SHU praised for volunteer work in Princeton Review

Kaitlyn Kreitzman
Contributing Writer

The Princeton Review ranked Sacred Heart University among the top 337 colleges based on our strong community service along with our admissions process. According to the article on the Sacred Heart website, "Sacred Heart is one of the country’s best institutions for undergraduate education."

The Princeton Review had high praises for Sacred Heart’s volunteer programs.

"If you’re into community service and volunteering — and most students here are — you’ll be in your glory with the opportunities that are available for students."

There are countless volunteer opportunities to participate in through volunteer programs.

"We interview students to find out what their interest levels are and if they would be a good fit for SHU’s campus."

--Michael Tarantino

Director of Volunteer Programs, Matthew Kaye said, "In volunteer programs, students go out into the community and work at elementary schools and soup kitchens. Our volunteer programs have participated in helping out the elderly, habitat for humanity, elementary school read alouds and the list goes on."

Sacred Heart’s Chapel of the Holy Spirit.

Colleges participate in NEACAC fair at Sacred Heart

Mark Podesta
Assistant News Editor

On Sept. 2 in the William H. Pitt Center, Sacred Heart University was home to the New England Association for College Admission Counseling, or NEACAC, College Fair.

Set up in rows of tables throughout a third of the Pitt Center, a total of 255 institutions from across the nation arrived, with admissions counselors, to meet prospective students.

Each table was labeled with the schools that were featured, as well as brochures, posters, and presentations for students to learn about each institution.

Offering students from the ages of 15 and older, the NEACAC College Fair provided them a chance to talk to counselors of schools they may never have had the chance to visit, or even known existed.

The admission counselors that represented each school gave students information about their institution’s acceptance rate, general information, living situation, sports, and the most important to many prospective students, the meal plan.

"I never had the chance to go to anything like a college fair when I was in high school, said Connor Bohl, a sophomore Student Ambassador, "it is a good way for kids still in high school to open their eyes to schools they might have never known existed."

Giving high school level students the opportunity to meet admissions counselors paves the way for application decisions as well as deciding on a "first pick" school.

The offices of Undergraduate Admissions at Sacred Heart set up for the fair, as well as offered their own booth where students could talk to admission counselors.

"I walked around to answer questions for families and got the chance to listen to a lot of the admission counselors," said Alexa McCourt, also a sophomore Student Ambassador. "They were all very intelligent and helpful people, and good presenters."
US Presidential Campaign

Associated Press
LOS ANGELES Calif. (AP)

Mitt Romney's presidential campaign strove to turn the page on a week of public stumbles and Republican hand-wringing Sunday, promising a redoubled effort in the most competitive states to undercut his opponent's economic record as voters tune in for the final six weeks of a deadlocked race.

President Barack Obama, taking a rare break from the campaigning ahead of an address to world leaders on Tuesday, dispatched top allies to try to keep Romney's missteps alive in the minds of a dwindling cadre of undecided voters.

Both candidates were looking ahead to the pivotal next phase of the campaign, where the three presidential debates , the first on Oct. 3 in Denver, - present the greatest opportunities to speak directly to voters or to get tripped up by a gaffe-turned-sound bite with little time to recover before Election Day.

Rehearsal for those debates consumed the early part of the day for the former Massachusetts governor, who huddled with senior advisers in Los Angeles ahead of an evening campaign stop at a Denver-area high school. Romney has consistently taken time from his campaign schedule in recent weeks to focus on debate preparation , whether studying up on policy issues or roleplaying with Ohio Sen. Rob Portman, who has been tapped to play Obama in Romney's debate dry runs.

While both sides are downplaying expectations, the candidate himself had a similar takeaway. Addressing donors Saturday night in Democrat-friendly California, Romney sought to translate the scuffle over the video into a policy debate about the growth of government under Obama's leadership.

"This is a tough time. These are our brothers and sisters. These are not statistics. These are people," Romney declared. "The president's policies , these big-government, big-tax monolithic policies , are not working."

Hoping to discharge another long-problematic issue during an already lost week, Romney on Friday released his 2011 tax returns showing income of $13.7 million, largely from investments. Citing Romney's refusal to release more than two years of returns, Obama aides argued that wasn't enough, seeking to parlay the issue into a broader condemnation of Romney's reluctance to lay out the specifics about how his tax plan would affect average Americans.

"He's not been straight with the American people about his taxes," said Obama campaign adviser Robert Gibbs. "He's not been straight with the middle-class people, families, in this country about what is going to happen to their taxes."

In his own personal slap at his opponent, Romney on Sunday released a television ad citing a new book by Washington Post editor Bob Woodward that claims that during a 2009 conference call on stimulus negotiations, then-House Speaker Nancy Pelosi, D-Calif., put a verbos Obama on mute. "If he cannot lead his own party, how can he lead America?" the ad says.

Pelosi has flatly denied the incident ever occurred.

"Clearly, this ad is an act of desperation," she said in a statement released Sunday.

While national polls remain tight, polls in several of the most closely watched states, including Colorado, suggest that Obama has opened narrow leads. Obama won Colorado by 9 points four years ago, but the state went to a Republican in the previous three presidential elections.

Amid mounting pressure to spend less time raising money and more time explaining his plans to voters, Romney was refocusing his schedule visit more frequently the most competitive states. Romney adviser Kevin Madden defended the fundraising focus as a necessity, but said that intensity would be matched by an aggressive schedule of public events starting Sunday.

From Denver, Romney was to begin a three-day bus tour in Ohio on Monday followed by a stop in Virginia . States that Obama won in 2008 but that Republicans claimed four years earlier, Obama, meanwhile, was set to be in New York on Monday and Tuesday for a speech before the United Nations.
NEACAC Fair

Sacred Heart Student Ambassadors volunteered to help with the college fair as well. The Ambassadors greeted families entering and departing from the fair, and were constantly walking around and stationed at various places to help answer any questions families had.

Having been the hosts of the college fair, Sacred Heart had the largest and a very striking display. Student Ambassadors were also working with the Admission counselors at Sacred Heart’s table to give students a view of how Sacred Heart is in the eyes of current students.

“I think that the best part of having the fair here at Sacred Heart is that the families have to come to our campus, see how beautiful it is, and get to talk to students who are currently going to school here,” said Karli Ryan, a sophomore Student Ambassador at Sacred Heart. “It’s showing off Sacred Heart in such a positive way.”

Volunteer work praised

Sacred Heart is always expanding their volunteer programs for new opportunities for students.

“We just began a new program called SHU-ERC, which is an emergency response core program which is run through our office and the College of Health Professions, with Professor Linda Strong. We will be training 60 people to learn how to be a first responder to any natural, or human made disasters,” said Kaye.

These programs allow students to be a part of organizations that are run during and after school is out.

Many students are always taking advantage of the opportunities offered by Sacred Heart.

“At Sacred Heart I got involved in AMP, which is the Academic Mentoring Program, which is a three-year program where we go elementary schools and help prepare the kids for high school,” said senior Sherrod Williamson.

Besides Sacred Heart’s high involvement in community service, the Princeton Review also praised their admission process. The admissions process takes a broad perspective as it looks at multiple aspects of potential future students.

“We take into consideration anything, from the student’s GPA and test scores to their interest level in SHU, and their essays and recommendation letters,” said undergraduate admissions counselor, Michael Tarantino.

Sacred Heart admissions counselors also takes time out to personally meet with the students.

“We interview students to find out what their interest levels are and if they would be a good fit for SHU’s campus,” said Tarantino.

Sacred Heart has many volunteering opportunities, and a unique admissions process, which has helped aid the success of the school and achieve this rank.

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Heart University's graduates leave with an average debt of $30,000, which is $30,000 more than a Sacred Heart graduate at the mid-career mark.

Other Conn. schools, like Quinnipiac University, have high costs too.

"It's misleading since Quinnipiac is almost $52,000 to attend and live on campus when the list had Sacred Heart listed at $50,000 as the least affordable school," said junior Brian Kelly.

Most students at Sacred Heart value their education.

"Although Sacred Heart was ranked least affordable school in the United States I believe the courses provided and small class sizes make it worth it," said junior Jennifer Biagiotti. "The faculty here without a doubt speaks for itself."

Some students like the fact that Sacred Heart make the list.

"It's almost a privilege to go to the school that was the highest on the list since it is obvious that the education we get is better than many other schools," said Kelly.

For some students, though, numbers are usually not the deciding factor in their college choices. There are countless other aspects that must be considered.

Many students value what schools have to offer more than anything.

"I am an exercise science major and Pre-PT and when I saw how highly## Inserted from text content #3 rated this field was at SHU, it drew my interest even more," said Cotto.

Newsweek's methodology could not account for any variable that was not numerically tangible, such as a school's major specializations.

This article was contributed to by Assistant Editor Dana Maltese

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your problems and you will get through this.

You still see people doing it all the time. Even with the (AT&T) commercials out there,” said senior Steve O’Brien.

When students were asked why their peers choose to continue this potentially life threatening habit, most of them were able to make some understandable comparisons.

Comparisons such as, the “Above the Influence” smoking commercials or any of the numerous drinking and driving commercials, meant to deter the viewer from these dangerous habits. “They’re all similar habits that people do and may not even realize it,” said sophomore Sairah Chughatta.

Although the message being sent is a serious some students don’t think it is working.

“Don’t text someone when you know for a fact they’re driving,” said Chughatta.

“Take away the opportunity before it presents itself.”

Some Sacred Heart students think preventing is the best answer to not text and drive.

“Just pull over if it is that important you can always just pull over,” says, O’Brien.

However, there were some Sacred Heart students who do not need to see the commercials at all, to keep them from texting and driving. “I can’t watch them. I avoid them,” says Junior Nicole Barnes.

“I know the risks, so for me, it’s always an easy decision not to do it” says Barnes.

Is gluten free the way to be?

Students who are left no choice but to eat gluten-free find it difficult to eat on campus.

“Eating gluten-free on campus is absolutely frustrating and I have been reduced to tears numerous times. Since freshman year I have been relying on core packages from home, salads, plain grilled chicken, and going weekly grocery shopping,” said Polinice.

Other students are happy with the gluten-free selections Sacred Heart has to offer.

“Outtakes actually has some great gluten-free options though, from their frozen Amy’s meals to the different bags of chips. Although they’re really expensive, they offer a lot of stuff,” said Carven.

Celiaccentral.org says men and women, of any age or race, can be affected by Celiac disease. With over 300 symptoms, Celiac may be difficult to diagnose.

“I became gluten, dairy, and soy free at age eighteen as the result of being finally diagnosed with Celiac Disease. It was completely forced upon me, as I was so sick from being malnourished and underweight for eighteen years of my life without proper diagnosis,” said Polinice.

According to many, there are a variety of struggles that come with having Celiac Disease other than following a gluten-free diet.

“It’s just a struggle watching your friends eat whatever they want and not think twice about it, as I sit there trying to act like I’m content with the bland food that I’m eating when I’d much rather be eating the sandwich or bagel or bowl of pasta that everyone else is enjoying,” said Carven.

Another obstacle encountered with eating gluten-free is making sure that plans are made ahead of time.

“My biggest struggle is planning my day around the availability of food... It’s also really hard having to explain to people in food service that, no, you can’t just take the bread off my sandwich and give it back to me. Those crumbs have gluten and they’re on my plate... all it takes is 1/16th of a teaspoon to redo all the damage to your intestines,” said Polinice.

Many agree that gluten-free availability should be looked into before attending a school.

“Find out if there are gluten free options for you and if not, stand up for yourself because its becoming more and more common and places should offer some sort of alternative for gluten free patrons,” said Carven.

While following the diet is hard, many students agree that health comes first and that there should be any fear in asking others to make accommodations.

“My advice for others is that you’re clearly not alone. You’re never being a pain asking to have your food made safer,” said Polinice.
Dolphins, mice, and bears, oh my!

Dana Maltese
Assistant Editor

Aside from swimming with my two new dolphin friends, Skipper and Nikki, this summer I had the chance to get my feet wet in the field I eventually hope to have a career in. Hersam Acorn Newspapers located in Ridgefield, Conn. was where I spent the majority of my summer working as an intern reporter for The Easton Courier.

My first day in the office, I showed up in my business casual attire ready for whatever my boss had planned for me. We sat down in the lunchroom to talk about the topics I would be writing.

Maybe I should give you a little background on this town called Easton that I hold near and dear to my heart: It's small. I was born and raised here. There are no streetlights, most drivers cannot keep up with the twist and turns of our poorly paved roads, and the most exciting thing that happens is the annual carnival every summer. Besides the carnival, there is not much happening in this little place I have called home for 21 years.

Or so I thought.

One of my main assignments was to drive to the police station located in the town center. Every Tuesday, I would walk in and talk to the records keeper, Joanne. Each week she printed the police activity in the town and it was my job to pick out newsworthy items.

Most weeks it was a couple of car accidents, a few mailboxes vandalized, or the ongoing sightings of a black bear in the woods. The items were the usual thing you would see listed under the police blotter in your local paper.

One week, I walked into the police station on a Tuesday morning and Joanne had a smirk on her face, which lead me to believe she had some pretty interesting news to report on. I sat down in her office and began to flip through the pages. I saw a case that made me do a double take.

Officers had gotten a call that a woman's dog was "getting chased by a mouse."

I know what's running through your head; it was the same confusion I had running through mine. Besides getting a good laugh that morning, I realized it wasn't about what I wasreporting or how silly the police log could have been in a town with a very low crime rate. It was the experience I had and the excitement that I got each week when I saw my articles printed in a weekly publication.

I learned that this world of journalism is exactly every ounce of what I want to do with my life. From brainstorming topics to seeing the finished product neatly folded on the rack makes me proud to know I had a part in putting together something read by complete strangers.

This summer, I fell in love with the process a journalist has to endure. From the happy moments of reporting on new kittens found, to the frustrating moments of getting denied an interview. So, as my junior year continues I hope to leave my print not only on Sacred Heart but on readers as well.

Letters to the Editor

Regarding the article "SHU named least "affordable school"

Sacred Heart is the least affordable university in America. Literally, the worst bang for your buck.

So is SHU worth it? Good question Newsweek.

Better questions might be: What is my tuition paying for? Why is there so little financial aid available? When will I find a job?

Sure looks like campus got a face lift, though. That chapel. The McMahon. The library. The president's mansion. That invisible parking garage.

None of that stuff makes the students any smarter. (Except for the library. If you use it.)

So, instead of these big classes let's get things we can use — smaller class sizes and more sections.

Colleen Mason, senior

Dear Spectrum,

Arrived at campus early but got to class late?

Check.

What do we live overcrowded houses or not enough classes? Learning becomes a competition for who gets a seat.

So, instead of these big classes let's get things we can use — smaller class sizes and more sections.

Colleen Mason, senior

Welcome to SHU Parking.

-Nick Aquilino, junior
Who is your daddy?

MacDaddy’s proves to know their way around the kitchen

Justin Britton
Contributing Writer

If you like Mac & Cheese, MacDaddy’s is your place. Located conveniently at 2449 Black Rock Turnpike in Fairfield, Conn, it is quickly becoming the new hot spot for comfort eating diners alike.

Owner Robert Dunn took the macaroni and cheese world by storm when he opened the first MacDaddy’s back in 2009. With four restaurants now open in Conn, and more on the way, MacDaddy’s is proving to be creatively delicious with every meal they serve.

With 25 different options of “Mac and Cheese,” there’s sure to be something on the menu that meets your cravings. You can choose a dish such as the “MacDaddy,” which Dunn compares in taste to the “Big Mac,” or get creative by adding ingredients such as: vegetables, chicken, pork, and even lobster to the macaroni.

Other favorable options that could incite any macaroni and cheese lover includes the “Mac Sloppy Joe,” which includes the company’s specially sweetened tomato sauce, or the traditional “Mac USA,” which is simply baked macaroni tossed in cheddar cheese.

Having only opened their doors at the Fairfield location over Labor Day weekend, many have managed to make their way to this Mac and Cheese bar a few times already. Two of the most popular dishes so far, are the “Mac Pulled Pork” and the “Mac Buffalo Chicken.”

The “Mac Pulled Pork” consists of pulled pork that has been slow cooked for 12 hours, smothered in blue cheese and Sweet Baby Ray’s barbecue sauce, all mixed into perfectly cooked macaroni elbows. The well cooked ingredients complimented each other perfectly.

The “Mac Buffalo Chicken,” is a dish that incorporates tender fried chicken breast, homemade buffalo sauce, melted cheddar and blue cheese and is garnished with celery to offset the powerful buffalo flavor. All dishes are made fresh to order and come in three different sizes: the “Snack,” the “Mac,” and the “Mac Daddy.” The “Snack” is simply meant to be a snack size serving for one, the “Mac” is suggested for 1-2 people, and the “Mac Daddy” is considered a family sized portion.

Aside from having an extensive menu to choose from, MacDaddy’s also offers four different salads for the health conscious patrons. These salads contain fresh ingredients and the choice of adding chicken or shrimp. For those with special dietary needs, all plates are available in gluten-free options as well.

If you are left with room in your stomach, the “Mac zeppelette,” is worth a try. This dessert features deep fried macaroni sprinkled with powdered sugar, “Mac Pulled Pork” and “Mac Buffalo Chicken” made fresh to order.
From Blake Lively & Ryan Reynolds getting married to topless photos of Kate Middleton.

Kat Lindsay
Staff Reporter

From the death of Whitney Houston, to Miley Cyrus' bun mishap, celebrity news never fails to surprise, shock and interest students of Sacred Heart University.

In recent celebrity gossip, love is in the air with the recent engagement of Ryan Reynolds and Blake Lively.

The sudden news of the wedding came as a shock for most, and very few even knew the couple was engaged. Reynolds, who is very popular with the ladies, has some Sacred Heart women a little heartbroken.

"Well of course I am upset that Ryan Reynolds is off the market," said senior Annemarie A'Hearn.

Some celebrities enjoy their private lives publicized; but, Reynolds and Lively, who met on the set of the movie "Green Lantern" last year, have managed to stay out of celebrity news.

"I really love that they keep their love life private," said A'Hearn.

Although Reynolds is from Canada and Lively is from California, the couple held a southern wedding in Charleston, S.C.

According to People.com, the ceremony was held at "Boone Hall Plantation," which is best known as the summerhouse of Allie in the movie "The Notebook."

"When I heard the rumor they were wed at the house from "The Notebook," I thought it was the most romantic thing," said freshman Sarah Klaum.

According to the celebrity news website Jezebel.com, about 70 people attended the ceremony and there was a $3,000 cake.

Lively and Reynolds ceremony had many A-List guests in attendance. People.com confirmed that Lively's good friend Florence Welch, of the band "Florence and the Machine," and all of her co-stars from "Sisterhood of the Traveling Pants," including America Ferrara and Alexis Bledel were all part of the small crowd.

"I don't know how you top Blake Lively," said junior Lizzy Bennett. "They're going to have great beautiful children."

From love and romance to topless pictures, news from the rich and famous never gets dull.

Just recently, topless pictures of the new Duchess of Cambridge, Kate Middleton, surfaced in a French magazine. Famous celebrity blogger, Perez Hilton said on his website, "The future Queen of England was ROCKED with the news that her topless time on Instagram was sold to French media." It was confirmed that Middleton was photographed on a private estate was photographed and published!

Middleton, who has been under a microscope since marrying Prince William, has many of her followers surprised by the recently exposed images.

"I'm absolutely shocked!" said junior Nicole Floriano.

Many celebrities spoke out about the topless photos and defended the Duchesses. Duchess Sarah Ferguson said, "I have total empathy and sympathy for her. I have been there and know what it's like. Everyone is entitled to privacy."

Middleton has taken action to gain more privacy, but the initial photos could possibly leave some with a tainted view of the royal.

"It's going to be tough for her, a lot of people admire her," said Floriano.

FAVORITE MUSIC OF 2012

Taylor Swift has made country popular to almost all music listeners. Swift's new song, "We Are Never Ever Getting Back Together" is second on the Billboard Hot 100, 10th on Top Pop Songs, and 17th on Top Country Songs.

Even though Taylor Swift has made country recently more popular, for some Sacred Heart students, their choice of music depends on how they are feeling.

"I listen to country, hip-hop, pop, but ultimately it depends the mood I am in," said junior Chelsey Parks.

On the other hand, rock has not been as fortunate as country. According to Professor Gregory J. Golda, who teaches in the department of Communication and Media Studies, and has his own band, believer that rock and roll concerts as a live destination is in decline as it is seemingly not a current trend.

"With digital music downloads and listening on-demand there are so many places to get your music from. Current tastes favor pop, country and R&B, but iPods are full of wildly different genres," said Golda. "The ability to mix and match your music and buy single songs really fragments the musical landscape."

Nonetheless, there are still a couple of rock fans at Sacred Heart.

"I believe rock still has a significant following even though it is not as regarded as it used to be," said senior Jeff Therkelsen.

Most of students at Sacred Heart University are exposed to a variety of genres from alternative to rap and hip hop to country- which has been growing in popularity amongst students.
Talented students will ‘SET the Stage’
Sacred Heart students are now able to show off their talents on campus

Flint and Joy as seen on “SET the Stage” flyer

Katie Harrison
Assistant Reporter

It is time for more of Sacred Heart University students to have their voices heard, but more than just by giving their opinion in a classroom. This time, it’s through music.

The event “SET the Stage” was created to showcase Sacred Heart’s artistic students who would like to show off their musical talents.

Originally implemented last spring by Amy Ricci, Director of Student Activities, and her graduate assistant, Shannon Driscoll, SET the Stage was taken on by Sacred Heart’s own Student Events Team.

“When the idea of SET the Stage was brought about, SET really embraced it,” said Ricci. “They really ran with the idea and created the name, which was such an innovative way of incorporating SET and the event idea together.”

SET the Stage will be held either outside on the patio or inside Hawley Lounge. The event is open to any student who is interested in showing off their musical talents for a crowd.

“Initially, we got started in doing this because we were interested in having student musicians,” said senior Kelly Taylor, the Vice President of Student Government for SET. “This year, we decided to have it every month. The third week of every month will be SET the Stage.”

Because many venues off campus do not allow students 21-years-old and under, SET brings the atmosphere to campus. By creating this event, Sacred Heart students of all ages can witness the talent on campus for free, all while socializing and not having to commute far.

The first two students to perform are sophomores Keaton Flint and Rania Assadi-Slaoui.

Flint, whose previous musical background includes playing the cello, violin, and guitar, said that there’s nothing better than making music.

“Other SHU students should come to SET the Stage to have a good time!” Flint said. “It’s a great opportunity to see live music for free which is always a good deal.”

“Respectively, it also gives the students at SHU a glimpse at the variety of different talents among them,” said Assadi-Slaoui. “Some may be surprised to find out that their friends are musicians and songwriters. I would encourage both participation and attendance.”

Although these two musicians have written their own music, students are allowed to perform covers of their favorite songs as well.

“Other SHU students should come to SET the Stage to have a good time!” Assadi-Slaoui said to Flint about this event. She explained that she likes that this event can give artists the opportunity to expose their music to a new audience.

“When the idea of SET the Stage was brought about, SET the Stage becomes a long lasting tradition and a staple event for the Student Events Team,” she said.

The event, originally planned for Sept. 18, was postponed due to weather and is yet to be rescheduled as of publication.

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Appreciating art at Sacred Heart
The purpose and history behind the art featured in our hallways

SHU students art displayed on a wall across from Outtakes.

Laura Hardt
Assistant Editor

The students of Sacred Heart University are surrounded by art every day. Over 300 artworks in a variety of media decorate the halls and grounds of the campus.

The way they are organized illustrates the Human Journey that is central to the school’s curriculum.

Sophia Gevas, who served as director of Sacred Heart’s Gallery of Contemporary Art, began compiling the collection 25 years ago.

The collection continued to grow and expand until May 2012. Various supporters of the University were responsible for donating these pieces of artwork.

In 2010, Dr. Ann Bolin, adjunct professor in the Art History department, headed a reinstallation of the collection that restructured the work around Sacred Heart’s common core questions. She organized the pieces into themes such as “Memory” and “Narrative” that tied the artworks to one of the four questions asked by the common core.

Several artists who donated work provided commentary as to how their art related to the theme.

“It was intended that the collection would be hung throughout the public spaces of the campus so that faculty and students could interact with art as part of their daily lives,” said Bolin. “This type of installation is very unusual and is a remarkably appealing feature of our campus.”

Several students also remarked that while they appreciate the presence of the art, they feel that it does not have the recognition it deserves.

“People should take more time to notice the art. I know I should,” said sophomore Emily De Blasio.

In addition to the artworks featured at various locations around campus, the Gallery of Contemporary Art was created to display student and faculty work, as well as special exhibitions. After 25 years, the Gallery closed at the end of the 2012 academic year.

“The decision to close the Gallery was a difficult one for the University and was the result of limited resources and a need to reallocate funds to areas of strategic priority,” said vice president of Marketing and Communications, Michael Iannuzzi.

Many students feel that the artwork on display around campus is an essential part of the Sacred Heart environment and helps to create a unique experience of the University.

“It brings light and character to the school,” said junior Ayanna Lopez.
After defeating St. Francis (N.Y.), the men’s tennis team participated in the USTA Collegiate Championship over the weekend. Results were not available as of press time. In women’s tennis, at the Quinnipiac Invitational, freshman Lindsay Poyl advanced to the semifinals of her bracket before bowing out to Julia Keenan of Seton Hall, the eventual flight winner. Four days later, the team began NEC play with a 7-0 shutout at Monmouth.

Junior Gabi Kalan posted a straight set win in the #1 singles slot.

Tennis

Women’s Soccer

The women’s soccer team defeated Fairleigh Dickinson, 1-0, in their first NEC match of the season. Senior goalkeeper Sydney Judkins had three saves in her second shutout of the year. Assisted by sophomore mid-fielder Kristin Verrette, senior forward Mikaela Wolf scored the only goal of the game at 9:42 of the first half. The Pioneers return to action against Wagner on Friday at Campus Field. Kickoff is 7 p.m.

Second half déjà vu for SHU

Dan Otzel
Sports Editor

It was déjà vu all over again for the Sacred Heart University football team on Saturday afternoon, as they fell 27-14 to Monmouth University in front of 2,892 at Kessler Field in West Long Branch, N.J.

The loss drops Sacred Heart’s record to 0-3 overall and marks their fourth straight loss in Northeast Conference openers. It is also their first 0-3 start since 2009.

“I think they’ve been playing hard,” said head coach Mark Norfi of his team. “I don’t have one complaint about them not playing hard or not playing together for the first three games. That’s why I feel so bad; we haven’t been able to get a win for the kids because they’re laying it out on the line. I just want them to get a win under their belt and reward them and get this thing turned in the right direction. I still think it will come.”

With their third consecutive victory, the Monmouth Hawks improved to 3-1 overall and sit atop the NEC standings with a 2-0 conference record. They are now 13-5 against Sacred Heart all time.

Monmouth started the scoring early in the first quarter. Following punts from both teams, Pioneer r-junior quarterback Tim Little was intercepted by senior linebacker Bill Lauch.

Monmouth senior quarterback Kyle Frazier then capped a seven-play, 55-yard drive with a 15-yard touchdown pass to r-junior running back Bill Lauch. In comparison, the Sacred Heart ground attack was virtually nonexistent, only accounting for 42 yards on the day. Junior running back Greg Moore, the Pioneers leading rusher, and r-junior running back Gregory Ilbe led the team with 15 rushing yards apiece.

The Pioneers would answer late in the second quarter, however, when Little hit r-sophomore wide receiver Robert Dim with a 33-yard touchdown pass on a screen play, cutting the deficit in half, 14-7.

Dim led all receivers with 108 reception yards Sacred Heart tied the game their next possession on a bizarre play. With 19 seconds remaining in the first half, Little launched a fourth-and-19 pass toward the end zone that was picked off by Monmouth sophomore defensive back Pat Gray. Dim forced a fumble on the play and Sacred Heart r-freshman wide receiver Tyler Dube pounced on the ball in the end zone as time expired, resulting in a 14-14 halftime tie.

“If it wasn’t for Tim Little believing I could make a play on the ball,” said Dim of the play, “it would have never happened. When I saw Tim looking at me and then proceeded to let go of the ball, I knew I had to make a play. In my mind, I wanted to let the defender catch it and then take it out of his hands. The Monmouth defend­er, [Gray], caught the ball and I just tried to strip the ball out of his hands. I did. Luckily, Tyler Dube...recovered the ball in the end zone.”

So, here they were — again. Just like before, with a tie on the line at Côglate, deadlocked at 14 going into the break.

But, football is still a game of two halves. In between two field goals from junior kicker Eric Spillane, Frazier found Roberts once again; giving the Hawks 13 unanswered second half points, more than enough for the 27-14 victory. Spillane’s second boot tied the all-time career mark at Monmouth.

Not to be outdone, the Monmouth defense also had a stellar second half. On five Pioneer possessions, the Hawks forced three punts, a turnover-on-downs, and gray’s second interception of Little. They held Sacred Heart 1-12 on third down.

Despite the three picks, Little racked up 237 yards on 18-33 passing. However, he was usurped as the NEC’s top passer by Frazier, who threw for 313 yards on 32-43 passing with two touchdowns and no intercep­tions.

Defensively, Sacred Heart was led by the NEC’s premier tackler, junior linebacker Justin Sexton, who had eight tackles, six solo.

“It obviously feels great,” said Sexton, “to see the numbers and see where I sit among other line backers. But, football is a team sport and, honestly, I care more about how I’m helping my team. If we don’t win, those tackles don’t mean anything. Coach Norfi and coach [Wissman] have committed an amazing amount of their time to our program this season, and for me, I see a bigger picture than just personal stats. Both of them are coaches you want to play and succeed for.”

The Pioneers return to action Saturday at noon. The Homecoming game will see in-state and conference rival Central Connecticut State (0-4, 0-1 NEC) visit Campus Field. The game will be broadcast live on Fox College Sports and ESPNU.

“I’m very excited to play Central Connecticut for Homecoming this year,” said sophomore defensive back Gordon Hill, who also ranks in the top-15 of NEC tack­liers.

“After beating them last year, I know they’re going to bring their best and it’s going to be a very competitive game.”

Men’s soccer prepares for first NEC game

Alana Miller
Asst. Sports Editor

The Sacred Heart men’s soccer team had to muscle through two hard-fought games before preparing for their first Northeastern Conference match this week.

Last Wednesday, the Pioneers took on the Stony Brook Seawolves at Campus Field, but suffered an upsetting 2-1 loss.

The first goal was scored 26 seconds into the game on a header from Seawolf freshman Martin Gordiano. He was assisted by a free kick from senior Kyle Schlesinger.

“We knew it would be a difficult game,” said Sacred Heart head coach Joe Barrosso, “even though we gave up a goal, [early]. I thought my team responded well.”

The Pioneers fought hard in response to Stony Brook’s 1-0 lead, as both squads displayed tough defense. The Seawolves retained their slim lead at halftime; despite a goal from Pioneer senior forward Justin Brewer.

“In the game,” said Brewer, “we showed signs of some great soccer. In training, we have been working hard at possessing the ball with the intent to get forward, and you could see that developing in the game.”

In the first minute of the second half, Sacred Heart senior Marcello Castro tied the score at 1 with a free kick from 20 yards out.

Little more than 20 minutes after Castro’s goal, Stony Brook senior Leonardo Fernandes scored the game-winner, handing his team their fourth-straight victory.

“I thought the team played good all around,” said Barrosso. “It was a combination of both defense and offense. Obviously, it is a positive that Marcello [Castro] can not only play defense, but he scores on offense, too.”

The Pioneers next challenge was in West Hartford against the Hartford Hawks.

Sacred Heart won the in-state battle, 1-0, injecting the team with positive energy before conference play.

“We felt great yesterday,” said Castro, “and came confident enough to play well. This confidence led us to the win.”

The majority of the game featured a defensive battle from both teams.

Seven minutes into the game, Sacred Heart senior Simon Harrsen shot on goal, but it was saved by Hartford freshman goalkeeper Vito Tsami.

The Hawks attempted six shots with only one on goal, which was stopped by Pioneer senior goalkeeper Daniel Nicinski in the 29th minute, preserving his shut­out.

It wasn’t until the 83rd minute that Castro rocketed a free kick from 28 yards out for the eventual game-winner.

“After three losses,” said Castro, “I believe this game was the push we needed to get back on track. We are back and ready for conference.”

The Pioneers will return home to Campus Field for their next two games. Beginning NEC play, Sacred Heart plays Robert Morris on Friday at 4:00 and Saint Francis (PA) on Sunday at 12:00.
Women's volleyball 1-1 in

Amanda Sialiano
Asst. Sports Editor

The Sacred Heart University women's volleyball team ended their non-conference schedule at home last Wednesday against Connecticut. The Pioneers could not snag a win and lost the match 3-0.

With senior Elise Sage out with an injury, the starting line-up was changed. Sophomore Alissa Young played middle in the match while junior Dianis Mercado played outside.

In the first set, the Hawks put up a 4-0 lead that was stopped by a kill from Mercado. Following the kill, the Pioneers were not able to take a lead or even keep the score close, losing the set 25-17.

In the second set, the Pioneers played tough but could not overcome Connecticut, dropping the set 25-19.

In the loss, freshman Natalie Krielid had three kills on six attempts.

The Pioneers put out more pressure in the third set as sophomore Alisa Mesa delivered a five-point service streak, leading to a 14-12 Pioneer advantage. With the help of Sacred Heart errors, the Hawks soon regained the lead.

The Pioneers fought until the bitter end, though, with the score getting as close as 24-23, but fell 25-23.

Mercado led Sacred Heart with nine kills and Young led the team with a kill percentage of .571, five kills on seven attempts. Senior Johanna Ovseneck added seven kills on 16 attempts in Sacred Heart's last non-conference game.

On Saturday, the Pioneers started Northeast Conference play on the road against LIU Brooklyn. Sacred Heart played a very competitive match, but lost 3-2.

In the first set, the Pioneers were able to tie the score three times — at 6, 13, and 21 — but were not able to outdo the Blackbirds and fell, 25-22. Highlight of the set were Mercado's service run, which tied the score at 21, and Ovseneck delivering four kills on 7 attempts.

The Pioneers put up a good fight in the second set, tying the score five times, but could not close the gap and lost the set 25-17.

In the third set, the Pioneers were able to pull together as a team and deliver a powerful offensive, stringing together 17 total kills. Starting off strong, the team established a lead, forcing the Blackbirds to take a timeout at 7-3.

Ovseneck and freshman outside hitter, Allison Riggs, earned a crucial point for the Pioneers with a double block in the set. With the score tied five times, the Pioneers were able to dominate, despite how close the score was the whole set, winning 25-23.

Sacred Heart was able to win once again, taking the fourth set, 25-21. This was a great performance by the Pioneers, as four players were able to obtain a hitting percentage of .400 or better for the set.

"I felt in the fourth set," said Sacred Heart head coach Rob Machan, "for the last 15 points, we played with the confidence and initiative necessary to compete for a championship. Our team created the action and took the initiative."

In the fourth set, Mesa led the team with nine digs and also contributed 13 assists and a .500 hitting percentage.

The Blackbirds fought back with strong serving streaks, but the Pioneers answered with several points. Shockey put the Pioneers on the road to victory with a five-point serving streak, resulting in a 25-21 set win.

With the match at 2-2, the Pioneers lost their momentum and fell to the Blackbirds, 15-10, in the fifth and final set.

Young led the contest with 18 kills, while Sage and Ovseneck chipped in 15 kills each in the losing effort.

"We erred our self out of the game," said Young. "That's something we can and will change."

Field Hockey follows shutdown win with tough loss

Kathryn Shepard
Staff Writer

Going into the weekend with a 4-2 record, the Sacred Heart University field hockey team looked to capitalize on two non-conference road games. The Pioneers beat Bentley, leaving them 5-3 on the season.

By staging an offensive clinic on Friday night, the Pioneers downed Lehigh, 4-0.

Sacred Heart wasted no time getting on the board. Just under five minutes into the game, senior Lindsay Kasten scored her second goal of the season. "Coach told us that we needed to come out strong," said Kasten, "and try to score three goals early. We needed to come out and prove that we are a strong team, and that we are ready to play against Lehigh." The Pioneers would net two more in the first half on goals from Stephanie Frye and junior Melinda Feysko. Senior Karly Davenport added the final goal of the first half, 4-0.

Sacred Heart entered the second half with a 4-0 lead, having dominated the game. They continued to deliver service runs in the second half, taking their second goal when freshman Noelle Villa punched in a goal from a penalty corner.

Yale finished their offensive attack 15 minutes later in the second half when junior Erica Borgo beat Altepeter. The Sacred Heart f新鲜man Liz Bergman scored her team-leading fourth goal of the season with just under three minutes to play, but it was too little too late.

"We played a lot harder in the end," said Bergman. "We need to try and eliminate the lapses, but that will come. Playing these games against a wide variety of teams and on different surfaces will definitely give us an advantage for [Northeast Conference] games."

Sacred Heart is off to a solid start this season and the Pioneers ranked no. 47 in the country in the NCAAs Rating Percentage Index. By playing three teams ranked in the top 40 RPI, including no. 1 Connecticut, the Pioneers are preparing for the grueling NEC schedule.

"Being able to play these opponents has helped our team greatly," said Kluckeiner, "especially since we’ve been able to get some victories against quality competition. I think the team is looking forward to getting into conference play."

Sacred Heart hits the road again this weekend, traveling to Lock Haven and La Salle. They return to Campus Field, Oct. 7, to face in-state and conference foe, Quinnipiac.

Cross Country

The men's cross country team finished third in the seven team field of the 36th Annual Fairfield University Victor F. Leeber, S.J. Invitational on Saturday. Graduate student Rich Marcello finished second overall and senior Christopher Connolly finished third overall, each posting their best times of the season.

The women's cross country team finished first in the six team field of the 30th Annual Fairfield University Victor F. Leeber, S.J. Invitational on Saturday. Senior Alyssa Semisign led the Pioneers by winning the individual title in her first career cross country win. She ran a personal best of 27 seconds. The Pioneers crossed the finish line with five runners in the top-10.

Both teams return to action October 7 with the 100th Annual New England Championship in Westfield, Mass.

Following the loss of their first conference game, The Pioneers headed to St. Francis (N.Y.) on Sunday, winning in a shutout, 3-0.

In the first set, Young delivered five kills and a five-point service streak immediately following. The Pioneers had a clear path to victory and took the set 25-18.

The Pioneers continued to deliver service runs in the second set that the Terriers could not keep up with. Sacred Heart stretched the lead to 11 before winning the set, 25-17.

In the third set, Ovseneck had six kills and a .714 hitting percentage. Shockey also contributed to the set, landing the first three plays and obtaining a .556 hitting percentage. Although the Terriers fought back, the Pioneers were able to maintain the lead at no less than five points. The Pioneers took the set, 25-19, and the match, 3-0.

"[Sunday] was a big stepping stone in the right direction for us," said Young. "We're on the right track towards our goal, but there is something we always can go back and work harder on in practice."

"For some, this was a new experience," Young said. "It felt incredible to be a part of the first NEC win of, hopefully, many more years," said Riggs, "and knowing that the many hours of hard work the team has put in in the gym are starting to pay off."

The Pioneers head into their second week of conference play 1-1.

"I am confident we have the talent to be a strong contender for a championship conference," said Machan. "We let an opportunity to have a great start slip away at LIU. We are going to need to be a much more consistent team and execute on our side of the net much more efficiently if we hope to contend."

Sacred Heart will continue NEC play at Bryant on Saturday and home against Fairleigh Dickinson on Sunday at 2 p.m.
Don't Bail on Bailer

SHU Hockey Alumni Signs Pro Contract

Cory Lutkus
Staff Writer

Becoming a professional athlete is a dream every athlete has when they are growing up. Making it big time is a far-fetched dream for most, but not for former Sacred Heart University athlete Chris Bailer. This past July, Bailer signed a pro contract with the Quad City Mallards of the Central Hockey League.

The CHL is a mid-level, professional hockey league in the United States. It consists of 10 teams centralized in the mid-west.

"I always believed I could eventually play pro," said Bailer. "I think if you don't believe you can, then you never will achieve it."

The 24-year-old from Wataskiwin, Alberta started playing hockey when he was four-years-old, after his father introduced the sport to him. Bailer was recruited by the Pioneers in 2008 and was a key player for the program his entire collegiate career.

"He is tough, hard-nosed, and totally dedicated to his teammates," said C.J. Marottolo, Sacred Heart's head coach. "I am not surprised that Chris is playing professional hockey because he has a great attitude and he continues to work on his game. He will be a solid defensive defenseman in the pros."

While at Sacred Heart, Bailer was a four-time Atlantic Hockey Association All-Academic Team selection as well as an assistant captain his senior year. He says the highlight of his career was going to the Atlantic Hockey Championships his sophomore year.

"Sacred Heart was everything I expected it to be, both on and off the ice," Bailer said. "I loved my time there, met unbelievable people and life-long friends."

While playing for the Pioneers, Bailer got to show his skills in front of scouts from professional hockey leagues. Being one of Sacred Heart's leading defensivemen, a pro contract was not just a pipe dream.

"There are scouts that come out to our games especially when we play the bigger schools," said Bailer. "With Quad City, another former SHU player [Eric Giosa] had actually played there the last few years and put in a good word for me. I guess the coach did some research and thought I'd be a good fit with the team."

During the summer, Bailer received a call from the Quad City Mallards and was asked to join the team. Being signed to a professional team right out of college is a dream for any young athlete.

"Whenever teams call you from a higher level, obviously there is a lot of excitement," said Bailer. "I tried to keep my excitement until I officially signed the contract."

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"I'd say," said Bailer, "always make sure you have goals set, that you are working hard and improving your game every day. And, lastly, always have fun with it."