went out of business.

His latest album, “The Storms We Share,” which is due for release in early 2011 according to Hip Online, is a “vividly drawn, emotionally resonant snapshot” of his early years. And to those who are drawn to the new, exciting, diverse music style that Hilton embodies, “Storms,” is a must-have for any music collection.

“I wanted to make a great pop record, which is a big step for me to even say because ‘pop’ felt like a dirty word for so long,” Hilton said on his website. “I also wanted to make an modern Americana record. I come from country, folk, and blues music, that’s what my family plays, that’s the music I grew up on. So we’ve got pedal steel guitar, banjos, and mandolins, but it’s definitely a pop record.”

Yet his music is not all about pushing music barriers.

To find out the next stop on Hilton’s up-coming album strikes a deeply personal chord.

Hilton stated on his personal website, “Everyone shares one common thing — weathering the storms together. That’s what ‘The Storms We Share’ is about. It’s a metaphor about recognizing that we all need to be encouraged to weather the storms.”

To find out the next stop on Hilton’s tour and to hear the latest happenings from Tyler himself, check out his official website www.tylershilton.com.
FACE AROUND CAMPUS.

Rob Coloney can always be found with a smile on his face around campus.

Danielle Vuotto
Staff Reporter

"I came to school not knowing anyone, and wanted to start a new chapter in my life," said Rob Coloney, junior at Sacred Heart University.

And he certainly has. Coloney, the vice president of both judicial affairs and WHRT radio station, has established great relationships with students, administration and faculty.

"Rob is probably one of the most hard working students at Sacred Heart," said senior Kelly Leather, student government president.

He is currently a busy undergraduate student, but his time in college is coming to an end, as he will be graduating this fall, one year and a semester earlier than the rest of his classmates.

"To me, the upside of graduating college early is to take advantage of real life opportunities that are awaiting you," he said. "I have to be cognizant of the fact that in my desired line of work [that] if I do not leap at every opportunity, I may miss the boat on a chance of a lifetime."

When offered an internship with the Yankees two years ago, Coloney had confidence that his dream career could come true.

"A job in sports broadcasting is very tough to come by," he said. "When I was offered an internship with the Yankees, I knew I was getting the opportunity of a lifetime."

Right now, Coloney is working as a production assistant in the scoreboard and broadcasting department, and in January, he will become a full-time employee.

"I am in my second season with the team, and my opportunities are getting more and more prevalent," he said.

"The concept that I have actually achieved a goal of mine so early in my life will certainly be tough to comprehend."

With almost three years behind him, Coloney is thankful for his time at Sacred Heart.

"Sacred Heart enabled me to have something that was important to me...immediate air time on the radio," he said.

"It was because of the immediate air time, and not time in a classroom, that I was able to work on, improve, and perfect my skills behind the microphone, which enabled me to gain a comfort zone."

Coloney prides himself on his accomplishments thus far, and as his time here comes to an end, Coloney will not forget where his passion and strength came from.

"Coming to this realization is tough, but I have to hope that the relationships I have built thus far in college are stronger than the fact that I am leaving one year earlier than most of my friends," he said.

As for the future, he gives credit to his show, "The Rob and Spider Show," which he started his freshman year with close friend and Canada native, Michael Leboff.

"It immediately became a favorite not only on campus, but worldwide," Coloney said. "We had listeners as close as New Jersey and New York, and as far as England and Canada."

Ultimately, it was because of this show that Coloney feels he earned the job in the Bronx with the Yankees.

"The rest, as they say, is history," he said.

THE SPECTRUM/VANESSA SAGGIANO

Rob Coloney can always be found with a smile on his face around campus.

HOW TO...tailgate, Spectrum style

Andrea Gorkofsky
Staff Reporter

With the fall season comes a new season for many students' favorite sport: football. Whether you are watching the game live at Sacred Heart or even at The New Meadowlands Stadium, a good tailgating experience will only make the game that much better.

Sure, you can get there three minutes before kickoff and grab a hot dog to enjoy in your seat, but why not celebrate your team and start the party three hours before?

According to an article from About.com, "It is important to recognize that most tailgating delicacies are high in fat and cholesterol, so give yourself permission to enjoy."

Recent graduate Wayne Morgan, recently attended Alumni weekend. He showed up hours before the Pioneer football game, just to tailgate with friends and enjoy his favorite part of the day: tailgating food.

"To have the perfect tailgate experience, you need lots of food such as six foot subs, ribs, steaks, chicken, potato and macaroni salad, regular salad, and obviously a grill to make it all happen," said Morgan.

Now that your mind is filled with thoughts about game-day cuisine, here are a few more ways to get the ultimate tailgating experience:

1. Have a functioning alarm clock to wake you up on time. The earlier you get to your tailgating destination, the better parking spot you will get (preferably an end spot on the grass).
2. Make the person who owns a truck or SUV drive. The more room in the vehicle, the more fun items you can bring.
3. Buy a grill ahead of time— it doesn't have to be special. A $50 portable grill from Wal-Mart will get the job done.
4. Now that you have a grill, you need food. Morgan had the right delectable items to bring, but the classic hamburgers and hot dogs are always crowd pleasers.
5. Games. You need some sort of fun game to keep the crowd you tailgate with entertained. "Corn Hole," a bean bag tossing game, is usually a success.
6. Last but not least, nothing shows team spirit like an obnoxious air horn and a large glittery sign to march around the parking lot with.

THE SPECTRUM/ZACK LASSER

Die-hard Jet fans tailgate in anticipation for the game to begin.
IPAD BREAKS INTO ACADEMIC SPHERE FOR CLASSROOM DEBUT

Jessica Colucci
Staff Reporter

Imagine being able to download textbooks, connect with classmates and plot graphs in the same electronic device. Incoming freshmen and new transfer students at Sacred Heart University are now able to do just that.

According to a press release from the C.W. Post Campus at LIU, the distribution of iPads to new students began at 9 a.m. on Thursday, September 23. Carlie Dragon was the first student to receive one.

"They're a lot cheaper, and it's a lot easier than carrying traditional paper books to class," she said.

Courtney Scharpf, a junior at Sacred Heart University, agreed.

"I think it's beneficial considering the state our economy is currently in," she said. "It seems that working with iPads is cheaper overall than working with books and computers."

Although they may be cheaper, they do have some disadvantages.

"The iPad is not a full-featured computer," said Mike Trimble, vice president of information technology. "You can only do one task at a time. You can't, for example, chat using an instant messaging program while doing any other task like surfing the net or listening to music."

"The iPad doesn't work with flash (Adobe) and most of the imbedded video or animation on the Internet is flash based," he said.

"The iPad doesn't have a camera. For some folks this is a big deal," he said. "The most interesting part because Skype video calls using an iPad would have been the killer app."

For Trimble, laptops are the smarter choice when doing schoolwork.

"Laptops are typically going to have more hard drive storage, greater memory, a faster processor, larger screen, and full sized keyboard," he said. "On many laptops you will have a more game-worthy video card and more external connection possibilities."

Instructional designer for information technology and senior Sam Dowd agreed, finding only a few advantages of the electronic device.

"The iPad is helpful mainly because of the versatility of the App Store," he said.

"It is the only device that can do hundreds of thousands of things because of the apps in the App Store. So easy of turning the iPad into a presentation remote, a video display, and touch sensitive map, etc is easier."

There are a few more pluses to Dowd's list. "The iPad is lighter than any laptop I know of and battery life is longer as well," Trimble said.

Many find it favorable that you possess the ability to download books.

"I think this is absolutely great. Digital technology can do so much more than digital print displayed," Trimble said. "I believe this new capability is going to be great for student learning."

Much like other professors at LIU, Dr. Arvid Borde, a senior professor of mathematics, plans on incorporating the technological addition into his classes.

"With a few easy tweaks on an iPad screen, it would be possible to get students to do things that would be hard for them to otherwise do," he said.

"They can study mathematical behavior graphically by plotting (with ease) two-dimensional and three-dimensional graphs. They can do calculations. They can explore the uses of mathematics via the internet."

However, some people at Sacred Heart feel that iPads, like laptops, will be a distraction in the classroom.

"I think that most teachers will not allow them in class because you can go on facebook and staff," Scharpf said.

"So what is the difference between iPads and laptops?"

"For students, portability is a factor," said Dowd.

"The iPad is going to be much easier to carry around than a laptop. Is it as effective? No, probably not. But it's easier to carry!"

Black Rock's hidden gem: Lucy's Kitchen

Maile Hetherington
Staff Reporter

Eating out offers a great convenience for anyone on the run but it can be a challenge. "I often can't start to add up. Lucy's Kitchen, located on Black Rock Turnpike, is an inexpensive option for those looking for a bite to eat."

Although it is a relatively small restaurant with seating for about 20 people, including tables and bar seating, it is always buzzing with customers craving something fast and delicious.

A fun addition to the décor of Lucy's Kitchen is a stripe of chalkboard paint circling all the inside walls of the building. Customers are free to use the chalk sticks, scattered around the restaurant, to sign, draw, and leave messages on the walls.

Diners order their meal from a handwritten menu on the chalkboard wall and seat themselves until their food is ready.

"I'm so happy the food is made to order," said sophomore Kelsey Freeman. "I've been to sandwich restaurants in the past and I'm not able to customize my order because it was pre-made. You can taste the difference."

Lucy's Kitchen offers over 30 delectable sandwiches and Paninis. There are 10 different house specials, all with memorable and unique names.

In addition to the more traditional Panini's, there are some unusual options to choose from like the "FGC," which is a chicken cutlet, mayonnaise, American cheese, ketchup, salt, pepper, and pickles.

If you are feeling adventurous try "Broodwich," an interesting fusion of grilled chicken, chipotle mayonnaise, bacon, lettuce, macaroni salad, and cheese.

All of the different and flavorful contents are pressed between thick circles of pita bread. However, the menu also includes wraps like the "Soft Taco Wrap" with ground beef, assorted cheeses, lettuce, and tomato, plus classics like the "Chicken Caesar Wrap."

Lucy's Kitchen offers breakfast all day long, most of the breakfast sandwiches are under $3. Bacon, egg, and cheese or "The PG," made from steak, bacon, egg, and cheese with ketchup and hot sauce is sure to fill you up on a cold day. They even include a complimentary coffee.

On a cold day, a big bowl of soup may be a great choice. Help yourself to a range of sizes from 12 fl oz - 32 fl oz for the reasonable prices ranging from $3.25 - $8."

Portions are healthy and not overwhelming and you definitely get your money's worth. You can choose any Panini or wrap sandwich on the menu for a bargain price of $6. Better yet, only $5.50 for students. Or make it a meal and add a 16 oz soda or waffle fries for only $1.

I ordered a vegetarian Panini with fresh mozzarella cheese, basil, and juicy tomatoes and added a side of fries. There was hardly any wait for my meal and it was really easy to enjoy in restaurant's relaxed atmosphere.

What makes Lucy's Kitchen special is its operating hours. This restaurant offers "Good Food To Go" from 7 a.m. - 6:30 p.m. on Monday through Wednesday, 7 a.m. - 7:30 p.m. on Thursday and Friday, 9 a.m. - 7:30 p.m. on Saturdays, and 10 a.m. - 3:30 p.m. on Sundays.

I love that it is open early for breakfast because that way I can stop at Lucy's Kitchen quickly in the morning before class, grab my meal, and be out the door in no time," said senior Mydori Sanford.

Overall, Lucy's Kitchen is a great place for busy students at Sacred Heart because it is inexpensive, convenient, and delicious.
On Deck

Tomorrow

Field Hockey @ Siena
Field Hockey vs. Colgate
Field Hockey vs. St. Francis (PA)
Field Hockey vs. Wagner
Field Hockey vs. Monmouth

Saturday, October 31

Football
M. Soccer vs. Robert Morris
M. Ice Hockey vs. Colgate
M. Soccer vs. St. Francis (PA)
M. Soccer vs. Robert Morris
M. Soccer vs. Wagner

Scoreboard

Friday, October 22

M. Soccer vs. Quinnipiac
W. Soccer vs. St. Francis (PA)
M. Ice Hockey vs. Colgate
M. Ice Hockey vs. St. Anselm
M. Cross-Country @ NEC

Saturday, October 23

Field Hockey
W. Soccer vs. Robert Morris
W. Volleyball vs. Army

Sunday, October 24

Field Hockey
W. Soccer vs. St. Francis (PA)
W. Volleyball vs. Robert Morris
M. Soccer vs. Robert Morris

Left: A Sacred Heart defender makes a tackle. Right: Junior wide receiver Rich Rossi (#11) hauls in a pass in this past Saturday's game.

Pioneers stop six game skid
Beat Georgetown on Family Weekend

Liam Roecklein
Asst. Sports Editor

In 1981, Tom Petty and the Heartbreakers produced a platinum single titled, "The Waiting," that famously detailed that the waiting is the hardest part. Well waiting for a win to finally come was definitely the hardest part for the Sacred Heart University football team who waited six weeks for a win before they defeated Georgetown University 33-20 Saturday at Campus Field.

The win brought many cheers at this week's home game, as the University also celebrated 20 years of football games and family weekend, which brought one of the biggest crowds of the year.

"We prepared very hard this week our coaches reminded us that Georgetown wasn’t taking us seriously," said junior wide receiver JoJo Jamiel. "They looked at our offense with 295 yards and two touchdowns, but there were also some key plays made by freshmen Pioneers that kept the game securely in hand. Dale played a great game and made some great decisions," said senior quarterback Ray Sheehan. "But there were two freshmen, Alex Aitkens and Chris Nahat that forced big turnovers that helped us to win the game."

Chris Nahat’s turnover played a major role in shifting the momentum of the game, blocking a punt and returning it for a touchdown that brought the crowd to its feet.

"Before Nahat blocked the punt the game was still in reach," said Jamiel. "But when he returned the block for the touchdown you could hear the crowd really get into it and we knew that the game was ours to win."

The Pioneers are happy to finally return to their winning ways, especially against a good Georgetown team. "It’s definitely a great feeling to win again," said Sheehan. "Hopefully this gives us a little momentum for the last few games and it carries over to rest of the games this season."

However, the struggles of the past month and a half were an arduous task for the Pioneers to overcome. "This game definitely came at no better time. The season prior to this game was similar to the whole quick sand thing," said Jamiel. "No matter how hard we tried, we just couldn’t get out of the hole. So we are very proud of the way we played this weekend against a Georgetown team that we beat them in every phase of the game."

The win also came on a great day for Sacred Heart University, as the school celebrated the 20th anniversary of the football program by remembering the players from the inaugural 1991 team. "Before the game many of the members of 1991 team were honored by calling their names and numbers on the field," said senior Brittany Brown. "The ceremony also recognized the team’s original coach, Gary Reho, and the school’s effort to make the program what it is today."

But the best way to honor the past is to win in the future, and the Pioneers are certainly anticipating more victories. "We’ve got three games left, and if we can go out and finish the season beating three in-conference opponents that would be great for us," said Jamiel.

Next week the Pioneers travel to Monmouth to take on the Hawks in a NEC matchup at 1:00 p.m.

Football Season Leaders

Rushing (Total Yards)
Marcel Archer - 607 yards
Gregory Ibe - 415 yards

Passing (Total Yards)
Dale Fink - 1878 yards
Ray Sheehan - 1039 yards

Receiving (Total Yards)
Rich Rossi - 450 yards
Mark Uyeno - 339 yards
Garry Coles - 285 yards

Touchdowns (Total)
Dale Fink - 10
Marcel Archer - 10
Rich Rossi - 5

Pioneers - 33
Hoyas - 20
Men's hockey breaks the ice with home opener

Jessica Orser  
Staff Reporter

The Sacred Heart men's hockey team home opener against Canisius College was certainly a tough one. In the end they stopped 4-1 to the visiting Golden Griffins.

The Pioneers were coming off a strong 2009-2010 campaign. They tied the program record for wins in a season (21), set the school record with a 12-game unbeaten streak, and reached the Atlantic Hockey Association championship game as the conference's second-seeded team.

“We were really excited for this weekend’s matchup for several reasons,” said freshman forward Dominic Janceterino. “Most importantly, our losses against #19 ranked Union has left a bitter taste in our mouths for the past two weeks, as we have had no games since.”

Teammate Matt Gingera couldn’t agree more. “Home openers are always fun because everyone is looking forward to play in front of our fans and the band for the first time. But at the same time we need to concentrate on beating Canisius, after a good week of practice we want to bounce back after the beginning of the season.”

The Pioneers were geared up and ready for Friday night’s game. “It was a lot of fun playing in our own barn this weekend in front of the Sacred Heart faithful,” said Janceterino.

Sophomore goalkeeper Stephen Legatto made an astounding 32 saves in net on Friday. The Golden Griffins couldn’t be held back all night though. “On Friday night there was a lot of emotion since it was our home opener and we had a lot of students out at the game so we wanted to put on a good performance,” said Legatto.

“We were a little nervous before the game but we started out well with a lot of speed which helped us. We had a solid effort through the first two periods but in the third we took a penalty and they got a power play goal which kind of killed our momentum,” he said.

Preston Shupe led Canisius Friday night, scoring twice in the third period, including the game-winning goal. His goal came after a five-minute power play for the Pioneers, who were unable to score. The penalty for the Pioneers was issued for too many men on the ice.

Assistant senior captain Evan “Chip” Mladenoff had his first goal of the season, scoring only 32 seconds into the second period. He rushed the net and scored, knocking in a rebound off a shot from teammate Eric DeLong.

Friday was an improvement from two weeks ago against Union College and Saturday night was an improvement from Friday night, said Mladenoff. “We lost 4-1 on Friday. We need to stay out of the box as a team.”

After Friday’s loss, the team knew what they had to do in order to improve for Saturday. “Friday’s game was good in parts, but we did not play a full game of Sacred Heart hockey. We had some trouble scoring and getting outworked in some aspects of the game,” said Anthony Yelovich.

After their tough loss on Friday, they came ready to play on Saturday. “On Saturday we wanted redemption so we came out flying and got the first goal which was huge for our confidence,” said Legatto.

The Pioneers held their own on Saturday and looked like a totally different team. They fought into overtime with the Golden Griffins, with the game ending in a 3-3 tie.

The team has nothing but good thoughts as they skate on through the season, ready to take on whoever crosses their paths.

“If we can play a full 60 minutes like we did in the second period of Friday night, then we will beat most teams. Saturday night we came out strong, right away, with David Berube scoring on the first shift. Canisius tied it up, but we were still playing well,” said Mladenoff.

The Pioneers have their next game at the arena at Harbor Yard in Bridgeport on Nov. 6 when they host American International College.

“It would have be nice to have got the win but we are getting better every game and growing together as a team so we will be getting some wins soon and climb up in the standings,” said Legatto.

Due to a recent partnership Sacred Heart will play host to five Atlantic Hockey Association match ups at the Arena at Harbor Yard. The games will be part of a doubleheader with the Bridgeport Sound Tigers game following.

The Sound Tigers, of the American Hockey League (AHL), are the farm team to the New York Islanders of the National Hockey League (NHL).

Senior day caps women's soccer season at home

Erin Burke  
Staff Reporter

The Sacred Heart University women’s soccer team had a busy weekend, with two home games, senior night and stands full of parents visiting for the weekend.

They started on Friday night, facing off against St. Francis (PA) under the lights at 7 p.m. Sacred Heart started the game flat footed, as St. Francis was able to score two goals in the first half.

The first was scored just five minutes into the half. Sacred Heart fought back hard but St. Francis netted a second one with just under two minutes left in the half.

“Mentally, I think that was tough to overcome, but we came back fighting in the second half,” said junior Samantha Kee.

Sacred Heart came out firing in the second, out shooting St. Francis 17-9. Unfortunately they were not able to score. The final was 2-0, with St. Francis taking the victory.

With the win, St. Francis took control of second place in the Northeast Conference. Sacred Heart was obviously disappointed with the loss but had their eyes focused on a bigger task, Sunday’s faceoff against Robert Morris and their Senior Day.

Needless to say, Sacred Heart bounced back, beating Robert Morris 4-0.

“Friday was difficult we didn’t get the result we wanted but the team came back and worked very hard on Sunday to get a great win,” said head coach Kimberly Bannerman. “It was our seniors last home game and they all played amazing.”

Sophomore Jen Malvey started the game with a bang, scoring twice in the first half. The first being just eight minutes into the game. Just over 10 minutes later, Malvey scored a header off a corner kick from freshman Alyssa Brandofino.

Brandofino was also named as the Adidas/ NEC Defensive Player of the Week.

Junior Amanda Stiles scored her fourth point of the season with about two minutes left in the half, giving Sacred Heart a 3-0 lead going into half time.

Senior Alex Mack also tallied some points with two assists for her last in-season home game. While, sophomore Mikaela Wolf scored her first collegiate goal in the second half to finish off Sacred Heart’s offensive domination.

In addition to having strong offensive pressure, our goalkeeper Robert Morris 22-8, Sacred Hearts defensive was impenetrable. Robert Morris only had two quality offensive threats, both of which were easily stopped by senior Goalie Meghan Reichelt.

Reichelt earned her 19th career shutout in her last home game as a Pioneer.

Although Sacred Heart played an overall impressive game on Sunday, Banner was not completely satisfied.

“We are still in the hunt for playoffs with two very tough teams that we play this weekend,” said Banne. “So this week we need to work on reaching our goal”. Sacred Heart will continue their quest for a playoff spot next weekend against two other local teams. The Quinnipiac University Bobcats will be their first challenge this Friday, Oct 29 at 2 p.m. at Quinnipiac.

Then on Sunday Oct 31, Sacred Heart will travel to Central Connecticut State University for their last game of the season at 1 p.m.

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The Spectrum/Zack Lane

Freshman forward Tye Lewis (#12) carries as the pack and fights off a defender.
Blacked out: Fox vs. Cablevision keeps fans in the dark

Ryan Hannable
Asst. Sports Editor

It’s Tuesday night. The NFL is a staple of weekly prime-time TV and is almost as much a part of the American fabric as hot dogs and baseball. The biggest week of the NFL season has arrived, and it is a time when many people rely on TV to catch the action. However, this Tuesday night, many people watched the games on Hulu or didn’t have the energy to watch them at all. The reason for this is that a dispute between Fox and Cablevision is still going on and has affected the network’s ability to deliver its programming to millions of viewers.

The dispute began in 2008 and has been ongoing for several years. It is centered around the price that Cablevision is willing to pay for Fox programming to be carried on its network. According to USA Today, the main reason for the dispute is that the two sides cannot agree on the price that Cablevision should pay for Fox programming.

According to USA Today, the main reason for the dispute is that the two sides cannot agree on the price that Cablevision should pay for Fox programming. The price dispute has led to the blackout of Fox programming in some areas, including large cities like Philadelphia and New York. The blackout has affected customers who have refused to pay the increased price asked by Fox.

The blackout has already affected many NFL games. The Saints won their game against the Browns in Week 6, and many fans were upset that they were unable to watch the game on Fox. The lack of coverage has made it difficult for fans to follow their favorite teams. The situation has become even more frustrating for fans who are unable to watch the games on other networks.

The situation could get even more heated if the NFL and the cable companies are unable to reach an agreement. The NFL is trying to get Cablevision to pay a fair price for its programming, and the company is trying to negotiate a deal that is fair for both sides. It is possible that the dispute could continue for some time, which would mean that many fans would be unable to watch their favorite teams.

The NFL is trying to make the best of the situation, and it is trying to provide fans with as many options as possible. The NFL is working with other networks to provide fans with alternate ways to watch their favorite teams. The NFL is also working with the cable companies to try to reach a deal that is fair for both sides.

In the meantime, fans are left to figure out how to watch their favorite teams. Some fans are watching the games on Hulu, while others are watching them on other networks. For some fans, the situation is frustrating, and they are left wondering what they can do to watch their favorite teams.

The NFL is hoping that the situation will be resolved soon. The NFL is working hard to make sure that fans have as many options as possible to watch their favorite teams. The NFL is trying to make sure that fans can continue to enjoy the game as much as possible, even if the situation continues to be difficult.

Week seven of the NFL was probably the most unpredictable weeks of the season. It saw many upsets, injuries to big name players and some unbelievable performances. Here is the best and worst from Minnesota Vikings.

Best game: Green Bay Packers over Denver Broncos

The Packers scored the most points in franchise history in their demolition of the Broncos 59-14. The Broncos gave up 324 yards rushing to a Raider team that came into the game with a 2-4 record. The Raiders scored 38 points in the first 24 minutes in the game and rolled from there. The Raiders also forced three turnovers in the game. Coming off an awful week in week six, Jason Campbell rebounded with a solid week seven. He threw for 204 yards, two touchdowns and no interceptions.

Best player performance: Darren McFadden, Oakland Raiders

McFadden was simply unstoppable in Sunday’s Raiders beating of the Broncos. He finished with a Raider record tying four touchdowns. Three of them were rushing, and he caught another one. He also ran for a total of 165 yards on 16 carries. This was good for 10.3 yards per carry. He also caught two passes out of the backfield for 31 yards. Coming into the game McFadden had only two touchdowns all season. This was definitely a breakout game for him. This is his third year in the league. He was the Raiders first round pick in 2008, and it was the fourth overall pick of the draft. McFadden will look to lead the Raiders to another win next week against the Seattle Seahawks.

Worst player performance: Jay Cutler, Chicago Bears

Cutler continues to struggle this sea­son with the Bears. He continued the downward trend in Sunday’s 17-14 loss to the Washington Redskins. The loss drops the Bears record to 4-3. Cutler finished the day 26-40, for 281 yards, one touchdown and three interceptions. Aaron Rodgers led the Packers, throwing for 295 yards and two touchdowns.

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Best game: Green Bay Packers over Minnesota Vikings

This was Brett Favre’s second trip back to Green Bay since leaving the Packers the last three years ago, but the Packers spoiled the hometown winning 28-24 in a thriller. Favre threw a pick-six in the fourth quarter that put the Packers ahead 28-17, and it was too much for the Vikings to overcome. Favre injured his ankle late in the third, and hobbled around the field trying to lead the Vikings back, but Favre’s mistakes proved too costly. Favre finished 16-29, for 210 yards, one touchdown and three interceptions. Aaron Rodgers led the Packers, throwing for 295 yards and two touchdowns.

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Baseball’s postseason has been affected by the on going Fox-Cablevision dispute.

According to USA Today, the main issue between the two companies is money. Fox is trying to get Cablevision to pay more for airing Fox shows and programs. Before, Cablevision paid Fox $70 million for the rights to Fox programming. Fox is now demanding $150 million and Cablevision does not want to pay the double price increase. Fox says that other distributors of Fox programming have agreed to the same $150 million price.

Both sides have been negotiating the past few weeks, but still no deal has been reached yet. According to USA Today, Cablevision does not want to agree to this new deal because they would have to charge more to customers and they do not want to do that because of the economic crisis. Fox feels that people would subscribe to Cablevision if they did not air Fox’s sports and entertainment. They feel that the price jump is justified.

This dispute could get more heated, and customers even more frustrated since the World Series began yesterday and it airs on Fox. With the World Series being the second most popular sporting event, Cablevision customers would be outraged if they could not watch such a major event.

The blackout has already affected the baseball postseason. Since the NLCS, between the Philadelphia Phillies and the San Francisco Giants was aired on Fox it could not be viewed in the areas where the blackout has affected customers subscribing to Cablevision.

It has already affected NFL games as well. Fox usually carries one or two games every Sunday afternoon. New York fans missed last Sunday’s Giants game, while Philadelphia Eagles fans were not able to view games the past two weeks. Customers wanting to watch these games have had to find other alternatives.

Senior Sam Silliman has a different take on the whole issue. “I really hasn’t affected me. I don’t watch too many shows on Fox, and I’m not that big of a football fan where I need to watch every week. There are more important things to worry about, and maybe people will realize that with Fox being blacked out,” said Silliman.

Week seven: The best and worst of the NFL

Ryan Hannable
Asst. Sports Editor

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Minnesota's Brett Favre gets thrown down by Green Bay's Clay Matthews.

The Browns upset the defending Super Bowl Champion Saints by score of 30-17. The Saints came into the game with a 4-2 record, while the Browns were 2-4. Drew Brees struggled on the after­noon throwing four interceptions including two David Bowens. He returned both for touchdowns. The Browns defense was the key to the victory. Colt McCoy made his second career NFL start at quarterback for the Browns and managed the game well, not making any mistakes and keeping the Browns in the game. Peyton Hillis led the Browns offense finishing with 69 yards and a touchdown.

What to look for in week eight:

Week eight will surely be an interesting one. Will Brett Favre continue his con­secutive start streak when the Vikings travel to New England and take on the Patriots in Randy Moss’ return to Foxboro? How will the Cowboys fair without their start­ner Tony Romo, who broke his collarbone Monday Night? Can the Buffalo Bills get their first win of the season when they travel to Kansas City and take on those popping playing a key game this weekend pins the Pittsburgh Steelers taking on the New Orleans Saints on Sunday Night Football. The Steelers have established themselves as a NFC powerhouse, while the Saints are still trying to find their identity. All the excitement begins Sunday at 1 p.m.
A DAY IN THE LIFE: SACRED HEART ICE HOCKEY

Al Malafronte
Staff Reporter

Long before they lace up their skates and head onto the rink, a day in the life of a Sacred Heart University men's or women's ice hockey player revolves heavily around one key component: preparation.

"Preparation before a game is one of the most important aspects of the game," said senior Dave Berube. "We have a really busy schedule and our season goes from October to May. Basically, we lift at 6:30 in the morning and are at the rink from 12:00 p.m. to 3:00 p.m."

High-tempo practices from Monday to Thursday allow players the opportunity to work on what they want to bring to their games. Coaches set the tone for the week ahead, and are accompanied by film sessions from previous games to analyze what the team did well and what they can do better.

"You play like you practice," Berube added. "We play every weekend on Friday and Saturday nights; from Monday to Thursday, we work on what we want to bring to our games."

This routine comes second-nature to upperclassmen like Berube, who is entering his fourth year in the NCAA. With that comes an added responsibility of making newer, younger players comfortable in order to enhance team chemistry and create a healthy locker room environment.

"As a senior you always try to make the new guys feel comfortable," said Berube. "You want them to feel like they are a member of the team right away. We have a really young team, and we all know that in order to be successful this year, everyone will have to contribute. We hang out a lot and we always try to have a team activity on Sunday, our only day off."

When game-day around, the theme of mental focus is constant when maximizing performance, and utilizing the discipline from practice the week prior.

"I always get a pre-game nap in around 1 p.m., visualize the game, me making saves and playing well," said sophomore goalkeeper Steve Legatto. "Right before games I throw a lacrosse ball around, and skip rope to get my mind and body ready for the game."

Once the game begins, things change and the game slows down. Especially for Legatto, who's every move as goalkeeper can make or break the game.

"During the game I try and be aggressive and intense, but patient to see the puck," Legatto said. "I keep my mind blank of all distractions that may occur and also be loose so I can react easier to pucks, because when you are nervous or tight that is when goals occur."

The culmination of the team's preparation during the week is what brings things full circle. The reward of winning, however, is second to none for a player.

"To win a game is the best feeling ever," Legatto said. "It is almost like opening the present you have been hoping for on Christmas morning. Since we don't play many games in the NCAA, every game is so important, so when you win it is an amazing feeling."

The logistics of the sport are no different for the women's team either. Throughout the course of their six-month season, preseason lifting and conditioning, honing of individual skill, and the advancement of team system are all prevalent factors when ensuring the best results on the ice.

"Our goal is to be the best conditioned team so that we will be able to outlast our competitor in the third period," said junior Nicole Palozzo. "Not only do we have to prepare for practices and games physically but we have to prepare mentally as well."

In addition to the strenuous efforts that occur during the week before games, Palozzo believes it's the little things that occur throughout a week of practice that generate the best results for the team.

"I always get a pre-game nap in on Sunday, our only day off."}

PHOTO OF THE WEEK

Junior forward Matt Gingera (#26) looks to pass the puck to a teammate during the Pioneers' second game against Canisius.

Men's soccer splits two with QU and CCSU over weekend

Whitney Hughes
Staff Reporter

The Sacred Heart University men's soccer team went 1-1 over the weekend in two conference games. The Pioneer's fell to the Quinnipiac Bobcats, 2-0, in the first match up. While the victory came against Central Connecticut State University, 1-0, in the second.

The loss against Quinnipiac weakened Sacred Heart's record to 9-4-1 over all and 4-2-1 in the Northeast Conference. Going into the game the Pioneers sat atop the Northeast Conference leading nationally ranked (#13) Monmouth University.

Sacred Heart's preparations for Quinnipiac were not enough.

"We didn't really come out the way we wanted to," said sophomore forward Justin Brewer. "We broke down in the first half and we paid for it."

The Quinnipiac Bobcats scored their first goal in the 19th minute of the contest. With less than two minutes left in the first half, the Bobcats added their second and final goal of the game to the scoreboard.

The Pioneer's began the second half with a different strategy but it was not enough to come out victorious.

"In the second half we had to adjust and we stepped it up but unfortunately we couldn't get the job done," said Brewer.

Sacred Heart's junior goalkeeper, Alex Fait, made five saves on the day. With the Pioneer's being outshot 17-14.

"I just wanted to stay focused from the game and we will use that to are advantage for the game at Central Connecticut State," said Brewer.

Brewer and the Pioneer's used their new found knowledge and were victorious in their second game of the weekend versus the Central Connecticut State Blue Devils.

Sophomore defender, Marcello Castro, was able to score his fifth goal of the year. The goal, which was the only one of the game, occurred at the 77-minute mark.

Brewer was able to cross the ball to senior, Lusiano Dadario, who was in the box. Dadario then passed to Castro who was able to place the ball into the back of the net and seal the Pioneer's victory.

Castro's goal makes him the lead scorer for the Pioneers this season.

"I always get a pre-game nap in after a game, win or lose, I always try not to bring the game home with me," Palozzo said. "Hockey to me is just a game and I play it to have fun. If we had a tough loss I don't let it affect the rest of my life or ruin the rest of my day. I learn from it and move forward."
Shot Fired

Pioneers open home schedule

Sophomore forward Eric Delong (#15) prepares to fire a shot on net in the recent game versus Canisius at the Milford Ice Pavilion.