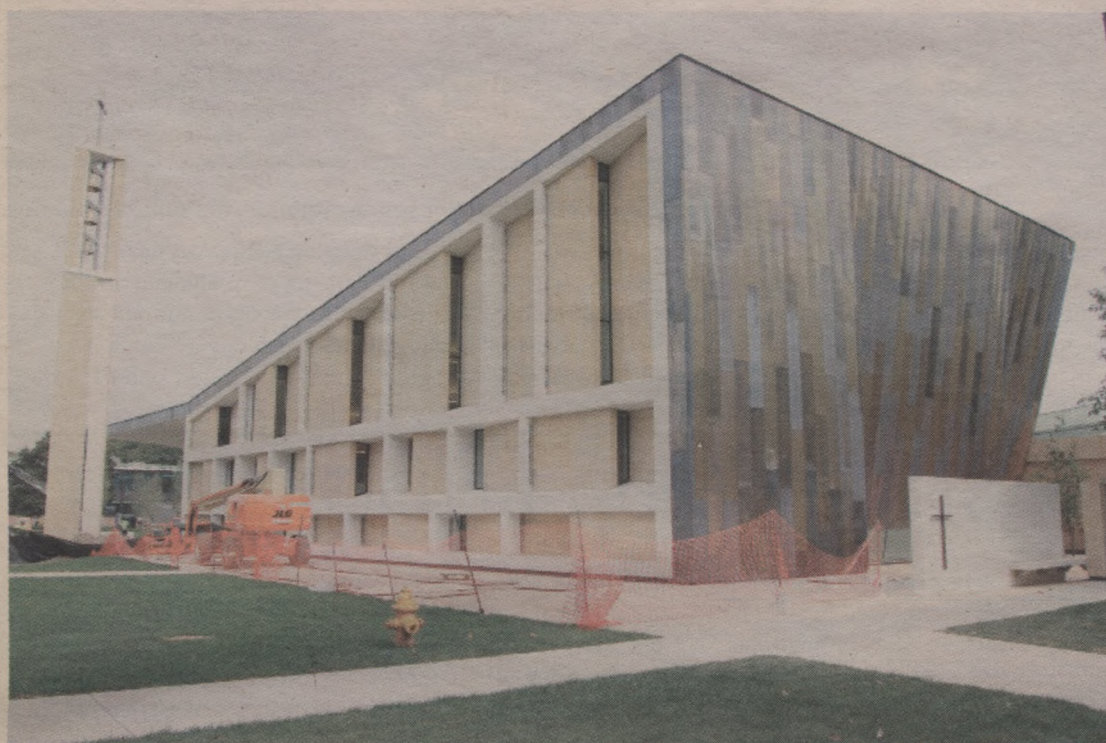




VOLUME 26 ISSUE 1
SEPTEMBER 17, 2009

SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM



The Spectrum/Stephanie Kerry

The construction zone clears as the chapel prepares to open to the university population. The new bell tower looms over the new university green.

CHAPEL TO BE READY BY END OF SEPTEMBER

Jennifer Hill
Staff Reporter

The virtual diagrams of the chapel have come to life on Sacred Heart University's campus. While the process took longer than expected, the finished product now stands centrally between the two academic buildings. All of the planning, time, and dedication has resulted in everything the university hoped it would be.

"The Chapel of the Holy Spirit will be the spiritual center of the university for generations to come. It is my confident hope that it will be a place of great encounter with God for our students and all the members of the university community," said Dr. Anthony Cernera, the president of Sacred Heart.

Beginning Sunday Sept. 27, Sacred Heart University will host a weeklong series of events celebrating the opening of its new Chapel of the Holy Spirit. The agenda includes masses, ecumenical services, academic convocations and concerts.

Excited to celebrate Mass inside of the new university chapel, Father Jerry Ryle, the new director of Campus Ministry was taken aback by its

beauty.

"The chapel is stunningly beautiful," said Ryle.

Other students agree that the completion of the chapel has made a great contribution to the overall quality of the university's campus.

"Sacred Heart started working on the new chapel my freshman year so I have only experienced the construction and traffic it has caused on the campus," said junior Emma Kuplicki. "I have to admit I was not excited for the new Chapel and did not see how it would or could benefit me in any sort of way. Now that the Chapel is basically done, I cannot wait to see the mosaic stained glass windows and I cannot wait to attend Mass in the new chapel. I do feel it completes the campus and provides me a Catholic schooling experience."

In designing the chapel, the university hoped it would be a central place to practice worship and remind the students of the Catholic traditions the school preaches. Now that the chapel has been completed, students feel a richer sense of what it means to be a part of the Catholic intellectual tradition.

"I feel that the Chapel of the Holy Spirit is a beautiful structure it also gives the university a

Reconstruction of Sacred Heart *Total campus in makeover mode*

Kaitlin O'Reilly
Staff Reporter

While students were away on summer break, construction workers filled the halls of Sacred Heart University. Improving academic facilities and enhancing the general appearance of the school, the campus underwent several much-needed renovations this year.

"The maintenance and renovation of space and facilities are an important part of the University's commitment to excellence and quality," said Dr. Coppola, Assistant Vice President for Administration.

Everyone on campus has been well aware of the newly constructed chapel, however, workers also spent the summer revamping the science wing, redoing the entrance to the library, fixing up the Mahogany Room, renovating the Schine Auditorium, improving the athletic facilities, and restoring Seton Hall. They also completed some other improvements that included creating a new entrance sign and landscaping the quad area (that will once again be accessible to students).

"Simple things such as new chairs in the Mahogany Room or the annual scheduled painting and refresh of a dozen or so classrooms are all part of our year-round efforts to best serve the students. The same is true with the completion of all the bathrooms in Seton Hall, as well as new flooring in all the hallways and bedrooms," said Coppola.

However, this year also brought some major alterations along with the scheduled maintenance. The science wing, which now has three new laboratories and associated prep rooms, one in chemistry and one for biology, appears to have undergone the most change in the main academic building.

"It is beautiful," said Dr. Penny Snetsinger, associate professor and chair of the chemistry department. "[And] the use of space is just so much more efficient than it was."

Patrick Rose, of Rose-Tiso Architects from Fairfield, gave the wing a fresh new look that can be utilized by the department. Snetsinger explained that the changes are not only more eye appealing, but provide a significant development in guiding students in their studies.

"Although the department has been very active in acquiring modern instrumentation, our lab space has not kept up with that. Now the lab space is modern like our instrumentation. Because the space is now used more efficiently, students and faculty will be able to set up research projects in the teaching labs without having to take them down every class," said Snetsinger.

"We are very proud of what our students have been doing in terms of research and careers, but now they have a space which matches these achievements."

The Schine Auditorium and Ryan Matura Library also underwent major changes along with the Science Wing. Sam Gardner, of Gregg, Weiss and Gardner Architects in New Haven, was able to provide the same modern appeal to the design as he had established in his previous creations of Hawley Lounge and Holy Grounds on campus.

See LONG on page 3...

See OLD CAMPUS on page 2...

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Hello from your 2009-2010 editorial staff

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Old campus locations get new face lifts for fall

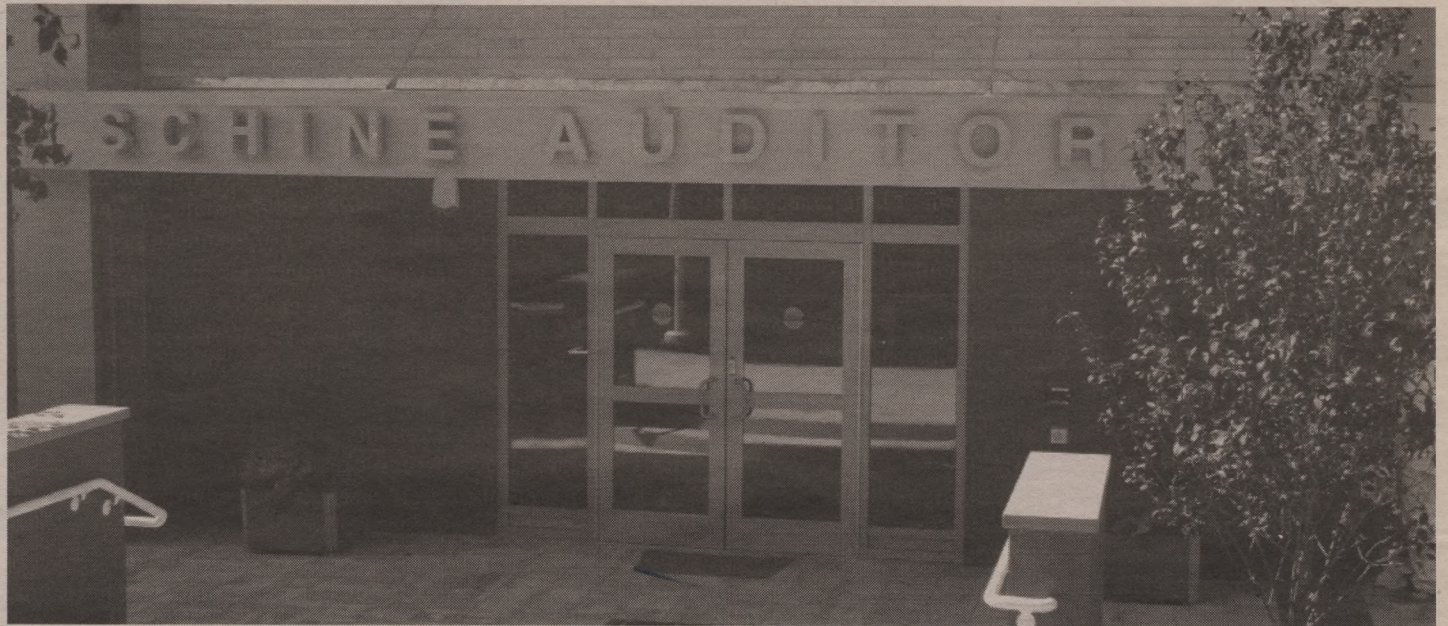
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"I am happy with the way the Schine Auditorium and the new entrance to the library really compliment the new chapel and quad," said Coppola. "The Schine Auditorium has been renovated into a first class lecture hall that we can all be proud of."

Coppola said that much planning went into the renovations to ensure that they were designed in a manner that would benefit the university in as many ways as possible. The library, for example, received new windows that were designed to conserve energy. The entrance to the building is also being opened up with a plaza to provide more gathering space for students.

Floyd Young, director of campus operations, said that planners were looking to create a collegiate look that would help enhance the living, working, and learning in the Sacred Heart community.

Young was in charge of meeting with the architects, designers, and vendors associated with each project. He monitored the designs, to ensure that they were followed,



The Spectrum/Michelle Tyman

The Schine Auditorium underwent major renovations in the summer months.

and tracked progress for a timely completion.

"I am proud of all of the university's projects this year. The goal was to attract new potential students, but also to improve the condition for existing students," said

Young.

The Administration seems hopeful that these changes will better accommodate students and staff, as well as assist in attracting perspective students and increasing the popularity of the university.

"I think these improvements will help get more prospective students in the door to take a closer look at our excellent programs, faculty, and our welcoming and engaging community," said Coppola.

PRICE TO PRINT INCREASES DUE TO BUDGET CUTS

Therese O'Shea
A&E Editor

Some say that the best things in life are free - for the first 200 pages, that is.

Sacred Heart University's Information Technology department (IT) was planning on making some changes to the original free 400 prints per semester in the on-campus print lab. At the end of the spring 2009 semester, IT found it necessary to begin charging students per print due to budget cuts, taking away the print quota which was initially unlimited just two years ago.

When the Student Government found out that IT was not only eliminating free printing, but hesitating to inform students of the change, they felt it necessary to defend the student body and fight to keep some type of print quota for the following semester.

"As soon as members of Student Government found out, we got to work on the issue right away," said Kelly Leather, president of Student Government. "We knew if we didn't that come the start of this semester the elimination of the print quota would have been an irreversible decision and an important student service would be cut for good."

Student Government officers consistently spoke and met with administrators regarding the issue. With help from select administrators, including president President Anthony Cernera, Dean of Students Larry Wielk, and Vice President for Enrollment Planning James Barquinero, student government ensured that students would receive 200 free pages of printing per semester.

Leather said she originally wanted IT to agree to maintain 400 free prints per semester, along with a signed contract.

"But something is better than nothing," said Leather.

An e-mail was sent out by the Academic Computing department on Sept. 10 with specific details of how the new print quota will operate.

The e-mail said, "once the quota credits have been exhausted, students will need to have funds available on their SHU card account to print additional pages."

Some students, especially those with majors in the college of health professions, do not find this lesser quota to be sufficient to the amount of required printing they have to do.

"As a nursing student, our professors expect us to be prepared for each class with the slides printed out so we can add our own notes per class. Those assignments average to about 10-20 pages per class each week," said junior, Toni King. "A page only holds three slide per side of the page. In order to

be prepared for class, I'm eventually going to have to pay to print, something I was never expected to do the past two years of college."

How does this make some of these students feel?

"It's discouraging," said King. "I feel it makes it that much more difficult to come to class prepared because I'm worrying about using up all of my free prints."

While these economic times have lead to certain losses of students services, the Student Government seems to be insistent upon ensuring that students are not only given a voice, but that their voice is heard.

"This is what we are here for, to serve the students," said Leather, "and we look forward to continuing to do so. I have a great executive board to work with and every member of Student Government is anxious to see the changes within the face of our organization."

Threat of swine flu pandemic on the rise

Tara McDermott
Staff Reporter

Swine flu has hit U.S. college campuses all over the country, but campus health services are planning ahead for the possible outbreak in schools.

Sacred Heart University's health center has yet to see any cases of swine flu on campus but is staying prepared for a possible outbreak in the future.

"We don't know what to expect. We are trying to get the campus vaccinated against the regular flu first," said Anne Mazer, nurse practitioner for Sacred Heart's health services.

The swine flu, also referred to as H1N1, is a new influenza virus that is spreading worldwide. This virus is referred to as "swine flu" because many of the genes in this new virus are very similar to influenza viruses that originated in pigs.

Sacred Heart has begun taking precautions to avoid the outbreak of swine flu on campus. Health services and public safety have developed an emergency plan, which includes advice on how students can prevent the flu and what symptoms to look for.

The emergency planning team is also taking a proactive approach and providing all members of the university community with a four ounce bottle of an alcohol based hand sanitizer to protect from spreading germs.

According to the CDC, H1N1 is determined to be

contagious and is spreading across the globe. The symptoms of swine flu include fever, cough, sore throat, runny and stuffy nose, headache, chills, fatigue, body aches, nausea, vomiting, and diarrhea. This illness has ranged from mild to severe based on medical treatment given, infections, and the different types of patients suffering from the illness.

Some students at Sacred Heart have begun to worry about the pandemic that speculate is quickly approaching.

"It's scary," said junior Kristin Wood. "I am definitely getting a flu shot this year!"

With students living in tight quarters, it will not be easy to keep the disease from spreading.

"I am nervous for those living in freshman dorms. They have to be extra clean because they are more likely to get sick," said junior Caitlin Moser.

However, with the fear of swine flu on the rise, professors have become more lenient about attendance policies.

"Normally in my nursing classes you are not able to miss any classes without a doctor's note, but they are much more lenient this year. Many are allowing us to miss class because of swine flu," said junior Tony King.

Colleges all over the country are preparing for this pandemic. According to an article on MSNBC, government officials are urging colleges to prepare for the swine flu this fall by issuing new guidelines and precautions to protect college students against this illness.

Some campuses have already seen cases of swine flu

attacking the student body. In Connecticut alone, probable cases have been announced at Fairfield University and Quinnipiac University.

According to KYW News Radio, Washington State University and the University of Delaware have seen ten students diagnosed with probable cases of swine flu. Although this is the most significant number of college outbreaks on college campuses in the United States, the cases found were not life threatening.

Because college students are not at the greatest risk, swine flu vaccinations are scarce.

MSNBC said that the state must issue children and people with healthcare will be the first vaccinations. Due to the fact that college students are not as vulnerable to the disease, colleges will not be able to receive the vaccines for swine flu until these individuals are covered.

The limited vaccinations have lead colleges to prepare for the worst, and students are worried!

"The swine flu is definitely something that has become known since it has been all over the news," said senior nursing student Michel Gaudet. "I feel it has caused a lot of fears in viewers eyes. Although it should be something that is taken seriously, standard precautions can be taken to prevent people coming down with it. Everyone should get the vaccination to protect him or herself from coming down with the swine flu. I mostly definitely recommend getting vaccinated in combination with knowing the signs and symptoms of it."

Long anticipated construction will come to an end

...CONTINUED from page 1.

Catholic identity which it lacked before. I do feel that having the new Chapel of the Holy Spirit benefits me as a student because now I can really have a Catholic school experience and really concentrate on strengthening my faith. I am very excited for the chapel to open," said junior Kelly Welsh.

Not only do the present students appreciate the new chapel, but its beauty is hoped to attract potential students as well.

"I think the Chapel it a beautiful addition to Sacred Heart University's campus. I am a Christian, however I do not attend mass on a regular basis so I don't think that the new chapel will benefit me personally. I do feel that it will benefit other people who attend church or chapel on a regular basis," said senior Lauren McCourt.

The many attributes of the chapel will allow it to stand out and beautify the campus. According to the Sacred Heart web site, The chapel's primary sanctuary will hold 500 people. It also features a smaller chapel for daily mass and private prayer sections that will also accommodate 50 people. With 14,000 square feet, the chapel will include outdoor space with contemplative gardens for personal reflection. Also, an outdoor terrace that will provide a location for outdoors prayer services, concerts, speakers and gatherings.

Designed by Sasaki Associates, a world-class architectural firm that specializes in university projects, built the chapel to fit the marvelous images the university generated. The chapel's bell tower that is visible from much of the campus holds four bronze bells that were crafted in the Netherlands. The largest bell will weigh 1500 pounds and will measure 41 inches while the smallest will weigh 447 pounds and be 27 inches.

Many people of the Sacred Heart community also look forward to the artwork inside of the chapel. According to the chapel's web site, some of the chapel's special features include authentic mosaics and stained glass windows, constructed by the world-renowned Jesuit artist, Father Marko Ivan Rupnik his team of 15 artists. Its most well known mosaics are the depictions of the Incarnation, the Resurrection, and the Pentecost.

The completion of this project emphasizes the living philosophies of the Catholic intellectual tradition throughout the school.

"The new Chapel underscores just how important we believe spirituality is in influencing how students and other members of Sacred Heart's community learn and interact with others on campus and in the world," said Cerna.



The Spectrum/Stephanie Kerry

Three new bells grace the chapel green on campus.

Dwindling economy no match for financial aid

Katherine Karole
Staff Reporter

It comes as no surprise that the economy is still affecting everyone's wallets. However, Sacred Heart was fortunate enough to offer its students more financial aid this academic school year, allowing them to make the most of their college experience.

Julie Savino, the Dean of University Financial Assistance understands the need for the school to grant students aid, especially during a crisis.

"Sacred Heart University, through its institutional aid program has always provided the most significant grant assistance to its students. Over the last several years, the federal and state governments provided approximately 10% each with Sacred Heart providing 80% of the grant assistance, the funds that do not have to be repaid, to its students," said Savino.

She said that Sacred Heart offered more financial aid to its students this year, as well as last year. They recognized the financial issues families were facing and responded with increased financial assistance at that time.

"As we continue to experience the worst economic crisis of our time, Sacred Heart increased its aid to students by more than \$6 million dollars," said Savino.

Even though the students have been fortunate enough to receive the assistance that they need, Sacred Heart has been affected in order for its students not to be impacted.

Sacred Heart University has always given a significant amount of grants to its students.

As all families today are discussing and making difficult decisions regarding finances, the Sacred Heart family is no different.

The past ten months the University's leadership from the trustees on down have worked to assure excellence and affordability. Like most families today, achieving these goals have not come without major sacrifice.

"The University has cut expenses, instituted a hiring freeze, not provided pay

increases, and the most difficult, for the first time in SHU history, had to lay-off personnel. All this was done in a manner that least affects the lives and education of our students," Savino said.

Although the decisions were not easy for financial aid to make, they kept the students in their best interest.

"I think you will all agree, the decisions we made as a family have not been easy ones, yet were made because we hold the interest of our students in highest regard," said Savino.

Although Sacred Heart has made these sacrifices, neither that nor the economy has appeared to affect the student enrollment in any way, shape or form. In fact, when most schools have seen a decrease in recent years, Sacred Heart has seen the total opposite.

During this challenging time, Sacred Heart appears to be prevailing amongst other schools and taking on this struggle one step at a time, all while accommodating its students financially as much as they possibly can.

"As we continue to experience the worst economic crisis of our time, Sacred Heart increased its aid to students by more than \$6 million dollars..."

- Julie Savino
Dean of University
Financial Assistance

"In total this year including undergraduate, full-time, part-time and graduate students close to 6,000 students are enrolled. That is the total student body," said Karen Guastelle, Dean of Undergraduate Admissions. "Full time undergraduate students increased by 2% over the last year, which is positive including the recession. The university should be proud of the things they have accomplished in the last year."

Many may wonder why Sacred Heart has seen an increase in students, however, the increase is a result of everything Sacred Heart has accomplished as well as a strong retention rate this year due to the student

life staff working with students for events. Also, the faculty is doing an outstanding job with their students. In addition, the new improvements added to the university, such as the chapel, the new Schine auditorium underneath the library, and the new biology and chemistry labs, will also draw students to Sacred Heart.

The feeling of being back at Sacred Heart seems to be positive by those students who have recently come face to face

with economic hardships. All the fresh new faces and increase in population definitely goes without being unnoticed as well.

"It is a place to be -- a place where you can pursue academic dreams and your passion for life. When I think of what our students are doing inside and outside the classroom; and think of the success of our alumni, I think -- wow -- this really is a great place," said Savino.



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Breaking Ground: New student center in the works

New building to begin construction come springtime

Tara Rotondo
Staff Reporter

The sight of construction equipment and workers isn't an uncommon one for the Sacred Heart community.

In the past year, the Sacred Heart University campus has undergone many renovations. With the fall semester starting, students came back to campus to a newly furnished science wing, a more modern entrance to the library and a reconstructed Schine auditorium.

But the most anticipated addition to the campus was the nearly completed chapel. The mounds of dirt that surrounded the chapel that students left in the spring are now transformed back into a perfectly manicured lawn.

It is no doubt that the additions to campus have been successful. The campus is starting to gain a fresh new look and there are no signs of stopping.

Although it has not been officially decided, the university is planning to add new buildings to campus.

The student center, one of the anticipated buildings,

will include new dining facilities, and perhaps a food court. It may also include a larger bookstore and numerous offices including a career services center. Having this building closer to the student's dorms will allow them to take advantage of the many services it has to offer.

"With a career center closer to the students, we're hoping it wouldn't be so much out of sight, and out of mind as it is now," said Dean Larry Wielk. "We really want to start bringing the students closer to the campus again."

In addition to broadening the campus, the center will also be a practical starting off point for future additions.

"Because Chartwells and the bookstore have income, and have to pay rent they will be contributing to a majority of the costs. We would love to build another academic building, and another residence hall but it would require a lot more money," said Wielk.

Dean Wielk is hoping that the first shovel will be dug into the ground around springtime.

"I would love to see the center done in two years after

the first dig, but I'm also a very optimistic person!" said Wielk.

When freshmen students were asked how they feel about the new addition, many had not yet heard of the construction plans.

Many of the students were excited about a new addition to campus; however, they were not thrilled that the construction would be taking place next door.

"The area is already noisy enough, and I think construction is just going to be more noise," said freshmen Lora Streett.

Seton Hall residents seemed to agree, concerned about the distracting construction.

"I think it's good the school is expanding, but they should wait to start building in the summer when we are not in the dorms," said freshmen Chris Mastrocoll.

Although decrease in enrollment hasn't been a big issue for Sacred Heart, the university is hoping that the additions will entice more students looking to enroll at Sacred Heart.

SHU welcomes new priest to campus

Alyssa Scott
News Editor

Not long before everyone returned to campus, a new member of the Sacred Heart community wandered the halls of the university. While silence permeated the corridors, he prepared for a new start on an unexpected journey.

After answering his calling to be a parish priest in Sacramento, California Father Jerry Ryle decided it would be an opportune time to retire; however, after a successful unexpected interview, Ryle had a change of heart. Now, he joins the other newcomers with a fresh sense of optimism and excitement.

After spending 40 years in pastoral care, Ryle is ready to take up a new challenge as the director of campus ministry. Even though this is quite a different setting than where he has worked in the past, he is enthusiastic about joining the Sacred Heart community. Already, he seems to feel at home.

"There is a wonderful spirit here," said Ryle. "Since I arrived August 11, I have had the opportunity to visit many offices on campus, and I have found the spirit of hospitality and good will," said Ryle.

Initially Ryle is looking forward to becoming more acclimated with the university, its

programs and the students.

"I'm getting to know the place and the people and I'm waiting to see what changes are to be made that would benefit those whom campus ministry serves," said Ryle.

Arriving on the campus before the start of the semester, Ryle dove right in by acquainting himself with the student body. Having had the pleasure of working with students in Community Connections, he spent valuable time with this group, which unveiled the richness of the university's community service programs.

"I am very much impressed with the community service at Sacred Heart," said Ryle.

Already having positive experiences with the university, Ryle looks forward to the upcoming year. Although he has not been with Sacred Heart for long, he looks forward to developing the program to reach its greatest potential.

"My goal is to be present and available for our students, to form a vibrant worshipping community and to foster community service as the heart of our faith," said Ryle.

Putting his plans into action, Ryle has already started the year by leading events on campus. While he is actively involved with the worship services he also has set up events to meet the stu-

dents. On Wednesday September 16, Ryle will host an event in the campus ministry lounge, which focuses on the essential questions about religion. Events such as this have allowed students to begin recognizing his efforts.

"I think it is great that he is already really involved in what's going on," said junior Elizabeth Harrington.

Bringing his great background to Sacred Heart, Ryle looks forward to continuing his genuine passion for helping and working with people.

"My call is with people," said Ryle. "You never know when you get into an experience when you're there for someone."

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Welcome New semester, new Spectrum

A letter from the editor

Carli-Rae Panny
Editor-in-Chief

It's Tuesday night and the academic building is eerily silent. I've been in the Spectrum office for what seems like a week straight and I can no longer avoid writing this editorial.

Still I ask myself, "What is there to say?"

Well let me begin by pointing out that you're currently reading the latest addition to the Spectrum. "Editorials" is a new section to our paper that serves as a voice from the editorial staff. Over the course of this year, you'll hear from a variety of editors as they discuss different issues and opinions that affect the students of Sacred Heart University.

Not only has the Spectrum's content been revamped this year, but we also have a slick new Web site that's updated weekly and monitored daily for your feedback (<http://shuspectrum.wordpress.com>).

Ok, maybe I'm coming on a bit strong here but I'm honestly really excited for you to see this paper. I believe that the Spectrum staff is one of the hardest working student groups on campus. But this isn't just about us; it's a place for you to unleash your voice upon the student body. My goal for this year is to influence you to think about current events, both on campus and in the outside world, and respond to them (A letter to the editor might just make my day. Judge your heart out).

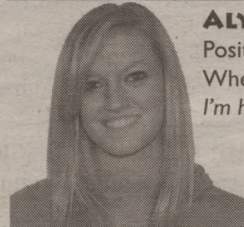
Without further ado, allow me to introduce the remarkably dedicated Spectrum editors. They write, revise, assign, and virtually create the newspaper just for you.



CARLI-RAE PANNY, 2010

Position: **Editor-in-Chief**

When I'm not working for Spectrum, I'm: ...who are we kidding, I'm always working for Spectrum. You can also find me RA'ing in Seton, dancing for SHU Force, or interning at FOX News.



ALYSSA SCOTT, 2011

Position: **News Editor**

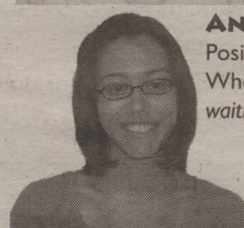
When I'm not working for Spectrum, I'm: I'm hanging out with my roommates.



INES CENATIEMPO, 2010

Position: **News Editing Associate**

When I'm not working for Spectrum, I'm: doing homework.



ANGELA SALERNO, 2010

Position: **Asst. Perspectives Editor**

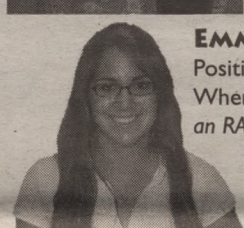
When I'm not working for Spectrum, I'm: waitressing, babysitting, interning, or with my boyfriend.



MARISA GRANIELA, 2011

Position: **Asst. Features Editor**

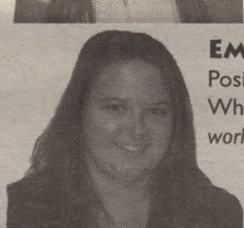
When I'm not working for Spectrum, I'm: dancing and competing with the dance team and writing for Pioneer.



EMMA LEVINE, 2011

Position: **Asst. A&E Editor**

When I'm not working for Spectrum, I'm: an RA for freshman in Merton.



EMILY GUMBS, 2010

Position: **Asst. Sports Editor**

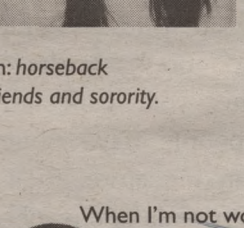
When I'm not working for Spectrum, I'm: working in band or working in Athletic Communications.



GENEVIEVE JULICH, 2011

Position: **Asst. Copy Editor**

When I'm not working for Spectrum, I'm: a sister of Kappa Delta Sorority.



LAUREN SAMPSON, 2010

Position: **Advertising Manager**

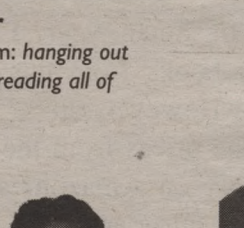
When I'm not working for Spectrum, I'm: horseback riding, working, or spending time with my friends and sorority.



LIZ BILOTTA, 2010

Position: **Finance Manager/Asst. Ad Manager**

When I'm not working for Spectrum, I'm: doing stuff for Phi Sig, eating, tanning, shopping, or watching Gossip Girl.



LAURA SMITH, 2010

Position: **Web Editor/PR Manager**

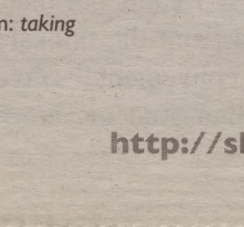
When I'm not working for Spectrum, I'm: hanging out with friends, doing tons of other work and reading all of James Patterson's books.



JACLYN KENNEDY, 2012

Position: **Asst. Photo Editor**

When I'm not working for Spectrum, I'm: studying and hanging out with friends



KEITH WILKINSON, 2010

Position: **Associate Photo Editor**

When I'm not working for Spectrum, I'm: taking photos or volunteering.

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KATE POOLE, 2010

Position: **Associate Editor**

When I'm not working for Spectrum, I'm: Editor-in-Chief of Pioneer Magazine.



GINA CERNIGLIA, 2011

Position: **Asst. News Editor**

When I'm not working for Spectrum, I'm: dancing and competing with the dance team.



LIZ WARREN, 2010

Position: **Perspectives Editor**

When I'm not working for Spectrum, I'm: working at one of my 50 other jobs.



JULIANA BRITTS, 2010

Position: **Features Editor**

When I'm not working for Spectrum, I'm: being sassy.



THERESE O'SHEA, 2011

Position: **A&E Editor**

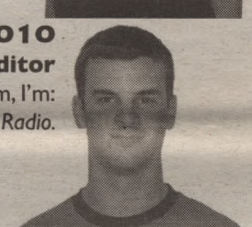
When I'm not working for Spectrum, I'm: working on the Pulse.



ROB MORGAN, 2010

Position: **Sports Editor**

When I'm not working for Spectrum, I'm: interning at EPSN Radio.



COURTNEY PERLEE, 2010

Position: **Chief Copy Editor**

When I'm not working for Spectrum, I'm: fencing or playing music.



ARIELLE MACGIARACINA, 2012

Position: **Asst. Copy Editor**

When I'm not working for Spectrum, I'm: Playing the flute, studying, hanging out with friends.



JAMES KEARNS, 2011

Position: **Asst. PR Manager**

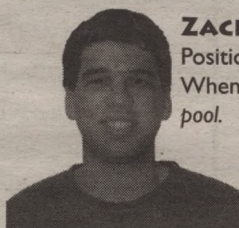
When I'm not working for Spectrum, I'm: working on new ways to prank my friends, aren't they lucky?



ZACK LANE, 2011

Position: **Photo Editor**

When I'm not working for Spectrum, I'm: playing pool.



MICHELE TYMANN, 2010

Position: **Photography Editing Associate**

When I'm not working for Spectrum, I'm: taking photos, hanging out with friends, or avoiding my school work.



NOT FEATURED:

CHRIS WHITEMORE, 2011

Position: **Sports Editing Associate**

& SERENA CECERE, 2010

Position: **Asst. Photo Editor**

Renovations improve campus, not student opinions

Adrian Fitzsimon
Staff Reporter

Arriving on campus the first week of September may have included more surprises than expected.

Campus operations was busy working around the clock all summer making some drastic improvements to certain areas on campus.

"I was surprised at the new University plaque and all the flowers they had put out front," said senior Farra Coppola. "I think the entrance looks much nicer and gave our school the prestigious look it should have."

One of the other improvements took place in the Mahogany Room—chairs, and lots of them.

There is now a comfortable seat in the "hog" for all those who "eat while they work." Sophomore Danielle Zumbo and senior Chris Kar-

dos have already experienced the comfort and style of the new chairs.

"We really like the rolling chairs," said Zumbo.

While the majority of students seem to enjoy the new renovations, a few still have questions of their own.

"I would like to know where the parking structure is," said junior Taylor Froelich. "The renovations are nice, don't get me wrong, I just think the money should have been used for the parking situation."

Sophomore Liam Roecklein agrees that the renovations are an improvement but feels other changes would have been more beneficial.

"Students are looking for permanence. Even though it looks nice, students will want the renovations that are vital to their everyday lives," said Roecklein.

This "parking structure" students continually speak of is the

common denominator on students' wish list.

However, according to David Coppola, assistant vice president for administration, a benefactor or donor to help finance the construction of it would be difficult to find. Nevertheless, efforts are being made within the university to seek out alternative parking strategies.

While a parking structure may be a much-needed and desired commodity, the renovations made this summer were certainly a good start on campus improvements. Sophomore Stephanie Rubeo believes the new renovations will enhance enrollment.

"People who look at the campus will be more likely to come," said Rubeo.

Senior Marcello Mancuso somewhat agrees. "The renovations look great and make the school more prestigious looking, unfortunately

the construction seems to be a hassle for the students."

Construction vehicles and equipment has taken up some space on campus, causing further issues with parking and getting around.

"I feel that the parking should have been the first priority and I hate that I'm late for classes because I can't get a spot because machinery is taking up some of North Lot," said Mancuso.

Mancuso also finds frustration in the fact that commuter parking decals went up in price while at this time there are not guaranteed spots for those who buy them.

"I know that the school has big plans for the future, and these renovations are a huge first step," said Mancuso. "I have faith that in time the parking issue will get better and become a top priority on the list."

Rising prices of textbooks cause students to search for alternatives

Danielle Buzzanca
Staff Reporter

If you were at Sacred Heart University's bookstore on the first day of classes, one word would have come to mind; "mayhem."

As students went up to the cash register, it seemed they really were emptying out their wallets over the price of books.

"I believe text books are extremely overpriced," said senior Caprio. "It is unnecessary for students to spend that type of money on books with the price of tuition

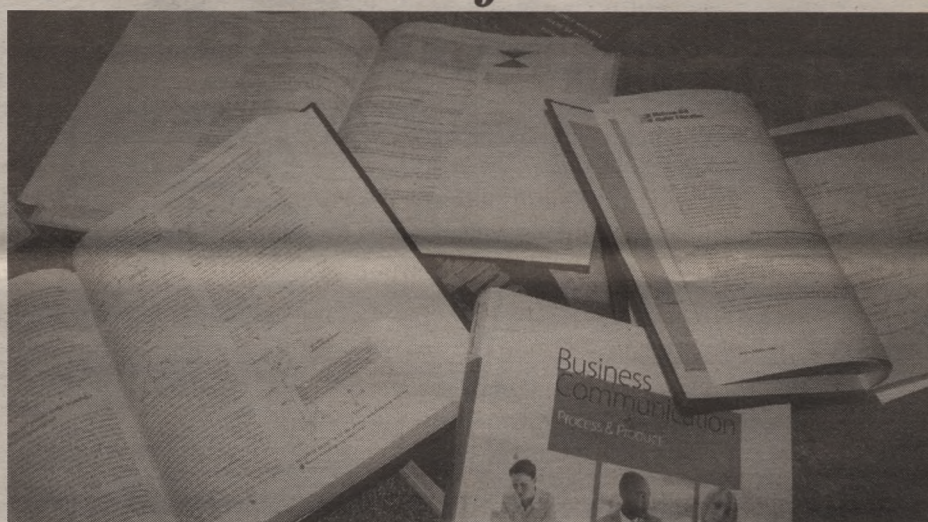
being as high as it is."

Students realize that most professors at Sacred Heart are aware of the rising cost of textbooks.

"The majority of the professors I have only require one textbook. Several professors even make copies of the pages necessary for the course," said senior Ashley Caprio.

Professor Dr. Ann Heekin attests that she too takes into consideration high textbook prices.

"As an educator, the issue is how to best balance the integrity of the course and best texts for teaching it with being attentive to the out-



The Spectrum/Zack Lane

Textbooks pile up as do the prices.

of-pocket costs for my students," said Heekin.

But where are the better deals?

"I feel that less people have been buying books at the store. I noticed this year especially that a lot of people have bought the books from the store, then found them from friends or cheaper online and return the original books to the store," said Sacred Heart bookstore employee Jaimee Betts.

Some students feel shopping around for textbooks is the best option.

"My freshman year, I strictly got my books from the school bookstore. However, since then I compare the prices from the bookstore to that on Amazon, and go from there," said Caprio.

Although better deals can sometimes be found online, buying text books through the University is still considered by students.

"I get my books from 'half.com,' but if I can't get them there I get them from the bookstore because it is convenient," said Keller. It seems that students are explor-

ing other avenues to purchase their textbooks before resorting to the bookstore due to its high prices.

But do students voice their concerns to the school's bookstore? Betts addresses these concerns.

"Many students verbally complain about the prices of the books. I know we all pay so much money to go to Sacred Heart and it's frustrating to pay more for books, but the bookstore is not responsible for the expensive costs. A common misconception is that people think the bookstore sets the prices of the books, when it is actually the book publishers that do that," said Betts.

However when students sell back their books, they seem to be disappointed in the money they get back. The bookstore understands the complaints, but is limited with solutions.

"There are lots of complaints about the amount of money people get back at the end of each semester. The prices are all based on supply and demand and, based on the computer system, we are told how much we can give them," said Betts.

ShuVoices

Jacquie Vele
Staff Photographer

What was your favorite thing you did this summer?



Esteban Rosales
Freshman

"Going to England with all my closest friends."



Ashley Rodriguez
Sophomore

"Going to the beach in Rhode Island."



Hannah Robinson
Junior

"Going to the Dominican Republic."



Jinal Shah
Senior

"Working a tennis camp at SHU."

Traditional vs. online classes

Students weigh in on the pros and cons

Angela Salerno

Assistant Perspectives Editor

For many college students, the first day of school traditionally means meeting their professors face-to-face in a classroom full of desks and chairs.

However, the option of taking online courses instead of traditional classroom courses can offer students a new outlook on conventional learning.

The question among some students is whether or not these online courses will be as beneficial to them as traditional classroom lectures.

According to Sacred Heart University's Web site, "Currently, the University offers 600 courses in mixed modalities. Courses taught within this environment offer additional mechanisms for increased classroom interaction between the students and faculty that traditional classes could not provide."

The Web site states that some of the resources available to online courses include "real-time virtual classrooms, discussion boards, electronic voice discussion meeting rooms, and video conferences."

Even with advanced technology reinforcing online learning, some students may still feel as though an actual classroom is needed to provide an ideal learning atmosphere.

"One of the less positive experiences I incurred during an online course was when there was a misunderstanding to my professor's instructions for an assignment," said senior Polina Markovich. "I believe a lot of students would have the same problem, since there is no face-to-face interaction and most things online can be misinterpreted."

For those students who want to try taking an online course but still want to meet with their professor in person, they may find taking a hybrid course is their best choice. Hybrid courses combine the elements of having a traditional classroom experience mixed with online learning.

"Hybrid courses are an extraordinary development in the academic world and recent technology has made it possible to utilize these learning tools to their fullest capacity," said digital library multimedia

specialist Alyssa Ferdinando, for the Office of Instructional Technology. "Many students prefer the ease of online learning, as it allows them more flexibility in their work process. Others may find that they prefer a more traditional classroom setting. Hybrid courses satisfy both these needs."

Having the option to choose among these types of courses when scheduling classes for a new semester can potentially help students prepare for life after college as well.

"A hybrid format very much mimics what students can expect when they graduate, a mix of face-to-face meetings, independent work, and online interaction. For me, it's an ideal format that helps prepare students for the challenges they will face in the work world," said Dr. Debbie Danowski, assistant professor of media studies and digital culture.

Because some students may still feel unsure of whether or not they will benefit from taking an online or hybrid course, it is important for them to realize the professor of the course undergoes extensive preparation to make them as constructive as possible.

"Our department prepares instructors for online learning by offering an intensive training program to help make the transition from a traditional classroom setting to digital learning," said Ferdinando. "This training course, known as the Faculty Certification Program, is offered through the Blackboard Academic system and simulates the online learning environment" Students that decide they would rather stick to traditional classroom settings for now and possibly enroll in an online or hybrid course later on will mostly likely still have the option to do so, as it appears these courses will continue to be offered.

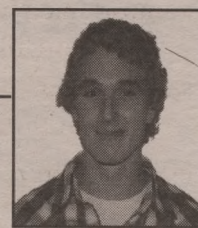
"There is a very positive outlook on the prospect of digital learning, and the list of online classes is growing constantly. The online and hybrid method are reliable forms of education and as a result I wholly believe the Sacred Heart community will be seeing more and more hybrid and online courses developing throughout the university in the years to come," said Ferdinando.

HE SAID/ SHE SAID

Are tattoos cool or taboo on the opposite sex?

Tom Herles

He said



Is it just me or does it seem like everyone and their dog has a tattoo? I may be exaggerating a bit, but it's awfully common these days, especially among college students.

You might have a tattoo yourself, and I respect that. Do not get me wrong, I can recognize good skin art when I see it.

For example, I considered getting my face tattooed like Darth Maul when Star Wars Episode 1 came out. However, I was only 11 years old, and by the time my mom told me to get ready for bed, that was the end of that. Since then, I have not been a huge supporter of tattoos.

Now let's bring in the second half of this question—women. There have been many occasions where I have seen a woman with a visible tattoo and thought it looked snazzy, but that has been a pretty rare thought.

I am more commonly curious as to how they would justify getting that fairy on their ankle to their grandchildren 70 years from now.

The real issue though, is not what the tattoo is, but more importantly what it means. Think about these sorts of things, people. It's not a bumper sticker, it's a permanent tattoo.

If you cannot come up with something thoughtful and unique, get a temporary one. They're not hard to find.

A few months ago, I got a temporary butterfly that looked awesome on my shoulder. Unfortunately, it washed away the same way my dignity did when I put it on.

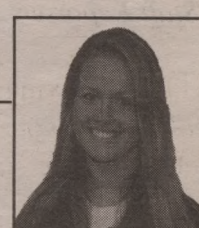
I got the few days of fun telling everyone it was real and fabricating its symbolism as my mind taking flight from the cocoon of adolescence into the wide open possibilities of adulthood. Now I've moved on without having any scarring.

With that being said, a few years ago my long-time lady friend got a tattoo, which really put my knickers in a twist. It's a small tasteful tattoo on her wrist, but for whatever reason, the concept of this image always there really bothered me.

Just put some serious thought into it. Because no matter how awesome you think that headshot of Edward Cullen looks right now, good luck explaining why you have a creepy pale dude's face on your body to the future generations who see it.

Sam Marinko

She said



You made sure he combed his hair, brushed his teeth, and ironed his shirt, but will that be enough to mask the dragon tattoo sneaking up his neck, peeking out above his collar?

You are already nervous about your parents meeting your boyfriend for the first time, but their perspective on a generation of tattooed "hooligans," as they call them, is making this first introduction all the more nerve-wracking.

Is the tattoo stigma and common misconception purely generational? Or have these typical judgements also found their way into the youth of the country?

The concept of things that are different being conceived as threatening is nothing new, and according to many students here on campus, the stereotype does not seem to be disappearing.

In a world so devoted to non-conformity and anti-labeling, we don't seem to be abiding by the commonplace rule that we all learned in kindergarten, not to judge a book by its cover.

When considering guys with tattoos, Sacred Heart girls had a few different perspectives. Some say they wouldn't care, but that they could never bring the guy home to meet their parents.

The popular consensus seems to be that placement makes a big difference, but most important is the meaning.

"If a guy had a tattoo that meant something about his family, then even though I usually don't like tattoos, that would actually be a good thing," said senior Christine Zizzi.

It's true that maybe that pretty, curvy design on your lower back is flattering now, but when you're 45 and the mother of three, how will it look then?

Individuality has become more than a desire for some, and turned into a necessity for many.

To that population I say, express yourself! It's always a great idea to stand out from the crowd. Looking like everyone else is boring, and, as a result, makes you seem like everyone else.

Anyway, by the time that butterfly is beginning to slump into a condor, science is sure to have found a method of safe and easy removal!

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CHRISTIE LYNN'S DANCE STUDIO

You Can Never Say Never *SHU* lands *The Fray* for Fall Concert

Chris Daly
Staff Reporter

On Wednesday, Sept. 23 at 8 p.m., Sacred Heart University will open its doors to one of the biggest bands they've had to offer. With songs such as "How to Save a Life" and "You Found Me," Sacred Heart students are excited for a band of this caliber to come to the university. Vice president of the Student Events Team, Seamus McNamee-Perez, has high expectations for the concert next week.

"The Fray happened to be on tour so it was perfect timing for us," said McNamee. "This will definitely be bigger than 50 Cent was. Hands down."

Sacred Heart's last concert in April featured 50 Cent, but McNamee feels that this concert will be something different.

"The Fray has a sense of staying power. 50 was more of a novelty act, but The Fray right now is one of the most popular bands in the country," he said.

Some students voiced that they aren't excited about having a concert in the middle of the week.

"The concert was scheduled for a Wednesday night, and I have a mandatory lab class until 9:30," said junior Katie Zebedeo. "If they don't cancel classes, some students can't go, and some students might skip class, and that's not good for anyone."

Many students made sure that they were among the first people on line for a discounted ticket price.

Sophomore Nick Negron was one of those students. "I think it's great that they're coming, but it might deter some upperclassman from coming on a Wednesday," said Negron.

The Fray's band members include Ben Wysocki, Dave Welsh, Joe King, Isaac Slade, and Caleb Slade.

Of these, only Isaac Slade and Joe King were the original two-member band. In the style of big name groups like U2 and the Counting Crows, The Fray's style is pop rock, with emphasis on personalized lyrics. Their song "Over My Head," for example, is about the two brothers, Isaac and Caleb Slade.

Disagreements about the group's focus led to series of breakups. The band's signature name comes from a suggestion box at Caleb Slade's graduation party. The Fray seemed appropriate to the band's members because they were always fighting about lyrics, melodies, and contracts.

The Fray has had two top studio albums, and several hit singles in recent years. Their debut album, "How to Save a Life," went double-platinum and was the best-selling digital album of all time.

The album's title track, "How to Save a Life," was picked up to be the title track in the opening credits for the hit television show, "Grey's Anatomy." The song subsequently was used on other television shows like "Scrubs," "Cold Case," and "One Tree Hill."

It was also in the musical tracks for the 2008 motion picture, "Jumper." Their new single, "You Found Me," is even used in the one-minute promos for the television series, "Lost."

As an alternative to the recent hip-hop artists on campus, The Fray's rock-and-roll sound may just be what the student body is looking for. "It's a great way to start off my junior year of college," said junior Anthony Delano. "Live bands anywhere are always a good time."

While about 300 tickets were sold within the first half hour of sales, they are still available for purchase for \$40 each.

For more information or to purchase tickets, stop by Hawley Lounge, call 203-371-7846, or visit www.SHUTICKETS.com

GALLERY OF CONTEMPORARY ART EXHIBIT GETS 'COMIC'AL

Mark Theroux
Staff Reporter

If your definition of "comic art" is restricted to that of the newspaper's funny pages and superheroes in tights, you might be surprised by the artwork at the upcoming exhibit at Sacred Heart University's Gallery of Contemporary Art.

Lasting until Oct. 29, the 20th anniversary celebration at the gallery will commence with an exhibit of modern comic art, entitled: "DE-RAILED: Comics Off The Beaten Track."

"It will include art that breathes new life into the basic format of all comics," said curator Claudia Goldstein. "The images are relayed in sequence, with no limitations on subject matter." She said that the drawings combine "the immediacy of the medium with the intimacy of an individual's encounter with a book."

The director of the gallery, Sophia Gevas, said that the focus of the gallery is to display high-quality work from the lesser-known names in the comic art genre. Interest in the comic genre increased after Paris' world-famous Louvre Museum — which includes the Mona Lisa and Venus de Milo — featured "commissions from young, well-known comic artists this year," Gevas said.

The Louvre's site said that museums and comic strips are widely viewed as two different entities. However, the site said, they are similar because they both "value creativity and observe specific aesthetic cri-



The Spectrum/Michelle Tyman
The walls of the Gallery of Contemporary Art filled comic art.

teria, each in its own manner, taking the visitor or the reader on a journey through imagination, an exploration of perception and sensation."

Gevas also said that comic art, a medium that dates back to the earliest days of humanity drawing on cave walls, is widely accepted as reading material for adults in Europe and Asia, from France's bande dessinée (literally "drawn strip" format) to Japan's graphic novels and manga.

One of the comics featured is The Sons of Cain, a self-published work by the New York City-based Charles Fetherolf. His comic follows the struggles of prehistoric man by focusing on a young Neanderthal named Loog, whose people must

cope with problems such as a dwindling supply of food and the intrusion by an unknown being.

The imagery that Fetherolf portrays includes an intense amount of detail of the natural world, such as dense forests and underwater worlds.

Another New York City-based artist, Richard Hahn, is the creator of Lumakick, which includes a series of vignettes about Professor Lee, a sickly-looking man with a bowler hat, inspired by Charlie Chaplin, in every issue. Lee is a contemplative, solitary man who explores a desolate, urban environment, drawn with very crisp line work.

The Gallery came into existence in 1989, shortly after Dr. Anthony Cernera began working at the University, and was the force behind its creation.

Since then, the Gallery has featured exhibits every academic year, as well as panel discussions, lectures, and workshops for its communities, as well as the art featured in the various indoor and outdoor sections of the campus.

Despite the unique, carefully chosen selection at the Gallery of Contemporary Art, the room is frequently overlooked by the hundreds of students and professors who walk past it daily.

The gallery's hours of admittance are Monday through Thursday 12-5 p.m., and Sunday 12-4 p.m., and it will be closed on Columbus Day Weekend. As always, admission is free.

GET REEL: MOVIE REVIEW OF THE WEEK

All About Steve proves laughable, not hilarious

Michelle Munden
Contributing Writer

Never underestimate the power of a professional crossword puzzle maker. This certainly proves true by the end of the new film, "All About Steve" which debuted in theaters Sept. 4.

Sandra Bullock plays Mary Horowitz, a quirky and freakishly intelligent woman who makes a living creating crossword puzzles for the local newspaper—up until she gets fired.

Enter Bradley Cooper. He stars as Steve Muller, a cable news cameraman. When Steve and Mary get set up on a blind date by their parents, Steve's radiant good looks are not all that catches Mary's eye.

Mary is what one would describe as "book smart." Thus, she lacks the ability to decipher Steve's cop out on the date after no more than 30 minutes. Although Steve tries to be polite, Mary perceives this in the wrong way and believes that her dashing new date is just as much head over heels for her as she is for him.

The bulk of the movie follows Mary's never-ending antics and efforts to travel all over the country to be with Steve, even on location in the middle of a severe hurricane. However, Mary keeps on truckin'—literally, and even hitches a ride in a sixteen-wheeler from a complete stranger.

Steve's co-worker, Hartman, gets word of his over-zealous stalker and eats this up. Hartman tricks Mary into thinking Steve really does have feelings for her. This news makes Steve's attempts to flee from Mary virtually impossible.

Luckily enough for Mary, she ends up befriending a group of hippie-esque people who support her stamina towards being with Steve.

Ultimately, though, the film's light and airy humor drags on a bit and I began to realize that this film would probably not be winning any Academy Awards.

In the film, Steve's job covers news stories that are hardly on the intellectual side by featuring a newborn three-legged baby and a group of deaf children that fall into an abandoned mine shaft. Eventually, this mine shaft gives Mary an even bigger fall than her feelings for Steve.

Though "All About Steve" stirs laughs in the theater, my side was certainly not splitting and the humor wasn't exactly the most unique. However, the message by the end of the film was more cheerful.

Mary and Steve finally reconcile and she learns that her hyper, effervescent personality is far superior than she gets credit for. Mary, and everyone else for that matter, recognizes that she should never just succumb to being "normal." Don't stand in, stand out.

Get Reel gives All About Steve:



AP Photo

Bullock (left) attempting to win over Cooper with her delightful demeanor.

2009 Emmy Awards: Ready, set, red carpet



AP Photo/Chris Pizzello

Previous Emmy winner Tina Fey is nominated this year for Outstanding Actress in a Comedy Series.

Nicole Eastman
Staff Reporter

It's that time again.

Time for those Hollywood stars to join together on the red carpet and be recognized for their excellence in primetime television. The 61st Primetime Emmy Awards are set to air live on Sept. 20, on CBS.

Presented live by the Academy of Television Arts and Sciences, this year's Emmy Awards Ceremony will recognize those who have demonstrated their passion for entertaining millions of people all over the country. These awards, considered the television equivalent to an Academy Award, are given for excellence in television production focused on entertainment.

This year's host, "How I Met Your Mother" star Neil Patrick Harris said in a press release with the New York Times,

"I'm looking forward to the challenge of the show-adding my own voice to it, while honoring the nominees and the entire year in television."

Some of the many shows and actors nominated for awards this year are "The Office," "Entourage," "House," "Dexter," "Dancing With the Stars," Charlie Sheen, Steve Carell, Christina Applegate, Mary-Louise Parker, William Shatner, and Tracy Morgan.

Graduate assistant for club sports Mike Tarantino is a fan of comedy.

"Guaranteed victory for 'How I Met Your Mother,'" said Tarantino. Although he admits that he will be watching football rather than the awards show, he said it is positive that Alec Baldwin and Tina Fey will also take the glory for Outstanding Actor/Actress in Comedy Series.

"I hope 'The Office' takes it all because it's an awesome show. Steve Carell is really

funny," said junior Chris Daly.

Not only does the Academy recognize the actors and actresses in these categories, but they also acknowledge those who have put in the time and effort behind the camera to make these television shows such successes. There are Emmy Awards for Outstanding Technical Direction, Sound Editing, Writing, Special Visual Effects, and many more.

Among previous winners, many new faces appeared in the comedy program series this year. Sarah Silverman, star of "Sarah Silverman Program" on Comedy Central was nominated for lead actress, as well as previous winner Julia Louis-Dreyfus of "The New Adventures of Old Christine."

Tune in to CBS on Sept. 20 at 8 p.m. to see what's in store for this year's honorary ceremony, presented live from Los Angeles.

Beatles Rock Band game is released Across the Universe

Arielle Mangiaracina
Staff Reporter

Money may not be able to buy you love, but it definitely can buy you the latest Rock Band game.

On Sept. 9, Harmonix Music System, in conjunction with MTV Games, released its newest game in the widely popular "Rock Band" line.

The newest version, entitled, "The Beatles: Rock Band," features 45 songs by the fab four, including hits like "I Want to Hold Your Hand," "Yellow Submarine," "Lucy in the Sky with Diamonds," and "While My Guitar Gently Weeps."

According to thebeatlesrockband.com, this new version is different than previous versions beyond the one blatant difference that the songs are exclusively by the Beatles. One major change to this new version of the game is the ability to sing three-part harmonies. The creators said



AP Photo

For "Rock Band" and Beatles fans alike, the game is finally available for X-BOX 360, Play Station 3, and Wii gaming systems.

they chose to include this because harmonies are such a vital part of Beatles' music.

They also said they believe that this will bring people together through the Beatles music because they are going to spend time practicing the harmony, considering it is so difficult to master.

The game alone costs \$59.99, the in-

struments cost \$99.99, and the bundle, which includes the gaming software, a bass controller, drums, a microphone, and a microphone stand is priced at \$249.

Both Sacred Heart students and video game critics seem to be excited about the game.

"I love the Beatles, and playing Rock

Band. I can't wait to play this game," said sophomore Colleen McGoldrick.

Gamepro, a Web site which features gaming reviews, news, previews, etc. calls it Harmonix's "most richly and "most richly detailed and inspiring releases to date.

According to the New York Times, it is "a transformative video game experience," and "may be the most important video game yet."

A preview of the game on thenytimes.com, demonstrates that the game doubles as an almost documentary of the Beatles history from "The Cavern" to their final performance.

"For as long as we've been making music games, the prospect of working in some capacity with the Beatles material has been looming out there as a dream job," said Harmonix cofounder Alex Rigopulos.

This dream is coming true for him, and for anyone who has ever wished they could be a Beatle, because now they can right in their own living room.

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REMEMBERING LOCAL LEGEND PAUL NEWMAN

Emma Levine
Staff Reporter

Whether it is his legendary film career, or his charity organizations, Paul Newman was and still is considered one of the most influential stars of the 20th century.

Newman died almost one year ago on Sept. 26 at age 83, but his legacy and presence in nearby Westport, CT, where he lived for more than fifty years, can still be seen today.

But for some at Sacred Heart University, Newman is remembered for his food products.

"Yeah, he's the guy on the tomato sauce jars," said sophomore Don Johnson.

Newman's portrait is on food products, such as Newman's Own dressings and sauces, but what many Sacred Heart students do not know is he was nominated for ten Oscars and won for "The Color of Money."

He starred in other movies such as "Cool Hand Luke," "Road to Perdition," and "Butch Cassidy and the Sundance Kid."

"I love him in 'The Hustler' and 'Cool Hand Luke,'" said Media Studies Adjunct Instructor Damon Maulucci. "When I watch those films I just feel like he is right there, putting it all out, flaws and all. He had the power to make me feel that being flawed and vulnerable is part of who we are."

Newman also connected with younger audiences by playing the voice of "Doc,"

the retired racecar, in Disney and Pixar's 2006 film "Cars."

His charity organization, "Newman's Own" has grown into one of the largest non-profit companies in the world, and their entire revenue goes to charity. According to the Newman's Own Web site, Newman remarked that the company was the "joke that got out of control," because it started by sharing his homemade salad dressing with family and friends.

Today, Newman's Own has raised more than \$265 million to charities ranging from the environment, to poverty and education.

"The Hole in the Wall Gang" is a camp that Newman created and was very passionate about. They still provide an escape for seriously ill children and their families.

These camps are a place where children can experience life away from the hospitals and doctors, where they can forget they are sick and just be kids.

Newman lived in Westport for nearly 50 years, and during that time, residents said he blended and interacted with the general population. He was a local.

While some only know him from supermarkets items, thousands of others recall his work and generosity.

"I love him, he's one of the greatest actors ever. 'The Sting' is one of the greatest movies of all time," said junior Chris LeBeau. "He was one of the most influential actors of his generation."

Shawty fire burnin' in the tanning bed

Lindsay Caiati
Staff Reporter

The fall season is quickly approaching and those summer tans are fading even faster.

For some it could be very tempting to try and keep that sultry summer glow by frequenting indoor tanning salons, but is a simple tan really worth the deadly risk?

Since 1992, studies have shown that tanning is not healthy.

Recently it has been confirmed by the International Agency for Research on Cancer that UVA and UVB rays are definite causes of cancer.

According to the Associated Press, tanning has been placed on the list of the most deadly carcinogens.

The AP said that tanning is in "the top cancer risk category, deeming them as deadly as arsenic and mustard gas."

"A new analysis of about 20 studies concludes the risk of skin cancer jumps by 75 percent when people start using tanning beds before age 30," said AP.

Gary Shelton, the owner and manager of Heatwave tanning in Fairfield doesn't think that this report will have much of an affect on his business.

"I don't think it will suffer. I see regulars in here all the time, and this probably wouldn't make them stop coming," said



AP Photo

Beach go'ers fry in the sun exposing themselves to harmful rays.

Shelton.

This habit can be much more deadly for frequent tanners raising the question 'can you be addicted to tanning?'

"Oh definitely! It's relaxing, and it could be someone's 15 minutes of paradise," said Shelton.

What some people may not under-

stand is that those 'minutes of paradise' could be taking more than minutes off their lives.

However, some students at Sacred Heart University can relate to Shelton's statement.

"I would probably still go tanning," said junior Nicole Caravano. "It's very relaxing to me."

According to the Associated Press, "use of tanning has increased among people under 30, doctors have seen a parallel rise in the number of skin cancer."

Tanning salons are quite accessible to teens, making these statistics quite believable. Even the Sacred Heart University shuttle stops near Shelton's salon, making it even more convenient for students to stop by.

According to MSNBC, the number of tanning salons outnumber Starbucks and McDonalds in the U.S.

Research conducted by the International Agency for Cancer Research also said that "most lights used in tanning beds give off mainly ultraviolet radiation, which cause skin and eye cancer."

Still are all these deadly statistics lost on today's youth?

"I guess some people would rather be tan then be healthy," said junior Kelsey Pollutro. "I will never go tanning again. It's so bad for you."

Sun-sational Suggestions

always use a sunscreen with SPF 15 or higher

wear sunscreen underneath your makeup or use a makeup with SPF in it

carry a travel size lotion with SPF in your bag

invest in a pair of sunglasses to prevent sun related eye diseases

use self tanners for your body and face or spray tan instead of fake baking

15 POUNDS: THE FRESHMEN MEAL PLAN?

Stephanie Kanner
Staff Reporter

Being a college freshman brings on a lot of unwanted challenges.

Entering an environment filled with the stress of classes, managing tough schedules, making new friends and dealing with roommates, it's easy for a new student to forget about how they are maintaining their health.

Or is it?

The dreaded "Freshman 15," which is the supposed weight gained during freshman year, is a very prominent topic and fear among new freshmen today.

As waist sizes increase and the amount of money in wallets decrease, weight gain in college can often be linked to the late night junk food fests and the amount of partying being done.

"When I was a freshman I rarely thought about what I ate," said senior Colleen Nassauer. "It was all about the foods that I was craving and beer that I shouldn't have been consuming past 10 p.m. at night. The only reason I didn't gain the 15 pounds was because I was always very active."

The biggest contribution to weight gain in freshmen is the totally new lifestyle that they are surrounded with.

Skiping meals and substituting them with snacks and unhealthy campus foods can make the pounds add up quickly.

With rumors and tales floating around about the dreaded weight gain, we turn to find out the truth.

"A new study has shown that nearly one in four freshmen gain at least 5 percent of their body weight, an average of about 10 pounds, during their first semester," said the Web site WebMD.

Facing numbers and statistics that are not promising, it is easy for new freshmen to be worried about how they are going to manage their weight after a

few weeks of college.

"For me, it was really hard to maintain my weight mainly because Flik doesn't really serve the healthiest foods," said junior Charles Ferruzza. "But now that it's my junior year, I got the hang of how to keep a healthier diet. I make more or my own food and try not to eat late at night."

With older students saying that they have figured out a way to maintain a good diet past freshman year, there seems to be hope for all students.

"I plan on playing club soccer so I'll keep active and try to keep a healthy schedule with school work, sports and eating. But I also want to go out at night and live the freshman lifestyle, even though it might take a toll on my body and my wallet," said freshman Mike Limosani.

For other freshmen, the supposed freshman 15 was already a thought in their minds before entering Sacred Heart University.

"I definitely thought about gaining weight this year," said freshman Stephanie Blenner. "I pig out really hard and I feel like eating like that at night is sometimes a social thing. So it'll be hard for me to keep the healthy schedule that I want."

Because of the fear of weight gain, Sacred Heart offers students outlets to deal with health and nutrition.

Campus organizations including the Health and Wellness Center and a nutritionist to help students deal with the problems of weight gain and diets are offered at Sacred Heart.

"Last year, we saw approximately 30 percent of the freshmen class which equals out to 94 students coming for weight problems," said Mary Jo Mason from the wellness center.

"Students come up here concerned about weight all the time and we do happen to have someone who is a nutrition-

ist who doesn't deal with helping you lose weight, but they do help you with how to maintain a healthy diet."

As for weight gain, the "Freshman 15" seems to be incredibly real for some stu-

dents.

But with help on campus and health awareness, the struggle for freshmen can be maintained.

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COLLEGE ADVICE FROM THE EXPERTS

Marisa Graniela
Staff Reporter

Going away to school can change your life in many ways, but regardless of the final result, having a guide with crucial pointers of ways to survive a plethora of problems such as an overwhelming class schedule can be helpful. Because let's face it; you're going to be here for the next 4 years, might as well start off on the right foot!

1. When first arriving at Sacred Heart University, your initial desire may be to party hard all day, every day. Hang tight! You have four years to live your life as a college big shot. Have your fun, meet new people, and live it up but also focus on your schoolwork and getting the right amounts of rest in order to perform at your absolute best. Try to keep in mind that, "college is a voluntary and expensive experience," said Professor Michelle Loris, Associate Dean of the College of Arts and Sciences. Work hard so that when it's time to play, you won't be stressing that you didn't finish reading "The Odyssey" yet.
2. The transition from high school to college can be a tricky one, especially when class curriculums are crunched into a smaller time period. What's one way to avoid stress? Make a friend! "Introduce yourself to someone that is in most of your classes," said Professor Richard Magee. "That way, you both can rely on each other to make it through the semester."
3. Get involved with school activities. Joining a sports team or a club can help you meet people in different classes that you may not have been able to meet before. Sports teams can even be known to teach self-discipline and strength. "Football, in itself, helps you in both school and life situations," said senior Andre Isla. "It teaches you to work hard and to always try to improve, not just to coast by." Aside from social and educational aspects, joining a team can also be beneficial for your grades too. "Mandatory study halls with the football team are always helpful with my workload," said Isla. "It's a time where we're all strictly required to work on our homework and if need be, tutors are available for us too."
4. Develop a good relationship with your advisor. "Getting to know my advisor on a personal level took so much stress off making my schedule for the first time," said junior Lauren Merriam. "Since we were close, he knew exactly what I was looking to get out of the curriculum and I also felt comfortable asking him any and all of my questions." Advisors are meant to be your friend so utilize them, don't fear them! They're always there for you and they're always willing to help.
5. Live everyday to the fullest. College is a once in a lifetime experience that lasts for only 4 years, unless you decide to continue your education. For the rest of your life, where you went to college as well as your participated activities will be permanently tattooed onto your resume, so have fun and, "don't take one day for granted," said junior Caitlin Moser. "It all passes by way too quick!"

Getting used to all the things that college has to offer can drive anyone crazy but don't sweat it. Remember, you're not alone! In the end everything will work itself out and you'll be living la vida loca in no time.

Summer Interning Students get real life experience in highly competitive job market

Genevieve Julich
Staff Reporter

With the competitive job market, students are preparing their resumes and interview skills in order to land that perfect internship in their future field of work.

Many Sacred Heart University students worked this summer at internships that gave them hands on experience in various fields of work, preparing them for the workforce.

Sacred Heart junior Shannon Swift is a biology major on the pre-med track with a minor in psychology.

Swift worked this summer at the Pediatric and Adult emergency Department at Jacobi Medical Center in the Bronx, NY. She had the opportunity to interact with doctors and patients on a personal level while participating in research at the same time.

Hoping to gain experience in her field during her internship, Swift went into the program ready to learn and was grateful for what knowledge she left with.

"Saying that I learned a lot would be an understatement. I took away valuable information that will only benefit me as I pursue further education," said Swift.

The thought of working as an intern can leave you with images of going on coffee trips, making endless copies, and answering phones.

Instead of being treated as a stereotypical intern, Swift found herself respected and spoken to as a peer.

"The doctors I worked with were so warm, welcoming, and informative. They treated me as an equal, which helped me gain perspective into the life of a doctor," said Swift.

Leaving the hospital with a positive experience, Swift plans on continu-

ing this research project throughout the school year.

"I feel that this experience is a very important milestone on my way to medical school and beyond," said Swift.

Junior Nicole Krys is a double major in English and Political Science.

After spending a summer working at Bellavia Gentile & Associates LLP with her aunt, she learned the importance of networking.

"I know this sounds lame and that the only reason I got hired is because of my aunt but honestly, networking is key in the business world," said Krys. "It is all about who you know. So I am happy my aunt could help me get such a fabulous job."

Krys said that she learned a lot from working at the law firm, the only downside was that because she does not have her law degree yet she was stuck working on a lot of menial tasks.

Despite not being able to partake in some of the law oriented tasks at her internship, Krys still felt like she came out of the experience more enlightened.

"I obtained a great feel for how a law firm is run. I got to experience angry clients, judges, deadlines...the works," said Krys. "I learned great communication skills as well as a new sense of professionalism."

No matter what internships students choose to partake in, they all offer the chance to gain first hand experience in their potential field and help build their resume.

"Real world experience is critical in a tight job market," said assistant director of the career center Heather Marchand. "Whether it's a summer internship, spring or fall, students with one or more internships will have a strong advantage over those who have not completed one."

Flush away the fat? Cleansing products promise weight loss

Kelley Bligh
Staff Reporter

Diets claiming to flush the body of toxins seem to be becoming more and more popular.

With concerns rising about staying healthy and energetic, some college students are turning to 'cleansing diets' to stay fit.

Products such as acai berry, and goji berry supposedly cleanse the body's system naturally due to their high levels of antioxidants.

Cleansing products can be seen as a 'quick fix' for dieters but others think that an overall lifestyle change is more effective.

Student Kathryn LaGrassa tried a diet with acai berry pills for two weeks.

She had to take two pills 30 minutes before every meal.

Her reason for starting the diet was not to lose weight, but rather to simply cleanse her system.

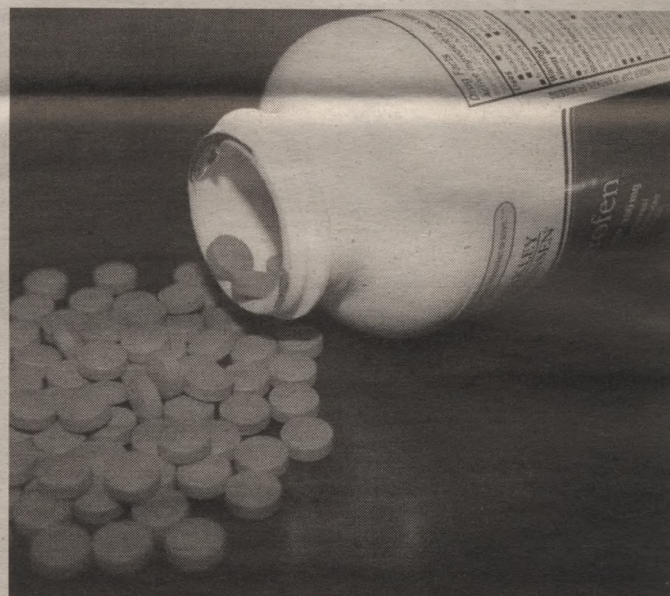
"[It was] just something I read in a magazine and thought I'd give it a try," said LaGrassa.

After two weeks of acai berry pills, LaGrassa didn't see results but did feel like she had more energy.

"I didn't take it very seriously. I'm sure that if someone used a more expensive supplement with a strict regimen planned out, that it would be a lot more effective."

Sophomore, Erin Murtagh, similarly to LaGrassa was looking to cleanse her system.

She put herself on a



The Spectrum/Zack Lane

cleansing diet for three days without the assistance of any other product or supplement.

Murtagh says, "I had really bad skin and was tired and groggy all the time and just didn't feel good. I wanted to rid my body of all the toxins I put into it."

So she found guidelines for a cleansing diet on the Internet and simply followed the directions given to her.

Her diet for three days consisted of mostly water. She was allowed only certain types of fruit and only in the morning.

The only other things she was allowed to eat were raw vegetables.

"I didn't lose weight because of all the water weight but I felt clean," Murtagh says.

After just three days, she felt a lot healthier, had more energy and was "just better."

With the promise of fast weight loss and more ener-

gy, these cleansing products seem like an easy fix for dieting.

But is a home cleansing remedy the best choice?

"Trying to cleanse your colon from the comforts of your home can disrupt your body's electrolyte balance, causing dehydration and salt depletion," said Web MD contributor Heather Hatfield.

"Over time, frequent colon cleansing can even lead to anemia, malnutrition, and heart failure."

Hatfield recommends that instead of attempting home remedies, to increase the amount of fiber you eat daily.

Hatfield also suggests adding supplements into your diet.

Before starting drastic dieting or buying different pills, it's important to investigate what's on the market and discuss it with a health professional.

Scoreboard

Thursday, September 10

W. Soccer

SHU- 0

Yale- 7

Friday, September 11

W. Volleyball

SHU- 1

Seton Hall- 3

Field Hockey

SHU- 1

Fairfield- 2 (OT)

Saturday, September 12

Football

SHU- 21

Holy Cross- 52

W. Volleyball

SHU- 0

Manhattan- 3

SHU- 1

Fordham- 3

Sunday, September 13

W. Soccer

Maine- 0

SHU- 2

Field Hockey

Bucknell- 3

SHU- 4 (OT)

On Deck

Today

W. Tennis vs. Monmouth

3 p.m.

Field Hockey @ Maine

7 p.m.

Tomorrow

W. Tennis @ Quinnipiac

3 p.m.

W. Volleyball @ Dartmouth

7 p.m.

W. Soccer @ Stony Brook

7 p.m.

Saturday, September 19

W. Volleyball @

Northeastern

7 p.m.

M. Soccer @ Holy Cross

3 p.m.

Field Hockey @ BU

3:30 p.m.

Sunday, September 20

W. Soccer @ Providence

1 p.m.

W. Soccer @ Quinnipiac

3 p.m.

M. Tennis vs. Fordham

4 p.m.

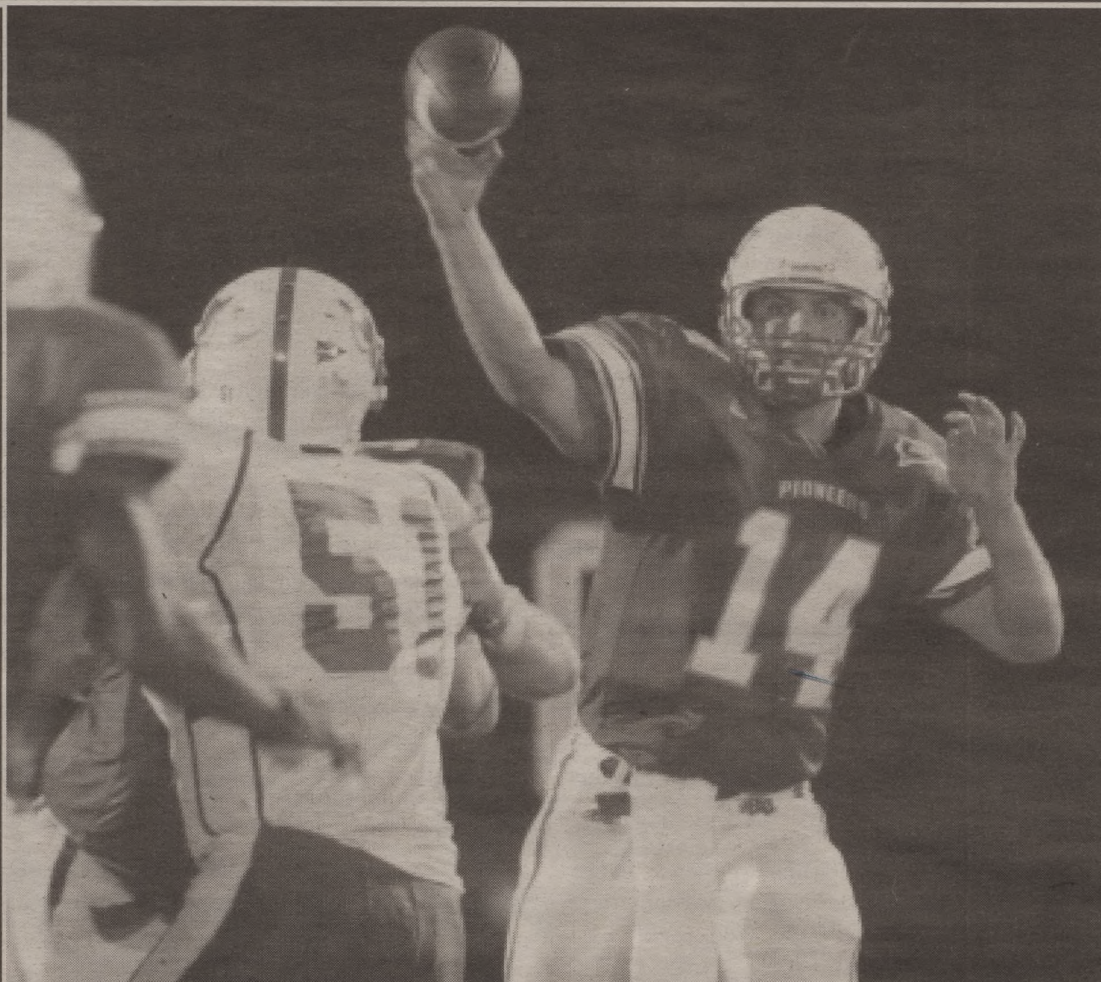


Photo courtesy of Athletic Communications

Sacred Heart quarterback Dale Fink (#14) attempts a pass during the Pioneers' home opener against Marist College on Sept. 5 at Campus Field.

Football roughed up by Holy Cross, fall to 0-2

Alex Atkinson
Staff Reporter

On Saturday, Sept. 12, the Sacred Heart University football team suffered their second loss of the season to the Holy Cross Crusaders 52-21.

Sophomore Garry Coles had a record-setting day for the Pioneers as he ended the game with 262 all-purpose yards and two touchdowns. Coles got the Pioneers on the board in the second quarter when he broke free for a 99-yard touch down return, which is the second longest in Pioneer history. The touchdown cut the Crusaders' lead to 28-7.

The Pioneers also received a strong performance from senior wide receiver Steve Tedesco who had 11 catches for 100 yards and one touchdown. Redshirt junior quarterback Dale Fink was 30-for-53 for 272 yards, a touchdown, and two interceptions.

"They got an early start on us," said junior Brian Flumere. "They came out and put some points up on the board early and you can't let that happen against a good offense. We played hard but, unfortunately, it wasn't good enough that day."

After getting on the board, the Pioneers held Holy Cross on their ensuing drive and forced a punt, which started the Pioneers offense on their own 21-yard line.

From there, the Pioneers found rhythm as Fink led the team down the field with numerous

completions, which ultimately set up a one-yard rushing touchdown by Coles. It was his second score of the game.

At the start of the second half, the Pioneers found themselves trailing 31-14, and things got only worse as Holy Cross stopped another Pioneer drive, forcing them to punt 57 seconds into the third quarter.

From there, Holy Cross marched down the field for another score and took a commanding 38-14 lead.

Around the eight minute mark of the third quarter, the Pioneers received the ball on their own 30-yard line before Fink marched down the field and completed four passes, including a 26-yard pass to Tedesco. With 5:04 left on the clock, Fink found Tedesco in the back of the end zone for a six-yard touchdown.

But that was all the offense the Pioneers would muster on the afternoon as Holy Cross held them off the scoreboard for the remainder of the game.

"We played a lot harder than we did in the previous week, but if we want to win we will need to practice harder, and work on our special teams plays," said Pioneers head coach Paul Gorham. "We played tough but we gave up crucial yards off punts and kickoffs."

Heading into their Bye week, the Pioneers will have some time off to work on improving these areas before they take the field against the University of Albany Great Danes on Sept. 26 at 4 p.m. in Albany, N.Y.

Bus trip to Worcester sells out

Chris Whitmore
Staff Reporter

Sacred Heart University held a bus trip to the football game against the College of the Holy Cross in Worcester, Mass on Sept. 12.

The trip was sponsored by the Student Activities office and sold out within days of the announcement. It was the first time Sacred Heart offered a bus trip to a football game.

"It's good for the school because the school knows that their fans and students will make it there and back safely," said senior Tyler Santos.

By taking a bus to the games the students

can support the team without worrying about traveling to away games.

"I like the idea that the SHU community should be as involved in our athletics as much as possible, the more people the more noise," said senior Colleen Wall.

In addition to the fan bus, the Pioneer marching band also made the trip to Worcester to support the team.

"I definitely think we need to send student buses to more away games. Not only is it fun excuse for a road trip but it shows the teams that we are supporting them 100 percent," said Wall.

Hannah resigns as men's hockey coach

Emily Gumbs
Asst. Sports Editor

Men's ice hockey coach Shaun Hannah resigned last week after 13 years coaching the Pioneers and helping the team reach the playoffs in each of those 13 seasons.

"Sacred Heart University and Sacred Heart Athletics owe Shaun Hannah a great debt of gratitude," says athletic director Don Cook. "If there ever was someone who understood the mission, vision and core values of Sacred Heart it was Shaun Hannah. And, in every way Shaun advanced that mission, vision and core values through the Sacred Heart men's ice hockey program."

Hannah was there when Sacred Heart Athletics made the transition to Division I and helped his team build a reputation for being tough opponents first as members in Metro Atlantic Athletic Conference (MAAC) and then Atlantic Hockey Association. He was named the MAAC Coach of the Year at the end of the 1999-2000 season.



Photo courtesy of Athletic Communications
Shaun Hannah resigned as men's hockey coach last week.

Coach Hannah had 189 career victories and led the Pioneers to the Atlantic Hockey Championship game in 2004 before falling to Holy Cross. The Pioneers won a school-record 21 games in back-to-back seasons (2005-06 and 2006-07) and earned the top seed in the Atlantic Hockey playoffs in 2007.

During Hannah's tenure many of his players earned all-conference recognition with two players, Pierre-Luc O'Brien and Alexandre Parent, earning nominations for the Hobey Baker Award, which is the highest honor in college hockey.

"I will forever be grateful for the opportunity that I have had to grow both personally and professionally at Sacred Heart over the last 13 seasons, but I feel that this is the right time for me to take my career in a different direction," said Hannah.

"While I will miss not seeing the people associated with the hockey program and university on a daily basis, I expect to be following the team closely and rooting for them as they challenge for championships in the years to come."

The athletic department is currently conducting a national search for Hannah's replacement. While that search is ongoing, assistant coaches Lou Santini and Dan Muse will lead the Pioneers through pre-season training.

After record year, SHU teams ready to start

Expectations running high for Pioneer athletics

Steve Armato
Staff Reporter

Last season turned out to be one of the most successful seasons in recent history for Sacred Heart University athletics as the Pioneers took home conference championships in women's lacrosse, softball, women's basketball, men's tennis and men's golf.

Sacred Heart also had teams such as football vastly improve their record from previous seasons and show that they are heading in the right direction toward the top of the Northeast Conference.

Teams such as softball had the thrill of going to their conference tournament for the first time in proram history. But the softball team wasn't just happy to be there - they showed up to win and that was exactly what they did.

Co-head coach Elizabeth Luckie described the most exciting part about being in the conference tournament for the first time.

"Achieving the goal that we set in the beginning of the year and knowing that we were playing at our peak performance level going into the tournament," said Luckie.

Luckie also described how she felt about making it into the regional tournament.

"Extremely proud of our girls," she said. "We knew that SHU and the NEC would be well represented. Playing teams such as Washington and UMASS, we knew our program made the next step to compete at the national level."

Another element that comes with winning is the added pressure of being the defending champion.

However, junior Courtney Lee, also



Photo courtesy of Athletic Communications
The 2008-09 Northeast Conference Commissioner's Cup is on display upstairs in the Pitt Center.

from the softball team, does not think her team faces any added pressure and is confident about her team's chances of duplicating last year's success.

"We don't feel any pressure but we don't want to be a one-hit wonder," she said. "We want to show that we still belong at the top of the conference."

Junior Kirill Kasyanov from the men's tennis team feels the same way about his team coming into this year and stressed the fact that his team did not incur any major losses due to graduation.

"I don't think we feel any pressure because everyone is still playing really well," he said.

"We didn't lose anyone, and the other teams didn't really gain anything special. If anything, we feel more confident because of what we did last year. Our expectations are the same as they were last year if not better."

With all the success from a year ago, there also comes lofty expectations for this season.

And along with expectations comes the opportunity for new players to step into holes left by graduating seniors.

"First and foremost, the three players

that graduated in May are three of the best women's lacrosse players to ever play at Sacred Heart University," said women's lacrosse coach Laura Korutz.

"We have a huge void to fill with their graduation. Specifically, between Mary Montesarchio and Amanda Williams, we are losing two players that combined for a total of 142 points last year. We need players to step up and produce on the offensive end."

The men's golf team is coming off back-to-back NEC championships but also lost a big part of their team after last year.

"We graduated Kevin Lauretti, Matt Belize, and Pat Fillian," said junior Sean Latella. "Matt and Pat were captains and Pat was the NEC Player of the Year. All of them made major contributions to the teams championships in the 2007-08 season and in the 2008-09 season."

"But we are returning two senior captains in Steve Schmeer and Adam Petrasovic to go along with two incoming freshman who we are counting on in Brad Neudorf and Josh Salah," said Latella.

As they go for their third consecutive Northeast Conference title, there are still things they feel they need to do to stay on top.

"The most important thing is that we continue to practice hard and work on our games, so we stay sharp throughout the season and will be able to defend our title in the spring," said Latella.

As Sacred Heart athletics embarks on its 11th season at the Division I level, expectations are running higher than ever this year after last season's unprecedented success, which should make for an exciting season for fans and players alike.

2008-09 NEC Titles

Women's Basketball

Softball

Women's Lacrosse

Men's Tennis

Men's Golf

Back-to-Back
Commissioner's Cup
Winners

Five NCAA
Tournament
Appearances

Club sports offer unique opportunities for students

Andrew Owens
Contributing Reporter

Looking to play a sport in college but can't make the commitment to compete at the Division I level?

If so, club sports offer a unique opportunity for students to compete at a high level while still allowing time for other commitments and activities.

According to Mike Tarantino, graduate assistant for all club sports, the program offers a relaxed atmosphere with a flexible schedule.

"A club sports team meets about 2-3 times a week for practice and then have their matches, games, and events on the weekends," said Tarantino. "Most teams participate in about 5-10 events for their main season with some teams having more than that."

"The biggest difference between club sports and intramurals is the possibility to travel and the competition level."

- Mike Tarantino
Graduate Assistant for Club Sports

Altogether, there are 23 club sports offered at Sacred Heart which are open to any student. Among them are figure skat-

ing, men's and women's rugby, men's and women's soccer, men's and women's basketball, and baseball.

There is no recruiting, roster limitation, or off-season workouts that require students to remain on campus during a break.

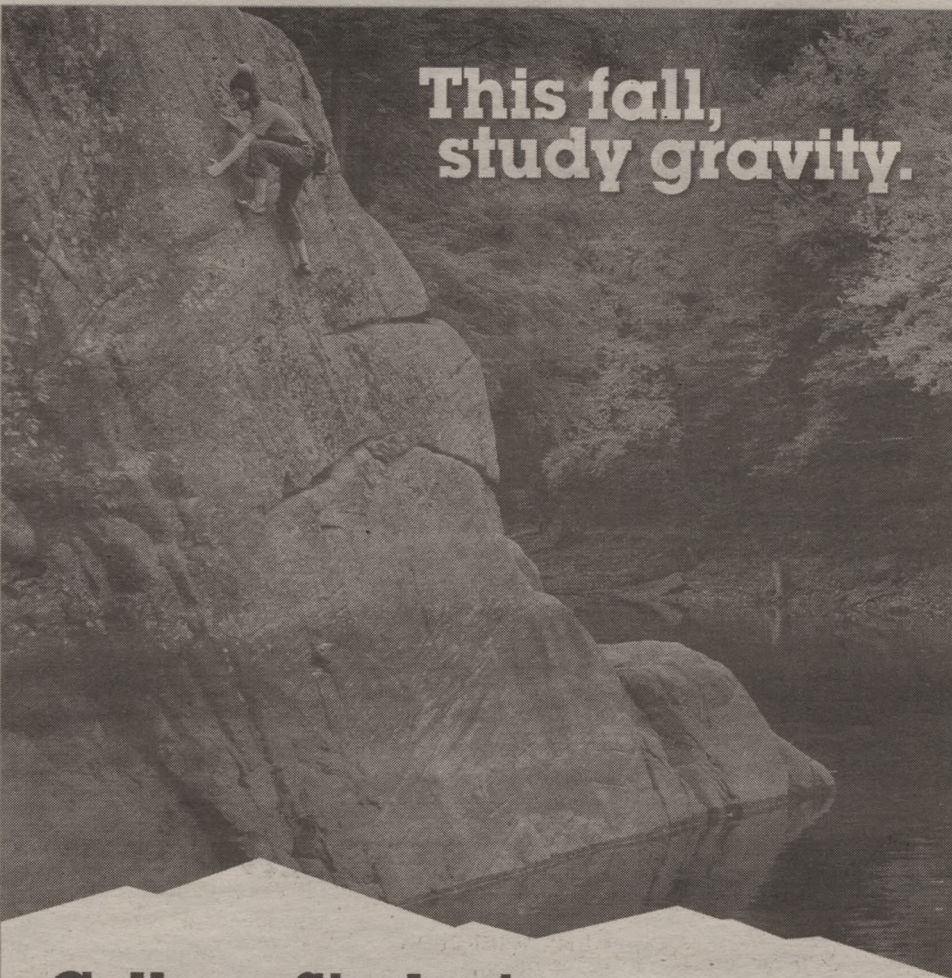
While some students may believe club sports and intramurals are the same program, Tarantino was quick to point out the main distinctions between the two.

"The biggest difference between club sports and intramurals is the possibility to travel and the competition level," said Tarantino.

"Intramural sports feature SHU students versus other SHU students and all of the events are held on campus. Club sports, on the other hand, feature SHU students facing other universities and colleges. Most of our teams are also in competitive leagues which lead towards league championships, and eventually nationals."

In previous years, Sacred Heart club sports teams have competed against institutions such as University of Connecticut, Boston College, University of Massachusetts, Yale University, Brown University, and Fairfield University.

Anyone looking to participate in a club sport should contact Mike Tarantino or visit the club sports office downstairs in Hawley Lounge for more information.



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Dodgers' Torre goes to bat for worthy cause

Rob Morgan
Sports Editor

Joe Torre has done it all in the game of baseball.

Four world championships as a manager, nine All-Star Game appearances as a player, and, more importantly, one of the most respected and admired men in all of professional sports.

Infamously dubbed 'Joe Cool' by members of the New York media, most people would never suspect that Torre, the epitome of class and composure, grew up in a domestically violent home in which his father physically abused his mother.

While Torre's father never inflicted any physical harm on him or his four siblings, the emotionally disturbing experience caused him to be very "guarded" and "withdrawn" as a child.

"I had a lot of fear growing up, but I never allowed anyone to know about it," said Torre shortly before his sixth annual charity golf tournament at Trump National Golf Club in Briarcliff Manor, N.Y. on July 6. "I had older brothers and sisters in the house who were whispering and I thought because they were whispering I did something wrong."

In fact, things were so bad in the Torre household that whenever he saw his father's car in the driveway after coming home from school, he simply kept walking.

For years, Torre kept the issue a secret and it wasn't until December 1995 when his wife Ali encouraged him to attend a seminar called Life Success in which the issue of domestic violence was discussed at length that Torre began to speak openly about the experience.

"I remember thinking 'what did I get myself into?'" said Torre.

But after participating in the seminar, Joe and Ali decided to do something constructive to help prevent others from enduring the same kind of emotional torment that Torre did while growing up.

So in May 2002, Torre and his wife established the Joe Torre Safe at Home Foundation to help put an end to the cycle of domestic violence by educating America's youth and establishing safe places in schools called "Margaret's Place" in memory of Torre's late mother.

According to Torre, who spoke at Sacred Heart University in 2004 as part of a fundraiser for The Center for Women and Families, Margaret's Places allow students to talk to counselors and their peers about any violence-related issues that they are experiencing.

"I'm very gratified to see the results so far," said Torre. "It's really given these youngsters a chance in schools to talk to counselors and maybe give them the understanding of how to deal with it."

So far, twelve Margaret's Places have been established in junior and senior high schools in the New York metropolitan area and, according to Ali Torre, the plan is to open more in the Los Angeles area by the end of this year.

"Our focus is on awareness for the entire community because it affects all of us," she said. "It's the secret crime that happens behind closed doors. It's very embarrassing and shameful for students to talk about. Our mission is to end the cycle because it very much repeats itself through generations."

Torre's charity events always draw a great deal of attention including visits and donations by countless athletes, celebrities, and dignitaries who are more than happy to lend their support to the cause.

"When a person treats you well, you

like to do favors for them in return and I do whatever I can for Joe," said former major leaguer Graig Nettles who participated in Torre's golf tournament in July.

Other high-profile guests in attendance included former president Bill Clinton, Donald Trump, Yogi Berra, Bob Costas, and Don Mattingly.

"It means so much," Torre said of their support for the foundation. "The more that these youngsters understand that even people who are successful still have issues that they've had to deal with certainly gives them hope."

All together, the golf tournament raised more than \$400,000 in proceeds which will go directly towards educating and ending the cycle of domestic violence.

"This is something that a lot of people don't even want to talk about, much less deal with and he's done it in a consistent way," said Clinton. "I'll bet there are a lot of people whose lives have been saved or rescued who may not have been the direct beneficiaries but because of the symbolic impact of taking this issue out of the dark, putting it into the light, and discussing it."

The Safe at Home Foundation will also hold their annual gala on Nov. 13 which is expected to draw an even larger turnout.

"Joe works so hard for the cause and



The Spectrum/Rob Morgan

Joe Torre (left), Bill Clinton (center), and Donald Trump (right) pose for photographers before Torre's annual charity golf tournament on July 6 in Briarcliff Manor, N.Y.

there's nobody like him to make sure it succeeds," said Trump. "He's a great guy and a great manager. Nobody does more than Joe Torre."

While Torre's tenure with the Yankees ended on a somewhat sour note, he said that he is enjoying his time in Los Angeles and that even though he is some 3,000 miles away, New York will always have a special place in his heart.

"I do miss New York," said Torre. "When you're born and raised somewhere and you have the kind of success that we had - it was a wonderful time. It was time for me to move on but I wasn't sure if managing would still be fun and as it turned out, the last year plus has been a lot of fun."

For more information on the Joe Torre Safe at Home Foundation or to make a donation, visit joetorre.org.

Field hockey squad stuns Bucknell in OT

Dan Graziano
Staff Reporter

After getting off to a rough start to the 2009 season, the Sacred Heart University women's field hockey team won their home opener on Sunday afternoon in an overtime thriller over the visiting Bucknell University Bison 4-3 at Campus Field.

Although the Bison outshot the Pioneers 30-17 in the contest, it was not enough for them to pull away with a win.

The Bison took an early lead when both Austin Thomas and Caroline Coady put the first points on the board.

While the Bison controlled the time of possession for most of the opening half, junior Dana Luhrs answered back with the first Pioneer goal when she knocked in a pass from sophomore Chelsea Carlson late in the first half.

"We only have five home games this year," said junior Hannah Robinson. "Our team goal was to win every one of them. We will take it one game at a time."

Luhrs scored early in the second half to tie the game at two apiece when she received a pass from Robinson and put the ball past the Bison goalie.

The Pioneers continued to pressure the Bison throughout the half but Morgan Kauffman gave the Bison to a 3-2 lead when she knocked in a rebound past the Pioneers' goaltender.

With four minutes left in the half, freshman Kim Pobutkiewicz scored her first collegiate goal when she knocked in a rebound from Luhrs which sent the game to overtime.

"I reiterated the team's season goal and told them that we need to lay it all out there if we want to win," said Pioneers head coach Chris Blais.

With their coach's words of wisdoms still lingering in their heads, the Pioneers started the overtime period by applying heavy pressure on the Bison.

The Bison managed to take five shots on goal, but it was not enough as senior Whitney Russo scored the game-winner when she received an eight-yard pass from Robinson off a penalty corner play.

"This is our field and this is our house," said a jubilant Robinson after the game.

Junior goaltender Kim Stow kept the Pioneers in the game with her 15 saves on the day.

"We will build on this win and work on our possession game and passing game," said Blais.

The Pioneers will look to continue the momentum on the road, however, as they do not have another home game for a month.

The team returns to action tonight when they square off against the University of Maine at 7 p.m. at Yale University in New Haven.

PHOTO OF THE WEEK



The Spectrum/Chauncey Hardy

Sacred Heart's Leigh Dogmantis (#22) fights for the ball against the University of Maine Black Bears on Sept. 13 at Campus Field. The Pioneers beat Maine 2-0.

W. Soccer blanks Maine Black Bears 2-0

Victory snaps seven-game losing streak vs. Maine

Chauncey Hardy
Staff Reporter

The Sacred Heart University women's soccer team defeated the University of Maine Black Bears 2-0 on Sunday afternoon at Campus Field. The victory marked Sacred Heart's third of the season and first ever over the Black Bears in program history dating back to 2000.

Sophomore Samantha Kee and senior Ashley Testani both scored unassisted goals for the Pioneers, who already have more wins this year than they did all of last season.

Testani's goal came in the 21st minute when she lofted the ball over a crowd of Black Bear defenders from the 18-yard box and past the Maine goalkeeper to put the Pioneers ahead 1-0.

Junior Meghan Reichelt made a key save for the Pioneers in the last minute of the first half as Maine's Kelsey Wilson nearly kicked the ball into the back of the net, but Reichelt just got her hands on the ball to preserve the Pioneers' 1-0 lead. Reichelt had seven saves on the day to earn her third shutout of the season.

In the second half, freshman Lauren Boccio was involved in a bit of controversy when she had a shot that rocked the crossbar and appeared to bounce down into the goal, however, the referee ruled that the ball did not cross the plane.

While Kee and Testani accounted for the only two Pioneer goals on the day, they weren't the only ones who contributed to the win.

Juniors Leigh Dogmanits, Jasmine Rodriguez, Lindsay Elliot and sophomores sophomore Heather Quevillion and Amanda Stiles each played important

minutes in the Pioneers' winning effort.

The Pioneers return several members from last year's team which will make them more experienced and deeper this season.

"We have strong defenders and quick forwards and our midfield handles the ball very well. [Meghan] Reichelt has been really strong in net this year, and has made some really important saves," said Rodriguez.

"Our goal this year, as always, is to be competitive in the conference and make it to the NEC tournament..."

- Samantha Kee
Pioneer sophomore forward

Sacred Heart returns to action tomorrow night as they hit the road to take on Stony Brook University at 7 p.m in Stony Brook, N.Y.

"The win against Maine was a big win for us," said Kee. "Our goal this year, as always, is to be competitive in the conference and make it to the NEC tournament.

I think we have the talent to do it, and we're looking forward to conference play."



The Spectrum/Chauncey Hardy

Meghan Reichelt made seven saves in goal for the Pioneers against Maine to earn her third shutout of the season.

Athletes, training staff guarding against H1N1

Lauren Craft
Staff Reporter

With all of the recent talk of the H1N1 virus affecting college campuses across the country this fall, it seems that while everyone is at risk, collegiate athletes make the perfect candidates to contract the virus.

Not only are student-athletes at a heightened risk by living in dorm rooms and eating in school cafeterias, but they are also subjected to sharing locker rooms, exhausting themselves, and being confined to an area with their teammates.

At Sacred Heart University, members of the athletic training staff as well as student-athletes and coaches are taking several precautions to guard against a possible swine flu outbreak.

According to Sacred Heart's head athletic trainer, Julie Alexander, the athletic training department has taken measures to protect athletes against swine flu contraction.

"Student-athletes will fall under the same policies as the entire student body," said Alexander. "Health Services, Public Safety, and the Emergency Planning Team H1N1 Task Force are instructing all students in proper hygiene, covering coughs and sneezes into the elbow, and proper hand washing techniques."

Alexander went on to explain further precautions being taken to keep sick athletes out of contact with anyone else.

"A sick student-athlete tends to report to practice, visit with the coach, visit with the athletic train-

ing staff, will be referred to Health Services, and will then head back to their room," said Alexander. "We have asked these committed intercollegiate team members to break that habit. They will now be asked to call their coach, athletic trainer and Health Services in order to 'self-quarantine' and prevent disease transmission."

Many athletes at Sacred Heart are also concerned about a possible outbreak of swine flu and are determined to stay healthy.

"As swimmers, we're more prone to the virus," said sophomore Kelly Welsh of the women's swimming and diving team. "I've been taking vitamins to boost my immunity, concentrating on getting more sleep, washing my hands more often, and being conscious of keeping my townhouse germ-free."

Eric Gruter, a member of the club hockey team, has noticed some changes that his team and others are making this year as a result of the swine flu.

"Because of the swine flu, we are taking more precautions like bringing our own water bottles instead of sharing them like we used to," he said.

"In the event of any confirmed case, our athletic training staff will work closely with our Health Services physicians, nurse practitioners, and nurses to ensure care to that student-athlete," said Alexander. "The student-athlete will not be allowed to return to classes or practice until the proper amount of time has passed and physicians have cleared the return of that individual."

GAME OF THE WEEK

Who: Sacred Heart vs. Stony Brook Women's Soccer

When: Tomorrow, 7 p.m.

Where: Stony Brook, N.Y.

SHU Record: 3-3

Stony Brook Record: 0-5-1

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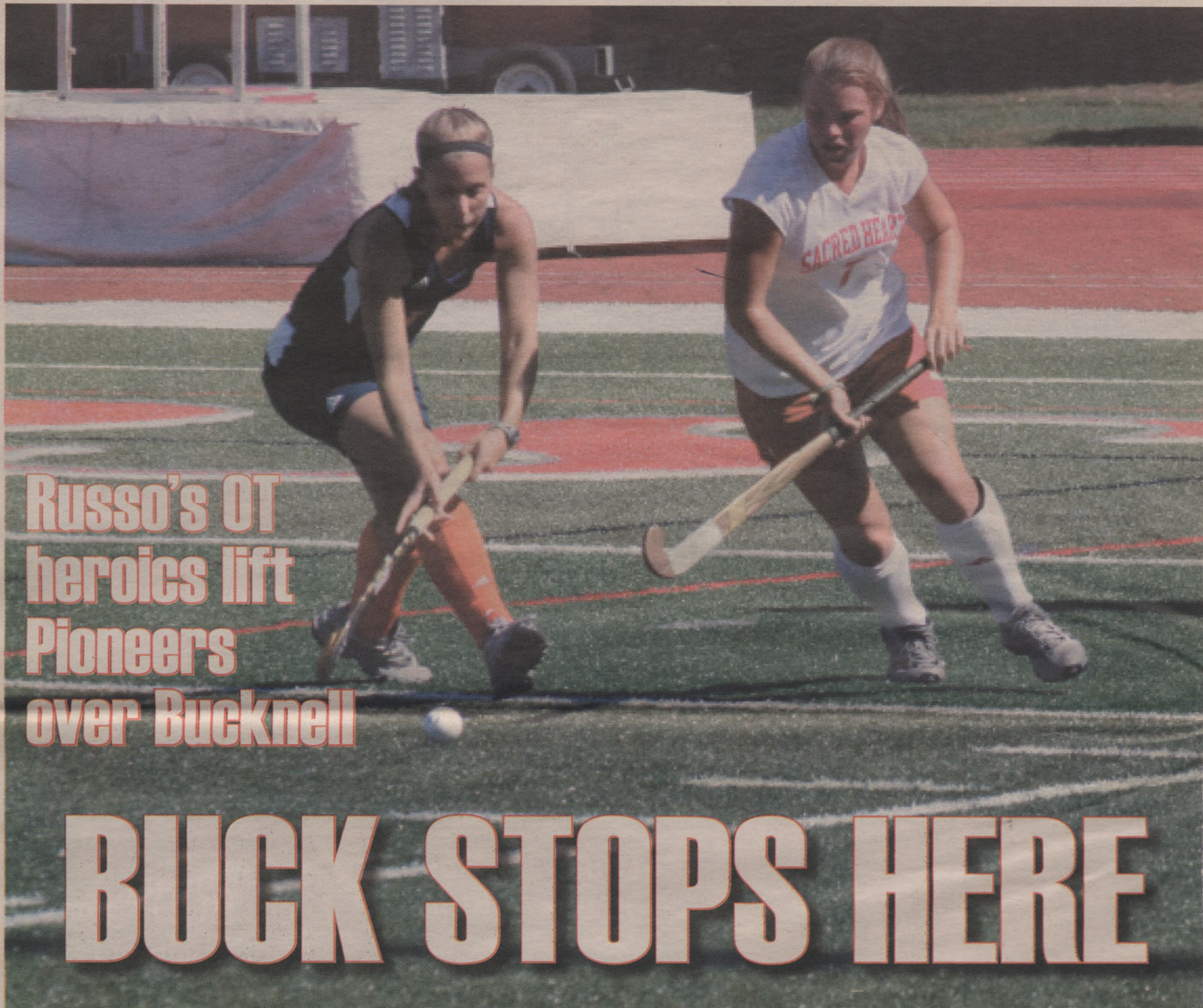
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**Russo's OT
heroics lift
Pioneers
over Bucknell**

BUCK STOPS HERE

Sacred Heart's Karly Duven (#7) pursues the ball against Bucknell University on Sept. 13 at Campus Field.

The Spectrum/Nicole Eastman

MAINE EVENT

W. Soccer tops Maine for first time in program history
page 15



The Spectrum/Chauncey Hardy

BITTERSWEET

Coles has record-setting day in Pioneer loss
page 12



Photo courtesy of Athletic Communications