**Homecoming Is A Hit**

BY EMILY ARCHACKI  
Staff Reporter

This past weekend, an assortment of alumni and families were welcomed back to Sacred Heart University for the annual Homecoming Weekend. This weekend was special because it was held in conjunction with the university’s 50-year anniversary celebration.

The theme of the weekend was “Destination: SHU.” Events began on Sept. 20 and concluded on Sept. 22. As of the registration deadline of Sept. 19, most events were at full capacity.

“Alumni Weekend is all about celebrating Sacred Heart,” said Emily Gillette, Director of Alumni Relations. “It gives alumni the opportunity to return to campus together, to see one another, our staff, and our faculty.”

The weekend started with the Alumni Awards Luncheon held in the University Commons. The luncheon was a celebration in recognition of accomplished and deserving alumni who have made contributions to their communities, careers, others and to Sacred Heart.

“Each college identifies an alumna that represents success in their college and then, the alumna association accepts nominations for the other awards,” said Gillette.

Later that evening, the festivities continued in the Edgerton Center for the Performing Arts with a comedic benefit performance by alumnus Kevin Nealon ’75. Nealon is known for his roles on NBC’s “Saturday Night Live” and the Showtime series “Weeds.”

Alumni and families went to benefit Sacred Heart’s Student Scholarship Programs. Over 500 people, including alumni, current students and the general public attended the show.

The main event of Saturday afternoon was the homecoming football game between Sacred Heart University Pioneers and the Chowan University Hawks.

Before the game, Big Red’s Beer Garden and Family Barbeque featured food, drinks and activities for alumni and their families. Alumni were also able to taste the new Sacred Heart beer, “Via Cordis Abbey Blonde,” brewed by Two Roads Brewery in Stratford, Conn.

Over 325 alumni and their families were under the tent as a rain shower passed overhead when the game kicked off. Despite, the overcast skies, alumni were happy to be in attendance.

Lauren McKinley ’98, Danielle Nolan ’98 and Lara Raatz ’98 returned to campus for their 15-year anniversary. All three women said they enjoy coming back to Sacred Heart.

“I like to see how the school has changed,” said Raatz. Nolan said she enjoys, “reconnecting with people.”

McKinley added, “It is nice to reconnect with, not only the people you keep in touch with, but everyone else too. It’s great to see how everyone is doing.”

Sunday’s events concluded the weekend with the “Blessing of the Couples” alumni mass. The mass celebrated couples that found love with one another at Sacred Heart, and also honored and remembered deceased alumni.

Following mass was the Encounter with Christ Alumni Ultrea, a reunion of past participants of the “ Encounter with Christ” retreats offered for the past 25 years by the Office of Campus Ministry.

The SHU Alumni Association and the Office of Alumni Relations are thrilled that alumni are celebrating the University’s 50th anniversary by returning to campus,” said Gillette. “Our growth is dependent on the support of our alumni, and we hope that it will encourage students to return once they finish their time at SHU.”

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**Sandy Remodeling Destroyed by Fire**

BY MATTHEW VOGEL  
Staff Reporter

Superstorm Sandy, a category three hurricane that hit the Eastern seaboard almost a year ago, was the second costliest hurricane in history. Recently, an unusual type of storm hit the battered region: a firestorm. On Thurs. Sept. 12, a fire unexpectedly began in Seaside Park, N.J.

According to the New York Times, “The fire was a devastating setback to an area that could little afford one as it struggled to get back on its feet nearly a year after Hurricane Sandy. The town, along a sliver of barrier Island, suffered the worst of the storm’s damage.”

Sacred Heart University is full of students from New Jersey and students who were personally affected by the fire.

“When I first heard of the fire I was overcome with emotion and sadness because the place that I called my second home was being attacked again by another type of natural disaster,” said sophomore Nicole Higgins. “Seeing the footage on the news and being able to identify all of those places and what used to be, made me want to go home that moment.”

Businesses owners and residents affected by Hurricane Sandy saw its recent recovery efforts go up in smoke. The fire started at 2 p.m., lasted for about five hours and destroyed many local businesses along the boardwalk. It traveled north along the boardwalk.

“The Funtown Pier, the pier that burned, was the pier that harvested many childhood memories of mine, but also my two younger siblings,” said Higgins. “I have friends that used to work at the Beachcomber, a restaurant that was destroyed, and Kohr’s, the ice cream place where the fire started.”

Originally the cause of the fire was unknown.

It was not until a week later that officials discovered the cause of the fire, which was accidental. According to the Star Ledger, a New Jersey newspaper, “Decades-old electrical lines snaked under the weathered wooden planks in Seaside Park. Nearly 11 months ago, as Hurricane Sandy battered the shore, those lines were compromised by corrosive seawater and sand.”

The discovery of what caused the massive fire that engulfed the iconic New Jersey boardwalk gave people a sense of relief. All foul play was ruled out and efforts are now focused on restoring the shoreline.

“I feel that us locals along with the business owners need to come together to rebuild the places where we live and work before allowing tourists back into the area,” said Higgins. “We need to put our lives back together. What people don’t realize is that where most vacation is where we live.”
SHU Students Learn the Meaning of a Dollar

BY LEO TAHAJIAN
Staff Reporter

What does it mean to live on a dollar? On Wed. Sept. 18, hundreds of Sacred Heart students packed into any available space they could find in the University Commons, most having to sit on the floor, to get an answer to this question. “Living on a Dollar a Day” was one of Sacred Heart’s most packed colloquia in recent history.

Zach Ingrasci and Chris Temple, co-founders of “Living on One,” a non-profit organization with the goal of aiding those who live in extreme poverty all over the world, had the answers to this question.

In a 55-minute documentary, featured by several media outlets such as CBS This Morning, Yahoo! News, Business Insider, and The Washington Post, Ingrasci and Temple were able to bring the entire Sacred Heart student audience into what seemed like a different world.

Every student in the packed auditorium traveled along their journey from the wealthy and quiet town of Fairfield, Conn. into the poverty stricken rural highlands town of Pena Blanca, Guatemala.

In order to really get an answer to what it was like to live there, Ingrasci and Temple lived in a broken down home in the town where they ate, worked, started a business, and interacted with people just like the typical citizens of Pena Blanca did. They understood the amount of money they had at their disposal, some days having more than a dollar to spend and some days having none.

In the documentary, students of Sacred Heart also got a very personal look into the lives of some of the families living in Pena Blanca.

“Though they have so little, they were all willing to give so much,” Temple said, referring to a scene in the documentary where a Pena Blanca family cooked him, Ingrasci, and their film crew an expensive dinner reserved for only special occasions.

Even though the family is supporting eight children, they were still willing to do nice things for others even though they could barely afford to survive. This same family gave what money they had to a man of another family, whose wife was dying and could not afford life-saving medication.

When the documentary ended, students in the audience had tears in their eyes.

Dozens of students came up to Temple and Ingrasci after the documentary asking what they could do to help and get involved.

“I wasn’t expecting this turn out, and I’m very happy with it,” said Dr. Pilar Munday, Associate Professor of Foreign Languages and Cultures at Sacred Heart. Munday was in charge of putting together the colloquium.

“When I saw the film, I knew I needed to bring it to the school and to the students.”

In the closing scene of the documentary, Anthony, the father of the generous family featured in the film said “Don’t forget the people of Pena Blanca, we are not only fighting to better our lives, but we are fighting just to survive.”

To get more information on how to help and get involved, visit www.livemoney.org.

4th Annual Fall Fest

BY CAITLIN FEEONEY
Asst. News Editor

On Sun. Sept. 22, Sacred Heart University held its fourth annual Fall Fest to kick off the first day of the new season ahead from 1 to 5 p.m. Held on the patio lawn outside of 603’s, the campus event featured activities for all students to participate in.

The event also had plenty of great food, music and entertainment. Students could make their own caramel apples, enjoy some fried Oreos and fried dough. Academic clubs and departments set up booths at the event. There were plenty of free items being passed out, along with custom merchandise signs. Food from local vendors and growers were also at the event, which has been a centerpiece for the festival all four years.

The Guilford fire truck was serving pizza to students. Just like the previous year, the caramel apples were a big hit and definitely seemed to be a favorite among students. There was also a miniature golf course and photo booth set up for students to enjoy.

“I really enjoyed the event this year,” said junior Olivia Hurd. “I loved being able to take pictures in the photo booth and keep memories from the event.”

A new activity added to Fall Fest this year was a zip line from North parking lot. The campus came alive with all of these Fall Fest activities. It was nice to see some changes in activities, while also bringing back the things that people enjoyed the past four years.

“I didn’t get a chance to go to last year’s Fall Fest but I’m so glad I did this year,” said sophomore Isabella Murna. “I had a lot of fun, especially playing mini golf.”

The Student Events Team (SET) worked hard and organized the event.

“It was very happy with how Fall Fest went,” said Vice President of SET senior Erin McGannigle. “Especially, how it gets students to congregate outside together, sharing the first fall day of fall with cider, pizza, caramel apples, music and friends.”

The 2013 Fall Fest was a definite success and it seemed to get students even more eager for another one next year. It was definitely a great time for students.

“The weather was great and I loved getting all the free food,” said junior Alex Miccoli. “Fall Fest was a great way to kick off the fall season.”
Fantasy Football

BY JACK DOHERTY
Staff Writer

September signifies the start of a new NFL season. However, for many it also means the start of a new fantasy football season.

A growing trend over the last few years is fantasy football. It adds a new dimension to watching football on Sundays. “Your more invested in games you wouldn’t usually pay attention to. It adds an extra element to your Sundays,” said sophomore Nate Lavertu, an avid fantasy football player. Lavertu is involved in a ten-person league with friends from his hometown.

The stakes are high for many fantasy football players. “Each person in my league pays $50 to join, the winner walks away with $500. “That [money] would definitely be nice,” said Lavertu who has been playing fantasy football for the last three NFL seasons.

Each fantasy football season begins with an online draft. Owners in the league pick their teams usually consisting of 15-20 players from around the NFL. A team’s starting lineup may vary from league to league but usually consists of one quarterback, two running backs, three wide receivers, one tight end, a team defense and a kicker.

In Lavertu’s league, players face off head to head each week. Teams with the best record go to the playoffs, usually beginning in week 12 of the NFL season. Players are awarded for touchdowns, passing yards, rushing yards among other things.

“In my league every 25 passing yards a quarterback has equals one point and every 10 rushing yards a player has equals one point. I’ve got Adrian Peterson and Colin Kaepernick on my team this year so I’m optimistic,” said sophomore Will Duman who is in a league with eight of his friends this year.

Like Duman, Lavertu is also excited about his team’s chances this year, “I personally hate Peyton Manning but I think he’s going to have a good year and lead my team to the championship. I don’t have to like the players on my team they just have to get me wins,” he said.

Lavertu and his league play through Yahoo’s fantasy football outlet. Until this season Yahoo has had the most amount of fantasy football subscribers every year. Yahoo, with 6,235,000 users, was surpassed by ESPN who narrowly beat them with 6,276,790 users in 2013. Other fantasy football outlets include NFL.com and CBSSports.com.

“I use ESPN.com, I think it’s just the simplest and most straight forward platform there is to play on,” said sophomore Will Duman.

Yahoo’s drop in subscribers may be contributed to its brand new layout that came out this year. While the numbers show some subscribers are moving away from Yahoo after the new layout, Lavertu happens to like it.

“I like Yahoo’s new look, it’s a lot more modern looking and more interactive than it was last year,” said Lavertu.

As the season moves on fantasy football participants only become more and more invested in their team. “I check my team everyday and I’m sure I’ll check it even more as the playoffs get closer,” said Duman.
Students Comment on Fall Internships

BY JULIA GARVEY
Staff Reporter

As Sacred Heart University students advance in their college journey they are given more responsibility and tasks to take on. Gaining responsibilities is a crucial step towards the inevitable “real world” for a college student. A way in which Sacred Heart is able to guide their students is by providing them with seasonal internships, which bridges the gap between classroom studies and the professional workplace.

Sacred Heart is able to pair with outside businesses and corporations depending on which major students are enrolled in. These corporations will take in their students and teach them all that they need to know, leaving them with an excellent resume for future job offers.

Senior Julianne Gilligan was paired with Bridgeport Hospital for an internship in the nursing field where she would report to the hospital for a work day as opposed to school for classes.

“I felt that learning hands on would give me a greater idea of what I was in for,” said Gilligan.

Gilligan elaborated on the pros and cons of having a fall internship for junior year. While it is ideal to be working at a dream job, it is also a very large adjustment. The initial balance between dealing with going to school and the feeling of working a “full-time” job can be difficult at times.

“It was tough for me to balance out my grades while having to report to the hospital as well.”

Junior Victoria Vessella recently began her fall 2013 internship with Liberty Mutual Insurance Company. Liberty Mutual seemed like the perfect environment for Vessella, as a human resources major.

And it was.

“On the first day that I started they explained that they are expecting their interns to quickly become part of their team, and to provide any insight knowledge or ideas to their designated department,” said Vessella. “This made me feel like I was actually making a difference.”

Much like Gilligan, Vessella expressed that the biggest adjustment that comes along with having an internship is the balance between school work, and “school life” with reporting to a real job in the real world.

“It makes me feel like I have already completed college and have started my profession already, until I have to come back at 4 o’clock and attend my 7:30 class,” said Vessella.

Internships offered by Sacred Heart are provided to strengthen and broaden students’ horizons in the workplace. Having real life experiences in the field allows students to get a glimpse of what lies ahead.

Businesses and corporations appreciate the help provided by students just as much as students appreciate their experiences. Sacred Heart students are able to grow into functioning adults and are no longer seen as practicing interns through the experiences that they have while completing internships.

What is your FAVORITE ASPECT of Fall?

“The apple cider donut flavor at 16 Handles.”
Junior, Katerina Parlamas

“The colors of the leaves changing are just so beautiful.”
Senior, Cassie Griffett

“Apple picking and pumpkin iced coffee.”
Junior, Alex McCourt

“Fall is my favorite, I love apples, apple cider and apple cider donuts.”
Sophomore, Hanna Skelley

“Crunchy leaves under my toes.”
Senior, Nicole Floriano

“Football and Sweatshirt weather.”
Junior, Pat Plant

“The majestic colors of the dwindling leaves while enjoying turkey, mashed potatoes or a nice cold beer.”
Freshman, Jill Crosby

“Watching an outdoor football game.”
Junior, Adam King

“The leaves changing colors.”
Junior, Greg Hazell

“Eating Halloween candy until I explode.”
Freshman, Lia Jorgenson

“I love watching the leaves change, eating apples and definitely being able to wear sweaters and boots.”
Sophomore, Justine Galang

“The Thanksgiving Macy’s Day Parade.”
Senior, Anthony Pascarella

“Girls in leggings.”
Junior, Steven McNicholas

“Corduroys.”
Junior, Liam Doyle

TWEETofTHEWEEK

“Sacred Heart University football is 4-0 after a homecoming win where they set the single game scoring record for the school.”
JACK BUSHELL, @JustJack_B

“Driver’s Ed courses should be mandatory for all Sacred Heart University students #ann #maln #malnotted”
JULIANNE TOCHHIO, @tochpoint_0

INSTAGRAM
FEATUREofTHEWEEK

@ LAKE MOHEGAN
COURTESY OF SARA HANNA
Middle of the ninth.

His team clanging to a one-run lead.

The skies above the Bronx erupt with that oh-so-familiar George Hettlefield guitar riff.

As Metalliks, "Enter Sandman" echoes throughout the House That George Built, Yankee Stadium's gates of Eden swing open and out trots a stoic 43-year-old Palestinian from his bullpen office.

He is ready to conduct his business.

"Now pitching for the New York Yankees, number 42, Mariano Rivera, number 42.

45 thousand New Yorkers, people who have lived a spectrum of emotions, rise and cheer as a cohesive unit, giddy upon the return of their savior (literally).

Rivera toes the slab and fires his warm-ups, more ceremonial than necessary.

More audible elation from the crowd, combined with palpable apprehension from the opposing team and a soothing sense of relief from the first base dugout, can only mean one thing: Mariano Rivera will throw what he knows best in the history of the world has done better – close a baseball game.


As Mo goes, so do the Yankees in the playoffs. Torre and Girardi have sat with bated breath in the dugout, just waiting to get the ball to their closer. In six playoff eliminations, Rivera has been the last Yankee pitcher to touch the ball. In two of those eliminations, he has surrendered a walk-off hit, most notably in 2001. Just weeks after the 9/11 terrorist attacks on New York City, the Yankees were dealt a brutal blow in Game 7 of the World Series when Arizona Diamondback outfielder Luis Gonzalez lofted a Rivera cutter past the fence in Yankee infield to win a dramatic and emotional Series.

And that cutter. Oh, that cutter.

Rivera's cut fastball, which looks like a ball out of his hand before it cuts over the plate at the very last moment, has been Rivera's primary (sometimes only) pitch. In the pantheon of great pitches (Sandy Koufax's curve and Nolan Ryan's Express), Rivera's cutter might be the greatest, aided by his impeccable control and mid-90s velocity.

The on-field performance and accolades are a big reason why Rivera's final season has turned into an unparalleled cross-country farewell tour. Each city he visits has greeted the man who revolutionized the back-end of a bullpen with open arms and a bevy of votive statues.

The Twins gave him the "Chair of Broken Dreams"; a rocking chair made of broken bats as a homage to his career. The Tampa Bay Rays presented him with a giant sand sculpture of his likeness in front of the New York skyline. Even the Boston Red Sox got in on the celebration. The bitter rivals honored Rivera with a video tribute, a 1934 Fenway Park seat, the pitching rubber from the visiting bullpen, the No. 42 panel from the scoreboard signed by the team and a donation to his charitable foundation.

The Mariano Rivera Foundation supports philanthropic and volunteer organizations. It is one of the highest-earning nonprofit foundations in the country and a small snapshot of the man himself. You see, a bigger reason Rivera has been so lauded is because he is Mariano Rivera: Frankly, Mo exemplifies the qualities of what it means to be a good person.

On the diamond, Rivera is a role model. He is a fierce competitor who exudes sportsmanship and grace even under the most pressure-packed situations in the game, daring opponents to treat him right. In the clubhouse, Rivera welcomes his role as a mentor and teammate, leaving lasting impressions on many of those he has played with. He brings to baseball what we want baseball to be: a game played by men who truly love it, who bring their last full measure to the park every night and who treat the pastime with the respect it deserves. Rivera is that player who gives back what we, the fan, put in.

Rivera stands as a model of emulation, especially for the Sacred Heart community. He is a man who has always put God and family first and has brought respect and class to every aspect of his life.

On Sunday, the Yankees retired Rivera's number — a fitting tribute to the man who will always unmatched.
Dylan Moore Talks Sports

http://sportstalk1blog.wordpress.com

BY NATASHA KLINOFF
Asst. Features Editor

Dylan Moore, a freshman at Sacred Heart University, created his sports talk blog, to share with his followers, a variety of pictures and discussions on controversial topics in athletics.

Majoring in sports management, Moore sees sports as an important factor in his life. He said that the idea for a blog came about when he had free time over the summer.

"My followers should expect to find a very unique and different perspective on today’s sports news," said Moore.

Moore's sports talk blog covers topics such as "The (other) Problems With Major League Baseball" and "It's in the Eagles' Best Interest to Let Go of Cooper." With each topic, Moore writes an opinionated post about his stance on the issues.

In the "The (other) Problems With Major League Baseball" post, Moore talks about players cheating in baseball and how leagues are working hard and trying to make everything right.

"There will always be PED's, steroids, whatever you want to call them; and there will always be players looking for an edge for whatever reasons they may be. Baseball is now stepping up to the plate and handling it to the best of their ability," said Moore.

Moore's blog is inspired by various radio and TV personalities.

"I am a big fan of Bill Simmons, Colin Cowherd, Stephen A. Smith and Adam Carolla," said Moore.

Although he looks to radio and TV personalities for the inspiration for his blog, his parents also have an impact on him.

"My mother is from Connecticut and my father is from Massachusetts and both have had a big influence on me," said Moore.

Along with the blog, Moore has a Twitter account @D_Buckets. Similar to his blog, Moore's Twitter keeps the reader in touch with games and issues. Unlike his blog, the Twitter account gives a look into Moore's everyday life.

"I was born in Charleston, S.C. and have lived in Florida and California. I am currently a resident of Connecticut," said Moore.

Having moved many times, he got a taste for a variety different sports teams. A lot of what he blogs about has to do not only with controversy, but also some of his favorite teams.

"I am a fan of the Philadelphia Eagles, Boston Red Sox, Boston Celtics, and the South Carolina Gamecocks," said Moore.

Topics about the Philadelphia Eagles are often seen both on Moore's twitter account and blog.

"The Eagles have now become a franchise of second chances," said Moore. "By now everyone knows about when quarterback Michael Vick pleaded guilty to a dog fighting felony and was given a chance to compete with the Eagles.

The post goes on to discuss wide receiver Riley Cooper, being caught on camera at a concert yelling profanities.

With each topic, Moore allows his followers to view the issues through his eyes.

"The focus of my blog is controversy in sports," said Moore, "and that is what I am most passionate about."

New Brew Not Welcomed by Nurses

BY MEGAN LACKMAN
Staff Reporter

Many people have heard of the naughty nurse Halloween costume. But not many people have heard of the alcoholic beverage. The beer is locally produced in Hartford, Conn. and distributed to many different places; one being Sacred Heart's very own Red's Pub.

Sacred Heart's nursing program has some concerns about the beverage being sold here and the reputation it gives the program along with the students themselves. However, there is more concern about the general image of the naughty nurse.

"We take pride in our professionalism and I speak on behalf of the nursing students when I say that we do not associate ourselves with the naughty nurse image," said senior Sarah McDermott.

Many of the nursing students had not heard of the beer sold as Red's and thought it should be kept in the pub. They believed it brought some humor to the menu.

When asked about the Halloween costume they seem to become a little more upset about the topic. The costume is easily recognized with its short white skirt, tall knee high socks, high heels and a tight top where the bust is popping out.

The costume remains popular each year. In fact, the naughty nurse costume placed second on Envy Corner’s Top Ten Sexiest Halloween Costume’s of 2013.

"I do not necessarily care for the naughty nurse Halloween costume. I am not quite sure where our society got this image of a nurse dressing that way," said McDermott.

The nursing students want to stand out for their professional image and attitude.

"If you look around campus, we stick out in our maroon colored scrubs. Our conservative uniform, sense of compassion, and the way we care for our patients does not correlate with the image of a naughty nurse," said McDermott.

The beer on the Red’s menu may provide humor for some, but to others it is a demeaning notion.

"I don’t agree with the name and I think the beer as well as the Halloween costume of naughty nurses demeans our job," said junior Meghan Collins.

The nursing students are getting a degree in something they love to do that is a service to others. They are not interested in any other image besides compassionate and hard working.

"All of the hard work goes unnoticed and is masked by a costume that society deems us as," said Collins.

Senior nursing student Melissa LaParre points out that sometimes humor is at the expense of someone else.

"Some may think that the name of the beer is humorous but it is more of a setback to the profession of nursing and adds to the disrespect the nurses receive, despite the hard work they put in day in and day out caring and healing patients," said LaParre.
Features

The Liturgical Dance Ensemble
Debuted at the Mass of the Holy Spirit

BY LAUREN PETTINELLI
Staff Reporter

At Sacred Heart’s 50th Anniversary Mass in the chapel on Sept. 18, there was a surprise that gave churchgoers a smile.

During the Mass of the Holy Spirit, the new ensemble performed to interpret the message of the gospel to the song “Ubi Caritas” by Paul Halley.

The group is made up of Jennifer Correnty, Brianna Formicola, Lauren Kalil and Hillary Polzin. The dancers are known as the Liturgical Dance Ensemble.

The dance was choreographed by Christina Coleman and directed by Scott Alberiti. It was very unexpected because this was the first time that they had preformed during Mass.

“Scott simply asked me if I would be interested in the idea and since I was already on campus over the summer I figured it would be a good opportunity to do some extra dancing,” said sophomore Hillary Polzin.

Father Jerry also had a part in making this performance come to life. He was very involved and wanted to help communicate to the choreographer and director how the girls should portray the dance.

Another contributor was the choir director, Dr. J. He gave the girls the music and they practiced right away.

“It was great to work with the band and choir when we got to our full dress rehearsals,” said junior Jennifer Correnty. “It really gave the impression of a liturgical dance, with us all working together to form one piece of art.”

Choreographer Christina Coleman gave all of the girls tips on how to dance and express the feeling of the moment. The dance involved a contemporary and modern feel, with grace and elegance.

“She really wanted us to show different themes from our dancing such as love, trust, giving to others, and taught us how to use each other and move as one,” said Correnty. “The dance was found to be emotional and spiritually suitable for the event, and evidently a hit with the school.

“I really enjoyed it. I thought that it was very graceful and made the song itself more emotional,” said junior Justine Sibthorp.

“The dance that premiered was specifically rehearsed for the 50th Anniversary mass but they have been asked to preform the dance at other masses on campus as well. “It was very interesting. Dance is something I never would have associated with mass,” said freshman McKenna Wiegand.

Jennifer Robillard is a junior who has attended mass many times.

“It was nice to see something different. I’ve never seen anything like that at mass,” said Robillard.

The dancers moved throughout the chapel, running up and down the isles, leaping and twirling, engaging the people in each pew.

“The dance was a creative way to express ones faith. I thought it added a new and exciting element during mass,” said freshman Danielle Tenney.

PHOTOS COURTESY OF TRACY DEEBA-MIREA

The dance was a creative way to express ones faith. I thought it added a new and exciting element during mass.

- Danielle Tenney
Arts & Entertainment

Kevin Nealon Returns to His Alma Mater

BY KAT LINDSAY
Assistant A&E Editor

The room erupted as Kevin Nealon walked on stage and began, and ended with a night filled with laughter, jokes, and smiles. "I'm one who enjoys a good laugh, and Kevin Nealon gave the audience and myself plenty of those," said senior Vinnie Eberau.

The night began with a reception in the new Edgerton Center lobby. Waiters were serving wine while people were waiting to get into the theater.

Junior Stephanie Nickerson thought it was great all of the construction to the new theater was done in time for Nealon, and many of the school's other alumni to see the work completed.

"Having the Edgerton Theater open after all the renovations was awesome," said Nickerson.

Though the cocktail hour was a nice new addition to the lecture series put on by the university, all were looking forward to getting into the theater.

Once allowed in, the theater was packed, people being escorted to assigned seats.

For freshman Keana Bohannon once inside got up front and center, only a few rows from the stage and Nealon.

"Honestly, it was stared in general to be only three rows away from someone who I've idolized for years," said Bohannon.

"He's such a good actor in all of his, but I loved him as Doug from Weeds.

Many students were familiar with Nealon's career, though some that weren't too familiar with his roles and career, didn't stop them from enjoying the event any less.

"I didn't really know of him that well, but I watched highlights reel of his beforehand so I would know a little bit about him. He's done some pretty funny stuff," said Nickerson.

Not only is Nealon an incredible presence on the stage at the event, and in the television world of comedy, he was also once a student here at Sacred Heart, graduating in 1975.

Coming back for the school's fiftieth anniversary, many students were amazed by the school's alumni and only had positive things to say about it.

"I think Nealon being an alumni bodes well for anyone who comes here, because someone just like you and I graduated and went on to live his dream," said Eberau.

"It's always great to see an alumni return home and appreciate their roots the way Nealon does.

Junior John Coletta, a part of the Theater Arts Program here on campus was also very enthused about the school's connection with Nealon.

"Having Kevin Nealon as one of our alumni is a great credit to the school. He is smart, quick, and witty, and has great stage presence," said Coletta.

Nickerson also thinks it shows a great deal about our small school.

"It just shows that our little school in CT has such cool, surprising things about it, including celebrity alumni," said Nickerson.

"I love these connections, and I think it reflects a lot on SHU and how far the school's reach goes!"

Whether a Sacred Heart student, alumni, or people from around the area in Connecticut, it seemed everyone enjoyed the show, and then some.

"The audience was falling off their chairs so to speak with how entertaining and hilarious Nealon was from start to finish," said Eberau.

For Bohannon, it was a great event to attend, and she says she wouldn't change a thing about the show.

"It exceeded my expectations so much," said Bohannon. "I was afraid that it would just be a short Q&A, but it was a full hour of comedy act. It was the best $10 I've ever spent!"

The audiences were in uproar by the end of the night, and Nealon kept coming back for more.

"I loved the performance, and it appeared that everyone else did too. Nealon's antics kept everyone laughing throughout the event, and I really hope that he comes back to SHU soon for future events," said Coletta.

Sacred Heart's Take on Fall Fashion

Senior Katherine Cincotta plays around with this fall's fabric-blocking trend to celebrate the recent first day of the season.

She pulls off this look with an Alice and Olivia bluse under a white leather pearl over from Vince.

Who says you can't wear white after Labor Day? Fall fashion enthusiasts recommend forgetting that rule for this fall.

Katherine's white leather BCBG pumps accentuate her combination of tops and the dark Calvin Klein jeggings give it a pop of color.

But the boldness doesn't stop there, she also decided to accessorize with a red lip and Louis Vuitton bag.

Matthew Kuhn, who is a senior at the university, successfully pulls off one of men's top fall 2013 fashion trends, plaid.

He plays this stylish look off effortlessly with a pink, blue and white button down shirt from J.Crew.

You know what they say, real men wear pink! Kuhn is not ashamed to wear pink paired with a medium washed faded jean to make his outfit casual and comfortable.

Steve Madden seems to be a big hit among our students on campus as Matthew's black leather loafers are also made by the popular shoe designer.

Kuhn polished his look off with a watch so he has no excuse being late for his class.

Junior Chelsea Curren rocks the skin­ny­boots-jeans from Urban Outfitters, which is a look recently seen on famous supermodel Heidi Klum, and she does it right with the very in season ankle boots.

The recent phenomenon of "riding boots" it out and ankle boots is in, so ladies trade yours in for a pair of Chelsea's black Steve Madden combat boots which you can find at any Lord and Taylor store.

Her effortlessly chic ponytail and black tank top from Forever 21 were perfect for the warm weather last week, but for cooler days this upcoming fall season, one can pair this outfit with a vibrant leather or dark jean jacket.

Juan Carnache, a senior at Sacred Heart, also pulls off the fashion savvy plaid this season, but in a more subtle way with his Polo ankle boots.

Juan rocked another fall trend, cuffed pants, which he purchased in dark pink from Vineyard Vines.

Also included in his fashionable fall outfit is a light blue polo shirt accessorized with a Jay McLaughlin belt and navy blue Calvin Klein blazer over his shoulder.

Coincidentally the navy blue in Juan's jacket matches perfectly to "Mykonos Blue" which Pantone color system feature in their top ten Fall 2013 color trends.
Remodeled, Revamped, and Ready to Go

The Emmys: A Tribute to Fallen Stars

BY JEFF DALEY
Asst. Editor

The 65th Primetime Emmy Awards aired live on CBS this past Sunday, Sept. 22, and it did not fail to entertain. For the second time, actor and comedian Neil Patrick Harris hosted the grand attendance at the Los Angeles’ Nokia Theater and brought a couple of his talents to the table. Not only is the great Harris funny, but he can sing and dance as well. Something past hosts have lacked. Speaking of past hosts, at the end of Harris’ monologue, past hosts joined Harris on stage to give him some advice.

“Thanks a lot, I appreciate that, and now for another award...”

Along with Kimmel, J. Lee, Jimmy Fallon, Conan O’Brien and other past hosts joined Harris on stage.

It was the perfect segue to presenting the award for “Outstanding Supporting Actress in a Comedy Series.” Merrit Wever took the award for her role in “Nurse Jackie.”

This was a big surprise to all since Weaver beat two “Modern Family” actresses to win however, the show still managed to pick up more awards.

Weaver thanked everyone quickly and ended her speech with “um, I gotta go. Bye!”

Acceptance speeches were a highlight of the night next to the entertainment.

“I was very impressed with who the actors thanked when they went up to receive their award. Many of them mentioned specific people that helped them get their career started. I think this says so much about a person. They don’t just take all the credit and fame; they share the award with the people that helped them get on the stage,” said senior Aileen Casmano.

Michael Douglas was fine with sharing his Emmy award with co-star Matt Damon. The two were both nominated for their roles in “Behind the Candelabra,” the HBO biopic in which they portrayed Liberace and his long time lover, Scott Thorson.

“You were magnificent and the only reason I’m standing here is because of you. So you really deserve half of this,” said Douglas.

But before the applause, Douglas had to add one last sexual innuendo. “So, you want the bottom or the top?” said Douglas.

As the awards show continued with presentations and acceptance speeches, there were several remembrance pieces for stars that Hollywood had just recently lost.

Jane Lynch paid tribute to the short life of Cory Monteith and pulled some heartstrings.

“The tribute to Cory Monteith was especially touching and I think Jane Lynch was perfect in her delivery of it,” said junior Stephanie Nickerson.

Another sad yet memorable tribute from the night was Edie Falco’s tribute to “Sopranos’” co-star, James Gandolfini. “You all knew James Gandolfini the actor. I was lucky enough to know Jim, the man. For 10 years as his close colleague and his pretend life-partner, and for many more years as his friend. And it’s Jim, the man, the very dear man that I will miss most of all,” said Falco fighting back tears.

It was truly an emotional tribute that even struck home to viewers.

“Edie Falco stood up to ‘Tony Soprano’ perfectly, rest in peace James Gandolfini,” said junior Steve McGuire.

Robin Williams also took the stage to dedicate his Emmy to Jonathan Winters, one of his costars from “Mork and Mindy.”

“The beauty of Jonathan was that he was a big, brilliant kid that never grew up and the world was his playground. In April, Johnny turned on the lights, but he sure burned bright while he was here. Thanks for the spark, big guy,” said Williams.

Along with other tributes, Don Cheadle presented the last tribute of the night to the 50th anniversary of President Kennedy’s assassination and how television allowed us to mourn.

“Modern Family” creator Steve Levitan finally summed up the night of sadness, laughter and entertainment in perfect words.

“This may be the saddest Emmy Awards of all time but we could not be happier,” said Levitan.

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EMMYWINNERS

OUTSTANDING LEAD ACTRESS IN A DRAMA SERIES
Clare Danes (Homeland)

OUTSTANDING LEAD ACTOR IN A DRAMA SERIES
Jeff Daniels (The News Room)

OUTSTANDING SUPPORTING ACTRESS IN A DRAMA SERIES
Anna Gunn (Breaking Bad)

OUTSTANDING SUPPORTING ACTOR IN A DRAMA SERIES
Bobby Cannavale (Boardwalk Empire)

OUTSTANDING WRITING FOR A DRAMA SERIES
Homeland (Henry Bromell)

OUTSTANDING DIRECTING FOR A DRAMA SERIES
House of Cards (David Fincher)

OUTSTANDING DRAMA SERIES
Breaking Bad (Vince Gilligan)

OUTSTANDING LEAD ACTRESS IN A COMEDY SERIES
Julia Louis-Dreyfus (Veep)

OUTSTANDING LEAD ACTOR IN A COMEDY SERIES
Jim Parsons (The Big Bang Theory)

OUTSTANDING SUPPORTING ACTRESS IN A COMEDY SERIES
Merrit Wever (Nurse Jackie)

OUTSTANDING SUPPORTING ACTOR IN A COMEDY SERIES
Tony Hale (Veep)

OUTSTANDING WRITING FOR A COMEDY SERIES
30 Rock (Tom Haverford)

OUTSTANDING DIRECTING FOR A COMEDY SERIES
Modern Family (Gail Mancuso)

OUTSTANDING COMEDY SERIES
Modern Family (Steven Levitan)

For more winners of the night visit www.emmys.com
Inside Pitch

Dwight 'Doc' Gooden & Bobby Valentine Talk Baseball and Life

BY VINNY EBEANU
Contributing Writer

The first inside pitch of the night was delivered to Bobby Valentine from host and author of Dwight Gooden's book, Ellis Henican, who asked Valentine about a good manager coaching a bad team. Valentine shook off the indirect Red Sox question by telling Henican about his kind and generous character.

Dwight 'Doc' Gooden came out next to an ovation. Gooden was a phenomenon-pitching prospect that hit the lights of New York in his big league debut on April 7, 1984 with the Mets. Gooden's career started with a bang as he won Rookie of the Year by going 17-9 with a 2.60 ERA and a rookie strikeout record of 276 bats. The very next season Gooden won the National League CY Young Award going 24-4 with a 1.53 ERA and 268 strikeouts. Gooden also won the Silver Slugger Award in 1992 and hit 8 career home runs.

Throughout Gooden's career he had an addiction to drugs and alcohol, saying that he "loved it at first sight" referring to cocaine use. Gooden's lowest moment was after he won the 1986 World Series, and he missed the victory parade.

Gooden recalls, "Celebrating with teammates and pouring champagne and that lasted about twenty minutes." He then called his father who he gave a lot of credit to for bringing up the baseball player in him. Gooden then said, "My next call was to my dealer unfortunately."

When he sobered up Gooden said that's when it hit him and took the long drive home to think. Gooden had several unanswered calls from his mother in addition to knocks on the door from teammate Darryl Strawberry. When it came to looking at the last twenty plus years, Gooden said the time after the series was worse than his incarceration in 2006 for violating probation for drug use where "your just a number."

Although Gooden has been sober for now two and a half years, his journey through rehab was tough on him and his family: Yankees Principal Owner George M. Steinbrenner III came to Gooden signing him to the Yankees in 1996. Gooden praised Steinbrenner for his goodness and how much he did for the Tampa area and he didn't want anyone knowing about it.

Gooden threw his only career no-hitter in 1996 against the Seattle Mariners. "I enjoyed my time with the Yankees," said Gooden. "...but I'll always be a Met." One teammate Gooden was close to was catcher Gary Carter who passed from a brain tumor just two years ago.

"About three weeks before he passed, he (Carter) said 'I'm going to keep fighting,'" said Gooden reflecting on Carter who was stating he would battle to help others to do the same.

This inspired Gooden to change his lifestyle. Valentine and Gooden were asked about the problems of drugs in sports then and now, where Valentine took the lead.

When comparing it to PED use in the game today Gooden thought baseball was doing a good job in trying to get rid of it but didn't think it would ever go away. Valentine said the blame goes to "the players, coaches, managers, front office and commissioners office" when referring to steroid use in the game.

"They play pin the tail on the donkey," said Valentine referring to big name players taking the fall such as Roger Clemens, Barry Bonds and now Alex Rodriguez.

Gooden and Valentine were well received by the media and fans, and were inspiring and knowledgeable to everyone in attendance. Valentine was able to help us understand the game, Doc and the various throughout the night.
FOOTBALL

Record Breaking Game for Pioneers

BY SAM BUTLER
Assistant Sports Editor

From trick plays, to pouring rain, to a Chowan team that dazed the Sacred Heart Pioneer football team, scored a romping 78 points to 35 over Chowan University this past weekend to extend their perfect season to 4-0.

Not only was this game fun for spectators to watch, the Pioneers broke three school records to boot the teams moral continuing into the season. The broken records included, most number of points scored in a game (78), touchdowns scored in one game (11) and most points scored by halftime (36).

During the first 10 minutes of the game, Chowan University went up to a 14-0 lead. "We started out slow," said Coach Nofri. "We didn't panic, the kids gathered themselves up."

The team in fact pushed the pedal to the metal to make a quick comeback and to finish off the quarter. This major comeback would lead the team into an exciting, loud and celebratory final three quarters.

Being Sacred Heart University's Alumni weekend, the team certainly had a big enough crowd to cheer on the home team during constant scoring throughout the quarters.

"78 points is a great way to win," Nofri said. "We need to keep the pedal down no matter who is in or who we substitute."

As the points continued to tally on for the Pioneers, so did the team statistics. The team all together accumulated 308 rushing yards.

Junior running back, Keshaudas Spence ran for a total of 78 yards on 16 carries and finished 2 touchdowns. Sophomore quarterback RJ Noel along with sophomore Evan Pittman accumulated 195 yards during the game. Noel completed 9 out of 15 passes to his open receivers, 3 of which were touchdowns.

"I just try to keep everyone going fast," said Noel. "We put our receivers and our running backs into great situations so the best man scores."

And Noel did just that by passing to senior wide receiver Greg Moore. Moore recorded a Career high of 111 yards receiving.

On the defensive side of things, the defensive line made 12 tackles, 3 interceptions, 2 sacks and 2 forced fumbles. "We all trust each other; we just made some plays and the opportunities were there, so we just took advantage of them," said Junior Safety Gordon Hill.

After all was said and done on Saturday, Coach Nofri, congratulated the players but said for the rest of the week, the team was focusing on their next objective, the upcoming game this Saturday.

The Pioneers will hit the road this weekend and travel to Bucknell for one last non-conference night game. Kickoff is scheduled for 6 p.m.

"Hopefully we can be 5-0 next week and have some momentum going into the conference," Nofri said.
Volleyball Wraps Preseason at Villanova

The Sacred Heart University volleyball team played their last tournament before conference play this past weekend at Villanova. The Pioneers finished 1-2 in the tournament and giving them a 6-6 record to start NEC play.

To start the tournament Sacred Heart played tournament host Villanova but lost the match 3-1. Freshman Sarah Krufka was dynamite offensively leading all players in the match with 18 kills.

"Sarah is continuing to work to improve on her offensive game," said head coach Rob Macha. "She is learning a new position, and I expect her to continue to develop into a very strong player for us.

The first two sets were very back and forth and ended up being three point wins for each team respectively. In the second set, Krufka notched 9 kills while freshman setter Kiki Robinson recorded 14 assists.

"I play off my teammates success," said Robinson. "We have very talented players who make my job easy, I owe all my success to my teammates."

The Wildcats matched the ever important third set as the Pioneers didn't start off the match well and went on to lose 25-17. In the fourth set it was the Pioneers own mistakes that came back to haunt them. Hitting only .108 and posting 11 errors the Pioneers lost 25-14.

In the second day of the tournament the Pioneers faced Penn in the afternoon match. Penn would take the lead and carry that momentum through the first two sets of the match.

Freshman Kiki Robinson had her best set of the match in the finals posting 19 assists, but it was not enough. Sacred Heart would drop the set and be swept by the Quakers.

The Pioneers wrapped up the tournament with a 3-1 victory over Norfolk State. Senior Diana Mercado led the team with 20 kills, while Robinson had 38 assists in the match.

Sacred Heart dominated the match through terrific serving, including 4 service aces in the first set. Mercado added 5 kills in the first set leading to a 25-16 victory.

"We have put a lot of emphasis on attacking with our serve," said Macha. "The team has done an excellent job of adopting that philosophy and keeping the opposing team off balance."

Norfolk State opened the second set with an 8-2 run and although the Pioneers fought back, it was not enough and the Spartans took the set 25-20. The third set was full of lead changes but timely serving and kills led the Pioneers to a 25-23 victory.

In the fourth set it was again back and forth until Robinson gave the Pioneers the lead that they did not relinquish on a service ace. Despite the comeback efforts of the Spartans, Mercado and Krufka ended the match with consecutive kills for the win.

"These tournaments are only helping shape our team and get us closer to our goals and expectations," said Mercado.

This is the last tournament for the Pioneers, as they now will face the grueling NEC conference schedule beginning next weekend.

"We've learned a lot about ourselves during pre-season play," said Robinson. "Our record may not be the best right now, but I am confident in our skill level and I know we have the potential to be conference champions this year."

The Pioneers return home next weekend to face St. Francis University at 5 p.m. Saturday and Butler's Maries Sunday at 2 p.m.