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the Spectrum

Thursday, November 4, 2010

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The Goo Goo Dolls perform in front of a packed audience at the William H. Pitt Center.

Goo Goo Dolls bring 'Something for the Rest of Us' to see in return to campus

Students flock to see band perform for second time since 2007

Therese O'Shea
Editor-in-Chief

Typically filled with athletes and coaches, the William H. Pitt Center welcomed several hundred fans on Thursday, Oct. 28, as they gathered to cheer on something a little different than a sporting event.

Chart-topping rock band The Goo Goo Dolls returned to Sacred Heart University to perform for students and fans. The show was part of their current tour "Something For the Rest of Us," named after their recently released album.

The band previously came to campus for the 2007 concert series.

"We had a sold out show then, we had a lot of people that came," said Amy Ricci, director of student life. "I think that they're one of those classic groups, so they will always have a fan base that will come."

The crowd was filled with a variety of fans, ranging from members of the local community who have been following the band since the early 90s, to students who have become part of a new generation of fans.

"They're one of my favorite bands," said junior Courtney Shropshire. "I like 90s alternative, and I know almost all their songs, so its really exciting for me to be here and finally see them."

Ricci said that not only were ticket sales great, but the Pitt Center was packed with a crowd of about 2,500 attendees.

"When you walked in there, it [was] just an overwhelming amount of our own students," said Ricci. "Everyone just seemed so excited and eager to attend the show."

Even those who attended to simply take advantage of the \$12 student ticket price were pleased with the show they received for their money.

"I don't really like the Goo Goo Dolls, but they

really made me like their music," said freshman Danny Garel. "I thought it was really awesome."

On top of the Goo Goo Dolls' return to Sacred Heart, the opening act ended up being a widespread crowd-pleaser. Up and coming alternative rock band The Spill Canvas opened the show, and while many students might have not gathered specifically to see the opening act, several enjoyed their performance.

"Their songs are really interesting," said Shropshire. "It really got us dancing."

Ricci was pleased with the crowd that Canvas brought in. She mentioned that many people bought tickets just to see their performance preceding the Goo Goo Dolls.

"We were lucky to have such a good opening act because it catered to a lot of people, even if people were just there for the opening act, we sold a lot of tickets just because of their name," she said.

Some students got the opportunity to see things from a different angle than most, as they worked behind the scenes to help set up and break down the show. Junior Ryan Menge was among the crew of students who brought equipment off the trucks, set up the stage, and worked during the actual show.

"All in all, it was fun working the concert," said Menge. "I actually got to shake their hands, so that was cool. They were really nice."

The time and effort that went in to making the show successful did not go unnoticed. Ricci said that she is very grateful for everything students and staff did to help, as there is a lot of work that goes in to these shows.

"On the day of, we honestly couldn't have done it without all of the help of our students who were in setting up the stage and hospitality, and all of the staff that came that evening to volunteer and help," she said. "With their help, we were able to make the show a success."

DR. CERNERA RESIGNS FROM PRESIDENCY

Lindsay Caiati
Chief Copy Editor

After 22 years as president of Sacred Heart University, Dr. Anthony Cernera has announced his resignation to the board of trustees, effective immediately.

On Thursday, Oct. 28, Cernera informed trustees that he has decided to pursue leadership roles in national and international Catholic educational organizations, as well as his work as a professor.

Dr. Cernera was not available for comment.

Larry Wielk, dean of students commented on the matter.

"Dr. Cernera has done great things for our university as president over the past 22 years," he said. "We are all grateful for his years of service to Sacred Heart."

Dean of the John F. Welch College of business, Dr. John J. Petillo, has been appointed as interim president.

"I was very surprised," said sophomore Patricia Skrzypek. "I didn't expect it, especially in the middle of the semester. He just caught me off guard, and I guess a lot of people [were caught] off guard."

Others are not only losing Cernera as president, but as a professor as well.

"I was really shocked. Dr. Cernera was my professor for religion class," said junior Kimmie Latulippe. "When he spoke, you wanted to listen to him because he was really interesting and he always tried to make it so that he could help the students."

Graduate student Rob Fasano agreed that Cernera's resignation came unexpectedly.

"I was really surprised," he said. "Dr. Cernera, you could say, is kind of like the father of Sacred Heart. It's kind of sad to see him leave, but at the same time we're growing."

According to a statement released by Petillo to the university, he plans to "be aggressive in pursuit of collegiality" and is confident that "Sacred Heart's best days lie ahead."

Many students share Petillo's enthusiasm for stepping in to his new role at the university.

"Everything I've experienced in the business school since he's been the dean has been good and positive," said senior Sean O'Brien. "I hope he does well."

Petillo, who has been at Sacred Heart since March of 2009, has held leadership roles in various institutions, including president of the University of Medicine and Dentistry of N.J. and chancellor at Seton Hall University.

"I don't know who Dr. Petillo is personally, but if [the administration] chose him, if they think he's a good candidate, then I think he should be fine," said Fusano.

Petillo also stated in his address that he is looking forward to meeting and talking to as many students as possible. As mentioned in his statement, his "door is always open," and he "values [students] input and contributions."

"I wish him the best and I think that everyone at Sacred Heart is very accepting and willing to work with one another," said Skrzypek. "Hopefully everyone will support him, encourage him and guide him through the process."

Dr. Petillo will address the faculty and staff today, Nov. 4 at 2 p.m. in the Chapel of the Holy Spirit.

See Q&A on page 3...



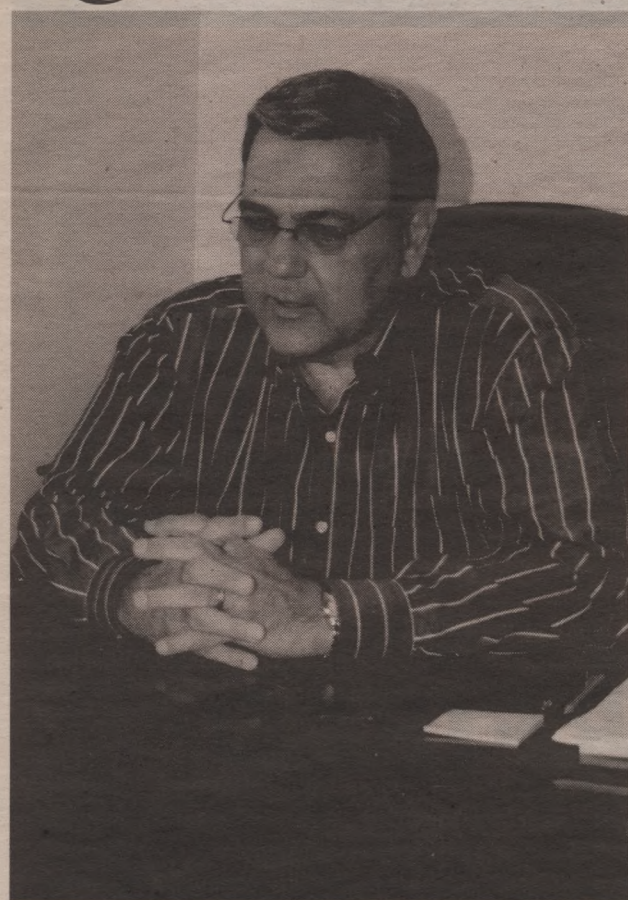
Goo Goo Dolls

and

the Spill Canvas

Thursday, October 28th, 2010

Q&A WITH INTERIM PRESIDENT DR. JOHN PETILLO



The Spectrum/Zack Lane

Petillo took on the role of interim President on Thursday, Oct. 28.

...CONTINUED from page 1.

Why do you think you were chosen for the role of interim president?

The Board of Trustees, I have been told, believed that my experience in business and academia made me a suitable candidate for the job. I have served as Chancellor at Seton Hall, which in many ways, is like Sacred Heart in the Catholic tradition of education. I was also a trustee at Sacred Heart at a turning point in its history when Dr. Cernera was brought on.

Depending on how long you will hold the position, what are your plans for the rest of the semester/rest of the academic year?

Sacred Heart is an excellent institution of higher education. It has an honored tradition as a Catholic University, and Dr. Cernera did some wonderful things in his tenure here. I believe we can still move ahead. All institutions can improve on their past. When they stop trying, they begin to atrophy. As John Cardinal Newman has said, "Growth is the only evidence of life."

To start, I want the hallmark of this interim presidency to be transparency and collegiality. That means I will always have an open door and listen to what students, faculty and administrators have to say. It also means we must work together to achieve our goals and to be mutually accountable. You know best what our strengths and weaknesses are, and I want to hear what you have to say. That is one reason I am having a community meeting with faculty and staff during my first week in this new position.

Do you foresee this turning into a permanent position?

That's one question I can't answer. The appointment of a new president is based on the decision of the Board of Trustees.

How are you adjusting to the role of interim president?

I am adjusting very well. I have assumed leadership positions before, and there is always a period of acclimation when you get to know your people and develop a strong working relationship with them. This is the time when we start to do what I call the "aggressive pursuit of collegiality" -- all of us working together. It is the hallmark of all great institutions, from corporations to colleges.

Will this new responsibility change your standing as dean of the business department?

Yes, for the time being. We need to decide how that void will be filled while I am in this interim position.

Since Dr. Cernera's resignation was unexpected, will you address some of the speculation that students have in your address on November 4th? If not, what do you plan to address?

I was not part of Dr. Cernera's discussions with the Board of Trustees. From what I've been told, he had been thinking about this for a while and he told the Board of his decision. At the Community Meeting for faculty and staff, I will emphasize the importance of collegiality -- working together -- along with my vision for the future of Sacred Heart. I hope to have a separate opportunity to meet with the students.

Kindles make their way into classroom

Electronic books receive mixed reviews from faculty and staff

Melissa Carmelitano
Staff Reporter

Within the past year, several Sacred Heart University professors were given Kindles, e-readers made by amazon.com, to try out in the classroom setting. The reviews were mixed.

Professor Jeffery Cain, head of the English department, was given a Kindle, and said that he likes the idea, but had trouble with the device.

"It was great because you could download texts and it would also be lighter for students," said Cain. "But the problem with Kindle for school is that they were really slow."

For some students, carrying heavy textbooks is an occupational hazard. A recent study shows the average textbook weighs between 2.8 and 4.8 pounds. With students taking several classes, carting books around can become troublesome.

"I definitely think having a light-weight Kindle would be convenient for students to have all their textbooks downloaded onto," said junior Carly Bergin.

Media studies professor Debbie Danowski has also recently used a Kindle in her classes. In fact, the media studies professor recently received an ACT grant to bring different types of e-readers into Sacred Heart classrooms.

"Some e-readers have been introduced to the classroom already, and I can see that growing and continuing," said Danowski.

According to Danowski, e-readers are becoming more popular.

"Right now, about four million homes have e-readers and just about 10 percent of all books sold are e-books," said Danowski. "The release of the iPad increased sales dramatically with half a million e-books downloaded on the first day it came out."

Sales are indeed on the rise, according to gizmodo.com. Apple, Barnes and Noble, Borders and Kobo have their own e-bookstores, where device carriers can buy and download a library of texts. The amount of scholastic gain, however, has yet to be seen.

According to professor Cain, the index-type features are helpful, but the speed is just too slow.

"What's great about it is that the Kindle can hyperlink words and take student to the definition of a word," said Cain. "But it does it slowly. The students used it and thought it was slow."

However, there are some good aspects about the Kindle too.

"It will hopefully cut down the cost of books, and hyperlinks are super for reading," said Cain.

The Kindle may be representative of other changes that could occur in schools.

"I think the future of textbooks is electronic. I would like to use e-books in a classroom setting, but the old Kindle isn't an accurate delivery vehicle," said Cain.

Professor Danowski also mentioned the possible switch to digital scholastic reading.

"I think they are useful now but will be more so in the future. As it stands, many textbook publishers have not converted their books to work in these formats but it's only a matter of time before that happens," said Danowski. "When it does, students will be able to carry around one small device."

"Books as physical objects have cultural significance. They have this mythic connotation of wisdom. We're going to have books so we can perform bookness in the same way we perform wilderness by building a campfire."

-- Dr. Jeffrey Cain, English department chair

With the sales of e-books on the rise, can we expect a complete switchover from physical to electronic books? According to Cain, while schoolbooks might go digital sometime in the future, the aesthetic of literature is something Kindle has yet to equal.

"People still like the idea of curling up with a book," said Cain. "You can't curl up with a Kindle, I've tried it."

Professor Danowski said that there are some differences between digital and electronic devices.

"With e-books, we lose the feel and texture of paper, and also in the case of antique books, the craftsmanship is lost when it's converted to electronic format."

According to Cain, books are a symbol in our society.

"Books as physical objects have cultural significance," said Cain. "They have this mythic connotation of wisdom. We're going to have books so we can perform bookness in the same way we perform wilderness by building a campfire."

Students give turkeys for community to gobble up

Jacqueline Duda
Staff Reporter

For many households, Thanksgiving is a holiday that brings families together. However, some families are not fortunate enough to share in this experience. This is where the Sacred Heart University Turkey Food Drive comes into play, providing Bridgeport families with Thanksgiving dinners.

The Turkey Food Drive is being held by the coordinator of Community Outreach, Dawn Doucette, in collaboration with student government. The goal for the program this year to raise 500 turkeys for families in need.

"We have three different Thanksgiving drives going on. One is for monetary donations for Turkeys," said Doucette. "The other is a food drive so we can have a box of food for a family along with their turkey, and then the final drive is a cold weather drive -- coats, hats mittens, etc. The focus for all the drives is to meet the needs of the Bridgeport community, which is to feed them over the holiday and make sure they have warm clothes for the cold weather."

Although the Sacred Heart offers many different types of programs that lend a helping hand to the Bridgeport community, this outreach service grants students a unique opportunity around the holidays.

"With all the different things students can help out with at Sacred Heart, from the Read Alouds to the Soup Kitchens, I like the Turkey Drive," said junior Tyler Kethro. "Especially around this time with Thanksgiving and Christmas, it offers people the opportunity to have a real holiday."

The food that is gathered through donations is distributed to different places around Bridgeport who are in need of a Thanksgiving meal to share with their family or friends.

"The food and turkeys go to different places -- St. Charles Food Pantry, Bridgeport Rescue Mission, and Daughters of Charity," said Doucette.

The Turkey Drive is one program at Sacred Heart that allows the students and faculty to get involved. It also makes it possible for people to give back to the community.

Students can donate online for turkeys on the Sacred Heart website.

"Student Government has been my partner this year with the Turkey Drive and I partner with many different clubs, organizations, offices, and departments to collect the food," said Doucette. "Usually a team, club or office puts a box together with the food items needed and brings the box to the Interfaith Service in the Chapel of the Holiday Spirit at 12:20 p.m. on November 17."

All different types of food items are needed -- not only turkeys.

"Rice (1 or 2 lbs), pasta, noodles, crackers, stuffing, cereal (cornflakes, oatmeal), bagged or canned white and/or sweet potatoes, yams, bagged onions, beans: red kidney beans, black beans, green beans, lima beans, check peas, canned vegetables: corn, peas, carrots, mushrooms, spaghetti sauce, any type of canned tomatoes, canned or sweetened condensed milk, cake mixed, bread mixed, cookie mixed, frosting, pudding mixed, pie dough mixes, jell-o mixed, peanut butter, jelly, flour, sugar, salt, juices: apple, tomato, cranberry," said Doucette.

There will be a table outside of Chartwells from Nov. 9 to Nov. 11. Here, students can donate money in the form of cash, check or the Sacred Heart swipe card to help raise money for the goal of 500 turkeys.

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Internet helps students with work and play

Students share which websites they find to be the most beneficial

Henry Crocker
Staff Reporter

It is 3 a.m. You are in the Mahogany Room and have just finished writing your exhausting seven-page paper.

Mentally you are spent, but you have yet to finish the editing and revising process for your essay. None of your friends are awake right now and there is not enough time before class tomorrow to meet up with anyone. Is there any way to avoid turning in an unrevised, shoddy paper?

With today's expansive list of Internet resources, even this tricky situation can be remedied.

"I use OWL whenever I write a paper," said sophomore Stephanie Taglianette. "It offers a free service for students where they can send in their finished papers and people edit and revise them and send it back."

Even a part of the creative process usually considered dependent on other people has now been replaced with a website.

"It's really just like having somebody with you to peer review with," Taglianette said. There is a website for everything these days - even free revision and editing.

As far as research, and pretty much anything else goes, the Internet offers pretty much anything you could ever need.

Even if all you need entertainment wise is to kill five minutes, the Internet can help. Games like "kitten cannon" and "text twist" are common sights on students' computer screens when observing a class from the back.

There is a plethora of online search engines such as Google, Bing, and Yahoo that all offer easy access to thousands of sites and images.

But everyone has assignments that mandate at least one non-Internet source. So what can you do about that? Look them up on the Internet.

Sacred Heart's Ryan Matura Library offers an expansive online database of journals, magazines, and books. You can search for them online and read them in their entirety online. As most Sacred Heart students know this database is EBSCO Host--the only reference a librarian will ever want or need to give you.

"I'm about to use it right now for



Students use sites like Pandora to listen to and find new music.

one of my classes; it's required," said senior Harry Rabishaw, who needed to find articles that exhibit examples of being a good team leader for his organizational behavior class. "Even with a topic that broad I'm not worried. Every time I've used EBSCO before, its searches gave me good results."

Beyond broad searches and databases there are more specified sites that students have discovered based on their majors.

"For biology majors I would recommend masterinbiology.com," said freshman Nancy Edison. "For first year students you can find your textbook on the website and it then offers you practice chapter quizzes and tests. It even helps you study the material correctly."

Entertainment is also always a click away.

"With sites like Pandora and, obviously, YouTube, I can find almost any song or show whenever I want," said Perricone.

Pandora is a legal music site where you sign up for free and listen to commercial-free music stations. There are multiple sites that offer free streaming media. Megavideo and Siderel are just a couple of commonly used video sites.

Students are even replacing newspapers with the online sources.

"The New York Times" website provides readers with educated articles about an array of social, politi-

cal and economic issues," said junior Amy Montaruli.

"I prefer reading all of the articles online. As a student I don't want to pay for papers to be delivered- I just want to be able to read which articles I want while I'm on the go between classes and such."

Montaruli is not the only one who finds news easier to access on an online source.

"I get all of my news from aol.com," said junior Donna Perricone. "Whenever I sign in to check my e-mails news snippets pop up, so I don't even really need my own news site."

More sites you should check out:

Woot.com - find a different deal each day

HopStop.com - train and bus directions around any city

EyesLipsFace.com - make up for only \$1

UrbanSpoon.com - guide to everything about dining

HuffingtonPost.com/college - get quick news related to being a college student

Secrets, secrets are no fun when you share gossip with everyone

Andrew Orlandi
Staff Reporter

With the recent attacks on the gay community, bullying has been in the spotlight of media attention. Bullying through the Internet, known as "cyber bullying," has driven some of the affected students to do the unspeakable.

Recently, Rutgers University freshman Tyler Clementi took his own life after a video of himself with another male was posted on the Internet as a prank.

The Internet is making it easier and easier for students to be attacked, bullied, and harassed by others. Now, websites like College ACB, a site designed for campus gossip, give people the ability to voice their opinions of fellow students on a campus-wide level. These sites are not monitored by anyone so anything is acceptable to post on this site whether it be explicit language or graphic language.

"I believe anonymous Internet gossip sites tend to be a stomping ground for cyber bullying. From what I have heard, the said site had nothing to do directly with the recent tragic events at Rutgers University," said senior Patrick Mahoney. "However I feel the verbal cruelty shown towards one's classmates on such sites, can also do a great deal of harm whether it culminates in such an action as what unfolded at Rutgers or not."

Gossip is something that has and will always be around. However, with the Internet being a mode of mass circulation, much more embarrassing on a wide scale rather than word of mouth. What could be a joke between friends can devastatingly hurt someone in a public setting, like the Internet.

"Most of the stuff on the website is really immature but that's what gossip is, and with everyone attached to their iPhone or Blackberry it only makes sense that gossip was taken to this level," said senior Samantha Troy.

The anonymity of these sites acts as a barrier for the people posting. It could be anyone. It is a way of speaking your mind without suffering the consequences.

"To be honest I have never heard of any of these websites," said senior Liz Brombacker.

"However, I feel like people view sites like this as a way to express their opinions openly without worrying what people think because it is anonymous. With that being said, I don't think it is a good thing though. Anonymous or not going on a website and reading gossip about yourself can be upsetting depending on what is said and it can also change other people's views of you."

Senior Heather DelSole believes that the site is hurting the reputation of the school.

"I think sites that allow people to post gossip anonymously hurt the student body as a whole," said DelSole. "People will post really harsh comments and start rumors because they don't have to take responsibility for the comments made. It creates an uninviting environment that does not benefit anyone."

Facebook helps friends keep in touch while abroad

Andrew Orlandi
Staff Reporter

Anyone who has ever been away from friends and family knows how hard it can be, especially if you're in another country. But what if you're on the opposite end of that situation?

With the various study abroad programs offered at Sacred Heart University, students are seeing their roommates pack up and head across the globe for a semester at a time. Years ago, attending school in another country might as well have been another planet, but through technology it is becoming easier and easier to keep in touch.

"My sister is studying abroad in Paris. I used to use Facebook to talk to her but

now we just use aim to talk. I try to avoid phone calls because it's so expensive and the Internet is free," said senior Anthony Spinale.

Senior Sean Barrett has seen one of his closets friends leave for a semester abroad.

"My friend did the Sacred Heart study abroad program in Dingle, Ireland. When he was there he didn't have access to a cell phone so we talked through Facebook chat and messages," said Barrett.

Senior Andrew Richards also kept in touch with his friend, through Facebook, who was studying in Ireland.

"It just makes it so much easier to keep in touch because it's so widely accessible and easy to use. Just one click and your talking to someone all the way around

the world," said Richards.

Students are using the social networking site to do more than just keep in touch with friends. They are also sharing in the experience through pictures and videos.

Students studying abroad no longer have to wait until they return home to share their experiences. Facebook and other sites allow students to upload pictures almost immediately.

Senior Josephine Ferrantelli has a friend who studied in Rome. She explained that Facebook was helpful for more than just talking.

"It wasn't hard at all because she took a lot of pictures and would post them on Facebook almost immediately. So I basically saw everything that she did and I was excited for her. It made me want to be on

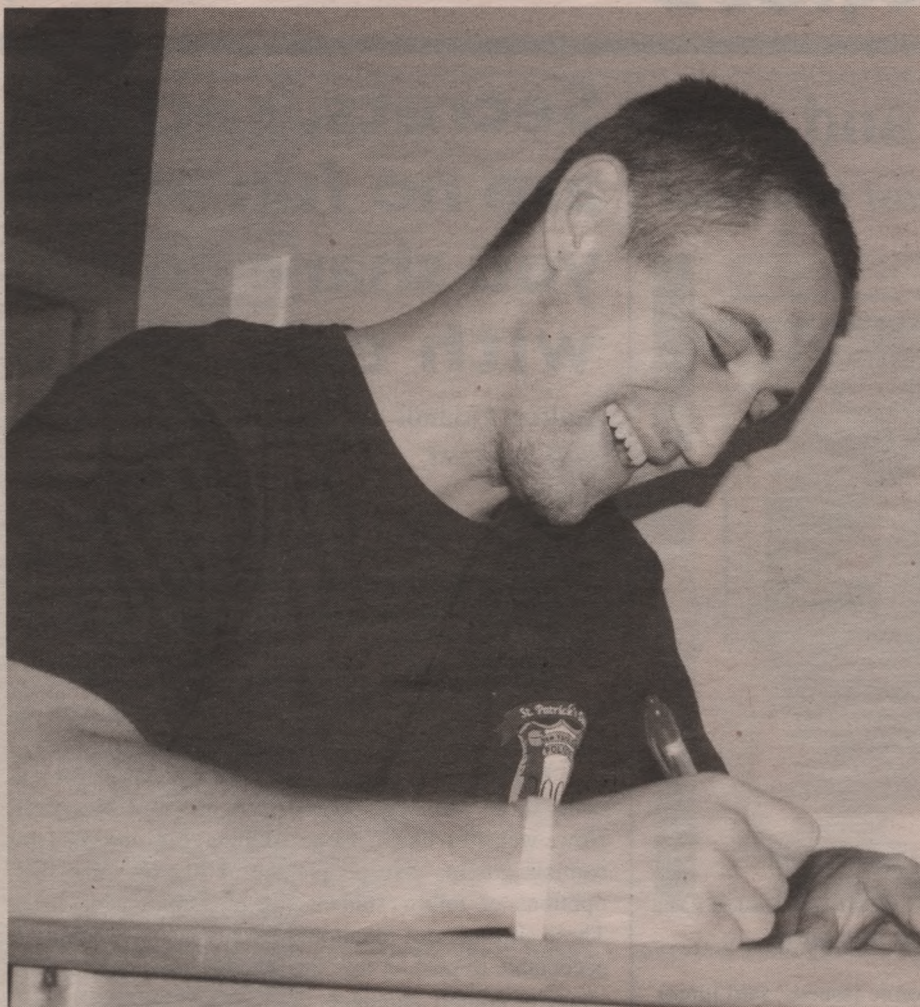
the trip as well. Whenever she had the time I would Facebook chat or Skype her."

Sophomore Marc Troiani explained how his lack of Facebook knowledge affected him at the time his cousin was abroad in Italy.

"We didn't really keep in touch that much because I didn't really use Facebook at the time and I couldn't call him," said Troiani.

For some students, interaction through text just isn't enough.

"My friend did a study abroad program in London," said junior Michael Amato. "When he was there we just used Skype to communicate with each other. There's something about a face to face conversation that you can't get through Facebook texting."



The Spectrum/Andrew Orlandi

Senior James Loughren uses some free time to draw and relieve stress.

Stressed students find peace in creative outlets

Erin MacDonald
Staff Reporter

As she feels the stress building inside of her, senior Maureen King turns her music up loud and begins to sing along to the tune.

Like many college students, King has found an outlet that helps her deal with the stress in her day-to-day life.

"Balance is vitally important. It is key for students to find something they enjoy doing that they are not graded or evaluated on," said Sacred Heart University wellness counseling center intern Melissa McMinn.

Like King, senior Mark Theroux also uses music as an outlet.

"It is a way to get energized and focused so that I can study," he said.

While some students turn to music, others prefer a more imaginative approach that allows them to express their anger.

"When I get angry at someone, I write things down on a piece of paper about that person, crumble it up and put it away. I keep the paper to read it after and I usually laugh at how the situation wasn't actually that bad," said senior Manuel Acevedo.

McMinn acknowledged the benefits that creative outlets have on individuals.

"Some individuals find that using a creative outlet, such as writing poetry or music lyrics, is effective in alleviating tension felt by anger because it is putting words to the angry feelings that the individual might not otherwise feel comfortable using," McMinn said.

Junior Lena Paslov also prefers an artistic outlet that is productive and helps her deal with stress in her personal life.

"I enjoy drawing because I feel like it lets me express myself creatively," Paslov said.

Whatever the source may be, McMinn stressed how essential an outside outlet is in order to release frustration.

"It is important for students to schedule 'me time' activities into their daily schedules as they would with a school or

work assignment," McMinn said. "This could include independent exercise, reading non-school books for enjoyment, writing for pleasure, listening to music, starting a hobby or taking a non-school lesson/class."

Senior Devon Clark said that she uses exercise as her outlet for stress.

"I run on the treadmill because it gets my mind off everything," Clark said. "The endorphins help clear my head."

McMinn emphasized the importance of finding an outlet rather than expressing anger in inappropriate ways.

"First and foremost, everyone feels angry. It is the mind's way of telling us that something was said or done that is not okay with the individual," McMinn said. "However, managing that anger is often the tough part. Engaging in physical activity can often alleviate that tension, because it is allowing the body to use energy, even that negative energy one might feel when angry."

While some students enjoy using physical activity to alleviate their stress, others such as sophomore Christopher O'Connell partake in more restful activities.

"If I'm really angry at something or someone, I usually can't do anything so I take a nap," O'Connell said.

Junior Daniel Chefetz said that the best outlet for him is driving his car.

"I enjoy driving to relieve stress," Chefetz said. "The combination of driving and music just lets you disappear and go wherever you want."

Whatever each individual student uses as an outlet, McMinn encourages all students to find some type of source that lets them vent and alleviate stress.

"Students often feel so bogged down by school assignments, club meetings, work, family life, etc. that finding time for themselves to do something enjoyable may fall to the wayside," McMinn said.

"I have often heard students say something as simple as walking away and listening to music is enough to let go of the angry emotions and better communicate their needs."

HE SAID/SHE SAID

How do you deal with the parents of your significant other?

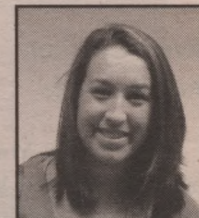
Zach Johnston

He said



Nicole Place

She said



I think we have all seen that episode of every sitcom or the classic comedic movie that displays the dreaded and haunting interactions with the "in-laws" who just never seem to take a liking to their son or daughter having a significant other, no matter what they do or how hard they try ("Meet the Parents," "That 70's Show," "Tarzan," just to name a few). For the most part, they will do or say anything to drive them as far away as possible.

Then when it comes to reality, we have the expectation going in that the parents are not going to like you which is not exactly how real life works.

The most important thing to remember is to be confident. Don't go into the situation thinking that they are not going to like you. Dazzle them.

I have only met the parents of one girlfriend and, to be honest, I went in a bit frightened. The mother, whom I met on the first date, was very sweet and I was not worried about her. However, I was informed that the father, Klaus from Germany, was big and German. However, she gave me the kind and reassuring words of "he's not that bad."

On our second date, I walked through the door and was greeted by a 6-foot 3-inch tall, bull of a man. I shook his hand and introduced myself. The first thing he asked me was if I would like to have any ham and pineapple pizza. I could not understand a single word he said, so I just smiled and nodded and so he handed me a slice. At the time, I had no idea what I was agreeing to but when a big German guy hands you a slice of pizza, you should probably eat it.

As the night progressed and I slowly was able to grasp the thick German accent, he went on to tell me of how his favorite movie is "Jaws" and how at the first baseball game he ever went to in America, he wondered why everyone chanted the president's name in between innings (when the crowd yelled "charge" he thought they said "Bush"). To this day, he still remains the funniest man I have ever met in my life.

If they happen to be the overbearing or over-protective parents that might forbid your relationship, that only spices things up between the two of you even more. When you are in their presence, be respectful and abide by their wishes, but the risk and thrill of having her sneak around behind their backs gives the both of you a rush unlike any other.

It's a fine line you have to tread so you must be careful because once the jig is up, Big Papa will be laying the hammer hard, on you and your mistress. But if you are able to submarine underneath their radar, you can have the time of your lives.

Plus, most of the time, if they don't like you, it is probably your own fault. There are those girls with the European fathers who just do not want to see their little girl growing up and dating, but in today's society, for the most part, parents just want to see their children happy. If you treat her right and, basically, don't behave like a Kenny Powers, they will take a liking to you (however, on a side note, Kenny Powers is still the greatest man to ever grace the HBO network).

Let me start with an apology to any one, if there is anyone after reading this, who I may date in the future. I apologize because my parents are overbearing. Well actually, just my mom is overbearing. She once told my date for prom that I wouldn't be allowed to go with him unless he shaved his beard, and he did. It was embarrassing, but in the end it worked out nicely.

I can empathize with those who have overbearing parents, and sympathize with those trying to date someone with them. If you are trying to date or are dating someone with overbearing parents your best bet is to just accept it, at least just for the beginning; especially if this is someone you are really interested in.

Hopefully you have time to develop the relationship before you meet these parents so that you can adequately judge whether or not it's worth pursuing. If you're dating someone you are really interested in it shouldn't matter what the parents are like.

I think the best way to deal with parents who are overbearing is to be open with person you are dating. Explain to him or her what may make you feel uncomfortable about their relationship with you. If the parents of your significant other are always trying to intervene in your relationship or give unwanted advice on how to handle the relationship, then that is not right and it should be addressed with your girlfriend or boyfriend.

If on the other hand, you find yourself having to deal with parents who don't like you, the most important thing to do not give them a reason to not like you. If you are well behaved and are respectful to their son then you should be golden. But the minute you break their trust, parents are more likely to not like you. A perfect example of this kind of situation is Scott Disick, boyfriend/baby's daddy to Kourtney Kardashian. His wild, disrespectful ways caused the whole Kardashian-Jenner clan to protest their relationship. No one wants to be a Scott or have their daughter date one.

Learn from the overbearing parents and try not to make that mistake yourself. Parents don't like when people limit their child, so if this is you, you may want to readjust to keep the parents from not liking you. Controlling boyfriends and girlfriends are hard to deal with, and from my experience will end a relationship.

Sometimes though, it's not even your fault. Some parents know before they meet you that they won't like you. They probably are just the type that wouldn't like anyone who is dating their child. Not that I have experience being a parent, but when my brother dates someone new it takes me some time to adjust, mainly because I feel that no one is good enough for him, but eventually I come around. So don't worry, if you persist, and prove that you are a worthy suitor then I'm sure they will come around too.

Hopefully you don't run into this problem. Don't worry most parents just need to be shown that you are a good candidate for their child to date. If the person is worth it then the parents won't matter and eventually they will see how perfect you are for each other.

MAY THE ROAD RISE UP TO MEET YOU

Therese O'Shea
Editor-in-Chief

On the evening of Monday, Nov. 1, students, faculty, staff, and family members of senior Matthew Dalling gathered in the Chapel of the Holy Spirit to not just mourn the loss of a beloved friend and son, but to celebrate his life and the impact he had on those he touched.

The Connecticut Post reported that 24-year-old Dalling died after his car struck a tree and burst into flames around 5 a.m. on Sunday, Oct. 31. While the incident still remains under investigation, the article mentioned that it was among seven reported fatalities on Connecticut roads this past weekend.

Senior Shannon Swift, one of Dalling's friends and classmates, spoke at Monday night's ceremony.

"He was genuine, caring, enthusiastic, and on many occasions, too big for his own body," she said. "His dreams, drive, and determination will live on in all of us as we fulfill our dreams."

Among the hundreds of students who attended the memorial service were Matt's brothers from Kappa Sigma fraternity. Several of the brothers spoke in his honor, re-



Photo courtesy of Therese O'Shea

calling stories of their past few years together at Sacred Heart.

"He was always outgoing," said Matt's fraternity brother and fellow founding father of the chapter, senior Mike Oberlander. "He would always be there to brighten the day up, give you a joke, just make you feel good about yourself. It's great to see how many people are here to show how much they loved him, and really got to know him, even if it was for five seconds."

Personally, I had met Matt in Ireland, where we both attended the May 2009 study abroad session. My friends and I had never met him previous to this trip, and so he jokingly introduced himself as a local resident of Dingle (the town where we were staying). I'll never forget his lighthearted nature and his genuine enthusiasm for experiencing everything that trip had to offer, as his fraternity brother Chris Daly reiterated in his speech at the memorial service.

"That trip meant so much to him. He just wouldn't stop talking about it," said Daly. "Over in Ireland, he was the first one to volunteer for everything, whether it was climbing a mountain, or answering questions in class, or volunteering to do karaoke at the bar. He was an adventurer. He always wanted to go on the journey, he didn't really care too much about the destination."

As I stood with the procession of students who gathered in the Chapel in honor of Matt, I couldn't help but recognize the warmth in the room; to see students from all walks to life gather in honor of a fellow student made it very apparent to me how strong this university can stand together in the face of heartache and tragedy.

Funeral arrangements will be held on Friday, Nov. 5 at 11 a.m. in the Chapel of the Holy Spirit.

Weeding out the 'wanting' from 'needing'

Think back to elementary school. Did you ever learn the difference between the words 'want' and 'need'?

Maybe not every kid does this, but I remember getting an assignment in the second grade where my classmates and I had to make lists of the things we needed and the things we wanted. Under the "need" category, I remember writing things like "food," "water," and "family," while under the "want" category, I wrote things like "toys," "TV," and "candy." Typical kid stuff.

A lot of people learn this concept early on in their lives, but do they remember to carry it over into adulthood?

The reason I ask is because so many people let materialistic things take over their lives. For example, before I came to Sacred Heart, I've never seen anyone wear what may now be considered the typical Sacred Heart get-up: Uggs boots, Northface jackets, and Coach bags.

No, I didn't live under a rock. Of course, I've heard of all these brands before, but they never seemed to be such a big deal to people until I came to college. Now, the brands are so prominent that I can't imagine SHU life without them.

Am I judging my fellow student body? Not at all. They're free to wear whatever makes them happy. My point is that the difference between "need" and "want" seems to get lost along the way as we get older. We see something and we think we need it.

By no means am I excluding myself from being materialistic at times. I don't think there's a single person on this planet who can honestly say that they've never been materialistic at least once in their lives. We can



Elizabeth Fish
News Editor

zero in on the female population on this subject: the dozens of pairs of shoes, the "going out clothes," the "casual clothes," the makeup, the jewelry, the six different purses in the closet, the eight kinds of facial wash. Do we need all of this? Not at all. But that's not to say it's not fun to have this stuff anyway.

All I'm saying is that the holiday season is sneaking up on us very quickly, and we should keep in mind what's really important. It's easy to get wrapped up in all the little, unimportant things on a daily basis, not to mention around this time of year. We hear that family and togetherness is the most important idea during the holiday season, but does it actually sink in? I'd like to think so.

So the next time you find yourself gawking at those beautiful Italian leather boots, just remember: Do you need them or do you want them? And if you end up getting them anyway, feel free to buy me a pair, too.

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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Zack Lane
Photography Editor

Believe it or not, I did not put this chair in that location. It happened to be there and just made the picture work.

Band on the rise finds viral success with iPhones and subway car

Venithda Sourignamath
Staff Reporter

Over the years, YouTube has managed to create Internet superstars out of short, yet silly home videos. From "Charlie Bit my Finger," to "Evolution of Dance," these videos created buzz among viewers and recently, another video is making waves on the World Wide Web.

Atomic Tom, a Brooklyn based quartet, posted a video on YouTube giving viewers front row seats to their Oct. 14 performance of their single "Take Me Out," aboard a New York City subway.

Since going viral, the video garnered a million hits in three days and now after two weeks the video has been viewed almost 3.5 million times according to the CBS news website. But what is it about a band playing instruments on their Apple iPhones that has created such a stir?

"You would never know just by listening to them that they were playing the instruments on an iPhone. It sounds just as if they were playing real ones," said junior Amanda Smith. "I couldn't even tell the difference until the video shows them tapping on their phones. Its just amazing."

Atomic Tom, made up of guitarist Eric Espiritu, singer Luke Wright, bassist Phillip Galitzine and drummer Tobias Smith officially began in 2009. Despite launching on the music scene just a year ago, lead singer Wright has been writing demos since 2006, along with the band's bassist, according to the band's Facebook fan page. Slowly but surely, Atomic Tom was formed.

The quartet began performing around the New York area, and eventually captured the attention of fans, leading Atomic Tom to record their first album, "The Moment."

With YouTube success already under their belt, the band is not oblivious to the buzz and support that they have created for themselves.

"The support has been incredible though. The people are not just watching the video and then moving on--they're actually going to iTunes to buy the whole record,"



AP Photo

New band Atomic Tom gets their big break on a New York City subway thanks to iPhone apps.

said bassist Philip Galitzine in an interview with the Christian Science Monitor. "I'm sure we'll always be linked to the video in people's minds," said Galitzine. "But we aren't trying to become an 'iPhone band.'"

The video stemmed from the mind of Benjamin Espiritu, a friend of the band, who thought of playing a song on an iPhone. After keeping the idea quiet for four months, Atomic Tom finally hopped on the B train to Brooklyn with the cameras rolling, according to New York Daily News.

With each member using a different phone or "instrument" application, the band managed to capture all the footage they needed in only three takes.

"We're all Apple fans. In our minds, they were the first in the industry to understand that form and how a

gadget or computer 'feels' matters as much as function," said Galitzine according to the Christian Science Monitor. "Some people out there think our video was actually an Apple stunt. It definitely wasn't though; we think they're as surprised as we are about the outcome."

One outcome the band may not have expected was an appearance on "Jimmy Kimmel Live," on Thursday Oct. 28, as well as being listed in the top 10 albums on iTunes, according to CBS news' website. Apart from their YouTube video, which currently lists over 3.2 million hits, as seen on YouTube's website.

"Technology has advanced so much these days, it is so remarkable," said junior Michelle Simons. "The fact that they were able to reproduce their song with iPhones is incredible."

Conan's back on late night

Dave Gallo
Staff Reporter

Americans have seen numerous battles over the years. Roe versus Wade, the Union versus the Confederacy and earlier this year, Jay Leno versus Conan O'Brien.

Despite being television-silent for the past few months, O'Brien is set to grace late night TV once again. "Conan," is set to debut on Nov. 8 at 11 p.m., going head-to-head against late night adversary Leno.

With the show's premiere just a few days away, O'Brien is creating buzz by releasing a slew of promos including a spoof Paris Hilton's infamous Carl's Jr. commercial.

"I'm extremely excited for Conan's new show. He's hysterical and just all around awesome," said senior Denise Oldhoff. "His new show is going to be one hour of pure amazing. NBC is going to be feeling pretty low come November."

After years of hosting NBC's "Late Night," O'Brien finally took "The Tonight Show" reins from Leno, leaving fellow comedian Jimmy Fallon to inherit O'Brien's old stomping grounds, and giving Leno his own shot at primetime TV.

Though the peacock network might have thought they had the perfect recipe for a late night line-up, poor ratings led to drastic schedule changes and as a result, O'Brien left NBC for good.

"Walking away from 'The Tonight Show' is the hardest thing I have ever had to do," said O'Brien during the final episode of his "Tonight Show" on Jan. 2. "Making this choice has been enormously difficult. This is the best job in the world, I absolutely love doing it."

O'Brien's abrupt departure and Leno's return to "The Tonight Show" did not sit well with fans, leading to the formation of



AP Photo

Conan O'Brien finds new home on TBS.

O'Brien's support system, "Team Coco."

"I've always been Team Coco," said sophomore Jessica Little. "He's in tune with everything and has a funny view on it all, whether it's politics, musicians, actors, anything."

"Conan" will air for an hour Monday through Thursday, but with what each 60-minute episode will consist of still remains a mystery. However, speculation remains that the show will follow a similar suit to O'Brien's former NBC gigs.

So which celebrities will be the first to hit "Conan's" stage? Well, that's up to the viewers, who can select the first guests from an online poll listed on O'Brien's official website.

"Conan" will debut on TBS this coming Monday.

Contributed by Asst. Arts and Entertainment Editor Jaclyn Hendricks.

Gamers, your 'Call of Duty' awaits

Latest installment of the video game franchise set to hit stores

Nicole Mastroni
Staff Reporter

Imagine yourself as a soldier in combat behind enemy lines, constantly on guard, fighting for survival without an "escape" button. However, there is no acknowledgment for this sacrifice as you are on a covert mission?

On Nov. 9, the seventh installment of the franchise, "Call of Duty: Black Ops" hit store shelves, ensuring those who play the game that they, "will use every means necessary to stop the wars that are hidden from the world," as narrated in the game's trailer.

"The 'Call of Duty' franchise has turned out some of gaming's biggest releases for nearly a decade," according to ABC Action News. "The game's developer, Treyarch, is looking to push the envelope further to create an unrivaled, multi-player experience."

Though players may already be intrigued by secretive missions from previous editions in the "Call of Duty" series, it seems that the latest game in the franchise has still managed to capture the attention of its audience as hundreds of copies have been preordered by fans of all ages.

"GameStop in Bridgeport currently has close to 800 reserved copies of this game to be sold," said alumnus and former GameStop employee Gregory Chase. "That's a combined total of three versions of the game, costing, \$60, \$80, and \$150."

Self-proclaimed "game nerd" and "Call of Duty" enthusiast, senior Anthony McMahon, is just one of the many Sacred Heart students eagerly awaiting its release.

"What makes Black Ops a highly anticipated title is the fact that it is rooted in

a precedent of quality set by the preceding games in the series," said McMahon. "Such as Modern Warfare, which received outstanding reviews and feedback from players because of its ingenuity. This game's sequel, 'Modern Warfare 2,' did nothing to break the formula of the first game. It went platinum, selling millions of copies in days because of the impression left by the first game."

According to Professor Robert McCloud, the instructor of the Advanced Flash Gaming course, he finds that "there are a lot of reasons for popularity: adventure, escape, testing your skill against others, matching wits with the game itself, being one of the first to try a new, popular game, excellent graphics, peer awareness."

Despite the positive buzz, the violent nature of the game has led to hesitation among potential consumers.

"Well, I would say that my 11-year-old cousin shouldn't play it. It is far too vulgar and violent for kids in middle school," said junior Antonio Carella. "It produces violent behavior, as well as disrespect toward authority, and violent behavior toward others."

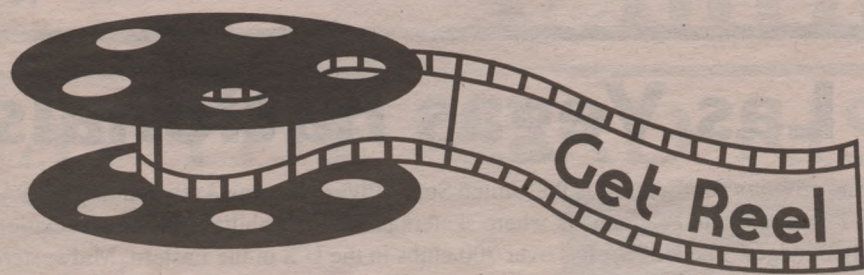
For the older crowd, the issue of violence is less of a worry.

"There is nothing inherently wrong with killing a pixelated enemy despite how real it looks," said McMahon.

Professor McCloud also agrees.

"I don't think that the violence itself onscreen has been shown to be harmful," said McCloud. "I have not seen anything conclusive to say that players equate digital reality with physical reality."

"Call of Duty: Black Ops" will be available for purchase at video game stores and other retail locations nationwide starting at midnight on Nov. 9.



What's so funny about 'Funny Story'?

Valentina Szlashta
Staff Reporter

"Hangover" Star in a Psych Ward? Well, it's "kind of a funny story," actually.

So how exactly does a 15-year-old genius attending one of the best private schools in Manhattan for exceptionally gifted students end up in a psych ward with Zack Galifianakis?

If the title wasn't enough to draw your attention, then the story definitely will.

The film, which premiered on Oct. 10, is based on the novel by the same name. "It's Kind of a Funny Story" is the story of Craig, played by Keir Gilchrist, a gifted 15-year-old boy who becomes clinically depressed and suicidal and checks himself into a psychiatric hospital unaware of the fact that mental health policy requires him to stay for a minimum of five days.

He soon befriends Galifianakis' character, Bobby, and the two develop a bond between mentor and student, as well as attracting the attention of Noelle, an offbeat teenage girl admitted for self-destructive behavior.

What follows is a quirky, unconventional comedy/drama about life in a psych ward.

The movie could have easily fallen into the cheesy, over-the-top, unrealistic humor that tends to be typical of these types of films, but on the other hand, it could have also led to the gritty, edgy, intense picture of mental illness in teenagers like "Girl, Interrupted".

However, viewer beware: I went into the theatre expecting a performance akin to Alan from "The Hangover" and received quite a surprise. Those expecting the typical low-brow Galifianakis humor should turn elsewhere for their movie-going experience.



K.C. Bailey/Focus Features

Zach Galifianakis befriends Keir Gilchrist in "It's Kind of a Funny Story."

The humor in "It's Kind of a Funny Story" is drier and much more thought-provoking. The film isn't an uproarious, laugh-out-loud storm of comedy, it is much subtler, cute, and heartwarming.

Unfortunately, the majority of the humor in the film is geared toward a more sophisticated audience as opposed to the average American moviegoer, so it tends to be overlooked and underappreciated.

But one of the aspects of the film I personally found intriguing and innovative not only visually, but also thematically as well was the brief flashes into the protagonists' mind. As if being narrated from the first-person perspective isn't intimate enough, these dramatic scenes and glimpses of the main character's interpretation of innermost thoughts, dreams, feelings, and memories, give a new spin on a story that obviously revolves around some heavy issues.

Overall, the movie is definitely a new take on what can oftentimes become some cliché themes. For anyone who is sick of cheesy vampire dramas, Nicholas Sparks tearjerkers, or singing and dancing tweens and miss the days of well-written, quality films, then search no further.

Get Reel gives It's Kind of a Funny Story



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Emma & Jaclyn's Top TV Picks for the Night

1. The Vampire Diaries - 8 p.m. on the CW
2. Community - 8 p.m. on NBC
3. Real Housewives of Beverly Hills - 10 p.m. on Bravo

SACRED HEART WELCOMES CELTIC SINGER TO CAMPUS

Jamie Miller
Staff Reporter

Different cultures have different ways of saying goodbye to summer and welcoming the cold long winter.

The Celtic Festival of Samhain does just this and Sacred Heart University will welcome such a festival on Nov. 7 featuring "Riverdance" singer Fionnuala Gill as well as many other Celtic and Irish performers.

The Irish and Celtic culture seems to be a growing presence on the Sacred Heart University campus. With the Center for Irish Cultural Studies to the study abroad program, as well as the student-run Celtic Club, which organizes and sponsors many of the Celtic events on campus.

With the booming interest the different groups have arranged Irish singer and harpist, Gill, an uilleann piper Jerry O'Sullivan, singers Kathleen Deignan and Robbi McMillen and others to perform at Chapel of the Holy Spirit, according to the Sacred Heart website.

"I'm very excited for the event," said senior Sean Brown. "I think it will be a good representation of the Celtic culture through music and will be entertaining."

Along with students, the clubs themselves are thrilled to welcome the singer and friends to Sacred Heart.

"All three organizations are very pleased to invite Fionnuala Gill to campus with her many friends who will offer a wonderful Sunday afternoon of music, song, meditation, and dance that demonstrate the richness of the Celtic tradition in Ireland," said Professor John Roney.

The performances will come to celebrate the Celtic Festival of Samhain, which honors the changing of the seasons and the remembrance of the dead, according to the Sacred Heart website.

"I think it is wonderful to see the celebration of the ancient Celtic festival of Samhain here on campus," said senior Patrick

Mahoney, who serves as the president of Sacred Heart's Celtic Club. "To my knowledge, the festival in more modern times has been linked to the Christian holiday of All Saints' Day so the location of the event in Sacred Heart University's new Chapel of the Holy Spirit should make for a wonderful experience."

Gill, a well-known Irish singer, achieved success early on after winning "her first vocal prize at age eight," according to her official website, FionnualaGill.com.

As Gill went on to Trinity College Dublin to complete her degree in psychology, then to the Royal Scottish Academy of Music and Drama in Glasgow, where she received her masters degree in Vocal Performance, according to Gill's website.

Apart from performing with the internationally acclaimed group "Secret Garden" across the globe, in 2008, Gill managed to release her first solo album, "Whispers of Love."

"The album transcends all categories, incorporating the depth of beauty of ancient Irish song and Fionnuala's years of experience in the classical realm," according to Gill's official website. "It has been warmly received, with great accolades from international critics, along with regular airplay in North America and Ireland."

The performers will give the university a chance to encounter a new and unique culture.

However, not all Sacred Heart students have heard about the upcoming event, yet still seem intrigued and open-minded about checking it out.

"I haven't heard of the Festival of Samhain or the event," said senior Dan Galanto. "It sounds like it would be an excellent experience though."

Contributed by Arts and Entertainment Editor Emma Levine and Asst. Arts and Entertainment editor Jaclyn Hendricks.

Figure Skating glides to Las Vegas nationals

Danielle Vuotto
Staff Reporter

Earlier this month, Sacred Heart University's intercollegiate figure skating club took first place at the International Skating Institute (ISI) Adult National Championship held in Las Vegas, Nev. In addition to breaking a ten-year winning streak held by the Tampa Bay Skating Academy, the girls received the Erika Amundsen Adult Champs award for scoring the most overall team points, making the competition what she considers to be a dream come true.

"Taking first place was incredible," said sophomore Monica Malcomson, the team's co-vice president and artistic director. "A collegiate team has never won this specific title in the history of the competition itself. This win was extremely important."

In the United States, figure skating can be competitive or recreational. Competitive skaters are required to complete the U.S. testing structure to qualify for competitions. Recreational skaters who like to challenge their abilities may also participate in the testing.



The Spectrum/Erin Burke

Caroline Herlihy from the figure skating club practices her routine at the Wonderland of Ice Skating Rink in Bridgeport.

One program for the sport is the United States Figure Skating Association (USFSA). Their "Learn to Skate Program" is where skaters prove their abilities to the associations appointed judges. The USFSA has over 700 clubs in the U.S. in the Eastern, Midwestern, and Pacific coasts. Sacred Heart's club is a member of both USFSA and the ISI. Tests are evaluated on a pass or retry basis consisting of several levels. Some of those levels include moves in the field, free skate, pairs, compulsory dance, and free dance, to name a few. Competitive skating levels are not determined by age, however in some competitions, there are age requirements.

There are currently 15 members in the university's club of various skating backgrounds and levels. Malcomson, for example, skated professionally with "Disney On Ice" in their "Ice Tour of High School Musical."

Other members of the team have competed on a national level while some, having rediscovered their love for the sport, are returning to the ice. There are even some members who are just learning to skate. But despite their varying talents, the team strives to encourage one another.

"We support each other and learn from each other no matter our background or skill level," said Malcomson. "I believe that this is what makes our team stand out in relation to other collegiate teams," she said.

Part of the club's mission statement, found on the university's website says the club, "hopes to enrich the lives of students through competitive and recreational figure skating."

The girls prepared for the competition by putting extra hours of practice in, mostly before dawn, causing coach Lisa Fedick to be concerned about the possibility of overuse, injuries, and exhaustion.

"But they did it," Fedick said. "They maintained their class work, stayed healthy, trained hard, and got it done."

The girls attribute much of their success to having a dedicated coach.

"She does so much for us, and whenever something needs to be done or ice time is needed, she always come through," said senior Sara-Beth Carbonaro. "I am lucky to have her as a coach."

There are high hopes to put Sacred Heart on the map for being a great collegiate figure skating team.

"This year we really pulled it together as a team and as a club sport," Malcomson said. "We are active athletes of the SHU club family and our newest title of ISI Adult National Champions is only the first of many titles to come."

With the support of one another and the school community, members are certain that this isn't the last of their achievements. "We will never let the ice melt beneath our feet," Malcomson said. "SHU will definitely be hearing a lot more from this team."

With any well deserved victory comes a list of people needing to be thanked.

"I have never been so proud to be a part of anything in my life, as I was in this victory," Fedick said. "And I have to add a thank you to Ray Mencio in SHU Club Sports and our club advisor, Karen Gusatelle, for believing in all of us and giving the team the opportunities to achieve our goals."

Anyone interested in joining the club or learning how to skate may attend the free-skate events held at Wonderland Ice, located in Bridgeport. Dates and times are announced via email.

A HINT OF CHINA IN THE HEART OF FAIRFIELD

The Spectrum Staff reviews SHU card merchant Beijing Restaurant over a quiet meal

Maile Hetherington
Staff Reporter

Finding good Chinese food takeout can sometimes be quite a challenge. Fortunately, Sacred Heart University is in close proximity to a variety of great restaurants, including one to satisfy your craving for quick and easy Asian cuisine.

Just 10 minutes away from campus is Beijing, a small but tasty Chinese takeout restaurant.

Located on Tunxis Hill Road, Beijing offers a variety of Chinese dishes for dine in, takeout, or delivery. The best part is that nothing on the menu is over \$15. It is a great place for anyone looking for a quick and inexpensive meal with an Asian flare.

"I loved the fried rice and sesame chicken and the lunch special is so cheap," said freshman Shannon Bruno. "It sucks because I don't have a car to drive to restaurants so it's cool because I can have Beijing deliver to the dorms."

Beijing offers 20 lunch specials from 11 a.m. to 3:30 p.m., for meals ranging from \$4 to \$6. You can order beef and broccoli with pork-fried rice or the vegetarian delight with brown rice. Their sesame chicken was a definite favorite among the group that I was with and the fried rice was unanimously delicious.

The menu offers a wide range of appetizers like egg rolls, shrimp toast, and even

French fries. Don't feel bad about ordering a starter because the prices are very affordable. Enjoy any appetizer for less than \$6.

Choose from a medley of chicken, meat, and seafood dishes, all for under \$10. Beijing offers 14 tasty chef specials like the "Kung Pao Four Flavor," which includes a combination of shrimp, pork, chicken, scallops cooked with an authentic mixture of garden vegetable in a spicy Kung Pao sauce.

If you prefer something a little milder, try the golden chicken surrounded by fan-tail shrimps and served on a bed of mixed pork, beef, scallops and vegetables.

There is also an array of noodle dishes such as chicken lo mein or vegetable chow mein offered at the restaurant for the maximum of \$8.

Those searching for a healthier alternative to fried wontons and fried rice can order from the weight watchers section on the menu.

I visited Beijing Restaurant on a Thursday afternoon with several friends. However, the restaurant was clearly not suited for a party over even three people.

The orders came quickly but were made fresh and still steaming as we sat down with our order. Portions are healthy not overwhelming and any hungry student could easily polish off their order.

Beijing offers a variety of delicious meals for extremely reasonable prices.



The Spectrum/Jamie Miller

Beijing Restaurant located on 131 Tunxis Hill Road in Fairfield.

But, it is not the best option if you're looking to sit down and relax.

There are no waiters to tip, but it also means there is no one to refill your drink or clean up your plates when you finish.

The restaurant truly is a "hole in the wall," business best suited for takeout or delivery. Sacred Heart students should definitely check out Beijing restaurant because the food is flavorful, they offer

healthy options, and they deliver until 11 p.m. every night.

"It was good but it was more of a take-out place. I probably wouldn't come back but I would order it for takeout," said sophomore Nicole Morales.

"It didn't taste like cheap Chinese food and was one of those quick and easy go-to restaurants."

'SHAPING THE NATION' ONE STUDENT AT A TIME

Dr. Rose's latest book recommended to students on national list of essential college reading

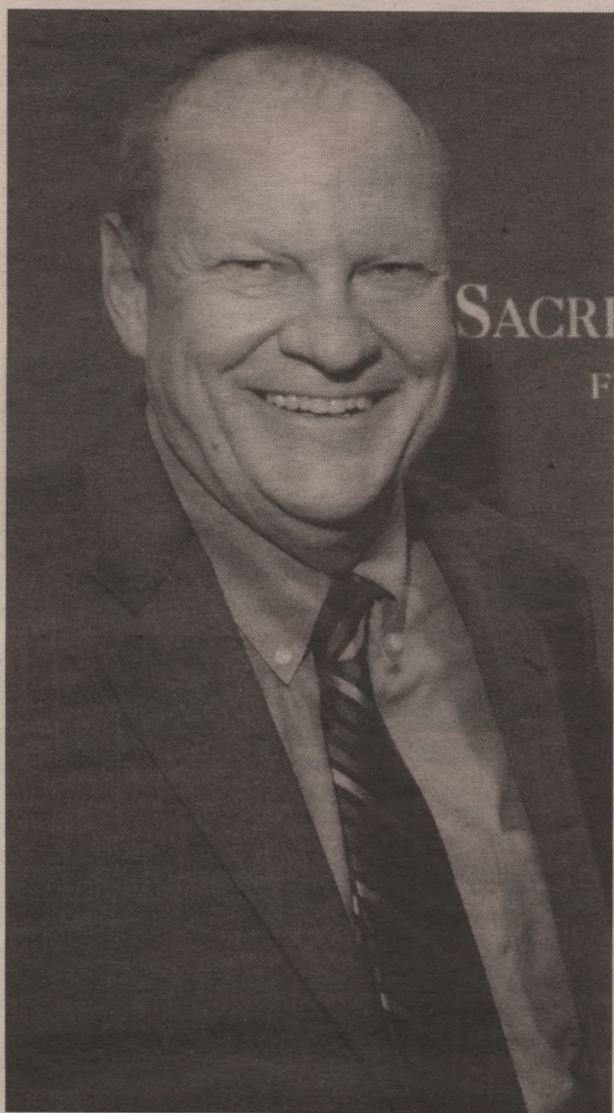


Photo Courtesy of Tracy Deer-Mirek

Dr. Gary Rose's book, *Shaping a Nation*, was recently recommended by the National Association of Society to be read in college classrooms.

Andrea Gorkofsky
Staff Reporter

Gary Rose, a professor and chair of government and politics at Sacred Heart University, is a profound author with nine books published.

His latest accomplishment is that his newest book, "Shaping a Nation: Twenty-Five Supreme Court Cases that Changed the United States," recently made the list of National Association of Scholars'.

The NAS is a list of books that are recommended to universities to be used in classrooms for reading.

"I've been writing and editing books for approximately twenty years," Rose said. "My books are focused on different aspects of American Government and the subject of Connecticut politics."

Although he has been writing for a long time, Rose was not expecting to hear one of his books made the NAS.

"I was very surprised, honored and truly grateful to the NAS for recognizing this book," he said.

"Shaping a Nation," meant a lot to Rose even before receiving recognition on the list.

"This is a very dear book to me in light of my appreciation for the Supreme Court and the importance of Constitutional law," he said.

"I want my students to see how the decisions of the supreme court justices impact in one form or another American society, politics and the economy."

"Shaping a Nation" took Rose a full two years to complete, during which he was busy devoting his time to his students who see him as more than just their favorite professor.

"Professor Rose in my opinion is the best professor I have ever had," said junior Nicholas Kapoor.

"His classes make you want to learn, which in itself is rare, and then to have a great person, professor and writer in Dr. Rose is such a great bonus."

Dr. Rose's students are required to use "Shaping a Nation" in two classes of constitutional law.

"His students typically cannot help but to participate,"

said senior Sarah Burke.

"His book definitely makes it easier to understand the cases which contribute to great discussions in class."

A large portion of his time is spent earning respect from his students, while the other is spent dedicated to his writing.

"I try my best to compartmentalize my time," Rose said. "I write in the morning before classes and sometimes at night, but the winter break and summer months are definitely the best time to meet my writing goals."

He even goes as far as to involve his students while he is in the middle of writing one of his books.

"I normally have one or two students that I hire each year to serve as my personal research assistant," Rose said.

With the praise that Rose gets from his students, allowing them to be apart of his talent is another reason why he is so appreciated amongst the university.

Junior Andrew Aleman admires his professor's writing.

"Professor Rose is not a great professor at SHU, he is the greatest. His presence is one aspect that makes Sacred Heart," said junior Andrew Aleman.

"As a writer, he uses precise perfection in his writing skills to convey such a message as if he is actually talking to you."

Students at Sacred Heart have developed a passion for "Shaping a Nation" and it is only a matter of time before it is used in other university classrooms around the country.

Rose is also in the middle of working on another book, which is sure to be a success based on his previous writings.

"I'm currently working on a case study of Connecticut's fourth congressional district that I hope will someday be published in the form of a small formative book," he said.

With other recognition, such as being featured on NBC's nightly news, there is no doubt that Rose will continue to find success.

"I'm not surprised that Dr. Rose made it on the National Association of Scholars' book list," Kapoor said. "I'm sure it'll be on some more best book lists in some time."

Putting some 'S.P.I.C.E.S.' into making transition to college

Jessica Colucci
Staff Reporter

Freshmen at Sacred Heart University have been provided with a exclusive set of "spices" to enhance their college years. None of which can be found in a kitchen.

S.P.I.C.E.S., which stands for spiritual, professional, intellectual, cultural, educational, and social, is a process set up especially for freshmen by the student life staff. The activities and organizations at Sacred Heart have a mix of these six things to offer students.

Although many students have not heard of this process, they agree with what it stands for.

"SHU definitely has so many things to offer students," said senior Nicole Eastman. "There's always some sort of event every week or some way students can become involved," she said.

These sentiments resonate with underclassmen as well.

"SHU offers a wide variety of things for students," said freshman Katelyn Leveille. "There are multiple things that people can get involved with and one can get involved by paying attention to flyers that are constantly being posted and by socializing out of your group of friends."

No one will ever be left out of the loop when it comes to campus happenings.

"There's always emails informing students so I think everyone has an idea of what's going on," said freshman Sabrina Zottola.

With a wide variety of things to do, everyone has a chance to get involved.

"From what I know, there's a lot of clubs and activities like Greek life, habitat for humanity, sunshine kids, and things like that," said freshman Katrina Rossi. "It seems like there's a lot to do for everyone."

Balancing work with play can be difficult for students. However, the activities provided prove to be appealing.

"I personally have only participated in bingo one time because of my workload but if I had time I would go to shows and go to bingo every time SHU provides it," Leveillee said.

It appears that finding time is a common issue when it comes to getting involved.

"I'm on the dance team but that's it for now," Rossi said. "I want to get involved with sunshine kids and habitat if I can eventually find time."

Some students have had more time to participate in things on campus. Eastman has dipped her toes in various opportunities provided by Sacred Heart.

"Well, I try to get involved with the social and cultural aspects of it," Eastman said.

"For the educational/professional, I'm a CLA (classroom learning assistant) and I go to the career fairs when they're offered."

"Culturally, I participated in a study abroad in Costa Rica," she said. "That was a fun experience, learning a different culture and another language at the same time."

There are many perks that come with getting involved.

"I absolutely love dance team," Rossi said. "It helped me make a lot of friends early on that I probably wouldn't have made and it helps me with time management because I get my work done early so I can go to practice and not have to worry."

It can also positively affect a student's college experience.

"I think it's easier to make friends with these opportunities because you find people with the same interests as you," said Zottola. "It's easier to enjoy college when you have a stable set of friends."

Some admit it has provided them with personal growth.

"It has helped me go out of my comfort zone and make more friends here, which in the long run helps me in my classes because it provides a bigger opportunity for study groups," Leveillee said.

While others find that it has helped them academically.

"I definitely learned a lot from the people I've met here," Eastman said. "Becoming a CLA I feel more confident in my ability to teach others as well as in my major itself."

**Interested in contacting the
Student Life staff?
Here are the names you need to know.**

Pam Barnum: Student Life Office Manager
barnump@sacredheart.edu

Ray Mencio: Director of Club Sports
mencior@sacredheart.edu

Amy Ricci: Director of Student Activities
riccia@sacredheart.edu

Denise Tiberio: Associate Dean of Students
tiberiod@sacredheart.edu

Scoreboard

Friday, October 29

W. Soccer

Quinnipiac- 1

SHU- 0

W. Volleyball

Army- 0

SHU- 3

Field Hockey

SHU- 3

Siena- 0

Saturday, October 30

Football

SHU- 26

Monmouth- 25

W. Volleyball

SHU- 3

Saint Francis NY- 0

M. Ice Hockey

Colgate- 5

SHU- 0

W. Ice Hockey

Saint Anselm- 6

SHU- 4

Sunday, October 31

W. Volleyball

Quinnipiac- 0

SHU- 3

Field Hockey

SHU- 2

Bryant- 3

M. Soccer

SHU- 2

Byrant- 0

On Deck

Tomorrow

W. Bowling @ NJ Jamboree

All Day

Saturday, November 6

Football vs Albany

1:00 p.m.

M. Fencing @ Big One

Collegiate Individual

All Day

M. Ice Hockey vs Amer Int'l

3:30 p.m.

M. Soccer @ FDU

7:00 p.m.

W. Ice Hockey @ Brown

1:00 p.m.

W. Volleyball @ RMU

3:00 p.m.

W. Swimming @ C.W. Post

All Day

W. Bowling @ NJ Jamboree

All Day



Photo courtesy of Sacred Heart Athletic Communications

The Sacred Heart women's volleyball team gathers together for a pre-match cheer.

Women's volleyball wins 19 straight

Defeat Army, Saint Francis, Quinnipiac over weekend

Jessica Orser
Staff Reporter

The Sacred Heart University women's volleyball team had yet another dominant weekend. The Pioneers had three games over Halloween weekend. They were at home against Army and St. Francis (NY). They traveled to rival Quinnipiac on Sunday.

Even through the tough moments this weekend, the Pioneers persevered and stayed poised. They ended the weekend winning all three games, pushing their winning streak to 19 matches in a row.

Friday night's 3-0 win against Army was a true display of the talent. The Pioneers recorded seven blocks and held the Black Knights to a -.074 hitting clip.

The Northeast Conference leader in hitting percentage, Elise Sage, had another strong performance with 13 kills and swinging at .600.

The Pioneers came out strong, winning the first six points of the contest on serves from Christina Bauch. Bauch finished the night with eight digs, while Jessica Colberg had 11 and Ashlyn Trimble recorded a match high 12 digs.

However, the Black Knights weren't going to go out without a fight. They rallied and brought the match even at 10.

Yet the Pioneers were able to perform under pressure and regained the lead with five straight points on Trimble serves, which forced Army to take a timeout.

After the break Army wasn't able to make a comeback and the Pioneers came out with a 25-10 win on a kill from Johanna Ovsenek.

The St. Francis game provide a much tougher test for the Pioneers.

"I thought St. Francis came out really strong," said Ovsenek after the game to a reporter for Pioneer Vision. "I think we have gotten too comfortable with the teams in our conference, I think we need to realize that a lot of the teams are going to come out stronger now."

Ovsenek led the Pioneers on Saturday against conference rival St. Francis (NY) in a 3-0 shutout. She had 13 kills and a .400 hitting percentage. The Pioneers picked up their seventh consecutive sweep.

The Pioneers started the first set with an 8-3 lead, but the Terriers did not go down without a fight. They won six straight points to take their first lead in the match.

Sacred Heart had two set points at 24-22 but a ball handling error coupled with a service ace tied the frame at 24-24. The Terriers battled back, but a kill from Ovsenek gave the Pioneers a 30-28 victory in the first set.

"As the season goes on we get more comfortable with each other and along with our back row and our setters, even our hitters. We just have a lot of chemistry," said Ovsenek.

St. Francis (NY) held on though in the opening stages in the middle stanza with a 10-7 lead. Sacred Heart rallied back with five straight kills on Bauch serves who also provided a kill to cap off the run and force a Terrier timeout.

The set was indeed a nail biter, when the Terriers evened the score at 21-21 on a Pioneer miscue.

The Pioneers again had no problem working under pressure and responded with a kill from Sage and forced a pair of Terrier errors to make the score 24-21. Sage smacked down another two kills to help lead the Pioneers to win the second set 25-22.

The Terriers were not finished yet and dominated the start of the third set, jumping out to an 8-4 advantage.

St. Francis (NY) then fell apart, and the Pioneers were able to take the third set, and giving them a 3-0 sweep.

The third and final match versus cross-state rival, Quinnipiac University, added another victory for the Pioneers. The win was the 19th straight of this season and clinched the girls a playoff birth.

Freshman outside hitter Dianis Mercado led the Pioneers with a match-high 13 kills, in the 3-0 victory. While Senior setter Courtney Kidd-Kadlubek had a match-high 37 assist.

Sacred Heart came out strong in first set 11-3, winning five consecutive points. The Bobcats tried to answer back but it wasn't enough as the Pioneers won it 25-19.

Back-to-back service aces from Kidd-Kadlubek led the Pioneers to a 25-16 victory in the second set.

In the third and final set of the match the Bobcats started strong and jumped to a 4-3 lead. The Pioneers answered right back and gained the lead 14-8, ultimately winning 25-13.

This gave the Pioneers a 3-0 victory, their 19th straight and a playoff birth.

After this past weekend of play the Pioneers rank 124 in the nation out of the top

328 ranked Division I programs.

The Pioneers are in complete control of the Northeast Conference. They sit on top of the standings, with Robert Morris in second place. Long Island and CCSU round out the top four.

The top four teams make the playoffs, which are set to begin November 20.

With another great weekend of volleyball underneath their belts, the Pioneers travel to Pittsburgh as they attempt to conquer Robert Morris this Saturday and St. Francis (PA) on Sunday.

Stats courtesy of Sacred Heart Athletic Communication Department. This article was contributed by the Sports Editor Dan Graziano.

Remaining Regular Season Schedule

11/6 at Robert Morris

11/7 at Saint Francis PA

11/10 at Central Connecticut State

11/14 Home vs. Long Island

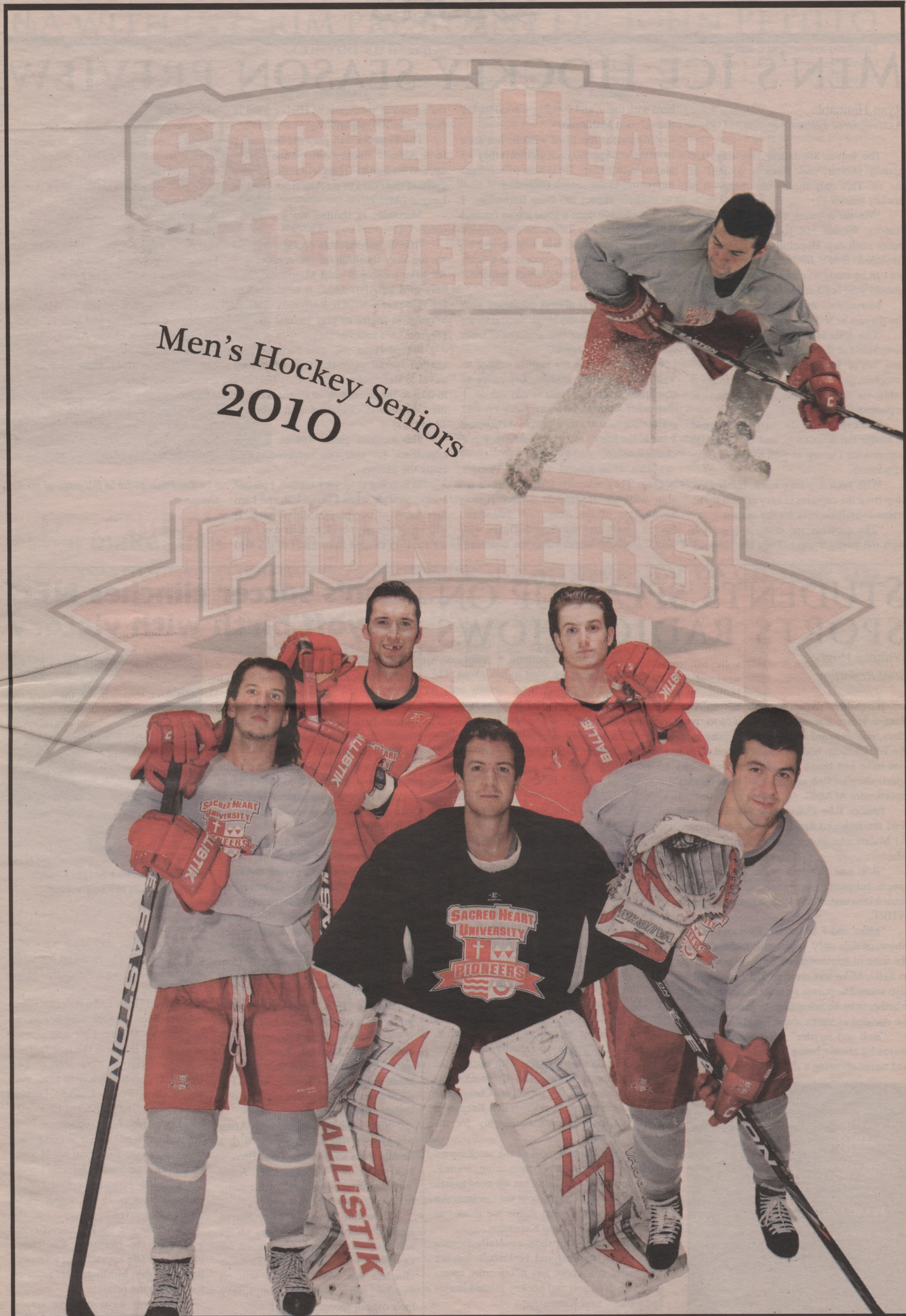
Post-Season Schedule

11/20 Home vs. TBA

(NEC Semi-Finals)

11/21 Home vs. TBA

(NEC Championship)



Photography by Zack Lane

Graphic design by Zack Lane & Meaghan Conklin

Saturday, November 6th - Sacred Heart Pioneers & Bridgeport Sound Tigers Ice Hockey Doubleheader. Tickets are **FREE** and are for both games. Students with a valid Sacred Heart ID can pick up their free ticket at the Student Life Office (9 a.m.- 5 p.m.) or at the SHU Athletic Ticket Office in the William H. Pitt Center. The Pioneers go head to head against the AIC Yellow Jackets at 3:30 p.m. Immediately followed by the Bridgeport Sound Tigers vs. Hartford Wolfpack at 7:00 p.m.

MEN'S ICE HOCKEY SEASON PREVIEW

Ryan Hannable
Asst. Sports Editor

The leaves are falling, the days are getting shorter, and there is a chill in the air. This only means one thing---it is hockey season.

"We are a young team, we lost nine seniors. We are just focusing on getting better each day. Hopefully by January the freshman aren't freshman anymore and we can be ready to make a deep run," said second year head coach C.J. Marottolo.

Marottolo's mindset has set in with the players as well.

"Our goal is always to win a championship, but that's a long way off. Right now we're focused on putting together complete game efforts and getting in good habits on the ice," said assistant captain, sophomore Eric DeLong.

The captain for the 2010-2011 squad is senior Pat Knowlton, and the assistant captains are DeLong as well as senior Chip Mladenoff.

With such a young team, the leadership from the captains is very critical to the teams overall success for the season.

"The captains are doing a good job with the younger guys. They are working

hard with them, and molding a good locker room," said Marottolo.

Knowlton has liked what he has seen from the younger players, and feels they've played well so far. He is able to see them improving as the season continues.

"Their impact has been immediate. I think they have done a good job so far, and will continue to do so. As the season goes on I'm positive some will step up and be key contributors to our success as a team and I am excited to see how they respond," said Knowlton.

Goaltending is always important with any hockey team at any level. Sacred Heart returns their number one goaltender from last year, Steven Legatto.

"I want to give my team a chance to win every night by making key saves at the times when the team needs me to. I also want to improve every week on and off the ice so that when the playoffs come I am at the top of my game and can win a championship," said Legatto.

This is a special year for Pioneer hockey. They recently formed a partnership with the Bridgeport Sound Tigers, an affiliate of the New York Islanders. Sacred Heart and the Sound Tigers will play five doubleheaders over the course of

the season at the Arena at Harbor Yard in downtown Bridgeport.

The Pioneers will play the first game in an Atlantic Hockey Association match-up, and the Sound Tigers will follow with a game of their own in the American Hockey League (AHL).

Marottolo is thrilled for the agreement.

"It is an unbelievable opportunity, and we are very thankful for the support that we have received," said Marottolo. Not only is it an AHL arena, it is also a site for this year's NCAA Regionals. This is a venue to aspire to play in, and get the program on a national stage."

Sacred Heart will also participate in another special game this year when they travel to Rentschler Field in East Hartford to take on the University of Connecticut, in the "Whalers Hockey Fest", on February 13.

This outdoor game will be a great experience for everyone involved, especially the players.

"It is going to be very unique. I played hockey outside when I was a kid, and I am sure many of our players did as well. It will bring our guys back to their roots and we are very excited to be apart of it," said

Marottolo.

The success the team had last season should give some confidence to this year's team as well. The hope is the younger guys will catch on.

"Last season was definitely a huge confidence boost for the team. Getting to the finals is something that we learned a lot from, and hopefully we can pass some of that on to the new players. We know how hard it is to get there, and I'm sure that will pay off this year," said DeLong.

While the team knows not to look too far ahead, there is still the bitter taste in their mouths from last season, with a loss in the finals of the Atlantic Hockey Tournament.

"We want to do what we could not achieve last year and that is win the Atlantic Hockey Championship. It would be an amazing achievement for us and the school, so we want to bring the first hockey championship to Sacred Heart," said Legatto.

See Page 13 for a full page of hockey photos.

STUDENTS SPEAK UP ON SPORTS RADIO SHOWS

Whitney Hughes
Staff Reporter

If while walking through the halls of Sacred Heart University towards your next class, you've heard a deep voice coming from the WHRT radio booth, there is a good chance you have just heard one of the station's two sports shows, "Rob and Spyder" and "Sunday Sports with Al Mal".

Juniors Rob Coloney and Mike Leboff host the Rob and Spyder show, while junior, Al Malafronte, hosts Sunday Sports with Al Mal.

"Rob and Spyder" began as a conversation between two friends and eventually turned into one of the largest radio shows on WHRT.

"Mike and I began the Rob and Spyder Show, SHU's only sports-talk radio show at the time in September of 2008. When I came to SHU, Mike was the first kid I met, and he also wanted to pursue a career in sports media, whether it be broadcasting, or journalism. So, we decided to start a show," said Coloney.

"Rob and Spyder" rules the Sunday airwaves by always being prepared for the show and never allowing a dull moment.

"Each week we prepare a script, or a rundown, of what we want to talk about. The rundowns are not very long, usually only a half of a page, indicating in what order we would talk sports," said Coloney.

Both Coloney and Leboff credit their show with making their college experience an enjoyable one.

"Mike coined a phrase that we still try to live by, and he ended every show with saying: 'Don't Take Life Too Seriously.' We also began each show with the song 'Ooh La La' by the Faces," said Coloney. "The song that started the show each week, and the phrase that ended it, permeated our belief, that no matter how hard we worked in school, or in aspiring to make it in this business after college, we would never forget where we came from, or just how good it is to be alive."

"Sunday Sports with Al Mal", like Coloney, started in Malafronte's freshman year. The first show was broadcasted in early November of 2008 with Malafronte simply sitting in the studio talking about sports. Friends and family would listen and be a part of the show by calling in and contributing to the discussion. Eventually, Malafronte began to gather a following with became the "Sunday Sports Crew." The Crew Consists of Malafronte and the producer, Christopher Katzmann, a freshman at Villanova. Katzmann and Malafronte prepare thoroughly for the weekly show.

"Al and I spend most of the week corresponding through instant messaging, texting, and video chat, deciding what we need to talk about on the next show, how we can improve our broadcast and what music we think our audience will like," said Katzmann.

"Specifically our show generally focuses on baseball, football and basketball, but we will really talk about any noteworthy sports stories such as golf and hockey-related stories and topics," said Katzmann.

The two talk sports shows provide variety to the WHRT radio station at Sacred Heart. Both shows have gained avid listeners and are getting attention from outside sports figures. The success of the shows have inspired Coloney, Leboff and Malafronte to pursue futures in Sports Broadcasting.

Men's soccer clinches NEC playoff birth with victory

Erin Burke
Staff Reporter

Sacred Heart University men's soccer broke even this week with a loss on Wednesday followed by a redeeming win on Sunday.

Sacred Heart started the two game series with a game Wednesday night against Army. In the game, Army came out strong, scoring very early in the first half.

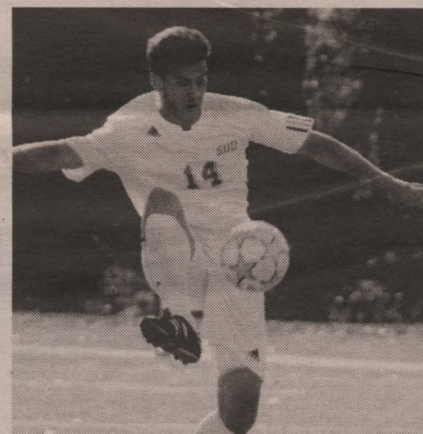
The remaining minutes of the first half were neck and neck, with Sacred Heart coming close to tying the score at the 38 minutes mark. However, the shot missed the net by inches, yet the next shot, moments into the second half, would find the back of the net. The goal occurred when sophomore Justin Brewer was fed the ball from fellow sophomore Edwin Victor, which tied the game.

Sacred Heart would change their goaltenders for the second half, replacing sophomore Daniel Nicinski with senior Tyler Locatell. Less than 10 minutes into the second half Locatell made a spectacular leaping save. For each goaltender it was their first collegiate appearance.

Sixty minutes into the half, Army would score the leading goal, with a header from sophomore Trent Brown. Just under two minutes later Army would score the final goal of the game off of a penalty kick.

Although it was a loss, Sacred Heart's record, at 10-5-1 was on its way to setting a program record for Division I wins. However, the Pioneers clinched this record with a win on Sunday against Bryant, improving their overall record to 11-5-1.

Sunday morning was more than just Halloween for the Sacred Heart men's soccer team. It was the senior day and it was their last regular season home game. Sacred Heart has a large senior class this year, graduating nine



The Spectrum/Sean Elliott

Senior midfielder Sergio Freitas (#14) controls the ball versus Bryant.

seniors.

"Our senior day went very well and we couldn't have asked for a better result," said senior captain, Mario Mililli.

Sacred Heart had a superior offensive presence from the very beginning, outshooting Bryant 13-7 and scoring both of their tallies in the first half.

The Pioneers were able to beat Bryant 2-0 with much help from their senior class. Senior Lusiano Dadario would score first for Sacred Heart off a breakaway pass from sophomore Brian Francolini. While senior Sergio Freitas would score the final goal off of a free kick from sophomore Marcello Castro.

Locatell earned his first official collegiate shutout in his senior game, making two saves.

With the win, the Pioneers clinched a spot in the Northeast Conference Playoffs. While appreciating a successful senior day, Mililli and his team are focused on the future.

"We now have our eye set out to win the NEC tournament which is always our team goal for the season," Mililli said.

Sacred Heart has one final regular season game left and will face off at Fairleigh Dickinson at 7 p.m. on Nov 6.

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A day in the life: Men's and Women's volleyball

Liam Roecklein
Asst. Sports Editor

When it comes to relationships, jobs, vacations, or even sports it seems that people always want what they cannot have. Here at Sacred Heart University, students prove this old adage to be true by often complaining about how badly some of the sports teams are performing while barely noticing how well others are playing.

Despite other premier teams struggling, the Sacred Heart men's and women's volleyball teams have had nothing but success over the past two seasons. The men's team, who play during the spring season, finished the 2010 season with a winning record of 18-11. The women's team is currently on a 19-game winning streak and is having one of the best seasons in school history.

"This season has been our most successful season so far," said sophomore Nicole Morales. "We're currently on the longest winning streak in school history and are hoping to finish our season with a NEC championship and move on to the NCAA tournament."

Their success has propelled them through the NCAA Division 1 rankings, bringing them higher and higher with each win.

"Our current RPI (Rating Percentage Index) ranking is 113th in the nation," said Morales. "But even that is not a testament to how amazing our team is. I'm fully confident in our team and I think that we can hang with any team in the country."

However, the current winning streak would not have been possible if every member of the team did not give one hundred and ten percent.

"This is honestly the best team I've ever been on," said sophomore Johanna Ovsenek. "A lot of the girls on our team are really selfless, and they work really hard in practice. Our B side works just as hard as our A side, and our B side pushes us so hard in practice that it becomes easy to play other teams in games."

Besides all of the constant hard work, many of the players on the women's team give most of the credit to their coach, Rob Machan. Coach Machan has implemented a philosophy here at Sacred Heart University that he first developed while coaching for the University of Southern California.

"When I was being recruited, I was attracted to Sacred Heart because of Coach Machan," said Ovsenek. "He used to coach at USC, which is a big volleyball school, and after meeting with him and talking with some of the girls on the team, I knew that Sacred Heart was the program that I wanted to be a part of."

There has been an acute kinship that has developed between the players on the women's volleyball team, and this is evidenced by the teams' unselfish play this year.

"I am honestly so close with all the girls on the team," said Morales. "We tell each other everything and it's so nice to have a big family that you know will have your back no matter what. I've been on a bunch of teams and none of them have gelled like this one does, which obviously shows in our successes on the court."

Although they are out of season, the men's volleyball team continues to work hard so that they will achieve the same types of victories when it is their turn to compete.

"Playing here is the greatest gift I have ever been given," said senior Will Kelleher. "Every single day I wake up at 5:15 a.m. and make my pilgrimage to the Pitt Center for practice and lifting that ends around 10:00 a.m. This may seem like a nightmare for some, but for us it is the best part of the day."

The men's team shares many similarities with the women's team, and one major connection is their affinity for their coach, Rob Machan, who actually coaches both teams here at Sacred Heart University.

"I can speak on behalf of both teams when I say that we play as much for him as we do for ourselves," said Kelleher. "He is the driving force behind the success of SHU volleyball. Personally I owe more to him than anyone else walking on this campus. He has taught me more lessons than any class or professor could ever dream of teaching me."

Along with lessons learned from their coach, the men's team continues to practice hard and await the opportunity for some of the success that the women's team has already taken advantage of.

"The women have finally had a chance to reap the benefit of their concerted efforts with 16 straight wins this season. We (the men) are still humbly awaiting opportunity's knock on the door. Until then we will continue to work on our skills, conditioning and most importantly our focus," said Kelleher.

Besides from working hard on the court, both teams would like for the student body to recognize that volleyball is a sport to be reckoned with.

"I think people just need to give volleyball a chance," said Ovsenek. "It's a really fun sport to watch and we love



Courtesy of Sacred Heart Athletic Communications
Sophomore Johanna Ovsenek (#13) spikes the ball in a recent practice.

the support when the fans get loud in the stands. And since we're doing really well this year we've been getting bigger crowds and it's awesome, and we hope this continues as the season goes on."

MEN AND WOMEN'S CROSS COUNTRY TAKE THIRD AT NECs

Al Malafronte
Staff Reporter

A culmination of motivation, optimism, and perseverance has guided the Pioneers' men's and women's cross country teams throughout the 2010 season. It almost seems that third place finishes for both squads in the NEC Championships at Stanley Quarterly Park was a fitting reward for their strenuous efforts.

Kim DeLoreto's storybook senior year continued, leading the Pioneers' women's team with a time of 17:42.2 for a third place finish overall out of 101 women runners.

"I am so proud of both the boys and girls teams for bringing home third place titles in such a difficult and competitive race," DeLoreto said. "We went into this race facing a number of setbacks, but because of our team's depth, and the heart that we each have, our team was able to truly give a strong performance."

Across the board, the women's team set new personal bests for the season, illustrating how each one of them left everything they had out on the course.

DeLoreto's teammates complemented her strong performance, as freshman Brittny Lane finished second for the Pioneers for the third straight week with a time of 18:31.9, and 16th overall finish. Sophomore Michelle Navarro (18:53.8), sophomore Alyssa Selquist (19:05.5), freshman Brianna Castrogivanni (19:08.7), junior Johanna Acosta (19:24.0), and sophomore Megan Papp (19:31.0), rounded out the Pioneers' top seven finishes.

"I could not be more proud of each one of the Sacred Heart girls team," DeLoreto added. "I am so lucky to be a member of

such a wonderful group of girls, as I am thankful not only for their efforts today, but how their friendships have truly touched my life."

DeLoreto joined junior Jeffrey Lusignan (25:47.5), and senior Dan Koehler (26:01.7) as All-Northeast Conference honorees thanks to their top-14 finishes on Saturday.

"It feels really good to put five months of training together into one race," said Koehler. "This was by far, the best race of my season, and I'm really happy I ran my best race at the most important race."

Right behind Lusignan and Koehler was teammate, senior Brendan Rickert, who placed 15th out of 104 men runners at 26:15.9.

"I thought we ran great today," said Rickert. "We ran as a team fighting hard for each spot. It was one of the best team efforts we've ever had at NECs."

Rounding out the top seven finishers for the Pioneers were sophomore Colin Seidl (26:22.1), junior Richard Marcello (26:39), senior Stephen Benoit (27:14.9), and junior Andrew Sullivan (27:21.7).

"I'm really happy to be a part of this team," added Rickert. "Hopefully this momentum carries on for years to come with the program."

Central Connecticut State University won the men's title with 30 team points, while Quinnipiac University finished first in the women's race with 34 team points. The Pioneers' men's team finished with a team score of 74 points, while the women posted a score of 109.

The Pioneers will be hard at work the next few weeks, as they are getting ready to participate in the NCAA Regional Championship.

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Sophomore forward Justin Brewer (#11) moves the ball up field in this past weekend's victory vs. Bryant University.

The Spectrum/Sean Elliott