The Gun Control Debate

It will be a year this December, since the mass shooting at Sandy Hook Elementary School, in Newtown Conn. Adam Lanza shot and killed 20 children and six adults.

The shooting evoked debates over stricter gun control in the United States, and prompted speedy proposals for new legislation banning certain semi-automatic weapons, and high capacity magazines.

On Friday Nov. 1, a shooting occurred at Los Angeles International Airport (LAX).

"A gunman opened fire at LAX, killing a Transportation Security Administration agent and wounding several others at the airport," reported NBC News.

The debated topic of gun control will likely begin making its way back into the news. Society, however, remains greatly divided over gun right issues.

Its been widely reported that firearms are one of the leading causes of death in the United States. Under the Second Amendment, its our constitutional right to bear arms.

The guns used in the Sandy Hook shooting and the most recent shooting at LAX were larger firearms, however, the number of deaths caused by smaller firearms is significantly higher. The loss of life caused by shootings, whether from large or small firearms remains unsatisfactory.

"I constantly worry about guns getting into the wrong hands, kids, unsound people, however you can see how small firearms are easily concealable," said Sacred Heart graduate student, Leah Salindong. "Often, I'm left wondering does shooting someone from far range or close up detach the person from the crime they are committing? I feel like it would be much different if you were involved in hand-to-hand combat and murdered someone, or even knifed the person. Participation in gun violence is by far the most cowardly act a human could commit."

In the United States, the annual handgun homicide total back in 2011 was 6,230. The annual long gun homicides total in 2011 was 679, according to gunpolicy.org.

Guns often become accessible to children or find their way into the wrong hands. This results in accidents and unintended deaths. When they are not properly stored or become too accessible, the number of accidents and gun related deaths increase each year.

The problem with the handgun being used far more often in accidents and crimes than military-style assault weapons, is just one of the many arguments about gun control.

Even with proposed universal background checks and tougher gun restrictions, avoiding loopholes may be impossible. Law abiding citizens follow laws. However, the criminals seeking guns do not.

"Under current policy, the more than $1 billion in federal tax dollars spent on creating and maintaining the National Instant Criminal Background Check System (NICS) is rendered useless when a prohibited purchaser can just as easily procure a firearm from a gun show or an internet marketplace without a background check as they can at a gun store," said republican senator Tom Coburn, according to the Washington Post.

Criminals find ways to beat the system and acquire guns if need be. After all they are criminals.

The argument Coburn is trying to make is why spend all the money and wasted energy to be put into the NICS if it is not going to drastically improve guns from getting into the wrong hands. Focusing on ways to work together on the issue is just an option.

This conundrum is just one example why making note that more Americans have died from gun violence here at home since Newtown than in the nine years fighting a war in Iraq is the kind of factoid that grabs our attention but undermines the true goal: curtailing the violence," said LZ Granderson, a CNN contributor who writes weekly columns for CNN.
The Sacred Heart Spectrum

Sacred Heart House Party Disrupts Bridgeport Neighborhood

BY GEORIGA PALLADINO
Staff Reporter

On Nov. 1, Sacred Heart University students crowded the streets of Erin's Circle in Bridgeport during a Hal- loween party, according to many students who attended the party. The upperclass- men, who hosted the party, did not expect the party to get as big as it did.

According to several students, texts were sent out to a mass amount of students stating that the party was cancelled because too many people had found out about it. Only a few minutes later, they said, texts were sent out again to say the party was back on, however, it was a closed party for upperclassmen only.

Things did not go as planned.

"At 10:30 p.m., I was told not to go to the party because there were only a few people there," said junior Samantha Wolman. "I ended up going anyway and when I got there by 11 p.m., the house was packed, with what seemed like 200 students."

As one student recalls, many students stood around on the lawn waiting for the owners to let them in. However, the owners could tell that the party was getting out of hand. They weren't letting people in at rates following every entry into the house. Neighbors quickly called the police to have the party shut down as more students were arriving at the house.

Things started quickly when the police arrived and students were told to leave. Cups, empty beer cans and other trash were left in the streets for the neighbors to deal with the next morning.

"We always get notified from the police when they get contacted," said Larry Wiehl, Dean of Students.

 anytime a party occurs the police will contact Wiehl personally, and on occasion, they will contact public safety, he said. The police are not the only people that contacts university administration about a party. There are weekend patrols in which public safety officers, four, five around the streets of where they know students live to make sure that there is nothing on the ordinary going on.

"Public safety patrols the surrounding neighborhood and if officers see a disruptive house party, then the Bridgeport Police Department is notified," said Jack Fernandez, Director of Public Safety. "Bridgeport Police will forward information on the parties, attendees and owners or renters to Sacred Heart. The same holds true for Trumpfield and Fairfield as well.

This particular party caught the attention of "Channel 12 News Connecticut. "The segment showed the aftermath of the party and featured irritated neighbors who have dealt with this before. The negative attention brought to the school has a greater impact than some would expect.

As the school continues to expand they are required to go before the board. When incidents like this occur, it's possible that neighbors will live next to houses where parties will speak out against the university. For example, this could affect the university's plans to expand the campus and also af- fect plans to build more residential halls.

With the law in place that contacts university administration about a party, there are fewer disruptive parties face the same punishment. The university fines the students who rent the house. They also have to do hours of community service, in which they work with the North End partnership to clean the streets of Bridgeport. Last year students were required to send letters of apology to their neighbors.

For the students who do have parties they are making themselves liable for anyone who attends their party and for everyone else's actions. For those who do get caught they are given a warning to reinforce that it won't happen again.

"If it happens again they will be facing an immediate suspension from the university and possible other penalties and a possible expulsion," said Wiehl.

CISPA is Back

BY LEAH TAHARIM
Staff Reporter

CISPA is back; and for many people, those words mean a call to start fighting against it as it did last year and earlier this year.

CISPA, or the Cyber Intelligence Sharing and Protection Act, is a proposed law in front of congress that, if passed, would allow information to be shared between the government and information technology companies.

When CISPA first came before Congress two years ago, it was introduced by Representative Michael Rogers, and had 111 co-sponsors, according to information from gobrack. us.

It was passed by the House of Representatives months later, but did not pass in the U.S Senate.

BBC News reported that after the passing of CISPA by the House of Representatives, the White House released a statement that said President Obama would veto the act if it reached his desk, criticizing it for violating citizens' confidence and civil liberties.

Dr. Steven Michels, political science professor at Sacred Heart, criticized the bill and said, "I am very skeptical of any bill that has 111 co-sponsors, as the first CISPA did (in the House)."

Washington Post reporter Hayley Tsukayama found that proponents of CISPA, several lobbyists for major technol- ogy companies like Microsoft, IBM, Facebook and Apple, say the data sharing proposed in the bill will help online security by being able to easily share cyber threat information with the government.

Critics of CISPA say that the government, and the National Security Agency, in particular, want CISPA to pass be- cause it gives them easier access to people's private browsing information, giving them legal access to data they previously would have needed a warrant for. Further, critics say that it al- lows this to happen without the individual even knowing about it. In short, these critics say that CISPA very clearly violates the 4th Amendment and their right to privacy.

Still, CISPA was brought up again into Congress ear- lier this year and passed through the House of Representatives, once again in April. It has not yet been voted on by the Senate.

Due to this, CISPA has been met with strong opposi- tion from civil rights groups and some in the American online community. Dozens of popular online forums have seen this as a call to action. For example, reddit.com, perhaps one of the most popular online forums, with millions of daily view- ers, is one of these forums taking the matter seriously. Many of its millions of users are calling for people to not just sit back and think CISPA is a problem, but to actually do something about it, telling users to write letters to and call their congressmen and women and senators.

Reddit user "Infrequently" said, "The most im- portant thing we can do with that time is to try to get meetings scheduled with our senators while they are in their home states over the recess. This is a proven grassroots strategy that was key to killing SOPA. We can beat CISPA if we do this."

"It didn't pass before, and I think it will be nearly impossible to pass anything now that might roll on civil liberties, even the relations about what the NSA has done up to," said Michels. "This might be an instance when the dysfunction of Congress might actually work in our favor."

Various politicians have also been turned off publicly against the bill. Former representative and 2012 Republican presidential candidate Ron Paul called CISPA, "Big Brother write large!" and stated he hoped "the public responds to CISPA like it did SOPA back in January," in a Youtube video he released.

Class of 2017 Elections

BY EMILY ARCHACKI
Staff Reporter

Members of the Class of 2017, the largest freshman class in Sacred Heart University's history, held elections Oct. 25 for class officers. Out of the roughly 1,300 students that make up the freshman class, a total of 637 voted. "We were able to reach the highest amount of votes that a freshman election has ever had here at Sacred Heart University," said senior Pete Brotstowin, Chair of the Freshman Elections Committee. "It's great seeing everyone take the time to vote, as it helps ensure the class is fairly represented by whom they wish." In the elections, there were many candidates to choose from in this year's elections. Five students ran for president: two freshmen, two for vice president, and two for senate.

"The emails, posters, and electronic process all together made voting easy," said freshman Shana Kanto-Dempsey. The students who wonac the elections were Jennifer Kiggins for President, Theresa Breaden for Vice President, and Megan Kurnen for Treasurer. Giannina Scarpitto and Call Infor- erra were elected for Senators.

"I am very excited to work with my fel- low officers. I am here for my classmates and want to hear their ideas," said Fletcher. "My goals as vice-president are to be a greater sense of community and friendship amongst our freshman class."

The freshmen had two options when it came to casting their vote. They could either vote in person or online.

If a student preferred to vote in person, locations were available in the lobbies of Seton Hall, Morton Hall and Roncalli Hall.

"I thought the voting process was very convenient and easy considering I live in Seton," said freshman Gregory Coppettilli. "And it was located on the first floor which is the floor I live on." Students could also vote in Hawley Lounge, if they voted in Hawley Lounge, they received a free T-shirt.

Members of Student Government staffed each voting area on campus from 8 a.m. to 4 p.m., the hours polls were open.

"It was really easy for me and it only took a few minutes," said freshman Lauren Hoffman.

Freshman students also had the option of voting online if they preferred that to voting in person.

"I am looking forward to welcoming these new Student Government members as well as seeing what they will be able to accomplish this year," said Brown.

Although the elections have passed, there is still the opportunity for freshmen to ap- ply for student government positions.

"A lot of what Student Government does comes down to outside participation. There are so many possibilities if the entirety of the freshman class gets involved and takes an active mindset," said Brotstowin.

Only two of the total four senator po- sitions were filled through the election process. Freshmen can now apply to fill the remaining positions.

In addition, freshmen can apply for chair positions on the student government board such as Community Service, Advertising and Fundraising.

Additional information has been sent out about these applications.

"If freshmen are interested in one of those positions, they should contact Jen Kiggins for more information," said Amanda Rome, As- sistant Director of Student Activities.
Students Comment on SHU’s Active Life

BY JULIA GARVEY
Staff Reporter

Sacred Heart students find much benefit in early morning workouts on campus. Every morning, freshman Melanie Russo finds herself awake before 7 a.m. and ready to start her day with an early morning workout at the William H. Pitt Center.

The Pitt Center opens at 6 a.m. on Monday through Friday. However, on Mondays and Wednesdays, there is a 4:30 a.m. spinning class held in the aerobics room, Russo regularly attends.

“The Pitt Center holding a spinning session so early in the morning works out nicely with my schedule. I am able to get to the gym, work out, come back to shower and get myself ready, while still having the whole day ahead of me,” said Russo.

Along with spinning classes, the Pitt Center offers other aerobics classes, as well. These classes include Zumba, yoga, hip hop aerobics, Strike It Bootcamp, mixed martial arts and an abs course.

Sophomore Alyssa Labarbera attends fitness classes on a regular basis, either at Sacred Heart or her hometown of Westchester, New York. Labarbera’s favorite fitness class to attend is spinning class; however, the times that the Pitt Center offers are preventing her from being able to attend.

“The times that spinning class is offered is inconvenient for a college student. 4:30 a.m. is too early. I would suggest holding a session somewhere between the hours of 7 and 9 a.m.,” said Labarbera.

“I would also like to see more variety of classes being held. I think the aerobics instructors should add in kickboxing and maybe offer two different classes in the morning and then two more in the afternoon,” said Labarbera.

Senior Natalie Howard has attended Sacred Heart’s fitness classes since she was a freshman. Over the course of four years, she has seen a difference in classes that have been offered.

“The aerobics instructors have added more classes since I first started attending. The classes used to be much more basic, where they would only hold one spinning class a week, or one yoga class,” said Howard.

“I think more students have started attending, however, on a good night, we still only have up to about 15 students. This can sometimes slow down the pace of the class, which is why I think the Pitt Center faculty should work on publicizing what they have to offer more often,” said Howard.

Sacred Heart University’s website contains a calendar of fitness class schedules being held for the month of November. The schedules vary every month and are updated regularly. The descriptions of each class are listed underneath the calendar and explain which part of the body the class focuses on, as well as which muscles will be strengthened by attending the respective fitness course.

Sacred Heart University's dining hall, 63's, contains a suggestion box where students are able to write positive or negative feedback on the service provided there. Students have suggested having one for the Pitt Center, as well.

“If we were able to suggest which classes to add, which music to play and what times to hold classes, I would definitely attend more fitness classes. A few changes to the schedule and I know that the classes would be extremely popular,” said sophomore June Pena.

ANTHONYs says...

I’m not one to throw a fit over political correctness. The introduction of political correctness hasn’t changed anyone; it has just caused us to lie about our true thoughts. But there is a clear line between political correctness and outright disrespect. It’s a fine crossed so often on Halloween that some schools have even cancelled Halloween celebrations. No candy, no costumes, no fun.

I read an article depicting the thirty-there most offensive costumes found on Instagram. The list included the middle finger, a pregnant nun, a persecuted priest, a homeless person, twisted Jesus costumes, Travyon Martin, bombing victims and suicide bombers. I cringe even thinking out the costumes. So, what made people think that wearing them would be funny? This isn’t like the Washington Redskins being the subjects of a silly left versus right debate by a bunch of predominately white politicians (shouldn’t Native Americans be the ones deciding on the issue?).

The Halloween costumes are a matter of people lacking any sense of morality. So, pictures surface and people are offended. Anchors speak out, journalists write articles and bloggers blog. All the press demands public apologies, and the poor actions of a few ruin Halloween for the majority. Then, we have the same conversations next Halloween. It seems to be a hopeless cycle.

It would be much easier if we could guarantee that people who wore such offensive costumes understood their impact before they made the decision to do so. But that’s not reality. Ignorant people will always exist. In fact, there seems to be more ignorance as time goes on.

I would be unconstitutional to arrest everyone mocking tragedy on Halloween. All we can do is stay optimistic that natural selection will take its course on those who lack any type of gauge for morality.

AMysays...

Why is this always our issue? Prejudice and inappropriateness. It’s embarrassing when it stems from the “most intelligent of species.” We are the ones with the conscience and yet we find ourselves caught up in these instances constantly. I am so sick of it. I am banging on the keys of my laptop. SO HARD right now. We are better than this. I have minimal hope left.

Let me back up. So their are bunch of pictures floating around on the Internet of people dressing up as Trayvon Martin and George Zimmerman. If you are a senior and you have not seen these, you haven’t not noticed the horrified reaction of many. These two foolish gentlemen went out for Halloween this year wearing a neighborhood watch tee, blackface and blood stained hoody. Upon viewing the photo that went viral within a few hours, I couldn’t help but think how clever people can be. You actually painted your face black? The sheer inspiration is just riveting! (To make myself clear that is sarcasm) THIS COSTUME Choice is ATROCIOUS. I am embarrassed as a United States citizen and human in general.

We have found ourselves caught up in an “anything for a laugh” ideology as a society. It has to stop. We are intelligent human beings— show some goddam respect for one another.

The trial of George Zimmerman surfaced several racial controversies, and this Halloween costume is only adding to the uproar.

Moral codes have been formulated around our social constructions of different types of people. Why are African American female bodies hypersexualized? Why are African American male bodies seen as dangerous? Sadly, these universal social constructions have become a norm in the minds of many. Obviously, this is incredibly racist and wrong. I don’t need to preach. Nevertheless, we need to break through this cowardice and get out of this twisted way of thinking. Like I said, I do have some hope.
Change the Stations

BY JULIA GARVEY
Staff Reporter

It's another school day and in between classes you decide to stop in the Linda E. McMahon Student Commons for some lunch. Once you grab your food and sit down, you start gazing over to see what stations are being played on all the flat screen televisions, but, you notice all the stations are repetitive.

"The stations that are being played at Linda McMahon are atrocious. Every day, the same boring stations are being broadcasted. I rarely focus my attention on the TVs anymore because there is never anything enjoyable on," said junior Francis Trupucka. "Something definitely needs to be done because the other night the World Series wasn't even on one of the TVs."

In May of 2010, Sacred Heart University broke ground for its new Linda McMahon Commons and it immediately became a focal point on campus, serving as a popular gathering space for students to meet. The McMahon Commons serves as a hub and "go-to" building on campus.

Students gather with friends to eat or socialize and relax in a comfortable atmosphere. With a total of nine TVs, some students would like a vote on what stations they would like to watch.

"There should be a survey sent out to all students asking what stations they'd prefer to watch while enjoying their time in McMahon," said Trupucka. Many other students echo the sentiment.

"There are multiple stations that broadcast our school, but are constantly recurring on the screen. I could probably tell you what station is going to be up next because it's been the same thing for the past year now," said senior Jared Carrier. "They even try and put on stations that you can enjoy without sound but it still isn't entertaining."

Faculty members that are working during the day in the Linda's can control the television stations, but they don't, the university does.

"I've noticed they are mostly the same channels but with different content," said senior Samantha Vilafranca. "After a while, the same stations get old and when sitting in Linda's, no one around me ever seems to be watching the TVs, either."

As a university, students can take a stand to resolve this issue. The only problem is, do students really care enough to take action?

"I only really watch them when I'm eating lunch or dinner in there. I'm never there to actually just watch them, I have a TV at home for that," said Vilafranca.

There are nine TV's in Linda's and many of them don't even attract attention.

"I hardly ever watch the TV's. The university should change it up a bit to gain back student's attention, considering that's what the TV's are there for," said senior Alexander Miller.

In the future, in order to make changes, this issue needs to be addressed to the university.

"It's definitely worth discussing because the university likely spent a ton of money on those TV's to entertain students. They might as well put them to good use and play stations that students want to see," said Carrier.
Preparing for the Real World

ERIN MARLEY
EDITORICHIEF

I have been the Editor-in-Chief of Spectrum for about a year-and-a-half now. I was chosen for the position at the end of my sophomore year after taking the News Writing and Reporting class. At that point, I was trained by my predecessor in preparation for the upcoming year.

At the start of my junior year, I really was not sure what was going to be expected of me in this position. I had never worked on staff prior to accepting this role and I honestly was not sure how I was going to be able to balance school, hockey and the newspaper. The first few weeks, I truly felt like I was in over my head. I felt like there was always something that I needed to be doing for Spectrum; whether it was writing articles, responding to emails or planning for the upcoming issue.

I remember about two weeks into Fall semester last year calling my mom and venting to her about how stressed I was. I told her I felt like I had to choose between getting my homework done and working on Spectrum matters. Of course, being the woman that she is, she was able to calm me down and help me set things straight. After that phone call I finally felt like I was going to be able to handle the upcoming year.

Since that day I have learned a lot about what I am capable of. Spectrum has taught me many important life lessons and skills. I have always been decently organized and on top of my work, but adding Spectrum to the mix has truly improved my capability. I have been forced to improve my time management skills and utilize a majority of my free time to be productive. Being the Editor-in-Chief of Spectrum has also helped me improve my leadership abilities. Being in charge of a staff of 25 people is not the easiest task, but it is something I have learned to manage. Of course, having a staff that is helpful and respectful makes my job a little easier.

These are a few of the skills that I had to use in the decision to cancel the Nov. 6 issue of Spectrum. The Saturday before that issue was to be printed, our staff was informed that an entire wall of cabinets had fallen off the wall and knocked over three computers, leaving the office in shambles. The fall was due to the weight of archived copies of Spectrum that had been stored in and on top of the cabinets for the past few years. With the information that I was given about the damage that the office would take from the cabinet fall, I had no choice but to cancel Spectrum for that week. I spoke with the other head editors and we decided that this was the best option to ensure the safety of the rest of our staff.

With the help of many hands, we were able to clean up the office and restore the computers. It was after everything was back in order that I realized that our staff is very capable and quite possibly could have managed to produce a paper even with the damages that our workspace endured. If news stations and newspapers are able to work during tragedies such as 9/11 and the Boston Marathon bombing, the Spectrum staff should be able to work around some falling cabinets.

This is an example of a real life situation that I may need to deal with in my future career. Now that I have experienced something like this, although nowhere near an actual tragedy, I believe that I will be more prepared down the road. Working on Spectrum has taught me a lot of great skills and provided me with some important qualities. I know that I will be able to take what I have learned here with me for the rest of my life.

The Furry Roommate

DANA MALTESE
MANAGINGEDITOR

It is senior year and you and your three best friends just moved into a house in close proximity to Sacred Heart. What is missing from this perfect picture? A puppy, of course. According to Fox Business, the yearly cost of having a dog can range from $360 to $2,520 or more. Considering the average lifespan is 12 years for a dog, raising a puppy could cost between $4,620 and $32,990 over its lifetime. While it might seem like a good idea in the beginning, it is occurring problem of the current generation to have dogs while in their college years and then give them up when they move on to their professional lives in the real world.

As the daughter of a dog groomer, this is a problem that my mother has brought to my attention one day when she had asked if I knew any students at Sacred Heart with dogs. My mom has clients that bring them dogs that were previously their son or daughter’s while they were in college. I think that if you are going to get a dog, or any pet, you need to think through what its needs are for its whole life and how they match up with the desires for your life.

Dogs of any age require owners to make a complete lifestyle change. When you are busy studying for exams and getting ready to get I move the weekends, there is not enough time to take the dog for a walk or throw a Frisbee with at a local park. I know it is tempting to have a pet while at school, with the freedom of having your own house, but I just ask that if you do decide to get a pet research before you go to the pet store and get the puppy in the window.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday’s issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Professor Cardenas Brings Capoeira To Campus

BY NATASHA KLINOFF

Sacred Heart University is offering a new club called the Sacred Heart Capoeira. Capoeira is an afro-brazilian martial art that combines martial arts, acrobatics and music. It is known for its quick moves, and leverage for kicks, spins and techniques.

Professor Jorge Cardenas, the club’s advisor, will hold a kick off meeting as well as a performance during International Education Week, the second week in November. The club plans on being up and running in mid-November.

“I proposed it to the student activities office as well as opened it to the school population to see if there was interest. I have taught Capoeira for many years, done performances and workshops and spread the positivity and energy of this part of my culture,” said Cardenas.

Club members will have access to different types of training in all of the dimensions of the art. A member will train in areas of “music song and lyrics in Portuguese; dance capoeira, maculele, samba; percussion rhythms in atabaque, berimbau, pandeiro, agogo, reco-reco; self-defense skills; muscular conditioning and cardiovascular strengthening skills; acrobatics,” said Cardenas.

The club is open to students who have an interest in Capoeira and the culture behind it.

“Anyone with a genuine interest how culture and resilience can be transmitted via a self-defense activity disguised as a dance and game; anyone with a genuine interest in culture, community, with goals in either fitness, forms, or self-defense; anyone interested in physical arts” said Cardenas.

For the general population, the club will hold workshops, demonstrations, and performances.

For more information on Capoeira, http://bom-capoeira.com/ contains pictures, video, and background on afro-brazilian martial arts.

“I have already participated in Strike Fit here at SHU and I love it,” said senior Jade Bowm. “I would definitely try Capoeira.”

Prof. Cardenas has been sending out email flyers to promote the new club.

“I had no idea what Capoeira was before I got the email. I think it is great that the school is offering something so different and cultural,” said freshman Heather Dalbey.

“I am interested in the club. It seems like something fun and different,” said senior Cara Curran.

If a student is interested in becoming a member of the Sacred Heart Capoeira, they should contact Prof. Cardenas at cardenasj@sacredheart.edu.

“It is absolutely unique and multifaceted, full of positivity and energy; it is the type of activity to which one can find a personal link, sort of a mirror that can reflect aspects of one’s life, identity and perspective. The practice serves as a microcosm of the larger regular day to day life, therefore the language that describes it represents a way to articulate our own life experience,” said Cardenas.

Martial arts is a workout that will make your mind work as hard as your body. Capoeira is more than just another way to achieve fitness.

“It challenges your body in ways that it may have never been challenged before, and builds confidence as well as comfort in achieving seemingly impossible things in a supportive atmosphere,” said Cardenas.

Jail N’ Bail Raises Money for Special Olympics

BY ERIN MARLEY

Editor-in-Chief

Last Tuesday, the Sacred Heart campus was buzzing with police officers. Although the officers were not on campus to bring anyone down to their station, they were making arrests. On Nov. 5, the Department of Public Safety hosted the 2013 Jail ‘N Bail.

Jail ‘N Bail is an event that benefits Special Olympics Connecticut. Individuals on campus filled out warrants for a person they want to be “arrested.” A $5 donation had to be made at the time of the complaint. Public safety officers and local police officers made the arrests and presented each arrestee to a panel of judges. The judges set bail based on a variety of different charges. The arrestee was then placed in a jail cell that was located outside the 63’s patio. After being placed in the jail cell the arrestees had to call upon friends and family members the help raise their bail.

All of the money that was raised during the event was donated to Special Olympics Connecticut. The event was very successful and the Sacred Heart community was able to raise $5,300.
Students S.T.R.I.V.E. Together
A NEW GROUP FOR CHRISTIAN STUDENT ATHLETES
BY LAUREN PETTINELLI
Staff Reporter

You may not think that a group of athletes getting together to play glow in the dark capture the flag is a way of sharing faith, but for students in S.T.R.I.V.E., fun activities like this bring people together.

A new group on campus is catching the interest of many student athletes who are and looking for a place to share their beliefs and faith among a group of determined people like themselves.

“These athletes have a passion not only for sport, but also for God,” said sophomore Martine Szanto from Campus Ministry.

The club is called S.T.R.I.V.E., which stands for Students Training Righteously in Virtuous Example.

“It’s a good opportunity for athletes to become involved in a more religious lifestyle, without feeling weird about it,” said junior Justine Sibthorp.

“It will open our eyes to things we may not think about normally.”

The group began from an idea that one of the DI athletes suggested and believed it would be valued by other students with a busy schedule.

Within senior Ryan Pittman’s shared faith group, he brought up the idea to junior Kristy Cosgrove about

“A Christian athletes group.

“We wanted students to feel a sense of community in which they can express their faith through their love of sports,” said Cosgrove.

Szanto, who is also a creator of the group, said, “I always say that I have a hard time expressing my faith in words, and I find it so much easier to explain just through skating. I hope we can spread this idea of performing as a form of worship through STRIVE.”

S.T.R.I.V.E. is hosted once a month in Campus Ministry, on Thursdays at 8 p.m. On Oct. 10, the group had their first meeting in the Chapel. Pittman spoke about the theme of the “Audience of One” which is the idea of performing one’s sport solely for God.

The group also watched “I am Second” videos, which man everyone is second to God.

The activities done at group meetings will vary month to month. The group will have discussions where anyone is able to speak freely and openly about their faith. S.T.R.I.V.E. welcomes new members and those who are curious about exploring their faith with others.

“We want this group to be a support for participants,” said Szanto.

“We want to bring all of the teams that represent SHU together through their faith.”

Remembering Alvin Clinkscales

BY DAN OTZEL
Co-Copy Editor

Alvin Clinkscales, a pillar of the Sacred Heart community, died Nov. 5 in his native Bridgeport. He was 81. Clinkscales spent 42 years as a Sacred Heart staff member, working tirelessly in financial aid services to ensure scores of students a Sacred Heart education and working reverently as a mentor and example for student-athletes.

Clinkscales, born in Bridgeport, was an all-state basketball player at Central High School before starring as an All-American at the University of Bridgeport. He was drafted

Roaming Around Rome

BY MEGAN LACKMAN
Staff Reporter

Karli Ryan, a junior at Sacred Heart started a blog when she went abroad for the semester in Italy. The blog is called Italy Study Abroad.

“After I started my blog because I am currently studying abroad in Rome and I asked to be the SHU study abroad student blogger,” said Ryan.

It contains several pictures from Ryan’s time in Rome. Along with pictures she has posted recipes and stories about different things they have done during their time so far.

The blog shows the different foods that they eat in Italy, what the culture is like and the amazing sight seeing.

While abroad, Ryan and her friends also went to London, England for a few days.

“I like blogging because I can keep my family posted on what I’m doing over here. Being abroad, it’s hard to keep in touch with them especially with the time difference and not having a phone. My blog is also a good way for me to be able to create something where I can look back in five years and remember all the details of the trip I’ve been on,” said Ryan.

The titles that Ryan creates for her posts are quite creative such as, "Planes, Trains, and Automobiles...Literally" and "Pici E Amici (Tuscany)." Her titles are inspired from Italian words or sayings and jokes between her and her friends.

While in Italy, along with learning about the cultural, they celebrated Halloween. “I didn’t even think about a Halloween costume while I was packing,” said Ryan.

But she managed to pull a flappers outfit together and go out to an event hosted by the study abroad program. The next day they went and bought two pumpkins and carved them for the season.

Anyone can view Ryan’s blog. She posts her blog up on her Facebook page or you can find it through the Sacred Heart study abroad page on the website. She writes through the school for the program not on her own.

“My blog is public to SHU so other SHU students who are curious about studying abroad in Italy can see what it’s like. It can also hopefully answer any questions SHU students have about the program," said Ryan.

**Arts & Entertainment**

**“Rocky Horror Picture Show”**

*A night filled with laughter, fishnets & confetti.*

BY MARISA PAPA

Staff Reporter

On Oct. 29 at 10:10 p.m., the smell of hair-spray and popcorn filled the Edgerton Theater for an interactive viewing of the cult-fiction movie, “The Rocky Horror Picture Show.” The walls were draped with red streamers, cobwebs, and giant lips as the audience was filled with fishnets, corsets, and tutus.

As students entered the lobby of the theater they paid $5 for a bag, which included items such as a water gun, a newspaper, confetti and rice. During the show, audience members were cued to throw each item in their bag at the movie screen.

“The Rocky Horror Picture Show is one of those things that you have to experience for yourself,” said junior Lindsay Seppala, production chair of the Theatre Arts Program (TAP) on the executive board.

The event kicked off when sophomore Mia Volpe held a sacrifice for anyone who hadn’t seen Rocky Horror before. She invited all the newcomers to stand on stage and partake in a couple of games before starting the movie.

After the winner of the game was announced, the movie began. The screen adjacent to the movie gave cues to the audience about what they should shout at the movie went on. The screen suggested for audience members to clap their hands, or yell things like “oh Brad” at certain points throughout the movie. This allowed the audience to play a more active part in the movie.

“If you aren’t actually involved you’ll never truly understand the cult following,” said Seppala.

In the middle of the movie, over 20 TAP dancers got up and accompanied the film in dancing to the most popular song, “The Time Warp.”

Junior Adrianna Quintilian and Jennifer Correnty choreographed the dance number.

“I’m very proud of how far the dancers have come from the first rehearsal. They really pulled it off—I’m still getting compliments about the dance,” said Quintilian.

Some dancers were on the floor of the theater interacting with the audience, while other performers took the stage for a tap dancing section of the song.

“I really like that TAP added the live aspect to the show. I feel like that’s a good aspect to the show, so people don’t just come and watch the movie, they’re actually getting a bit of a performance,” said junior Liz Mastrocola, advertising chair of the TAP on the executive board.

“The Rocky Horror Picture Show is about two characters named Brad and Janet who decide to get married. On their way, they got lost in the rain ending up at a mysterious mansion in the middle of the woods, home to no other than Dr. Frank N. Furter. They soon discover that this house is filled with colorful characters from the land of Transylvania.

“The turnout was great and this was the best crowd we’ve had. They were entertained and loved the whole thing,” said junior Declan Lynch, fundraising chair of the TAP on the executive board.

Since the movie was interactive, when it rained in the movie, audience members were asked to take out their newspapers and cover their heads. Similarly, they were asked to throw rice from their bags into the audience when Brad and Janet got married.

“It was very successful and I can’t wait to see it grow next year,” said Lynch.

Ending around midnight, the science fiction cult is one that has generated interest for past and present generations to come.

Due to its popular demand, the movie will return to the theatre next year.

“E-Board decided to do ‘Rocky Horror’ again this year because we’ve done it in the past and students have really enjoyed it. It’s something people look forward to,” said senior, and president of TAP, Nicole Thomas.

---

**The Zombie Craze Bites Students**

BY TARA DURKIN

Staff Reporter

On Oct. 29, the University Commons was filled with zombies, zombie crazed fans that is.

Dr. Bailey and Professor Gordon Parves gave a compelling presentation on what is so fascinating about Zombies.

“Zombies, Souls and the Fear of the Flesh,” Dr. Bailey, a philosophy professor at Sacred Heart University, began the presentation addressing, “why is fear so important?”

Fear has been talked about for thousands and thousands of years. Dr. Bailey refers to Aristotle, and how people love fear, and for thousands of years, parents have passed fear on to their children.

His discussion about zombie films, focused on its prevalence in film for decades, but not until recently in 2001, there was a noticeable spike in horror films featuring zombies.

It is speculated that the tragedy of Sept. 11, 2001 played a large role in why there was such an increase in interests of horror and zombie films.

Dr. Bailey began by raising the question of what is it about zombies that intrigue humans so much; his answer was something simple. “Zombies fascinate us because they are like any other monster. They are us,” said Bailey.

Dr. Bailey discussed the human fear of not wanting to be “just a body.” Humans long for more than just to be a physical being. It is human nature to want to find meaning in life.

Zombies show humans just what it is like to be only a body. That scares so many people. Humans see traits of themselves in these monsters.

He proceeded to show clips from the popular AMC zombie show, “The Walking Dead” and a clip of the original 1978 film, “Dawn of the Dead.”

In one of the clips shown, the main character says, “There is no more room in hell.”

This clip alone showcases Dr. Bailey’s theory in humans fear of zombies. During the colloquium, two human examples were provided: Phineas Gage and Charles Whitman.

Both victims became “zombie like” after receiving brain injuries. Their injuries caused them to lose all meaning of their lives. Dr. Bailey concluded his presentation by drawing an important question, “Could this happen to us?”

Following Bailey’s discussion, Professor Gordon Parves started his follow up presentation titled, “Where is my mind?” Parves introduced the idea of social insecurities.

“Our minds are not limited by the boundaries of skin and skull,” said Parves, while discussing how our mind fears the unknown. “Humans do not fear dying, humans are afraid of losing their mind.”

Students who attended the colloquial found a new interest for zombies and how they are related to human life.

“I’m not usually a huge fan of zombies, but I went to this colloquial and really enjoyed it,” said sophomore Kelly Capria. “I thought everything that they talked about was so relatable and it was cool the way they explained everything.”

Alzheimer’s, a disease where a person can literally lose their mind, was compared to some attributes of zombies. Within this disease you lose who you are as an individual, you lose your sense of being and ultimately that is the greatest fear humans face.

The phenomenon of zombies is a craze for the wealthy western world because it is our society that fears not living a life of meaning.
BY EVAN PITTMAN
Staff Reporter

The Sacred Heart men’s basketball team fell in their season opener Saturday night to cross-town rival Fairfield in the Connecticut Six Class, 67-54.

Sacred Heart set the tone early in the game defensively, which led to getting some easy baskets in transition. The Pioneers built a 16-6 lead to start the game behind the game behind the true freshman guard, Leo Vincent. Vincent caught fire early and began the game 2-for-2 from the field.

“I think our defense was great against Fairfield,” said senior forward Louis Montes. “If we play defense like that we will be fine, but we have to get in the gym and make shots.”

Fairfield responded to the early lead with a 27-4 run of their own. The momentum swayed in favor of the Stags and from then on they controlled the game. Fairfield went into halftime with a 10 point lead.

The Pioneers were never able to get the Stag lead under double digits in the second half. Fairfield maintained a comfortable lead and cruised away with the victory over the Pioneers.

“I was very proud of the way our guys competed. I was pleased with our energy and effort,” said head coach Anthony Latina. “However, our half court offensive execution and passing must improve in order for us to be where we want to be as a team.”

Missed shots seemed to be the story of the night for the Pioneers that finished shooting a mere 25% from the field and 19% from behind the arc.

This was evident once the Stags were able to slow the Pioneers down in transition. Fairfield’s length defensively was a major factor in the half-court game as well. The Stags seemed to have contested every shot.

“I still believe we were the more talented team with more experience, but it’s going to be hard to beat anyone when you shoot 25% from the field,” said Montes.

The Pioneers got contributions from multiple players, a change from years past when the team could rely on former Sacred Heart standout Shane Gibson.

Montes finished with 19 points, redshirt junior Evan Kelly added eight points and point guards Phil Gaetano and Vincent each had seven points.

Despite the loss, the team was appreciative of the support from the students and community down at Webster Bank on Saturday night. The atmosphere was electric and it was a packed house.

“I want to thank the Sacred Heart community for their overwhelming support. Our band, dance team, and cheerleaders were tremendous like they are for every game and we are very grateful to have them. The turnout from our faculty, administration, and especially our students was awesome!” said Latina. “I was very proud to be a part of it and our team will work very hard to earn everyone’s continued support.”

The Pioneers hit the road Wednesday night to face Holy Cross before returning home to face the Brown Bears in their home opener Saturday afternoon at 2 p.m.
Women's Hockey Splits Weekend Games

The Sacred Heart women's ice hockey team split their two games this weekend, falling to Holy Cross before snapping a four game losing streak and defeating Stevenson Saturday afternoon. The Pioneers followed up a 4-1 loss to Plymouth State on Tuesday with another disappointing 7-1 loss to Holy Cross on Friday evening.

The Pioneers dropped to 3-2 on the season after the Holy Cross Crusaders scored five 2nd period goals and outshot Sacred Heart 41-16 through three periods.

“We had a good start in the first period but then kind of ran out through the second period,” said junior Casey Stathopoulos. “I thought we gained it back in the third to only let up 2 goals in the third period.”

Holy Cross got on the board quickly and often before freshman Amie Varano scored the lone Pioneer goal in the third period. The goal was the first for Varano here at Sacred Heart.

In the third period, sophomore goaltender Nicole Magee made 14 saves on 15 shots, only allowing one goal. Magee was a bright spot in an otherwise disappointing game.

On Saturday afternoon, the Pioneers bounced back to beat the Stevenson Mustangs 3-1, ending a four game losing streak. This win evened out the Pioneers record at 3-3.

With 2:19 left in the first period, senior forward Erin Marley opened up the scoring for the Pioneers, with assists from freshman forward Emily Falvey and senior defender Catie Ladner. Sacred Heart outshot the Mustangs in the first period, 15-11.

After a penalty on Stevenson early in the second period, the Pioneers capitalized on the power play with a goal by junior forward Cara Curran to put Sacred Heart up 2-0 over the Mustangs. Senior Jennie Robinson had the lone assist on the goal.

This was only the second power play goal for the Pioneers as they’re 2-for-21 on the season.

“We have moved some people around in the power plays and they are finally starting to click which is great,” said Stathopoulos. “It’s great to see that our work in practice is finally starting to show.”

Just before the end of the second period, Varano scored unassisted to increase the Pioneers lead 3-0. The Pioneers had the edge on shots for the period 10-9.

Magee earned the win in goal as she made 32 saves on 33 shots. The Pioneers were outshot 33-32, and they were 1-fore-5 on the power play while the Mustangs were 1-fore-3.

“I think as a team we just need to keep moving forward with positive energy and supporting one another along with playing our systems and we will find that we have different outcomes in the scores, winning or losing, for the rest of our season,” said junior forward Melissa Robbins.

The Pioneers will hit the road this weekend taking on Stevenson in back to back games starting Friday afternoon at 2:30 p.m.

Thrilling Home Opener Results in OT Loss

In a game that seemed like it could go either way, the Sacred Heart women’s basketball team fell short against Saint John’s Red Storm in overtime last Friday night by a score of 77-72.

The Pioneers were paced by preseason All-NEC guard Junior Gabrielle Washington, who recorded her first career double-double with 26 points with 10 rebounds.

“Statistically that’s great,” said Washington. “But we need to focus on being consistent and maintaining that throughout the game.”

Freshman Caitlyn Abela scored 16 points shooting 5 for 10 in the first game of her college career.

“I love playing with this team,” Abela said. “We all play really well together and everyone helps out each other.”

Washington and Abela swept the weekly awards for the Northeast Conference, as Washington claimed the NEC Player of the Week and Abela took the NEC Rookie of the Week honor.

St. John’s, a team that was picked third in the preseason polls for the Big East and received Top-25 votes, certainly challenged the Pioneers.

“l’m so proud of this team,” said head coach Jessica Mannetti “I asked them in the locker room tonight to show who they really are and they were exemplary in it tonight.”

Defensively the Pioneers forced 25 turnovers and turned those into 23 points. St. John’s dominated the rebounding battle with a 54-35 advantage.

Down 3 with only seconds to go, Gabby Washington was fouled while taking a last second 3-point shot, to give the Pioneers a chance to force overtime. Washington drained all three to bring the game to overtime.

In the overtime both teams played a rigorous 5 minute period, full of heated possessions and clutch shots. However, down the stretch the Pioneers were forced to foul and St. John’s won 77-72.

Despite the loss, the Pioneers were positive and look to build on this experience for the rest of the season.

“They’re fight, they fought so hard,” Mannetti said. “The resilience is a huge key that I am going to take from this game moving forward.”

The Pioneers will be at Yale on Saturday for the first road game of the season. Tip-off is scheduled for 3 p.m.

“I am really excited for the next 29 games,” Mannetti said.
FALL SPORTS:

Weekend In Review

PLAYbyPLAY

VOLLEYBALL
11/9
SACRED HEART 2, CENTRAL CONN 3
11/10
SACRED HEART 3, BRYANT 2

MEN’S SOCCER
11/6
SACRED HEART 1, COLUMBIA 2
11/10
SACRED HEART 2, FDU 0

MEN’S ICE HOCKEY
11/1
SACRED HEART 1, PENN STATE 2

COMINGup

MEN’S ICE HOCKEY
SACRED HEART (2-6) VS.
YALE (3-1-2)
Saturday, 7 p.m.

FOOTBALL
SACRED HEART (0-12) VS.
ROBERT MORRIS (5-4)
Saturday, 12 p.m.

MEN’S BASKETBALL
SACRED HEART (0-1) @
HOLY CROSS (0-1)
Wednesday, 7 p.m.

SACRED HEART (0-1) VS
BROWN (1-0)
Saturday 2 p.m.

WOMEN’S BASKETBALL
SACRED HEART (0-1) @
YALE (1-0)
Saturday, 3 p.m.

PICTUREthis

TOP LEFT:
Cole Walton, takes a foul shot in game against Fairfield.

TOP RIGHT:
Dianis Mercado at Sacred Heart Women's Volleyball Senior night.

CENTER:
Football seniors surrounded by their families before their final home game.

BOTTOM LEFT:
Sacred Heart Women's Volleyball team huddle up before their win over Bryant.

BOTTOM RIGHT:
Keshaudas Spence stiffarms Duquesne defender.
SHU Shuts Out Duquesne on Senior Day

BY KATIE SHEPARD
Sports Editor

What a turnaround it has been for the Sacred Heart University football team in 2013. After a dismal 2012 season when the team went 2-9, the Pioneers are 9-2 this season and have an opportunity to win the NEC title next week.

Saturday afternoon was the final home game of the regular season and senior day for the Pioneers. And after getting out a defensive battle all afternoon Sacred Heart shutout Duquesne for the 10-0 win.

In the victory, junior running back Keshaudas Spence broke the single season rushing record after carrying the ball 35 times, a career high. Spence gained 188 yards on the day to give him 1,364 yards on the season with one game to play in the regular season. The 1,364 yards breaks previous record holder Ed Prisco’s 1,319 yards from 2004.

“IT really doesn’t mean anything if we don’t get to compete for a ring.” Spence said. “We talk about shocking the world and proving people wrong, and I think the game today did that.”

After three quarters of scoreless play, Sacred Heart got on the board with a 31-yard field goal from senior Chris Rogers early on in the fourth quarter. Duquesne had several opportunities throughout the day but failed to convert missing three field goals, Sacred Heart blocked one, and turned the ball over three times as well.

Later in the fourth quarter the Pioneers drove seemed to be stalled before sophomore quarterback RJ Noel broke free down the middle of the field for a 49-yard gain. Noel rushed for 88 yards contributing to the Pioneers total of 299 yards on the ground.

Two plays later Spence took the ball to the house for the 22-yard score to give the Pioneers the 10-0 lead with just under four minutes to play. The touchdown was Spence’s 10th of the season.

Uncharacteristically the Pioneers had three turnovers of their own, yet they did not prove to be costly. With the best turnover margin in the country, Sacred Heart continues to boast a nearly +2 turnover margin per game.

“We got it back,” head coach Mark Nofri said. “We’ve been winning the turnover battle all season and that is a major reason why we are 9-2.”

The Sacred Heart defensive continued its impressive 2013 campaign recording their second shutout of the season and forcing three Duquesne turnovers. Boasting the ninth best total defense in the FCS, the Pioneers shutdown the Dukes.

The Pioneers allowed 280 yards of total offense and intercepted Duquesne quarterback Dillon Buechel three times, each by a different player.

Junior Dennis Regan snatched his fourth interception of the season in the end zone at the beginning of the second quarter. Senior J.D. Roussell recorded his 6th interception of the year later in the second quarter. Finally junior defensive lineman Troy Moore sealed the Pioneer victory with an interception with less than three minutes left in the game.

“It was an effort by everybody,” Nofri said. “It was a great team effort in terms of grinding it out and getting a win against a good Duquesne team.”

Saturday afternoon was the first time Sacred Heart has defeated Duquesne at home, and the win gives the Pioneers a 5-1 record at Campus Field in 2013. Next week the Pioneers travel to Robert Morris to close out the regular season. Sacred Heart will have a chance to play for an NEC championship, and with some help they could win the title outright. If the Pioneers beat conference leader Robert Morris on Saturday afternoon, and Saint Francis University loses, the Pioneers will be NEC champions.

“I think we continue to do what we’ve been doing,” Nofri said. “It’ll be a great trip out to Pittsburgh, the kids will be ready to go.”

PLAYERS of the WEEK

JENE LEE
MOSES WEBB

HOMETOWN San Dimas, California
YEAR Freshman
MAJOR Criminal Justice
SPORT Volleyball, Middle Blocker
GOALS AFTER COLLEGE Undecided
STATS/AWARDS NEC Rookie of the Week 10/21
188 kills in 2013

"I LOVE PLAYING A SPORT I LOVE WITH MY CLOSEST FRIENDS"

HOMETOWN Woodbridge, Virginia
YEAR Sophomore
MAJOR Computer Science
SPORT Football, Wide Receiver
GOALS AFTER COLLEGE
Plans to work in National Security Defense
STATS/AWARDS
“Holy Moses” Play 18 receptions, 3 TD in 2013

"I LOVE BEING AROUND A GREAT TEAM AND HAVING A GREAT TEAM ENVIRONMENT."

THE SPECTRUM/ANDREW ELLIOTT
THE SPECTRUM/LOPEZ LOBATO