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, well-known FBI profiler, this was a reality.

On Tuesday, Oct. 25, Douglas’ presentation, “A Journey into Darkness,” was held in the Edgerston Center for the Performing Arts.

“I am a psychology major and want to go into forensic social work, so I was 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.”

During 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 special 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 Behaid.
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 wading birds.

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 fieldwork 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 firsthand 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.

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.

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 with everyone 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.
Rupendra Palival 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 Palival, 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 Palival.

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," Palival 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," Palival 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 Palival 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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**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 as we 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,’" said Palival. "I couldn’t be happier to be working to advance the university and its brand at this point in its history."
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 Rodleighs, 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 us to live through your bodies. He wants to have experiences despite 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."

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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
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 reduce the long term effects of sunless tanning.

"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 upsurge in tanning beds because they are harmful and addictive," the state of California. They have thought twice about allowing teenagers to use tanning beds. The law will take effect on Jan. 1, 2012 with ban supporters hoping to help reduce the long term effects of sunless tanning.

"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 Parnawski feels that a ban in Connecticut wouldn't make much of a difference 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 Parnawski.

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 Ramirez.

"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.

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

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 Kfouri does not have any discounted or free tuition. 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 academic achievements 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.
In some schools, teachers and students are being trained to use methods to stop anti-gay bullying. In others, 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 everyone. "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.

There is no cookie-cutter answer for every situation, between your partner and homework. It gets better. 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 students said that the issue of anti-gay bullying is extremely complex and baffling, especially in a society that is supposedly accepting.

I don't believe that there is still bullying against people who are gay. I feel like I'm in the culture today and it's not acceptable. 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.

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 day. It just ends up cruel. I probably don't take care of myself much more than I should. I love naps and sleeping way too much to let homework come first. Gay students are being treated like everyone else, which many people want. I am hoping GSA will at least provide a home for them.

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Join the 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-Arn Greeley, associate professor in the department of theology and religious studies. "Third generation does seem to demonstrate a much more comfortable tolerance of different kinds of sexuality, certainly more tolerant than, say, my generation.

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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-ring 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 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’t 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 work 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.

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 wed 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 unfold, there were clear signs foreshadowing the marriage ending, even before the couple even said their “I do’s.”

Editor’s Choice

Favorite photos taken by your Spectrum staff
**SHU dance kicks off with F.O.R.C.E.**

Chelsea Ilg  
Staff Reporter

The fall semester is passing the midway 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.

“Once you 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 Legato featuring Double Up Dance Group, Omega Phi Kappa, and the Sacred Heart Dance Team.

“We run 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 kick-off 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 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.

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**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, Dan- nel P. Malloy (D), extended similar offers to other states, 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 nosy, but 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 in Fairfield County, 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.

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**Hit or Miss**

as decided by A&E Editors

**“American Horror Story”**

Kimm Kardashian’s marriage

**The Royal Wedding**

Twitter

Halloween candy

Facebook

Halloween snowstorm

Material from the Associated Press was used in this article.
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 Beeker, guitarist Matthew Mondale, 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 Faculty Concert Series kicked off on October 26

Left: Leo 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.
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.

“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,” said Healy.

― 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 syllabus, 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 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?

“Many students feel like they are in their own bubbles, isolated from each other, and also isolated from the outside world, which makes it easier to get bullied,” she said.

“Oftentimes, people feel like they have no one to talk to or no one to listen to when they need help,” Kilburn also agrees.

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 cliquey 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 people’s 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.

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 rundown,” 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 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 Plummers, 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 Plummers.

“If 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 Plummers.

“If I want to relax outside of my dorm, I find it better to go shopping or go to the beach.”

Plummers 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.
## Sports

### Scoreboard

**Friday, October 28**
- W. Soccer: SHU 2, Montmouth 1
- M. Ice Hockey: SHU 4, American Int'l 7
- Field Hockey: SHU 2, Quinnipiac 5

**Saturday, October 29**
- Football: SHU 27, Robert Morris 15
- W. XC: NEC Championships 2nd/12 teams
- M. XC: NEC Championships 9th/12 teams
- W. Ice Hockey: SHU 2, St. Anselm 5

**Sunday, October 30**
- W. Volleyball: SHU 3, Pace 0
- W. Soccer: SHU 2, Mount St. Mary's 0

### On Deck

**Friday, November 4**
- W. Bowling @ FDU
  - All day
- W. Volleyball @ Quinnipiac
  - 7:00 p.m.
- M. Soccer vs. Quinnipiac
  - 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 (PA)
  - 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.

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### 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.

The Pioneers scored the first goal just five minutes into the second half. Junior center midfielder Jen Mulvey headed a ball into the air which ended up being knocked into the net by Monmouth goalkeeper Jocelyn McCoy.

Waiting no time, the Pioneers took the lead just one minute later when senior captain Samantha Kee one-timed a header from freshman midfielder JillianPicinich. 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 2-1,” said Mulvey, “but our defense was just as strong and helped the offense score two.”

The Pioneers lit up the scoreboard again this weekend as they earned the Pioneers a spot in the four-team NEC Tournament this past weekend. If we’re able to continue our goal we will make it as far as we want.”

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

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.”

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

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 offensive improvement. Moore had arguably his best game of the season. Tate contributed in two touchdowns and another touchdown in 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 anymore 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 win.

"It was a big win for us (Saturday)," said Swanson.

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 have 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 own strengths," 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 every year, the ultimate goal is to make it to the NCAA Tournament. The last time the Pioneers made the big was at the end of the 2009 season, when year’s senior class were freshman. Is [the goal] every year," Swanson said. "We never finish below third place in conference in the 12 years that we have been playing. The coaches and players expect to be there. That is our goal. Obviously some injuries get in the way, but that is the we are on."
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, success often leads to getting 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 performed at the Fordham University pro-day in front of 22 NFL scouts and then had a tryout for the UFL Hartford Colonials."

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.

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

"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, 34 of them being solo.

The former collegiate linebacker has made the transition to the NFL. Corto is the second Pioneer to make his way onto an NFL roster. Former wide receiver DeVere 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.
In the Game 7 win, Carpenter would toe the slab against Rangers hitter Elvis Andrus, who had driven in three of Texas’ four runs in the first five innings. Carpenter allowed just one hit and struck out six in eight innings of work, improving his career record to 11-4 with a 2.29 ERA in the World Series.

Despite Carpenter’s efforts, the Cardinals could not hold the lead. In the eighth, Texas loaded the bases with no outs and took advantage of a mental mistake by Cards third baseman Scott Rolen. Rolen, attempting to pick off Andrus at first, allowed the Texas baserunner to advance to second base on the play. Andrus eventually scored on a sac fly by Alex Rodriguez, tying the game at 2-2.

With two outs in the ninth, Mark Lowe came in to protect the Cards’ lead. Lowe promptly walked Rafael Palmeiro, loading the bases. Then, after issuing a walk to Nomar Garciaparra, Lowe surrendered a three-run home run to Alfonso Soriano, giving the Rangers a 5-2 lead that would stand as the final score.

The loss was deemed “inexcusable” by manager Tony La Russa, who was fined $100,000 for his postgame comments about Lowe. The Cards’ rally first baseman Matt Holliday later admitted that Lowe should not have been in the game, but the Cards were powerless to change course. After the final out, Carpenter returned to the clubhouse, his face a mask of grim determination.

The win ensured the Cards would play Game 8, even though manager Tony La Russa said he had not made up his mind about whether he would use Carpenter in Game 8 if the Cards won Game 7.

The Cardinals’ victory ensured that the 2011 World Series would end in Game 8, with the Cards and Rangers alternating wins. If the Cards could win Game 8, they would become the first team to win the World Series three times in four years, 2011-14.

When the final out was made and the Cards walked off the field, Carpenter was overcome with emotion. He was surrounded by players, coaches, and family members, who congratulated him on the victory. Carpenter then turned to the Cards’ dugout and delivered a emotional speech, urging his teammates to “never give up” and to “believe in themselves.”

After the speech, Carpenter was handed a microphone and spoke to the fans in the stadium. He thanked them for their support and promised to “play with heart and guts” in Game 8.

The Cardinals’ victory over the Rangers on Friday night was a testament to their resilience and determination. They had been down seven times in the World Series and had come back each time. They had overcome the loss of seven key players, including Pujols, Beltran, Holliday, and Carpenter. They had also overcome the loss of their manager, La Russa, who had been fired in the middle of the Series.

But the Cards were not finished. They had one more game to play, and they were determined to win. They knew that if they could win Game 8, they would become champions for the first time in 27 years. And they were determined to do it. 

In the end, the Cardinals won Game 8, 3-2, and became the 2011 World Series champions. They had overcome all the odds and had earned their place in baseball history.
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.