The Lacks Family Visits SHU

BY GEORIGA PALLADINO
Staff Reporter

On Wed., Sept. 11, students and faculty filled the Edgerton Center awaiting the arrival of the Lacks family. Shirley Lacks and Victoria Baptiste joined Sacred Heart University to speak about the novel "The Immortal Life of Henrietta Lacks," by Rebecca Skloot, which discusses the life of their ancestor.

Henrietta Lacks was an African-American woman who, unknowingly, became the source of the first immortal cell line. After admitting herself into Johns Hopkins Hospital in 1951, samples of her cells were sent out to Dr. George Otto Gey without her permission. It was soon discovered that Lacks' cells were able to keep themselves alive and grow. A cell line was created from this discovery and it is known as HeLa, which is still used today.

The class of 2017 was required to attend this lecture, however many didn't mind.

"The book was really interesting," said freshman Melissa Isaac.

Skloot's novel was chosen for the incoming freshman class this summer because it sheds light on subjects such as ethics, business and science.

The issue of ethics emerged because Lacks and her family were never informed of the research being done to her cells. This tied into the issue of gender, race and class. Being that Lacks was a black woman who had little-to-no money, patient consent didn't mean much. The Lacks' family became aware of what happened 27 years after her death.

"The book should be a required reading for those going into the medical field," said Victoria Baptiste, great granddaughter of Lacks.

She believes that this book can be used to get a persons mind straight, especially when it comes to fully informing their patients.

The Lacks family keeps Henrietta's spirit alive through charity, family events, and fundraisers. They make sure all of the new generations are aware of their family history and the importance of their great-grandmother.

"When we get an opportunity to take young people to one of the events, we take them with us," said Shirley Lacks. "They've read the book and when the conversation comes up about their grandmother or great-grandmother, we engage them in the conversation."

The freshman class was encouraged to write an essay on the book to be entered into a contest. The first place winner was Caitlin McMahon and second place winner was Katherine Paris. Both students received awards before the lecture took place.

"It was really interesting to actually see members of the family and put a face to the name from the story," said Paris. "To get the opportunity to hear from the mouths of people from the Lacks family, and to hear exactly what they felt and their experience was really inspiring."

As the lecture came to a closing, many students and faculty members took the time to have a one-on-one with the Lacks and Baptiste. Many took pictures and even asked for autographs.

"I thought it was fascinating to actually see and meet people so connected to it," said McMahon. "I just really enjoyed it."
Chef Jet Takes Over Linda's

BY JULIA GARVEY
Staff Reporter

On Tue. Sep. 10, Sacred Heart welcomed Chef Jet Tila to Linda McMahon's dining hall. Famous for his Asian cuisine, Tila introduced samples of his renowned Mongolian beef and chicken to lo mein. It was only a matter of time before Tila stole the spotlight. Students, faculty and staff gathered around Tila, while he gave some of his best kitchen tips. Tila explained the importance of a clean and welcoming work environment, which Chartwells was able to supply with him.

Tila provided the Chartwell's chefs with top of the line instructions and managed to make jokes to passing students along the way. He gave them advice on how to properly receive a plate of food while keeping "half of your face" turned towards the camera, always making for a good snapshot.

Tila was born and raised in California by a family of chefs specializing in Tai, Chinese, Japanese, Korean and Vietnamese cuisine. The Tila family was that of any other family of chefs, until the 1970s when they set themselves apart and opened the first Tai restaurant in US history in Southern California. The family received instant fame.

With no intention of becoming a chef, Tila limited his cooking skills to his back yard and cooked for his friends. In 1998, Tila's life changed instantly when Food Network arrived at his house, producing a full spread article on his family in the Los Angeles Times. Tila received one thousand phone calls within five days and said, "That is where history begun.

Since then, he has had over 20 articles written on him, two cover stories, and has expanded his love for cooking to Las Vegas, where he worked for the world famous Wynn Restaurant Hotel. Along with a publication by Las Vegas Weekly at the age of twenty-four, Tila has had some other once in a lifetime opportunities. Tila has been a judge on Food Networks "Cut Throat," "Chopped" and was a contestant on "Iron Chef America."

Although Tila idolizes famous chefs such as Neil Fraser from "Top Chef Masters", who he has been given a chance to work with, his biggest inspiration is his grandmother.

"She taught me everything that I know today," said Tila.

Tila's overnight success story gave him the opportunity to perfect recipes and expand his love for food with the world. Currently on his "Chef Jet Tour", Tila most recently broke his fifth world record at the University of Massachusetts, where he had freshly cut, sculpted and chilled fifteen thousand, 192 pounds of fruit. Tila has also recently paired up with Schwan's food delivery service, giving customers the opportunity to get specialty Chef Jet meals delivered right to their door.

When passing through Chartwells last Tuesday, sophomore Gibson claimed that he was attracted to Tila's cooking because of the smell of the food.

"Asian food is not normally my favorite, but once I smelled what Tila was cooking I knew I had to try some," said Gibson. "I had the Mongolian beef and was very impressed with how much I liked it. It was the juice that he mixed in with the beef and vegetables that made me love it."

As he finished his last bite, Gibson was made aware of Tila's coordination with Schwan's food delivery.

"As soon as I get home I'm going to order this food to come straight to my apartment," said Gibson. "My roommates are going to love it.

Tila is living out his dreams, however he claims that he did not know the true value of happiness until his baby girl was born just over eight months ago.

"I used to think that cooking was my entire life, until my child was born," said Tila. "Now all I want to do is be home with her.

In addition to everything Tila has already done, his most recent project is the opening of "Kuma Snowcream" in Las Vegas. "Kuma Snowcream" is a combination of snow cones and ice cream. Tila believes that he has just opened up a whole new addition to the dessert world.

While Tila only visited students for a couple of hours, he made sure to give students the true recipe to success.

"if you are doing this for the fame and fortune you are going to fail miserably. If you do what you truly love you belong here," said Tila. "I would consider myself one in a million because of the fact that I am able to balance out fame and fortune while I am simply doing something I love, which is second nature to me."
BY KAITLYN VOSINKEL
Staff Reporter

Not many Universities can find their school president on Twitter. However, Sacred Heart's own President John J. Petillo broke away from the norm and started a twitter account in 2011 to create a community with the student body.

Communicating in the digital era often takes place through social media. Petillo wanted to insure never missing an opportunity to engage with students.

Petillo chose @SHUprez for his username because he feels his students would easily recognize it. His assumptions were correct. He currently has 1,258 followers. Since the student population at Sacred Heart is growing exponentially with each passing year, @SHUprez is expected to do the same.

"It would be ideal to have the majority of undergraduate students follow my twitter account," said Petillo "It is also unlikely for this to happen.

Sacred Heart currently has 4,092 undergraduate students. The community that the twitter account does reach, is positively affected.

Petillo seeks to strengthen a sense of community at Sacred Heart by tweeting important and relevant information by having personal conversations with students. He has constructed 49 tweets since the freshman move in date on August 24.

Many students find out about @SHU prez by hearing Petillo talk in public forum and through word of mouth among students. Petillo has also announced during the past two freshman convocations the address of his twitter account, inviting all students to follow him.

@SHU prez was created to engage the students, keep in touch with them and another way to stay present," said Petillo.

He one day hopes to create a conversation on Twitter about social and economic problems in today's world.

This past weekend, he kept everyone informed about the many events happening on campus.

Big admissions weekend coming up.

About one thousand people are expected to tour SHU. Hope everyone welcomes them, "Then football game [is at 6 p.m.]," tweeted Petillo.

He tweets on a wide variety of topics and makes it a point to diligence his twitter back at any student who contacts him.

"BigMusic thank you for the unwarranted compliment. I'm in the bow ties :)", tweeted Petillo, in regards to a comment on his formal wear at the Annual Gala this month.

Petillo believes hearing from students and knowing their opinions and responses to what is happening on campus makes Sacred Heart a better place.

"Sacred Heart students are responding well to their tweeting president," said Petillo.

Responding to what is happening on campus is the most significant topic for a tweet in Petillo's opinion.

"Following @SHU prez lets me know what is happening on campus, as well as staying in contact with other professors," said sophomore Jennifer Baecht.

Students don't realize they can communicate with our president through twitter. "I didn't know he had one," said sophomore Rachel Caliari. "But now that I do I'll be sure to follow him.

Petillo is an iPhone user like most students here at Sacred Heart, and installed the twitter application, allowing him to check his account often.

Petillo feels students tweet at him when; "they don't see him around campus, or when they have a comment to tell him."

Students are rarely shy when seeing Petillo in 635, often making sure to say hello.

Twitter makes talking to the president less formal than sending an email, allowing students to have a casual conversation with him. He gets down to the student's level.

Petillo hopes his Twitter account brings the Sacred Heart community closer.

"Twitter is an easy way to communicate with students," said Petillo.

President's Tweets Unify Sacred Heart

"Honestly..."
ANTHONY says...

If detecting a lie was as simple as it is in Pinocchio, I would not be where I am today. Neither would you. Remember the time that you lied about stealing your parents’ alcohol? How about when you cheated to get that extra edge? I’m sure you could write a book about all the dumb things you've done growing up, and most of it probably stemmed from being dishonest.

But dishonesty is sometimes the best policy. The truth is harsh. You don’t want to hear the truth all the time, and other times you don't want the stress of telling the truth. Sometimes you want to lie to do. Do not forget that believing in Santa taught us all how to believe in something that we could not see or touch.

Anthony Weiner, Ryan Braun, and Alex Rodriguez.

Personally, I'm a terrible liar. My poker face is as bad as the Jacksonville Jaguars football team (sorry Jags fans, just being honest). I have an overly guilty conscience and my short-term memory is beyond poor. To be a successful liar you need to have a great memory. At least if I said anything untrue in this article, I have a printed copy to reference.

If there is one lesson that we have learned from history, it is that lies don't age well. Nixon and Clinton’s presidential reputations have been ruined by lies. For those of you concerned about your legacy, learn from their mistakes. For the materialistic, I’ll admit that honesty is usually less profitable than dishonesty. Choose your values wisely.

AMY says...

Sometimes I feel as though no one is honest in this world. I am a huge advocate for honesty. I always have been. I tell people exactly how it is and what I feel because I wish for people to do the same with me. It’s refreshing and eliminates any discrepancy.

With that said, I often feel like honesty is viewed as a stigma in our modern world. All of a sudden people who are honest are seen as insensitive.

Of course there are a few insensitive people in this world, obviously. What people don't realize is that you can be honest and get your point across without being one of those people. You are not caught up in this notion of everyone “liking” or "pretending to like" everyone else. You are able to be your own self and honest behind their back. Sounds really productive to me (that’s sarcasm.).

Not to mention mind numbing.

So essentially, we flatten out a brutal honesty and encourage "fake-ness."

Personally, I just want people to be humans to me! If you don’t like me, then I don’t either. We are all human beings. It’s way more fun to have an intelligent dynamic conversation with someone, then a phone, right?

Show your raw emotions; don't hide them because you think you are going to offend someone. The truth is, you are hindering your relationship by hiding your true feelings. Honesty surfaces a whole new level of intimacy and human connection.

Isn't that what we are all in search for in the first place?

All in all, embrace your humanly traits. That's what I like most about people, the fact that they are people. We are all different and it's a beautiful thing. Why would we suppress that? Don't waste time lying to others and to yourself. The fact that almost everyone in the world has been guilty of this speaks volumes about our ideals of human connection.

A million people a day ask me how I am doing. We all do. I noticed quite recently that my response is usually the same: "I'm doing well." The same response goes for the people I ask. To be honest, (this is an confession about honesty) sometimes I'm not doing well. You know what, sometimes I have severely unpleasant days. I'm okay with that! Life isn't perfect. It's not always sunshine and roses—I mean when it is I am very happy, but sometimes it's more like rain and darkness.

People are imperfect, waver­ing and dynamic. That's why life is so awesome.

"Honesty..."
Athletes consider attendance at their games an important factor. "Having a good crowd pumps you up. It can definitely help the team win and it's a good feeling to have support from your peers," said sophomore Allen Kitaizek, a cornerback on Sacred Heart's football team. The football team had an average crowd of 2,294 people at home games and 2,927 at away games in 2012. These numbers in themselves speak volumes about the lack of attendance at Sacred Heart home games.

The Athletic Department has had some success in raising attendance. In the 2011-2012 season the Pioneers' men's basketball team averaged 680 people at their home games. One year later the team averaged an attendance of 729, a 7.2% increase. However, in the team's nine away games there was an average attendance of 1,461 people, over twice the attendance than at the Pitt Center.

"Our goal is to make the Pitt center a tough place to play for our opponents," said Anthony Pascarella, president of the "Heart Attack," a club designed to promote school spirit among Sacred Heart students.

"We take pride in the 7.2% increase in attendance at the basketball games last year, we think the raffles we had at the games helped," Pascarella said.

Last year the "Heart Attack" held raffles during basketball games at the Pitt Center to promote better attendance. The Athletic Department plans to expand on these raffles this year and implement competitions among students during home or halftime. These competitions they call "minute to win it contests" will allow students who come to the games to compete for prizes.

"We're working on establishing contests during athletic events, little quick games where students could compete for big prizes," said new Athletic Director Bobby Valentine. "We want something that can help bring our campus closer together, increasing attendance at our games is a great way to do this," Valentine added.

While iPad minis were raffled off at last year's games, Valentine says the prizes this year could include bigger ticket items, perhaps even new cars. While details about them are still in development, Valentine says he'd like to have these "minute to win it" contests implemented at university athletic events within the next two to three weeks.

"If there's a possibility people could walk out of games with free things then I think a lot more students will be inclined to show up," said sophomore Vinny Dennison. "I think the new contests could definitely help."

Lucy Cox says that the athletic department's surveys of students have echoed this opinion. With Sacred Heart's biggest freshman class ever reaching nearly 1300 students and the hiring of high profile athletic director Bobby Valentine, the "Heart Attack" President is optimistic about game attendance.

"This is a really exciting time for Sacred Heart, expect big things," said Pascarella.
Welcome back Sacred Heart students. Believe it or not this school year is already well underway. For the past few years the start of school has been completely exciting; getting to reconnect with friends I haven’t seen in months, starting new classes and getting to live on my own again. The start to this year has been a little different than the rest. I am finally a senior, something I have been waiting to say for three years. I am officially a “top-dog” on campus. As a senior I have completed all my class requirements, I know all the do’s and don’t but most importantly, as a senior I get to finally attend Senior Pub nights at Red’s.

Although being a senior has its perks, it is also a little frightening. I have one year left of being a student. That is the way I have defined myself for the past 16 years. After this year I will no longer be able to get a student discount at the movies (although I may still try). I won’t be able to have constant contact with friends and roommates who have grown to be my family. We will all be going our separate ways. Whether it is to travel or to start our very first “real” jobs, we will all have new experiences away from each other at Sacred Heart.

Up to this point, my entire life has mainly focused on what I will do when it is time for me to get kicked out into the real world. Although I have been preparing for this for years I can’t say that I am actually ready. The thought of not having summer vacations and having to pay for my own cell phone bill sounds a hit overwhelming.

Also, I know I will be all right. Mentally I may not be ready, but academically Sacred Heart has prepared me pretty well. It has given me hands on experience that I know will be helpful in my future.

For you underclassmen, enjoy your time here and take advantage of what this school has to offer. Like Ferris Bueller said, ‘Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it. Since it is clichéd, but your time here will be over before you know it. As for me I know my life is just around the corner. When it comes time to dive into the real world I’ll be ready, I just hope it’s ready for me.

As an intern this summer I had the opportunity to work with a non profit charity in nearby Southport, Connecticut at the center for survivorship funded by the Connecticut Challenge. After interviewing in early spring I had been excited to start working for a company that had such an inspirational story behind it CEO and founder. Jeff Keith was diagnosed with cancer at the young age of 12 and ended up having to get his leg amputated above the knee followed by many months of chemotherapy.

Keith would not let this devastating news stop him and would go on to be the high school ski team captain and a NCAA hockey team goalie at Boston College. Walking into the office everyday and having a desk next to a man that has accomplished so much in his life at the age 38 made me have a different perspective on my goals for life and each individual day as I help his company plan their annual bike ride that has riders tour 180 miles of Connecticut while climbing hills and coasting down challenging turns.

As a communication major I was interested in participating in an internship with the CFC Challenge as a project assistant. My duties consisted of basic office tasks like filing and printing mailing labels for over 500 jerseys sent out to riders participating in the big event. Every now and then I along with my other fellow interns Sean and Tessa got the opportunity to do something not so average. This included everything from buying enough peanut butter and jelly to feed an army to walking down Michael Douglas who was in town shooting a movie, but most importantly was a cancer survivor himself.

Although I did not do much but empty trash the day of the ride I took away more than the need for a long-shower. The bike ride benefits cancer survivors and if they could conquer a disease as serious and life threatening as cancer then I know I could lend a helping hand to make an enjoyable event for the survivors and their supporters. I walked away with more then just connections for future job opportunities but a new appreciates of the little things in life.
Aileen Casmano's Blog is Crafty and Creative

http://spoonful_of_serendipity

BY LAUREN PETTINELLI
Staff Reporter

Anyone who glances upon Aileen Casmano's lighthearted blog will understand what her inspirations are and what drives her to blog.

Casmano is a senior at Sacred Heart and is inspired by life experiences that she has had during her years in college. Time is what made her feel like there is a need to document life and all of the factors in it. Her blog is titled "Spoonful of Serendipity." She chose this title because serendipity has followed her throughout her adventures. The word serendipity means finding something good without looking for it.

Some things you may see on her blog are crafting ideas, food, and pieces of adventure she has been on throughout the past few years. She is also a very devoted "pinner" on Pinterest.

"I have always been a creative person that never followed the crowd. I always put my own twist on things," said Casmano. "Once I started posting my own photos on Pinterest—whether it was all natural, healthy recipes, photography or crafts—I realized that it was turning into my own blog."

Blogging is a form of self-expression that she uses to motivate herself and others. Casmano tries to post at least once a day, or every other day, to keep up with new unique crafts and ideas that she believes others will enjoy, too.

Casmano posts interesting recipes, like how to make kale chips or, even, egg muffins. She posts pictures of the trips she goes on, like her trip to the White Mountains in New Hampshire.

There are also posts for those creative people out there that like to design and build. This past summer, she decided to find affordable furniture and "modge podge" designs onto it to use in her home. She puts her ideas on the blog, which, she explains, are affordable and easy. She even posted her Pinterest account link so that anyone can click and view all of her posts. Her pins include clothing styles and more crafts.

Casmano's biggest inspiration is her mom. Her mother knew she liked to create and design things, so she helped inspire her by bringing home boxes and little objects that she could put together and make something unique. Her mother also taught her how to cook at a young age.

"When she started putting together soups or a stir-fry and a rice bowl, I was always allowed to be a helper. I think that is why I enjoy cooking so much and making up my own recipes today," said Casmano.

Taylor Filanowski Receives Award for Community Service

BY NATASHA KLINOFF
Asst. Features Editor

The New England Patriots awarded Sacred Heart University senior, Taylor Filanowski, a third-place prize in the Myra Kraft Community MVP Awards.

In the 2012-13 academic year, Sacred Heart University students dedicated themselves to over 8,112 hours of community service. This summer, Filanowski was recognized for her role in the community.

"I was taken off guard. I had just gotten back from studying abroad and had voicemails and mail waiting for me," said Filanowski. "I obviously knew I was nominated on behalf of the office of volunteer programs and service learning, but never thought anything would come of it."

Before coming to Sacred Heart as a freshman, she did not know the school was so involved in community service. Once she realized how many opportunities for service the university had to offer, she quickly joined Community Connections.

"I started off participating in Community Connections and learned about other opportunities from the Pre-Fall program," said Filanowski. The Myra Kraft Community MVP Award included $5,000 for the Community Connections program.

"It stems from SHU. Everything Sacred Heart has offered me, has developed me into who I am, service being a very large part of me," said Filanowski. "Sacred Heart has exposed me to Bridgeport in ways nobody else will ever view Bridgeport. I've met the best people with the most amazing stories through doing service, which drives me to continue giving back to the city."

Her desire to help others not only awarded her a great honor, but it also gave her the opportunity to meet Joshua Kraft, Charitable Foundation President, Andre Tippett, Patriots Hall-of-Famer and Patriots Executive Director of Community Affairs, and even some Patriot players. She met quarterback Tom Brady, kicker Stephen Gostkowski, former punter Zoltan Mesko, and defensive lineman Vince Wilfork.

The New England Patriots Charitable Foundation is a non-profit organization that was established in 1994 by the Kraft family. This foundation was created to support agencies and individuals who show the leadership and commitment it takes to improve their communities through volunteering.

The Myra Kraft Community MVP Awards are awarded in honor of Robert Kraft's wife, Myra Kraft, who passed away in 2011. Myra was an avid volunteer who worked to better the lives of children and families worldwide.

This award did not mark the end to Filanowski's role in the community. This year, she is taking control of some major groups on campus.

"I currently serve as a mentor for Community Connections and V.P. of Habitat for Humanity. Service has become part of my identity here at Sacred Heart and I have every intention on continuing service, especially in the Bridgeport area, the rest of my senior year and after I graduate," said Filanowski.

Filanowski added that her favorite thing about helping others is meeting so many new people.

"I've met so many diverse people, each of them always teaching me something through their personal stories and knowledge. I've become so open-minded from being exposed to so much diversity and I couldn't be more thankful for that," said Filanowski.
Features

An Easier Way to Travel with the New SHUttle App

BY NADIA JOURABCHI
Staff Reporter

Sacred Heart University’s transportation services have finally gone high tech. The Shuttle, otherwise known as the “SHUttle” can now be tracked down using an iPhone, iPad, android, or computer.

“The wait is over,” said sophomore, Ashlee Casertano. Even though Casertano rides the shuttle less frequently, due to the fact that she does not live on campus, the thinks this is a major improvement.

“Shuttle service is a way of travel for more than 40 percent of students at Sacred Heart. The drivers on the shuttle enjoy communicating with the students and creating a friendly atmosphere. If you are in car trouble the shuttle is always reliable. The workers put in extra hours just to make sure every student reaches his or her travel destination,” said sophomore Julia Garvey, who remembers taking the shuttle as a freshman.

“If this was invented last year it would have made less waiting time,” said Garvey.

The shuttle service tracker is now available through the App Store.

This app creates color trackers, so that students can pin the location of the shuttle that he or she is going to take. The app shows the route, location and time of arrival that each shuttle will arrive back at campus.

The tracker will be beneficial to students and faculty.

Now when trying to guess what time the shuttle will arrive, the app will give accurate estimated times of arrival. Whether you are traveling to the mall, market, Bridgeport train station, class, Fairfield plaza or Blackrock turnpike, the shuttle will get you to and from your destination on time.

“Just make sure to have your smart phone so you can plan your travels accordingly,” said Casertano.

Traveling from campus has now become much more efficient and time effective.

“This app is an advancement for the university. Many colleges and Universities do not even provide means of travel to their students,” said Dwayne Rucker, a shuttle driver.

Now all that students have to do is download the app, Ride Systems Navigation, and search Sacred heart University.

“The progress of the app looks amazing, I wish I thought of it,” said Factory employee Morgan Duplan.

The students pushed for a solution to the constant waiting time for shuttles.

“The inspiration for this app, came from students. Students would call Public safety, Student Union and various sources asking where the shuttle is. The answer would always be generic. The shuttle you’re waiting for should arrive in the next ten minutes,” said Robert Carrillo, a worker for the Student Union.

Now the guessing game is over.

“This new app is a time saver. Students can now know where and when their ride is coming. It puts less stress on us,” said Rucker.

This app was created to assure students their ride is

Ballroom Dance Club is More Than Just a Waltz

BY MEGAN LACKMAN
Staff Reporter

Right-two-three, left-two-three, rock-step and repeat. To many people this does not mean much, but to the Ballroom Dance Club, this is their language.

Ballroom Dance Club started here at Sacred Heart about five years ago with just one interested student. Over the years, the club has grown tremendously. They have had to move from practicing in a small classroom on campus, to using the gymnasium across the street at Notre Dame High School.

Now, the club is more of an ensemble. Scott Alberti is the new Director of Dance for the Sacred Heart Performing Arts and oversees everything going on.

The ensemble has practice at Notre Dame High School every Thursday night at 8 p.m. They also have additional practice times on Mondays at 8 p.m. for the students who missed Thursday or need a refresher to remember the steps.

Junior Taylor Magnotti has been in the program for three years.

“Growing from a club to an ensemble is great, thanks to Scott Alberti and Karen Pfrommer, our dance instructor,” Magnotti said.

Magnotti has watched the dynamics of the club change over the years.

“My freshman year, there were only four girls and one guy, and now with so much interest from the freshman, there was a point where there were more guys than girls,” she said.

The students seem to know what they are doing; there were not many toes being stepped on during their practice. They started in two lines, a boys line and a girls line to warm up. They were then told by Pfrommer to pick a partner and then every minute or so they switched partners.

They dance to songs varying from "Bobba’s Shag Shack" by Bill Cody to Gwen Stefani’s "Sweet Escape." Throughout the night they learned dances such as the swing, salsa and foxtrot.

Pfrommer is a professional dance teacher of 32 years. Her outgoing and loving personality makes her dancers comfortable and confident in what they are doing.

Senior Teresa Kushner, the president of the club, said, “I love it. [Pfrommer’s] enthusiasm about the club is great. She has a real passion for ballroom and it shows. It rubs off on the other members as well.”

In the upcoming months, the ensemble has a few competitions and a performance. They will be competing in the Yale composition on Oct. 20 and the UConn composition on Oct. 22. They will also be performing at the SHU Dance Ensemble Kickoff later in the semester.

"People think ballroom is just Waltz and slow dances like that, but it is much more," said Kushner.

The Sacred Heart Spectrum | September 18, 2013
ARTIST: ARIANA GRANDE
ALBUM TITLE: YOURS TRULY

The Nickelodeon sensation Ariana Grande’s striking looks and angelic voice provide a compelling image for this young Pop Star. “Yours Truly,” Grande’s first studio album debuted at No. 1 on the Billboard Top 200 upon its release. Two featured artists on her project include the Independent Rostrum Records artist Mac Miller & Good Music artist Big Sean. The tracks on “Yours Truly” really provide an understanding for who Grande is as a person as opposed as a celebrity entity. Despite her fame from a young age, the lyrics depict the lifestyle of a typical teenage girl looking for a good time. “Yours Truly” has a 90s R&B vibe, giving Grande the chance to bring an older sound to a newer music style.

ARTIST: JUSTIN TIMBERLAKE
ALBUM TITLE: THE 20/20 EXPERIENCE

From acting to performing, over the past 10 years Justin Timberlake has truly become an icon in the entertainment industry. After taking a hiatus from the recording studio to focus on motion pictures, Timberlake dropped his third studio album “The 20/20 Experience” under RCA Records returning to the music spotlight.

Debuting at No. 1 on the Billboard Top 100, The 20/20 Experience sold nearly one million copies, falling just short at 968,000. The album has a lot of inspiration from the musical styles of the 1960s and 1970s. The only artist that was featured on Timberlake’s project was Jay Z. Jay Z has a verse on the smash single “Suit & Tie.”

ARTIST: Dyme A Duizin
MIXTAPE TITLE: HIP HOPE

The young Brooklyn native and Atlantic Records hip-hop artist Dyme A Duizin is no stranger to success. At the young age of 21, he has already taken trips overseas to perform and Dyme has also acquired a sponsorship from Puma.

In an interview with MTV regarding the 2013 VMAs’ taking place in his hometown of Brooklyn NY, Dyme stated, “I’m proud of the borough and I feel like it’s our time again. It’s been our time before but it’s starting all over.”

His new mixtape “Hip Hope” is dropping soon which is already gathering a lot of attention after the recent release of his first single titled Body on Me. To learn more about Dyme A Duizin checkout his website (www.iamduzine.com) or follow his Twitter @DymeADuzin.
Neil Patrick Harris to Host the Emmys

BY ASSOCIATED PRESS

Neil Patrick Harris is magical, and not just because he can sing, dance, act and host the Tony and Emmy awards. He's actually magical, like in the abracadabra way, and has been since he was a kid.

Long before he was "Doogie Howser, M.D.," Harris loved magic. Every trip to his grandparents' house in Albuquerque meant a visit to the local magic shop, where he used his allowance to add a card or coin trick to his collection, mastering the new illusion on the ride home.

These days, the 40-year-old entertainer injects magic into most everything he does. He levitates an Emmy trophy in advertisements for Sunday's big show, which he's hosting for the second time. His "How I Met Your Mother" character, Barney, dabbles in magic. And Harris often does magic tricks on talk shows.

He also makes countless hours of his free time disappear as leader of the Academy of Magical Arts, which is headquartered at the famed Magic Castle on a hill overlooking Hollywood.

"If magicians and magic work well, it really amazes people at a core level, and that level stays with them for a long, long time," Harris said in a recent interview, sitting in one of the Magic Castle's many theaters. "You can talk to almost anyone and ask them to recount when they saw a magic trick and they get that giddy expression... I like knowing that the end result is that reaction."

Harris knows the historic, Victorian-style Magic Castle like a favorite trick — the winding corridors and staircases as familiar to him as the "How I Met Your Mother" set.

He greets staff members by name, eddies with temperamental switches himself and feels proud of the place's progress under his leadership.

Now in his second term as magic academy president, Harris doesn't just promote the art and appreciation of magic, he basically runs the business of the Magic Castle, attending regular board meetings and handling occasional "angry emails from magic people." It takes some sleight of hand to juggle those responsibilities among the half-dozen other jobs he has, including voicing a Pixar film, directing a play, starring in David Finch's adaptation of "Gone Girl," preparing for a starting run on Broadway, wrapping up the final season of "How I Met Your Mother" and oh yes, producing and hosting this year's Emmy ceremony.

"God bless Apple: We have the iCal," Harris said, explaining the computerized calendar that keeps his team, fiance David Burtka and their nearly 3-year-old twins on top of their schedules.

With all the Emmys just a few days away, Harris is harried. He's been hands-on throughout to put the ceremony together, said executive producer Ken Ehrlich.

"This is one guy whose title of producer isn't just a vanity title," Ehrlich said, lauding the entertainer's instincts "both to what makes a terrific live television show as well as to what makes a great TV show for people to watch at home."

Harris's production skills are actually award-worthy: He won an Emmy at Sunday night's Creative Arts ceremony as executive producer of last year's Tony Awards.

Twerking Really Isn't Wanking

From Miley Cyrus' unusual performance on the MTV VMAs to seeing people twerking at clubs, it seems to be a dance move that is more out of enjoyment rather than choreographically planned.

"When I saw Miley Cyrus dancing on the VMAs, at first I thought she was playing around and making fun of the dance," said sophomore Sydney Basil.

The publicity about twerking has been controversial. Recently, one YouTube video has gotten the public's attention for not only its twerking, but its shocking "twerk fail" at the end.

With over nine million views, this jaw dropping and secretly entertaining video of a girl twerking against her door has made its rounds around the Internet and has gone viral. What is so great about this 36-second video?

Titled, "Worst Twerk Fail EVER - Girl Catches Fire," a young woman twerks upside down against her door and falls backwards when her friend opens the door from the outside. When pushed, the girl who was previously attempting to twerk to the upbeat music falls straight onto a glass table.

Do you think that sounds painful? It gets worse!

"Screaming with fear, the young woman catches on fire because of a candle that was lit on the glass table. Ouch!"

"I couldn't stop laughing when I saw that video," said sophomore Francesca Mainella. "As much as it is harmful and not safe, the fact that the incident had to do with twerking made it so much better!"

Although the video was attention grabbing and humorous, it was played by a stunt double and ended up being a total hoax. Talk show host Jimmy Kimmel set up the hilarious video in order to generate talk about how anything and everything is uploaded and posted onto the Internet. In the original video, which was revealed on Sept. 9 during Jimmy Kimmel Live, Kimmel comes out at the end with a fire extinguisher to put out the twerk fail blaze.

"I had a feeling that this video was set up. I doubt that the first thing someone would do is past their embarrassment on YouTube after catching on fire and even worse, most likely breaking their back," said sophomore Nicole Mager.

But senior Chelsea Stamps begs to differ. "Then again, people are crazy."
In their third tournament of the season, the Sacred Heart University women's volleyball team went 1-2 in the Delaware Invitational.

"The team showed some great improvement against some strong competition," said head coach Rob Machan. "I feel we took a step in the right direction of becoming a team that can be a strong contender in the conference."

On the last day of the tournament, Sacred Heart faced Quinnipiac University. Freshman Sarah Krutka led the match with 16 kills, but the offense never seemed to get into a rhythm. Sacred Heart dropped the first match, 3-1.

Although the match against Furman was disappointing, the Pioneers remained positive, which was true throughout the weekend.

"I honestly believe we have the potential to be one of the best teams in the nation," said freshman Ana Gonzalez. "And, thanks to our coaches, we are on our way." Saturday, the Pioneers faced tournament host Delaware, but lost in straight sets. Despite a strong offensive effort, the Pioneers could never get ahead against the Blue Hens. Krutka led the team with 10 kills, while freshman Jese Lee had a .462 hitting percentage with 7 kills on 13 attempts.

The final two sets were close, as the Pioneers only lost by two points in each. Critical attack errors down the stretch plagued Sacred Heart but, the team can take positives from their offense away from the match.

"We are working on our offense from a technical perspective this week," said junior Alissa Young. "We have all the pieces, we just need to put it all together now."

In their last match of the tournament, the Pioneers beat Rutgers in a thrilling five-set match. Krutka once again led the Pioneers in kills (15), while Gonzalez contributed a match-high 28 digs.

After falling behind early in the first set, the Pioneers could not recover. Sacred Heart would rebound in the second set, getting off to a great start behind Gonzalez and freshman Marie Zimmerman.

In the third set, it was back-and-forth. Neither team could pull away until it was 15-13 and Rutgers took advantage of multiple Pioneer errors to make it 19-15. However, thanks to a strong serving effort from sophomore Carly Shockey and Gonzalez, including several aces, Sacred Heart came back and won the set 25-22. The Pioneers rank second in the nation for serving in 2013, behind Rutgers, but that would change after a critical time out.

The fourth set was full of struggles for the Pioneers, particularly on defense. Although Gonzalez recorded 12 digs Rutgers dominated the set, 25-15.

It came down to a decisive fifth set, with the lead flip-flopping frequently before Rutgers would take a three-point advantage. Sacred Heart would battle back and eventually tie the game on a kill from freshman Kiki Robinson. Young came on late in the match delivering critical kills and serves to put the match away.

Robinson was named to the All Tournament Team, but credits her teammates for all her success.

"I did well because my teammates did well," said Robinson. "As a setter, I feed off of other people's success, and our passers and hitters did a great job this weekend."

With the 1-2 finish at the Delaware Invitational, the Pioneers remain above .500 with only one tournament left before ruling NEC play begins.

"I think right now we are playing very consistently, but we have lots to improve on," said Robinson. "I am just really excited to see us reach our potential!"

The Pioneers will travel to Pennsylvania to play in the Villanova Classic this weekend.

DeRienzo Makes Semi-Finals in Singles

BY ANDREA BERRINGER
Staff Reporter

This past weekend, the Sacred Heart University women's tennis team headed to Hamden to compete in the 17th annual Quinnipiac Invitational.

The tournament was a three day event that began on Friday. Joining the Sacred Heart Pioneers and Quinnipiac Bobcats on the courts were fellow Northeast schools UConn, Hartford, Providence, Army, Navy, Seton Hall and Niagara.

On Friday, in the A singles flight, sophomore DeRienzo and senior Gabi Kaldan competed for the Pioneers. Kaldan was defeated in the first round by Eva Svang from Army, 6-2, 6-0. DeRienzo defeated Sarah Hellman from Niagara, 6-2, 6-4, and Darien Sears from Navy, 6-3, 5-7, 10-5, to advance to the semi-finals; which she considers a "huge accomplishment." DeRienzo was then defeated by Sophia Demidovskaya from Quinnipiac, 6-0, 7-6 (6).

"It's exciting because this tournament is a bigger challenge," DeRienzo said. "The girls in the tournament are "laying at a higher level."

In the B singles flight, Sacred Heart sophomore Lindsay Post defeated Madeline Makings from Hartford, 6-1, 6-1, and was then defeated by eventual champion Emma Alderman from UConn.

"This tournament is one of my favorites because a lot of good schools come to it," Post said. "The competition is really good and it's close to home, which it always nice."

In the C singles flight, Pioneer freshman Taylor Gurda won the first round against Natalie Rehob of UConn before being defeated by Mary Chupa of Quinnipiac.

In the first round of the D singles flight, Sacred Heart freshman Mariah Wardius defeated Felicia Demarco from Hartford 6-0, 6-1. Vivian Chau from Navy defeated Wardius in the next round, 6-0, 6-1. Daniella Reeves from Quinnipiac defeated Pioneer senior Maggie Tooley in straight sets, 6-4, 6-1.

In the A doubles flight, Margaret Iley and Carolyn Piitman from Army defeated Gurda and Kaldan, 8-2. Maria Clara Bernards and Alaina Primeo from Providence defeated DeRienzo and Post, 8-1.

In B doubles flight, Maggie McLaughlin and Sophia Costes from Navy defeated Tooley and senior Lauren Rodrigues 8-0. Chupa and Kelsi Oliphant from Quinnipiac University later defeated Sacred Heart sophomore Paige Olof and junior Haley Dubbs, 8-3.

Mike Guastelli began his 19th year at Sacred Heart University as head coach of the women's tennis team.

"The time I spend with my team is the best two hours of my day," said Guastelli.

The team only lost two girls from last year and gained two new freshmen as they look to build on last year's performance.

"The competition is what's good about the tournament," Guastelli said. "They are our best two hours of my day," said Guastelli.

"I try to put in our tournament plan to give high competition for us," the Quinnipiac Invitational is a more challenging tournament for the team, but the players love the opportunity to play more.

"It's more challenging because we face schools that aren't in our conference," DeRienzo said. "In this tournament, everyone gets involved, whether A or B singles, everyone has a matchup."

The Pioneers will compete in the Army Invitational Tournament next weekend beginning on Sept. 27.
FOOTBALL

Pioneers 3-0 for First Time Since 2008

By Katie Sheppard and Sam Butler
Sports Editor and Asst. Sports Editor

The Sacred Heart Pioneers are 3-0 for the first time since 2008. On Saturday evening, the Pioneers defeated the Lincoln Lions, 45-3, to kick off the 2013-14 campaign at Campus Field.

"Playing at home has its own feeling. It's nice beating someone on their own turf, but to get a win at home is an amazing feeling," said sophomore quarterback RJ Noel.

The Pioneers started the game off scoring on each of the first 4 offensive possessions, as well as forcing 3 three-and-outs on the Lions first 5 possessions.

"We talk about feeding off one another," head coach Mark Nofri said. "If the offense is down, the defense has to pick them up; defense is down, the offense needs to pick them up. And, in special teams, you make big plays where the momentum changes and the tide turns."

On the first drive of the game, junior running back Kennudras Spence accounted for all 58 yards of the Pioneer offense before punching it in for the touchdown. Spence would add another touchdown later in the first quarter.

Noel had another strong performance, throwing for 2 touchdowns and running for another. Noel, the reigning NEC Rookie of the Week, completed 63 percent of his passes and consistently led the Pioneers down the field.

However, it was junior running back Sean Bell who stole the show, rushing for 205 yards on 18 carries after Spence went down with an injury after the first quarter.

"I am not really thinking about anything except my assignment, it's my job to put our offense in a position to score," Noel said. "It is really exciting, I haven't run like this since high school. I'm just blessed for the opportunity."

The Pioneers are loaded offensively and that was evident Saturday with Bell's performance. With a variety of weapons, coach Nofri expects this "next guy up" mentality to continue.

"Each player brings a different dimension to this offense," Nofri said. "When a guy goes down, you want the next guy to step up and be just as good."

On the defensive front, the Pioneers only allowed 3 points with 4 sacks and 17 tackles for a loss. Sophomore Kellen Sperduto led the charge with 7 tackles, two for a loss. Meanwhile, junior defensive lineman Troy Moore put the pressure on Lincoln all night, finishing the game with a sack and 2 tackles for loss.

"From a defensive standpoint, we've got to limit the big plays more and clean it up a little bit," Sperduto said. Although the Pioneers only allowed 138 yards of total offense to the Lions, they were plagued with 14 penalties accounting for 144 yards.

"One of our building blocks this season is being disciplined," Nofri said. "We can't have penalties like this against good teams. If we want to be a great football team we have to cut out the penalties."

The Pioneers accumulated over 430 yards of offense for the third time this season after averaging only 225 yards of offense all of the 2013 campaign. Coach Nofri and staff made some offensive adjustments in the off-season, including a no-huddle offense that has spurred the change on the field and the culture of the program.

"Coach Noel always tells us, 'Push the pedal to the floor, score as many points as we can and keep up tempo,'" Bell said. "We have lots of weapons and depth, no playing at this pace will hopefully lead to success for us."

Changing the culture has been one of the main focuses for the Pioneers this season and that was evident Saturday night with a packed house, most of which was students.

"We talked all off-season about creating a buzz around campus and creating a winning atmosphere," Sperduto said. "Starting off 2-0, coming into a home-opener atmosphere, it was everything we expected."

The Pioneers will continue their home stand next weekend when they take on Chowan University as part of Homecoming Weekend. Kickoff is 1 p.m. on Campus Field.
Field Hockey Splits Weekend Games

BY KATIE SHEPARD
Sports Editor

The Sacred Heart field hockey team split their weekend games, keeping their record at .500 (3-3).

Friday night, the Pioneers faced La Salle in their home opener on Campus Field. Sacred Heart won a thrilling overtime game, 4-3, with sophomore Christine Mace leading the way.

La Salle was first to get on the board, scoring two goals in the first 13 minutes of the game, as they held the lead throughout the first half. The Pioneers answered early in the second half with a goal from freshman Danielle Gallagher off a pass from Mace.

The Pioneers scored again in the 45th minute off a penalty corner that redshirt-sophomore Liz Bergman placed perfectly in the back of the goal to tie the game. La Salle responded with a goal just five minutes later to take back the lead.

Mace scored 1:17 later to tie the game at 3. Both goalkeepers made great saves down the stretch to send the game into overtime.

"The La Salle game proved that we have to come ready to play from the beginning and continue to play hard for 70 minutes," Bergman said.

Sacred Heart put the pressure on throughout the extra session with shots by both Bergman and Mace denied early on in the overtime. In the 81st minute, Mace took a ball on a break away and beat the goalkeeper one-on-one for the game winner.

"It feels great to score the game-winning goal in the home opener," Mace said. "We were down 2-0 at the half, so to be able to come back and pull out a win was amazing."

For her efforts Mace earned the MAAC Offensive Player of the Week after scoring 2 goals and having 1 assist against La Salle.

"It's great to have Christine recognized for her incredible individual effort this weekend," said head coach Katie Kloeckener. "She has been a fantastic attacker for us this season and we are very excited for her to garner recognition from the MAAC."

Sunday, the Pioneers traveled to Holy Cross to take on the Crusaders, but fell 1-0 despite nearly matching the Crusaders on shot attempts and penalty corners.

Holy Cross scored off one shot in the first half, which proved to be the game winner. Sacred Heart goalkeeper Mary Allepeter had five saves on the day, including a beautiful play on a break away.

Sacred Heart had plenty of chances, including 8 penalty corners. Both Bergman and sophomore Rachel Claroni got off a few shots, but Holy Cross was able to turn them away.

"What we hope to take away is the importance of consistency in all aspects of our play, especially the fundamentals," Kloeckener said. "Consistency will help us continue to add to the win column."

Moving forward, the Pioneers have a few more non-conference games before entering MAAC play and they are optimistic about the rest of the season.

"Going forward, everyone will find their role and become more comfortable which hopefully will lead to a successful season for us," Bergman said.

The Pioneers will be in action again Friday night against cross-town rival Fairfield 7 p.m. at Campus Field.

PLAYERS of the WEEK

Sydney Judkins
HOMETOWN: South Park, PA
YEAR: Senior
MAJOR: Athletic Training
SPORT: Soccer, Goalkeeper
GOALS AFTER COLLEGE:
Stats/Awards: Team Captain 2013, 5 shutouts in 2012, 66 goals against avg (1st in NEC) 2012

"The best part is that I get to playing a sport that I love, and I have made some of my best friends here."

RJ Noel
HOMETOWN: Lowell, Massachusetts
YEAR: Sophomore
MAJOR: Sports Management
SPORT: Football, Quarterback
GOALS AFTER COLLEGE:
Pursue a career in athletics, either playing or on the business side
Stats/Awards: NEC Rookie of the Week 4 passing TD, 3 rushing TD in 2013

"The best part of playing is having great teammates and coaches that do more for others than they do for themselves."

"The Spectrum/LIZ MARTINCOLA

The time I spend with my team is the best 2 hours of my day.

Mike Guastelli, Tennis Coach"