Sacred Heart University named 'least affordable school'

Evan Coery
Staff Reporter

Every year, Newsweek releases a variety of college surveys. This summer, Sacred Heart University earned a number one ranking in one of their categories. It was not on the list of the happiest colleges in the nation, though, or the most beautiful.

Newsweek designated Sacred Heart as the least affordable college in America.

In this year’s ranking, Newsweek treated affordability as a long-term calculation. They factored in total cost, including tuition and living expenses, financial aid, graduate debt, and future earnings.

Sacred Heart's total cost to attend is $50,660. According to Newsweek's research, a student graduates from Sacred Heart with an average debt of $40,865. A graduate's average starting salary is $44,800 and their average mid-career salary is $69,500.

On the other side of the spectrum sits the Massachusetts Institute of Technology (MIT), who Newsweek voted as the most affordable college in the country.

According to Newsweek the total cost to attend MIT is $55,270. Newsweek reports that graduates leave with an average debt of $15,228, an average starting salary of $69,700, and an average mid-career salary of $115,000.

The sticker prices of Sacred Heart and MIT are similar. The discrepancies of their stats lie in the average debt and future earnings of graduates.

Having a poor score in either of these factors has the potential to skew a school’s ranking in a positive or negative direction.

Dr. John J. Petillo, president of Sacred Heart, issued a statement on his online blog in response.

"The methodology [of the Newsweek rankings of colleges] ignores some key factors [that influence Sacred Heart University’s standing]," said Petillo. "A much larger percentage of Sacred Heart students go on to professional graduate schools in business, law and the health professions."

Second annual President’s Gala

Daniel Bird
Staff Reporter

The second annual President’s Gala was hosted by Dr. John J. Petillo, president of Sacred Heart University, on Sept. 13, 2012. Students and faculty attended the event dressed in formal attire and anticipated an eventful evening.

"I had a wonderful time at the Gala, I really could not believe how they transformed the South Lot," said senior Julia Goldstein. "Everything from the set-up to the music was just amazing. It was a great way to start off the school year."

The cover band The Zoo, who won MTV’s cover band of the year contest in 2011, provided the music for the event. They played current music and mixed in some classics such as “Don’t Stop Believing” and “Shout.”

Many students were receptive to Sacred Heart’s choice for music.

"I thought The Zoo really made the night," said senior Alinda Yu. "People really did not stop dancing once they got out there- The Zoo was definitely as good as advertised."

However, this was not just a musical event. It was also a chance for Petillo to meet and get reacquainted with students.

Petillo enjoyed the event, going as far as to write in his school blog about the night.

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President’s Gala

“IT was a chance to meet many of the students I had not connected with yet and to catch up with returning upperclassmen,” said Petillo. “I love kicking off the academic year with an event like this.”

There were many students in attendance from all four classes of Sacred Heart.

“I had such a great time at the Gala,” said sophomore Lauren Tycz. “I’m happy that this began my freshmen year and I have more opportunities to attend.”

Although many students and faculty attended, the event was heavily laden with members of the class of 2013.

“I was really happy with the amount of seniors that attended the President’s Gala,” said senior class president, Mike Guardino. “It really is a great event that Sacred Heart and President Petillo put on. You get to see your classmates almost everyday in class but it is always nice to see everyone out unified together for a school event—especially one that is as nice as the Gala.”

Sacred Heart University’s annual event Fall Fest took place on Saturday, Sept. 15. The Student Events Team (SET) hosted the event for the third time.

The weather was perfect for the event which was a highly anticipated way to kick off the start of the approaching autumn season.

Right across from the freshman dorms of Merton and Seton Hall, Fall Fest had: pizza, apple cider, apples and cider doughnuts. Students were able to make caramel apples and partake in the inflatable wrecking ball set up behind the apple stand.

Students were able to participate in free giveaways at Fall Fest. Tables were full of free cowbells and water bottles with all different colors to choose from.

Verona on Wheels provided pizza from a fire truck converted into a pizza truck. They prepped and set out pizza for everyone that wanted to grab a slice.

One of the biggest hits at Fall Fest was the caramel apple booth.

“I waited in the caramel apple line for a pretty long time, but it was definitely worth it,” said junior Gianna Allen. “The apples were delicious and we got to pick from really good toppings to coat them in.”

Other students shared their enthusiasm about the event.

“This was my first Fall Fest, and I already cannot wait for Spring Fest now,” said sophomore Megan Lynch. “I had a lot of fun at this event and am looking forward to attending again next fall.”

The wrecking ball was popular amongst many students at Fall Fest.

“The wrecking ball was so fun,” said senior Bryan Carmel. “You got to run around like lunatics pushing the giant ball into each other!”

The event remained busy and active until early evening. However, most students remained excited about the day’s activities throughout the night.

Senior and vice president of SET, Kelly Taylor, was pleased with how their event turned out this year.

“I think the event went very well,” said Taylor. “We had such a great turn out; literally all of our free giveaways were gone by the end. We got an outstanding response!”

The 2012 Fall Fest proved to be successful through the enormous turnout and amount of student participation and set the standards for the Spring Fest.

This article was contributed to by asst. copy editor Sam Malachowski

Fall Fest

Caitlin Feeney

Staff Reporter

Study Abroad Fair steals students’ attention

Mark Podesta

Assistant News Editor

On Sept. 10, Sacred Heart University’s Study Abroad Office had its first Study Abroad Fair in the University Commons.

The goals of the fair were to promote the several new locations Sacred Heart is offering and to inform and introduce students about studying abroad.

“We want to get the word out to the student body the many options that we have for them and to have a fun, informal chat about opportunities,” said Francesca Schenker, coordinator of Study Abroad.

Students had the option to visit tables that were set up to promote each of the many locations Sacred Heart is affiliated with abroad.

Sacred Heart offers three semester-long programs in Australia, Rome, and Ireland, as well as a pre-fall program in Ireland. Study Abroad also offers short-term programs in a variety of locations such as Luxembourg, Bermuda, and Ireland.

Along with the original short-term program list, Sacred Heart recently instituted new programs in places such as Holland, Venice, Germany, and India.

While visiting each table at the fair, students could talk to professionals who work in the locations as well as students who had previously studied abroad. Talking to the professionals gave students the opportunity to hear how much studying abroad can help enhance a resume, as well as make someone a better student.

Having a chance to talk to students who went to these locations also offered a first hand account of what it was like living in these locations, including activities, sight seeing and how classes were.

According to Schenker, the fair generated a turn out of 225 students at Sacred Heart.

“Studying abroad affects student’s friendships, education, and future career opportunities in every possible way,” says Schenker.
Sacred Heart Affordability

...CONTINUED from page 1

than nationally (which typically leads to highly paid jobs) and are thus omitted from this study."

Petillo's statement also emphasized that there were variables that Newsweek’s rankings could not account for.

"The mid-career graduates referenced in the survey, attended a much different university than Sacred Heart is today... with fewer academic pro­grams," said Petillo.

Many students were alarmed when told that they attend the least af­fordable college in the nation according to Newsweek.

"I was kind of stunned," said sophomore David Barbar. "I didn’t think Sacred Heart was that expensive."

Many students, like Barbar, mistook "least affordable" to mean "most expensive." This misconception occurred because readers, including stu­dents, were unaware of the factors that contributed to the rankings.

"It doesn’t seem as a bad now that I understand what went into the rankings," said Barbar, after the factors were explained to him.

The rankings have not changed Barbar’s opinion of Sacred Heart, though.

"I think the number for starting salaries is encouraging," he said. "I’m looking forward to starting my career with a Sacred Heart degree."

The article Newsweek has published might be making an effect on prospective students as well.

"I personally know of prospectives students, that have actually de­cided to not apply to Sacred Heart because of the Newsweeks article," said Kaitlyn Stanford, a sophomore at Sacred Heart.

Petillo concluded his statement by explaining Sacred Heart’s values.

"It’s unfortunate that a survey such as this -- that misrepresents the value of an education at many schools like Sacred Heart — receives more credibility than it deserves," said Petillo. "We remain committed to doing all we can to make a Sacred Heart education affordable for all. We work hard to keep our costs down and to explore all avenues of revenue to help our students finance their education."

Greek life at Sacred Heart

Madeline Murcott
Staff Reporter

The brothers and sisters of Greek Life wear their letters all over cam­pus. Their various events, walk-a-thons, and vigils support various causes and are constantly being held all over campus. Now that school has begun, students will have the opportunity to go Greek.

Panhellenic Formal Recruitment for sororities runs Sept. 21 to Sept. 23, where every sorority participates in Sisterhood night, Philanthropy and Service, Preference Party, and Bid Night.

These events are opportunities to meet the brothers and sisters of Sa­cred Heart's Greek organizations, learn more about the varying philan­thropies, and to make a final decision on what organization students would prefer to join.

The InterFraternity Council, or IFC, has recruitment for fraternities with various meetings with the brothers and events that run until Sept. 19. Their bid distribution takes place on Sept. 24. Some of the fraternity events that already took place on campus have been Kappa Sigma Kan Jam and Dinner with the Delts. There are more upcoming events that will be happening for boys to come and learn more about the fraternities.

Recruitment events for both sororities and fraternities have already be­gun on campus with Greek Row at Sacred Heart’s club fair, ‘Just SHU it’, Go Greek Night in the Edgerton Theatre, the various ‘Meet the Brothers’ events, and the Panhellenic Council’s Manicure Night and Table Fair.

Many students, predominantly freshmen, attended all of these events.

"When I went to ‘Just SHU It’ last weekend, fraternities and sororities on campus helped answer many questions I had," said Emerald McGunnigle, a freshman at Sacred Heart. “Their enthusiasm and knowledge helped me decide to enter recruitment.”

All these events have given prospective members the opportunity to learn more about the philanthropies, values, and members of each sorority and fraternity.

The Greek community at Sacred Heart is incomparable to any other university," said junior Aileen Casmano and Sister of Chi Omega. “There is no Greek ‘stereotype,’ which was the main factor in my decision to join Greek Life.”

Members of Greek Life can offer students advice about the many op­portunities that Greek Life present on campus and in the real world.

"It opens a whole new network of people and opportunities to get in­volved," said junior Joe Adams and Brother of Delta Tau Delta. “There is always some sort of Greek Life event going on campus which helps as a good was to keep busy”

Many people have questions and their own perceptions about what Greek Life is truly about based on what they have seen in the media.

“A common myth about Greek Life is that all we do is party, which obviously isn’t true,” said Nick Almonte and Brother of Kappa Sigma. 

“Each organization was created for the betterment of the member and to bring people together for a good cause.”

Every member of Greek Life has experienced the same questions that students have when they first decide to go Greek. One concern includes which of the different families to join.

“Chances are, if you felt that you made a connection with a sorority during the weekend, they probably felt it too and they will be excited to be your new sisters," said junior Gina Malatesta and president of Kappa Phi.

Every organization at Sacred Heart has something different to offer students and can help improve the time students spend at school.

“Going Greek really changed my college experience in a positive way,” said senior Javier Vidal, Brother of Kappa Sigma and president of IFC. “Since joining, it’s made me more involved on campus, more confident, and has made me want to reach out to the community outside of Sacred Heart.”

Greek life is a prominent aspect of campus life here at Sacred Heart, according to Sacred Heart’s website the Greek community on campus is home to nearly 550 students.
Sophomore Alissa Young uses the Public Safety call box at Christian Witness Commons.

Students ‘Buddy Up’ to Stay Safe

Samantha Brunetto
Staff Reporter

It’s Friday night and the weekend is beginning. Sacred Heart University students are trying to figure out where to go for the night. Wherever they are going, Jack Fernandez, director of public safety, raises awareness about the dangers of going out during a new semester and how to be safe.

“Public safety is available 24 hours a day, seven days a week and we encourage students to inquire with us regarding locations that they will be visiting to ascertain any information of safety,” said Fernandez.

Fernandez and coordinator/crime prevention officer Kate Frederick have brought together a list of safety tips that are sent to students periodically.

Along with following these tips below, some Sacred Heart students have their own set of rules they follow when going out.

“I never want to get too drunk, so I always make sure to eat before having any alcohol,” said junior Gina DeFeo.

Besides paying attention to what she eats before going out, DeFeo also suggests limiting the amount you drink.

Other students at Sacred Heart use the university’s tips.

“I never put my drink down, and I’m always watching who’s around me to make sure no one puts anything in it,” said junior Alyssa Varnum. “I’m always with a group of friends and we alternate who the designated driver is, so we can help each other if any bad situation happens.”

Most Sacred Heart students agree that going out can be enjoyable and safe at the same time.

“I’m finally able to live on my own and I’m going to be safe this semester,” said junior Michelle Conolly.

Before going to an off campus location, be aware of the area you are visiting as some areas are more dangerous than others.

- Let someone know where you are going.
- Make sure your cell phone is charged.
- Program public safety’s emergency phone number into your phones (203-371-7911).
- When you arrive at your location, write down the address of where you are visiting.
- If you are going to drink alcohol, remember the effects of alcohol may alter your decision-making skills.
- You should always be in a person who is not going to drink alcohol.
- If you are hosting a party, you have a responsibility to follow all Connecticut laws, statues, and ordinances regarding the distribution of alcoholic beverages and noise ordinances.
- Limit the amount and type of alcoholic beverages that you may consume.
- Do not leave your drink unattended. If you accept beverages, make sure you know and trust the person who is offering the beverage.
- Never accept a ride from a stranger.
- Use the “buddy” system and make sure you know where your friends are at all times.

The 2012 Election seems to be in a dead heat. Currently President Obama (D) holds a small lead over Mitt Romney (R) in what has been a heated election full of slander. This election, much like last year’s, is largely affected by the rise of social media. Celebrities along with the every-day person have, unfortunately, been given an outlet to voice their opinion.

Some celebrities have chosen their sides and have publicly attempted to sway voters based on their celebrity status. Clint Eastwood’s recent speech at the Republican National Convention, often cited by liberals as “that thing with the chair,” has swayed uniformed voters based on nothing more than the trivial fact that either Nicki Minaj was quoted as liking or dislike him as an actor. I believe it was completely foolish to have an actor, who is currently trying to plug his new movie “Trouble With The Curve” speak at a convention that is supposed to be based upon intellect.

Instead, I was forced to sit through a delusional man make a jest out of himself by making blanket statements and generalizations about the president. There were no facts, there were no new arguments presented, and the worst part is, he ended his speech with a line from “Dirty Harry” that should have left us all a little apprehensive to let the people who have something meaningful to say stand beside Ryan and Romney.

The kicker is: I’m stuck defending Obama, and I can’t even stand him. My vote is already cast and nobody, including myself, can change that.

Celebrities and athletes should do us all a favor. They need to leave the “Twitterverse” and abandon the “blogosphere” immediately. I don’t need to know that you went shopping in New York City, what you had for dinner, or even why they think I should vote for their candidate in 2012. I don’t care that glorified celebrities like Kim Kardashians support Obama’s stance on gay marriage. She’s more famous for her relationships, rather than her political stance. Her simple tweet of “Thank You, President Obama: No more living in the past”, doesn’t mean a thing to me. It’s not like Obama did it to make her happy.

Coincidentally, Kardashians is dating rapper Kanye West. I think we all remember Kanye’s famous statement, “George Bush doesn’t care about black people.” Well, thanks Kanye. Based on your extensive research, you determined that Bush is more or less racist.

What a wonderful opinion.

I’m sure if George Bush passes a homeless person on the street he helps them out if they are white and ignores them if they are black. Kanye, take some advice, man. The only times you should ever open your mouth are to eat and rap. Otherwise, nobody needs to hear from you.

On Nov. 6 I’ll be casting my vote. It won’t be because Kim Kardashians supports Obama’s stance on gay marriage, and it won’t be because Clint Eastwood lashed an invisible Obama sitting on a chair at the republican convention. My decision has already been made.

Perspectives

Staff Reporter

The Spectrum/Morgan Palazzolo

Does celebrity backing influence your vote?

Adam
He said

I do believe in the occasional reality television show, music video, or political issue but its for pure educational or humoring purposes.

Amy
She said

Politics and celebrities. They are the stars-crossed lovers of our society. Two elements that were by no means meant to be together, but due to outstanding circumstances seem to exclusively coexist. I have never been too enthralled by celebrities or politics. I mean, I do dabble in the occasional reality television show, music video, or political issue but its for pure educational or humoring purposes.

As the 2012 presidential election is in our midst, Barack Obama (D) and Mitt Romney (R) aren’t the only ones sharing their opinions on the issues. Big-time celebrities are offering their ever-so-popular thoughts and concerns.

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Choosing the right school for you

Growing up with a basketball obsessed father and watching every NCAA March Madness Tournament from the age of 4, I thought I had a pretty good idea of what college life in the US was all about. I'm from London, Ontario; a decent sized city a couple of hours outside of Toronto. Canadian schools don't offer scholarships to athletes and after watching countless hours of basketball and seeing all the fans that went to their games, I was determined to make it to a big-named State school.

As I grew up, basketball became the sport of the past and my life became consumed with volleyball. In my junior year of high school, I began looking for schools to recruit me, still with the idea in my head that I needed to go to a school like Kentucky or Michigan State. However, I quickly learned that as a short 5'10 middle blocker from Canada that was a long shot.

As cheesy as it may sound, I think coming to Sacred Heart was meant to be. In my freshman year I quickly realized I was part of a great volleyball team, and not only that the girls on the team quickly became my family. It wasn't the 500-seat auditorium classroom I was planning on sitting in at Ohio State, but I began to love the one on one coaching that was a much better fit for me.

My move to Sacred Heart University was my young adult stage. Still experimenting and trying to find my niche—but, at the same time, understanding the importance of my education. At this point, attending school as a part-time commuter worked best for me. I was able to focus on school and, at the same time, work off the debt that was adding up from loans.

Now, as I attend my last year of undergrad, I enter the adult realm of my college career. Moving on from part-time and focusing all my attention on attending full-time, I have a clear view of the end.

When people talk about the end of something there is always a negative connotation that comes with it. In my case, it could not be further from the truth. Although I have enjoyed my life in college and I have learned invaluable things that extend further than just the basic education package, I understand that it was all done for something.

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When people talk about the end of something there is always a negative connotation that comes with it. In my case, it could not be further from the truth. Although I have enjoyed my life in college and I have learned invaluable things that extend further than just the basic education package, I understand that it was all done for something. So, while the end of my undergraduate college career is approaching, I do not dwell on the fact that a huge part of my life is about to be over. The end of one thing always develops into the beginning of another.

Without all of the things I've learned throughout college, I would not be able to move forward with my life and go through even more unexplored stages that are to come.
Features

Seniority rules

Stephanie Feehey
Features Editor

Although Sacred Heart University was forced to say goodbye to the Class of 2012, the student body is lucky enough to welcome Sacred Heart University’s class of 2016. All seniors have all been in their shoes. The stress of leaving home, learning the campus, and adjusting to college life is not an easy thing. With freshman year comes an endless supply of questions and concerns.

How freshmen get involved on campus and how they deal with the stress of classes are questions most of them encounter. To aid in this college transition, the senior class has a wealth of knowledge and experience to share.

Student body president Mia James explained that some freshman students are eager to join every campus activity, while other students wait for a personal invitation.

"To those of you who are hesitant about getting involved, remember that you only have four years. And for those of you who are trying to get involved with as much as you can, remember to have fun, you have four whole years," said James.

Finding a balance between academics, campus activities, and the social scene can also be a daunting task to complete freshman year. As many upperclassmen have learned, college is not exactly as it is portrayed in the media. Although many students have had their fair share of late night study sessions, and lack of sleep during finals week, this may not be the best way to succeed while at Sacred Heart.

Speaking from her own academic experiences, James offers advice.

"Do as well as you can. Use campus resources like the library, ask your professors for help when you need it, and always remember that the goal is to learn, not to be perfect," said James.

Senior and Social Work major Erin Murphy explained the most helpful thing she learned her freshman year.

"Time management is key in college. There are a million activities on this campus, but you have to pick and choose which ones are right for you. If you’re involved in a club or organization, you can also meet people from your major. This opens the door to people and opportunities that can help you out," said Murphy.

With the vast number of clubs and organizations offered at Sacred Heart, every student’s varying interests should be peaked.

"Don’t be afraid to step out of your comfort zone and try something new," said Murphy.

Designers give back to communities

Samantha Iarusso
Staff Reporter

Many Sacred Heart University students can be seen walking around the campus in various name brand apparel. Although these items may be costly for the wallet, designers may be paying it forward to the community.

The shoe brand TOMS, is popular not only for its style, but also its charity. For every pair of shoes purchased, TOMS gives one pair to a child in need. TOMS “One for One” charity has become quite popular amongst the Sacred Heart community.

Students commented on the feeling of giving back along with the comfortable style that TOMS shoes provide them.

“If I can give back by simply buying a pair of shoes that I love while someone else also gets a pair, then it is beneficial for everyone,” said senior Bridget Kane.

Another brand that is giving back in a different way is Alex and Ani. Alex and Ani provides bangles that are stylish and practical for the environment. Many Sacred Heart students appreciate eco-friendly accessories.

“I absolutely love my bracelets and I had no idea that they were made from recycled material. I think that makes them just much better,” said senior Lisa Panzarino.

Burt’s Bees is another brand used widely on campus that also supports the environment. The brand is best known for their lip balm, which features recycled materials for containers, makes their products nearly 100 percent natural. Burt’s Bees also does not test on animals. CEO of Workers for Freedom, Sandy Baldanza will be launching his spring line this fall, which will truly go back to the community in a different way.

“Five percent of Workers for Free-
dom profits will be donated to Westchester Children’s Hospital and Pediatric Center,” said Baldanza.

The Workers for Freedom company was established in 1985, by designers Richard Nott and Graham Fraser, who claimed that they wanted freedom from the larger fashion companies who failed to acknowledge the needs of others.

Workers for Freedom apparel will be available at stores such as Bloomingdales and Lord and Taylor.

Sacred Heart students can conveniently shop for these brands at the Westfield Trumbull Mall, located at 5065 Main Street, Trumbull, CT 06611.

Importance of youth in the presidential election

Taylor Lane
Assistant Features Editor

With 47 days left until the presidential election, there is just enough time to spark some enthusiasm on campus. Now is quickly approaching, however, the pulse on campus is unresponsive. The passive attitude about this year’s presidential election has some students worried about the future.

“There’s really very little participation at Sacred Heart University, whether it be democrat or republican. There’s very little spirit for the election or political parties, and I’m hoping that’s what we can fix,” said Stephen Hanshaw, president of the College Democrats.

The youth voters are a huge part of the outcome of any election. According to a study done by Tufts University, an estimated 22 million young Americans under the age of 30 voted in the 2008 presidential election. The College Democrats plan to facilitate students in voter registration and voting on Election Day in hopes to rival the 2008 youth turnout.

Junior Jade Bowins feels that a possible reason why students do not get involved in politics is because college provides a four-year hide out from complicated domestic issues that could effect them in the future.

“I feel like a lot more people don’t vote when they’re away at college because they are so far from home," said Bowins.

On campus I haven’t seen any spirit based on the election and I feel as though lots of college students don’t realize how much every presidential election could effect their lives," said Bowins. Hanshaw stressed this point as well.

“These issues actually do pertain to them. They’re not just for older people and people not in college any more. We are adults,” Hanshaw said.

Some Sacred Heart students commented on their plans for the future election.

“I am not planning on voting in the presidential election... because they haven’t gotten absentee ballots and I do not know when they will,” said junior Rebecca Senetken.

Bowins is avid on voting this November.

“I do plan on voting in the next election and have already sent in my absentee ballot, but said Bowins.

However, Senetken is not worried about the impact the election will have on her.

“It’s disappointing, but there’s always other elections,” Senetken said.

The lack of political pizzazz on campus can effect students’ motivation to get involved.

“There is a little spirit for the election, only within the political science department though. I think if they boosted the spirit more people would vote,” said Senetken.

While some students are passive, others are passionate about the election.

“The future of our country is now. Our generation will play a pivotal and essential role in the direction our country will take. Rather than sitting back and watching it happen, we need to understand this and act now because if we don’t now, when will we ever?” said junior Melissa LaParre.

According to Civicyouth.org, when young people learn the voting process and vote they are more likely to do so when they are older. If an individual has been motivated to get to the polls once, they are more likely to return. Not to worry, the political science students have a plan.

“Students, in my first year honors seminar, are working on a campus wide project to evaluate the political engagement of the SHU student body. My students are heading into three dorms to do a survey and conduct personal interviews,” said chairman of the department of Government and Politics, Dr. Gary Rose.

Their findings will hopefully spark a change in the direction of student participation in the election.
Sacred Heart gets fit for fall

Lauren Rodrigues
Staff Reporter

Along with the many attractions Sacred Heart University has to offer the new, and improved William H. Pitt center gives students a variety of outlets to stay healthy and in shape.

The Pitt center at Sacred Heart offers 11 fitness classes for an alternative way to stay in shape on campus.

"My roommates and I go to the boot camp class every week. I enjoy boot camp because it’s a class that works out and tones every part of your body, keeping you moving the whole time," said junior Cassy Lambert. Other students commented on the additional amenities the Pitt center provides.

"Last year, as a freshman being an athlete, I was always inside the Pitt center using the facilities," said sophomore Haley Dubit.

"Yoga was something I had no experience with but always had an interest in. When I saw that Sacred Heart offered a yoga class I immediately joined. The instructor was a great teacher and really sparked my interest in continuing with yoga at Sacred Heart. Now entering my sophomore year, I have continued to take classes and love every second of it," continued Dubit.

Staying in shape and keeping active are two vital attributes Sacred Heart students seem to maintain. The athletic atmosphere Sacred Heart portrays keeps students fully involved and sporty.

Pilates is another popular class that is offered amongst the eleven accessible fitness classes at Sacred Heart. A Pilates class consists of body conditioning that strives to increase flexibility, strength, and endurance.

Junior Maggie Toppley found Pilates to be an entire body strengthening class. "After taking the Pilates class I felt that it was a great class offered inside the school. I both saw and felt results, intensifying and adding to my regular work out," said Toppley.

The fitness classes at Sacred Heart provide a highlighted feature that many universities do not extend. It provides an alternative to the traditional gym workouts of cardio and weightlifting.

Zumba is also offered at the Pitt Center. It combines Latin and International music with cardio choreography, as a fast paced improvement to a regular fitness class.

Zumba focuses on resistance training for the entire body. The music and upbeat setting has made Zumba one of Sacred Heart’s most popular classes.

In the past, campus clubs and organizations have even held Zumba nights as a way to raise money, attracting large groups of students.

"The class was really fun, I loved the instructor and saw results in my body. Zumba is a fun way to lose weight and doesn’t feel like a work out because of all the dancing," said sophomore Nikki Rydzewski.

Sacred Heart students of all classes are taking advantage of the exercise opportunities at the University. Fitness schedules are available on the Sacred Heart website, which includes class times and instructors.

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The Spectrum/Amy Nunes
Members of the new environmental club, Green SHU’s, volunteer to clean up Bridgeport.

Green SHUs step onto campus

Amy Nunes
Staff Reporter

Sacred Heart University is now offering a new environmentally friendly club. The Green SHUs is an environmental club that adds to the university’s realm of community service.

The club was started by sophomore Edward Garrity in collaboration with classmates Matt Cole, Kevin Hess, and Caitlyn Goggin.

They kicked off the year by volunteering at the “Make Bridgeport Beautiful” project, which was organized by the Fairfield County Environmental Justice Network, guided by member, Sheri Neely.

The project’s goal was to clear out the land in the east end and beautify the shoreline so that the water was actually visible from the street. This aided in making the area and drive-by more aesthetically pleasing.

Although club members agreed that the tasks were not all pleasant ones, like digging up shopping carts and animal remains, their persistence and positive attitudes helped them complete it.

The Fairfield County Environmental Justice Network praised the student’s attitudes and efforts after the completion of the service project.

The project was groundbreaking for the east end. Sacred Heart students have been really phenomenal through it all. For them to work this hard, it is tough not to give them something in return,” said Ted Meekins.

Ted Meekins, a member of the east end community council, added that Sacred Heart students are his “favorite community group” because of the dedication they have for the Bridgeport area.

One of the club’s main goals for this year is to bring awareness to the need for clean water in all communities. With this currently being such a significant issue, the Green SHUs are hoping to band together with other clubs on campus and tackle the problem.

Vice president and sophomore Kevin Hess stressed the importance of coming together as a community to help aide in a common goal, which in this case is to help beautify Bridgeport.

Co-president Matthew Cole hopes the club will expand its members this year.

“We are looking for anyone to join. We feel that it is really easy to get involved with this and giving back is so worth it. You can see the difference you’re making, it’s tangible,” said Cole. Cole went on to say that it is not too overwhelming of an obligation and people can help out whenever it is convenient for them.

Many professors and students have been showing interest and support in the Green SHUs. The club has sparked interest on campus already and hopes to get a lot accomplished this year.

“It feels so good to give back, and I can’t wait for more opportunities to do so,” member Alessandra Pane said.
**Peter Jackson returns to ‘The Shire’**

The largely anticipated prequel to the Lord of the Rings trilogy has SHU excited

**Jeff Daley**
**Assistant A&E Editor**

Almost a decade ago, millions of fans fell in love with Peter Jackson’s remake of J.R.R. Tolkien’s “The Lord of the Rings” trilogy. The trilogy acquired a significantly large following from fans all around the world.

Now, Peter Jackson and fellow filmmakers of the award winning trilogy are back to shoot “The Hobbit: An Unexpected Journey.” When Warner Bros., New Line Cinema and MGM announced that Peter Jackson was to direct J.R.R Tolkien’s famous novel, “The Hobbit” two years ago, fans got anxious.

Senior Brittany Stern is one of those anxious fans from Sacred Heart University looking forward to going to the movie on opening day.

“I can’t wait for the movie to come out, I want to get dressed up and everything. ‘The Hobbit’ is one of my favorite books,” said Stern.

The film started production in February 2011. It was to be broken up into two installments and shot in 3D.

However, it was later decided by Peter Jackson in July 2012 that he would be making a third film, creating a prequel trilogy.

The future dates for the films are already set in stone.


Freshman Jake Nolan is anxious to see the special effects 3D has to offer.

“When I heard that it was being shot in 3D, I was really excited because it’s going to add to the great effects that will already be in the movie,” said Nolan.

Not only were students excited about how it was going to be shot, but also who was directing it.

“I think it is just fitting that Peter Jackson directs the prequel trilogy. He did such an awesome job on the ‘Lord of the Rings’ trilogy,” said junior Raymond Morrissey.

Many students are glad to see that “The Hobbit” is finally being adapted into a film.

“After how successful the first three movies were its good to see a movie being made for ‘The Hobbit’ considering how good that story is,” said Junior Dillon Coughlin.

Coughlin believes that the prequel to Peter Jackson’s trilogy is necessary for “The Lord of the Rings” fans.

“It works well with the trilogy because we have to know how Bilbo Baggins receives the ring, and ‘The Hobbit’ will tell that story,” said Coughlin.

According to IMDB.com, ‘The Hobbit: An Unexpected Journey’, is based on Bilbo Baggins, played by Martin Freeman and how he is swept into a quest for a treasured guarded by a fierce dragon named Smaug.

A group of thirteen dwarves led by the legendary warrior, Thorin Oakenshield, played by Richard Armitage, are gathered by the wizard Gandalf the Grey, played by Ian McKellen, to help aid Baggins in his quest.

Among his journey, Baggins encounters many things from giant spiders to goblins and orcs.

Elijah Wood and Orlando Bloom are said to be rejoining “The Lord of the Rings” cast as Frodo and Legolas.

A new trailer for the movie premiers this Wednesday, Sept. 19.

“I have no doubt this movie will be an epic blockbuster,” said Morrissey.
MTV's Video Music Awards still brings the drama
The annual award show fails to compete with Obama but still has Sacred Heart students talking

Katie Perzanowski
Staff Reporter

Ratings seemed to be far from record breaking for the 2012 MTV Video Music Awards that aired at 8 p.m. on Thursday, Sept. 6.

According to HipHopWired.com, the 2012 VMA's attracted 6.1 million viewers, only half as many viewers as the 2011 award show.

This year, the show started an hour early to coincide with President Obama's acceptance of the democratic nomination speech, which was televised the same night at 10 p.m.

The well known awards show was held in Los Angeles at the Staples Center.

The night began on the red carpet where the celebrity gossip unfolded right away.

Rapper Wiz Khalifa's girlfriend, Amber Rose, revealed that she was pregnant with the couple's first child as she walked the carpet with an obvious baby bump.

Actor and stand-up comedian, Kevin Hart, hosted the special night. In his opening monologue, he playfully brought up the ongoing Chris Brown and Drake feud and even congratulated Snooki on the birth of her baby boy.

Sacred Heart University students who watched the VMA's viewed only segments of the show while others tuned in just for background noise.

The most esteemed awards of the night went to Rihanna and Calvin Harris for best music video of the year with their hit "We Found Love" and best new artist went to the British sensation boy-band, "One Direction."

A memorable portion of the night was Taylor Swift's performance of her recent billboard chart-topper, "We Are Never Getting Back Together."

However, junior Kristina Maiello was underwhelmed by the artists performance.

"I thought it was a let down," said Maiello. "I had higher expectations, even though I love her [Taylor Swift] music."

Follow us on Twitter!
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Tweet us your opinion and pictures about events on campus!

Introducing:
Fairfield Fridays!

Laura Hardt
Assistant A&E Editor

Looking for something to do on Friday nights?
Beginning on Sept. 14, Fairfield Fridays will give students an exciting new way to kick off their weekend.

Held on the second Friday of every month, trips are planned to a variety of local hotspots in and around Fairfield.

Amy Ricci, the director of student activities, helped to develop the program in order to create a monthly tradition at Sacred Heart University in hopes of giving students something to look forward to at the end of every month.

"We hope to really give students a taste of what's out there. It especially gives first year students the chance to get away from campus," said Ricci.

Carabiner’s Indoor Rock Climbing, as well as several shops and restaurants in downtown Fairfield, are among the destinations that students will be shuttled to on upcoming outings.

Student reaction to these plans is largely positive.

Many, including junior Shealyn King, are willing to give input into plans for destinations of further outings once they are made aware of the opportunities available to them in Fairfield.

"I’m not familiar with the area, but going on these trips could help me to expand what I know," said King.

Freshman Shara Mae, believes that the new program has the potential to encourage Sacred Heart students to get more involved in the school community and the surrounding areas.

"I feel like this program could help me meet people and make long term friendships," said Mae.

Students who are interested in finding out more about the new service can go to Hawley Lounge or contact Amy Ricci or her graduate assistant, Shannon Driscoll.
Field Hockey

With both goals, sophomore Sarah Bergman led the Pioneers to a 2-1 victory over UC Davis (3-3) Friday at Campus Field. On Sunday, the Pioneers were shutout, 5-0, by Rutgers (4-4).

Pioneers 0-3 in Black Knight Invitational

Amanda Sialiano
Asst. Sports Editor

The Sacred Heart University women's volleyball team traveled to West Point to play in the Black Knight Invitational this past weekend, finishing 0-3.

Sacred Heart kicked off the tournament with a 3-0 loss to Albany. Senior Johanna Osvensen and freshman Karly Shockley led the Pioneers with nine kills each. Osvensen finished with a .467 hitting percentage.

Sacred Heart got off to a strong start in the first set, taking a 3-1 lead, but quickly lost it when Albany senior Traci Vanzengriff ripped off a four-point serving streak. The Great Danes never looked back, taking the set 25-14.

In the second set, Albany grabbed the first two points and advanced to a 7-1 lead. Sacred Heart was never able to gain the momentum and lost the set 25-17.

The Pioneers played a competitive third set, tying the score 13 times and taking the lead four times, but lost 25-22.

Albany senior Duja Pejic was able to follow through on a four-point service streak, putting her team ahead and allowing the Great Danes to claim the final set and the match.

"We are learning that we need to be much more consistent and deliberate in how we approach these matches against strong competition," said Sacred Heart head coach Rob Machan. "Good teams don't give you many points, you have to earn them.

In their second game of the Black Knight Invitational, against Virginia Commonwealth on Sunday, Sacred Heart did not get to a good start, trailing 4-0 early. The Pioneers were not able to establish a lead and lost the first set 25-18.

After dropping the second set, 25-15, Sacred Heart battled in the third set, evening the score 13 times before losing the set, 25-20, and the match, 3-0. Pioneer sophomore Alissa Young tied the score at 20 with a kill, but Sacred Heart could not pull out the win due to attack errors.

Sacred Heart had 27 hitting errors in the match, while VCU only had five.

In the loss, freshman Natalie Krizel led the Pioneers with eight kills. Osvensen, Shockley and Young each had seven kills in the match.

"I think it is as plain and simple to say," said Shockley, "[that] we should have been playing the way we did in the third set in both of those games against Albany and VCU the whole time. In the final sets of both of those games, we played our system of volleyball that we practiced and we showed heart."

"I believe that if we had played that way from the start, there may have been a different outcome. We are still trying to figure things out as a team and get ready for conference.

On Sunday evening, Sacred Heart played their last match of the Black Knight Invitational, a 3-0 loss against host Army.

Freshman Allison Riggs led the Pioneers with a 429 hitting percentage and delivered three kills in seven attempts. Shockley led the team in digs (13) and kills (6X).

The Black Knights started the first set with an eight-point flurry that the Pioneers could not keep up with. Sacred Heart would lose the match 25-16, 25-11, and 25-14.

Despite Sacred Heart's losses, Osvensen was named to the All-Tournament team.

"Osvensen was a key player for us with her attacking," said Machan.

The Pioneers continue to have a positive attitude and are getting back to the gym to work on their skills for conference play.

"I believe that we play great in practice," said Shockley, "but this week we will continue to work on our system of play, as we have done for almost two months now, and fine tune our skills. If we can transfer over what we do in practice to a game situation, I am confident we will do just fine in the conference. It would be great if the team's hard work paid off with some wins."

The Pioneers hold an overall record of 2-11, with one more pre-conference game to play, today at the Pitt Center against Kent State at 7:00 p.m.

Sacred Heart's Northeast Conference schedule begins with road games on Saturday, against LIU Brooklyn, and Sunday, against Saint Francis.

Women's Soccer

The women's soccer team beat Cornell University (0-7) on Friday, 2-1. Senior Jen Mulvey scored the first goal of the game and freshman Dana Cosmedy added the game-winner in the 86th minute. The team traveled to Brown University (5-1) on Sunday, only to come up short, 1-0.

Princeton coach takes over SHU wrestling

Shelby Vaccaro
Staff Reporter

Andy Lausier, from Naperville, Ill., has been named the new head wrestling coach at Sacred Heart University. Lausier attended Lycoming College in Williamsport, Pa., where he completed his wrestling career as an All-American with three Middle Atlantic Conference titles and an outstanding record of 121-29.

As a coach, Lausier rebuilt a program coming off a 10-year hiatus at Stevens Tech in Hoboken, N.J., from 2003-2007. During his tenure as head coach, Stevens Tech appeared in three NCAA Tournaments.

Lausier subsequently moved onto Princeton University, where he served as the head assistant coach for four seasons before moving to Sacred Heart. At Princeton, Lausier helped usher in the program over UC Davis (3-3) Friday at Campus Field. On Sunday, the Pioneers were shutout, 5-0, by Rutgers (4-4).

Princeton, Lausier helped usher in the

Senior Nicole Morales serves up an ace.

The Spectrum/Sean Elliott

With those new recruits and the returning roster, Lausier knows his job of Sacred Heart, "from being here with Princeton. The campus is unique. With it

would be great if the team's hard work paid off with some wins."

Lausier's regime begins on November 3 when Franklin & Marshall visits Fairfield.

"Embrace the journey," said Lausier, "not just the destination."

"It is an undeniable fact that we all want to win and be great. Taking this into consideration, I want our wrestlers to focus on the performance rather than the result. True character is revealed during the course of a seven-minute match, not at the end of it."

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**Golf**

The men's golf team participated in The Adams Cup on Monday at the Newport Country Club in Newport, R.I. and Tuesday at the Carnegie Abbey Club in Portsmouth, R.I. as part of a 12-team field that included Bryant, Connecticut, Fordham, George Washington, Johnson & Wales, Hartford, Penn, Rhode Island, UCF, Villanova, and Yale. Results were not available as of press time.

The women's golf team opened their season on Monday and Tuesday at the Eisenhower Park White Course in East Meadow, N.Y., as they battled in the St. John's Intercollegiate, hosted by St. John's University of the Big East Conference. Results were not available as of press time.

**Tennis**

Women's tennis participated in the Quinnipiac Invitational on Friday and Saturday. The Pioneers competed against UConn, Providence, Seton Hall, Hartford and Quinnipiac. Results were not available as of press time. The team travels to Monmouth University today for a conference match.

The men's tennis team played St. Francis College on Sunday and won the match 5-2. Sophomore Justin Pagan led the team with a straight set win. Freshmen Brian Power and Matt Dean earned their first collegiate singles wins. In the doubles play, the Pioneers won at 2 and 3. The Pioneers compete in the USTA Collegiate Championship this weekend.

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**Second half propels Colgate over SHU football**

Dan Otzel  
Sports Editor

The Sacred Heart University football team must have felt pretty good heading into the half of Saturday's 35-14 loss to Colgate University.

With 10 seconds left in the second quarter, Sacred Heart Pioneer r-junior quarterback Tim Little had just connected with r-senior wide receiver Rock Tate on a 17-yard touchdown pass to tie the game at 14-14 going into the break.

A screen capped a half that saw Sacred Heart put up 227 yards of total offense, 77 of which coming on the ground from junior running back Greg Moore. So, there they were.

On the road and tied at halftime in front of 5,438 fans at Andy Kerr Stadium in Hamilton, N.Y.

If the Pioneers could find a way to win the second half, just like they did in their opening loss at Morgan State University, they would even their record one week before beginning Northeast Conference play.

"We had a little momentum going in at half," said Sacred Heart head coach Mark Nofri, "which is something you always want for your team."

But, sometimes, football can be a game of two halves.

On Saturday, it was.

Sacred Heart took the momentum to begin the third quarter, as r-sophomore wide receiver Robert Dim blocked his second punt of the game in the Colgate Raiders' first possession of the half.

The ensuing drive saw the Pioneers turn the ball over on downs when Little was stopped on a fourth-and-one near the Colgate 10-yard line. Highlighted by a 61-yard run from sophomore wide receiver Jimmy DeCicco, the Raiders moved the ball 91 yards down the field, punctuating the drive when senior receiver Jimmy DeCicco, the Raiders moved the ball 91 yards down the field, punctuating the drive when senior receiver Chris Looney, their second scoring hookup of the day, with a 27-yard touchdown strike to senior wide receiver Chris Looney, their second scoring hookup of the day, with a 27-yard touchdown strike to junior wide receiver Jermaine Yteira.

Colucci, who had seven tackles on the day, echoed his coach's sentiments.

"We were confident that we could keep them off the field in the second half," said Colucci. "I think we were making careless mistakes in the first half that we never used to make, myself included."

The Raiders had scored on their first drive of the game when McCamey found a little bit of daylight for a one-yard touchdown run, concluding an 11-play, 65-yard drive.

Moore answered early in the second quarter with his own one-yard touchdown run. Moore finished with a team-high 93 rushing yards on 17 attempts.

"First half," said Nofri, "we did a great job of mixing up run and pass. We had a good flow of running backs in the game and were moving the ball. Tim [Little] made some good throws and hung in the pocket a few times with pressure and was able to make some completions. I was happy that we were able to run the ball in the first half. We need to continue to do that for all four quarters."  

Colgate took the 14-7 lead when McCamey connected with Looney for a 22-yard touchdown pass on fourth and 1.

Sacred Heart travels to West Long Branch, N.J. to take on Monmouth University on Saturday in their first Northeast Conference game of the season.

"They seem a lot like Colgate up front," said Colucci. "Their QB can hurt you with his arm as well as his feet. So, we need to have a great week of practice and I'm confident we can come out on top."

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**Pioneers fall with 2 consecutive losses**

Alana Miller  
Asst. Sports Editor

After beginning the season 3-0, the Sacred Heart University men's soccer team lost both road games last week.

In a disappointing first loss of the season on Wednesday, Sacred Heart was defeated, 3-2, by the New Jersey Institute of Technology in Newark, N.J.

The result that we got against NJIT was a bit harsh," said senior goalkeeper Daniel Nicinski, "considering we did play well. But, simply, we are going to move on. It is a loss, but the season has just begun and we are still putting some of the pieces together."

14 minutes into the game, the Pioneers got an early lead. Freshman Mahmoud Kafet scored the first goal of the game off a feed from junior Ronaldo Vieira.

However, NJIT erased the lead early in the second half with three straight goals.

In the 52nd minute, NJIT sophomore Cristian Marcel scored a goal to tie the game at 1. Seniors Franco Gamero and Christian Galindo quickly followed with the second and third goals, respectively.

Pioneer freshman Jamal Vinson tried to ignite a comeback for the team in the 71st minute with a goal from the right side, but Sacred Heart was unable to get one more.

"Playing wise," said Nicinski, "we did very well. But, mentally, we need to improve and stay in the game for the entire 90 minutes. We are also looking forward to the return of a few key players, like [senior] Justin Brewer, who will definitely help improve the team."

The Pioneers moved to action on Sunday, only to be shutout by Yale University, 2-0, in New Haven. 24 minutes into the first half, Yale got on the board with a goal from junior Janner Fox. Yale recorded the game's final goal when junior Peter Jacobson scored early in the second half.
Roger Harris
Staff Reporter

“We couldn’t have asked for a more beautiful day,” said Executive Athletic Director C. Donald Cook on Saturday.

On a warm, sunny September morning at Sacred Heart University, Pioneer Park, the school’s new state-of-the-art softball field, was dedicated to the fans and families of the softball players.

Laughter, friendly conversation, and pride filled the stadium as excited parents greeted each other and searched for their names engraved on the stadium seats.

The ceremony began with a few words from Cook. The longtime AD spoke about the changes to the field and how he remembers when it was a baseball field years ago. He also added he hopes that the new and improved field will aid the team in their quest for their third Northeast Conference title.

University President Dr. John J. Petillo, who was present 10 months ago at the groundbreaking ceremony, was unable to make the ceremony due to schedule conflicts.

Co-head coach Elizabeth Luckie, who is heading into her 25th year coaching the softball team, also gave a heartfelt speech. The beloved coach thanked everyone who had a hand in the project, including the players and families for their support.

“Fans and alumni,” said Luckie, “this stadium is as much yours as it is ours.” Luckie is thankful for Sacred Heart University’s contribution to her team.

“We’re humbled by the university dedicating this field to us,” she said.

Luckie, armed with the new stadium and a talented roster, is very optimistic about the upcoming season. After last year’s disappointment of not making it to the NEC finals, Luckie says the girls “are on a mission” to claim their place in the NEC championship.

Senior pitcher Nicole Sidor is also excited to have the whole season to utilize all the amenities of Pioneer Park. She loves the modifications they’ve made to the new stadium to better suit both teams.

“It’s nice to have our own personal space,” said Sidor.

Pioneer Park is equipped with two locker rooms and two dugouts with a batting cage in each one, allowing for both teams to warm up separately. Another addition to the stadium is a cutting edge press box.

Alumnus Rich Space was wowed by the new stadium.

“It’s nothing like it was when I went to school,” said Space. "This used to be a baseball and soccer field.”

Space has been watching Sacred Heart games for over 30 years. He believes the new stadium will give other softball fans even more incentive to watch games on the Sacred Heart campus.

“Space enjoyed the visit to his alma mater and being back in the Sacred Heart atmosphere,” said Luckie.

Co-head coach Elizabeth Luckie

Other highlights of the ceremony included juniors Taylor Lane and Jade Bowins teaming up to sing the Star Spangled Banner and freshman Nicole Diessler delivering a prayer for the field and the fans in attendance.

To end the ceremony, there was a barbeque held for the softball team and their friends and family.

For them, and all the Sacred Heart community, Pioneer Park has proved to be a dedicated effort.

CLUB SPOTLIGHT

Tennis

Mario Miranda
Staff Writer

What: USTA Tennis on Campus
Where: Practice at the tennis courts on campus across from the Pitt Center.
When: Optional practices everyday.
Games: Home games are held at the tennis courts on campus.
Participating in games and tournaments during the Fall and Spring seasons.
Individual and co-ed matches.
Senior coach run team.
Teams in division: Fairfield University, UCONN, Yale, UMASS and CCSU and more.
All 22 male and female student athletes.
No tryouts or cuts.
Email head coach Jeffrey Barrett at barrettj@sacredheart.edu and President Sean Elliott at elliottsi@sacredheart.edu for more information.

First meeting of the year is tonight (9/19) @10:10 in HC 106. Interested/new/returning players required to attend.

"My expectations for this team are high as we have a strong core of returning players and a number of talented freshmen joining us this year.” – Coach Jeffery Barrett

Sophomore Thomas Bovino hits a forehand during a recent match.