SEPTEMBER 11TH
FOREVER IN OUR HEARTS

Jaclyn Giuliano
Contributing Writer

Yesterday marked the 11th anniversary of one of the most tragic days known to this country: 9/11, a day where innocent people lost their lives and the citizens of this country had to come together to regain our nation's strength. It has been over a decade since the terrorist attacks on the Twin Towers and the Pentagon in 2001, but the effect it had on the U.S. is still present today.

"It seems like only a few years ago," said junior Christa Cappelli. "I remember the day so clearly. I was young, only about 9. My parents tried to shield as much as possible from me but it was hard not to know what was going on, it was everywhere. It was such a tragedy".

Most Sacred Heart University students were between the young ages of 6 and 9 years old at the time of 9/11.

"I was sitting in a 5th grade classroom and, since I lived in New York City, I could see the smoke everywhere," said senior Ashley Prashad. "We all got picked up from school by our parents one by one."

Pictures and visualizations of that day still stand out clearly to many students.

"My town is right on the Hudson River and has a perfect skyline view of the city," said Cappelli. "I went down to the waterfront that day and all I could see was smoke and dust everywhere. It was unreal."

People will always remember this day and there are many memorials to honor the victims and their families.

The 9/11 Memorial Museum at the World Trade Center site remembers daily those who lost their lives. Yesterday, the museum held the 11th annual September 11th memorial ceremony, which was broadcast live. Loved ones of victims took part in the ceremony and read the names of those who lost their lives.

See 9/11 on page 2...

COMMUNITY CONNECTIONS INSPIRES MANY

Andrea Coronis
News Editor

Sacred Heart University offers a program called Community Connections for incoming freshmen to participate in before school begins. For one week, these students work with upperclassmen leaders performing community service throughout the city of Bridgeport.

"This summer, 42 freshmen moved in a week early and spent a week doing community service with 14 leaders," said junior and CC leader, Conor Cassidy.

During orientation, incoming freshmen learned about CC and looked more into joining. "I originally heard about it in June during orientation, and the more I looked into it, the more it seemed to interest me," said freshman participant, Elise Patriquin. "The initial idea of doing service for others is something that is so rewarding."

Throughout the week, the freshmen and their leaders performed various services around the city of Bridgeport. "On the first work day of CC, a group of us went to 'Daughters of Charity,' a school for children," said freshman participant, Cory Rivera. "I was able to play with the children who were there as well as help clean up the school yard."

Students all worked very hard performing multiple tasks throughout the week.

"We had countless projects over the week and we covered almost all bases of service," said Patriquin. "One of my favorite days was when we went to St. Margaret's Shrine and helped clean up the area. It is hard to believe that within the walls of Bridgeport there is a spiritual oasis so beautiful and relaxing."

See COMMUNITY on page 3...
The Development of Career Development

Mark Podesta
Assistant News Editor

Patricia A. Klauser, executive director of Career Development and Placement, and her team of professional career counselors have one goal in mind: to make sure students are taken care of during and after their time spent at Sacred Heart.

Klauser and her team have created a simple four year Career Action Plan to keep students on the right path to leave Sacred Heart with plans for their future. Broken down by each academic year, the plan starts freshman year and ends senior year with either a full-time job or acceptance into a graduate program.

However, many freshmen do not have a major figured out yet and are unsure of what to do.

Aimee Piccin, director of Career Development and the freshman counselor, will help these students by enrolling them in Career Development's own 'Major In Success Program.' This program will help freshman learn more about themselves, assist them in selecting a major and even help pick future career options. Piccin works one on one with students to ensure that they are on the right path to succeed in any endeavor.

Starting with Career Development's freshman presentations, which begins Sept. 24 through to the 28, they will get students on the right track to ensure opportunities in their field of study.

However, Career Development is not available only to freshmen. They are a helpful resource for sophomores, juniors and can be important for seniors. Career Development works with upperclassmen to make resumes, apply to internships, and start a full-time job search early.

Sacred Heart alumni are also strongly encouraged to come to Career Development for aid in their job search.

"Career Development has a life-time membership," said Piccin. "We have general career counseling for any student or alumni."

With such energetic, positive, and intelligent people working in the offices of the Career Development and Placement Center, and boasting a 98 percent placement rate, a future of success is practically guaranteed.

---

Career Development and Placement Presentation Schedule for Freshmen

<table>
<thead>
<tr>
<th>Freshmen</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 24</td>
<td>8:00 am - 9:15 am</td>
<td>Presentation (Univ. Commons)</td>
<td>Presentation (University Commons)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September 25</td>
<td>9:30 am - 10:45 am</td>
<td>Presentation (Univ. Commons)</td>
<td>Presentation (Univ. Commons)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September 26</td>
<td>11:00 am - 12:15 pm</td>
<td>Presentation (Univ. Commons)</td>
<td>Presentation (Univ. Commons)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September 27</td>
<td>12:30 pm - 1:45 pm</td>
<td>Presentation (Univ. Commons)</td>
<td>Presentation (Univ. Commons)</td>
<td></td>
<td>Presentation (University Commons)</td>
</tr>
<tr>
<td>September 28</td>
<td>2:00 pm - 3:15 pm</td>
<td>X</td>
<td>X</td>
<td>Presentation (Univ. Commons)</td>
<td>X</td>
</tr>
<tr>
<td>September 29</td>
<td>3:30 pm - 4:45 pm</td>
<td>Presentation (Univ. Commons)</td>
<td>X</td>
<td>Presentation (Univ. Commons)</td>
<td>X</td>
</tr>
<tr>
<td>September 30</td>
<td>5:00 pm - 6:15 pm</td>
<td>X</td>
<td>X</td>
<td>Presentation (Univ. Commons)</td>
<td>X</td>
</tr>
</tbody>
</table>

---

Events remembering 9/11 also took place earlier in the week, one in close proximity to Sacred Heart.

On September 9th, Connecticut had its annual CT United Ride. This is Connecticut's largest 9/11 ceremony. Partakers in this event ride through ten Connecticut towns, about 60 miles long. Fairfield and Bridgeport are two of these towns.

Some Sacred Heart students were in attendance at the event.

"The parade lasted a little over 20 minutes," said junior Lexie Galan, "I pulled over on Old Town road and watched over hundreds of motorcycles drive by. It was nice to see that so many people went out to remember 9/11."

---

"I think our country is making an effort to remember those who were affected. But in addition we as a country are trying to move on from the tragedy and start a new and positive movement to lift up the American morale."

---Ashley Prashad, Senior

September 11th, 2001, has undoubtedly had a huge impact on the United States, and it has brought this country together.

"I think our country is making an effort to remember those who were affected," said Prashad. "But in addition we as a country are trying to move on from the tragedy and start a new and positive movement to lift up the American morale."

The Spectrum/Jaclyn Giuliano
while much of its surroundings are falling apart."

For some leaders, who have never participated in the program, it surpassed expectations they had for the week.

"This program definitely exceeded my expectations," said senior and leader, Javier Vidal. "You get to take a group of incoming freshmen who are all very different and place them together in the Bridgeport community and watch them grow through the various service projects and activities they performed. It was great."

Some leaders participated in the program when they were freshmen and it was still as amazing as they remembered it to be.

"This program changed my life when I participated as a freshman," said Cassidy. "I loved being a leader and am very grateful for this program here at Sacred Heart."

The experience that the participants and the leaders had was a great one, and they only have grateful words for the program.

"The people I met at CC have become my second family," said freshman Juliana Villanella. "I've met friends that I will be friends with forever and it was an experience that will stick with me the rest of my life."

The freshmen participants recommend the program for all incoming freshmen looking to get involved and have a great experience.

"To willingly join a group of over 50 complete strangers can seem daunting," said Patriquin. "But it is a giant step of courage that will lead you to open doors and success at SHU because CC brings to life the true meaning behind Sacred Heart University's mission statement."

---

**NEW CHANGES BROUGHT TO CAMPUS**

Caitlin McLaughlin
Contributing Writer

Students all over campus have been buzzing about all of the new exciting things that Sacred Heart has to offer. The new student commons building is not the only exciting attribute to school this year as it seems almost everywhere we look there are different renovations.

"I love the new building. I think it's just what the university needed," said senior Sasha Stein. Smaller things besides new building and renovations have also come to Sacred Heart. The William H. Pitt Center has added all new cardio machines to their workout room. The machines entail touchscreen features, larger television screens, and iPod hook ups.

"I love the new cardio equipment, especially the fact that all of them work," said senior Julie Albanese, "I think my favorite part about them is that there will be no 'Do not use' signs on them."

Another great new addition to Sacred Heart's campus is Red's. Red's is the newest student and faculty pub located in the basement of the new student commons building. The pub offers various types of beers, wine, and some frozen mixed drinks. Red's also has a bar menu where guests can order food as well.

"It's a great place to go after a long day of classes that the seniors can call their own," said Stein.

The main dining hall on campus has newly been renovated along with the Mahogany room. There have been many different opinions on the fact that these rooms are now "buffet style." The Mahogany room used to be a place where students and teachers could meet freely and do homework, but now you have to use your student ID to go in there.

"I used to love going to the mahogany room to do homework and hang out with my friends, even if I wasn't eating," said Albanese.

The changes to the university have definitely brought upon mixed reactions from students and faculty alike. When it comes to change, Sacred Heart has seen a lot of it this year and more plans are to come.

"I love that the university is changing and creating things to be newer and more modern," said Stein. "It really shows how Sacred Heart cares about being up to date and will utilize all of their resources to do so."
Dana Maltese
Perspectives Editor

It is like a scene out of the Holly­wood horror film: 65 teenagers boarded a party bus on Friday, Aug. 31st, for what initially seemed like a night with the potential to make lifelong memories. Daniel Fernandez, 16, an incoming junior at St. Francis Prep High School was killed after he stuck his head out of an emergency exit hatch of a double decker bus. Fernandez stuck his head on the underside of the Fletcher Avenue overpass and died.

The bus was headed from Fresh Meadows and had reached Fort Lee, N.J., on their way to a Sweet 16 party when the accident occurred.

The teens were dancing and the bus had gotten hot," the security guard, Alex Franco, told the Daily News.

When the temperature inside the bus became unbearable hot, Fernandez reportedly went downstairs to tell the driver.

"I told them not to open the hatch, like three or four times, but kids, they don’t understand," said Franco, according to ABC News.

Senior Teens Weinig commented on the_frequency that she heard of accidents.

"It's a traumatic story, however, I feel like it is becoming more common to hear about deaths related to partying," said Weinig.

The teens were dancing and the bus was headed from Fresh Meadows to a Sweet 16 party when the accident occurred.

The bus was headed from Fresh Meadows and had reached Fort Lee, N.J., on their way to a Sweet 16 party when the accident occurred.

"I remember being 16, attending a sweet sixteen was a pretty big deal," said Weinig.

I have always lived in a triple because I have such respect for some of the residents at Sacred Heart. Homebody or not, I do have a confession to make: I am a homebody. This August I drove off the parking lot that is formally known as the Merritt Parkway into campus ready to take on the challenges that life at Sacred Heart seemed to offer. The students that I met welcomed me with open arms.

"I have lived with my best friend since sophomore year and it has had its moments," said senior Rob Gaines, "but we also have class together so it is important to realize that tragedies like this can truly happen to anyone," said Weinig.

"It is important to remember that tragedies like this can truly happen to anyone," said Weinig.

"I am the coward for claiming that I never missed my home. I’m not trying to cay all that often but I have come to the realization that desiring home is commendable. I label my feelings as nostalgia. It sounds more profound while essentially meaning ‘I am homesick.’ I have such respect for some of the students at this school. How do I help to right my wrong when I know students from Sweden, Alaska and Canada? It’s not exactly an epic journey from Seekonk, Massachusetts. Whether you are two minutes or 2000 miles away, everyone misses their home. Homebody or not, change is hard for people.

What matters is coming together to support each other and be there for each other. We are all in this together. I am starting to sound like the narrator of a subpar Disney movie, but you get the idea.

So, in the forecast today at Sacred Heart, it is a little nostalgic with a slight chance of melancholy. Clearing will always be on the horizon so don’t run for the metaphorical storm cellar just yet. And, if you still want that home-cooked meal, I’m sure the Merritt Parkway can help you feel right at home.

Amelia Nunes
She said

Perspectives

How do you cope with homesickness?

He said/She said

"It did not matter if I was in class, club tennis, watching the basketball teams playing in the Pitt Center, or shooting pool in Hawley; home was rarely on my mind.

Things were so new and there was so much to do and get involved with at school that there was really no need to be at home for more than a part of a day. It seemed overwhelming at first, but you would be surprised what can happen when you put yourself out there.

Weinig.

"It is important to realize that tragedies like this can truly happen to anyone," said Weinig.

I get it. You are experiencing a loss of security and protection that a home provides. You miss your bed that’s not lofted high enough for you to haphazardly kick the ceiling, showering barefoot, eating di­gestively pleasing food, and so on. I know where you’re coming from; I’ve seen the Facebook statuses one too many times.

After I finish mocking the homesick, I do have a confession to make: I am a junior in college and I still get a call daily to hang out. I mean, am I really that homesick? I am the coward for claiming that I never missed my home. I’m not trying to cay all that often but I have come to the realiza­tion that desiring home is commendable. I label my feelings as nostalgia. It sounds more profound while essentially meaning ‘I am homesick.’ I have such respect for some of the students at this school. How do I help to right my wrong when I know students from Sweden, Alaska and Can­da? It’s not exactly an epic journey from Seekonk, Massachusetts. Whether you are two minutes or 2000 miles away, everyone misses their home. Homebody or not, change is hard for people.

What matters is coming together to support each other and be there for each other. We are all in this together. I am starting to sound like the narrator of a subpar Disney movie, but you get the idea.

So, in the forecast today at Sacred Heart, it is a little nostalgic with a slight chance of melancholy. Clearing will always be on the horizon so don’t run for the metaphorical storm cellar just yet. And, if you still want that home-cooked meal, I’m sure the Merritt Parkway can help you feel right at home.

This is a scene out of the Hollywood horror film: 65 teenagers boarded a party bus on Friday, Aug. 31st, for what initially seemed like a night with the potential to make lifelong memories.

It is like a scene out of the Hollywood horror film: 65 teenagers boarded a party bus on Friday, Aug. 31st, for what initially seemed like a night with the potential to make lifelong memories.
As my junior year is underway I am transitioning into several new things. For the first time in my career at Sacred Heart, classes started before Labor Day. This was the first time in years that I was forced to write the date of August on the top of my notes. Although it was tough coming back a week earlier than usual, it actually worked in my favor.

This is my first year as Editor-in-Chief. The extra week allowed for me to have more time to prepare for my new position.

With this year’s new staff came some changes, the biggest being the reduction from a 16 page paper to 12 pages. We are hoping that all of our articles will have more value and relevance to the Sacred Heart community. That being said, we want to hear from you! Tell us what you want to read about. Do not hesitate to give us feedback about what you want in Spectrum every week.

There have been many new changes around campus the new McMahon building, the renovations to Flik and the Molog, and the sports fields. Our campus is really coming together and has improved immensely.

With all the changes there should be no shortage of stories. There are a few ways for readers to reach us. Spectrum has its own email, Spectrum@SacredHeart.edu. We also have a Twitter, @SHU_Spectrum. Our hope is that students will tweet their photos of the week to us so we can put them in the paper.

We love hearing from our readers, so take advantage of these new sights, new students, and new opportunities. Let us know how we are doing. Your opinion matters. Since the paper is meant for the students, you should be able to read things that interest you.

The staff has worked very hard this summer putting together the newspaper. We want to make sure we do it right. If you give us feedback, you’ll see your ideas in print. If you would like to be part of the Spectrum staff, please get in touch. We will consider editors, opinion pieces, cartoons, fiction and more. This is a community effort, let’s make this the best college newspaper we can.

Everyone at Spectrum is looking forward to making this year great and we hope you are too!

---

**Editorial Board**

**ERIN MARLEY, 2014**
Position: Editor-in-Chief
My favorite thing I did this summer was: Studying abroad in Rome and Berlin.

**LIZ LEZAMA, 2013**
Position: Chief Copy Editor
My favorite thing I did this summer was: Going backpacking on the Appalachian Trail.

**ANDREA CORONIS, 2014**
Position: News Editor
My favorite thing I did this summer was: Spending two weeks in Florida.

**DANA MALTESE, 2014**
Position: Perspectives Editor
My favorite thing I did this summer was: Swimming with dolphins, it changed my life.

**STEPHANIE FEELEY, 2013**
Position: Features Editor
My favorite thing I did this summer was: Welcoming home my boyfriend from army training with a BBQ.

**JOHANNA OYSERER, 2013**
Position: A&E Editor
My favorite thing I did this summer was: Going to the beach with family and friends.

**DAN OTZEL, 2013**
Position: Sports Editor
My favorite thing I did this summer was: Going to Fenway Park for the first time in years.

**ALANA MILLER, 2015**
Position: Asst. Sports Editor
My favorite thing I did this summer was: Paddle boarding in Sanibel, FL.

**SEAN ELLIOTT, 2013**
Position: Photography Editor
My favorite thing I did this summer was: Taking photos at ESPN’s Friday Night Fights.

**MEGAN PULONE, 2013**
Position: A&E Editor
My favorite thing I did this summer was: Spending a week camping in Tennessee for Bonnaroo.

**LIZ MASTROCICL, 2015**
Position: Asst. Photography Editor
My favorite thing I did this summer was: Working as a camp counselor.

---

**For SHU!**

Erin Marley
Editor-in-Chief

---

**Editorials**

---

**My favorite thing I did this summer was:**

- Interning for Clear Channel and iHeartRadio
- Going kayaking in New Hampshire.
- Spending two weeks in Florida.
- Swimming with dolphins, it changed my life.
- Welcoming home my boyfriend from army training with a BBQ.
- Going to Fenway Park for the first time in years.
- Going to the beach with family and friends.
- Taking photos at ESPN’s Friday Night Fights.
- Spending a week camping in Tennessee for Bonnaroo.
- Working as a camp counselor.

---

**My favorite thing I did this summer was:**

- Celebrating my little brother’s birthday in Cape May NJ.
- Going to Rhode Island and seeing the ocean for the first time.
- Going to the Cold Play concert.
- Volunteering at a special needs camp on Martha’s Vineyard.
- Celebrating my little brother’s birthday in Cape May NJ.
- Going to Costa Rice with my family.
- Going to the beach with family and friends.
- Taking photos at ESPN’s Friday Night Fights.
- Spending a week camping in Tennessee for Bonnaroo.
- Working as a camp counselor.

---

**Spectrum**

Office Phone: 203-371-7963
Advertising Line 203-371-7828
Fax Line 203-371-7828

http://www.sacredheartspectrum.com
**Features**

**SHU Says ‘Hey’ to Labor Day**

**Students and Faculty Embrace Early Start**

Taylor Lane  
Assistant Features Editor

No more Labor Day lag for the first semester at Sacred Heart University. Prior to the 2012-13 school year, Sacred Heart was one of the few universities to start class after the Labor Day weekend. With class beginning on Aug. 27 this year, Spectrum reveals some candid responses about the change.

Dr. Mark Jareb, Chair of Biology, who worked on this decision, explained his reasoning:

“The University had to increase its semester length by a week to comply with U.S. Department of Education regulations and I was Chair of the Ad Hoc Calendar Committee that developed the proposal to start the Fall semester before Labor Day,” said Jareb. “The consensus of the committee was a preference to start the semester earlier as opposed to adding the week at the end of the semester and have Finals week end on December 22.”

Dr. Thomas Forget, from the Education Dept., was also involved in the decision.

“I was pleased that SHU was providing additional learning and teaching time for our students,” said Forget. “Though it did require some adjustment to my usual ‘end of summer’ routines.”

Dr. Pamela Buck of the English Dept.

Many other students had thoughts concerning starting school a week early.

“I was anxious to get back to school because I love being here,” said junior Gabrielle Scorzari.

Sophomore Kate Nadler has her own opinion. "It didn’t really matter to me,” said Nadler. “Last year I felt like I was going back way later than everyone else around me, whereas this year we were at about the same time.”

Along with faculty, students also had opinions about missing an extra summer weekend.

“I felt that starting a week earlier made the first week of classes less stressful because teachers were able to take their time going over the syllabus and weren’t assigning work before classes even started,” said junior Lauren Lindsey.

Dr. Forget worked on this decision, explained his reasoning:

"I was pleased that SHU was providing additional learning and teaching time; starting before the holiday cuts into the end of the semester before Labor Day,” said Jareb. "The consensus of the committee was a preference to start the semester earlier as opposed to adding the week at the end of the semester and have Finals week end on December 22.”

Associated Press

**SHELTQN, Conn. (AP) Three men, including the mayor’s brother and two gas company workers, were seriously burned in a Shelton house explosion Monday afternoon.**

Shelton Mayor Mark Lauretti told the Connecticut Post his brother, Luke Lauretti, 48, who lives in the house, was in critical condition. Police spokesman Sgt. Kevin Ahern said the others injured are Pioneer Gas Co. employees Gary Henry, 24, of the town, and Matt Fratino, 29, of Stratford. He said Henry had life-threatening injuries.

Ahern said two others in the house, 53-year-old Debra Duguid and her daughter, left when the workers smelled gas and weren’t injured. Fire and police officials said the cause of the explosion hasn’t been determined, but the workers were trying to light a water heater pilot light. Pioneer’s owner William Papale said the service change was a routine matter of putting in a new propane tank. He said the explosion was the first in the company’s 70 years in business. He called it “tough on all of us,” saying “we are all like a family here.”

Bart Bakota, who lives across the street, said he was taking a nap when he heard what he thought was a car accident. He said he heard a woman scream, and rushed outside to see flames at the house, and three men coming out the front door.

“They were all badly burned,” Bakota told the newspaper. “They had burns all over their face, head, hands and back.” Bakota said all three “were actually pretty calm.” He said, “I think they were all in shock.”

Bakota said neighbors rushed to help the men until emergency medical help arrived.

Police and fire officials said the house’s main beam was shattered and basement walls blown out. Officials stabilized the house to investigate.

The Post reported tax records show the house is owned by Forbes Duguid, who doesn’t live there, and that court records show the Duguids are separated and in the process of divorcing.

The house explosion is the second in two weeks in Connecticut. Plumber Anthony Fratino Jr. was killed Aug. 29 while repairing a propane leak in a New Milford house. The homeowner and Fratino’s 9-year-old son were injured.
Features

Students Show Heart in the Summer

Amy Nunes
Staff Reporter

This past summer, while most college students were having fun in the sun, many of Sacred Heart University’s own were giving back to their respective communities. It comes as no surprise that Sacred Heart students dedicated their summer hours to those in need. Community service is the backbone of this University, as students thrive off of helping others.

This was reward to witness... It was an opportunity to be part of something.

--Siobhan Goodman

“I believe that my volunteering bettered the community because I was able to impact the lives of others directly,” said junior Sara Crawford as she elaborated on her volunteer experience in a rehabilitation and skilled nursing home.

Crawford explained how she helped patients with daily activities such as showering, eating, dressing and toiletting. “While some patients will never be able to live on their own again, others came in and were gone a couple weeks later. Thus, I directly impacted the health and recovery of patients,” said Crawford.

She was able to find a way to give back while also doing something that she loved, and will continue to practice as a career.

Upperclassmen are not the only ones giving back to the community this summer. Incoming freshman also know what helping others is all about. Freshman Siobhan Goodman spent some time working with autistic children, teaching them aquatic skills.

“I helped them get their strokes under control and become more aware of what their bodies were doing in the water,” Goodman said.

Goodman claimed that at the beginning of the summer some children were scared to get in the water. She went on to say that by the end of a summer of teaching swimming skills, control, and confidence some children were able to compete in summer league meets.

“It was a process of growth that was rewarding to witness,” Goodman said, “I hope that it gave them all more confidence and something to feel good about. It was an opportunity to be a part of something and to contribute to a bigger goal, which is an experience they probably hadn’t identified with before.”

Both of these young women volunteered their time and abilities wholeheartedly, expecting nothing in return. With Goodman being a member of the swimming team at Sacred Heart and Crawford in nursing school, they were both able to share their love for helping others.

Freshmen Thoughts on First Week

Colleen Crowley
Staff Reporter

The parents are gone, rooms have been set up, and classrooms have been found. The class of 2016 is still relishing the taste of freedom. So how is the fall semester going for the newest Sacred Heart University students?

“The parents are gone, rooms have been set up, and classrooms have been found. The class of 2016 is still relishing the taste of freedom. So how is the fall semester going for the newest Sacred Heart University students?”

“I love it so far,” said freshmen April Jauregui. Her fellow classmate Sarah Klaum agreed.

“I think it’s awesome. I love that I go into a building and someone holds the door for me and people say good morning. Everyone is really friendly and there’s a lot going on, so I never feel that I’m sitting in my room alone, said Klaum.

As the freshmen class knows all too well, a lot goes into the selection of a college or university. Location, tuition, and academics are just a few aspects.

“I liked the aspect that Sacred Heart is small and there was a big church community,” said Aiden Shine, when asked the question, “why Sacred Heart?”

Lauren Pelland said the reason she enrolled was because she was pre-accepted into the physical therapy program.

“They did a really good job giving me financial aid. I didn’t think I was going to be able to come here,” said Pelland.

Many agreed that the fact that students receive some form of financial aid was a definite draw. But even with financial aid, textbook sticker shock is a widely felt phenomenon. Pelland said that textbook prices are “ridiculous.” Like many students, Shine turned to the Internet for his books and only had to buy two books from the campus bookstore.

“They do have a return policy, which is good,” he said, “but I only wish it went on a little longer than the first five days of school.”

Another main concern of many freshmen is the quality of the food. Pelland said, “I’ve actually really liked [the food]. I love the salad bar, but I wish they had soup— chicken noodle!”

Shine had a differing opinion. “The food gets old really quickly,” said Shine.

Klaum, a vegetarian, said there was “not a lot of options. They always have the veggie patty and the salad bar, but I hoped for a better variety for students with specific dietary restrictions.”

There may not be home-cooked meals in the dining halls, but Sacred Heart already feels like home for many students.

“Sacred Heart feels like a second home. I felt welcome as soon as I stepped foot on campus.”

-- Kelli Licursi, Freshmen
Sacred Heart University students piled into the Pitt Center on Thursday, Sept. 6 to watch the music duo 'TimeFlies' perform their unique sounding remixes and raps.

The duo consists of Cal Shapiro on vocals and Rob Resnick producing the beat. The two first met at Tuft's University in Boston, where they performed in a funk band together called "The Ride."

Eventually, they realized each other's talents worked well together and broke off from the band to create 'TimeFlies'.

"But we're trying to take it a little farther, make it go a little harder and have it make you sing a little louder."

— Cal Shapiro, TimeFlies

"What sets us apart is that each of us brings something really unique to the table, and those qualities just amplify each other until we have the sound that is our music," said Shapiro. Their popularity increasingly grew when they started uploading "TimeFlies Tuesday's" videos onto YouTube.com. These videos feature the pair performing a variety of popular songs, but with their own twist to them.

With over 30 million video views on their YouTube account, their remakes of songs such as Disney's "Under The Sea" and Rihanna's "We Found Love" have proved to be a hit. Since their start in 2010, Shapiro and Resnick have released a debut album, "The Scotch Tape" and are soon to release a mixtape, "Under the Influence."

"I love the way they take the simplest of songs, turn them around and make them fun to sing and dance to," said sophomore Ryan Stanimir. "They have a really unique way of doing things."

A lot of Sacred Heart students agree. Fans danced and sang to almost every single song throughout the concert.

"They really put on an amazing show," said senior Megan Papp. "Their whole vibe is so fun and laid back, you can tell they really love what they're doing and really appreciate their fans."

A highlight of the concert was when Shapiro took a list of the best things, in his opinion, about Sacred Heart and made a freestyle rap about it on the spot. The freestyle featured The Merritt Canteen, Roncalli Hall and some of the successful sports teams on campus.

"I couldn't believe that [he] made up a rap about our school right away like that," said sophomore Sari Fernandez. "He was really amazing, the whole crowd had fun."

Cal captivated the Sacred Heart crowd as he grabbed screaming fans hands while he sang.

"It's clear that staying engaged with their fans and making relatable music is what has made TimeFlies such a success. We take messages that are really ours and put them to music that sets college students off," says Rob. "We're only 23 years-old and just out of college so our struggles and successes are something anyone can relate to."

The two have a diverse taste in styles of music and said they take inspiration all over the place. Their music inspiration ranges from Janis Joplin to Pretty Lights.

Not only do they want to relate to fans through their music, but they also believe it's essential to keep up with social media to stay in touch with fans. In addition to "TimeFlies Tuesdays," they constantly update their Twitter account (@timeflies), and now have a brand new iPhone application that features updates and future performances.

TimeFlies will continue their cross country tour with shows along the east coast, and then to the west coast to finish off the year. For the future, the duo will continue to travel and perform at colleges around the country. They hope the release of their highly anticipated mixtape, "Under the Influence," will take their sound to the next level.

"Sonically, it's the same TimeFlies sound," said Shapiro. "But we're trying to take it a little farther, make it go a little harder and have it make you sing a little louder."

**SHU STUDENTS ARRIVE IN STYLE**

*back-to-school fashion and trends seen on campus!*

by Brittany Mezzancello, senior and writer for www.collegefashionista.com

**Falls Flirty Florals**

"Trade in your traditional fall colors for darker florals."

Belinda Davidson, Senior

**Double up on Denim**

"Mix and match denim pieces for effortless class."

Keshaudas Spence, Sophomore

**Back-to-Basics**

"Stretch out the use of summer basics by pairing simple pieces with a fall scarf."

Bethany Barbar, Junior

**All-American Casual**

"Pair classics like a Ralph Lauren Tee and neutral Sperry's for a combo of stylish and casual. Perfect for class!"

John Kelly, Senior
Jeff Get's Reel

Jeff Daley
A&E Assistant Editor

Lawless

by Guy Pierce, shows up wanting a cut of the profits. "But Bondurant's don't lay down for nobody," and Forrest sets Special Agent Rakes straight. This causes Rakes to wage a war between the law and the outlaws.

The film not only has quick, in your face action but the ability to watch Shia LaBeouf's character transform from a cowardly, shy boy to a cocky, over confident character that becomes more of a man than his brothers want him to be.

First introduced this year at the well-known Cannes Film Festival, Lawless instantly created tons of hype. Lawless was a good movie because it had a great cast that complemented each other well. Even if fans are used to seeing Shia LaBeouf in films such as The Transformers, they will find Lawless to be refreshingly different.

This creates a paradox of sorts, showing how the public often gravitates its interests towards the easy "successes" achieved by those who least deserve it, and care little for those who have become accomplished through their own merits.

Martin Amis has set out to mock the "greed is good" culture of our modern age and the "famous for nothing" celebrities that grace the cover of every supermarket tabloid. Though Amis' Lionel Asbo has a strong start, it struggles to remain interesting and innovative throughout its short span. The eponymous Lionel Asbo is a degenerate who feels more at home in prison, than in his own flat. He has been entrapped to care for his young nephew Desmond, who is every bit his opposite. During a stint in prison, Lionel wins an outrageous sum of money in the national lottery, and becomes a favorite tabloid subject. As Lionel flounders in his newfound wealth and fame, Desmond finds success through hard work and determination.

Laura Hardt
A&E Assistant Editor

Lionel Asbo by Martin Amis

The cult of celebrity has permeated every aspect of modern life. Truth accounts of the trivial adventures of the rich and famous are constantly passed as "important news". A satire detailing this obsession could be biting and witty, finding new ways to expose the sad truth of what has become our national pastime.

Martin Amis' Lionel Asbo attempts to be such a novel, but never achieves this lofty goal. Rather, it struggles to remain interesting and imaginative throughout its short span. The eponymous Lionel Asbo is a degenerate who feels more at home in prison, than in his own flat. He has been entrapped to care for his young nephew Desmond, who is every bit his opposite. During a stint in prison, Lionel wins an outrageous sum of money in the national lottery, and becomes a favorite tabloid subject. As Lionel flounders in his newfound wealth and fame, Desmond finds success through hard work and determination.

This creates a paradox of sorts, showing how the public often gravitates its interests towards the easy "successes" achieved by those who least deserve it, and care little for those who have become accomplished through their own merits.

Martin Amis has set out to mock the "greed is good" culture of our modern age and the "famous for nothing" celebrities that grace the cover of every supermarket tabloid. Though Amis' Lionel Asbo has a strong start, it struggles to remain interesting and innovative throughout its short span. The eponymous Lionel Asbo is a degenerate who feels more at home in prison, than in his own flat. He has been entrapped to care for his young nephew Desmond, who is every bit his opposite. During a stint in prison, Lionel wins an outrageous sum of money in the national lottery, and becomes a favorite tabloid subject. As Lionel flounders in his newfound wealth and fame, Desmond finds success through hard work and determination.

Jeff Daley
A&E Assistant Editor

The "wettest county in world" becomes a battleground. Franklin County, Virginia that is.

Set during the prohibition-era in the 1930's, Lawless is based on a true story about three infamous bootlegging brothers, Forrest, Howard, and Jack Bondurant.

The film, directed by John Hillcoat, was adapted from Matt Bondurant's novel "The Wettest County in the World.

The main character played by Shia LaBeouf, Jack, is the youngest of three boys. He locks up to both of his brothers and wants to have a bigger role in the family business of bootlegging.

His two brothers are Forrest, played by Tom Hardy and Howard Bondurant, played by Jason Clarke. Forrest is quiet yet intimidating while Howard is a spontaneous war veteran.

Both are over protective of Jack and try to keep him from helping out because they see him as immature and somewhat of a coward. Jack's role in the family business is minding the shop or driving his brothers around on their business errands with his best friend Cricket Pate, played by Dane DeHaan.

However, things start to get a little uncomfortable for the Bondurant brothers when a federal agent, Special Agent Charlie Rakes, played
Looking for their third straight trip to the NCAA Tournament, the Sacred Heart University women's volleyball team began their brutal non-conference schedule with a loss to San Diego, Calif. 

The Pioneers dropped the opener, 3-0, to San Diego State. 

Offensively, Sacred Heart was never able to keep a lead and, in the second set, tied their 10 kills with 10 errors. Senior Johanna Ovsenek had three kills on eight attempts in the third set, but the Pioneers couldn't overcome the host school. 

The final day of the Aztec Challenge resulted in two more losses for Sacred Heart.

With Shockey adding three kills on five attempts in the second set, the Pioneers won their only set of the day in a 3-1 loss to Utah State.

Sacred Heart followed with a 3-0 loss to Montana. Senior Elise Sage led the day for the Pioneers with 13 kills on 32 attempts.

Although their record stood at 1-5, Sacred Heart took the losses as a learning experience. 

"It's definitely helping our team grow," said Shockey. "We will be ready when conference play comes around because of all the hard games and hard-fought matches we have to play already."

Despite the losing record, Young was named the Molten/Northeast Conference Player of the Week and Shockey was named the Molten/NEC Rookie of the Week.

On Sept. 2, the Pioneers headed back to California, only to fall 3-0 to Cal St. Fullerton.

Sacred Heart battled, tying the second set at 21, but struggled to maintain a lead the rest of the way. Young led the team with 10 kills, the only Pioneer to reach double digits.

Sacred Heart then came back east to host the SHU Hampton Inn Shelton Invitational on Friday and Saturday.

The Pioneers finished the tournament 1-2.

Sacred Heart was defeated in the first game, 3-0, by Central Florida. Junior Daniit Mercado and sophomore Sara Fernandez each had nine kills for the Pioneers.

In a chance to redeem themselves, Sacred Heart followed on Friday against Dartmouth, 3-0.

Shockey helped the Pioneers win the first set and closed the second by serving five-straight points. Dartmouth kept the score close in the third, but Young delivered five kills to give her team a straight-set win. Kridel led the game 14 kills.

Sacred Heart was defeated by cross-town rival, Fairfield, in the night cap, 3-0. 

The roller coaster first set featured seven ties. 

Ovsenek began the second set for the Pioneers with a kill for the first point and a kill to tie the game at 3. The rest of the set was close and saw the teams tied at 19, but Fairfield had a 4-1 run to win the set before rolling Sacred Heart in the third.

"As soon as the whistle blew," said Shockey. "I was ready for it, so I'm very hopeful and positive that my team will clean up the mistakes and continue to improve.

"As captains, Ashley [Moore], Liz Bergman, the Pioneers have beaten Towson (by a score of 10-9) in the Spectrum/Sean Elliott Invitational by one stroke at the Wethersfield Country Club in Wethersfield.

CT. Senior Josh Salath finished second individually by shooting two-over-par.

Sacred Heart returns to action on Friday against Albany and Sunday against Virginia Commonwealth and Army in the Black Knight Invitational.

The Spectrum/Sean Elliott

Despite a 2-8 record, the women's volleyball team is eying their third straight trip to the NCAA tournament.
Castro leads Pioneers to 3-0 start

Alana Miller
Asst. Sports Editor

The Sacred Heart University men's soccer team is back in action and has a 3-0 record to start the season.

Beginning the season at Saint Peter's University, the men ignited the field. Following an early lead from the Peacocks, the Pioneers quickly answered with a goal on a free kick scored by junior Omer Levy. Soon after, senior Marcello Castro added another goal off a penalty kick to increase the lead. With a great save by freshmen Tucker Hackett, the Pioneers skillfully defeated the Peacocks, 2-0.

Extending the winning streak, the Pioneers defeated the Columbia University Lions, 1-0, in the first home game of the season. Because of great defense from both teams, there was no score on the board until 77 minutes into the game. Freshman Jamal Vinson scored his first career goal off an assist by junior Evan Kennedy to win the game for the Pioneers.

"The team is very confident and looks to win every game we play," said Sacred Heart's head coach Joe Barroso. "One win will set this year that we are deeper and have more options for every game.

The Pioneers added to this season's early winning streak with a comeback win over the Holy Cross Crusaders. In the 2-1 victory, the Pioneers did not manage to score until the second half. The Crusaders scored early in the first half, but the Pioneers clinched the win with two goals in the second.

Castro scored the first goal for the Pioneers on a penalty kick and freshman Mahmoud Kafel, scored his first collegiate goal soon after with a shot from nearly 25 yards away to win the game for the Pioneers.

"I'm very happy with the team this year," said Castro, "and consequently with the results so far. I think that the difference this year from the past is that we are more united. I can speak for my teammates that we consider ourselves more than teammates, a family."

The Pioneers are off to a great start and the conference is noticing. Castro was named to the 2012 Missouri Athletic Club Hermann Watch List.

"I feel very honored to be named on the Prestigious 2012 MAC Hermann Watch List," said Castro. "I really didn't expect to be named on this, and to be honest, I didn't even know what this was all about."

"I'm real pleased with what we're doing on offense," said Nofri. "I think we've done really good until we gave up that one busted assignment on defense [and Davidson] went for 70 on us, which got them back into the game."

"We were doing really good until we gave up that one busted assignment on defense and [Davidson] went for 70 on us, which got them back into the game," said Nofri. "I think we've done really good until we gave up that one busted assignment on defense and [Davidson] went for 70 on us, which got them back into the game."

"We were doing really good until we gave up that one busted assignment on defense [and Davidson] went for 70 on us, which got them back into the game."
Nofri Takes the Reins
Sacred Heart Unites for Coach Gorham

Dan Otzel
Sports Editor

But, not like this. After 18 seasons patrolling the Sacred Heart University sidelines, Mark Nofri, the longest tenured coach in program history, has been named the interim head coach for the 2012 campaign, his 19th with the Pioneers.

But, not like this. "If I ever wanted to be a head coach," said Nofri, "it would have been here. This place has been good to me and my family and I'm very, very happy here."

But, not like this. Nofri is taking the reins from his old boss and good friend, Paul Gorham, who is on a medical leave of absence. But, not like this. "Once he told me," said Nofri, "I was floored. I didn't realize how sick he was until I started to see him get progressively worst, fast."

Gorham was an All-Yankee Conference tight end in 1983 at the University of New Hampshire, where he graduated in 1984. He began his coaching career at his alma mater as the wide receivers coach for the 1986-87 season. Following coaching stints at the University of New Haven, Brown University, and the University of Massachusetts; Gorham took over the top job at Sacred Heart in 2004.

In eight seasons at the helm of the Pioneers, Gorham amassed a 34-51 record. The 34 wins are tops in the program's history. His indelible mark on Pioneer football can be seen throughout campus, most notably through the roster, put together and recruited by him.

"The kids are pretty resilient," said Nofri. "They were shocked and upset at first. When your head guy is that sick, it becomes more than just a football thing — it's a real life thing. It's real life issues, not football-related issues. I think they responded really well."

Adding to that resilience has been the steady presence and guidance of Nofri, whose nearly two decades at the school has made the transition seem painless.

"It's a little bit of an adjustment," said Nofri about the increase of administrative duties, "[but] I did a lot of that anyway. I feel very comfortable with the administration here. I have a lot of relationships here on campus that aren't just in athletics, but outside of the athletic department, as well. That makes it easier."

In his years at Sacred Heart, Nofri has coached linebackers, defensive backs, and special teams. "Now," Nofri admits, "I've got to start thinking about the overall personnel of the team. I'm not just coaching linebackers and worrying about defense, I got to worry about and make sure there's give and take on both sides of the ball."

The Pioneers will be tested on both sides of the ball all of 2012, as they compete against a brutal schedule that sees them play seven times on the road and only four times in Fairfield. Sacred Heart dropped the opener at Morgan State in four overtimes and won't play a home game until September 29.

But, on September 29, the Sacred Heart community has a chance to battle through this devastating blow and unite. Unite for the Pioneers. Unite for coach Nofri. Unite for coach Gorham. "I would like to see the students, faculty, and staff come out and support us every home game," said Nofri. "That's the best thing for our kids, when they come out on the field for game time and they see the band and they see the cheerleaders and they see the dance team and they see the faculty and staff that actually teach them in class show up for their games. I just think the more people you got behind your kids at home games makes them play better and makes them feel good about what they do."

Yes, like this.

---

Softball

What: National Club Softball Association (NCSA)
Where: The Pioneer Park Softball Stadium on campus or Bearsside Park in Bridgewater, CT.
When: Practices are Monday's, Wednesday's and Thursday's
Games: The main season is in the Fall.
- The Atlantic playoffs is in the winter.
- The World Series is in May.
- Triple headers are on the weekends.
Teams in division: UMass, Northeastern, UConn, Vermont.
- No tryouts/cuts, but they play to win.
- 25 women on the roster.

Email head coach Ray Mencia R-Mencia@shu.edu for more information.

---

Baseball

What: National Club Baseball Association (NCBA)
Where: Practices are held at Madison Park.
When: Practices are Tuesday's and Friday's at 4 pm.
When there is gym availability, practices will be held on Tuesday's and Thursday's from 10 to 12 pm.
Games: Begin in September.
- Non-conference games against Monmouth State University and Monmouth University.
- Conference play against New Paltz in October.
- Season continues in the Spring.
Teams in division: Northeastern, Fordham, Monmouth and SUNY New Paltz.
- No cuts-tryouts, but the best men will be fielded.
- 32 men on the roster.

Email head coach Sean Blakeoff @shu.edu for more information.