Midterm elections: Democrats take Senate, Republicans sweep House

Elizabeth Fish
News Editor

The polls have died down since the election last Tuesday, Nov. 2, and the highly anticipated results are finally in. The election named senators, members of the House of Representatives, and governors in various states throughout the country.

One major change that swept the nation was the election of a republican majority to the house of representatives, according to the Huffington Post.

"There was a national wave towards the Republicans (in the house of representatives), but not for Connecticut," said Dr. Gary Rose, professor and chair of the department of government and politics.

"Connecticut is a very blue state. We didn't get pulled into the national trend."

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Democratic candidate Jim Himes was elected for his second term in the house of representatives for Connecticut, defeating Republican candidate Dan Debicella for Connecticut's seat.

According to the Connecticut Post, Himes beat Debicella by six percent, with Himes receiving 53 percent of the votes, as opposed to Debicella's 47 percent.

As far as the overall new-republican majority in the house of representatives, "It's a big win for republicans. Democrats lost 14 seats in the state House," said Rose.

Some students at Sacred Heart University students think that the Republican majority in the house of representatives is a shift from the views of President Barack Obama.

Dan Malloy (left) was elected Governor of Connecticut; Richard Blumenthal (right) was elected as a Senator in Connecticut on Nov. 2.

"Republicans taking over the house of representatives shows just how much Obama supporters have moved on," said senior Diana Fabrizio.

Even though a Republican majority was elected to the house, "Sacred Heart is no exception. In order to keep attendance rates up, we need to provide our students with the best facilities available. If that means turning a home into a new health center, I am all for it."

according to the Connecticut Post.

"I haven't been sick yet at school, but I am afraid I will have to go home when I do get sick," said freshman Taylor Macchiarella. "Since it is supposed to start at the beginning of my sophomore year, I hope it is finished by the time I am a senior."

The current wellness center, only 800 square-feet, consists of health services and the counseling center for students. It is currently located on the main campus, on Park Avenue, across the street from Roncalli Hall dormitory.

"It's really surprising that they ran out of ballots because of the number of registered voters in this area," said sophmore Margaret O'Connor.

According to the Connecticut Post, ballots had to be photocopied and delivered to the polls by police. Many people had to leave the polls without casting their vote.

Some students think that the use of different technology could have prevented this problem.

"The paper ballots running out in places, especially Bridgeport, show that even though it may be more expensive, having electronic voting would have prevented this problem," said Fabrizio.

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According to the Connecticut Post, the university planned to present its ideas for expansion to the Bridgeport Zoning Boards of Appeals. This is because it is a medical facility in a residential area.

Mary Jo Mason, assistant dean of students at the wellness center, said that she and her staff are very welcoming of the idea.

"We would like to have new space," said Mason.

"Sometimes we feel we are too crowded in here."

According to Mason, the two branches of the current center (health and wellness) will still be together, and there will be plans to hire more staff and nurse practitioners.

Because of the center's current size, some students are not aware that there is a counseling center above the health center.

"I didn't even know that there was a counseling center," said junior Tom Critchley, "and I am not sure where it is located."

Many students who are away from home for the first time are skeptical about getting sick at school and whether or not the construction at the health center will be able to accommodate their needs.

"I haven't been sick yet at school, but I am afraid I will have to go home when I do get sick," said freshman Taylor Macchiarella. "Since it is supposed to start at the beginning of my sophomore year, I hope it is finished by the time I am a senior."

Since campus is small and so many students live on campus or near it, colds, the flu and illness travel very fast.

"I am always sick," said sophomore Victoria Raffa. "I have a hard time getting an appointment at the health center always. I cannot wait for the new facility. I really hope that it is done when I am still here because it would help the students out so much."

Some of the juniors and seniors are very upset they will not get to see and experience a beautiful new health center.

"I have had trouble with it since I was a freshman," said junior Kristin Legenza. "It is very frustrating and I wish I could be an incoming freshman with a brand new facility."
Colleen Gedon thought she was prepared to graduate from Sacred Heart a semester early in December 2009. Although her undergraduate coursework was completed, she was unable to graduate until the following May. Not being a full-time student during that spring semester meant she would no longer be eligible for health insurance through the school by insurance companies.

"Not having health insurance was not an option for me, as I am asthmatic," said Gedon. The situation of not wanting to be without insurance left her with two choices: to purchase an expensive individual healthcare plan, or to enroll in a medical coverage program.

Gedon's decision ended up being to put herself further into debt and attend another semester, rather than to not have health insurance. She acknowledges that the ACA will be a welcomed benefit for children unable to get coverage by employment or through school, it does not guarantee parents will have the medical insurance available to extend to their children.

Sophomore Olivia Civardi said the motive behind the health care reform is a good intention for providing a basic human service, but could be implemented with a more long-term solution.

"I believe that this policy runs parallel with the theme of hope that the Obama administration seems to be pursuing itself on, leaving room for the debt that he's infesting our country to continue," said Civardi.

Political science professor Dr. Steven Michels acknowledges that the ACA will be a welcomed improvement for the many uninsured that will now be eligible for health insurance. The issue remains, however, for the costs associated with this reform.

"The Office of Management and Budget estimates it will actually save money," said Michels, "but it's an open question as to whether the price of control won't end up making it more expensive.

Students in a similar position to Gedon will at least now have another option of obtaining health insurance when the ACA takes affect early next year.

"I had no idea advertisers could take such information off my profile," said Gedon. I found out that gay profiles were shown ads that were not shown to straight people and had no obvious connection to sexual preference, like those for a nursing degree at a medical college in Florida, which appeared exclusively in the gay man's account.

Said Gedon harbors concern for "those whose parents do not have health insurance themselves," she said. While the ACA will help to provide health insurance for children unable to get coverage by employment or through school, it does not guarantee parents will have the medical insurance available to extend to their children.

According to the National Conference of State Legislatures, "approximately 30 percent of Americans between the ages of 19 and 29 have no health insurance." Two leading reasons for this statistic include a significant unemployment rate and the expense of private medical insurance.

These circumstances are subject to change when the Affordable Care Act (ACA) signed by President Obama take affect beginning Jan. 1, 2011. The act's result in medical coverage being extended to age 26 for children and young adults under the health insurance plans of their parents. The plan does not have residency, or dependency, requirement, and furthermore does not require the child to be a student, according to the United States Office of Personal Management.

Under this health care reform, Gedon's situation could have been solved by being entitled to extended medical coverage from a parent.

Recent college graduates are entering a particularly weak job market. According to a "2009 Student Survey," lead by The National Association of Colleges and Employers, "19.7 percent of 2009 graduates who applied for a job" were successful in obtaining one to contrast to the "51 percent of those graduating in 2007 and 26 percent of those graduating in 2008" who had a job by the time they graduated. The ACA is intended to provide medical coverage for many of these unemployed college graduates.

Although appreciative of the health care reform, Gedon harbors concern for "those whose parents do not have health insurance themselves," she said. While the ACA will help to provide health insurance for children unable to get coverage by employment or through school, it does not guarantee parents will have the medical insurance available to extend to their children.

Senior Joe Anicic said he's feeling the pressure. "It's just like doing speed for the brain," said Hamel. "Students can elevate anxiety through exercise, provide a basic human service, but could be implemented with a more long-term solution.

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Wii-habilitation

Occupational therapists utilize video games as treatment method
Frank Morrone
Staff Reporter

Youngsters and adults alike may know of the Nintendo Wii, a popular video game console that uses motion sensitive remotes to control an on-screen avatar. While the Wii may have its roots in providing entertainment, for some it has become an important part of physical rehabilitation.

"Occupational therapy consists of many different treatments depending on the diagnosis," said occupational therapy student Amy Dion. "Wii is one way that occupational therapists can help patients."

"WiiMahn," meaning using the video game console as an option for rehabilitation, has become a recent trend in the health and science profession. This is an area where Dion presented research to a group of rehab therapists at the Stamford hospital where she is performing her clinical work this semester.

Many games available on Wii encourage the user to perform tasks such as striking a tennis ball, swinging a golf club, or participation in a boxing match. This person uses a motion sensitive remote that corresponds with an on-screen image. More advanced games require a Wii Balance Board to perform activities such as surfing or to monitor yoga positions, and other games use the Wii Zapper or Wii Wheel, to fire a bow and arrow or to maneuver a vehicle.

"The usual stretching and lifting exercises that help the sick or injured regain strength can be painful, repetitive and downright boring," according to the Associated Press (AP). Wii's virtual means of combating and preventing childhood obesity.

Dion's Wiihab presentation categorized different uses of the Wii in occupational therapy. After first identifying the functional impairment, and then matching it with the correct Wii games, she connected the correlating occupational therapy intervention. Dion introduced different Wii games that could be played and would focus on particular therapeutic results.

For example, she suggested that if the functional impairment was decreased cognitive function, a typical occupational therapy intervention would be to administer sequencing exercises. The presentation included suggestions of suitable Wii game activities that patients could use to administer sequencing exercises to patients with decreased cognitive function.

The presentation also included a gradation of Wii activities. These include adjustments such the addition of width, intensity or the decreasing the distance from the television, and applying different difficulty settings. Although the reception of using the Wii has been generally well received, it has drawn criticism because the games have not been designed for people with disabilities, and present the potential for injury, both points of which were mentioned in Dion's presentation.

Despite this, freshman Patrick Peterson said he thought Wii has a lot of potential. "The Wii is very fun and shows the potential for the video game industry to reach a new audience.

"There might be some problems with WiiMahn," said Peterson, "but since it's such a new idea, I think a lot of those concerns will be ironed out.

The addition of the Nintendo Wii is "fun and can be adopted or graded in many ways to help the patient be different successful," said Dion, "not only in the virtual reality that the Wii provides, but in actual reality as well."

Students reach out to read aloud

Caroline Campo
Staff Reporter

On Oct. 28, the children of Blackham School in Bridgeport waited anxiously in their desks for one of their favorite programs from Sacred Heart University to arrive: the read-aloud volunteer program.

Blackham is just one of the local Bridgeport elementary schools that about 15 students travel to weekly on Tuesdays, Thursdays, and Fridays. The volunteer program is run under Dawn Doucette and senior Megan Rose.

"The volunteer programs office offers the SHU community opportunities to do community service programs on a weekly basis, while meeting the needs of the great Bridgeport community," said Doucette.

The program is conducted every week but this was the fifth year that Sacred Heart has done the read alouds. The university got involved through the City Wide Read Aloud that the School Volunteer Association puts on annually.

Doucette said that this was the 25th year that the read-alouds have been conducted in Bridgeport.

"We took a note from them and continued doing read aloud every week instead of once a semester or once a year.

Other schools in the area have also contacted Sacred Heart's volunteer programs to participate in read aloud. Wilbur Cross, Johnson, Winthrop, Columbus, Bryant, Bridgeport Learning Center and Marin have been visited.

Sacred Heart only makes about three or four appearances to Blackham and that doesn't seem to be enough for the children because of how much they enjoy it.

On Thursday, Oct. 21, students from kindergarten from second grade listened to a short book about Hispanic heritage.

"It is really important to have older wishers with they still had the college students in and read to them," said Eddgar Mentre, Blackham's home-school coordinator of seven years. "They love seeing new faces and hearing about things beyond the book and learning about a college student's life."

Senior Megan Rose has been involved since last spring semester.

"I got involved because I thought it would be a great experience being an education major," said Rose, who aspires to be a teacher. "More SHU students should get involved with the kids because they are so interested in what college life is like."

You also may not guess that Sacred Heart's very own football, basketball, and cross team got involved in the read-alouds last year.

"The children enjoy having anyone come in and read to them," said Rose. "But when an entire team comes in dressed in their jerseys, the children look up to them and dream to be just like them one day."

The children are sometimes eager to ask questions at the end of a book and share what their favorite part of it was.

"I like having the college kids come in because I like to say what my favorite part of the book is," said one second-grader.

Another student shot up his hand fast and said, "Me too, and I like when we get to keep the book that we read in the classroom now."

The children benefited a great deal from just this short program every week that Sacred Heart participates in. Not only do the children learn from college students, but the Sacred Heart students sometimes learn from them too.

"Many SHU students are amazed how many children tell them that they do not have any books in their house," said Doucette. "Showtime reading is important and cool and is so influential on these young children."

As the hour came to a close, Blackham's new assistant principal, Tina Peloso-Ulreich, came in thanked the readers for volunteering their time.

"It is very important to share the love of literature and culture," said Peloso-Ulreich.

Making Pettibone's Game Plan

Exercise science students help fight childhood obesity

Erika Castillo
Staff Reporter

Bright and early on the morning of Saturday, Oct. 16, the students of Sacred Heart University's special education coordinator at Sa­cred Heart, arranged for her to participate in the first ever Fitness Fun Day, created by an activity component.

"We didn't have anything more sophisticated, in terms of equipment, than a hula hoop or a jump rope...it was all about cre­ativity," said Valerie Wherley, clinical education coordinator at Sa­cred Heart, Heart, arranged for her students to participate in the event with along students from SHU's special education class.

"It's sort of a two-tiered initiative. The first level initiative is to get inner city youth more active as a means of combating and preventing childhood obesity. The other part of the initiative is to help veterans returning from war get trained in the field of health and fitness and re-establish them in the workplace," said Wherley.

According to an Oct. 21 press release from the USA Freedom Corps (USAFC), the event took place at Doc Serpone playground on Lorillard Place in the Bel­mont section of the Bronx. In addition to the 23 college students and 10 middle school children which came from Sa­cred Heart, a dozen veterans volunteered to become the first ever USAFC Fitness Leaders.

Sacred Heart's special applications of exercise classes, after-school programs, fitness classes, and an exercise program, which has service learning component which promotes applying classroom learning to real-world experiences.

"The students that came to the Bronx with me were doing their service learning, 10 hours and they were helping to teach kids how to exercise, how to make healthy eating choices and most importantly, how to exercise when you don't have a lot of space, money or the right equip­ment," said Wherley.

On the day of the event, the volunteers and partici­pant students from PS32 and MS45 elementary schools in the Bronx organized fitness stations on the blacktop, according to Wherley. Every three minutes, an air horn would sound to signal the students to rotate to the next station.

"We didn't have anything more sophisticated, in terms of equipment, than a hula hoop or a jump rope. Maybe a few cones and a few soccer balls, but it was all about creativity," said Wherley. "There were nutrition related questions at each station which were followed by more Fitness Fun Day, created by Wherley.

"The Sacred Heart students were accompanying the groups or mapping the fitness stations and actually moder­ating the activities. It was almost two hours of com­plete activity time," she said.

The event was deemed a success by Wherley. Over 100 kids showed up on the Saturday morning to partici­pate in the event.

"It's so important for Sacred Heart to engage in events like these for several different reasons. First of all, we are doing our part to help fight childhood obe­sity, an epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helping to fight that epidemic. Number two, Sacred Heart's mission includes students to pass that on to children is helpful in what college life is like."

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Unsafe Internet security causes students to worry about safety online

Jacqueline Duda
Staff Reporter

All around college campuses, students can be seen on their computers, a daily activity for many college students. But with all of the computer usage and information on a person’s computer, is everything secure? Many students at the University of Hawaii will answer no.

Social security numbers, grades and other important information was left available to the public for over a year after a breach of security at the University of Hawaii, according to an article from the Huffington Post.

A professor from UH conducted a survey on graduation rates believed to be using过度4,000 University of Hawaii graduates from the years 1990 to 1998 and 2001 to have their personal information leaked onto the Internet, according to the article.

A breach of security is an issue that can happen on any college campus. Sacred Heart University takes measures to help provide security in order to prevent this from happening.

“We go to great lengths to ensure that all the confidential and personal identifiable information is well guarded and handled appropriately,” said Wang Cheng, information security officer. “All sensitive information is stored in secure databases that reside behind a secure private network. Access to that information is closely monitored and provided only through a system we call Secure Desktop. We also routinely scan our servers for confidential information to ensure that no such information has been placed in locations that are not secured.”

Knowing how to keep personal information on the computer personal is something that students should be aware of. “It’s scary to think that a person’s personal information can just be available to anyone through one little mistake,” said freshman Rachel Marsanico. “It eases the worry knowing that Sacred Heart does things to make sure our private information stays that way.”

Breach of security can occur in other places, not only when it comes to a student’s schoolwork. “Students and indeed everyone should always be concerned with the safety of their information,” said Cheng. “Identity theft is by far the fastest growing crime in the U.S. today and affects thousands of people. Once you are a victim there is no turning back: criminals can take loans in your name, get credit cards, and open other accounts in your name and all the chargers and liabilities then fall upon you. These can do permanent damage to your credit history and even affect your chances at getting a job.”

Identity theft is an issue that affects many different types of people. Even students worry about their identity being stolen.

“I do worry about computer security because I would not want my social security number out and open for someone to steal my identity,” said sophomore Victoria Raffa. “At the same time, with all the blocks and passwords used on the Sacred Heart network, I feel confident in the computer security on campus.”

Although there are security measures taken at Sacred Heart so that breeches in security do not occur, there are also some things that students can do to make sure their information is personal and stays that way.

According to Cheng, students should “Use complex and hard-to-guess passwords but more importantly, different passwords for your personal, email, banking and financial systems than the ones you use for things like Facebook, Twitter, etc. Never do anything involving sensitive information when on public WiFi networks. These are called public for a reason. Always question anyone who asks for your password/PIN, social security number, or any other confidential information.”

Tips to keep your personal information safe
- Use complex and hard-to-guess passwords.
- Use different passwords for your personal e-mail, banking, and other financial systems than the ones you use for Facebook, Twitter etc.
- Never do anything involving sensitive information when on public WiFi networks.
- Always question anyone who asks for your password/PIN, social security number, or any other confidential information.

BACHELOR’S DEGREE DOESN’T CUT ANYMORE FOR SOME PROFESSIONS

Erika Castillo
Staff Reporter

Many college graduates are still experiencing an aftermath of the economy’s condition in today’s job market. In recent years, college graduates have had to endure higher unemployment rates than those who graduated in the early 2000’s, according to an article in the Huffington Post.

“Young college educated workers, particularly those 25, and under have experienced rising joblessness, underemployment, and malemployment problems (i.e. working in jobs that do not require a college degree). During the January-August period of 2010, we estimate that fewer than 50 of every 100 young B.A. holders held jobs requiring a college degree,” according to the Huffington Post.

These statistics affect some of today’s undergraduate students.

“I am worried. I feel like there is big competition with my major, with my business and within the economy in general. That’s my big concern,” said junior Laura Callahan.

Like many students that will be graduating in the near future, Callahan is worried about getting a job upon graduation but is still working hard give herself a competitive edge in today’s job market.

“Doing an internship gave me the reality of what to expect. I had to dress appropriately, I had to know what to say, I had to earn my money and did the basics of everyday and it’s not always pretty but it helped me develop a realistic sense of what to expect,” said Callahan.

Despite the recession, Sacred Heart has maintained high placement rates post graduation. In 2009, 96 percent of students who graduated with bachelor’s degrees either got jobs or got accepted into grad school within 12 months of graduation. Of that percentage, 57 percent went to graduate school and 39 percent got jobs, highlighting the job market’s demand for a graduate degree in addition to an undergraduate education.

“The stakes are high and everyone is in the same boat. Having a master’s really makes you stand out,” said Callahan.

In today’s economy, many students are attending graduate school because they are aware of the job market’s increased need for a graduate school education. However, the pressure to continue school after getting a bachelor’s degree is an added stress for some students.

“Knowing that a bachelor’s is worth less and the economy really makes me want to get my master’s but I don’t know if I want to be in school that much longer,” said junior John Sam.

Other students experience some frustration when it comes to acquiring a higher degree.

“It doesn’t encourage me to get a masters, it kind of forces me to get one. It’s terrible,” said senior Justin Rigi.

Rigi is majoring in history and has successfully completed two internships. Like many students, Rigi has elected to obtain job experience while in college to increase the likelihood that he will receive a job opportunity after college.

“It definitely helped me out a lot. You can only learn so much in a classroom. With the internships, I got a lot of hands on job experience,” said Rigi.

Sacred Heart’s career services department offers a variety of services that can help students become more ready for life after college. Among these are resume building workshops, interview preparation, and secure access to a database of employers that have posted job opportunities specifically with the university.

“We help freshman all the way through graduation and beyond. One of the things that I don’t think is as widely known among the students as it should be in that we help students after graduation as well. All alumni can come back here and use our services,” said Rick Del Vecchio, director of career placement in the Career Development and Placement Center at Sacred Heart.

Del Vecchio and his team of career specialist are willing to work one-on-one with students about any aspect of the job search process to help students become strong potential employees for jobs that they are interested in. The staff helps to design career plans that are specific to the goals of the students.

“It’s individual to the student depending on what they want to do. I think that there are some careers that are going to require a master’s degree and I don’t think that’s changed. But I think that the biggest driver right now is experience,” said Del Vecchio. “If they get experience and have a good GPA and complete all of the other things that make a good package, they’re going to be great candidates coming out of college.”
BALANCING RELATIONSHIPS AND ROOMMATES

Should your roommates' perspective affect your relationship?

Andrew Orlandi
Staff Reporter

Maintaining a relationship in college can be tough. There are many factors that can hinder the progression of a healthy relationship. Roommates and friend groups can be part of this problem. Sometimes having your significant other or close friends around can be a problem for the people around you, but should that be a problem your relationship?

"Having a girlfriend was both good and bad. I liked hanging out with her but sometimes it was hard with two other roommates, it was uncomfortable sometimes," said senior Wes Lyonsky. "In terms of a roommate having a girlfriend, I can imagine it being hard because you want to give them personal space but at the same time you want to be able to relax in your room."

Senior Sean Barrett feels as though the opinions of others should not matter in these situations.

"I don't think it matters what the roommate thinks of the person. If you're serious about that person then it shouldn't matter what anyone else thinks," said Barrett.

Senior Megan Rose agrees that roommates' opinions shouldn't matter.

"I think they should still be able to come over whether or not your roommates like them. They don't have to like each other," said Rose. "They just need to have enough respect and common sense to not make them mad or upset. And if your significant other is over a lot and makes their own mess they need to be willing to clean up after themselves."

Stem cell research raises concerns around SHU

Henry Crocker
Staff Reporter

Stem cell research emerges as one of the most controversial issues our society faces today. The potential stem cell research holds is one of the most divided.

According to The National Institutes of Health, "Pluripotent stem cells (cells that can develop into many different cell types of the body) are isolated from human embryos that are a few days old. Pluripotent stem cell lines have also been developed from fetal tissue (older than eight weeks of development)."

Issues such as how the stem cells are obtained and the moral and ethical debate are two of the main problems causing controversy.

"Is this research making instrumental use of early human beings or offering potential cures for terrible diseases? I think it could be both, and therefore as a society we have to decide on the best balance of values," said religious studies professor Brian Stiltner.

"Since the cures are speculative, we should be cautious and explore alternatives to embryonic cells. But since there are many frozen embryos that will never be born, some of them not capable of being born, and since there are already existing stem cell lines, there is research that can go forward that is respectful of human dignity. I think it would be better to have more government oversight of research than happens now."

According to the National Institutes of Health website, "Stem cells are unique cells that have the ability to both renew themselves through cell division and be scientifically altered to replace and replenish organ tissue."

Stem cell research holds the potential of bad, said junior Brandon Rodriguez.

"Scientifically we should always be encouraging forward thinking and momentum with what research we fund," said junior Frank Chioldi. "Morally it may very well be the proper thing to do, but we need to pursue it in the right way, especially when [one of our] options is helping the sick."

Contributed to by Lindsay Caiaiti, Chief Copy Editor and Kelley Bligh, Perspectives Editor

Stem Cell Research Facts

Stem cells are unique cells that have the ability to both renew themselves through cell division and be scientifically altered to replace and replenish organ tissue.

Stem cells offer the possibility of a renewable source of replacement cells and tissues to treat a myriad of diseases, conditions, and disabilities including Parkinson's disease, amyotrophic lateral sclerosis, spinal cord injury, burns, heart disease, diabetes, and arthritis.

Source: http://stemcells.nih.gov/info
Some students monitor their Facebooks to ensure nothing is posted they don't want others to see.

Forgetting to filter your feed a Facebook faux-pas

Erin MacDonald
Staff Reporter

When senior Samantha Latulippe logs onto her Facebook account, she monitors what pictures are tagged of her and what she posts on her friends' walls. "I personally limit the things that I post to others' walls because I feel as though some things should be kept private and they don't need to be put out there for all to see," said Latulippe.

Latulippe is one of many Sacred Heart University students who keep a close eye on what they say on Facebook and what pictures are tagged of them—a developing form of Facebook etiquette.

"When using Facebook, people often forget that what they post on their pages can be seen by many of their friends," said senior Staci Zacharski. "Sometimes they don’t have their pages on private settings, so people must be aware of what they are posting."

Although there are certain precautions many Facebook users feel they must follow, the easy access to friends near and far keeps users returning to the website. "I think Facebook is a great resource for communication," said Zacharski. "It is a convenient way to keep in touch with friends and family members without much effort."

Latulippe agreed, yet also suggested some limits be put in place. "I like Facebook as a social networking site to keep up with friends. However, I do not think that it should be available to everyone - young kids under the age of 16, for instance," Latulippe said.

Since Facebook began in 2004, there have been different changes to its privacy settings. Yet throughout all of these modifications, users have been able to control what you put in your status, in your profile, and graduation, she does not worry that potential employers may look at her Facebook account. "I have a lot of friends that will delete the notification that they broke up because they don’t want to draw a lot of attention to it," said Dion.

Zacharski agreed that it is feasible to keep some things confidential. "It is all about regulation. You essentially control what you want to be on your page, so if you’re not comfortable with other people seeing your current relationship status or even birthday, then don’t put it on Facebook," said Zacharski.

When it comes to Facebook statuses, some individuals have different standards that they follow when it comes to what they post about themselves. "I think that it’s okay for funny quotes or advertisements to go into status messages, but I disagree with people putting their locations into it," said Latulippe. "It’s a stalker’s paradise if you put too much information in your status.”

"I don’t want to go on a second date with her. Get to know her well enough on the first date so you can figure out whether she is worth your time and money in the future. You don’t want to be spending everything in your bank account on a girl who only talks about the latest celebrity to be voted off "Dancing with the Stars.”

If you decide to take her out for a nice meal, whatever you do don’t go out on a first date, and how much fun you had or didn’t have. What happens at the end of the night is totally dependent on your comfort level with the date, and how much fun you had or didn’t have. What happens at the end of the night is completely reflective on how both parties feel about the other, and may dictate if there is a second date or not.

Now guys, if you say or ask for a "smooch" do not expect a kiss, or a second date. Any dignity you had will be lost in that moment. Kudos for being a true gentleman, but if you have to ask to kiss her then you probably shouldn’t be kissing her. You’ll be able to feel her vibes in the moment.

As for the good night kiss, it is totally dependent on your comfort level with the date, and how much fun you had or didn’t have. What happens at the end of the night is completely reflective on how both parties feel about the other, and may dictate if there is a second date or not.

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WALKING TOWARD THE ‘ROAD TO RECOVERY’

Students participate in walk to support fellow student’s father in his fight against lung cancer

Marisa Graniela
Features Editor

You can always tell who your true friends are in a time of need, both good and bad.

Senior Peter Rizzo’s father was diagnosed with non-smoking lung cancer last year and has been in battle ever since. With support and strength from his family and friends, he continues to fight off the disease every day. On Oct. 24, 21 Sacred Heart students and myself took part in a selfless and life changing experience.

A bunch of us traveled to New York City to participate in the “LUNGevity Walk” for lung cancer in Battery Park, located on the southern tip of Manhattan.

With the help of donations, we were able to raise $7,645 to sponsor our team, “Rizzo’s Road to Recovery,” in the walk. Being that we were one of the biggest groups there, we turned heads with every move we made. It seemed like no matter which way you turned, you saw at least one of us standing proud with team spirit.

At this point, we were a force to be reckoned with. For the first time, Mr. Rizzo could actually see everyone who stood behind him. I had never met Mr. Rizzo prior to this event. When I was introduced to him, he immediately embraced and thanked me for my attendance. I felt as if I’ve known him for my whole life. Unfortunately, he relies on his cane and was unable to participate in the walk with the rest of us. However, it seemed to me that despite this hardship, he stood taller then anyone else.

Walking in the race was an experience in itself. Looking around at all the teams put a lot into perspective for me. It allowed me to really think about the important things in life. A lot of the time, we focus on the small things and let them get the better of us. Seeing all of the survivors and fighters smiling and fighting for their lives really made everything else seem so small and insignificant.

Before I entered the walk, I was unsure of what to expect. To be honest, I thought it was going to be extremely sad and heartbreaking. I was expecting to see a lot of families grieving over loved ones they lost to the disease. Fortunately, it was the complete opposite. Everyone, including those who are currently ill, were smiling and gleaming with happiness. Even the families that were participating in the walk to remember a loved one were happy and celebrating life instead of questioning what had happened.

Everyone was so comforting and hopeful, that I walked away feeling anything but sad.

I would suggest to anyone to take time out of your schedule and participate in one of these walks in the near future. Whether you know someone who is directly affected by the cause or not, it’s an experience and a feeling you will never forget.

Being able to say that you donated some of your time for any sort of walk or run is something you will be forever proud of. If you’re interested in donating or participating in any walks organized by the LUNGevity Foundation, visit them online at www.lungevity.org.

Senior Peter Rizzo gathers with friends, family and supporters to walk in support of his father’s battle with lung cancer.
Valentina Szaisha
Staff Reporter

Music fans, get your chirocrave on speed dial because Willow Smith’s new single is launching a “hair-whipping” sensation.

Ten-year-old Willow Smith, daughter of A-list actors and musicians Will and Jada Pinkett-Smith, is taking the music scene by storm. Dropping her debut single “Whip My Hair” on Tuesday, Oct. 26, Smith has become an overnight sensation.

Following in the footsteps of fellow songstress Rihanna, Smith caught the eye of hip-hop artist and music producer, Jay-Z and signed with his label Roc Nation, according to MTV’s website.

“She walked in and the first thing she said was, ‘I’m really nervous,’ and I thought, ‘That’s maturity to explain exactly how she was feeling when she walked right into the room. I knew right then that she was a star.” Jay-Z told MTV. “I believe in superstars. I see a big deal in Willow Smith.”

Smith’s debut single has received praise from the critics, who have been surprisingly receptive to the single, despite the controversy of over-sexualizing children in the media in recent time.

“I confess I was inclined at first to dismiss her quick rise as the worst kind of showbiz nepotism, and the pop stage as an entirely inappropriate and overly sexualized place for one so young,” said Leah Greenblatt of Entertainment Weekly. Further claiming that “this clip is about to put a boom in the chiropractic industry.. .because, of showbiz nepotism, and the pop stage as the media in recent time.

“I think it’s great that she can get into the business at a young age,” said freshman Jess Mazal. “It’s just a matter of her material being appropriate for a kid her age.”

However not all students were receptive to Smith’s new tune.

“I think the music wouldn’t be so bad, but mixing with the dancing and the attitude, it does seem to old for her,” said junior Lindsay Tomaszewski.

Despite the success of her single, Smith knows that there will always be critics in regard to her music, but how does this young star-in-training overcome the negative press? By listening to her own advice.

“You can’t be afraid to be yourself,” said Smith in an interview with Ryan Seacrest. “You have to be yourself and you don’t have to worry about that.”

Still, Smith’s recent success has caused some students to wonder if she has the right to free speech, her comments have been deemed by some as insensitive.

“She does have the right to free speech, but I feel that this statement shows a lot about the kind of person that she is.”

Jamie Miller
Staff Reporter

It is hard to turn on the television these days without seeing different commercials about weight loss pills, gyms, or the next model show coming out.

Americans seem to be obsessed with losing weight and being skinny. On Oct. 25, “Marie Claire” magazine’s blogger Hiring Jamie Miller was exceptionally outspoken in regard to her music, but how does this young star-in-training overcome the negative press? By listening to her own advice.

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“She does have the right to free speech, but I feel that this statement shows a lot about the kind of person that she is.”

Kelly in her post. While she does find that “it’s at least equally crazy, albeit in the other direction, to be implicitly promoting obesity.”

Further, Kelly admits that she would be “grossed out if [she] had to watch two characters with rolls and rolls of fat kissing each other... because [she’d] be grossed out if [she] had to watch them do anything.”

Though Kelly was just exercising her right to free speech, her comments did not sit well with readers. After several thousand comments on her blog calling her anything from “insensitive” to “racist,” Kelly wrote a retraction, apologizing to all who were hurt by her words.

“I would really like to apologize for the insensitive things I’ve said in this post,” said Kelly. “Believe it or not, I never wanted anyone to feel bullied or ashamed after reading this, and I sorely regret that it upset people so much. A lot of what I said was unnecessary. It wasn’t productive either.”

While people may believe what Kelly wrote, with or without her apologetic retraction, to be wrong, some found that she had the right to preserve her freedom of speech.

“Kelly has a right to free speech, but there is an ethical standard of society that should be met, including no discrimination,” said senior Leanne Snedders. “There is a lot of cultural diversity within the United States and people should be culturally sensitive, restraining stereotyping, and constraining prejudices or perceptions of others.”

Despite Kelly explaining to her self to readers that she was not being “size-ist,” meaning being discriminatory towards people that are overweight, commentators did not hold back, calling Kelly a “racist.”

“There used to be a day when people couldn’t imagine using the same toilet or water fountain as somebody of a different race—they would use this same kind of language,” said Jocelyn Novella, a counselor at the university wellness center.

“What we have to learn in this country is that judging others as worthless based on how they look is unacceptable. I’m glad she had to write her ‘disclaimer update’ afterward, which means people are speaking up against that kind of big—”

saying, “as a representative of a publication, I feel she was in the wrong saying those things because it brings a negative outlook to the publication,” said senior A.J. DeRita. “She does have the right to free speech, but I feel that this statement shows a lot about the kind of person that she is.”

Chris O’Connell
Contributing Writer

The due date has finally arrived and the delivery room is all set, but this may be a baby that only a mother could love.

In the world of genius pairings, “Due Date” looked as if it had topped them all. The suave, sexy and incredibly manly and funny Robert Downey Jr. fresh off of Iron Man 2 and the bearded, gut-bustlingly funny, definitely going to be typecast Zach Galifianakis of “The Hangover.”

Take those two men and have them be directed by Todd Philips, the man who directed “The Hangover” and you should have your own hit. What could go wrong? Apparently a lot of things.

Peter Highman (Downey Jr.) is on his way to Los Angeles from Atlanta so he can be present at the birth of his first child. After getting booted from the plane because of an altercation with Ethan Tremblay (Galifianakis) Peter finds himself with no money, no ID, and only one way home: 3,000 miles and three days through an unforeseen circumstance, be “grossed out if [she] had to watch two characters with rolls and rolls of fat kissing each other... because [she’d] be grossed out if [she] had to watch them do anything.”

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Hollywood romances fall victim to break-up season

Nicole Mastroni
Staff Reporter

Breakups. At one time or another, everyone has had to deal with this sore subject. But what about dealing with a heartbreak in the public eye?

In the past few weeks, the weekly blogs have been flooding newsstands dishing out the latest heartbreaks of Hollywood's elite. From Courteney Cox and David Arquette's separate separation to "Gossip Girl's" Penn Badgley and Blake Lively, the idea to the public is that love can actually happen among actors, but also that people can eventually reconcile.

"There is too much pressure on the actors and everyone is always looking at their lives," said junior Annie Rouquette. "Sometimes you just realize, 'Wow, we actually have grown apart,'" said Cox.

"The majority of our generation who are pretty much going through the same thing," said junior Chris Shine.

"I can imagine that their breakup would not show the public will have to keep an eye on," said Cox.

The rally's purpose was to criticise cable news media and the stories which they present to the public. It was to bring attention to the fact that Americans are being pushed by cable news-driven media, as stated on CBS news' website.

According to reporter David Knowles on AOL news, "the rally was meant to 'peke fun at what 'The Daily Show' enforces viewers to accept as the truth. But it was also aimed at getting the American political discourse back to more of a reasoned, less vitriolic volume.'"

I think that the rally has a really interesting topic. It is a sad situation when you have five stars of our generation who are pretty indifferent to musicals, said senior Al­lega De Vita.

The play debuted on Feb. 8, 2007 as an off-Broadway production, eventually finding its way onto Broadway with a total of 1,100 performances, said the show's official website.

According to IMDB, "In the Heights" was the brainchild of New York native Lin-Manuel Miranda, who began his project in 2002 during his senior year at Wesleyan University in Middle­town, CT.

Once completed, Miranda pitched the idea to the Eugene O'Neill Theater Center in Waterford, CT, which led to the debut at 37 Arts.

Since then, "In the Heights" has won a total of 11 Grammy awards, including Best Musical. In 2010, as reported by IMDB, "In the Heights" was the brainchild of New York native Lin-Manuel Miranda, who began his project in 2002 during his time at Wesleyan University in Middle­town, CT.

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"It is a sad situation when you have five stars of our generation who are pretty indifferent to musicals, said senior Al­lega De Vita.

"In the Heights" is a story about the rise and fall of a neighborhood, as well as the rise and fall of a community. It is also a story about the rise and fall of a family, as well as the rise and fall of a culture. It is a story about the rise and fall of a country, as well as the rise and fall of a world. It is a story about the rise and fall of a species, as well as the rise and fall of a planet. It is a story about the rise and fall of a soul, as well as the rise and fall of a mind. It is a story about the rise and fall of a heart, as well as the rise and fall of a spirit. It is a story about the rise and fall of a body, as well as the rise and fall of a blood. It is a story about the rise and fall of a breath, as well as the rise and fall of a life. It is a story about the rise and fall of a love, as well as the rise and fall of a passion. It is a story about the rise and fall of a hope, as well as the rise and fall of a dream. It is a story about the rise and fall of a future, as well as the rise and fall of a present. It is a story about the rise and fall of a past, as well as the rise and fall of a present. It is a story about the rise and fall of a reality, as well as the rise and fall of a imagination. It is a story about the rise and fall of a mind, as well as the rise and fall of a spirit. It is a story about the rise and fall of a heart, as well as the rise and fall of a soul. It is a story about the rise and fall of a body, as well as the rise and fall of a breath. It is a story about the rise and fall of a love, as well as the rise and fall of a passion. It is a story about the rise and fall of a hope, as well as the rise and fall of a dream. It is a story about the rise and fall of a future, as well as the rise and fall of a present. It is a story about the rise and fall of a past, as well as the rise and fall of a present. It is a story about the rise and fall of a reality, as well as the rise and fall of a imagination.
A word from your Student Government President

To my fellow Students,

It's hard to believe that the semester is more than half way completed. It seems like just yesterday we were distributing "super fan" t-shirts at the Big Red BBQ. For student government it has been a very productive year thus far and we are excited to continue to accomplish goals for the student body. Our ultimate goal as an organization is to represent the interests of the students and work to make sure that your voice is heard. Over the course of the past two and a half months, many of you have stopped by the student government office or have e-mailed to speak with us about life at Sacred Heart. I am proud to provide you, the students, with updates to the changes that have been made as a result of our conversations.

We appreciate the you reaching out to us with your thoughts regarding the changes that Chartwells has implemented. Her duties include event planning for the class of 2011 and issuing random meal plan and the Mahogany Room restrictions. She has a very unique dual role because of being an English major and political science minor, she is a four-year member of the Sacred Heart dance team. She also has an internship at a law office in Bridgeport, Conn. and recently took the LSATs. Currently, she is deciding between a career path in either law or English.

"Nicole is a hard worker and a great leader," Valenti said.

Her hard work and dedication extends far beyond the student government office. On top of being an active and devoted member of student government, Rowlands was voted senator of the month for her contributions and hard work.

"As a senior member of the student senate, she is a major asset to student government," said vice president and senior Mario Valenti. "She is a part of the Chartwells committee to put recycling bins in a job at a law firm, who would have extra time? Senior senator Nicole Rowlands finds a way completed. It seems like just yesterday we were distributing "super fan" t-shirts at the Big Red BBQ. For student government it has been a very productive year thus far and we are excited to continue to accomplish goals for the student body. Our ultimate goal as an organization is to represent the interests of the students and work to make sure that your voice is heard. Over the course of the past two and a half months, many of you have stopped by the student government office or have e-mailed to speak with us about life at Sacred Heart. I am proud to provide you, the students, with updates to the changes that have been made as a result of our conversations.

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TRULY A F.O.R.C.E. TO BE RECKONED WITH
Organization brings dance teams together for annual kick-off event

Jessica Colucci
Staff Reporter

If you walked into the Edgerton Center at Sacred Heart University on Tuesday, Oct. 26 at 10:10 p.m., you would have been a part of the 7th Annual SHU F.O.R.C.E. Kick-off. This event featured performances by the University of New Haven Dance and Step Teams, Fairfield University’s Hip Hop Team, Sacred Heart’s own Dance Team, Omega Phi Kappa Fraternity, and SHU F.O.R.C.E. themselves.

Kick-off is SHU F.O.R.C.E.’s biggest fundraising event of the year. It is such a successful event that last year Kick-off won the award for “Fundraising Event of the Year.”

Alumna and grad student Eileen McGarry attended kick-off this year.

“I was incredibly impressed with the caliber of talent displayed on stage,” she said.

She described F.O.R.C.E. as being “comprised of a group of wonderful young women who are truly passionate about dance and who continue to bring joy, light, and entertainment to the SHU community.”

To the current members of F.O.R.C.E., the club is about dance. President of SHU F.O.R.C.E., senior Jacquelyn Comandini feels the name brilliantly defines what the club is about.

“To the current members of F.O.R.C.E., and entertainment to the SHU community. Each year, SHU F.O.R.C.E. “a club where you can smile, have fun, be energetic, and also love what you are doing.”

Miska. “I hear from many that each year our team keeps impressing the audience,” she said. “We are becoming stronger as a team but also as individuals.”

Ferrantelli said that what F.O.R.C.E. means is “the definition of dance we stand by.”

Senior vice president Lauren Miska called SHU F.O.R.C.E. “a club where you can have fun, be energetic, and also love what you are doing.”

Having been on the executive board for three years, Miska has seen great improvement.

“SHU F.O.R.C.E. has come a long way since it first started in 2003,” said Miska. “I hear from many that each year our team keeps impressing the audience,” she said. “We are becoming stronger as a team but also as individuals.”

Ferrantelli agreed that the club has changed.

“Since I have been on e-board for the past two years, the charisma, atmosphere, and genres of dance and girls’ enthusiasm has changed dramatically,” she said.

Having attended Kick-off, McGarry saw firsthand the changes in the club.

“F.O.R.C.E. has come a long way since my freshman year and I am so proud to call myself an alumna of such an amazing club,” said McGarry. “I know that with the dedication of all the current members, this club can exceed any of my highest expectations for success.”

Comandini has seen a definite change, just in the number of members.

“SHU F.O.R.C.E. has come a long way since it was first established eight years ago. We now have approximately 60 members, who actively participate in the club, and growing,” said Comandini.

These 60 members “must participate in either the fundraising or advertising aspects of the organization,” said McGarry. “Anyone can be a member. If you would like to dance, you must audition.”

The organization will also be selling Christmas dance grams outside of Chartwells soon. Their periodic shows will be on Tuesday April 12 at 10:10 p.m. and Saturday April 16 at 2 p.m. in the Edgerton Center for the Performing Arts.

Kessler strongly believes that Four Loko needs to be banned. “I do think it should be banned,” she said. “It is too easy for people to drink it and not realize how drunk they are getting and therefore put themselves at higher risk for alcohol poisoning or even death.”

Other say that the taste may not be so great, but it is not stopping them from drinking the can.

“I drink them sometimes even though they don’t taste

The 23.5-ounce caffeine beverage has been known to cause several problems for college students across the country.

The SHU F.O.R.C.E. dance team performs in a dress rehearsal Sunday, Oct. 24 before their kick-off show later that week.

With much to look forward to, some members of the club are looking forward to the future.

“I hope they continue to open up new dance styles and ideas, and always think outside the box,” said McGarry. “I may not like the taste, but they get you drunk quick at such a low cost,” said McCarthy.

These sentiments continue among university seniors.

“I think they’re good,” said senior Jade Ean-Heller. “I love the variety of flavors and especially the fact that they are so inexpensive.”

Belfiore also brought up the low price.

“I like drinking them because all I have to do is buy one, which is so cheap, and I’m set for the night,” she said. Can is one enough to keep students satisfied for a cheap pre-game, but can also result in a hospital visit.

Some don’t even mind the flavors that much and find some to be mildly enjoyable.

“I drink Four Loko but I only like a few flavors such as the lemonade and blue raspberry,” said senior Nicole Belfiore.

The variety of flavors is not the only thing that keeps people coming back for more. The low cost of $2.50 for a can makes the beverage affordable for a college student.

The Loko ‘beverage is cause of concern on college campuses

Andrea Gorkofsky
Staff Reporter

“Blackout in a can,” may be a common expression now amongst college students referring to a 23.5-ounce can of the caffeinated alcohol drink that has developed a love-hate relationship with the United States, a Four Loko.

College students across the country have been hospitalized and in some cases died due to consuming Four Loko. According to an article from USA Live Headlines’ website, reporter Joel Mackey explains what happened when police arrived at a party where nine people were brought to the hospital.

“At first, authorities suspected possible drug use was the cause of the multiple illnesses from the same party,” said Mackey. “Apparently an alcoholic energy drink called Four Loko is the culprit.”

Four Loko is said to contain as much alcohol as five or six shots of hard alcohol.

“I don’t think they should be banned, I just think the public should be better informed about them,” Ean-Heller said. “I know a lot of policy-makers want to ban them because people are abusing them but I don’t see why they should be banned and everyone should suffer just because some can’t handle them.”

Others say it is a personal choice whether or not they wish to take the risk.

“I don’t believe they should be banned because a person has a right to decide if they choose,” McCarthy said. “It is not my fault some people are irresponsible.”

Belfiore also brought up the low price.

“If you’re going to drink three in one night you should not be allowed to drink at all because it shows immaturity,” said Belfiore.

Kessler strongly believes that Four Loko needs to be banned from the country.

“I do think it should be banned,” she said. “It is targeted at underage drinkers and students are having blackouts because they do not realize how much they have been drinking.”

AP Photo

The 23.5-ounce caffeine beverage has been known to cause several problems for college students across the country.

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The variety of flavors is not the only thing that keeps people coming back for more. The low cost of $2.50 for a can makes the beverage affordable for a college student.

“I drink Four Loko but I only like a few flavors such as the lemonade and blue raspberry,” said senior Nicole Belfiore.

Others agree that the taste may not be so great, but it is not stopping them from drinking the can.

“I drink them sometimes even though they don’t taste
On Deck

Tomorrow
M. Ice Hockey @ RMU 7:05 p.m.
M. Soccer vs. St. Francis (PA) @ Monmouth * NEC semi’s*
1:30 p.m.
W. Basketball vs. St. Peter’s 7:00 p.m.

Saturday, November 13
M. Basketball vs. Fairfield @ Connecticut 6:00 p.m.
M. Ice Hockey @ RMU 7:05 p.m.
W. Bowling @ NEC Meet All day
Men and Women XC @ Regional Championship All day
W. Ice Hockey @ Nichols 7:40 p.m.

Contact Sports Editor
Dan Graziano Graziano@shu.spectrum.edu

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Senior captain Evan Mladenoff scores the first goal of the game last Saturday in Sacred Heart's 4-2 win over AIC at Harbor Yard.

Men’s hockey earns first win

Defeat AIC, 4-2 at Harbor Yard opener

The Spectrum/Sean Elliott

Senior captain Evan Mladenoff scores the first goal of the game last Saturday in Sacred Heart's 4-2 win over AIC at Harbor Yard.

Al Malaforrente
Staff Reporter

In their first home game played at the American Int’l College Arena at Harbor Yard, the Sacred Heart University Pioneers brought home their first win of the year on Saturday, November 6. A 4-2 victory over the American Int’l College Yellow Jackets improved the Pioneers’ record to 1-5-1 overall, and 1-2-1 in conference play.

“We have been in a slump,” said sophomore Alex Stuart.

Pioneers - 4

Yellow Jackets - 2

more goalkeeper Steven Legatto. “We were nervous about the fact that we needed the win at such a crucial time in the season. We made sure that we were mentally focused and ready to go from the start.”

The Pioneers struck early, scoring just 2:59 into the game, when junior Anthony Yelovich set up senior Evan Mladenoff—a backhander, the goal was also assisted by sophomore Alex Stuart.

The Yellow Jackets held a 2-1 lead late in the second period, after freshman Nick Campnale and freshman Jon Paskar netted goals. However, junior Matt Gingera recorded a goal of his own, to tie the game at two going into the third period.

The tie didn’t last for long, as sophomore Reid McLeod scored the Pioneers’ third goal on a power play, which put the squad ahead 3-2.

Sophomore Eric Delong clinched the victory with a goal just 14 seconds remaining in the game, making the score 4-2. “I felt I played well and made some key saves to secure the win,” said Legatto who saved a total of 27 shots in the victory. “Our team did a great job of blocking shots and keeping the shots to the outside which made my job easier.

Men and Women XC @ Regional Championship

On college campuses all across the country football rules all. Every saturday morning on most college campuses students awake to the smell of hotdogs and hamburgers grilling in the parking lot. The thrill of the pregame is an experience unlike any other.

Athletes are gods among men. They walk through the campus with their heads high and chest out. They are the best of the best.

At Sacred Heart things are no different. When you walk through the halls or sit in the cafeteria you can clearly identify the football team. They tend to be loud, cocky, and obnoxious. Most of them believe they are the next Peyton Manning or Lawrence Taylor. The sad truth is that they are not. As for a matter of fact most of their football dreams will end at Sacred Heart's Campus Field.

This year I attempted to change the format of The Spectrum. I made a vow to give different sports a sample of the lime light. As a result, I created the weekly day in the life program and mocked us saying, “Sacred Heart is on it.” Oh [expletive]. It appears that a Twitter video taken after Sacred Heart’s victory over Monmouth had made its way to the sports blog, Barstool Sports Boston.

I didn’t even have to read the article to know that this was bad. Within an hour the video was removed however the post remains. The blog writer, “elpresidente” bashed our program and mocked us saying, “Sacred Heart wins the National Championship! Oh wait they are 3-6.”

Now as I’ve stated, I’m not the biggest Pioneers football fanatical. But the blog went too far. I was pretty impressed to learn that we defeated Georgetown, a halfway decent program. Then the following week we defeated Monmouth, another typically above-average program. While the video, which depicted a celebrating team and dancing head coach Gorham was a tad over the top, I can understand the excitement.

No one believed that we would or even could defeat Georgetown, let alone Monmouth. When it happened, the boys deserved to celebrate. They earned it.

I congratulate each and every one of you. But next time please be smart. Don’t post dumb stuff on the internet. Once it is up there anyone can see it, and anyone can blog about it.

A WORD FROM THE EDITOR: PIONEER FOOTBALL

Dan Graziano
Sports Editor

On college campuses all across the country football rules all. Every saturday morning on most college campuses students awake to the smell of hotdogs and hamburgers grilling in the parking lot. The thrill of the pregame is an experience unlike any other.

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Asst. Sports Editor
outline plays on a black board are a dime a dozen. The ones who win get inside their players' heads.
Sacred Heart men's soccer head coach, Joe Barroso, has proven that he is a great coach through the numerous wins he has had during his coaching career. And because of his many successes, he is one of five who make up the newest cast to be inducted into the New England Soccer Hall of Fame.

"I feel that just to be named along with all those people that I have looked up to throughout my career speaks volumes," said Barroso. "It's nice to be recognized for something that I have been putting a lot of work into and love so much."

Coach Barroso's adoration for the game of soccer began at a very young age when he was a player coming to the United States.

"I came to the United States at the age of 12 in 1976 and here I went to schools in Bridgeport," said Barroso. "From there I went on to play at the University of Connecticut State where I won a National Championship in 1990. During my career I was one of 30 in the country who went on to play for the US National team, and from there I went on to play in the most competitive soccer division in Europe for a team in Portugal called G.D. Chaves."

"As if being a professional soccer player wasn't enoug..."

Coach Joe Barroso poses for a photo.

"I coached my career began here in 1991, and in 1992 I became the women's soccer coach at Sacred Heart while the program was in its infancy."

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"My coaching career began here in 1991, and in 1992 I became the women's soccer coach at Sacred Heart while the soccer program was in its infancy."

"At that time it was a part time job and I was able to be a professional and coach at the same time. From there, I went on to coach at Yale University in 1995, while I also coached the men's and women's teams at the University of Bridgeport for several years. After leaving UB, I returned to Sacred Heart to coach the women's soccer team in 2000."

The accomplishments as a coach at Sacred Heart came immediately for Barroso, who had a NEC Division I title in only his second year coaching at Sacred Heart.

"In 2001, which was my second year here with the women's team, we won the first program in Sacred Heart history to win the NEC's and for the first time we went on to the NCAA tournament," said Barroso.

After several years with the school, the decision that it would be better for the school if Barroso were to move on to the men's team, who were struggling at the time.

"When I took over the men's team in 2005, we were at the bottom of the conference and we were ranked very low nationally, said Barroso. "The next year we made it to the NEC playoffs and that success has carried us to this point in our career. We have played 11 games this year, which is the most in school history, and we have been ranked nationally and ranked in the top 60 in the nation."

Besides all of his success on the field, Barroso has become an excellent role model to his players who are always looking to him for advice.

"There are so many people to thank but especially those at Sacred Heart who have believed in me over the years and supported me," said senior Lusiano Dadario. "He's taken the program to the next level and will continue to do so in the years to come."

Coach Barroso is grateful for all the attention he is receiving for being inducted into the NESHF, but throughout his career he has always been proud to be around the sport that he loves the most.

"There are so many people to thank but especially those at Sacred Heart who have believed in me over the years and supported me," said senior Lusiano Dadario. "He's taken the program to the next level and will continue to do so in the years to come."

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"We will also look towards Cleveland and question whether or not they can overcome the New England teams that they meet in the 6-2 New York Jets. The game of the week features two AFC powerhouse, the New England Patriots hosting the Cleveland Browns on Sunday Night Football. The action begins on Thursday night this week in a special matchup between the Baltimore Ravens and and Atlanta Falcons.

The accomplishments of their team this year are amazing. "There are so many people to thank but especially those at Sacred Heart who have believed in me over the years and supported me," said senior Lusiano Dadario. "He's taken the program to the next level and will continue to do so in the years to come."
Q&A with Paul Pabst of 'The Dan Patrick Show'

Ryan Hannable
Asst. Sports Editor

Paul Pabst, the executive producer of "The Dan Patrick Show," came to Sacred Heart University last Wednesday night to speak to students in the Schine Auditorium. He talked about his experiences in the field of producing and broadcast journalism. The Spectrum sat down one-on-one with Pabst after he spoke to the students.

How did you get into radio and television production?

"I went to Southern Illinois University. I got my first job at CBS when I was a bartender in New York City. I was working one night, and two men were having a debate about sports. I jumped into the conversation and gave them the correct answer. They said they worked for CBS Sports and they said they needed someone to replace one of them because they had just got a promotion. All I needed to do was show up at 7:30 a.m. I got out of work at 4:30 a.m., had a shower, ate breakfast and went there. I was the stat guy, and I just kept my head down the whole time. They didn't even tell me to come back the next week, but I did anyway. I was offered a job the next week."

What does an 'executive producer' do in radio?

"I like to refer to myself as an air traffic controller, or the pilot, the controller, and the star. You cannot land a plane without the air traffic controller. I help with the sides for the show and the topics for each day. I also help plan the guests, and I am Dan Patrick's assistant, as well do a lot of little bit of everything."

What has been your favorite guest that you have had on the Dan Patrick Show?

"Charles Barkley, because he is so brazenly honest. Bob Knight. Larry Bird is great. John Smoltz is very entertaining. Guys that have a honest conversation are the best guests, it is not always the famous guy. Tony Stewart, Dale Earnhardt Jr. and Landon Donovan are all great as well."

What is it like working with Dan Patrick?

"It is fantastic. He is a blast. I watched his show every day in college and wanted to see him every night. 15 years later I am working with him at the Super Bowl. He is the best in the business. He works hard every single day and he is not scared to ask tough questions and that is what sets him apart from the rest."

"The Dan Patrick Show" airs every weekday from 9 a.m.-noon on over 300 radio stations throughout the country. There is also a simulcast on Direct TV. Pabst also plans on teaching a course at Sacred Heart on radio production in either the spring or fall of 2011."

Women's ice hockey falls to Brown, drops to 0-7

Whitney Hughes
Staff Reporter

The Sacred Heart University women's hockey traveled to Providence, RI over the weekend to take on Brown University. The Pioneers fell to the Bears 5-1.

Sacred Heart lost their seventh straight game of the season. The team played 14 minutes of a scoreless first period. Brown University ended the period strong and scored two goals in the final minutes of the period. One of the goals came on the power play.

The Pioneers got their offense going in the second period and the lead was cut in half with a goal from junior defender, Gottwald. "We played really hard and gave them a good fight. The goal definitely pumped up our momentum we just couldn't pull out a win."

Sacred Heart's freshman goaltender, Alex Schutt made 42 saves on the day. Brown University goaltender, Katie Jamieson, made 20 saves for the Bears.

The Pioneers have struggled offensively this season, scoring only five goals in their first seven games. Four of those came in one game against St. Anselm's. They have been shutout four times this season.

"We're moving on and focusing on Nichols this weekend...taking the momentum from these past few games into this [upcoming] weekend," said Gottwald.

Sacred Heart's freshman goalie, Erica Farrer, scored two of the goals in the third period to take the game away from the Pioneers. In the third period, Brown outshot Sacred Heart 16-6.

Sacred Heart had six chances on the power play but was unable to find the back of the net. Brown University connected on one of their two power play opportunities.

"It was definitely a tough loss," said Gottwald. "We played really hard and gave them a good fight. The goal definitely pumped up our momentum we just couldn't pull out a win."

The Spectrum would like to congratulate quarterback Dale Fink (#14) on his record setting day last Saturday in the Pioneers 35-23 loss to Albany. Fink set five school records on the day, and also became the Northeast Conference all-time leader in touchdown passes.

Fink broke four of his own school records for completions in a game (36), passing yards in a game (414) and completions in one season (235). He also added a new school record in pass attempts in a season (393). He also set a new Northeast Conference record for career passing touchdowns (77). Fink will look to become the NEC's all-time passing leader in next week's season finale versus Wagner at Campus Field. He needs only 136 yards to set a new record.

Men's soccer caps off a record breaking season

Jess Orser
Staff Reporter

The Sacred Heart men's soccer team closed the 2010 regular season at FAU on Saturday, November 13th. The Pioneers closed out their season with a 2-0 victory over the visiting Blue Hens of Delaware.

"We stepped on the field for a win today," said senior defender, Tyler Locastelli. "We played the host team in the first playoff game which is great. The whole team cannot wait for next weekend and if we play the way that we know we can there's no reason why we cannot win the conference championship," said Richards.

This is the third time the Pioneers have made it into the Northeast Conference Tournament, and the Pioneers couldn't be more ready.

"Being it's the last year for a bunch of seniors it feels great to accomplish our main goal from the beginning of the season which was to make playoffs," said senior midfielder, Landon Donovan. "Our way we broke records and turned a lot of heads because no one expected us to do as well as we did."

"But now its time to put everything behind us and continue to succeed next week in playoffs," said Dadario. The Pioneers are back in action in their first tournament game tomorrow when they take on St. Francis (PA). As winning the Northeast Conference title Mountmouth will host the 2010 postseason tournament.
BOBBY MO? BOBBY ‘NO’  
WOMEN’S VOLLEYBALL 20-STREAK ENDS AT RMU  
PAGE 14

EXCLUSIVE INTERVIEW  
EXECUTIVE PRODUCER OF THE DAN PATRICK SHOW  
PAGE 15

SOCCER SUCCESS  
TEAM ENTERS NEC PLAYOFFS AS NUMBER TWO SEED  
PAGE 15

Men’s hockey captures their first win

Game of the Week  
Sacred Heart VS. Fairfield  
MEN’S BASKETBALL  
SATURDAY, NOVEMBER 13  
CONNECTICUT 6 TOURNAMENT  
MOHEGAN SUN ARENA - 4 P.M.