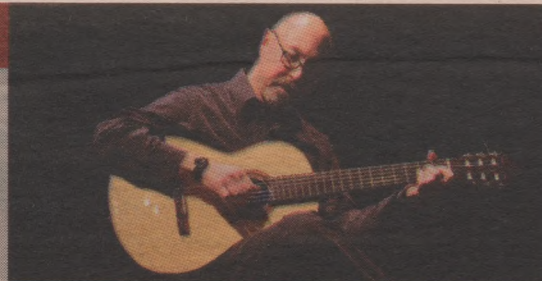


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the SPECTRUM

Wednesday, November 2, 2011

Sacred Heart University - Fairfield, Conn. Volume 28, Issue 7

Douglas recalls life as FBI special agent

Sofia Carolan
Staff Reporter

Imagine living your life filled with gruesome homicide cases and long nights trying to figure out who the killer is. For John Edward Douglas, a well-known FBI profiler, this was a reality.

On Tuesday, Oct. 25, Douglas' presentation, "A Journey into Darkness," was held in the Edgerton Center for the Performing Arts.

"I am a psychology major and want to go into forensic social work, so I was so excited to learn about criminal profiling," said senior Erin Crane.

Douglas worked on famous cases such as the JonBenet Ramsey murder, the "West Memphis Three" case, and most recently, the controversial Amanda Knox trial in Italy.

When profiling a criminal, Douglas said, "To understand the artist you must look at the art work."

Students enjoyed hearing about Douglas' distinguished career.

"I thought he was a great speaker. I really learned a lot from him," said Justin Isak. "I enjoyed listening to him speak and really liked how he used his personal experiences to help explain certain things."

John Douglas was born in Brooklyn, N.Y. on June 18, 1945. Before becoming a special agent, he was a part of the United States Air Force. Douglas married his wife, Pamela, and currently has three children: Lauren, Erika, and John Jr.

Douglas examined crime scenes and created profiles of the perpetrators, describing their habits and attempting to predict their next moves.

"Many killers have a signature analysis or ritual, which helps me out in the 'Why + How = Who' process," he said.

According to Douglas, many perpetrators base their actions on power and fantasy.

"Power gives the subject a sense of control and the manipulation of others. Fantasy is always better than reality, so for the perpetrators, they could overcome their failures and achieve success," he said.

During Douglas' presentation, he also went into detail about the analysis process.

Some students were already aware of the cases Douglas profiled.

"I thought he was very interesting, but I wish he went into more detail on the actual profiling," said senior Eric Dos Reis. "He was giving a brief summary of the cases he was involved in, but we had already studied them in class so it was kind of just a reinforcement of what we knew."

Special Agent Douglas is a legendary figure in law enforcement and the model for the Scott Glenn's character in the film, "The Silence of the Lambs."

Dos Reis was impressed by the quality of the presentation.

"All around it was a good presentation and it was cool to be able to meet an FBI legend," he said.

Starting his career in 1970, Douglas was the founder and chief of the FBI's Investigative Support Unit -- the team that tackles the most bewildering and absurd unsolved violent crimes.

Douglas' first assignment in 1970 was in Detroit, Mich. He served as a sniper on the local FBI Swat team and later became a hostage negotiator. He transferred to the FBI's Behavioral Sciences Unit in 1977.

Not only did Douglas bring a new age in crime analysis and criminal profiling, he taught hostage negotiation and applied criminal psychology at the FBI Academy in Quantico, Va. to new FBI special agents, field agents, and police officers from all over the United States.

He created and managed the FBI's Criminal Profiling Program and was later promoted to unit chief of the Investigative Support Unit, a division of the FBI's National Center for the Analysis of Violent Crime.

"Douglas' presentation was based on his intelligence, and after decades of profiling he has become a legend in the criminal world," said junior Alex Behzad.



The Spectrum/Samantha Purnell

Snow covers the entrance to the academic building following last weekend's snowstorm.

Sudden snowfall shocks SHU

Jacqueline Duda
Asst. News Editor

On Saturday, Oct. 29, the Northeast was hit with the second drastic storm this academic year.

Unlike Hurricane Irene, which brought large amounts of rain and powerful winds, this storm delivered unseasonably early snow and uncharacteristically large amounts of accumulation.

The mixture of snow and rain began in Connecticut last Saturday morning and continued to progress throughout the day.

It resulted in a large number of branches and trees sprawled throughout the streets, and also caused the vast majority of Connecticut towns to lose power.

According to a United Illuminating Company (UI) press release, about 19,000 of the company's customers were without power on Sunday at 9 a.m., and 45,000 users had been affected by the storm overall.

James P. Torgerson, chief executive officer of UIL Holdings (the parent company of UI), said that they are working hard to renew power to all of the UI customers in every town in the press release Monday morning.

The campus of Sacred Heart University was among the list of places left without power, although it was only for a few hours.

"The power went out on campus late Saturday afternoon, and our biggest concern was that it was going to be like Hurricane Irene all over again," said sophomore Katrina Rossi. "After

having to spend multiple days without power on campus it was not something I wanted to experience again. Thankfully it came back on a couple of hours later."

Freshman Adreanna Walsh shared the same concerns as Rossi.

"When the power went out, I was nervous that we would be without it for days," she said. "It was back quickly, and we weren't too affected by the loss."

UI provides power for 17 different towns and cities within the state of Connecticut. All of these towns were affected by power outages.

"Thankfully, my house at school did not lose power," said senior Kristin Legenza. "My parents who live further north in Connecticut lost power and are now staying with family, simply because not having heat was unbearable."

Anthony K. Vallillo, executive vice president and chief operation officer for UIL, said that the damages were so severe because the snow came so quickly and unexpectedly.

According to the National Weather Service, the snow dumped 12.3 inches onto Bradley International Airport. This shattered the old record for snowfall at the airport in the month of October. The previous record was only 1.7 inches in 1979.

In Bridgeport, the storm only produced four inches of snow, but created problems on the roadways.

"Driving around I couldn't believe the destruction," said Legenza. "There were not only branches, but full trees laying on the streets."



Photo Courtesy of Tracy Deer-Mirek

From left: Dr. Twan Leenders of the Connecticut Audubon Society; Dr. Mark Beekey, associate professor of biology; ESAM student Jennifer Gazerro; and CAS president Robert Martinez.

Professors receive grant to restore habitat

Working with graduate students to develop habitat at Stratford Point

Andrea Coronis
Staff Reporter

Dr. Mark Beekey and Dr. Jennifer Mattei of Sacred Heart University's biology department have received a grant of over \$54,000 from the Long Island Sound Futures Fund and the Environmental Protection Agency. This grant is for the development of a plan to restore a coastal habitat at Stratford Point.

According to a press release from the Sacred Heart University Public Relations office, Stratford Point is located at the Housatonic River Estuary and has supported a coastal bluff, a tidal marsh, a patchwork of dunes, and a coastal grassland habitat.

In the 1900s, the bluff was removed and the marsh was filled in after being ditched.

Beekey, Mattei, and Dr. Twan Leenders, a conservation biologist with the Connecticut Audubon Society, are working together to develop a plan to restore the grassland, dunes, and tidal marsh habitat.

"This will benefit the plants and animals that rely on the habitats, and will stabilize the shoreline," said Beekey in the release. "The project will begin with the development of a management plan to guide the restoration."

According to the Connecticut Audubon Society's website, Stratford Point is a peninsula at the mouth of the Housatonic River. It is an important migratory stop-over site for a variety of birds, as well as a winter habitat for waterfowl.

Graduate students in the Environmental Systems Analysis and Management Graduate Program (ESAM) at Sacred Heart also get a hands-on experience by being a part of the project.

Jennifer Gazerro is one of the students who is involved in the project.

"I collected a lot of data for the project over the summer," said Gazerro. "I took data from insects and plants, and now I do a lot of field work and data collection."

This experience provides an opportunity for the students in ESAM to get involved in a restoration project.

"Students in the grad program can get first-

hand experience in the process of restoration from planning it out to staging it forward," said Gazerro. "It's nice that we get to see what actually goes into the project, rather than just seeing the finished project."

Beekey notes in the press release how unique and exciting the project is, especially for the grad students.

"This is a unique project that involves a corporation, a university, and a non-profit organization working together to restore one of the state's most threatened habitats," said Beekey in the release. "It's an exciting opportunity for hands-on research and application for our graduate students."

According to the press release, Leenders first came up with the idea when he started working on how to improve the habitats within Stratford Point to ensure the survival of birds in Connecticut.

He then asked for the help of Beekey and Mattei because the area is so large and contains many different habitats.

The money from the grant is going toward the actual planning of the project.

"It's called a planning grant," said Gazerro. "We're making a restoration plan for the site we're working at. Our comprehensive management plan will essentially be the blueprint for the restoration plan."

Stratford Point is also home to a lighthouse that dates back to the early 1800s. The lighthouse has been named to the National Register of Historic Places.

The project is also a commitment to community service at Sacred Heart.

Beekey said in the release, "Through this project, students will not only receive a hands-on education, but will also have the opportunity to donate their time to an exciting and important restoration project."

The restoration at Stratford Point is a tangible goal for graduate students, providing them with the opportunity to be a part of something exciting and helpful.

"We hope to stop the erosion of the site and enhance its value as a habitat for native plants and wildlife," said Mattei.

♥ Open
Your
Heart

Warming the body and soul

Helping at soup kitchens makes a lasting difference

Erin Burke
Columnist

The start of the winter season means so much more than canceled classes and snowball fights. For hundreds of people in Bridgeport, it's the start of the hardest part of the year.

It represents cold houses, pneumonia, and for some even cold nights spent sleeping in parks and on benches because the homeless shelters are full.

It is nearly impossible for us to try and imagine what it is like to live in these conditions, with this kind of uncertainty, day to day. Our biggest concern is if Sacred Heart's residence halls will decide to turn the heat on before November.

But there is something we can do to help those who live in these terrible conditions. The Volunteer Programs Office organizes two trips per week to the Feel The Warmth Soup Kitchen at the United Congressional Church, as well as Golden Hill Church and St. Charles Food Pantry.

By visiting any of these places, students can help prepare food to serve to those who depend on the soup kitchen for their only warm meal of the day.

These people can sometimes go several days without a nutritious meal and their only source of food, not only for themselves but also for their families, comes from these soup kitchens. In fact, they are so necessary that occasionally people have to be turned away. This is where Sacred Heart students can help.

The more volunteers that soup kitchens have, the more people they can serve. You help with the food preparation, serving the food, and at the end of the evening you enjoy a meal and conversation with the people you serve.

These people have had some of the most amazing life stories that they are more than willing to share everything with you.

While you are giving them a warm, home-cooked meal, they are giving you the amazing gift of sharing their experiences and life lessons.

Not only do you share meals and stories with the people you are serving, but you get the opportunity to work with some of the most selfless and kindhearted individuals: people who have fought tooth and nail to keep these life-saving programs running.

Freshman Catherine Chittick reflects on her experiences at the soup kitchen.

"My first experience with the soup kitchens in Bridgeport started with Community Connections," she remembers. "I fell in love with the people who work there and with the service they provide to their neighbors and friends."

"The people who are served at the dinners are amazing, too," Chittick continued. "They have the best stories and the most positive outlook on life despite their hardships."

"They are so grateful for everything they are given, and they are always looking to pay it forward."

These programs depend heavily on the support and help from Sacred Heart students like you to keep their doors open. So while you're in your dorms, trying to keep yourselves warm and searching desperately for something to distract you, take the time to volunteer.

Helping out just once is sure to put a smile on a stranger's face and fill their bodies with nutrition and their hearts with hope.

It's addictive, and I guarantee that you'll find yourself back there again.

Iannazzi 'thrilled' to be marketing VP

Sofia Carolan
Staff Reporter

Michael L. Iannazzi has been named the new Vice President for Marketing and Communications at Sacred Heart University. He works to improve the mission of the university through award-winning publications, public relations, and special events.

"I am thrilled to be heading up a newly created division focusing on the marketing and communications efforts of the university," said Iannazzi. "I am excited to be part of implementing the university's new strategic plan, and the many initiatives that will come out of it."

"I am looking forward to being part of the next chapter in the growth of the university."

Iannazzi's job is to oversee communications, media relations, graphic design, alumni relations, the SHU Polling Institute, and the Gallery of Contemporary Art, as well as to assist in many areas of development.

"Since this is a new position, and a new division, I hope to lead our efforts to create a university-wide integrated marketing strategy and communication plan," he said. "We have already restructured and realigned some positions and budgets within the university to help make this happen."

With more than 15 years' experience in communications, publishing, and marketing in higher education and media, Iannazzi was the ideal candidate for Sacred Heart University.

Iannazzi holds a bachelor's degree from Boston College and a Master of Divinity degree from Harvard University.

"As we have been seeing and hearing in this presidential inaugural year, it is a 'time for new beginnings,' with a new, dynamic president," he said. "I couldn't be happier to be working to advance the university and its brand at this point in its history."



The Spectrum/Samantha Purnell

Rupendra Paliwal is the interim dean of the John F. Welch College of Business.

Business school earns praise

Ryan Giltenan
Staff Reporter

The John F. Welch College of Business at Sacred Heart University has earned high praise once again. It has been named one of the top 294 business schools by the Princeton Review for the fifth consecutive year.

"The continued recognition has really helped us with recruiting quality students," said Rupendra Paliwal, interim dean of the College of Business.

Receiving praise from the Princeton Review has really helped the business school to grow in recent years.

"Not only the number of students, but the quality of the students has improved significantly," said Paliwal.

One of the reasons why the College of Business has received this honor is because they do an exceptional job of preparing their students for the real world. The Princeton Review has strongly commended them for this.

"In 2009 we redid our MBA program," Paliwal said. "The core part of the Welch MBA program is a 12-credit integrated core. Students are trained in the

business process, and Welch MBA places a strong emphasis on the application of business theory to the realities of the business world.

"We don't teach finance here, management there, accounting there, in three or four different courses," Paliwal said. "Instead we teach it all together in the integrated core. They are learning how the process actually works in a corporation."

Students have found the school to be very helpful.

"The Welch College of Business did a great job of finding me an internship with Morgan Stanley Smith Barney in Westport," said James O'Connell, a junior who is a double major in finance and economics in the business school. Throughout the entire process I was being guided through the interviews and everything up to my first day of work."

Being the head of a large business school is a big responsibility, but it is a job that Paliwal cherishes.

"It is great and it is challenging," he said. "Here at Sacred Heart we are going through a lot of changes and growth. We have a new president, we are taking new initiatives, and are developing new academic programs."

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Burns educates students about Henri Nouwen

Jaclyn Giuliano
Staff Reporter

The Schine Auditorium was packed with many professors and Fairfield locals last Wednesday evening as the first annual Henri Nouwen Lecture on Contemporary Spirituality was presented.

Kevin Burns, a prestigious producer, editor, and broadcaster, spoke about the life of Henri Nouwen with a virtual presentation called "Listening to Henri" that included many audio-visual technologies to help the audience gain a better understanding of who Nouwen really was.

Burns is the producer of the CBC Radio One Ideas series, which will air *Genius Born of Anguish: The Life and Legacy of Henri Nouwen* next September.

"It is a misnomer to call this a lecture; it will be more of a multimedia presentation," said Michael W. Higgins, vice president of Mission and Catholic Identity, in an article on Sacred Heart University's website. "There will be film, music, atmosphere, and commentary."

Burns started off the presentation by comically stating, "If I ignore you, don't take it personally. This is going to be like a radio show."

The audience was very amused by this comment because both Nouwen and Burns have worked with radio for a long time, and this presentation was about getting on a personal level with Henri Nouwen and the life he lived.

"I found the lecture to be both very well informed and creatively executed," said Dr. Christopher Kelly, assistant professor of the theology and religious studies

department.

Rather than reading a prepared paper as most presenters would on this sort of occasion, Burns captured something of the "muck and mire that constitutes a person's life," as Higgins noted.

Many in the audience were impressed by the diversity of media Burns used.

"I enjoyed it a lot," said Dr. John Roney, chair of the history department. "I am very fond of the CBC since I have lived in Canada for years and appreciate the quality and content they provide. Kevin Burns is a great representative of that quality."

"I especially enjoyed the presentation since it mixed the presentation of word, music, and image in a way that flowed very well together."

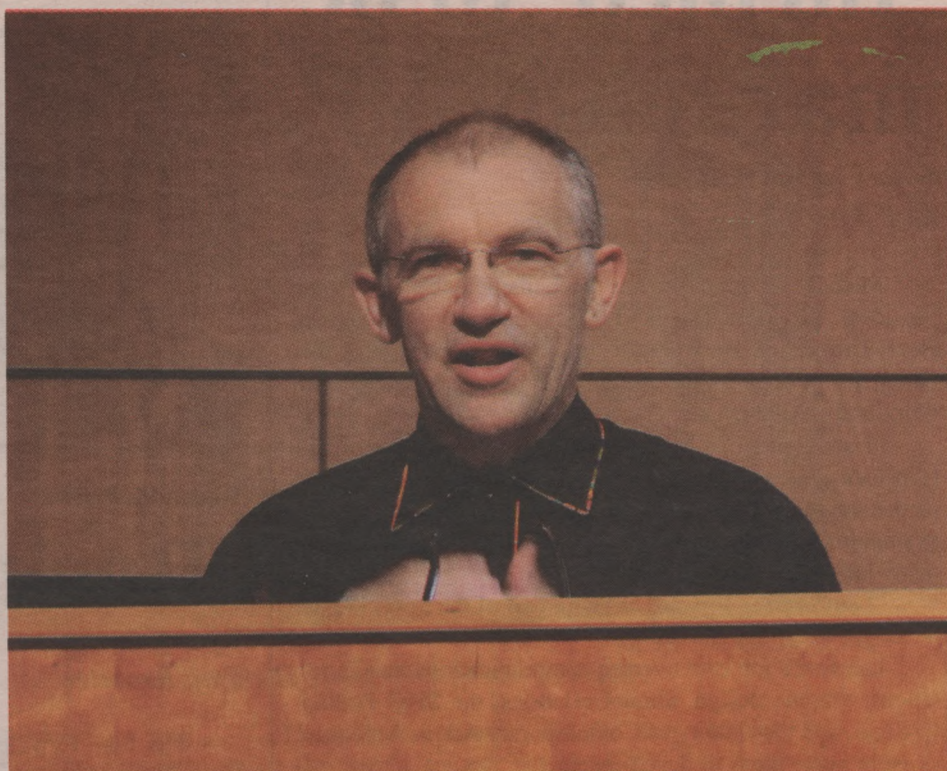
During the presentation, Burns provided the audience with a slide show and audio clips that included perspectives from those who knew Nouwen themselves.

Music clips were also played, one of which included the song "Seven Last Words from the Cross." Burns would play each song and break down their meanings and emotions.

The presentation included a radio broadcast from Nouwen himself. He discussed how he suffered a near-fatal car accident, which changed his life forever.

Rodleigh Stevens, a famous acrobatic performer from *The Flying Rodlieghs*, was interviewed about Nouwen, and Burns presented the interview.

"I think Henri tried to identify with us on another level," said Stevens. "After he was dead I discovered a new understanding of him. He wants to live through your bodies. He wants to have experiences despite



The Spectrum/Sean Elliott

Kevin Burns delivers a multimedia presentation on the life of Henri Nouwen.

old age."

According to the Sacred Heart University website, Henri Nouwen was an internationally renowned priest and author, respected professor and beloved pastor. His books have sold more than 2 million copies and have been published in at least 22 languages.

"Nouwen was a very deep and complex figure, so it is a difficult task to capture his many sides," said Roney. "Burns did not try to represent all of Nouwen in every part of his life, but concentrated more on how he attempted to settle some

of the unfulfilled and uncertain aspects of his life."

Even though Burns did give the audience a lot of information on Nouwen and what he accomplished in life, he mostly focused on the people he impacted the most, and how he made his mark on their lives.

"If we take a step back and look at what Kevin did it becomes clear that he didn't give us a whole lot of information, biographical or otherwise, about Nouwen," said Kelly. "What he did do was invite us to be still for a moment and reflect upon our own contexts in life."

Calendar of Events

Wednesday, November 2 - 3pm & 6pm

Zumba Fitness Class

Aerobic Room

Thursday, November 3 - 7am-10pm

Semi-Formal Ticket Sales

University Commons

Friday, November 4 - 7pm

Men's Soccer vs. Quinnipiac

Campus Field

Saturday, November 5 - 1pm

Women's Volleyball vs. St. Francis (NY)

Pitt Center

Sunday, November 6 - 3pm

Music Faculty Recital Series-"Quartet for the End of Time"

Edgerton Center



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To bronze or not to bronze?

Julie Baumgart
Staff Reporter

Are you concerned about the health of your skin? Well, so is the state of California. They have thought twice about allowing teenagers to use tanning beds.

According to the Associated Press, California Gov. Jerry Brown has signed into law a bill that prevents people under the age of 18 from using tanning beds. The law will take effect on Jan. 1, 2012 with ban supporters hoping to help younger people avoid melanoma.

"I do not think it is a good idea to use tanning beds because they are harmful and addictive. Yet I think that there would be many upset girls if there were a ban like that here," said sophomore Danielle Cordray.

Senior Bridget O'Hagan echoed this sentiment about the health risks involved.

"I am an exercise science major, so I know about diseases, and I think the ban is good because it's not a good idea for health reasons to tan at such a young age," she said.

When asked about the possibility of a similar ban in Connecticut, O'Hagan feels it would create an issue for underage residents.

"If there was a ban here, it wouldn't really affect people that I know, but high school kids would not be happy. I could see them using the defense it's their bodies and their choice," O'Hagan said.

Senior Jozie Parniawski feels that a ban in Connecticut wouldn't make much of a differ-

ence and that it is not such a bad idea.

"I don't think a ban like that here would change too much because it would only be a two year difference, from 16 to 18. It is good considering the health issues."

Some are not fond of tanning beds and prefer the natural sun.

"I never tan around here. I just go to the beach in the summer. I think girls who are really tan in the winter look like they have a fake tan and it is obvious that they went to a tanning bed. I believe that you should be pale in the winter," said Cordray.

Others said that they like tanning beds, but know their limits.

"Sometimes I tan. When I first signed up, I went every day, but now when I just get a base tan, I usually go two to three times a week. I think that some people tan too much and some go every day to the point that they are orange," said Parniawski.

While females typically use tanning beds more than males, many males said that they still have opinions regarding the issue.

"I don't like tanning beds -- I think that it is best to get a natural tan," said sophomore Vincent Ramaglia. "I think that some girls tan too much, but if a girl does decide to go tanning, it really doesn't matter to me as long as she doesn't look like a carrot."

O'Hagan sums it up, commenting on the long term effects of sunless tanning.

"Those who tan may not see it now, but they will regret it years to come," she said



AP Photo

Students at other schools, like Yale University, receive free tuition through ROTC programs.

How far will you go for free education? Students reflect on opportunities for discounted tuition

Keisan Gittens
Staff Reporter

Looking back on his college experience, he said, "I would have probably done sports since I'm a big football guy."

However, not all students take the path of sports, music or academics to acquire aid in tuition.

Sophomore Ryan Kilpatrick had been meeting with a recruiter for the U.S. Marine Corps over this past summer. Prior to meeting the recruiter, Kilpatrick had already taken out student loans.

According to Kilpatrick, they spoke for several weeks before actually meeting. He learned he would have to train for the next two summers to become a military officer in the Marine Corps, and then serve for four years.

"While I'm in school, my loans will be paid off and I'll receive a pension that will go with me for the rest of my life," said Kilpatrick.

He said that he has to keep his grades up, complete the training, and stay out of trouble.

"It's a little restraining socially, but not to the extent that I can't go out and have a good time," he said.

While some Sacred Heart students have found ways to help ease the financial burden of tuition, others, like sophomore Craig Palmer have accepted paying in full.

"They always told us that college was going to be a lot of money, so pick where you want to go and stick it out," he said.

Where there is a will, there is a way -- but how far out of your way are you willing to go to help pay for your college education?

In between classes, many Sacred Heart University students have taken on extra responsibilities to help assist in paying for tuition.

Freshman Lizzy Bennett is a member of the women's swim team.

"It's a very vigorous work-out schedule, but it pays off in the end, so I know that I have to do it," said Bennett, whose participation in the team helps pay part of her tuition.

Although the schedule is demanding, Bennett said that it has been an addition to her schedule that she enjoys.

"As a freshman, it's good because your immediate team members are like family and their friends become your mutual friends," she said.

Junior Emanuella Joseph is one of the many Liturgical Choir participants who receives a \$2,000 yearly scholarship. Since Joseph was a member of her high school choir, she inquired into continuing choir at Sacred Heart.

"It was only a couple of days after I signed up that I found out about the money," she said.

Senior Ellie Kfoury does not have any discounted or free tuition.

How do you do SHU? SHU takes on dorm laundry rooms



The Spectrum/Samantha Purnell

Students attempt to conquer piles of laundry in the dorm.

Amanda Rivera
Contributing Writer

Well first off, I don't do laundry. At least not as often as normal people do. In fact, I'm quite nasty with my laundry situation. Let's be blunt here -- I wait until my laundry bag transforms into Santa's dirty bag of toys before I even think about cleaning the contents inside of it. It's only when it becomes a fat blob in my room that I take the next step.

I do some quick scan, you know, to make sure that any potential boy toys are not roaming about. I would not want a cute potential to be like, "Damn, that girl is nasty. She waits that long to clean her clothes? I know she's busy but damn, I'm offended," and then he runs off in a hissy fit. That would not be ideal.

So to avoid the shame of that situation, I check to see if the coast is clear and the machines are empty. And like a pro, I creepily lug my junk over to the laundry room like the Grinch who stole Christmas, and drop that bag of treasures in a dirty and bleach-smelling room full of groaning machine monsters.

While in this strange place, I take the time

to slowly look at my prize. This bag is going to be empty and all the contents will be clean within the next ... seven hours. Because let's be real, you don't just go in and out of the laundry room. You spend your entire day in there. All because certain people just happen to "forget" that they did laundry that day and left their clothes in the only available washing machine.

However, as a woman of impeccable class, I have the ability to wait patiently. But after one minute of waiting, classiness is thrown by the wayside. This is the time to become a straight up laundry thug.

I don't just take people's clothes out and place it on the machine next to it. I throw their clothes on top of the machine and treat it like they owed me money and I'm the big mob boss.

The only awkward part is when they walk in during this interrogation scene because then you have to explain why you are holding their Sacred Heart hoodie and slamming it against the machine next to it. That's when things become awkward. Especially if it was the cute but whiny potential guy you met earlier.

Damn.

SHU community works to eliminate anti-gay bullying

Christina Cominelli
Staff Reporter

In some schools, teachers and students are being trained to use methods to stop anti-gay bullying. In others, gay individuals and the equality movement are being included in lessons.

Yet in a survey from the Gay, Lesbian and Straight Education Network from 2009, 85 percent of gay teenagers disclosed that they were harassed at school, and two-thirds stated they didn't feel safe because of their sexual orientation.

"I am not a social scientist, but it does seem that attitudes about homosexuality continue to evolve, perhaps too slowly for some," said Dr. June-Ann Greeley, associate professor in the department of theology and religious studies. "[This] generation does seem to demonstrate a much more comfortable tolerance of different kinds of sexuality, certainly more tolerant than, say, my generation.

"However, that does not mean that there are not still strong feelings against the LGBT community and some of those feelings, as we have sadly witnessed, can turn and have turned quite aggressively, like bullying and worse," said Greeley.

Many Sacred Heart University students said that the issue of anti-gay bullying is extremely complex and baffling, especially in a society that is supposedly accepting.

"I can't believe that there is still bullying against people who are gay. I feel like our culture today is more accepting of it, and still these terrible crimes are happening to young people who end up

taking their own lives because of the way they are treated," said sophomore Danielle Peloso. "It makes absolutely no sense to me."

At Sacred Heart, the Gay-Straight Alliance club, or GSA, is an organization in which students of any sexual orientation can meet to create safe environments, go against discrimination and bullying, and educate others.

"The main thing that is being done to make gay students feel accepted on campus is the GSA club and the events it hosts, which is quite amazing within itself -- a Catholic school with GSA," said junior Ariel David, president of the club. "Gay students are being treated like everyone else, which many people want. I am hoping GSA will at least provide a home for them."

LGBT students across the country are harassed both emotionally and physically because of their sexual orientation. However, with schools and organizations making strides toward acceptance and equality, there is an encouraging message: it gets better.

In an Associated Press article, Jill Marcellus, spokeswoman for the national Gay-Straight Alliance Network, said, "People realize it doesn't have to be this way. We can make it better."

At Sacred Heart, there are messages of equal rights for every person.

"We at Sacred Heart want to keep in mind that, grounded as we are in the Catholic tradition which includes Catholic Social Justice teachings, we are committed to the ideal of the integrity and the dignity of every individual, of the human person. There is no place for discrimination or rejection," said Greeley.

He Said/She Said

How do you divide time between school and your significant other?

Joseph Buquicchio

He said



Arielle Mangiaracina

She said



I'm not sure how much work everyone else has, but I am swamped with work and God knows what else throughout each and every week. It never ends! I procrastinate much more than I should. I love naps and sleeping way too much to let homework impose on my sleep schedule, which isn't very healthy now that I start thinking about it.

Schedules are hectic. School and homework certainly don't make handling the joys of life much easier, but we still need to find time to get it done in case we are trying to get those 4.0s that we adore so much.

Dividing time between your partner and anything else you have to do for school is subjective to the person that you are. Values are subjective; if you want to hang out with your partner more than you want to do well in school, then by all means, go for it. You could also, on the other end of the spectrum, lose your partner and focus more of your time on schoolwork. Neither of which is reasonable because no one wants to do homework ever, and hanging out with your partner sounds much more relaxing and fun than sitting through a class.

We're here in college, and we need to do well. It's a necessity, or at least it should be, in order to apply our skills after graduation. This paragraph started out as an economics problem for me. My economics teacher deserves a shout-out because he says this pretty much every class: "Values are subjective."

So where is the healthy medium? Well, that's all up to you. If you really care about your partner, the way it should be, and everything is great, then you want to spend as much time as you can with that person while still maintaining success in school.

Some of us can go days without opening a book and do well on tests, but some of us can't. It's up to you to find out how many hours you need to devote to homework, on top of making (almost) every class, while maintaining enough energy to deal with the rest of your life, and keeping your partner as happy as he or she can be.

A good partner will know that no matter how much time a person is trying to really put into homework, you can't just say, "Hey, don't do your homework ... or else." That's just mean. At the same time, you can't live in the library all the time. If I was in that position, like some majors in this school, I think my brain would explode or have a panic attack -- whichever happens first.

So like I said before, values are subjective. Figure out what you have to get done, and how much time you can spend not doing that crap.

This all reminds me of what my dad says every single day when I see him leave for work: "I gotta do what I gotta do, to get what I gotta get done did."

And he works his butt off every day. When he's home, he's doing what he wants, which is inevitably watching TV shows that my mother wants to watch when she gets home from work. May not sound like a blast, but hey, they're my parents, and they're cute -- leave them alone.

Between school, work, friends, studying, and extra-curricular activities, time management has been an issue for college students as long as colleges have been around. Being in a relationship just adds to the list of things college students have to balance.

I'm a fan of scheduling. Every night, I plan out everything I'm going to do the next day and how long it's going to take me. I block off chunks of time to do homework, errands, etc. Therefore, I know that I have a certain amount of time to do a task, and I get it done.

Obviously, in a relationship, you don't want to be as rigid. However, I still think that blocking off a chunk of time to hang out with your significant other is a good idea. For example, it's a Wednesday, you have two classes, a project to work on, and your boyfriend wants to get dinner... what do you do?

Allow yourself time in between your classes and dinner to do your project, or do it after dinner. It doesn't matter when you do it -- it just matters that you set aside specific times to do your work and see your significant other.

As I've said before in this column, I don't think that there is a one-size-fits-all answer to these questions. So, in order to gain some perspective, and hear different opinions, I asked some of my girlfriends what they thought.

One of my friends suggested that couples should do their schoolwork together. This way, they are multi-tasking: hanging out and getting work done. While this may work for some people, as someone who gets easily distracted, I know that this isn't the best plan for everyone.

Another girlfriend of mine told me about a couple she knew that only got together on Sundays. They did not see each other during the week at all, unless it was a special occasion. That is one solution, however I think that a couple needs to see each other more than once a week.

Setting aside one day a week where a couple sees each other is a great way to ensure that you have time with your significant other. A compromise to my friend's anecdote? Set aside one specific day, that you will hang out every week, no matter what, and then meeting up on other days that you are free. This provides flexibility, but still ensures that you will see each other at a minimum of once week.

Striking a balance between schoolwork and relationships can be tricky. Especially when the amount of time people need for homework fluctuates every week.

One week you might have a test, a paper, and a presentation to do, but the next week your workload is lighter. You and your significant other's workloads may not match either. One person can have a super busy week, while the other person has an off week, which also complicates things.

Both schoolwork and spending time with your significant other are important. Time management is key to dividing time between your partner and homework. There is no cookie-cutter answer for everyone; you just have to do what works for you.

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The balancing act of being a college senior

Jacqueline Duda
Asst. News Editor



Coming into senior year I expected to have a fun relaxing last year. Boy, was I wrong.

With a full plate of activities consisting of school, Spectrum, interning, babysitting, dance team, having a social life and somehow sleeping, my day-to-day routine sometimes feels like a juggling act in a three-ringed circus.

For the most part I feel like I spend the majority of my week running from place to place just trying to get it all done. I spend a lot of time in my car between the number of different places I have to be as well as the commute time.

The biggest challenge with being pulled in so many different directions is being conscious that each responsibility gets the same amount of attention and dedication.

It is important on those chaotic busy days that I don't get completely sucked up into one project and put all of my focus and energy into that one particular thing. Although school is always the number one priority,

Some days it feels like there simply are not enough hours in the day to fit in everything. Time management skills are definitely not something that I use as much as I should.

Every minute of everyday is committed to finding a balance where I don't feel completely overwhelmed and tasks don't begin to become neglected and fall through the cracks.

With so much going on, I have to constantly remind myself that I am only one person. This being the case sometimes you just can't do it all.

This goes for everyone who has multiple responsibilities to take care of, which is probably more than half of the college student population.

Once in a while it is OK to just say "no, I can't do that."

Sometimes I just can not squeeze babysitting in between interning and dance, and sometimes I might have to sit in the library and finish all of my assignments instead of hanging out with my friends. It may not be exactly how I want things but there is sense of give and take when it comes to fitting it all in.

I guess it's all preparing me for what life in the 'real world' is going to be like.

Well, maybe it won't be quite the same because I most likely will not be on a dance team and fingers crossed I will not be babysitting as my form of income.

After graduation, I will hopefully have a job, and if I do wind up interning again I will have to get a job in addition to pay for added expenses.

Looks like the balancing doesn't just end with the semester.

Even though at the end of the day I may be exhausted. I wouldn't change the chaos. It keeps the day interesting.

In reality, what would I really be doing all day if I wasn't always running around?

I would probably be sitting at home bored looking for something to keep me busy.

#ThingsLongerThan KimsMarriage: The time it takes to read this article

If anyone knows how to make a pretty penny it's reality television princess Kim Kardashian.

As annoying as she is with all her fame and glamour, I can't help but to love and applaud her for being business savvy.

Not only is she known for her curvaceous figure and crazy sex tape with singer Ray-J, she is now trying to dodge another scandal: her recent wedding and sudden divorce.

As if the world didn't see this coming, after only 72 days of marriage her and Humphries have called it quits.

This is so sad, because I really thought they were going to last forever... NOT -- like every other Hollywood couple that weds only a few months after meeting.

Humphries and Kardashian signed a prenuptial agreement, and thank goodness she did because she definitely was the breadwinner of the family.

Lucky for her she won't have to worry about losing millions in the divorce.

Instead she's swimming in a sea of money after her highly publicized wedding on the E! Network.

For two days, fans sat on their couches and watched the couple as they fell in love, planned their wedding, fought, and contemplated their marriage plans.

I find the whole marriage funny because while me and countless others across America watched the wedding unveil, there were clear signs foreshadowing the marriage ending, even before the couple even said their "I do's."

Venithda Sourignamath
Asst. A&E Editor



For one, Kim was only dating Kris for a few months before their engagement and is often criticized by her family for falling in love too fast.

I guess Kim should have listened to her younger sister Khloe when she made a comment about how the wedding was an opportunistic move for fame and money on Kris's part.

Let's not forget the precious moment during a marriage, when a man gives their last name to his future wife. Oh wait... Kim didn't do that.

Instead, she kept her last name because it was best for the "business" and the "brand." I mean it's not such a romantic act, but Kim Kardashian-Humphries didn't sound too cute anyway.

Well out of all this talk of divorce, the couple can at least reflect on the wedding, not only with their private photo albums, but also with photos on the web.

And how can I forget to mention, they didn't pay for a cent of their \$10 million wedding bill, so it's a win-win situation if you ask me.

Kris and Kim both got the publicity they wanted, and made money.

I guess you can say that the only thing they didn't have for this fairy tale wedding was "true love."

Oh well, another Hollywood divorce. Who's next?

the SPECTRUM

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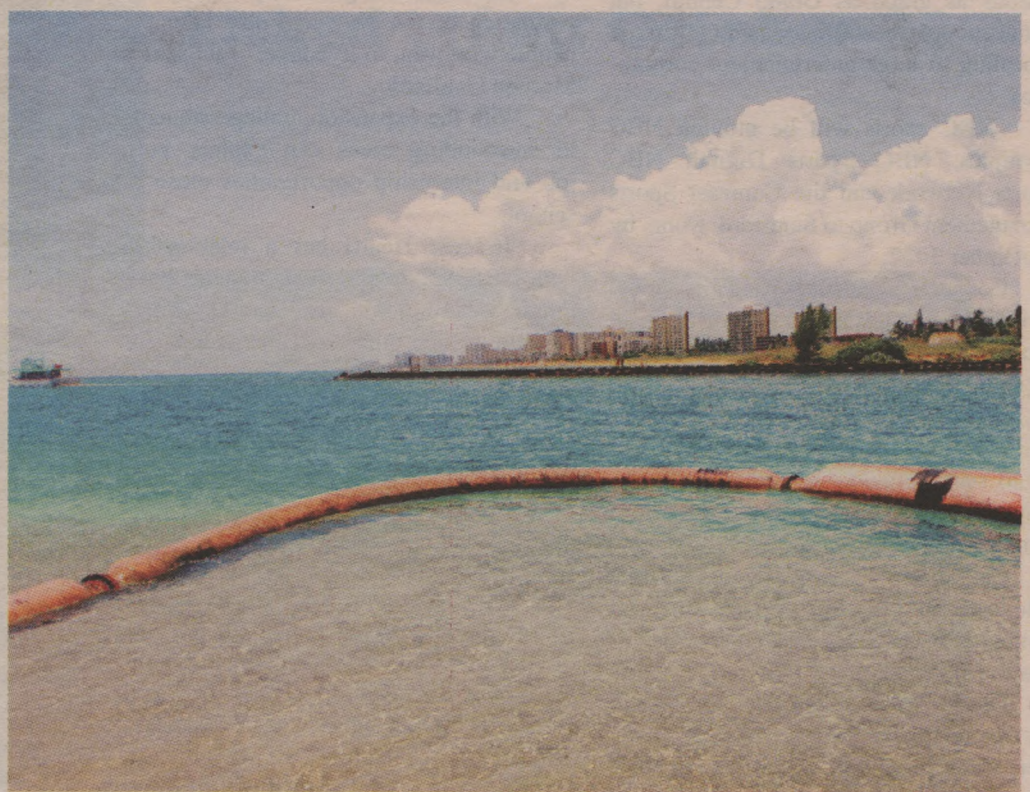
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The Spectrum/Samantha Purnell

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SHU dance kicks off with F.O.R.C.E.

Chelsea Ilg
Staff Reporter

The fall semester is passing the mid-way point, but the Sacred Heart University dance troupe, SHU F.O.R.C.E., is just getting started.

Last Tuesday, Oct. 25, the girls hosted their first performance of the year, the ninth annual Kick-Off event.

F.O.R.C.E., which stands for fusion of rhythm, creativity and energy, practices jazz, hip-hop, lyrical, tap, modern, ballet, and contemporary dance styles.

According to their website, "The club is open to all that love to perform and pride themselves on their diverse dance techniques."

The troupe, lead by senior Erika Petillo, performs yearly at various events on and off campus and at three large performances in the Edgerton, the first being Tuesday's event.

The Kick-Off is meant to get the community excited to follow the girls on their journey through the year and see all the hard work that they put into performing.

"This year we looked to bring something completely different," said senior SHU F.O.R.C.E. E-Board member, Ali Kowalsick.

Invited to perform at the show were dance teams from the University of New Haven, Fairfield University, the University of Bridgeport, professional dance troupe

Team Leggo featuring Double Up Dance Group, Omega Phi Kappa, and the Sacred Heart Dance Team.

"We ran the night on stage. SHU F.O.R.C.E. worked so hard to put on a show that the entire student body could enjoy, as well as visitors from other campuses and performers," said senior Josephine Ferrantelli.

Also included were vocal performances by singers Gabe Burnot, John Thomas, and Armand Child.

The show was a non-competitive way for all the teams to have fun and get the community excited for their upcoming seasons.

"This was my first kick-off as a member of SHU F.O.R.C.E. and as a member of the E-Board. I was nervous but so excited," said junior, Jess Foley.

The night started off with a dance to the Black Eyed Peas, "Don't Stop the Party," which warranted a loud applause from the audience.

"I think SHU F.O.R.C.E.'s kickoff was a huge success," said senior Stacey Williams. "It is one of my favorite events of the year because I was able to express to the school what myself and E-Board have been working on for the past two months."

SHU F.O.R.C.E. opened the show with their traditional "kick off" routine, followed by the rest of the performances, and then closed the show with the finale.

However, dancing is not the only



The Spectrum/Lindsay Caiati

Members of SHU F.O.R.C.E. dance their hearts out on stage Tuesday, Oct. 25.

thing SHU F.O.R.C.E. involves itself with.

According to their website, it is "not only a group that loves to dance, but is made up of individuals that love to help out in the community."

Some of the programs that members from the group are involved with are the Thanksgiving food drive, Sunshine Kids, Community Connections, the ONE campaign and Habitat for Humanity.

According to Petillo, she not only takes pride in her dancing, but she also takes pride in the girls that she dances beside.

"SHU F.O.R.C.E. dance ensemble is not just a performing arts club, each and every one of the girls have a special place in my heart," she said. "We all work really hard and it shows on our stage."

Conn. gives NYC a run for its money

Ryan Farrar
Staff Reporter

There may not be skyscrapers as big as the Empire State Building or train stations as grand as Grand Central, but Connecticut is becoming seemingly more appealing to large entertainment corporations.

NBC sports will be moving NBC Olympics, NBC Sports Digital, NBC Sports Network and the Comcast Sports Management Group to Stamford, Conn. by September 2012.

Connecticut is supporting the move, giving the network a \$20 million loan, in hopes of creating hundreds of new jobs for the state.

The Governor of Connecticut, Dannel P. Malloy (D), extended similar offers out to such networks as ESPN and TicketNetwork Inc., who now call Stamford home.

Called the "Fast Five" initiative, the state loans out money to corporations who promise to bring an agreed upon number of jobs to Connecticut.

Under terms of the deal, NBC will pay one percent interest on the loan. However, \$10 million will be forgiven if NBC Sports creates 200 jobs at the end of two years, \$5 million will be forgiven if 100 more jobs are created at the end of three years and \$5 million will be wiped off the slate if another 150 jobs are created at the end of five years.

According to Kevin Segalla, the chief executive of the Connecticut Film Center, the expansion of entertainment will create a need for video production technology. This will also create jobs for already existing companies. He estimates that over

150 businesses will be used in the industry, which will add to the prosperity of the community.

"Connecticut sometimes gets a bad rap for either being too urban or too snobby. I think this is a good way to help the reputation of the state and also help the people who want to live here," said senior Marissa Gagliardo.

With the expansion, college students in surrounding areas can explore both job and internship opportunities close to school.

"[Sacred Heart] has a relationship with NBC Sports and three students have interned there previously," said Dr. James Santomier, coordinator of internships for the sport management department. "Previously they had to commute to the city, now we have much better access. We hope this will enhance our relationship more and bring speakers to campus."

For soon to be graduates, like senior Zach Biondi, that want to stay in the area after graduation, the expansion is a great way to accomplish that.

"I didn't know about all these job opportunities so close to Sacred Heart," said Biondi. "I think it's great though because I love this area and I can definitely see myself staying close to Fairfield after graduation, and the fact that cities such as Stamford have such to offer is a big plus."

While New York City may always remain a staple area for arts and entertainment, Connecticut is setting up to become on to watch as well.

Material from the Associated Press was used in this article.

Hit or Miss

as decided by A&E Editors

"American Horror Story"



"The Playboy Club"



The Royal Wedding

Kim Kardashian's marriage

Twitter

Facebook

twitter



Halloween candy

Halloween snowstorm

Good 'Days' ahead for Real Estate



Chris Hindenach
Staff Reporter

Some might say it is impossible for a band from the Northeast to create laid back, beach-style, California indie-surf rock. However, Real Estate -- a band formed in late 2008 in Ridgewood, New Jersey -- does just that.

The band is comprised of lead vocalist and guitarist Martin Courtney, bassist Alex Becker, guitarist Matthew Monadile, drummer Jackson Pollis, and keyboardist Jonah Mauer.

Pollis and Mauer joined the band in 2011, with Pollis replacing original band member Etienne Pierre Duguay.

The band's self-titled debut album, "Real Estate," was a surprisingly catchy compilation of songs, a fast favorite for avid indie rock listeners, who were surprised by the new band's immense talent.

The constant reverb and delay on the guitar gave way to a very simplistic, yet crisp sound. "Black Lake," a song on the debut album, has a treble sound that gives fans a sleepy yet engaging feel to a repetitive guitar solo.

Almost two years after their debut was released, Real Estate has pushed the limits of indie rock once again with their second album, "Days," a simple title that fits the sound of the album perfectly. Pitchfork.com album critic, Marc Masters, talks about "Days" and its refined sound.

"Cleaner, sharper, and stronger than Real Estate's 2009 self-titled debut, the classic-sounding 'Days' is like a single idea divided into simple statements, a suite of subtle variations on a theme," said Masters. "No note feels wasted, and nothing happens at the wrong time or place."

The first song on the album, "Easy," gives way to the carefree attitude.

Masters comments on "Easy" and Real Estate's sound, saying, "Its coherence sounds remarkably effortless, as if stringing together catchy gems is as easy as, in the words of one song, 'floating on an inner tube in the sun.' Interestingly, Real Estate actually acknowledges this sense of ease."

Another song, "It's Real," is the first track on the album and the one that most people can connect to with its uplifting drum fills, and drifting guitar notes. A listener can experience the full build up of this song while feeling a great deal of freedom and reality.

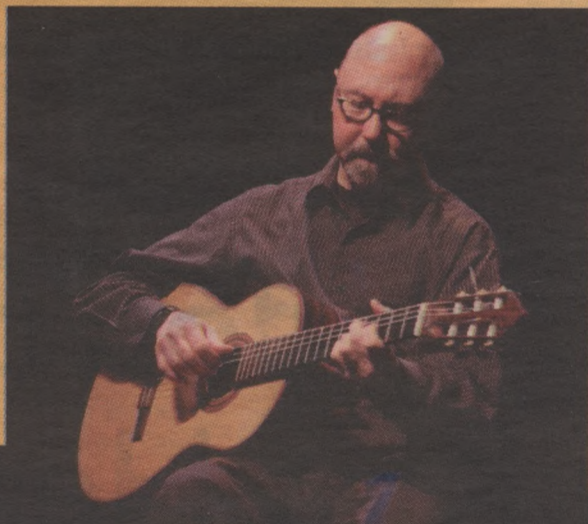
This is an album that represents the power and talent of indie bands.



The Spectrum/Sean Elliott

After a two year hiatus "Days" is the bands second album

Music Minute gives "Days"



The Faculty Concert Series kicked off on October 26



The Spectrum/Sean Elliott

Left: Leco Reis demonstrates his musical ability while playing the bass.

Top: Professor Joseph Carter shows his skills on the acoustic guitar.

Right: Dr. Joseph Utterback and Professor Joe Carter perform a classical number together.

Students get S.W.E.E.T on Sacred Heart

SHU's Student Wellness Education and Empowerment Team works to keep students informed.

Kelly Taylor
Staff Reporter

Don't you wish you knew then, what you know now?

For the Student Wellness Education and Empowerment Team (S.W.E.E.T.), this is their newest campaign.

"What I wish I would have known about SHU," is a campaign they are putting together for the incoming freshman. Students were interviewed and asked about the things they wish they knew before becoming a student.

"Many people would agree that there are a lot of things we all wish we had known then, that you wish someone had told you," said senior Emmalee Eng.

The S.W.E.E.T. leaders strive to create a safe environment for students with a message that promotes happy and healthy decisions.

"One of the most important things that we try to do on campus is be a positive influence on our peers," said Eng. "Sometimes one of the best things you can do is to lead by example."

The organization also promotes wellness and have several campaigns that run year round. Some of these include the "SHU Says" survey and posters, "The Stall Street Journal," which is posted in bathrooms around campus, and "101 Things to do at SHU."

Each campaign informs students of issues many other college kids are facing.

"Each month we promote a specific topic in the Stall Street," said senior, and editor of the publication, Jaime DePinto. "November is alcohol and flu awareness. We chose to promote alcohol awareness because of the high risk involved with the night before Thanksgiving."

"Statistics have shown that this holiday has the highest risk of alcohol poisoning and drunk driving accidents out of any holiday."

All of the information that S.W.E.E.T. gets comes directly from students or nationwide surveys. The leaders feel it is the most effective means of obtaining the information.

"We get our facts from you. People don't realize it, but all of our facts and statistics come straight from SHU students," said Eng.

"Janice Kessler, a counselor at the Wellness Center, is in charge of the 'SHU says' posters. She was shown how to correctly survey students so that she was as statistically accurate as possible."

S.W.E.E.T finds it important not to push Sacred Heart students to act a certain way, but merely present them with the facts.

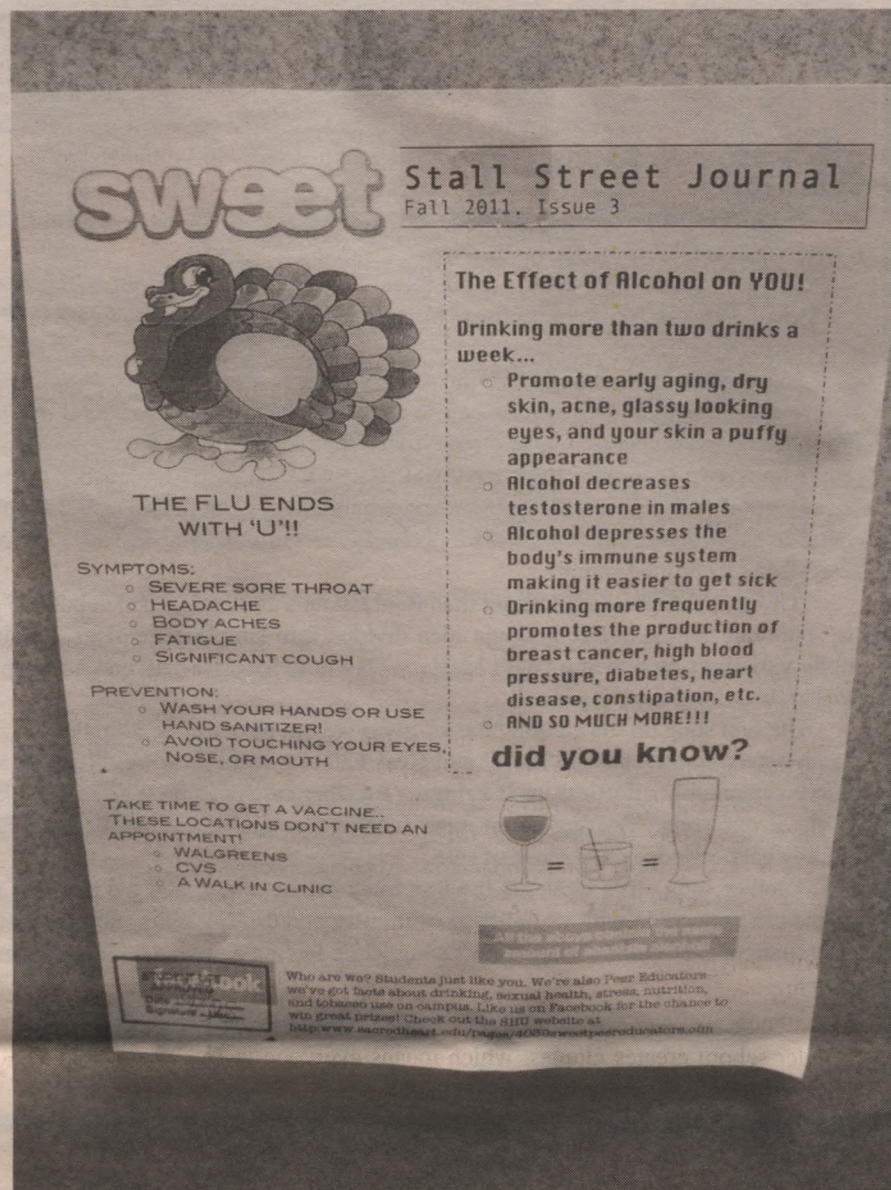
"In our program we do not force our opinions about what should be done. We simply state the facts from surveys and tell SHU about it," said DePinto

The work put into the S.W.E.E.T. Program is well received by the Sacred Heart community.

"I love seeing Stall Notes in the bathroom. It gets my attention and always seems to brighten up my day. They are a simple way to help girls feel more confident," said sophomore Jackie Zevlor of the positive quotes recently posted in campus bathrooms.

The S.W.E.E.T. Program hopes to grow in upcoming years to work better with the student body.

"Currently, I feel our numbers are small, but our potential is at a large," said DePinto. "Although we have a small group this semester, each of us strives to bridge the gap of communication with the student body."



The Spectrum/Samantha Purnell
Students can find the Stall Street Journal posted in various restrooms on campus.

Life's challenges don't stop Professor Kim Healy

Mia Selvaggio
Staff Reporter

During August of 2010, Psychology Professor Kim Healy walked into her doctors' office to get her yearly mammogram. Unaware of any symptoms, she was shocked when the doctors asked her to get a biopsy, and was then diagnosed with breast cancer.

However, this did not stop her from teaching her seven classes at Sacred Heart University, Quinnipiac University, and Gateway Community College.

"There was no way I was going to give it up. I love my job, and I was already committed to the classes," said Healy.

According to Y-Me.org, a breast cancer support website, 39 percent of women stop working during treatment. However, this was not the case for Healy. Despite losing all of her hair, she woke up everyday, put on a stylish hat, and went to class as she normally would.

"When I look back on it, I think it was probably the best decision I made -- to keep working. It kept me active and it kept me from feeling sorry for myself," she said.

In addition to her class load, Healy had to undergo both surgery and chemotherapy, due to the type of breast

cancer that she was diagnosed with.

"It was rough, but it actually went better than I thought it would. People would say, 'Oh, you're crazy, what are you doing?' But, I made up my mind, and I was going to continue teaching," said Healy.

"When I look back on it, I think it was probably the best decision I made -- to keep working. It kept me active and it kept me from feeling sorry for myself."

-- Kim Healy, Professor of Psychology

According to Healy, her students could not have been more encouraging throughout her battle with the disease.

"I found that the students here were really supportive. I don't know if it's because it is a Catholic university," said Healy. "The students at Quinnipiac were also very supportive."

Healy decided not to let her illness define her. This was an important factor in her keeping up with her daily routines.

"If I had hid behind it, I would not be able to help people that go through it," she said.

Aside from sticking to her syllabi, she stressed to her students the importance of yearly mammograms because according to her, she had no indicating symptoms.

Healy is also grateful for the support of her family.

"My son, who had just graduated from Quinnipiac that year, drove me to my classes," she said. "He pretty much put his life on hold. He drove me to my classes and would wait outside for me [on the days chemo was] rough."

When she wasn't teaching or receiving treatment, Healy kept herself active.

"I am an exercise fanatic," she said. "I exercised all the way through it. I swam and I walked. I obviously couldn't jog because it was pretty tough."

When asked how she ultimately coped with the cancer in her everyday routine, her answer was simple.

"I kept busy. I just really didn't change my life that much," she said.

Does bullying end in High School?

Alyssa Amoroso
Staff Reporter

The elimination of high school bullying is a hot topic in the wake of last year's string of teen suicides, however what steps have been made to address college bullying?

The term "bully" connotes physical tormenters who push smaller kids around and steal their milk money. But in today's society, bullying transcends the confines of the school yard.

According to StopCyberBullying.org, a website designed to put an end to online harassment, defines cyberbullying as "when a child, preteen, or teen is tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies, or mobile phones."

Since the term "cyberbullying" is only pertinent when minors are involved, it becomes cyber-harassment when it comes from or targets adults, according to the anti-bullying site. This applies to individuals 18 or older, which is the average age for most college freshmen.

According to research conducted by professors at Indiana State University, 15 percent of college student report still being bullied.

A notable case occurred in September of 2010 when Rutgers freshman Tyler Clementi committed suicide after his roommate recorded and shared a video of Clementi's intimate encounter with another man.

Other interactions do not need to be this extreme to qualify as bullying, and some Sacred Heart University students agree that it doesn't always stop in high school.

"Some aspects of college are just as cliquy and immature as high school," said sophomore Rochelle Graveline.

Graveline also feels the size of the school has a lot to do with bullying.

"In a school like ours, just about everyone knows everyone else and people might be pre-judged. Going to a smaller school creates cliques, which means everyone is in everyone else's business," she said.

Junior Rachel Kilburn acknowledges that bullying is still present in college, but feels it occurs in a less blatant manner.

"Bullying definitely occurs less in college than high school. I've witnessed verbal bullying behind peoples backs, rather than face-to-face confrontation or mocking," she said.

Kilburn also agrees that within the Sacred Heart community, students are very familiar with one another. However, she feels there is a way to avoid constant peer scrutiny.

"You pick who you want your friends to be in college, so if you don't like them or feel you're being bullied, it's easier to get out and make new friends," she said.

TAKE A STAND AGAINST BULLYING WITH THESE TIPS:

- **WALK AWAY.** If you walk away and don't join in, you have taken their audience and power away.
- **GIVE SUPPORT.** Talk to the person being bullied and tell them that you are there to help.
- **TALK TO SOMEONE YOU TRUST.** Reach out to someone you trust to discuss the problem, especially if you feel like the person may be at risk of serious harm to themselves or others.
- **GET INVOLVED.** Find an activity or school club that you are interested in. When you share a common interest with others you can build a friendship and support system.
- **SPREAD THE MESSAGE.** The more people who are aware of these issues, the more that can be done to stop it.

Courtesy of <http://www.stopbullying.gov>



The Spectrum/Samantha Purnell

Students prefer to spend their spare time relaxing and doing what they enjoy.

Downtime is sometimes the best time

Students discuss the importance of relaxation

Meghan Pero
Staff Reporter

Between class, homework, social life, internships, jobs, workouts, and athletics, it seems there just aren't enough hours in the day.

It also begs the question -- does the stress of constant activity take a toll on your body and mind?

"Finding time to relax is very important to me," said senior Ryan Chinnici. "When I don't [rest], I feel so run-down."

According to an article by WebMD, stress can cause headaches, stomach pain, trouble sleeping and even weaken your immune system.

"When I'm really stressed, my body gets completely [worn out]. I can always tell I'm going to get sick," said sophomore Nicole Trudell.

But what is the best way to face the pressures of college life? Is it going out and partying? Or is it finding time to just be with your self?

For Chinnici, relaxing comes in the form of music. "For me, listening to my favorite music and just doing nothing for a period of time is the most relaxing."

As a nursing major, Chinnici feels he has a lot of academic pressure placed on him.

For Trudell however, relaxation comes from spending time with friends.

"Going out and hanging with my friends is a good way for me to relax, its nice to just have fun," she said.

Trudell admits that going out is a different type of relaxation than spending time alone.

"I love my friends, but sometimes it is also nice to just take time for myself," she said.

Students agree that saving yourself some alone time is a way they prefer to relax.

"Going out requires too much work. You have to

make sure everyone is having a good time and there's different pressures in social situations," said Chinnici.

Student athletes, like senior Aurelie Pluijmakers, may see that finding time to relax is an extra challenge.

"I feel like I always have something to do. Whether it's class, practice, homework, or a workout," said Pluijmakers. "I try to set aside a little time each week where I can just lay on the couch and watch a movie. Time that I have to just do nothing."

Relaxation is personal.

For some, it is sitting around, doing nothing at all. For others, a night out is exactly what is needed to relieve some stress.

A night out for college students brings many things to mind, especially the consumption of alcohol. However, does alcohol actually help one to "de-stress"?

According to Sacred Heart University's S.W.E.E.T. Program, drinking more than two drinks in a single week can depress one's immune system, making it easier to get sick.

"Personally, I don't find drinking to be relaxing," said Pluijmakers. "If I want to relax outside of my dorm, I find it better to go shopping or go to the beach."

Pluijmakers is not the only student who feels this way. Many other students claim to feel even more tired after a night of partying.

"Alcohol, while fun, isn't really relaxing. It makes me more tired the next day and in certain situations it creates stress among friends," said Chinnici.

While there are various ways in which to relax, most agree that it is important for individuals to take time and identify what methods work best.

"Without time to relax, I would get so overwhelmed. Being away at school has definitely shown me the benefits of understanding myself, especially when it comes to how I need to handle stress," said Trudell.

Scoreboard

Friday, October 28

W. Soccer

SHU- 2

Monmouth- 1

M. Ice Hockey

SHU- 4

American Int'l- 7

Field Hockey

SHU- 2

QU- 5

Saturday, October 29

Football

SHU - 27

Robert Morris- 15

W. XC

NEC Championships

2nd/12 teams

M. XC

NEC Championships

8th/12 teams

W. Ice Hockey

SHU- 2

St. Anselm - 5

Sunday, October 30

W. Volleyball

SHU - 3

FDU - 0

W. Soccer

SHU- 2

Mount St. Mary's - 0

On Deck

Friday, November 4

W. Bowling @ FDU

All day

W. Volleyball @ QU

7:00 p.m.

M. Soccer vs. QU

7:00 p.m.

M. Ice Hockey @ Air Force

9:05 p.m.

Saturday, November 5

Swimming @ C.W. Post

1:00 p.m.

Football @ Wagner

1:00 p.m.

W. Volleyball vs. St. Francis

1:00 p.m.

W. Ice Hockey @ Holy Cross

2:00 p.m.

M. Ice Hockey @ Air Force

9:35 p.m.

Sunday, November 6

M. Soccer @ Bryant

1:00 p.m.

W. Volleyball vs. LIU

4:00 p.m.



The Spectrum/Sean Elliott

The Spectrum/Emily Pepe

Left: Senior midfielder Amanda Stiles (#15) looks to make a pass. Right: Junior forward Ashley Moore (#14) controls the ball.

W. SOCCER GOES UNDEFEATED AT HOME

Secures a spot in this weekend's NEC Tournament

Peter Mormino
Staff Reporter

The Sacred Heart University women's soccer team clinched a spot in the Northeast Conference Tournament this past weekend with back-to-back wins.

A 2-1 victory over the Hawks of Monmouth University and a 2-0 shutout against the Mount Saint Mary's Mountaineers earned the Pioneers a spot in the four-team tournament.

"This weekend was exciting for our team," said junior defenseman Lauren Boccio. "The playoffs should be just as exciting as long as we keep our heads up. If we're able to continue to focus on our goal we will make it as far as we want."

This appearance marks the Pioneers' first NEC tournament berth in four years.

The Pioneers began the weekend with a cold and windy game Friday night under the lights on campus field.

A second half surge helped the Pioneers propel past Monmouth University.

The Pioneers defense controlled the first half, allowing only two shots as opposed to Sacred Heart's 16. Monmouth managed to put one of those two shots in the back of net summing up the scoring for the first half.

Just 3:41 into the second half

the Pioneers tied the score at 1-1.

Junior center midfielder Jen Mulvey headed a ball into the air which ended up being knocked into the net by Monmouth goalkeeper Jocelyn McCoy.

Wasting no time, the Pioneers took the lead just one minute later when senior captain Samantha Kee one-timed a header from freshman midfielder Jillian Picinich.

This goal would last until the final whistle leaving the Pioneers on top 2-1.

After Friday night's win, the Pioneers headed into Sunday's game sitting in fourth place behind St. Francis (PA), Long Island University and Monmouth University who have all clinched a playoff berth.

"Coming into this weekend we knew we had to win and there was a bit of pressure but I think we worked well under that pressure," said Mulvey. "It also helped that we were home for both games because we have been undefeated here all season."

"We're peaking as a team at the right time and are so excited for the playoffs next weekend."

Before Sunday's game kicked off, the seven Pioneer seniors were honored for their senior day, as it would be their last game at Campus Field.

With a must-win game at hand, the Pioneers came out aggressively right from the start and were relentless throughout the game.

Sacred Heart out shot the Mountaineers 15-2.

Kee put the Pioneers ahead 1-0 late in the first half. She found herself with a loose ball at the top of the box putting it in the back of the net.

The Pioneers lit up the scoreboard again just five minutes into the second half.

Junior forward Ashley Moore's shot was deflected by a Mountaineer defender knocking it into the goal.

This goal rounded out the games scoring leaving the Pioneers on top. Not only did the Pioneers have a winning weekend, but they also have yet to lose on Campus Field this season.

The Pioneers aggressive play led the game to be very physical. Mount Saint Mary's committed 13 penalties to Sacred Heart's 10.

Mount Saint Mary's Kelly Baker was issued a yellow card in the 28th minute.

"We have worked so hard to get here from the first day of preseason. Our team is so close and we deserve this," said senior forward Amanda Stiles.

Friday, Nov. 4, the Pioneers will play in their first NEC tournament since 2007.

The weekend-long tournament will be hosted by number one overall seed St. Francis (PA).

Sacred Heart earned the number four seed and will play host St. Francis (PA) in the first semi-final. Long Island and Monmouth will play immediately following the first game.

The two winners will face off Sunday afternoon for the right to represent the NEC in the NCAA Tournament, which is set to begin on Nov. 11.

The Pioneers have faced the three other teams once this season. They faced Long Island on Oct. 23, but fell 1-0 on the road. Also, this season the team defeated Monmouth 2-1, while losing 2-0 to St. Francis (PA).

"We have a very close knit, hard working team and deserve the spot we earned in the NEC," said junior midfielder Mia Gardner. "It's been an amazing journey and we look forward to taking our next step to winning a championship."

WOMEN'S BASKETBALL LACES UP

Ryan Hannable
Editor-in-Chief

With the cooler temperatures and recent snowfall it can only mean one thing -- winter is fast approaching, and that also means college basketball is set to begin.

The Sacred Heart women's basketball team will start their season nine days from today when they travel to Siena to take on the Saints on Friday, Nov. 11.

"I guess I am cautiously optimistic," said head coach Ed Swanson. "We are taking the approach of getting better each day and each time we take to the floor. We are trying to be the best possible team that we can."

"We have some pieces and I think it is up to the coaching staff and the players to make those pieces fit into one cohesive unit. We have had a pretty good pre season, although that doesn't mean much for when the games start. I have been happy with some of the strides that we've seen," Swanson said.

The team returns nine players from last year's team who finished third in the Northeast Conference, but fell to Central Connecticut State in the first round of the conference tournament.

The team did earn a bid into the Women's Basketball Invitational (WBI) post-season tournament, which is something the team looks to build on

this year.

"We were excited to get a WBI bid," Swanson said. "It really encompasses your whole season -- strength of schedule, RPI, and so forth. We were happy to get some postseason experience and spring us into this year."

The Pioneers have three seniors -- Callan Taylor, Alexis Campbell, and Kris Iovino.

Swanson has a great deal of respect for these three players.

"This senior class has probably been one of the hardest working class that I have had here," he said. "With that said, statistic-wise they are probably not the best, but in terms of work ethic and all that stuff they are probably one of the better classes that I have had here."

The team also has a solid junior class in Kiley Evans and Morgan Merriman, both of whom saw significant playing time last season.

"Kiley Evans and Morgan Merriman are a junior class that I am really expecting big things from this year," Swanson said. "Statistic wise I think they have shown improvement each year and we're looking for them to take the next step and be more consistent. That is going to be key for us. Playing at the level that they have been practicing at, we will be happy with the results this year."

After Siena, the Pioneers will host Columbia Sunday the 13th, followed by Lehigh on the 15th.

"It is a tough opener up at Siena," Swanson said. "We've lost the last two years up there and we beat them down here last year."

"It is a tough road game where you are going to find a lot about yourself. We follow that up with our home opener Sunday the 13th with Columbia. That will be a tough task," he said.

Swanson likes the fact that the team will be playing a

lot in a short period of time.

"We have three games the first six days of the season, but that is where you want to be," he said. "You want to be playing and get in a rhythm. Unlike football where you play Saturday and have to wait till the next Saturday, if you play good you can stay in a rhythm, if you play bad you want to keep playing and get in a rhythm."

"It is a tough non-conference schedule, but it will get us ready for the Northeast Conference," said Swanson.

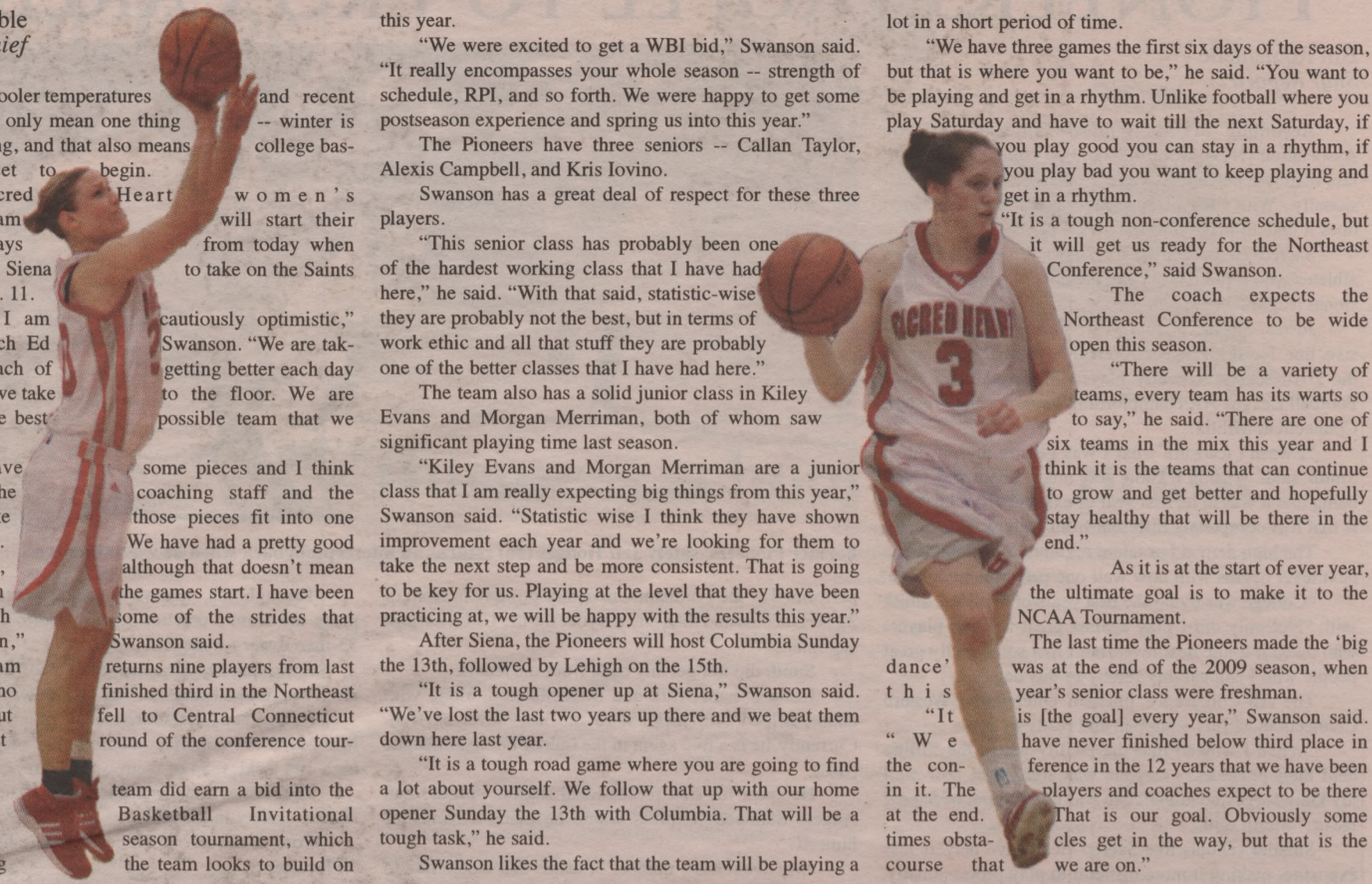
The coach expects the Northeast Conference to be wide open this season.

"There will be a variety of teams, every team has its warts so to say," he said. "There are one of six teams in the mix this year and I think it is the teams that can continue to grow and get better and hopefully stay healthy that will be there in the end."

As it is at the start of ever year, the ultimate goal is to make it to the NCAA Tournament.

The last time the Pioneers made the 'big dance' was at the end of the 2009 season, when the year's senior class were freshman.

"It is [the goal] every year," Swanson said. "We have never finished below third place in the conference in the 12 years that we have been in it. The players and coaches expect to be there at the end. That is our goal. Obviously some times obstacles get in the way, but that is the course that we are on."



FOOTBALL DEFEATS DEFENDING NEC CHAMPS

Leah Salindong
Staff Reporter

A fine blanket of snow covered the home field of Robert Morris University in Pittsburgh as the Sacred Heart Pioneers stepped out into the frostbitten field with confidence and determination for their game this past Saturday.

"Our guys played hard yesterday and with great passion," said assistant coach Kevin Bolis. "With the endless amount of work that the players and coaches put into preparation, sometimes game day can feel like another day at work."

The Pioneers approached the work day with a positive attitude.

"What I saw yesterday was that the players went out there and had fun," said Bolis. "They took the day for what it actually was-- a game."

The Pioneers traveled eight hours through wintry conditions to RMU in Moon Township, Penn. to defeat the defending Northeast Conference champions.

"It was great to get a win on the road, especially because the long trip can take a toll on the team's focus and overall physical readiness," said Bolis.

The team took it as a chance to bond. "I think our players really enjoy being around each other, so the road trip proved to be a positive," said Bolis.

The Pioneers found themselves trailing in the first quarter, finishing the quarter trailing 10-3.

The Pioneers were able to dominate for the following three quarters, resulting in a 27-15 victory.

"We were successful because we were able to win the turn over battle, they turned it over three times -- we didn't turn it over at all. And we made some good plays on both sides of the ball," said Head Coach Paul Gorham

Offensively, Pioneer quarterback Tim Little was able to throw 212 yards resulting in two touchdowns and another touchdown on the ground.

"Our team has had success this year because we've seen challenges as opportunities. My success was a result from my teammates' success," said Little.

Sophomore Greg Moore and redshirt junior Rock Tate also contributed to the offenses with one touchdown each.

"The biggest positive we can take from this is how we were able to bounce back from a loss," said Little. "We lost a tough one at home, and it certainly made the long bus trip harder, but we rose to the challenge."

Little had arguably his best game of the season.

"Tim did a great job [Saturday]," said Bolis. "He scored a touchdown on the ground and made very good decisions, which proved to be the difference in the game."

"Their guy [Jeff Sinclair] threw three interceptions and we didn't have any turnovers, and anytime there's that big of a disparity in turnover margin, your chances of winning increase tremendously," Bolis said.

The win over Robert Morris was important for the Pioneers especially after last week's loss to Monmouth University.

"Beating Robert Morris was important because they're a good football team and we were coming off a tough loss last week at home," said Bolis. "Other than that, we don't focus on any team that we play more than the others. Our philosophy is that every game is the biggest game of the year, and our goal is to finish each week with a 1-0 record."

Sacred Heart's defense also had a strong game, only allowing one touchdown and two field goals.

Defensively, Niko Sierra had two



The Spectrum/Sean Elliott
Freshman running back Keshaudas Spense (#18) receives a handoff from redshirt sophomore quarterback Tim Little (#16) in a recent game.

interceptions and had one of the five total sacks for the Pioneers.

For his performance he was named Co-NEC Defensive Player of the Week.

Chris Mandas, Justin Sexton, Justin Embler, and Tyler Foehr, all finished with one sack each.

"I think we played really well and it's not an easy trip [to Robert Morris]," said Gorham. "And the kids made some good plays on both sides of the ball. We've got to load up and do it all again next weekend and try to win back to back games."

The Pioneers are taking this week to prepare for Saturday, when they travel to Staten Island for a conference match-up against Wagner College.

"It was a big win for us [Saturday],

the win helps in our NEC contention but we still have a long way to go," said Gorham. "We have a few more games in the season. We have three more conference games left, two of which are on the road."

"Our next goal would be to have a winning season by winning next weekend's game to secure a winning season," he said.

The players feel a cohesion between coaches and players is a contributing factor to the team's success.

"The coaches had a great game plan and we all executed it to the best of our abilities," said Little. "I haven't been apart of a team that's as together as we are in a while. It's a beautiful thing."

PIONEERS PROPEL TO PRO CAREERS

Bill Romaniello
Staff Reporter

According to the National Collegiate Athletic Association (NCAA), of the 420,000 collegiate athletes, less than two percent move on to play their sport professionally. With such a staggeringly low percentage, what does it take to make it to the next level?

Sacred Heart University has a few of their own athletes who figured it out and are now playing in professional leagues.

Justin Smith, a four-year starter on the offensive line for the Pioneer football team and captain for the 2010 season, recently played in the New England Football League AA championship game for the Western Connecticut Militia.

"I wasn't too sure what I was getting myself into," Smith said. "I didn't know too much about the team, being that it was in its first year of existence. All I can say is that it is completely different from college."

The high demand of talent required to make it to the next level begins with how well one performs in college.

"College was by far the best years of my life," Smith said. "Not only did I play against great football players who made it to the next level, but I met some really great people who I can call my family to this day."

The All-Conference lineman entered the Western Connecticut Militia equipped and ready to go.

"When I walked into the facility where the Militia held their practices, everyone was amazed at how well my knowledge and athleticism was coming out of Sacred Heart," Smith said.

Smaller schools like Sacred Heart give players less exposure, making it more difficult to play professionally.

"It's hard to get to the next level especially when your coming from a small school, but the hard work pays off in the end," said former Sacred Heart football player Jeff Hodges.

With Sacred Heart being a mid-level Division I University, more effort is needed to get even the slightest bit of recognition. That recognition did not come easy for Smith.

"After my career at Sacred Heart I trained for six months to prepare myself for the next level," he said. "I



The Spectrum/File Photo

Former Pioneers' safety Jeff Hodges (#6) returns an interception back when he was a Pioneer.

performed at the Fordham University pro-day in front of 22 NFL scouts and then had a tryout for the UFL Hartford Colonials."

Smith did not get any calls from the teams.

Hodges' hard work and determination, along with talent, helped him make it to the next level as well. Currently, he is a free agent in the Indoor Football League (IFL).

He spent his first professional season with the San Angelo Stampede-Express where he made a name for himself.

"My agent has a number of teams that would like to sign me, so I'll be on a team soon," Hodges said. "As far as my last team, we were very good. We got all the way to the semi-final game of the playoffs."

After proving to be a dominating force for the Pioneer's from 2003 to 2006, linebacker Jon Corto advanced to the National Football League after a few attempts.

After only three preseason games as an undrafted free agent with the Buffalo Bills, Corto was cut from their active roster.

Through his perseverance, he was resigned and made the team's practice squad. Corto then made the 53-man roster for the Bills.

Corto finished his career at Sacred Heart as the program's second all-time leading tackler with 300 stops.

He finished his senior season earning Division I-AA Mid-Major All-American honors after recording a team high 104 tackles, 54 of them being solo.

The former collegiate linebacker has made the transition to safety in the NFL.

Corto is the second Pioneer to make his way onto an NFL roster.

Former wide receiver DeVeren Johnson was drafted by the Dallas Cowboys in the 2001 NFL Draft and spent that season on the team's practice squad.

Although these players made it to the next level, some still credit Sacred Heart for where they are now.

"Sacred Heart prepared me. They instilled a work ethic in me that allowed me to move forward in my career," Hodges said.

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FIELD HOCKEY PLAYOFF HOPES DASHED BY QU

Rakendrick Varnado
Staff Reporter

With one game left in the season, the Sacred Heart University Field Hockey team's destiny was in their own hands.

On Friday afternoon in Hamden, Sacred Heart lined up against conference rival Quinnipiac University needing a win to qualify for the Northeast Conference Tournament.

"It [was] the most important game of the season thus far because it [was] key to getting us into the playoffs; which [was] our main goal", said junior, Karley Duven before the game.

It was a very critical game because both teams were fighting for a Northeast Conference playoff spot.

Quinnipiac started the game off quick, scoring two early goals within the first 12 minutes of the game.

Trailing 2-0, Sacred Heart chiseled away at the lead.

Sarah Bergman, the freshman Northeast Conference rookie of the week, scored Sacred Heart's first goal, rebounding a corner shot.

Her goal brought the Pioneers within one goal and only trailing by one at the half.

Quinnipiac would strike again at 39:01 of the second half building a 3-1 lead.

Two minutes later, Quinnipiac's Danielle Allan scored again increasing their lead to 4-1.

At 46:35, junior Lindsey Kasten scored on a pass from junior Leah Salindong for Sacred Heart's second goal, creating a two score game.

Despite the Pioneer goal, Quinnipiac's Allan would score again at 67:45 putting the game out of reach for the Pioneers.

Sacred Heart lost by a final score of 5-2.

Though the Pioneers did not win and proceed to the playoffs, their season was marked a successful one.

"My senior season with the team has been extremely memorable," said senior, Katie Mazin. "We were ranked sixth in the NEC so we had a lot to prove to everyone.

"We ended up coming together by the end of the season and beating Bryant who was ranked fourth so that was a huge accomplishment."

The season is now in the record books and so are the careers of the six Sacred Heart seniors.

"It was very emotional after the game because it was my last game as a SHU field hockey member," said senior Kimberly Stowe.

"Our group is very close both on and off the field and we have built so many memories in our time here."

The seniors will not be returning to



The Spectrum/Sean Elliott

Senior Hannah Robinson (#8) takes a corner during the Senior Day game.

the team but they leave memories and direction that will remain with team.

"Playing with this group of seniors and fifth years has been absolutely incredible," said Bergman. "As a freshmen, they have offered me so much guidance and have helped me to become the player that I am today. I know that they all will be missed greatly."

The lessons these seniors have taught will transcend those applicable on the field, a sentiment prevalent among the underclassmen.

"I love and will miss each and everyone of them very much," said Duven. "They are great players as well as teammates and have taught me a lot on and off the field."

Like Duven, Stowe will miss her teammates, but the friendships and bonds will last a lifetime.

"I could not have asked for a better group of girls to have played with here," said Stowe. "I wish we had a better ending to our career, but at least we are leaving with great memories, and great friends."

CARDS. WIN A FALL CLASSIC FOR THE AGES

Dan Otzel
Asst. Sports Editor

Cutter...ball one.

Cutter...strike one.

Four-seamer...strike two.

This is it; one more strike and the Texas Rangers franchise, which began in 1961 in Washington, D.C., will win its first ever World Series title.

But, the baseball gods can be so fickle at times.

Flame-throwing Ranger closer, Neftali Feliz, let a 98-mph four-seam fastball rip. St. Louis Cardinal third baseman, David Freese, was ready.

He hammered the 1-2 pitch to right for a game-tying two-run triple, sending Game 6 of the 2011 World Series into extra innings.

The raucous home crowd would quickly be silenced, though.

In the top of the 10th, Rangers center fielder and Roy Hobbs incarnate, Josh Hamilton, would belt a two-run home run to center, giving his club an insurmountable lead.

Nobody told that to the Cardinals.

With two outs and two men on, St. Louis right fielder Lance Berkman found himself in a 2-2 count.

Again down to their last strike, the Cardinals needed the switch-hitter to come through.

Batting from the left-side off of Rangers righty Scott Feldman, Berkman delivered with a RBI-single in front of Hamilton

St. Louis had done the improbable - twice.

After a scoreless top of the 11th by Cardinal righty Jake Westbrook, the stage was set for history.

Freese, the Missouri native, was up first - and last.

He connected with a 3-2 changeup from Mark Lowe and sent it sailing for a walk-off home run over Hamilton's head in center, giving St. Louis a theatrical win

and momentum for the decisive Game 7, just hours away.

The win was the Cardinals' third of the Series and first since Game 3 in Texas.

St. Louis opened the Series by taking Game 1 at home. In front of 46,406 of the best fans in baseball, the Cardinals won the first game, 3-2.

The 2011 National League Wild Card champions, who defeated the Philadelphia Phillies in the National League Division Series and the Milwaukee Brewers in the National League Championship Series, got six innings of two-run ball from their ace, Chris Carpenter.

Pinch-hitting for Carpenter in the sixth, Allen Craig delivered a go-ahead RBI-single that would hold up due to shutout relief from the St. Louis bullpen.

Craig, a utility player/pinch-hitter with only 200 at bats in the regular season, would drive in five in the World Series.

Texas would break serve in Game 2.

Down 1-0 heading into their final at bat, the Rangers looked to the top of the order to get them on the board.

Second baseman Ian Kinsler led off with a single and stole second. Shortstop Elvis Andrus singled Kinsler to third and took second on an error by Cardinal first baseman Albert Pujols.

St. Louis manager Tony LaRussa pulled closer Jason Motte for veteran lefty Arthur Rhodes. Rhodes surrendered the game-tying sacrifice fly to Hamilton on his only pitch of the evening and Andrus advanced to third.

Righty Lance Lynn would replace Rhodes and give up the eventual game-winner to the next batter; a sacrifice fly by Texas' all-time hits leader, Michael Young, scoring Andrus.

Feliz would nail down the bottom of the inning, sending the Series to Texas.

Game 3 would be an absolute laugh.

Behind three home runs from Pujols, arguably the game's best player, the Cardinals destroyed Ranger pitching en route to a 16-7 victory. All six Texas pitchers would cough up runs in the blowout.

In keeping with baseball clichés, St. Louis would go scoreless the very next day.

The American League West champions got a combined complete game shutout from 25-year old lefty Derek Holland and Feliz.

The offense was provided by a RBI-double from Hamilton and a two-run jack from catcher Mike Napoli, who would hit .350 and drive in 10 in the World Series.

Napoli's heroics continued in Game 5.

With the game tied in bottom of the eighth, Napoli came to the plate with the bases loaded and one out. Facing lefty Marc Rzepczynski, Napoli crushed a 1-1 slider into center for a two-run double, giving the Rangers a 4-2 lead that Feliz would protect in the ninth.

Not only did Napoli, acquired in an offseason trade, spoil a start by Carpenter, but he also helped give Texas a 3-2 Series lead.

Following Game 6, one of the most exciting and talked about baseball games ever, Game 7 drew the highest television ratings since 2004.

It was also this first Series to go all the way since 2002.

Carpenter would toe the slab against the Rangers' Matt Harrison, who took the loss in Game 3.

Texas jumped out to an immediate 2-0 lead on RBI-doubles by Hamilton and Young.

However, in the bottom of the first, the Cardinals would tie it on a two-run double by Freese.

Craig gave St. Louis the lead in the third with a solo shot to right. That was all the Cardinals would need.

Carpenter would not allow a run after the first and the St. Louis bullpen would not allow a base runner. The Cardinals got two more in the fifth and one more in the seventh to extend the lead to 6-2.

With two outs in the ninth, Motte faced Ranger left fielder David Murphy. FOX play-by-play man, Joe Buck, called the final out.



AP Photo

David Freese hit a walk-off home run in Game 6 to force a Game 7.

"In the air to left, well hit, back is Craig... what a team, what a ride; the Cardinals are world champs in 2011."

For St. Louis, it was their 11th World Series title, tops in the National League and second only to the New York Yankees.

Freese, who hit .397 in 18 postseason games, became the sixth player in Major League history to win the League Championship Series MVP and the World Series MVP in the same season.

In 2012, Texas will look to secure their third consecutive American League pennant and capture that elusive World Series title.

For St. Louis, next season will be a new chapter in the book of this storied franchise.

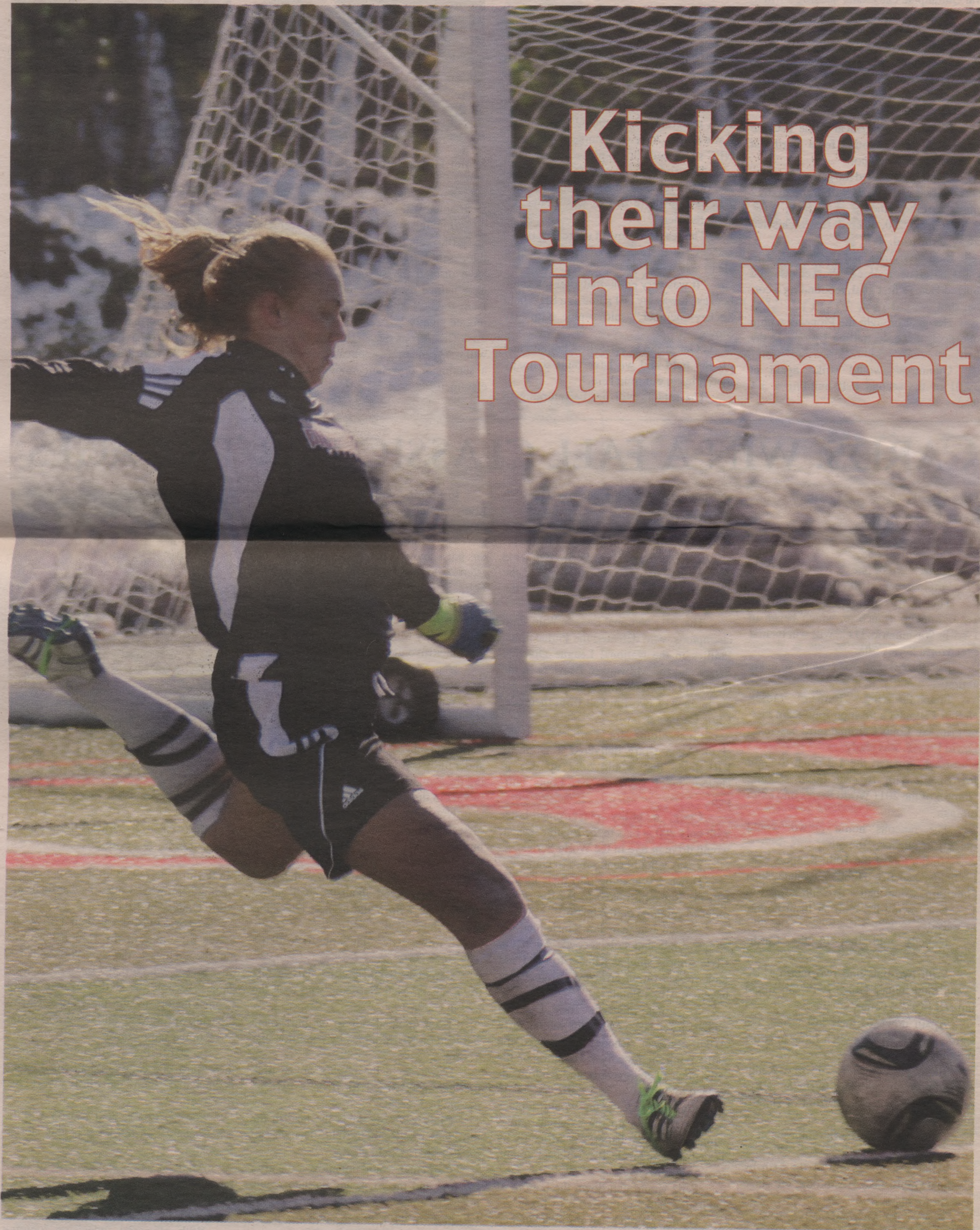
After 33 years at the helm of three teams (Chicago White Sox, Oakland Athletics, and the Cardinals), LaRussa announced his retirement on Monday.

With offseason indecision looming for all teams, baseball fans hope that 2012 can deliver the same excitement and passion as 2011.

Sports

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Kicking their way into NEC Tournament

Sacred Heart goalie Sydney Judkins boots a goal kick in Sunday's final home game. Their win earned them a spot in this weekend's NEC Tournament being hosted by St. Francis PA.

The Spectrum/Sean Elliott