SHU’s Parking Resolution

Many students are angry with the parking situation and struggle to find spots everyday, so to hear that Sacred Heart is planning to expand and add an additional 200 spots is exciting.

- Christina Carlino, Sophomore

“Many students are angry with the parking situation and struggle to find spots everyday, so to hear that Sacred Heart is planning to expand and add an additional 200 spots is exciting,” said sophomore Christina Carlino. “I hope that this additional parking lot opens up while I am still a student here at Sacred Heart.”

In order to park at any of the residential halls, students must register their cars with Student Accounts and pay for the parking decal specific to whichever residential building they live in. Christian Witness Commons, Ren-calls Hall, Scholars Commons, Park Ridge, Taft or the Park Ridge townhouses cost $175 dollars per academic year for proper stickers and I find myself having to park across the street when I shouldn’t have to. It’s just unfair.”

Sacred Heart University has recently purchased a parking lot next to Parkridge in order to accommodate all of the students that live there. Due to the lot adding additional parking, students that live there can find a spot easily. “When I lived in Parkridge I parked my car in that lot over night and felt it was extremely helpful,” said senior Juli-anne Murphy. “Having a sticker for this lot left me with assurance that my car would be safe overnight and I was always guaranteed a parking spot.”

According to a recent interview in the Connecticut Post, Sacred Heart’s Vice Presi-dent for Finance and Administration, Mi-chael Kinney, said “the school, which does not allow freshmen to have cars, is consid-ering eliminating the privilege for sopho-more, too.” Sacred Heart does have a spe-cific policy that freshmen are not allowed to have their cars on campus, unless they are a commuter. However, many of the freshmen get away with this rule and have parked their cars on campus.

“Parking continues to be a reoccurring issue at Sa-cred Heart,” said sophomore Jake Frechette. “I hope that they figure out a way to make it easier for all students and I hope they can put the new parking lots into effect as soon as possible.”
Sacred Heart's Annual Campus Crime and Fire Safety Reports

BY EMILY ARCHACKI
Staff Reporter

Sacred Heart University's Department of Public Safety released their annual reports on campus crime and fire safety on Sept. 30. The reports inform members of the campus community about how Sacred Heart handles campus crime and fire issues.

"I think we have a very good sense of security here at Sacred Heart," said public safety officer, Natalie Bomba. The campus crime report is published every year in compliance with the Clery Act. This act requires universities to publish annual campus crime reports by Oct. 1.

The crime report includes information on crime statistics for the campus, public areas adjacent to the campus, as well as non-campus facilities. The only crimes appearing in the report were various liquor law violations, drug law violations, and burglaries.

"I have never felt threatened where I have had to reach out to public safety," said junior Olivia Bolen.

The fire safety report is published as a requirement of the Campus Fire Safety Rights-to-Know Act. Listed in the report are the number of fires on campus and their causes. In addition, descriptions of fire protection equipment are noted in campus housing units. According to the report, only two small fires have occurred in campus housing between 2010 and 2012.

"I feel that public safety is always present," said sophomore Juliana Mola. "If anything were to happen they would be easily available." The Department of Public Safety works with Residential Life, Campus Operations and local law enforcement to offer many services to protect the safety of the university's community.

The Emergency Alert System (EAS) is one service that requires mandatory participation from all students, faculty and staff. Parent's of Sacred Heart students can be a part of the service as well.

"I think the Emergency Alert System is phenomenal," said Bolen.

The Emergency Alert System sends out a text message, email and phone call whenever any type of alert occurs. Examples of this are security alerts or cancellation of classes due to inclement weather.

"I think the EAS is a good way for public safety to stay in contact with students since we are always on our phones or laptops," said Mola. "It also gives my parents a sense of comfort when they receive the alerts as well."

The Department of Public Safety also offers other programs to protect safety, the Silent Witness Program and the Rape Aggression Defense (R.A.D.) Program.

The Silent Witness Program is a portal on the public safety website that allows anyone to provide anonymous information about safety or security concerns. The goal is to prevent violence on campus by allowing observations to be reported and investigated.

The R.A.D. program is a self-defense curriculum designed for women. Participants receive instruction on awareness, risk education, risk avoidance and basic self-defense training.

Students are aware of the various services that the Department of Public Safety offers throughout the campus.

"I feel very good about the services they provide," said sophomore Mary Nealon. "Last year when I lived at Roncalli, I felt safe crossing the street late at night because there was always a public safety vehicle across the street."

Public Safety provides personal safety escorts, upon request, both to and from any on-campus location. These escorts are available from dusk until dawn every day. The Sacred Heart campus is also equipped with blue light call boxes. The call boxes provide immediate two-way radio communication between all Public Safety Officers and the caller.

"I have never heard of someone needing to use the blue light system," said Nealon. "It makes me feel safe on campus knowing they are there."

Public Safety offers most on duty 24 hours a day, 365 days a year. Officers patrol campus on foot, bicycle or vehicle. All officers are also trained in CPR and as First Responders.

"I feel that public safety does a good job and their presence is felt on campus at all times," said sophomore Nicole Higgins.

Copies of the campus crime and fire safety reports are available at the Public Safety Dispatch Center located in the University Center.

What's the purpose of College?

DIRECTOR OF AMERICAN STUDIES AT COLUMBIA UNIVERSITY DISCUSS IMPORTANCE OF HIGHER EDUCATION

BY LEO TAHAJAN
Staff Reporter

Last Wednesday, Dr. Andrew Delbanco, director of American Studies at Columbia University, spoke to students about college, what it's worth, and what it's for, a question on the minds of many college students these days, due to soaring costs of tuition.

Delbanco, a Harvard graduate, and the man Time Magazine named "America's Best Social Critic," specifically outlined many of the arguments he made in his book published in 2012, "College: What It Was, and Should Be," during the colloquium. He began his talk with the full history of the American university, beginning back in the 17th century, and slowly worked his way up to the present, detailing historical facts along the way.

Delbanco spent time emphasizing one point in particular, which he believes symbolizes the importance of higher education in our history.

"The proudest moment of Thomas Jefferson's life, more important to him than being president, or signing the Declaration of Independence, was founding the University of Virginia," said Delbanco. "He believed you could not have a democracy without an educated citizenry."

His talk explained how in early American history, it was rare for someone to receive a higher education. He continued to talk about the 1950s when various state plans and the popularization of land grant universities made it more possible and common for citizens to begin higher education.

Delbanco reiterated a quote he had heard about a man who grew up in the early 1900s who had never really known anyone that had gone to college. The man explained that by the 1950s, "you spit on the street now and you hit a college man."

Delbanco continued his talk on college in today's society and how common it is to receive a college education not only important to learn from your professor or to learn from the books, but it is also important to learn from the exchange of ideas through the students in the classroom.

"A good college should be concerned with the diversity of their students," said Delbanco. "You're better off in a classroom of people who are not the same."

Delbanco described how these two students had very different reactions to the discussion of The Illiad, one of his favorite books. They were both from different backgrounds and had very different reactions to the discussion of The Illiad.

"Students have a great deal to learn from each other," said Delbanco.

Delbanco illustrated how in these discussions with one another, students develop some of life's most important fundamentals.

"The most important thing we get out of college is a well functioning 'BS' meter," said Delbanco. "Students learn the difference between an opinion and an argument."

"In Delbanco's opinion, if a college education were to be completed exclusively through online classrooms, students would miss out on some of the most important tools gained through "lateral learning.""

Delbanco ended the colloquium by comparing a college education to our freedom in America. "The college classroom, when it functions properly, is a rehearsal for democracy." - Dr. Andrew Delbanco, Columbia University
Breaking Bad comes to an end on AMC

BY JACK DOHERTY
Staff Reporter

Sept. 29 marked the end of one of the most popular television programs of all time. Breaking Bad’s long anticipated series finale had everyone talking.

The show ended after six seasons on AMC. The finale addressed many of the unanswered questions that viewers had been waiting for since the series began in 2008. The final episode bought in 10.1 million viewers, despite the episode airing at the same time as the Emmys. This shattered its own record of 6.6 million viewers on the second to last episode.

“The series finale was epic. It tied a lot of the loose ends. It was even better than I thought it was going to be,” said sophomore Kyle Martin.

Breaking Bad’s characters are polarizing figures and the opinions on the final episode were polarizing as well. Thoughts among students are mixed. “I was a little disappointed, I wish there was more action between Walter and the police. I thought it ended too abruptly,” said sophomore Allan Ksiazek.

The most controversial character in the series was Walter White, played by actor Bryan Cranston. The high school teacher turned methamphetamine king pin, evolved from a likable character at the beginning of the series to a hated one by the end. “I don’t like Walter,” said Ksiazek. “I think he became a monster, but I was rooting for him in the last episode and I think he did.”

Others were not rooting for White. “I was not on Walter’s side. He just changed so much since the beginning and became so obsessed with the ends justifying a means. He got too greedy,” said Martin.

The finale ended with Walter White’s suicide, but the fate of other characters like Jesse Pinkman and Skyler White are very much left up to the viewer’s imagination. Pinkman was Walter’s partner in crime and White was his wife.

“I would have liked to see another season after Walker’s death just to see what ends up happening to Jesse,” said sophomore Dean Kogener.

Now that Breaking Bad has ended, many are looking forward to its prequel “Better Call Saul,” which sheds light on White’s shady lawyer, Saul Goodman, in the years preceding their interaction. The release date of this series has yet to be announced, but it will be aired on AMC.

“I don’t know if it will be any good,” said Martin. “I would imagine it will be a lot different than Breaking Bad, but it’s an interesting idea so I’ll still watch it.”

Being one of the most watched cable network series ever, many are thinking about what it’s ultimate impact on television will be now that it has ended. 

“I think it’s enabled television series to surpass movies as the true expression of culture and values in the United States,” said Martin. “With all the terrible shows out there these days, Breaking Bad was as refreshing as it gets.”

A good poker face does not make you an athlete, two-time world billiards champion Efren Reyes is not going to sell any jerseys and darts is just a game I play at Red’s after a few beers. Wait, Efren who?

I don’t see the debate that has fueled so many breakups revolves around cheerleading. Cheerleaders attend the sport; they are not the sport. They may be athletes, but cheerleading itself is not a sport. Of the 111.3 million people that tuned in to watch the Giants beat the Patriots in the 2012 Super Bowl, not one did for the sole purpose of watching the cheerleaders.

Later that year, the 2nd U.S. Circuit Court of Appeals found that competitive cheerleading does not meet the standards of a varsity sport under Title IX. The only surprise was there was the government’s ability to reach an agreement and allow anything within the last two years.

Defending NASCAR as a sport may be easier in the University of Kentucky’s newspaper, but I’ll give it a go. Sitting in a 120-degree car for four hours without halftime, substitutions or timeouts at 200 miles per hour requires focus, endurance, and skill. At least when I’m marinating Jeff Gordon down the Merritt Parkway, I can use my air conditioning and stop for food at rest stops. There is a reason Jimmy Johnson was Associated Press’ Male Athlete of the Year in 2009. Some sports require more skill (baseball and golf). Some sports require more athleticism (cycling and wrestling). And some sports require an equal mix of both (soccer, football, and gymnastics). When broken down, the essence of a sport can be defined by the competition, physical activity and skill level required. If one requirement is missing, there is no sport.

One debate that has followed me throughout my years is the question of “sports.” How do you define a sport? As a swimmer, I have heard many definitions that have not only insulted me as an athlete, but were just shockingly ignorant in general. Some people have actually been brave as to inform me that swimming is not a sport. I am not going to even go through the justifications of why these people may think the way they do because frankly, I don’t care. I respect myself and have pride in what I do enough to have pride and respect for what others do. I would never dare to go up to a dancer or a runner and tell them that they aren’t athletes or that they don’t participate in an actual sport. Who am I to make that judgment?

An athlete is someone who excels his or herself in a high-pressure situation, possessing the natural or acquired traits necessary for physical exercise in competitive situations. They need strength, agility and endurance. A sport should not be defined as just a game. That is selling it short and making it into a farce.

Suggesting to an athlete that what they participate in is not a sport is painful to hear. It’s sheer ignorance in fact. I spend 20+ hours a week in a pool, working on technique, building strength, agility and endurance. Just because there isn’t ball in my hand you’re going to deem my sport illegitimate? Hardly seems fair.

The athlete is an insane and unique breed. They are arguably the only subset of animal that will have an injury and actually suppress the pain to keep on participating in their activity. Let that marinate for one moment. It’s insanity, am I right? Further injuring oneself for the love of a game? Athletes are romantic and passionate people. They love under the best and worst circumstances. In success and defeat, injury and healthiness, they withstand. It’s a serious relationship that should not and cannot be defined but solely one word.
Las Vegas Lounge has students talking

BY MARGO LESVAS
Staff Reporter

One afternoon, your friend asks if you would like to go to this little retro coffee shop to get some homework done. You’ve never been there before, so you decide to give it a try. As soon as you walk through the door, it’s hard not to fall in love with this unique place, Las Vegas Lounge, located on University Road in Fairfield.

“I usually like to bring my books with me, drink my coffee and relax. Las Vegas Lounge has a really great vibe to it as well so it makes it more enjoyable for me to do my work,” said senior Mare McGoory.

This hip lounge offers free Wi-Fi, table games, and a very cool atmosphere. They also have inexpensive food and pastries along with different varieties of candy.

“I love the fact that they have all different kinds of candies. I usually also get a soy latte which is always delicious,” said senior Cathryn Shine.

Not only do they have a variety selection of candy, but many delightful treats that a helpful staff member will provide you with.

“As soon as I walked in I loved the environment, the staff was chipper and their oatmeal and coffee were outstanding,” said senior Marabeth Gardell.

The hours of operation are Monday through Thursday from 6:30 a.m. until 10 p.m., Fridays 6:30 a.m. until 11 p.m., Saturdays 7:30 a.m. until 11 p.m. and Sundays 7:30 a.m. until 9 p.m. This relaxed lounge is the perfect escape with the best flexible hours throughout the day and afternoon.

“One day when I was driving through Fairfield, I noticed this coffee shop and it looked like a ‘hole in the wall’ kind of shop, which are my favorite,” said Garland. “Sometimes it tends to get busy, so I usually go on Sundays to relax and enjoy my time there.”

Many students do not know about Las Vegas Lounge because it is a place that doesn’t stand out until you enter.

“As I was walking by one day after I got off the train coming back from my internship in the city, I peeked into the window and thought it looked awesome and had to go inside,” said senior Brooke Hadfield.

The decor in the lounge in particular catches student’s eyes.

“I like how it has all these vintage signs and accessories to decorate the place,” said McGoory. “I am a huge Beatles fan so I like seeing all of the Beatles material hanging around.”

Even though the outside of Las Vegas Lounge may not strike you as a trendy spot to grab a coffee or pastry, at a closer glance you can be reassured by an ‘All Are Welcome’ sign on the door. This sign goes on further specify “all” as jocks, Wi-Fi users, slackers, dreamers, jokers, movie stars, and hippies.

Even though you can grab a quick cup of coffee at your local Dunkin Donuts or Starbucks closer to campus, taking the trip to Las Vegas Lounge is totally worth it.

“I don’t think it’s too long of a drive.

Now there is even a shuttle from campus that will take you to downtown Fairfield,” said Shine. “I don’t think it’s really that far and it is definitely worth the drive.”

Sacred Heart UNIVERSITY
Physical Therapy Specialists

Do you suffer from headaches when you study?

Do your headaches worsen with neck movement?

If so, physical therapy may be the best option to decrease your pain.

Many “tension” headaches are actually from stiff vertebrae in the upper part of your neck, or from tight neck muscles. A couple common causes of these problems are:

- Spending long hours in the same position either in class, studying, or at a work station
- Stress

This can be easily addressed in physical therapy, and your therapist will also give you good pointers on how to keep your studying pain-free!

To make an appointment call:
(203)396-8181
The Sacred Heart Spectrum

Editorials

Sacred Heart Athletes Fight for a Cancer and Disease Free World

TAYLOR LANE
FEATURES EDITOR

On Sat. Oct 12, the Sacred Heart softball team joined other student athletes at the Light the Night Walk for Leukemia and Lymphoma in Newtown, Conn. My team was especially invested in this charity event because one of our own is a survivor of Leukemia. Leukemia is a cancer in the blood-making cells. Lymphoma is a cancer in the lymphatic system. Junior Liz DeFond has been in remission for two years and has been determined in her comeback from the cancer. She decided that even though she would have to work harder than anyone else on the team just to gain back all the muscle she lost during her treatment, she wanted to play Division I softball. Ever since Liz committed to being a part of the team, she has never been any less than that. Liz runs, lifts and practices as many hours as everyone else. She is also a great teammate who is always there if you need her and has a sunny personality when you need her to make you laugh. Having an inspiration like Liz within your team is very up close and personal motivation to get out there and participate in charity events like this one. The Light the Night Walk was symbolic because each survivor, supporter, or person walking in honor of someone who has passed, got to hold a glowing lantern as they walked. The dance team, women’s soccer team, Student Athletic Training Organization, and many more made a great showing for the Sacred Heart community.

On Sat. Oct 19, many of the Sacred Heart athletic teams walked or ran a 5k course around campus to support Oliver, a child battling MLD. MLD stands for Metachromatic Leukodystrophy, a disease that affects a part of the brain and central nervous system. The Sacred Heart community looked stronger than ever with all of the teams and friends coming together.

New York Comic-Con

“Day where it is acceptable for men to wear tights.”

SAM BUTLER
ASSISTANT SPORTS EDITOR

I have been collecting and reading a diverse set of comic books since I was at least 12 or 13 years old. In the past, Batman’s regular set of confrontations with villains such as The Penguin, Harley Quinn and The Joker, would take over my weekly life in subscriptions to Marvel and DC comics. Today I still have an interest in the superhero genre of comics, however my interest has grown to a more drama-based storyline including “Saga” and “The Walking Dead,” to name a few, released through the comic publisher, Image Comics. Last year, I heard all about the weird, tacky costumes and the incredible amounts of vendors and, immediately, I was convinced. However, I was too late to purchase a ticket. That’s when I knew I would be undoubtedly buying a ticket for the one in 2015.

When I stepped off the bus in front of the Javits Center where Comic Con was held, I was astonished to see the plentiful selection of costumes worn on the tons of anxious guests trying to pile their way into the building as fast as possible. As my sweatshirt and I made our way through the check-in gate, we passed light saber battles between Jedi’s and sith lords, Sally from “Monsters, Inc.” and a pack of the “Ghostbusters” crew all joining in along the way to enter the building. Once we had entered the building, we visited the vast amounts of booths spread across this gigantic convention center. These booths consisted of up and coming and popular comic writers and illustrators displaying their own personal work and signing autographs.

The week before Comic Con, I had found out on the official website that Charlie Adlard, the artist for one of my personal favorite series “The Walking Dead,” would be signing autographs at his own booth for a couple of hours. I knew immediately that I had to obtain that autograph. When I arrived at the booth, the line seemed like it would never end. However I had enough determination to walk to the end of this massive line and wait over 2 hours for Adlard to sign one of my “Walking Dead” variant covers that I had brought with me.

At that point the day seemed to be flying by; from exploring the various booths that appeared to stretch on for miles, that had everything from T-Shirts to collectible action figures to a wide variety of new and old comics, to taking pictures with the several fans, Comic Con seemed to always have something going on that would maintain your attention.

Overall, Comic Con was an entertaining and intriguing experience that is suitable for any age. If you are a fan of superheroes, anime, or any fantasy character of any type, I would absolutely recommend going.
The First Annual Poetry Slam

United Campus Alliance encourages students to express themselves

BY NATASHA KLINOFF
Art. Features Editor

On Oct. 16, the United Campus Alliance held their First Annual Poetry Slam. The poetry slam was an event that welcomed students to express themselves in front of an audience.

The United Campus Alliance, or UCA, is a club on campus that addresses social justice issues. The club works to create a welcoming space for people to speak their minds within a classroom setting.

"The goals of UCA are to promote unity and understanding, as well as create a space to speak out on social justice issues," said president of the United Campus Alliance, Chenzelle James.

"Diversity is one of the main concepts the group hopes to bring attention to."

The overall goal of UCA is to enhance the lives of SHU students by raising awareness of diversity, which is essential in the academic environment," said James.

The First Annual Poetry Slam was the first time for many of the students to express themselves in front of others.

"For those who spoke, it created a space for them to write on topics that they are passionate about," said James.

More than 15 people participated in the First Annual Poetry Slam, while 45 to 50 people attended.

"We collectively thought of the idea for a Poetry Slam as an e-board. We thought it would be a great idea for people to be able to express themselves through any form of creative expression, whether it was spoken word, poetry, dance, etc." said James.

The Poetry Slam took place in the Schine Auditorium at 7:30 p.m. The event showcased several special guest performances, which included F.L.O.H, SHU Force and Bobbi Brown.

"It was nice to see a group of people that are so confident. I did not recite anything, but I was amazed to see how others were able to stand up and express themselves in front of a crowd," said sophomore Megan O'Brien.

Although the Poetry Slam did have specific performers that signed up prior to the event, a space for open mic time was available for anyone in the audience who wanted to showcase a piece.

"I wasn’t prepared to present anything this time, but the fact that I had the option to was nice," said O’Brien.

The United Campus Alliance encourages students to find what inspires them and to share it with the community.

"I have seen poetry slams on YouTube before and I was so excited to see that SHU is making it a regular thing," said sophomore Karly Shockey.

Sacred Heart students were not the only people who attended the Poetry Slam. The slams are open to all students and members of the surrounding community.

The United Campus Alliance also invited people from neighboring communities to share their passions. A participant did not have to recite poetry, some performers shared songs or dance. The stage was open for all different types of acts.

"At this poetry slam we had the University of Bridgeport’s Slam members come and perform, as well as one of their dance groups," said James. "We have liked more participation from students here at SHU because I know there is great talent that can be showcased at this event from our own students.

The next Poetry Slam will be during Cultural Diversity Week in the spring semester. More details will be released when the date is finalized. The United Campus Alliance invites students to come to meetings on Mondays at 7:30 p.m. in HC 102.

New Monthly Newsletter: The Greek Gazette

NOW GREEK LIFE NEWS COMES RIGHT TO YOUR INBOX

BY MEGAN LACKMAN
Staff Reporter

Sacred Heart University has a growing Greek community. With the addition of a new fraternity and sorority, they have also added a newsletter that goes out once a month.

The newsletter is called the Greek Gazette and it was started this year to inform the Sacred Heart community about Greek Life.

Over the past five years, Greek Life has grown and now has 800 students involved. The Gazette is written by Emily Cordero, the Graduate Assistant of Greek Life.

"Throughout the month, I receive story ideas based on what the organizations are participating in and are documented in our Greek calendar," said Cordero.

The Gazette is broken down into sections. Each newsletter has about four articles about upcoming and past events that have happened in the Greek community, including a Greek of the Month and a Senior Spotlight.

Students who are not involved in Greek Life may not know what is going on with the Greek organizations. This is a way for the Sacred Heart community to learn more about the Greek community.

"The Gazette is a great way for organizations to submit all the great things they are doing both on and off campus that people might not know of and be acknowledged for all of their great accomplishments," said Cordero.

Students involved in Greek Life spend time volunteering on and off campus, along with being involved in various other activities on campus.

"Since all of the organizations on our campus are tied to a philanthropy, they are constantly going out and making an impact - whether it is with breast cancer awareness and education, preventing child abuse in America or raising awareness for pancreatic cancer, just to name a few," said Cordero.

To be Greek of the Month or Senior Spotlight, each month the president’s submit nominations of Greek’s that have done outstanding work for their chapter.

Senior John DiBari was featured as one of the Senior Spotlights in the October issue of the Gazette.

"I felt nice being acknowledged for the work I do within Greek Life," said DiBari.

DiBari is the philanthropy chair for Delta Tau Delta. He is responsible for coordinating different events during the week and raising awareness about domestic violence.

Laura Osborne, Director of Greek Life, and Cordero review all the submissions for Senior Spotlight, Greek of the Month and article ideas.

"Now that the foundation has been laid out, we are working on transitioning this project over to the work study students who work in the office of Greek Life," said Osborne.

The Greek Gazette is a great way for students to further their involvement in Greek Life.

"It is a really rewarding experience being able to write on behalf of the Greek Life," said Cordero.
Hearts United Photo Opp!

This picture is an opportunity to unite Sacred Heart with a heart shaped photograph. Proceeds benefit local veteran hospitals.

Thursday October 24th at 3:30PM on Library Quad

$1 Donation Required to Participate

SHU students wear Sacred Heart apparel!
Veterans and active duty members please wear your uniforms!

Hearts United is a new club on campus this semester that aims to support and volunteer for veterans and those troops serving our country state side and abroad.

COME OUT AND SUPPORT OUR TROOPS!

Any questions, e-mail davenportmail.sacredheart.edu

Rain Date: October 25th at 3:30PM

Photos of the Week

KAPPA SIGMA CELEBRATES THEIR VICTORY IN ALPHA DELTA PI'S KICKBALL EVENT

BRIAN BRESLIN PITCHES FOR KAPPA SIGMA.
Arts & Entertainment

"Boeing Boeing" Comes to Sacred Heart

BY MARISA PAPA
Staff Reporter

Having won a Tony Award for best revival of a play, "Boeing Boeing" is the newest comedy to come to the Little Theatre at Sacred Heart University.

This three-act farce opened its eight-show run last Thursday.

"It was crazy and stressful, but wonderful at the same time. Just the fact that we did it amazes me," said junior Erin Dugan, who played fiancée Gloria.

The show had been put together in about three weeks. Director Jerry Goebrich said "the time limit was wonderful, it gave us a chance to really focus and work hard to get up a farce."

The entire play was rooted in timing, utilizing both physical and verbal comedy.

Goebrich said the physical comedy "was more than blocking, it was a choreographed dance to make the movements funny."

The play is about a man named Bernard, played by junior John Coletta, and his best friend Robert, played by junior Declan Lynch. Bernard is engaged to three aeronautesses at the same time.

"When it was revealed that Bernard was engaged to three different girls, I automatically thought it wasn’t going to end well," said senior Carly Hansen.

The two-hour comedy showed the humorous depths that Bernard and Robert took to hide all three women from each other.

"It was hilarious to see how the events of the show unfolded," said Hansen.

With five doors leading to different rooms offstage, as one fiancée would go out a door, another would enter from the door immediately next to it.

This caused much anxiety and frustration when trying to hide Bernard’s numerous engagements.

Of the three fiancées, there was an American woman named Gloria, played by Dugan, an Italian woman named Gabriella, played by sophomore Megan Telford and a German woman, named Gretchen, played by freshman Rachel Profit.

Bernard’s French maid, Bertha, played by junior Abby Wooster, runs the house and keeps all of Bernard’s secrets. Wooster had to learn a French accent for her part.

"The accent was the hardest part, actually. I had to watch a lot of videos on YouTube. We almost took away the accent because it took away from my character, but I worked on it and it ended up working out fine," she said.

Freshman Alexa Feistel said, "Declan was awesome, my favorite, so good. They all worked really well together, you could tell they were all comfortable around each other."

The cast members have to work closely and pay attention to each other’s lines because the show only works if each line is delivered quickly after one another.

Along with the set and costumes, the hair and makeup designer, junior Stephanie Nickerson, said, "my favorite part of involvement was designing the hairstyles based on the 60’s decade theme."

The cast and crew fed off each other.

"We have to depend greatly on our cast," Dugan said. "This show was amazing because of the sheer talent of everyone in the cast itself and the fact that they’re all my best friends in real life."

The cast of "Boeing Boeing" will be having performances from Oct. 24-27.

"I would highly recommend anyone who enjoys comedy to come see this show," said junior Sarah DeWolf.

Book Review: "Doctor Sleep"

BY AMY NUNES
Perspectives Editor

Stephen King’s slow, detailed and careful prose throughout all his novels never fail to stimulate readers; the same goes for "Doctor Sleep." As the sequel to "The Shining," this work has a lot to live up to, but does so with great success.

"Doctor Sleep," on one level, is a rich and compelling read with important themes of family, child abuse, dying and the like. It also rises above this one-dimensional level to "King’s level," a level that genuinely entertains, chills, and leaves us in grave suspense. We fall in love with his characters and want to continually know more. The detail is unbelievable but also makes the story bone-chillingly believable. King captures the heart of small-town America as he creates scenes that leave you wanting to rip your heart out. As a reader, you relate and become invested and exhaustively care.

Trekking throughout America is a tribe called The True Knot. On the surface, they embody your typical harmless traveler. Soon enough, now middle-aged, Dan Torrance and 12-year-old Abra Stone learn that The True Knot are half-immortal and live off of the "steam" produced by the "shining" children when slowly tortured to death.

Dan, once a "shining" occupant of the Overlook Hotel, has been struggling for years as he tries to rid himself of his father’s legacy of alcoholism. He settles in a New Hampshire town when he finds himself amongst an Alcoholics Anonymous community He is employed at a local nursing home, where his lasting “shining” powers provide good use and needed comfort to the dying. He soon becomes Doctor Sleep.

Shortly, Dan meets Abra Stone, a little girl with the brightest "shining" he has ever seen. With The True Knot after her, Dan finds himself battling for her soul and existence. Dan’s character cycles from a victim, to a hopeless alcoholic, to a recovering alcoholic and then a savior of children. We see Dan in all forms, and yet, are still left cheering for him through this epic battle of good vs. evil.

If you are simply looking for a thriller with psychics, alcoholic heroes, vampires and endangered children, then look no further. Even so, if you are in search of a compelling work of fiction, "Doctor Sleep" also does the trick. It is promised, as you enter King’s terrible and probable reality, you will never turn back.
Elizabeth Gilbert Comes To Sacred Heart

BY VALENTINA DE SANTIS
Staff Reporter

The award-winning author with a No. 1 New York Times best-selling book, “Eat, Pray, Love,” Elizabeth Gilbert, has been named one of the 100 most influential people in the world and took the time on a Friday evening to discuss and answer questions about her latest release, “The Signature of All Things.”

Gilbert made an appearance at Sacred Heart University’s “Join the Conversation” series in the Edgerton Center on Friday.

“I took me about three years to do research for this book,” said Gilbert. “I had a 76-page outline and three shoeboxes filled with index cards.”

Gilbert explained to the crowd the process she goes through in order to create her stories. Every season, she focuses on one goal. First, she becomes inspired. Then, she commits herself to devoting her time. She does heavy research about the history and details of her idea and, lastly, she begins to write.

On Oct. 1, her latest fiction novel, “The Signature of All Things,” was released and given the title “Amazon Best Book of the Month.”

Gilbert describes the plot of the book as an adventurous journey through the life of Alma Whittaker, the main character.

“I knew I wanted to write about a woman,” said Gilbert. “Alma is a very rational and grounded person. It was cool to step into her shoes because she is a very different person than I am.”

The main character in the novel is a scientist who meets an attractive man who happens to be an artist. With opposite interests, Alma and the artist fall in love and end up using each other’s benefits in order to understand the world through different perspectives.

“I have always been a fan of Gilbert’s novels and having her explain and talk about her latest story made me not only understand it more in-depth, but also made me appreciate it even more,” said senior Maddy Murcott.

All of the characters written about in her novels relate to her in some way. Although the main character of “The Signature of All Things” has a different persona than Gilbert, there are some similarities in their attitude towards life.

“What we share is a devotion to a vocation,” said Gilbert.

During her interview with therapist and radio personality Trevor Crew, Gilbert defined herself as being a woman enthusiastic about empowerment and transformation.

“I have not read “The Signature of All Things” yet, but hearing her speak so powerfully about the story is getting me excited to pick up a copy and begin,” said sophomore Brianna Lippolis.

Her strong sense of creativity is key to Gilbert’s success. With every story, she explained to the audience how she aims to write from contemporary standpoints as well as from her own experiences.

“Anything that you fight, fights you back. So, I don’t fight with creativity,” said Gilbert.

Connecting with the crowd by answering questions and signing copies of her book, a huge thank you was given to Gilbert as the audience members gave her a standing round of applause to end the night.

Fall Weekend Activities

BY GIORGIO SCALONE
Staff Reporter

As the leaves change colors and depart from their branches, Sacred Heart University students plan to utilize the fall weather. Whether it is enjoying school sanctioned events on campus, heading to local farms or amusement parks for haunted houses, pumpkin picking or a family hay ride; the many ways to spend the fall season can bring out both screams of terror and joy.

So, how have a variety of students around campus been taking advantage of Fall 2013?

Junior Angelo Lombardo said, “I went to a farm in Shelton to pick pumpkins last week. Now that I’m older, I didn’t think I would enjoy it. But the awesome weather, on top of being able to hangout with my family, who I had not seen in a while, really made it an overall great experience.”

The Jones Family Farm is a popular attraction and brings families together year round. During the fall season, they go by the name Pumpkinseed Hill. The area consists of corn mazes, hayrides, photo booths, pumpkin patches and many more exciting things for people of all ages to enjoy.

Junior Brendan Cusack said, “Being from New Jersey, I always like to head back home to Six Flags and go to Fright Fest around Halloween. Me and my friends have been going there every year since I can remember. It is always a good time.”

Fright Fest at Six Flags Great Adventure in Jackson, N.J. is one of the largest fall and Halloween attractions in the Tri-State Area. The park offers many terror-inducing activities, but one of the more popular attractions is a haunted walk, Lazy River, in the Six Flags Water Park, Hurricane Harbor.

Throughout the park, people dress up in scary costumes and turn Six Flags into a real life episode of the “Walking Dead.” The “zombies” will even go on rides to enhance the experience of the annual occasion. If you scare easily, perhaps keep your distance, but if you enjoy thrill and adrenaline rush, Fright Fest is definitely the place to be during the fall and Halloween season.

On Sept. 22, Sacred Heart University held their 4th annual Fall Fest event on the 63’s patio. The school brought in outside vendors to provide a plethora of food choices and activities. The most popular amongst the student body seemed to be miniature golf.

Junior Dominique Lippolis said, “Fright Fest was a great way for Sacred Heart University to get the student body to interact and participate in many activities during the change of season. Our campus is so beautiful, especially with the leaves changing colors and falling. It was nice to be outside with my friends enjoying the beautiful weather and scenery.”

The event also allowed many clubs and organizations on campus to promote themselves and attract new members. Greek Life was able to broadcast their philanthropies to a fresh fleet of recruits.

The President of Omega Phi Kappa, senior Rob Mahlman said, “It was a big step for Greek Life in general to grab the attention of different students around campus. Unity and Diversity being our motto in ‘O-Phi,’ we look forward to getting to know all our new members, which happen to be one of our largest and diverse group of guys we’ve had come out for us in a while. We’re very excited.”
**WOMEN'S SOCCER**

**Weekend Split in NEC Games For Women's Soccer**

**BY LAUREN GRASS  
Staff Reporter**

The Sacred Heart University women’s soccer team split the weekend conference games against Mount St. Mary’s and LIU Brooklyn. After the weekend, the Pioneers sit at 5-10, with a 2-3 record in the NEC.

In Friday night’s game, Sacred Heart dominated possession of the ball in the first half against Mount St. Mary’s, playing the ball wide. The Pioneers were relentless with their pressure and attempted 12 shots in the first half.

Nearing the end of the first half, sophomore Annika Simmons fed the ball to junior Kristin Verrette for a shot that missed just right of the goal post. Moments later, Verrette missed again when the ball hit the post directly and spat back out before the goalie.

“In the first half, when I missed the two shots, I was aggravated that they didn’t go in, but it gave me drive to keep shooting and hope that one of the shots would go in,” said Verrette.

Verrette kept the pressure on in the second half, continuing to take shots on net. Finally, she broke through 10 minutes into the second half off an assist from sophomore Dena Connolly.

Mount St. Mary’s battled back to tie the game at 1-1 off a rocket from 25 yards out by Kate Murphy.

The game was beginning to come down to the wire before the Pioneers took the lead in the 83rd minute off a header from Cortia DaSilva. Verrette again was a factor as she assisted DaSilva for the game winner.

“We worked hard the entire game,” said senior Sydney Judkins. “Even after the goal, we didn’t stop fighting.”

Sunday afternoon against LIU Brooklyn, the Blackbirds snapped Sacred Heart’s two game win streak by downing the Pioneers 1-0. The lone goal of the game was scored 25 minutes into the game, off a header from Jenn Peters.

“I think we played hard both games. Unfortunately, [Sunday] we didn’t get the win but I believe that as a team we worked very hard Friday and [Sunday] and we can’t put our heads down,” said Verrette.

Despite out shooting LIU 13-9, the Pioneers were unable to capitalize on the opportunities.

“Sunday was a tough loss,” said head coach Kim Baner. “The girls dominated the game but sometimes that just isn’t enough. I am proud of them and now we need to re-group and refocus and get ready for FDU on next Sunday.”

The Pioneers will return to the field Sunday as they face Fairfield University for senior day at 1p.m.
Saturday afternoon was another successful day for Sacred Heart University’s football team, as they defeated Bryant 56-28 to improve to 7-1 overall and 2-1 in NEC play. This is the first time the Pioneers have won at Bryant and they did so in dominating fashion.

The Pioneers accumulated 500 yards of total offense with sophomore quarterback RJ Noel throwing for 4 touchdowns and rushing for another. Three of the four touchdown passes went to junior wide receiver Tyler Dube, who now has 8 receiving touchdowns on the season.

“I try to make RJ feel comfortable when he is throwing to me,” Dube said. “He trusts me to come down with the ball whenever he throws it to me. Our chemistry is very strong and I feel like it is only getting stronger.”

Noel accounted for over 240 yards of offense after being named The Sports Network’s National Freshman of the Week on Oct. 14, 2013. With another strong performance, Noel earned the NEC Rookie of the Week for the second consecutive week.

“Being able to run the ball as well as pass it puts the opponents defense on its heels,” said Noel. “The ability to do both puts the team in a position to score and win games.”

As for the rushing attack, junior Keshandar Spence wore down the Bulldog defense in route to breaking the 1,000-yard rushing mark. This is the first time a Pioneer has eclipsed the 1,000-yard mark since 2008. With at least four more games to go, Spence looks to build on the mark. Spence has 1,003 yards so far in the 2013 campaign and was named the NEC Offensive Player of the Week.

Junior running back Sean Bell got in on the action rushing for a 34-yard touchdown late in the fourth quarter. Spence added the exclamation point with a touchdown with 1:45 left in the game giving him 9 on the season.

“It feels great to get this road win and be 7-1,” Spence said. “We are just trying to capitalize our opportunities each and every week.”

The Sacred Heart defense was impressive once again forcing five Bryant turnovers as well as only allowing four total rushing yards. Junior defensive lineman Troy Moore led the charge with six tackles for a loss, three sacks and a forced fumble. Sacred Heart as a team had 12 tackles for a loss on the day to go along with 5 sacks. For his efforts, Moore was named the NEC Defensive Player of the Week as well as The Sports Network’s Co-Defensive Player of the Week.

Senior defensive back J.D. Roussel added to his interception collection recording his fifth on the year after running it back for a 47-yard pick six early on in the fourth quarter. The defense was all over the field causing four fumbles, two of which led to points for the Pioneers.

The Pioneers are making national headlines being the FCS leader in turnover margin and team tackles for a loss. In addition, the Pioneers rank in the top 10 in several team statistics categories including rushing defense, passes intercepted, and rushing offense.

Individually both Spence and Dube are known on the national scene as well. Spence ranks 4th in the country in rushing yards per game and 7th in rushing yards per game, averaging nearly 125 yards a game. Dube ranks in the top 10 for receiving touchdowns with 8 on the season.

This marks the second consecutive week that the Pioneers broke the 50-point mark on the scoreboard. The team and coaching staff is hopeful that this offense, as well as the success of the team will bring fans in for the remaining games.

“The kids have worked so hard to change the culture, and prove to people that they are going to be a winning team,” said head coach Mark Neff. “Anytime you play meaningful games this late in the season, we hope we can attract more people to come out and see us play.”

Next week the Pioneers take on Saint Francis in Loretto, Pennsylvania looking to garner another conference win. Kickoff is scheduled for 12 p.m.

“We want to keep winning, and we will do whatever it takes to win,” Dube said. “Individual statistics aren’t important to our team, the only thing that matters is wins and losses.”
**Hockey Evens Record to Open Season**

**BY FILIPE LOBATO**
Staff Reporter

The Sacred Heart men’s hockey team is now 2-2 after a 3-1 home win over Bentley and a 7-1 away loss to No. 17 Rensselaer.

“I really liked our competitive level throughout the game and I thought our guys showed great character in winning the game,” said head coach CJ Marottolo. “This group of guys has come to the rink each day with a great attitude and have attacked each practice with great purpose.”

In Sacred Heart’s 3-1 over Bentley, the Pioneers took advantage of the power play, scoring on two out of the three chances.

Junior Drew George opened the scoring with freshman Jeff Carroll and junior Ben Lake providing the assists. The goal marks George’s third on the season and adds to his impressive point total.

Freshmen Mitch Nylen and Justin Danforth both registered their first career points for Sacred Heart in the win. Nylen scored on one of the power plays making it 2-0, before Bentley scored to make it 2-1.

Junior Will Rayner scored in the second period to make it 3-1 and give the Pioneers a two goal cushion. Goaltender Alex Vazzano came up big throughout the game, making 37 saves to give Sacred Heart the win.

The win on Wednesday was the Pioneers second of the season, matching all of last season’s win total. The second win last season did not come until Feb. 23, 2013 against Bentley.

Unfortunately, the Pioneers were not able to keep the winning going, as they lost to No. 17 RPI 7-1. Goaltender Alex Vazzano made 28 saves but allowed seven goals. Carroll scored the only goal of the game making it his first goal of the season, George assisted.

The Pioneers were outshot 38-18 and went 0-3 in the power play. However, despite the loss, coach C.J. Marottolo emphasized the importance of senior leadership.

“Our senior leadership has done a terrific job this season in molding this team,” said Marottolo. “With so many new faces, our leaders had the task of getting everyone on the same page and the staff. So far they have done an outstanding job.”

Sacred Heart continues conference play Saturday away at American International. The Pioneers return home Nov. 12 against Army.

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**PLAYERS of the WEEK**

**LIZ BERGMAN**

**HOMETOWN** Blandon, Pennsylvania
**YEAR** Redshirt Sophomore
**MAJOR** Criminal Justice
**SPORT** Field Hockey, Midfielder
**GOALS AFTER COLLEGE**
Go to grad school for a masters in criminal justice and then go on to law school.

**STATS/AWARDS**
Team Captain. Team leader in points in 2012 and 2013. 5 goals in 2013 sea-

“I GET THE BEST OF BOTH WORLDS. NOT ONLY DO I GET TO OBTAIN A GREAT EDUCATION, BUT I ALSO GET TO PLAY THE SPORT I LOVE AT A HIGHLY COMPETITIVE LEVEL.”

**KESHAUDAS SPENCE**

**HOMETOWN** Roxbury, Massachusetts
**YEAR** Junior
**MAJOR** Media Studies
**SPORT** Football, Running Back
**GOALS AFTER COLLEGE**
Hopes to play in the NFL. 
**STATS/AWARDS**
1,003 yards with 9 touchdowns this season.

“I GET TO MEET NEW PEOPLE AND I KNOW THAT THESE GUYS WILL BE MY BROTHERS FOR A LIFETIME.”