Pioneers prevail as NEC champs
Claim school’s first regular season crown

Rock Varnado
Staff Reporter

Last weekend, the men’s soccer team had a pair of critical games that would decide the fate of the their season. The Pioneers responded with two victories to clinch the No. 1 overall seed in this weekends Northeast Conference Tournament.

On Friday, they suited up against the Quinnipiac University Bobcats at Campus Field on Senior Night.

The Pioneers came out strong, with junior Justin Brewer scoring the game’s first goal in the ninth minute. Brewer received a stylish pass from junior Brian Fancolini, and booted the ball into the back of the net from 15 yards out.

The Pioneers would not ease up as sophomore Omer Levy scored in the 34th minute of the game to give the Pioneers a 2-0 lead. Taking a 2-0 lead at halftime. Sacred Heart would not become complacent as they continued their dominant play in the second half.

In the 60th minute, junior Marcello Cuzzo sent the ball right under the crossbar to give the Pioneers a commanding 3-0 lead.

The three goals by the Pioneers were the most goals in a game this season.

“We’re not a team to score a lot of goals but tonight we got three. It makes the defense’s job easier when we have some goal support,” said senior goalkeeper Alex Fait, speaking with Pioneer Vision following the contest.

Fait recorded four saves while posting his 18th shutout of his career.

The Spectrum/Sean Elliott

Men’s soccer players celebrate one of their three goals last Friday night on Senior Night. The Pioneers are the NEC regular season champions and will host this weekend’s NEC tournament.

Bands on the Frontline rocks out for Invisible Children

Andrea Coronis
Staff Reporter

Invisible Children got a boost when the Peace by Justice Organization and Kappa Sigma fraternity teamed up to host Bands on the Frontline, a musical fundraiser event. It was held in University Commons on Tuesday, Nov. 1 at 10:10 p.m., and attracted many students and faculty.

The organizations got the idea for the event after Kappa Sigma held an event called Band Aid for Japan, which was a benefit concert to raise money for the country after it suffered a devastating earthquake last year.

“Band Aid for Japan was a grand success last year, raising just about $1,000 for Japan,” said senior Jesus Martinez, philanthropy chair of Kappa Sigma, and one of the organizers of the event.

“Our goal is to raise money for the Frontline campaign and the Invisible Children organization and their effort to build communications towers between the villages which will act as an early warning system in response to the Lord’s Resistance Army,” he said.

Invisible Children is a foundation that supports finding an end to the use of child soldiers in African countries and stopping kidnappings by the LRA (Lord’s Resistance Army).

“The organization actively campaigns in America by sending groups to college campuses to try and spread awareness,” said junior Josh Keane, president of Kappa Sigma. “They educate children, give them mentors, and give them hope for a better life.”

Bands on the Frontline educated spectators on the severity of the LRA’s attacks.

“I think the cause is great,” said sophomore Jordan Duchart. “I learned a lot after attending the event, and it really opened my eyes as to what is happening around the world.”

The co-host of the event was an organization on campus called Peace by Justice.

“Our organization wants to correct social injustice and promote awareness because people don’t know a lot about the issues we focus on,” said junior John Courville, awareness chair of Peace by Justice.

The proceeds collected Tuesday night will be used to keep African villages safe from any confrontation they may encounter.

The Spectrum/Sean Elliott

A member of the African troupe, Invisible Roots.
Obama dines with donors to raise money for reelection

Jaclyn Giuliano
Staff Reporter

President Barack Obama’s campaign has allowed ordinary citizens to dine with him through the “Dinner with Barack” event. Started in May, the campaign raised about $47 million through donations from Obama supporters. Participants entered a drawing, and four winners were chosen.

According to the Associated Press, the dinner was an initiative to help Obama win re-election next year.

Obama announced during his 2008 campaign that he wanted to meet donors while eating dinner, according to AP. He stated that this was because he wanted to talk to ordinary people face-to-face and hear their most important concerns.

Even though a fee was not required to enter the drawing, it was suggested that participants donate five dollars.

“I would love to have dinner with the president,” said senior Kelsey Hanley. “I think having the opportunity to share a meal with such an influential person would be a true honor, regardless of political affiliation.”

“I have a hard time believing that the winners were randomly selected,” said Hanley. “Their diverse backgrounds happened to fall in line with significant voter constituencies.

“By showing support for these groups, and showing a more natural side to average individuals, Obama is making himself more appealing to voters,” she said.

The opportunity for working-class individuals to eat with Obama was appealing to some students.

“I really like that Obama had dinner with ‘ordinary’ people, instead of making it the people who donated the most money to his campaign,” said senior Lierin Kobits. “I think he could have had dinner with more people, though.”

Reporters were allowed into the dining room of the Arlington, Va., tavern before any food or drinks were served. Obama was overheard talking to one of the donors about the Chicago White Sox, his favorite baseball team.

Although many people believe that there could have been a few changes to this campaign, some also believed there were positive aspects to it.

“This campaign was well designed because it humanized the president, while raising money for his future campaign needs. So I’d say his reelection team did a great job,” said Hanley.

Obama has attempted to portray himself as an approachable public figure.

“It’s often asked during an election, ‘Which candidate would you rather have a beer with?’” said Hanley. “By presenting himself in such a manner, Obama is showing that he could be that candidate, and is just like any other person.”

Obama was already in campaign mode when he sat down to dinner. According to AP, he had just returned from a three-day fundraising trip through Nevada, California, and Colorado.

Hanley was impressed by the thought that the Obama campaign put into “Dinner with Barack.”

“Obama and his campaign team did an excellent job with this event,” she said.

The chance to win a contest appealed to Americans who may not otherwise have been interested in such an event.

“People are always interested in contests and opportunities to win something,” said Hanley. “So offering a chance to meet the president definitely got some attention.”

According to AP, the four winners included a U.S. Postal Service worker and a business owner from two states of political importance to the president.

Some believed that the selection of winners was politically motivated. The winners were from Arizona, Colorado, Indiana, and Minnesota – all states which are considered important to Obama’s reelection.
Musical event raises money for Frontline project

...CONTINUED from page 1.

"The money we raised is being used to set up radio towers in African villages to warn of attacks by the LRA," said Lindsey Holinko, a member of Peace by Justice.

Besides becoming more educated about this cause, there was also live music and food provided to the attendees. With the purchase of their ticket, they had the option of participating in a raffle that included many prizes. Some of the prizes were a very Bradley sachel, movie tickets, a $50 American Express gift card, and a coffee maker.

"We had three bands playing at the event," said Keane. "There was a faculty band called Hell or High Water, a student band called Eyes to See, and an African troupe called Infinite Roots."

Infinite Roots inspired audience members with their unique African dance music.

"They really got the crowd motivated," said Duchart. "It was different and cool, and I loved how they included the whole crowd in their dances and songs."

The troupe was dressed in traditional African attire, bringing with them drums and instruments, as well as a high-spirited attitude.

By encouraging the audience to dance, learn to play their instruments, or sing along from their seats, Infinite Roots made sure everyone was included in their performance.

"This event is definitely a fun way to raise awareness," said Manny Acevedo, a member of Kappa Sigma.

See page 5 for more photos of the event.

New provost set to begin duties at Sacred Heart

Niesen de Abruna will be responsible for curriculum and institutional focus

Sofia Carolan
Staff Reporter

Sacred Heart University is welcoming a new member to its community. Laura Niesen de Abruna, Ph.D., will be the new provost at the university.

"It feels really great. I'm so excited about being invited to be a member of the community," said Niesen de Abruna.

According to the newly appointed provost, she is going to focus on bettering the university's curriculum and organizing with faculty and stuff to come up with new ideas.

"We want to strategize and focus on the major areas that need to be developed, or what we would want to develop in the curriculum," said Niesen de Abruna.

"Some of this has to do with the study abroad programs, enrollment goals, and how we would diversify the classes."

Niesen de Abruna explains exactly what her title will entail.

"[Provosts] set the strategy and the policy," she said. "They also keep the organizational parts of the academic side of the institution moving on terms with the president. We're doing some really innovative things."

Niesen de Abruna has 14 years of higher education management experience, most recently in the role of executive vice president, provost and professor of English at Roger Williams University.

At RWU, she put together a team of vice presidents to look at possibilities for curricular expansion and contraction as part of a strategic planning process to find previously unexplored market opportunities for the university.

"My focus at Sacred Heart University is on the students — what they need on terms of their curriculum now and what they need for the future," she said.

Prior to taking on management positions, she taught for 24 years.

Her many awards and achievements include a Fulbright-Hays award. This segwayed into a position at Universite de Liege in Belgium and as visiting professor at the Center Universitaire de Luxembourg in 1991 and 1992 respectively.

Niesen de Abruna has succeeded in applying for and receiving grants, endowments, and funding for projects at the institutions where she has worked.

She also created a new position of dean of graduate and online programs to seek new areas of enrollment growth in the online environment.

Dr. Niesen de Abruna holds a bachelor's degree in English with a minor in French from Smith College. She also holds a doctorate in modern American and British literatures with a minor in 18th and 19th century American literatures from the University of North Carolina, Chapel Hill.

Adding to her list of accolades, she has recently earned an M.S. Ed. in higher education management from the University of Pennsylvania.

Niesen de Abruna, who will assume her new role on Dec. 12, is eager to assume her position.

"I think what the future holds as a provost remains to be seen," she said. "I want to spend some time reading a lot of material and talking to a lot of individuals on campus to tell me what their perspectives are so that I can get a better idea of what the strategy is moving on."
New mySHU portal is ‘one-click wonder’
IT Department condenses SHU sites for easy access

Kelley Bligh
Managing Editor

You’re working on a group project and your final grade relies on how you do. You sign into your email to check your group’s responses, have to resign in to check that class’s Blackboard site for the right information, and then have to sign in once more to WebAdvisor to check your midterm grade.

This may have been the reality for Sacred Heart University students with the old mySHU web page, but it is no longer.

As of Nov. 7, Sacred Heart’s Administrative Information Technology group launched a new mySHU portal that incorporates all these pertinent portals into one.

The decision was made to change the portal because it was not user friendly nor was it intuitive,” said Senior Systems Analyst of Administrative Information Technology David LaRochelle.

With the new mySHU portal, students are able to sign in once and have access to everything mySHU offers — Blackboard, WebAdvisor, and e-mail along with other necessary sites for students.

“The portal will replace the mySHU link on the Sacred Heart home page. The beauty of the Portal is that it is Single Sign On which, in a nutshell, means that when you log into it you will also be logged into Blackboard, WebAdvisor and your email account,” said LaRochelle.

Upon signing into mySHU, the user sees events of the day are listed on the home page with options for Blackboard, WebAdvisor, and e-mail.

There is also a sidebar of categories including academics, athletics, campus life, finances, jobs, my account, social networking, and student services. Within these categories are easily accessible links to everything from program evaluations, the campus bookstore, Pioneer Link, SHU Awards, Chartwells’ menu, and even Facebook and other social networking sites.

The purpose of the new portal is to make everything easier for its users.

“The new portal features direct access to our most popular online tools and services. We have brought all those services under one roof with an intuitive and easy-to-navigate website,” LaRochelle said.

“After login to myshu.sacredheart.edu, you will be able to launch favorite services like e-mail, Blackboard, and Web Advisor, see the latest events on campus, receive important notifications, and access all that Sacred Heart University Online has to offer, all without having to re-login,” he said.

Student Government President Mia James, a junior, was privy to a “soft launch” two weeks prior to the launch date that allowed her and other Student Government members to preview and test out the new portal.

“It looks awesome and is easy to navigate. It has great features that may seem simple but when they are all right there, at your fingertips, it saves so much time and frustration,” James said. “The change is great – it is going to benefit students and make navigating our website, which some times can get confusing, a lot simpler.”

LaRochelle stressed that the Administrative Information Technology team working on the portal are continuously working to improve their services. They can be reached at myshu@sacredheart.edu with feedback, comments, or questions.

Calendar of Events

Wednesday, November 9 - 9 p.m.
Campus-Wide Turkey Drive Pub Night
Outpost

Thursday, November 10 - 10 a.m.- 3 p.m.
Turkey Trot Sign Ups
Dining Hall Front Entrance

Friday, November 11 - 11 a.m.- 1 p.m.
Kappa Sigma Military Heroes Campaign
Faculty Lounge Table

Saturday, November 12 - Noon
Football Game vs. Duquesne
Campus Field

Sunday, November 13 - 2 p.m.
Women’s Basketball vs. Columbia
Pitt Center
‘Till death do us part...’

Julie Baumgart
Staff Reporter

For better or for worse, for richer or for poorer, as long as we both shall live?

Well not exactly for Kim Kardashian, whose marriage ended after only 72 days. According to DivorceGuide.com, approximately 50 percent of marriages end in divorce.

“A reason for the increased divorce rate is the availability of no-fault divorces,” said Religion Professor Dr. Lois Gandt. “Before they were available, one spouse had to accuse the other of wrongdoing in order to obtain a divorce, and the legal process for obtaining a divorce was lengthy.”

In the case of Kardashian, many students feel she decided to get married too soon in her relationship.

“People rush into things and don’t take marriages seriously anymore,” said junior Cara Fussel. “I don’t think [divorces] are preferred, but sometimes they are necessary.”

Rev. Gerald J. Ryle, director of campus ministry, agreed that there are instances in which a divorce is necessary for one’s own well-being.

“If there is a bad home environment, the victim must leave; sometimes, it is the best choice,” said Ryle. “However, often, divorces are rushed too quickly as a solution that many couples today are not prepared for that kind of commitment.”

Ryle added that another attribution to the high rate is the society in which we live.

“We live in a fast-paced culture with working husbands and wives who do not have time for each other.”

While individuals grow within a marriage, Gandt said that it is important for couples to accept each other’s transformations.

“Over time, as individuals grow and their circum-


Perspectives

How do you do SHU?
SHU takes on roommate situations

Amanda Rivera
Contributing Writer

Having a roommate is a part of college that some of us will enjoy and that some of us will despise. My suite mates are actually pretty good. We all get along and we are relatively clean for the most part—except for this school year. When it comes to chores in the apartment, all of us are infected with a serious case of senioritis. Because of this barely curable disease, our apartment has turned into a war zone.

This war zone has rules of course. The number one rule is: Clean up your things before you get—the Note. Yes, The Note is what everyone in my suite fears the most. Pretty much you get a note when you have left something dirty for more than a couple of days. Since we’re infected with senioritis, we are too lazy to confront each other about apartment issues. Instead, we passively comment about it. I think it would be cool to interpretive dance about it, which I have done sometimes, but the message doesn’t get across as well. It’s a shame since I’m a good interpretive dancer.

But anyway... I like the polite individuals that we are, we leave these little notes around that say things like this, “Please clean this,” or “Are you kidding me!?” or even, “You are such a lazy jerk! I hate you! But not really... bar crawl Friday!”

Before I go any further, I think it’s necessary to add that all of these notes have smiley faces. Whenever I read the notes directed toward me (I get them a lot), I can’t help but think that the suite mate who wrote it was manically laughing while writing it. See, that kind of disturbs me. I think it’s that fear that makes me clean up my dishes so quickly. My suite mates are nice people, but imagining them laughing like a Disney cartoon villain is kind of disturbing. I think it’s that fear that makes me clean up my dishes so quickly.

Sometimes I wish we would delegate tasks in a less passive aggressive way, like leaving pieces of candy near dirty dishes or an over piled trash bag. I, of course, wouldn’t dare touch candy that’s been near something so nasty, but at least the sentiment is there. I guess we just have to find a way to get around our senioritis and find the motivation to clean our apartment. I vote interpretive dance classes.

IT’S EASIER TO GET A DIVORCE TODAY

“It’s easier to get a divorce today,” said Assistant Professor of English Jennie- Rebecca Falceita. “Women are not as economically dependent on their husbands.”

Senior John Gomez agreed.

“There is more of an opportunity for divorce today than there was years ago,” said Gomez. “Divorces are about business and there is always someone losing. It is not a 50-50 split.”

Some feel that society acknowledges divorces more today than they did before.

“Marriages today are not necessarily trivial, but divorces are socially acceptable and easier to get but they are expensive,” said Ryle. “Today, you can go to the card store and find cards that say, Congratulations on your divorce.”

Some believe that the high divorce rate might be due to couples’ lack of preparation.

“Marriage is an intimate partnership that touches every aspect of life and is based on a selfless love for the other person,” said Gandt. “The high divorce rate suggests that many couples today are not prepared for that kind of commitment.”

Ryle added that another attribution to the high rate is the society in which we live.

“We live in a fast-paced culture with working husbands and wives who do not have time for each other.”

While individuals grow within a marriage, Gandt said that it is important for couples to accept each other’s transformations.

Over time, as individuals grow and their circum-


Show me the money
Do professional athletes deserve every penny they make?

Nate Milbank
Staff Reporter

This year, Philadelphia Flyer’s forward Jaromir Jagr will be making $3.3 million.

Patriot’s quarterback Tom Brady will be making $18 million.

Yankee’s pitcher CC Sabathia just signed a new contract that will be giving him $125 million per year through 2016.

These salaries are more than the presidential salary. Barack Obama takes home $400,000 annually, far less than many professional athletes.

So the looming question is—do professional athletes get paid too much?

This question is raised by the statistics of professional athlete salaries. These men are first and foremost entertainers, paid to be members of teams that hope to win national championships and create camaraderie among fans.

Yet are their multi-million dollar salaries well earned, or should athletes take a pay cut?

Some students at Sacred Heart University think that professional athletes do deserve every penny of their salaries.

“In certain situations, yes [they should take a pay cut],” said junior Kevin Magno. “But if they’re producing revenue for a team, then their salaries can be as high as they want.”

Meanwhile, other students said that athletes in certain sports were overpaid compared to others.

“I think baseball players make too much money,” said sophomore Pierce Bradley, referring to the Yankee’s five year, $122 million contract.

For some, the argument is that professional athletes put in as much effort as they are receiving in pay. They believe that the explanation of hard work is the reasoning for such high salaries.

“They make a lot of money, but then again, they have to work hard and it’s a part of the business they’re in,” said freshman Esmi Albert.

In regards to player salaries, the NBA Lockout involves degenerating labor talks that have threatened to cancel the entire season. According to the L.A. Times, “The NBA has already cancelled the first month of the season, and further cancellations are expected if a deal isn’t reached soon.”

When asked about the lockout and how the salaries of the players have affected these talks, the response was mixed among students.

“I think both sides are being a bit greedy, but the players do have a valid argument,” said Magno. “They deserve a 52 percent [share of revenue], but someone is going to have to give up something in order for a deal to be reached.”

Reality star Kim Kardashian is one of many celebrities with multiple divorces.

stresses change, their marriage is also going to develop as a thing that they can discard whenever they want.”

The perspectives on today’s society, “we’re big on weddings, but not on supporting marriages.”

The perspectives on today’s societal standards, specifically those regarding divorce, vary between individuals.

Falceita said that in today’s society, “we’re big on weddings, but not on supporting marriages.”
November 9, 2011

He Said/She Said

Is ‘what’s mine is yours’ true in a relationship?

Joseph Buquicchio
He said

The extent of sharing in a relationship must be known by both people in the relationship. You’re going to find yourself in a lot of arguments when you don’t know your boundaries.

The thing about great relationships is that sharing is sought after because it brings two people closer together in many more ways than just sharing material things. Sharing yourself with someone makes them feel special. When you give everything you have to someone you care about, it brightens their day and there is no better feeling in the world.

Sharing always works both ways because we’re always receiving something we want. For me, seeing joy in someone’s eyes when I’m sharing something with them gives me great joy just to have been the person that gave that smile. Even on the busiest and most stressful of days, if I can make someone smile by sharing a thought or even a hug perhaps, it gives me something else to think about—something good to think about.

When you think about the phrase “what’s mine is yours,” in terms of relationships, you better know how much of yourself you want to share with the person that you’re with. There are so many ways our relationships are open, but if you call a girl your girlfriend, you have to be willing to share most of your time with her and all of yourself with her. Some relationships just share physical things, and in my opinion, they will never work out in the long run. You have to be willing to talk on the phone even if it’s a bad time. When you care about someone, you want to share the best of yourself, your time and even your material possessions, and hope and pray that your significant other wants to share them with you as well.

You find out a lot about a person when sharing with each other. We are all selfish in some ways and selfish in others. We have things we care about and want to keep to ourselves forever, but when you’re with someone you really care about, you should want to give up even your most valuable possessions to simply make that person smile.

Whenever I think of sharing, I think of being a kid again at lunch. Like when my friend is pissed that their mom gave them a PB&J sandwich for the fifth time this week, and there you are sitting with an amazing looking turkey sub. You stop to think, “Hey if I split this turkey sub in half, and you have the other half, doesn’t that make this kids’ day?” Of course the kid’s face lights up when you say that he can have some, and he then sinks his teeth into it with a huge smile. I mean, at least that’s how I felt when I had a PB&J and a friend would share with me. The turkey sub was so appetizing, but I bet seeing my face when I was handed it was even more delightful.

If I was sharing my turkey sub with my significant other, I would give her the whole sub and eat the PB&J with a smile on my face just as wide as hers. But at the same time, I would hope that our sandwich wouldn’t be the only things we were sharing.

Kind of weird interweaving meta­phorical turkey subs into sharing and relationships, but you get the idea right?

Perspectives 6

Arielle Mangiaracina
She said

Sharing is fundamental in any relationship. It’s one of the first things we learn as children. From sharing our blocks when we were kids to sharing dorm rooms, there has been an integral part of life.

Sharing in a relationship is contin­gent on how long you’ve been dating. If you’re only been on four dates, then what do you really have to share?

Sharing is more of an issue when a couple has been dating for a long time and are pretty serious. If you’re in a serious relationship, chances are you’re spending a lot of time together at each other’s homes. Therefore, it’s necessary to establish some guidelines.

Sharing is more significant when a couple lives together. Only then is it a con­cerning question of "what’s mine yours?" You’re obviously sharing a residence, and thus it will be necessary to share some of your personal belongings at one point or another.

Sometimes it is also an issue when you’re not living together, but you spend enough time at each other’s houses that you practically living together.

The question then becomes, are you comfortable with your partner just helping himself to your stuff? When you live together, I think you kind of have to expect that your partner will watch one of your DVDs without asking.

More over, when you live together, your stuff and his stuff becomes both of your stuff. It’s not like having a room­mate, in that you each have your own side of the room and you ask if you need to use something of theirs. You’re in a relation­ship, a serious one at that, so naturally your things will begin to become “our things.”

Obviously you will still have your own personal belongings. Girls have their makeup and jewelry, which a guy won’t want to borrow, while guys have their stuff that a girl won’t want to borrow.

Therefore, there are things of your signifi­cant other’s that you may want to borrow. Should you ask? Can you just take it? That’s between you and your partner.

Does sharing work in a relationship? It has to. As one of the first things we learn as toddlers, sharing is an essential aspect to the relationship dynamic and can make or break a relationship.

When a romantic relationship becomes serious, sharing becomes even more of an issue, as you begin to spend more and more time together.

The saying “what’s mine is yours” becomes true in a relationship when things get serious. It will become a constant together. It becomes harder to separate personal belonging when you are living together and sharing a space. As a couple becomes more serious, it’s redundant to ask permission to borrow something, as you will eventually get to know whether or not your partner will say yes.

So share your DVDs, CDs, books, magazines, soccer balls, etc. You may want to ask your partner first, yet you may not have to. It’s no doubt that you will have to share in your relationship at some point.

After all, as that old Juicy Fruit commercial used to say, “sharing is car­ting.”

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Students suffer from registration blues

Christina Cominelli
Staff Reporter

It only comes around twice a year. Students prepare for its arrival with their eyes on the clocks, counting down the seconds to the starting time.

It’s registration.

This month, students will be scrawling to their advisors with their lists of preferred classes and will begin forming long lines at the Registrar’s office. When their assigned registration day comes, they wait at their computer screens for the exact time to sign up, hoping their desired classes aren’t closed by the time they click the “register” button.

“November 9, 2011

It’s a little overwhelming but I’m hoping to get used to WebAdvisor so I can ease through the process of getting into the classes I need.”

—Alexander Frias, freshman

The Registrar’s office is a crowded place during the time of registration.

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He said

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—Alexander Frias, freshman

The Registrar’s office is crowded place during the time of registration.

The Spectrum/Chelsea Ilj

nurse, and seat availability are all shown and provide information on the classes they are registering for, and whether or not there are open seats available.

Once they create a potential schedule, students can go back to it at their scheduled registration time and officially sign up for the classes. They are e-mailed right away with a confirmation of their registration, so they can rest assured that they are in the classes they signed up for.

“I know what classes I have to take since I’m a biology major, but I haven’t met with my advisor yet and I’m starting to get a little nervous about registering,” said freshman Alexander Frias. “It’s a little overwhelming, but I’m hoping to get used to WebAdvisor so I can ease through the process of getting into the classes I need.”

Frias is referring to the advisor approval required to register for classes. Whether a student has their entire schedule ready and on track with their major, or needs help in picking out all of their classes, advisors are there to assist along the way.

“My advice is very helpful and accessible, and helps me pick my classes,” said Larson.

However, even with an advisor’s help, sometimes the classes students need are closed before they can sign up. While many become stressed, there are steps that students can take to possibly get in to classes that they want or need.

“If you really need a class and it’s closed, the first advice we give is to look for another class,” said Gregory. “However, there are ways to get the classes that you want. Chairs and professors are really accommodating, and they don’t want students to miss out on a course they need.”

There is always some chaos during the time of registration. Lines form at the Registrar’s office when students have trouble on WebAdvisor, or just want to sign up for classes in person if they don’t feel comfortable registering online.

“If students have questions, they should always come to the Registrar’s office,” said Gregory.
Sidewalk-sitting and drum-beating won’t change the world

Kelley Bligh
Managing Editor

Occupy Wall Street is like socialism. They both are great in theory (who wouldn’t want just as much money as their neighbor with no work necessary?) But wouldn’t want just as much money as their things. Since when was that OK?

No one has to work very hard — or at all — in order to get what they want. No one is entitled to nothing. That doesn’t mean you don’t have rights and you can’t earn things in life but the key word here is “earn.” Nothing is handed to you. And if it is, it shouldn’t be. There are the lucky ones who do get some things handed to them on a silver platter. The rest must work, and work hard for everything.

The protesters, meaning (according to them), “the 99 percent,” want to be silver-platter people. They want to be handed money, handed jobs. They have such a problem with the one percent, but at least the people high on the corporate ladder of success did something to earn that success.

Standing outside of Wall Street offices for days on end is not going to get you anywhere — literally and figuratively. We all get that you’re mad, and that you’re frustrated, and that life just isn’t fair. Life hasn’t been fair since the beginning of time though. Just look at the generations before us. Look at your grandparents who lived through the Great Depression. Did they just give up and stand out in the streets until someone handed them a job, or a check, or a home? No. They worked, and they worked hard. Now, you do the same. Work for yourself or freelance whatever skills you have. Work anywhere that will pay you.

Yes, you want to college. No, you’re not too good to get coffee or to do physical labor. And I’m not saying it has to be forever but you need to work your way up your own ladder to success. You need to earn the job you want. I don’t know if anyone ever told you, but you’re not going to graduate college and become CEO of a company the next day. The Occupy Wall Street protesters need to face reality. A never-ending protest isn’t going to fix every problem of the world. People will still be greedy. Poverty will still exist. And you will still need to work.

No one is ever going to hand you money, except maybe your grandmother. Get used to it. Get used to working.

As Ghandi said, “You must be the change you wish to see in the world.” I hope you don’t want to replace corporate greed with lazy self-entitlement. You can’t change the world through sidewalk-sitting or drum-beating.

As recent college graduates, you should be struggling, at least a little. Call me crazy but I look forward to living in an apartment with no heat while on a strictly Ramen noodle diet. I can’t wait to work long hours and stress weeks to pay my own bills. I don’t care how much I have to work, but no one will be paying my bills for me — government, corporate executives, or otherwise.
**MTV brings dirty duo back to TV**

*After more than a decade off air, 'Beavis and Butthead' comes back with modern twist*

Chris Hindenach  
Staff Reporter

A recent MTV premiere has nothing to do with pregnancy or teen pregnancy.

After a 14-year hiatus, "Beavis and Butthead" returned to MTV on October 27, with all new episodes.

When the show first premiered in 1992, the comedy was based off the stereotypical teenage male personas. The two characters would feed off of each other with their immature, slapstick personalities.

During its original run, the target of Beavis and Butthead's satirical humor was MTV's music videos. However, these have decreased in playtime. Since the 90s came to a close, writers have been searching for new material.

"In the late 1990s, Beavis and Butthead became the ultimate critics of music videos, dissecting MTV's signature programming with surgical comedic precision," says Free Britney, a blogger for TheHollywoodGossip.com. "Fast forward 14 years and the animated, dumbass duo is back, and ironically turning its attention to the hit show whose time slot they're currently occupying."

The show's Thursday night time slot was previously held by "Jersey Shore," which has been the punchline for Mike Judge's new "Beavis and Butthead" jokes.

"With the way 'Beavis and Butthead' brought a fresh spin to the overdone roasting of 'Jersey Shore,' I look forward to seeing who else has been the punchline for Mike Judge's new "Beavis and Butthead," centered around — you guessed it — vampires and werewolves.

"Everything from The Real Housewives" franchise to 'The Bachelor' has parody built into its core being, so that all the characters and situations are heightened to the point of spoofery," said Gilbert.

Although MTV is now dominated by reality shows, they are not afraid to make themselves the butt of Beavis or Butthead's jokes. Their shows such as, "True Life" and "16 and Pregnant" have already made for humorless story lines.

However, MTV is not limiting themselves to their own shows.

Playing off pop culture's obsession with "The Twilight Saga," and shows like "True Blood," the premiere of Mike Judge's "Beavis and Butthead," centered around — you guessed it — vampires and werewolves.

Senior Erica Paiva watched the premiere episode and said, "I don't want to spoil the episode for anyone who hasn't had a chance to watch the new season, but it was extremely clever."

"I liked that it focused on today's teen craze with supernatural beings by having Beavis and Butthead trying to become a werewolf in order to attract girls," she said.

While like any fans, vampires and 'Jersey Shore' may be short lived, Allinson is confident the writers of "Beavis and Butthead" will be able to keep up with the changing times.

"The writers seem to be creative. I don't see them running out of material any time soon," Allinson said.

The show airs Thursdays at 10 p.m. on MTV.

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Lisa Panzarino  
Staff Reporter

This summer, Naomi Starobin, the news director of WSHU public radio, was asked to take part in a week-long course at The BBC Academy in London.

At the conference, Starobin learned how to incorporate social media into the way WSHU does radio.

The station, whose base is located on the Sacred Heart University campus, reaches listeners in Fairfield, New Haven, and Suffolk counties, and discusses matters such as breaking news, features, culture, and politics.

Starobin, who is a member of Public Radio News Directors Inc., was chosen as the United States representative for the BBC Academy's conference in London.

Specifically, this conference expanded her knowledge of Facebook, Twitter, mobile phone applications, and microblogs.

"They taught me how to use these media tools properly," said Starobin. "For example, I would not post a serious blog next to something that appears to be funny on Facebook. They taught that you need to be aware and speak a different language when using these tools."

The language of social media is one with which the entertainment industry has become fluent in order to stay current.

"Twitter and Facebook are dominating the social media outlets," said junior Tim Kinsley. "Most people turn to them for any kind of news. As soon a breaking news story happens most people have found out because of Twitter or Facebook."

"News channels and radio still play a big part in stating news, but I think that people in our generation find out faster from social media because we are so glued to our phones or computers," he said.

Junior Ryan O'Halloran also believes that in order to stay timely, radio must be connected with networking sites that provide real time updates.

"I use social media tools all the time such as Facebook and Twitter to get the latest news. It's just easier to use the app on my phone because it's fast and reliable," he said.

For students that may not be inclined to listen to radio just for news updates, Starobin's approach is aimed to meet their needs.

"I would ask if listeners have good stories for college essays, or about features, or even just an interesting story to tell, and we can use that on our radio show," said Starobin.

Social media connections have also helped WSHU connect with listeners even while they're not on air.

Any time breaking news happens, Starobin and her team can instantly update followers via Twitter or Facebook.

"I was able to come back and enhance my reporting skills, as well as open up to a wider audience because of social networking," she said.

While these techniques are ones that take time to learn, Starobin is confident that it will only better connect WSHU with its listeners.

"The whole experience was just amazing, it was an intense course all day, but I was able to accelerate my knowledge, and then come back home and share what I learned," she said.

"There is really a vibrant social media community out there and it is so important to include them when you're trying to reach people," she said.

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Naomi Starobin attended BBC’s social media conference in London.
History ‘lies’ under Hollywood glam

Ryan Farrar
Staff Reporter

Have you ever questioned the validity of Disney’s “Pocahontas”? How about that steamy love scene aboard the Titanic in James Cameron’s 1998 Blockbuster hit? While these films are based on historical events, they have been inflated with a hefty dose of Hollywood magic.

Many movies miss the mark in terms of historical validity, upsetting some historians and literature experts. Recently, there has been controversy over the new movie “Anonymous,” which questions the authorial authenticity of the dramas and sonnets written by William Shakespeare.

The film’s director, Ronald Emmerich admits that not everything in the film is accurate, but explains how these embellishments add to the plot of the film. In an interview with The Guardian, Emmerich said, “There [are] a lot of mistakes in my film. For example, Oxford’s wife died before him, but it kind of made sense for the film that she was still around. Essex never rode into Whitehall; that’s ridiculous. These are things that movies do, and they have a right to do it.”

Dr. John Roney, chair of the history department understands Emmerich’s defense. “Depending on what the point of the movie is determines the need for historical accuracy. Is it about Shakespeare or rather some idea [of what] Shakespeare was about?” said Emmerich. Although he does believe there is some leeway for altered historical content, Roney doesn’t believe all truths should be abandoned.

“I understand that movies are a type of art [and] with that comes an artistic license, but that doesn’t mean there are no rules. You need to apply for that license and with that license it does not mean there is no integrity,” he said.

Bands on Frontline Event

While a filmmaker’s first concern may be quality, historians fear that inaccuracies are leaving a negative impression on those watching the films.

Along with his colleagues at Washington University in St. Louis, psychology doctoral student Andrew Butler, conducted a study examining the effects of such movies on students who watch them. “When information in the film was consistent with information in the text, watching the film clips increased correct recall by about 50 percent relative to reading the text alone,” he said in an article on the University’s website, written by Gerry Everding.

“In contrast, when information in the film directly contradicted the text, people often falsely recalled the misinformation portrayed in the film, sometimes as much as 50 percent of the time,” said Butler.

While it may interfere with education, senior Michael Leboff is only concerned with film’s entertainment values. “I don’t want to go see a movie and watch a documentary-style film that I would have watched in high school history class, where half the class would be falling asleep,” he said.

“If things are blowing up and interesting things are happening on screen it’s going to be a good movie.” Filmmakers and historians may never come to agreement over the matter, but “Anonymous” actress Agyness Deyn told the Associated Press that if nothing else, this movie, like others opens up viewers to a historic world.

“At the end of the day, it’s all celebrating Shakespeare,” she said.

Will Coldplay’s new album ‘fix you’ into liking their tunes?

Mylo Xyloto


Coldplay, recently released their fifth album “Mylo Xyloto” on Oct. 24. Debating at number one in the United Kingdom, the album took a different approach to sound, making it a concept album.

Some of Coldplay’s older known songs like “Fix You” and “The Scientist” expressed Coldplay’s usual sound, with slow background music to match their lyrics. However, in their new album, the band puts a dance pop beat in the background of what normally would be slow tempo songs.

This different style is new to all of their old fans and I am sure that they will win the hearts of new listeners as well.

Coldplay’s older albums had more of a depressing love side, where as the new album has a more positive happy outlook. Yet, “Mylo Xyloto” still has the same lyrical messages about love and relationships.

The band does a fascinating job at getting the listener to be in touch with their emotions and thoughts. The songs “Paradise” and “Every Tear Drop is a Waterfall” have been two of the biggest hits, and the favorites within the album. The lyrics are very enjoyable and the beats fit perfectly.

The fun, uplifting mood that comes out of the lyrics, “I turn the music up, I got my records on... I feel my heart beats fit perfectly.” The fun, uplifting mood that comes out of the lyrics, “I turn the music up, I got my records on... I feel my heart beats fit perfectly.”

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However, the song “Up with the Birds” had received a very low popularity rating. This song is not that catchy, and not interesting to listen to. It stays in a monotone tune for a while, until it finally begins to pick up once the song is already half way through.

Lyrics to songs can change people’s moods instantly, and the band does the job of it for sure.

Music Minute gives
“Mylo Xyloto”

★★★★★
Kelly Taylor
Staff reporter

"Everybody has secrets. There are dirty secrets, soulful secrets, shocking, sexy, and silly secrets. There are secrets that might haunt you and secrets that can heal you. There are secrets you can’t let go of and secrets that want let go of you. Love notes, daydreams, confessions, and regrets. These secrets can change who you are. But the funny thing about secrets is sometimes it’s better when you share them," said founder of PostSecret, Frank Warren, in a commercial for the PostSecret App.

On Friday, Nov 4, the PostSecret expedition was held at Southern Connecticut State University’s John Lyman Center for the Performing Arts.

The PostSecret event was presented in New Haven as part of a well received tour that Warren is currently showing across the nation. Warren receives almost one thousand postcards a week from almost every state across the nation, and countries around the globe.

At the event held on Friday, Warren greeted his audience and introduced them to the PostSecret world.

"Some people say I am the most trusted man in the world, that I hold the most secrets anyone could. I don’t know what the weight of this truth, but it’s a truth I hold dear to my heart," he said.

In November of 2004, Warren came up with an idea to solicit secrets. He began asking individuals on the streets of Washington D.C. to reveal their most personal unknown tales.

"I started to receive few secrets in the beginning, they slowly trickled in. Weeks later, more and more from other states like Texas, Idaho, Connecticut, all began coming," said Warren.

Now, PostSecret is an ongoing art project that Warren continues to work on. He collects secrets from strangers around the world and posts them to his site. Every Sunday, Warren chooses about 20 cards to display for the week.

"Each card has individuality to them. They become existent and real," said sophomore Rochelle Grasselene. "You connect with them. One of them can always pertain to an emotion or feeling you have had."

For the PostSecret followers, Warren is a hero, idol, and more even importantly, a secret keeper. While the platform for the site is to shine light on suicide awareness, he also continues to work for Hopeline, a 24-hour suicide prevention hotline.

In 2005 the All American Rejects released their music video for the song, "Dirty Little Secret." Within the background of the video, images of hundreds of postcards that were mailed to Warren are seen in the surroundings.

"When the All American Rejects band first approached me about using some of my PostSecret post cards in their video, I was reluctant to say yes," said Warren.

Warren’s only request from the band was to double their initial payment offer and donate it all to Hopeline.

According to Warren, he feels that sharing the secrets you hold bottled up is important. For him, it is important that no person should ever feel alone. Someone, somewhere, can connect to a postcard someone has shared, and that can save their life.

"I receive postcards about everything – death, regret, hatred, abuse, desire. After I post one card on the site, I notice the pattern. The more heart wrenching message that one is, the more I get of a similar card," Warren said. "No one is ever alone."

Warren shared with his audience the story of a particular instance in which he received an image of a beaten door.

"The door was dented and kicked – holes were punched through it. The secret on the card [read], ‘Those holes are from when my mother came at me with her fist.’ I posted the card and it wasn’t long before I received more and more of the same image just different doors," said Warren.

Warren tells stories to change lives. During the expedition Warren spoke of his story, shared postcards, and explained his reasoning behind the project.

"When I began PostSecret, everyone thought I was crazy. My wife supported me, but didn’t have a clue what she was in for. Some people were against it, and still are," said Warren.

Apart from his PostSecret blog, Warren has also taken the time to expand his writing skills. He has become a well-known author, with some of his books reaching the New York Times Best Sellers List. These include, "PostSecret: Extraordinary Confessions for Ordinary Lives," "A Lifetime of Secrets: A PostSecret Book," and "My Secret: A PostSecret Book."

"My mother does not accept any of my books because she feels they are diabolical," said Warren. "But to me, leveraging ones secrets helps them free themselves from a burden they hold. It can change lives."

For many of the fans, PostSecret is a savior, but for some, it is a way to advocate suicide awareness.

"I saw the expedition last year. It was eye opening and life changing. It was something I needed to see," said sophomore Carolyn Burke. "I originally became a part of the PostSecret community and Active Minds because family members I love had developed these suicidal thoughts and tendencies. I needed a way to help."

For freshman Madeline Kennedy, the PostSecret project is a ritual. She has shared the release of Warren’s books with her sister and views the postcards online weekly.

"I started learning about the project when my sister had purchased the first of his books. I immediately became intrigued by the content. We began to follow the postcards together. Each card was a way for my sister and I to share a story with one another. It’s what keeps our relationship bonded," said Kennedy.

Warren encourages everybody to participate, claiming once one connects, there’s no turning back.

Junior and President of Active Minds, Nichole Bowski said the trip and presentation would be an emotional event from the beginning.

"You see a different side of the project when you see it live. I feel like people always see the stories of self infliction and suicide, but you never really feel it until you listen to a man or woman share their secret at an open mic," said Bowski.

"It takes courage to release that information to hundreds of strangers, but when you do, all you can do is clap for that person standing there. It was truly heart wrenching," she said.

For Warren, this project is never ending. He spoke of his wife, joking that now they will never be able to move from their house at 13345 Copper Ridge Rd. Germantown, Maryland.

To this day, he is not sure why he began the PostSecret project and community. However, he knows that whatever it was, it has brought him to this moment now and he couldn’t be more proud.

"If I was given the opportunity to turn back the clocks of time, I wouldn’t. All of the pain and misery I had dealt with in my past years and growing up has made me who I am. I am in front of you today. I may seem somewhat arbitrary but to me, it makes perfect sense. I am here for a reason," he said.

To date, there are 483,266,613 viewers on the site, each postcard sharing a story, each story sharing a secret.


I pretend to be drunk so I can text my friend and tell him how much I love him.

Sometimes

I feel like I

try to be hard

but no one

notices my work.

I am really
terrified that

I missed my chance at

love already

and will never get

married now.

I am becoming a

nurse so I can

finally大纲 my

cousin.

All secrets were submitted by anonymous Spectrum readers.
Step out of your kitchen and over to Little Kitchen

Alyssa Amoroso  
Staff reporter

While venturing into the heart of Westport, you can find many upscale shops and restaurants. Nestled in a strip of stores, stands out the bright red doors and awning of the restaurant Little Kitchen. This Zen restaurant offers a wide variety of moderate to high priced Asian cuisine, with both a Chinese and Japanese flare.

Upon entering Little Kitchen, the waiting area did not have my party of five waiting for long. We were greeted by a friendly hostess and were quickly seated in a large booth overlooking the bar area.

Once seated, dim lighting, accompanied by the surrounding colors of red and black, set a relaxed mood. Around the restaurant sat lit candles while music softly played, adding to the atmosphere.

Although it was early on a Friday night, the restaurant quickly became filled with families and middle-aged couples. Businessmen conversed over a drink at the bar, while families with children grabbed an early dinner.

The bar area stretched across the entire wall, which included a fresh sushi bar and a large flat screen TV for sports fans. The upbeat wait-staff quickly greeted us with menus and answered any questions we had.

Deciding on what to order was a big task since everything sounded so good. The menu was large, including many different options: Appetizers, soups, salads, rice, noodles, combination platters, sushi, and vegetarian dishes were available to us before we could even look at the entrees.

Our first course of appetizers consisted of cold sesame noodles, which were served with fried spinach and cheese stuffed wontons on the side. The serving size gave us the perfect sample without overwhelming us before our main course.

Next, scalloon pancakes we served with a side of hoisen dipping sauce that left us all wanting more.

Halfway through our main entrees, we were already beyond satisfied with what we had ordered. The fried sesame chicken was breaded, sauteed in delectable sauce, and served with Chinese vegetables and chicken for an additional price. The wok-fried rice maintained its texture and was traveled over a drink at the bar, while families with children grabbed an early dinner.

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Our waiter was extremely pleasant as we annoyingly asked for the bill to be split into five separate checks. Quickly after we cleared the appetizer plates, our table was diligently cleared and once again spotless.

While our beginning two appetizers were delicious, our main course may have come a bit too soon. However, when the main entrees did arrive, the generous amount of food on our plates had us in awe.

The pad thai was bright and well seasoned. The sauteed rice noodles were served with Chinese vegetables and chicken for an additional price. The wok-fried sesame chicken was breaded, sauteed in delectable sauce, and served warm with a side of brown or white rice.

Halfway through our main entrees, we were already beyond satisfied and opted to get our meals wrapped up to take home.

Our waiter was extremely pleasant as we annoyingly asked for the bill to be split into five separate checks. While Little Kitchen offers a great dining experience, they also offer their customers the chance to order take out, bringing the great taste of Little Kitchen home to your kitchen.

We left with full stomachs, satisfied minds, and leftovers for the following day.

Students fill stomachs and warm hearts this Thanksgiving

Sacred Heart holds Campus Wide Turkey Drive for Bridgeport families

Mia Selvaggio  
Staff reporter

“Most of us have never been hungry. Most of us have never known what it means not to be able to celebrate holidays with family and friends around a table laden with food and good cheer,” said English Professor Jonas Zdanys.

There are many families living in Bridgeport, Conn. that do live this way. Because of this the Student Government of Sacred Heart University is hosting the Campus Wide Turkey Drive.

Those of us who have been blessed with so much in our lives have an obligation to help those who are less fortunate but who are equally deserving of celebration and comfort, especially at Thanksgiving.”

— Jonas Zdanys, Professor of English

The purpose of the Turkey Drive is to feed the 600 plus needy families living in Bridgeport this Thanksgiving.

“the turkeys will be donated to two different food pantries in Bridgeport: St. Charles food pantry and the Bridgeport Rescue Mission,” said junior and 2013 class community service chair, Alexa Wrinn.

Wrinn started the Campus Wide Turkey drive last year, collecting 500 turkeys with the help of Amanda Rowe, student life graduate assistant.

“This year, our goal is to collect 600 turkeys,” said Wrinn.

Students prepare for this years Campus Wide Turkey Drive.

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The Spectrum/Megan Pulone

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The Spectrum/Megan Pulone

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Friday, November 4

W. Soccer
St. Francis (PA) - 0 (win in PK)
SHU - 0

M. Ice Hockey
Air Force - 2
SHU - 1

W. Volleyball
SHU - 3
QU - 0

M. Soccer
SHU - 3
QU - 0

Saturday, November 5

Football
Wagner - 1
SHU - 21

W. Volleyball
SHU - 3
St. Francis (NY) - 0
Holy Cross - Sr
SHU - 2

M. Ice Hockey
(UConn) - 3
SHU - 2

Sunday, November 6

M. Soccer vs. FDU
J1:(Ka) 7.m.

W. Basketball vs. Siena
7:00 p.m.

M. Ice Hockey vs. Army
7:05 p.m.

On Deck
Friday, November 11

M. Soccer vs. FDU
11:00 a.m.

NEC Tournament @ Fairfield
M. Basketball vs. Hartford
3:00 p.m.

Connecticut 6 @ Monhegan
W. Basketball @ Siena
7:00 p.m.

M. Ice Hockey vs. Army
7:05 p.m.

Saturday, November 12

Football vs. Duquesne
Noon

W. Volleyball @ St. Francis (PA)
1:00 p.m.

W. Ice Hockey vs. Nichols
2:00 p.m.

M. Ice Hockey @ Holy Cross
7:00 p.m.

Sports

PIONEERS PREVAIL ON SENIOR DAY
Tied for first place in Northeast Conference

Bill Romaniello
Staff Reporter

With the recent loss to Long Island Blackbirds, who were ranked No. 1 in the NEC, Sacred Heart University women's volleyball team returned home for Senior Day to seek revenge and share the top seed in the conference.

"They are a strong match up but we have to continue to approach every game the same," said senior Jessica Coldberg.

The Pioneers did exactly that responding with a 3-2 win in five sets.

"We know we are the strongest team in the conference, we’ve been working so hard in practice everyday so we just need to go out and do what we do every single day," said junior middle blocker Johanna Ovsenek.

Long Island quickly took the lead holding Sacred Heart to a -.091 hitting percentage in the first set.

The Blackbirds held onto that lead through the first set earning a 25-12 victory.

However, Sacred Heart did not back down.

"I think confidence is key for us, LIU is a great team and it [was] a great game," said Ovsenek.

The Pioneers lost their momentum early in the fourth set when Long Island sprung out to a 7-0 lead.

But, Sacred Heart did not let go of their lead, cutting the set at 25-17 to force a fifth and final set.

With a comeback effort the Pioneers fought off a 7-5 deficit and gained five straight points to take the lead.

Sacred Heart's freshman Alissa Young contributed with two kills.

Both teams continued to battle back and forth but Sacred Heart kept a close 13-12 lead.

Dianis Mercado and Ovsenek had back-to-back kills to give the Pioneers a hard-earned victory in the exciting fifth set.

Mercado posted a double-double as well.

Coldberg and Ashlyn Trimble had 15 digs each in their Senior Day triumph.

Graduate student Kimmee Roleder had nine kills and four digs in Sunday's match against LIU.

"If we win our last games we will host the NEC playoffs again which would be awesome especially for the seniors," said Coldberg.

"In the end the top four teams will make it and we play a semi and finals match." Sacred Heart will be on the road for their final three games. They travel to Columbia for non-conference match, and then back to conference play against Saint Francis (PA) and Robert Morris.

"Hosting would be a great accomplishment but the final game and furthering our NCAA run is what we are working towards," said Coldberg.

Graduate student Kimmee Roleder had nine kills and four digs in Sunday's match against LIU.
PIONEERS HUNGRY FOR SUCCESSFUL SEASON

Ryan Hannable
Editor-in-Chief

Coming off of a season where the team went 6-12 in the Northeast Conference, and didn’t make the NEC Tournament for the second straight year, the Pioneers hope to end that streak this season. The Pioneers will take the court Friday afternoon in the Connecticut 6 tournament held at Mohegan Sun.

The tournament is in its third year and features all six Division I teams in Connecticut, with the exception of the defending National Champion UConn Huskies. Sacred Heart will take on Hartford in a 3 p.m. tip.

In his 35th season as head coach of the Pioneers, Dave Bike has liked what he’s seen so far in the practices leading up to the season.

“I see definite improvement from last year,” he said. “Both individual and team play is better. I can say that we’re better than we were, but other teams in the conference can say the same thing. How we translate the experience that we got last year is the key for us.”

The Pioneers were inexperienced last year, having three freshmen see significant playing time, but that experience will only benefit the team this season.

Sacred Heart is led by captains Stan Dulaire and Nick Greenbacker.

As it is with most teams at any level, Bike cites the keys to success as making foul shots and playing good defense.

“We have to make foul shots,” he said. “We lost a couple of close games because we didn’t convert our foul shots. That is important.

“We have been trying to build better defense and so far we’ve been trying to do that. One of the coaches said today he believes defense wins championships. How much we improve on defense will also be key for us.”

Over Thanksgiving break the team will travel to Cancun to play in the 2011 Cancun Challenge at the Moon Palace Golf and Spa Resort. Also in the tournament will be Hampton, Southern Illinois and Lipscomb.

“It is a nice profile thing, but the first game of the year is just as important as those games,” Bike said. “It is a good experience that hopefully we will have a very good experience.”

The Pioneers will also travel to Notre Dame and Boston College in tough non-conference games will prepare them for Northeast Conference play.

“Those are two big time programs,” Bike said. “We will be challenged and hopefully we can represent the university.”

On top of the Cancun tournament and traveling to Boston College and Notre Dame, the Pioneers also have other tough non-conference games that should prepare them for conference play. Sacred Heart will travel to Rutgers, Richmond and Holy Cross.

Following the Connecticut 6 the Pioneers will have their home opener on Tuesday Nov. 15 when the Pioneers play host to Stony Brook.

The Northeast Conference it should be a very competitive league this year as most teams can say they have improved from last year.

“LIU (Long Island University) was picked first, but Robert Morris got some first place votes too,” Bike said. “This is the coaches poll, not that we know any more than you sports writers. We were picked eighth and I thought that’s is where we might be picked.”

Central Connecticut was high. Each coach said this is one of the most balanced years that they have been around the NEC.”

Bike is not one to set a standard of where he would like the team to be at the end of the year. He is just taking it game by game and letting the teams play on the court dictate the end result.

“I don’t know how you measure underachieving and over achieving,” he said. “I think that we should try and play hard and enjoy what we’re doing. Play aggressively, work hard everyday and let the chips fall where they do.”

Photos courtesy of The Spectrum/Sean Elliott

NOVEMBER 9, 2011

SPORTS 13

MEN’S SOCCER REGULAR SEASON NEC CHAMPS

...CONTINUED from page 1

"Everyone was pumped up for tonight’s game," said Fair. “We knew what it meant, we knew we had to win it and everyone came out and played hard and we came out on top.

“We worked really hard up until now. We all think we can do it so its just a matter of going out and showing up on Sunday and getting the win.”

After the win against Quinnipiac, Sacred Heart would have to beat Bryant to be the regular season conference champions.

“Since Sacred Heart has gone to Division 1 soccer, I don’t think we have won the regular season title, so it would be a huge honor and it would represent the school very well,” said Fair before the Bryant game.

The Pioneers found themselves down early after Bryant’s Nicholas Paris! scored an unassisted goal in the 32nd minute, giving the Bulldogs a 1-0 lead.

However, Sacred Heart fought back in the 49th minute when Marcello Castro scored his team leading sixth goal to tie the game at one.

In the 78th minute, Brewer would score the eventual game-winning goal after the Pioneers defense held strong the final 12 minutes to secure the win.

Brewer has scored in each of the last three games, which earned him the Sacred Heart/Enterprice Rent-a-Car Student-Athlete of the week award.

“I think the increase in the goal scoring was effective because the team was in a position where no other teams can say they have improved from last season. How much we improve on defense will also be key for us.”

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Junior forward Brian Francolinci (#15) kicks the ball towards the goal in Friday night’s 3-0 win over Quinnipiac on Senior Night. The Pioneers are the No. 1 overall seed in this weekend’s NEC Tournament.

The winners will play Sunday afternoon for the NEC Championship and the right to represent the NEC in the NCAA Tournament.

Sacred Heart has gone unbeaten against the three teams in the tournament. They defeated both Monmouth and Central Connecticut last month, while tying Fairleigh Dickinson.

“We go with the mentality that whatever happened in past, stays in the past,” Castro said. “All our record wins and the goals we have accomplished have to stay behind. This semifinal is going to be a new reality, which the only thing that matters for both teams is the win.

“We have in mind that is not going to be an easy game, but our whole squad has been prepared mentally and physically for this game. Hopefully, we can get our second goal done, which is winning the NEC and consequently go to the [NCAA’s].”

Stats courtesy of Sacred Heart Athletic Communications.
FOURTH QUARTER BLUNDERS PROVE COSTLY

Emily Cordero
Staff Reporter

The Sacred Heart football team is in the final stretch of their season. A win against Wagner College would have been the confidence boost they needed to finish strong.

However, Saturday afternoon the Pioneers fell at Wagner by a final score of 27-21.

Offensively, Little threw for 278 yards despite his three interceptions. Senior wide receiver Garry Coles had a total of 124 receiving yards, the highest for the Pioneers in the game. Defensively, the Pioneers racked up five sacks.

Freshman running back Keshaudas Spence (#18) looks to find a running lane in a past game against Dartmouth.

Just minutes later, Little was intercepted by Wagner’s Julian Stanford, who ran for a 36-yard touchdown, which also took the game to 2-0 when Kruse put one past the Air Force goaltender, but it was

The Falcons increased their advantage to 2-0 when Scott Lewis capitalized on a power play just 1:54 into the third period. The Pioneers were able to get one back with 39 seconds left on the clock when freshman forward Tye Lewis put one past the Air Force goaltender, but it was too little too late.

This weekend we played our best two games so far this season," said Legatto. “Everyone fought hard and really helped us out by blocking shots and getting sticks in lanes.”

Legatto finished with 42 saves Saturday night.

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“I think we got better as a group this weekend against Air Force, said Becker. “The altitude was a contributing factor for sure.”

Air Force was able to take the lead first again on Saturday as Jason Fabian found the back of the net just 4:33 after the puck was dropped.

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“The Pioneers finally got on the score-board when junior captain Eric Delong finished a feed from Ben Ketchum just 4:22 into the second period. The Falcons got back their two-goal lead, which would ultimately be all they needed to get past the Pioneers by a final score of 2-1.

“We’ve struggled thus far, that’s obvious,” said junior forward Kyle Verbeek. “Our record isn’t an accurate portrayal of who we are as a team though.

“We’ve had a lot of games where we’ve had a lot of lapses. We still have a lot of hockey to play and a lot of in-conference games that are vital to us.”

In Friday’s game Chad Demers of Air Force put one past junior goaltender Steven Legatto with 4:23 remaining in the first period to give Air Force a 1-0 lead.

The Pioneers were able to even the score at one when freshman forward Brian Sheehan buried a shot with 3:31 left in the second period.

John Kruse gave the Falcons a 2-1 lead, which would ultimately be all they would need to get past the Pioneers by a final score of 2-1.

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Emily Pepe  
Staff Reporter

The life of every college student-athlete has its normal ups and downs — scheduling classes so you can sleep in after going out, required community service, and the decision of whether or not to go to class. Their lives seem to be filled with some event every other day.

For athletes at Sacred Heart University, the events are even higher with early workouts, conditioning to the point of exhaustion, and practice.

Athletes are constantly walking through the hallways to class with numerous bags of ice all over their bodies, but the countless number of hours these athletes put into their sports overshadow the dedication they have to being successful in the classroom.

For the Sacred Heart women’s soccer team, their hard work on the field was shown with a Northeast Conference Championship and a trip to the NCAA Tournament last spring.

But for six of the players, their hard work and dedication in the classroom was noticed by the National Fastpitch Coaches Association (NFCA).

"Lisa Dean, Taylor Lane, Nicole Sidor, and Annie Dreher understand the importance of doing well in the classroom and a header by Mulvey, all of which were stopped by St. Francis and their goalkeeper Jen Mulvey.

Once the match went into its first overtime the Pioneers were able to maintain possession taking two corner kicks and a header by Mulvey, all of which were stopped by St. Francis and their goalkeeper Brianna Butcher.

During the beginning of the second overtime the St. Francis Red Flash took their control possession, taking two shots. "St. Francis was a team that beat us 2-0 in the regular season and today we fought them down to the last minute," said Mulvey. "I think that really shows how much we have improved as a team over the course of the season." With the score still 0-0 after double overtime, the match went into a shootout.

St. Francis’ Jennifer Brennan stepped up to take the first shot and made it. Then Mulvey took her turn on Butcher and sent the ball souring past the St. Francis goalkeeper.

Both teams missed their next four shots.

Of the next six shots, St. Francis scored four goals, while the Pioneers only had two, which put the Red Flash ahead.

Junior Nicole Sidor (#12) was one of the Pioneers to be honored by the NFCA.

PIONEERS F indent SUCCESS ON AND OFF FIELD

The Spectrum/Sean Elliott

Junior Nicole Sidor (#12) was one of the Pioneers to be honored by the NFCA.

W. SOCCER FALLS TO FLASH IN HEARTBREAKER

Leah Salindong  
Staff Reporter

For the past four years, the Sacred Heart women’s soccer team has been unable to make the Northeast Conference tournament — that is until this year.

"Making it to NEC’s is honestly the best feeling in the world," said junior Lauren Boccio. "To know that you and your teammates worked that hard, that far, isn’t a better feeling."

Sacred Heart’s two wins over Monmouth and Mount St. Mary’s to end the season gave them the No. 4 seed in the tournament.

"Making it to NEC’s is something we’ve been working for from the first day of preseason," said junior goalkeeper Syd­ney Judyms. "It was so satisfying to be there because we worked so hard all season.

As fourth seed in the tournament, the Sacred Heart Pioneers took on the No. 1 overall seed St. Francis (PA) Red Flash on Friday on St. Francis’ home turf in Loretta, PA.

Sacred Heart played hard all game long, but after regulation and two scoreless overtimes the Pioneers lost in penalty kicks.

There are definitely a lot of positives we can take from the game today," said Boccio. "We went out there and played 110 minutes of soccer with heart and that’s all we can take from the game today," said Lane. "Our coaches always remind us that being a student comes first, but a great student can balance the two in order to succeed in both areas."

Championships do not come easy, however. Though they push so much focus on academics, they also prepare for the athletics with the same intensity.

Their weekly schedule consists of educational seminars and workshops, resume writing, interviewing techniques, and job searching tactics workshops.

"Sacred Heart is a great environment that enables every athlete to do well in school," said Lane. "Our coaches always remind us that being a student comes first, but a great student can balance the two in order to succeed in both areas."

Junior Alyssa Brandofino (#16) prepares to kick a corner kick in a past game.

The Spectrum/Leah Salindong

had hoped for, everyone on the team did their part to the best of their ability and in the end that is all you can ask for.

The entire team and coaching staff can agree that this was one of Sacred Heart’s most successful years in recent memory. "I think we got our program back to where it needed to be this year," said Mulvey. "The past couple seasons we were a team that wasn’t really well respected throughout the conference, but not I think we’ve definitely gained the respect of our opponents."

The seniors were able to play their last collegiate game in a meaningful Northeast Conference tournament game.

"Our seniors will be sadly missed," said Banner. "This year’s team had a strong bond so those that r leaving will be hard
Sophomore Omer Levy (#7) closes in on the net in last Friday's 3-0 Senior Night win over Quinnipac.