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SACRED HEART UNIVERSITY  
FAIRFIELD, CT

# SPECTRUM

## Sacred Heart student thinks thrifty *New thrift store reduces wasted items, gives back to campus community*

Tara McDermott  
Staff Reporter

Students pay thousands of dollars to attend college and buy the school essentials such as books, furniture, and kitchen appliances. Sometimes college students' wallets deserve a break. Now, Sacred Heart University student Michael Fazzino has devised a plan to make this possible.

"The idea came to when I saw students moving out of their dorm rooms at the end of the year. I would see what had to be thousands of dollars in perfectly good furniture, dorm items, clothing, and food thrown out without a second thought," said senior Michael Fazzino.

As a solution, he opened a non-profit thrift store on the campus. Located in SC 123b in the main academic building, this non-profit project was designed to reduce waste and give back to the community. The thrift store has a selection of used clothing, electronics, books, kitchen and dorm supplies, furniture, appliances, and other college essentials donated by students, which are then sold at discount prices.

"I would probably buy and donate things. Especially things like electronics and kitchen accessories now that I live off-campus. At the end of the semester you end up with a lot of things you don't need and I would feel better about giving them to people who need them rather than just throwing them out," said senior Kristen Sullivan.

This project was inspired at a Core Commitments Conference that brought students together from different schools involved in the Association of American Colleges and Universities group. Senior, Mike Fazzino, who has been a part of the "Clean Sweep" program and various other volunteer works at Sacred Heart, was chosen to work together with students from four other colleges to create the concept of the thrift store. Their idea won the \$5,000 prize offered for the best idea submitted.

"As a college student, I appreciate that we don't al-



The Spectrum/Zack Lane

**Sacred Heart University thrift shop is fully stocked with items for low prices.**

ways have money to buy brand new things when we need them. The SHU Thrift Store is a great alternative to that," said Fazzino.

Most items are priced between 50 cents and three dollars. Items such as clothing and books can be exchanged for equivalent items. By participating in volunteer programs or donating an item to the store, students can earn

coupons that can be used to make their purchases in the store.

"Not only are these items being saved from polluting the earth in landfills, but it's saving Sacred Heart thousands of dollars in dumpster fees and disposal. It's also giving students a great way to give back to the school and community," said Fazzino.

## CAMPUS VIOLENCE HITS HOME

Ines Cenatiempo  
News Editing Associate

News channels can't stop talking about the murder at Yale University in New Haven, Conn., but what actually happened? Most of all, of course, how has this affected Sacred Heart University?

"It scares me to think of how anyone at any moment could be at risk of such a thing, even at a school as nice as Yale. It's just not something you expect. It's a huge eye opener, and in a way reminds us all to be more careful, though it's an awful way to have such a reminder thrown in our face," said junior Daniella Bower.

According to the Sept. 19 issue of the Connecticut Post, Yale graduate student Annie Le "vanished from a research building in Yale's medical school complex on Sept. 8; her body was found hidden in a wall recess five days later, on what was to be her wedding day."

The current investigation being done has charged Yale lab technician Raymond Clark III with the murder. As the Post writes, "The evidence is so overwhelming that police believe they don't necessarily have to uncover Clark's motive for the killing to convince jurors of his guilt..."

"I feel terrible for the girl and her family, but there is nothing that could have really protected her from what happened. She was in a public place during the day, so it

shows that these events can happen nearly anywhere at any time," said junior Stephanie Valvano.

Unfortunately, Yale has not been the only university in Connecticut to experience a recent shock. Sacred Heart's campus has also been the site of two unwanted events.

The first incident happened on Sept. 7, at approximately 1 a.m. According to Public Safety Manager Addlie Dennis-Manson, "The female student was walking alone on Geduldig St. when a vehicle pulled up next to her and a male approached her. She was assaulted and her purse was taken. She was transported to the hospital and released."

The incident was reported to Public Safety and  
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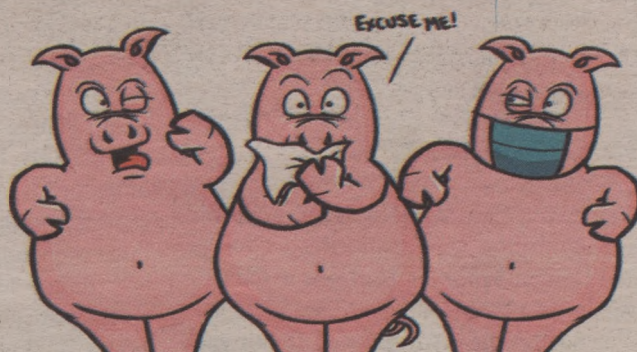
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# NEWS

## FALL LECTURE SERIES RELEASED

Katherine Karol  
Staff Reporter

Come one! Come all! Sacred Heart University has finally released the new lecture series for this upcoming fall. As students settle into their normal routine, guest speakers will spice up the university with their expertise on a variety of topics.

Tracy Kidder, a Pulitzer Prize and National Book Award winner, author and physician, will be the first of the guest lecturers to inspire students at university. Taking place on Monday, Sept. 28 at 3:30 p.m. and 7 p.m. in the Edgerton Theater, Kidder will speak on his book, his best-selling book "Mountains Beyond Mountains." In his lecture he talks about the global health crisis, tuberculosis and AIDS. In this story, a physician starts on a perpetual journey to improve the health conditions of the less fortunate people all over the world.

In addition to this work, he has written many other well-known books including "The Soul of a New Machine," which talks about the world of corporate America. His book earned him a Pulitzer Prize and a National Book Award in 1982.

Although Kidder's lecture is required for freshman, other students are looking forward to going as well.

"I would consider attending Mr. Kidder's lecture because the topic intrigues me. The global health crisis is a very important subject that impacts the world and I would like to be better informed about the matter."

According to Denise Tiberio, associate dean of students, Kidder's work, "Mountains Beyond Mountains," was recommended to them for the freshman reading assignment. Once approved, the university wanted to connect this reading assignment with a speaker as they had in previous years.

Last year, Mitch Albom kicked off the lecture series reading excerpts from his book and the school's freshman reading assignment, "One More Day." The year before

that, the lecture series began with Immaculee Ilibagiza, a Rwandan genocide survivor and author of the book, "Left to Tell: Discovering God Amidst the Rwandan Holocaust."

"We hope that what he provides is a different perspective to students that read the book over the summer. We want to be able to give a place for the students to come and talk about the book," said Tiberio.

All of the books and lectures have allowed students to delve into critical issues they face in the world today. By bringing class instruction, a speaker, and a book together, this program encourages students to confront the issues more critically and broadens their knowledge of the world around them. Kidder will kick off the program this year.

"We have tried to link the freshman reading assignment with our first speaker of the year. It has always worked out really well. We brought him in on behalf of the series because every year we try to highlight current authors, sports figures, or people that are in current affairs that our students would really relate to," said Tiberio.

Although Kidder just recently had a different book come out, his lecture will be based off of his book "Mountains Beyond Mountains." Freshman students are required to attend his lecture, which will be held Monday, Sept. 28 in the Edgerton Theater.

In addition to freshmen, other Sacred Heart students are also familiar with the lecture series and are anticipating its return.

"I have been to a few lectures at Sacred Heart University. The majority of the lectures I have attended were because a teacher required attendance for class," said senior Juliana Shkreli.

In addition to Tracy Kidder's appearance in September, the university has two other speakers lined up for the fall. Bill Cowher is coming to speak Monday, Oct. 26 at 7 p.m. Cowher is a former football coach for the Pittsburgh Steelers and is now a NFL analyst. His lecture is called "Blueprint for a Winning Team."

Following his lecture, Blake Mycoskie will present



Randomhouse.com/Anne J. Tate

**Kidder comes to Sacred Heart to lecture on his best selling book "Mountains Beyond Mountains"**

"The New Rules for Tomorrow's Business: A Student's Guide to Making a Difference in the World" on Tuesday, Nov. 17th from 7 p.m. to 9 p.m. Students may recognize him from being featured in an AT&T commercial as part of a new ad campaign, which highlights his business TOMS Shoes for giving out a pairs of shoes to children in need all around the world.

"He is coming in right before Thanksgiving," said Tiberio. "We thought that would be a great time for him to come and hear what he has to say."

## LECTURE SERIES FALL 2009

*Tracy Kidder: "Mountains Beyond Mountains"*

Monday September 28, 2009 at 3 p.m and 7:30 p.m.

*Bill Cowher: "Blueprint for a Winning Team"*

Monday October 26, 2009 at 7 p.m.

*Blake Mycoskie: "The New Rules for Tomorrow's Business: A Student's Guide to Making a Difference in the World"*

Tuesday November 17, 2009 7 p.m-9 p.m.

## Amazon kindles a new idea to retrieve textbooks

Brittany Calvanese  
Staff Reporter

In a world where most of our daily activities occur on computers and the Internet, why do colleges and universities still find it necessary to use oversized and overpriced books?

These books are not only mandatory but also essential to students' courses and the way they learn their material.

Amazon created the Kindle, which is the latest version of the retailer's ebook, said collegenews.com. A Kindle is a very small and compact device that can be carried easily in a purse or backpack.

Many wonder if it would be more beneficial to use Kindle or to continue to use hard paper copy books.

There are few colleges and universities around the country that are trying out the new Kindle. They are Arizona State University, Case Western Reserve University, Princeton University, Reed College, and Darden School of Business at the University of Virginia.

Sacred Heart freshman, Tiffani Lynch

received a Kindle as a graduation gift. She describes it as an electronic book: "You download books from Amazon right onto the Kindle, said Lynch. "The books are cheaper. They are only 10 dollars each and the Kindle holds a lot of them."

Junior Ashley Engel says she spent over \$800 on books this semester. Although the Kindle's price has gone up \$130, its final price is \$489 which in the end is usually around half of what students spend on their books each semester.

According to NACS.org, the average cost of books per semester for a college student is \$750.

As biology major, Engel's books are very large and are needed at every class, which is a hassle for her to carry them daily.

In contrast, Kindle has its limitations. Kindle is a black and white photo service only. For many students who need diagrams to help them understand different aspects of their studies, this can create a large problem.

Junior Jessica Levitsky, an exercise science major, said that she needs diagrams in almost all of her courses, as the

diagrams are color coded to decipher various muscles. Kindle would be little help to students that need these diagrams while studying as they are required to label them on most of their exams.

Many students say that reading for a long period of time can strain their eyes. Junior Arielle Mazzei says that she would rather read something on paper as a hard copy rather than strain her eyes to read her books on a computer screen for long periods of time.

Unfortunately you cannot print from a Kindle when it is connected to a computer. However, if you know how to copy it into "My Clippings" then there is a way to ultimately print the text.

The "My Clippings" section of a Kindle cannot hold an entire text, so it would not be of any help to someone that does not want to read it on a Kindle. The section can only hold parts of a reading.

Amazon is not the only Web site to come out with an electronic book service, Google and Barnes and Noble also have their own version of a Kindle as well.

Google's version of a Kindle is different as it is not a device, it is simply a dif-

ferent aspect of the Google Web site that acts as a search engine only to find books. A book can be obtained in its full text. By clicking on the book title, the pages load on the Web site and can easily be read from there.

Barnes and Noble have a service called eBooks. eBooks are purchased through the Barnes and Noble Web site. It isn't a hand held device but can be done on your phone if you have the Internet.

Sacred Heart University junior Westley Lynskey said, "Kindle would be a terrible idea. If I lose it, that means I'm losing all of my books rather than one. If I get it wet, that means I'm ruining all of my books. It is too easy to ruin rather than to be careful with."

However some students who already own a Kindle have no complaints.

"I love it because it's so light and easier to carry," said Lynch. "I can store all my books in it so they're all together, which makes life easier."

While technology sweeps the modern world some students will always prefer reading the old fashioned way.



# Students concerned over recent CT crimes

...CONTINUED from page 1.

Bridgeport police who are still conducting an investigation on who may have been involved in the assault.

The second assault took place on Friday, Sept. 18 at 10 p.m.

"The female was walking to the Jewish Community Center parking lot when a vehicle pulled up next to her. A male grabbed her and attempted to get her into the vehicle. She was able to get away from the perpetrator by kicking him," said Dennis-Manson.

Bridgeport police and SHU Public Safety were contacted around 11:30 p.m. to go to the Parkridge Apartments where the attempted kidnapping was taking place.

The student did not need medical assistance, and the incident is under current investigation by both Public Safety and Bridgeport police.

As shocking as these incidents are to the Bridgeport community, how have they affected Sacred Heart students?

Some students are not worried about the recent events. Sophomore Michelle Grosodonia said, "I have never not felt safe on campus. Then again I usually travel in a group of people if it's

late at night."

Other students, however, are very concerned. Bower said, "It makes me really scared. People should understand, especially girls, that going even from car to residence you shouldn't be out alone."

Students like Valvano would like to see more Public Safety and police cars driving around the surrounding areas of Sacred Heart's campus.

Valvano also said, "It is terrifying to know that these events happened so close to where I live. When hearing about them I thought this could have happened to me. Incidents like this make me feel very unsafe and scared to even go out at night."

Dennis-Manson did mention that extra patrols have been assigned to the areas where the assaults happened, along with adjusting the times for when the patrols are stationed. Bridgeport police have also increased their patrols.

The assaults are a shock to the community, but the Department of Public Safety is encouraging students to learn to act quickly whenever they feel unsafe on campus and in the surrounding areas.

## Campus recycling program is expanded with new RVMs

Tara Rotondo  
Staff Reporter

Students no longer need to travel to their local grocery store to recycle. The school invested in three new reverse vending machines, which are located in the humanities center, Seton Hall, and the Pitt Center.

Now, all students, faculty, and staff are able to redeem their collected bottles and cans.

"Hopefully, the use of the RVM will increase recycling efforts throughout the campus by simply keeping the program in public view and offering attractive incentives for using the machines" said Ed Dobransky, the manager of Support Services.

The machines will accept plastic bottles and metal cans, but they are not programmed to accept glass.

"For now, campus operations will provide a receptacle next to the RVM for glass items," said Dobransky.

Prior to the new machines, Sacred Heart didn't have an official recycling program. Now students find relief in the new recycling alternative.

"We were always throwing away plastic bottles in our trash, which felt wasteful," said Navarre.

Last year, the residential life team held competitions in the dorm to see who could collect the most recyclables. The purpose in the contest was to promote recycling on campus.

"My suite was so excited when they came around with a collection bag for the contest," said junior Karen Navarre.

The contest was one attempt to try and get the Sacred Heart campus to recycle. With all of the "Go Green" campaigning it came as surprise that the school didn't invest in the machines earlier.

"Several years ago we had discussions with the student senate about developing such a program. For a number of reasons, it was put on hold," said Dobransky.

However, he said that now seemed

to be the right time to look into using the machines. Primarily, they would increase recycling efforts throughout the campus by offering incentives for bottle and can collection.

Although a majority of students applauded the university for making an effort to improve the environment, some wish they were getting more out of it.

"The only thing I wish the machines did was give us money for our recyclables," said freshman Matthew Jones.

Jones feels that students aren't going to make the effort to recycle if they aren't personally getting anything out of it.

To entice students to use the machines, Campus Operations plans on sponsoring contests and giving away prizes.

The only machine that was placed in a residence hall can be located in Seton Hall. Campus Operations felt that the freshmen dorm would be a good trial area. If the machine is being put to frequent use, it is possible an RVM will be placed in other residence halls on campus.

Although the RVM's are shiny and new some of the Campus Operations staff are concerned students may easily bypass the machines.

"I guess it depends, I'm not sure I would go out of my way to use the machines" said Navarre. "Maybe if my roommates and I took turns bringing cans to the machines we would do it."

With the machines being so new it's hard to tell if they've been put to use. Since the school hasn't had any prior recycling programs available to the entire Sacred Heart community, Campus Operations is optimistic that they will be put to good use.

The Student Senate also plans to work with Campus Operations. They will collaborate this year to make sure the machines are put to good use.

Students should also be on the look out for posters, and ads around campus promoting the new recycling. The RVMs are up and running, so start collecting your recyclables now.

## Tips from Public Safety

- **Students should report any suspicious activity to Public Safety by calling 203-371-7995 or for emergencies call 203-371-7911.**
- **Be familiar with the locations of the blue light call boxes located in each parking lot.**
- **No student, especially female students, should walk alone at night.**
- **Female students should participate in the Rape Aggression Defense (RAD) program, which is free of charge each semester.**
- **Pick up or drop off your friends at the door of their residence.**
- **Take out your keys before you leave your door or continue to carry them after you leave and lock the car doors.**
- **Students can go to Public Safety and pick up a safety pack that includes a whistle and safety tips.**

**Believe politics has nothing to do with your life?**

**Skeptical about government?**

**Discover the facts...**

**INTERN AT THE  
CONNECTICUT STATE CAPITOL**



Learn about state government and earn academic credit this spring semester as a legislative intern at the State Capitol. Work with a state senator or representative and develop first-hand knowledge of the real world of politics.

Both part-time and full-time internships are available. A major in political science and prior political experience are not required. Academic credit is granted by most colleges and universities. In addition, a travel stipend is awarded to cover the cost of travel to the State Capitol. To learn more about this program and obtain an application see your campus advisor.

**DEADLINE FOR SUBMISSION OF APPLICATIONS:**

**NOVEMBER 1, 2009**

**Campus Advisor:** Prof. Gary Rose  
Chair, Political Science Dept.  
Administration Building, Rm. 214  
(203) 371-7745  
roseg@sacredheart.edu

<http://www.cga.ct.gov/isc>



# NEWS

## Ali's Angels: A student's saving grace SHU Community Walks to support student

Jennifer Hill  
Staff Reporter

It was that time of year again. The time of year when a community would come together once again, sporting their matching baby blue t-shirts that read "Ali's Angels", to raise money for a common cause.

"We could not have asked for a more amazing day on Sunday," said Alison Cubbellotti, a junior and co-chairwoman for the 2009 Liver Life Walk. "The weather was beautiful and because the sun was shining, it made the entire day have a fantastic atmosphere and feeling. I know that God was looking over us on Sunday and made this walk a simply incredible day."

The 2009 Liver Life Walk took place on Sunday, Sept. 13 at Rentchler Field, in East Hartford in the fight against liver disease. Junior co-chairwoman and Sacred Heart's own Alison Cubbellotti lead her team Ali's Angels on their 4th annual walk.

"I really want to make a point to tell the Sacred Heart community how thankful and appreciative I am for all of their hard work and support with everything I am going through."

-Allison Cubbellotti

"The walk was filled with energy, emotions and hope for Alison. As you looked around it was a sight to see all the people in support of a such worthy cause. I was beyond happy to participate in the walk in support of Alison. I attended the walk with my Student Government Executive Board, other members of Student Government and about 100 other Sacred Heart Students. We all wanted Alison to know that we are here through it all and what better way to show that then by literally walking with her," said Kelly Anne Leather, Student Government president.

The Liver Life Walk is a fundraising walk for the American Liver Foundation. The purpose of the walk is

to raise money to help find a cure for the many different kinds of liver diseases. Alison Cubbellotti, who is a part of the Sacred Heart community, suffers from a liver disease called primary sclerosing cholangitis (PSC).

"This walk is an amazing opportunity for families that have either had experience with liver disease, or people that just want to help out a good cause, to have a day to spend together and feel unified," said Cubbellotti. "For me, this walk helps me feel that I am not alone in this struggle that I deal with every day. I have met so many amazing people with my involvement in the American Liver Foundation and have created bonds that will last a lifetime."

The Liver Life walk was a 5k, which is 3.1 miles. Many joined on that day to participate in the walk.

"So many students from Sacred Heart showed up, particularly those in Student Government, sororities and fraternities," said Nicole Rowlands, head of Student Traditions and Athletics for the class of 2011. "Helping out one of Sacred Heart's very own was an awesome way to start off the school year," said Rowlands.

Cubbellotti's goal for the walk this year was to raise \$10,001.00 and currently they have raised \$19,670.33. Ali's Angels are still receiving donations.

"We will have raised over \$20,000 extremely soon," said Cubbellotti. "What is amazing about any money that is raised through my team, Ali's Angels, is that the money goes specifically into a restricted fund with money that is raised by other teams affiliated with CT PSC Partners and

the money is given to researchers to research causes, treatments, and cures for my specific liver disease."

Due to numerous amounts of trips to the hospital this year, Cubbellotti had to withdraw from classes and is currently unable to attend Sacred Heart at all.

"I am in the nursing program and it is my dream to become a nurse," said Cubbellotti. "But, my health comes first, and I am focused on getting better so that I can do my best and strive for excellence and become the best nurse that I can be," said Cubbellotti.

To help her fulfill her dream, many people from various clubs came together to walk on her part.

"Sunday's walk was amazing," said Rowlands. "It was so great to see students from so many organizations help out at such a successful event. Alison is still hopeful for a liver transplant. She is such a strong girl and we will continue to keep her in our thoughts and prayers."

In response to Sacred Heart's efforts to support a cause that hits so close to home, Cubbellotti showed heartfelt appreciation towards all who participated on her behalf.

The walk was filled with energy, emotions and hope for Alison. As you looked around it was a sight to see all the people in support of such a worthy cause.

-Kelly Anne Leather

Student Government President



"I really want to make a point to tell the Sacred Heart community how thankful and appreciative I am for all of their hard work and support with everything I am going through," said Cubbellotti.

"Everyone has really come together as a family and they have shown me so much love and support and I cannot thank them enough for everything they have done for me. Seeing how amazing everyone has been has lifted my spirits so much and given me so much hope that not only will I get through this, but one day there will be a cure for my liver disease."

## Fulbright U.S. Student Grant provides students with a unique opportunity

Ryan Tarby  
Staff Reporter

Have you ever had a really good idea that pertained to your field of study? Have you ever thought about teaching that new idea or concept to someone overseas? Here is your chance—but the window of opportunity is slowly closing.

Only a few more weeks remain to apply for one of the most prestigious scholarships out there. The deadline for applications for the Fulbright U.S. Student Grant is Oct. 19.

"The scholarship really gives students a great opportunity and because of its prestige; it sticks with you throughout your career," said Prof. Robert McCloud of the computer science department.

The Fulbright program has existed for more than 60 years, providing future American leaders with the opportunity to study, research, and teach in other countries. Fulbright is the largest U.S. international exchange program and Fulbright Student Grants are available in more than 150 countries worldwide.

"The student must come up with a good idea, then find a country that can match up well with their idea," said McCloud.

Grants are available for study in sub-Saharan Africa, East Asia and the Pacific

regions, Europe and Eurasia, the Western Hemisphere, and South and Central Asia.

Students from any area of study can apply to the scholarship program. Sacred Heart has a committee of professors in its college of arts and sciences available for helping students in the application process. The committee is made up of several professors from various areas of study: Professors Pilar Munday, Mark Mascia, Jeff Cain, Penney Snetsinger, and of course, Prof. McCloud himself.

Fulbright is for students who have either graduated or are in their senior year. If a junior is interested, they are encouraged to reach out to the committee.

The Fulbright program gives students who have a brilliant idea an opportunity to showcase that idea and their talents in countries they might otherwise never have been to.

It is a program of the Bureau of Educational and Cultural Affairs of the United States Department of the State. Funding for the Fulbright comes from an annual appropriation from the U.S. Congress and by participating foreign countries and the host Universities and institutions involved.

"The program is funded by Congress so in some ways you can act almost as an ambassador while abroad," said McCloud. "The United States government supports the students while abroad for a whole

year."

The program was established in the year 1946 by the United States Congress to enable our government to better our mutual understanding between the people of the U.S. and the people of other nations.

Since 1946 the Fulbright Grant program has provided over 300,000 students and graduates with the opportunity to study, teach, research, and contribute to solving international concerns.

According to McCloud, a student who is a media studies major may want to teach video production to students in Turkey. An English major may want to teach a creative writing course to students in Brazil. The opportunity is endless.

"As a graphic design major I would love to have a chance to go abroad and either teach or learn new ideas in that field," senior Robert Lawson said. "It's not everyday that you get a opportunity to get involved something like this, I think with how advanced our country is in different graphic and art design it would be great to see what its like in other countries."

In the year 2008 the Fulbright awarded around 6,000 grants worth around \$275 million dollars.

"The program gives students third party recognition, in a established program with a network of people under the

protection of the state department," McCloud said.

The involvement in the community where the student is and the interaction in the classroom and in a social setting help give students an appreciation for other nations' perspectives.

"We have some very strong candidates here at Sacred Heart, and I encourage more students who show interest to reach out," said McCloud.

### APICS Professional Development Meeting

#### HOW TO GIVE PRESENTATIONS THAT "WOW"

Presented by Bob Dickson from  
Dale Carnegie Training

Tuesday, September 29<sup>th</sup>  
5:30 pm to 8:15 pm  
Cinzano's Restaurant  
1920 Black Rock Turnpike  
Fairfield, CT 06825  
203 367 1199

Students cost \$10.00 includes dinner  
Attendance enters you into a raffle for a  
FREE, one year  
APICS membership

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# EDITORIALS

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## HAS THE 'SWINE' FLU REACHED SHU?



Kate Poole

Managing Editor

Well Sacred Heart, we're two weeks into the new semester and the flu is on the loose. But is it swine flu?

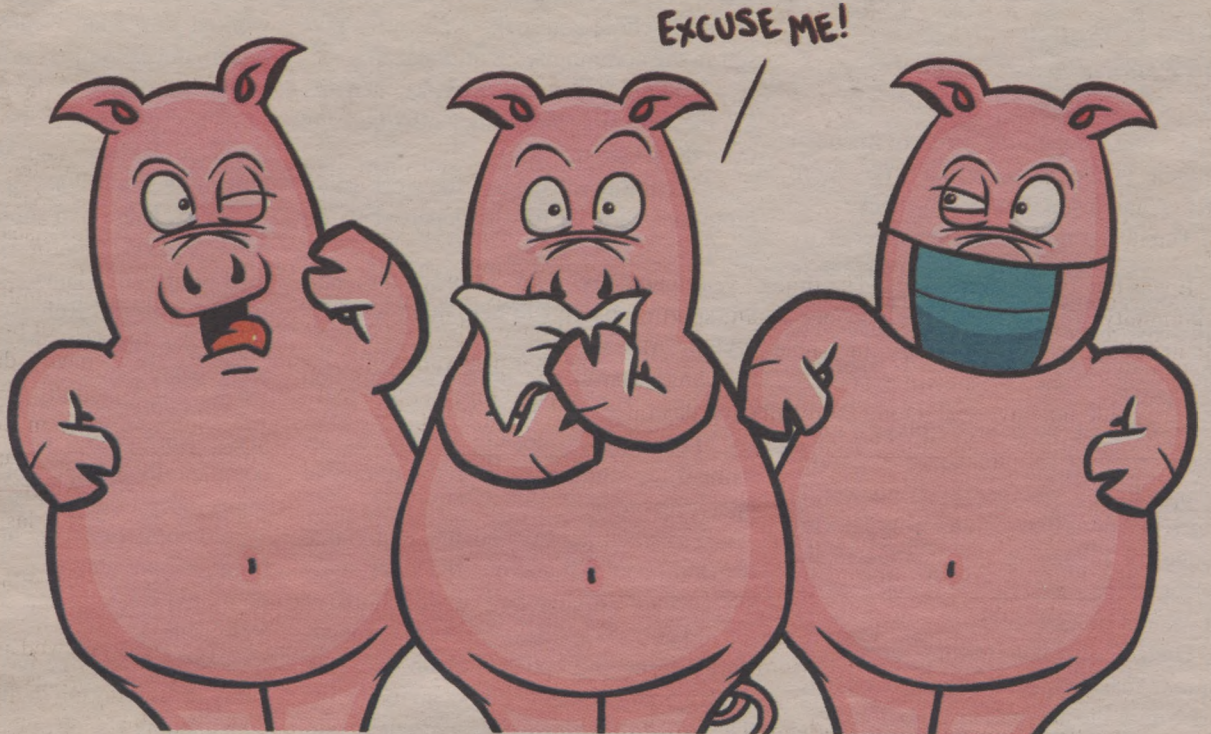
I first heard the news Monday when I was at home sick, and needless to say I broke into a bit of a panic. I've been sick for about two weeks now with various symptoms associated with the dreaded H1N1, so the first thought that came to my mind was "ut oh, I'm next."

Seeing as it was typical Sacred Heart he said/she said gossip, I heard it from a friend, who heard it from a friend, who heard it from a Facebook post and so on. But, as I arrived on campus Tuesday morning the news was still a buzz.

No official cases have been confirmed as of yet, but one thing that is clear: the flu, and sickness in general is on the rise. What I really want to know though is, what is the big deal about swine flu?

According to the Centers for Disease Control's (CDC) Web site, H1N1 is just a new form of flu virus that causes illness in people. It spreads very much in the same way that the normal seasonal flu spreads. The "swine" flu version of the illness was considered a pandemic as of April this year.

But is it really that big of a deal if someone gets swine flu opposed to the regular seasonal flu? "Most



iStock

Three little piggys have swine flu.

people who have become ill with this new virus have recovered without requiring medical treatment," said the CDC Web site.

When the seasonal flu hits, there are certain groups of people who are considered "high-risk." The people in this group are those who are over 65, younger than five, pregnant, or with existing medical conditions. According to the CDC "about 70 percent of people who have been hospitalized with this 2009

H1N1 virus have had one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications."

In other words, if you're a typical student who has decent health, you really shouldn't be in a huge panic. In the mean time, wash your hands, consider popping a little bit of Vitamin C, and if you do think you may be coming down with swine flu, for all of our sakes, stay home.

## SPECTRUM

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Remember the quad?

If you're a senior at Sacred Heart University, chances are you remember this legendary patch of green. It spanned between the library, administration, and academic building.

As I recall, students took advantage of the quad's wide-open grassy area by playing sports and taking their homework outside. Personally I never got around to participating in such activities because the quad ceased to exist after my first semester here. Still, during my freshmen year I managed to ruin a pair of shoes by cutting across the field after a particularly rainy week (I'm not bitter but that mud was deep).

Clearly for most of my time at Sacred Heart, this area has been home to a considerable amount of construction. Since spring 2007 the green has been fenced off and torn up to make way for the university's chapel.

Over the course of its construction the chapel has been criticized for many reasons. Some students felt it took away from what little green was left on campus and others felt its completion was too costly.

Although opinions about the chapel have differed, one thing is for certain: the chapel is now a permanent fixture to the Sacred Heart campus and it'll be open to the community this week.

Over the summer I had the opportunity to tour the chapel and I must say that I was pleasantly surprised. Although I was previously apathetic towards the popular student debates of whether or not the chapel needed to be built, I think it's safe to say that I've converted into a chapel supporter.

I always thought it was slightly problematic

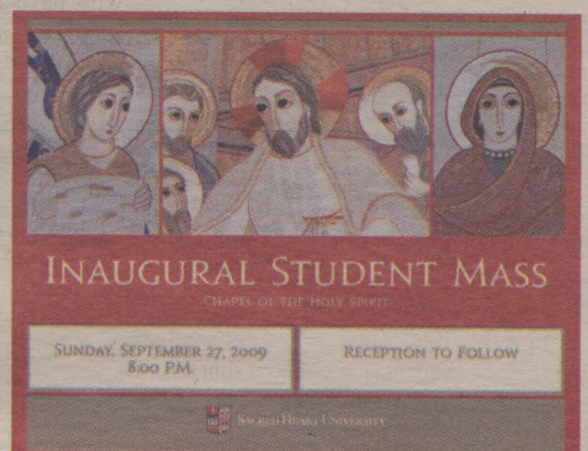
that a Catholic school didn't have a chapel large enough to hold a Sunday mass. The University Commons wasn't the most comfortable place to hold a religious service.

In August when I walked through the main parts of the new building, nothing seemed close to being completed. I still was extremely impressed with the artwork and detail that filled the building in every aspect of its structure. Everything appears to be thought out and placed specifically for a reason. The items that left a lasting impression in my mind are the massive mosaics that fill the inside walls. They are both extravagant and beautiful.

Nearly a month later, I went for a walk at night to take a break from editing this paper. I must say I am impressed. The chapel, library, and Schine renovations really light up the center of our campus and give it a very homey feel.

I don't mean for this to sound like an advertisement for the chapel. I still think it is something that could have been designed more simply and at a more modest price; it would have fulfilled the same purpose. However, now stands a modernly constructed place of worship, located in the middle of campus and I'm actually excited to see the final product.

If you want to compare your opinion with mine, go check out the Chapel this Sunday for the opening, or any time during dedication week.



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## Work-study jobs prove convenient and fulfilling

Adrian Fitzsimon  
Staff Reporter

Among the multiple forms of financial aid, there is one program that offers more benefits than just a weekly paycheck.

The work-study program offered by the university allows students to engage in the campus community while also gaining work experience and receiving a weekly paycheck that can be put towards whatever they choose.

"Each year, work-study plays a more integral role in the university's day-to-day operations, whether it be answering phones in Admissions, monitoring Hawley Lounge, or managing the shuttles in the Student Union," said Sylvie Hangen, assistant dean of financial aid.

Hangen also believes the work-study program enables students to make connections within the Sacred Heart community.

Alyssa Palazzo, a transfer student this year working with Athletic Communications, decided to participate in the work-study program not only to help finance her college tuition, but also to meet her peers and become a part of the community.

"It allows me to become involved in

my new school and make a place for myself in the community," said Palazzo.

While work-study provides benefits for the students, the school also benefits from the program.

According to Hangen, the work-study program is crucial for the departments on campus.

Supervisors rely heavily on their work-study students to help them with everyday tasks.

Shari Baron, the library's circulation supervisor, feels the same way.

The library depends largely on its work-study students to keep the library in operating order.

From helping students find material to checking books in and out, the work-study students are a crucial part of the school.

"The work-study students are essential to getting books back on the shelf. Such a high volume of books go in and out that we wouldn't have time to do them ourselves," said Baron.

Many students prefer the work-study program verses a job off campus because of the flexible hours they are able to work during the week.

Heather Moran, a senior who has

worked as a Mail Center clerk since her freshman year, enjoys how convenient it is to work during the school day.

"It's convenient because I work in between classes," said Moran. "With that downtime, it's just easier."

Nick Negron, a sophomore, and Hannah Robinson, a junior, both work as Hawley Lounge attendants.

Negron and Robinson agree that they enjoy the freedom they have with their work-study jobs.

In between completing their required tasks, Negron and Robinson are able to complete their homework while supervising Hawley Lounge.

"I enjoy [working in Hawley Lounge] because I am able to get homework done, do a little cleaning and still get paid," said Robinson.

Negron feels he has learned valuable study skills working in the Hawley Lounge by balancing his job and completing homework.

If office tasks or an attendant job don't spark your interest, don't worry. The work-study program includes many other options.

Some work-study students travel off

campus to volunteer in the Bridgeport community.

Many enjoy the rewards of tutoring young children and helping them during the after school hours.

The work-study program has recently included university research stipends and student internships.

According to Hangen, students are selected by the Office of Student Financial Assistance based on academic standings and need-based criteria.

Once selected, students become the research assistant for a professor in the student's field of study.

The student internship program is the newest addition to the work-study program and offers students a more in-depth campus job.

This program allows them to gain real life work experience as they mentor other students, train new work-study students, and be assigned more responsibilities.

Plus, there's always the opportunity to receive a strong letter of recommendation.

"For many of our students, supervisors play a significant role by writing [them] for internships, job placements, and applications for graduate schools," said Hangen.

## Name that tune: Songs gain popularity through hit TV shows

Danielle Buzzanca  
Staff Reporter

It's the first episode of "Gossip Girl" in months, and you can hardly contain yourself.

The main characters have been going back and forth with one another the entire episode, so you have been waiting for the climax for 50 minutes now.

They start to play a song in the background leading up to a steamy make-out scene.

All of a sudden, you find yourself uninterested in what is about to happen in the episode, and more interested in finding out what song is playing.

Who sings it? Are they a new band?

You instantly start Googling a couple words from the song as a desperate attempt to see if something comes up.

Many students agree that the shows they watch on TV are responsible for their growing taste in music.

"I find myself using Google or YouTube to find songs from television shows all the time," said senior Alyssa Wintergrass.

"I especially like that on 'The Hills,' they put the ti-

tle and artist of the song along the bottom so people can search the song."

Television producers have realized that they could get new artists songs out there by playing them in popular television shows.

Including them in shows was a strategic way of introducing new bands to a targeted audience.

"With a lot of the less popular bands I listen to, I often heard one of their songs in the background of a television show. My roommates and I will even Google songs during the show that we hear," said Wintergrass.

Senior Julianna Hatjygeorge attests that she has inquired online about a certain song.

"I heard a song for the upcoming preview for a 'True Blood' episode and wanted to know the name of it. So I found the preview on YouTube and commented on the video and asked what the name of the song was. Two people responded with the answer," said Hatjygeorge.

Wintergrass experienced a similar account with a new song.

"I discovered the song 'How to Save a Life' by the Fray from watching 'Grey's Anatomy.' I downloaded it as soon as I heard it," said Wintergrass.

According to Robert Wilson of Articlecreative.com, "When a show features a particular song, it can have quite an effect on the career of the artist, and can inspire a sudden surge in sales or downloads of the particular song."

Ellen DeGeneres, who is currently being sued over copyrights, is another source of getting new songs out to the public.

"I watch her daytime talk show and have discovered many songs that I have never heard of," said Wintergrass.

According to Billboard.biz, "The labels allege that Ellen's show has broadcast over 1,000 songs during the dance over segment of the show — when Ellen dances through the audience while moving from stage to stage."

The problem lies in the fact that DeGeneres has been playing these songs without ever paying for the licenses," said Rolling Stone Magazine.

However, some argue that airing the song helped to promote it, and did more good than harm.

"I understand that there are copyrights, but I know myself and my friends have downloaded a lot of songs from hearing them on the show," said Wintergrass.

"It's a shame that they are doing that since she made the songs more popular by playing them."

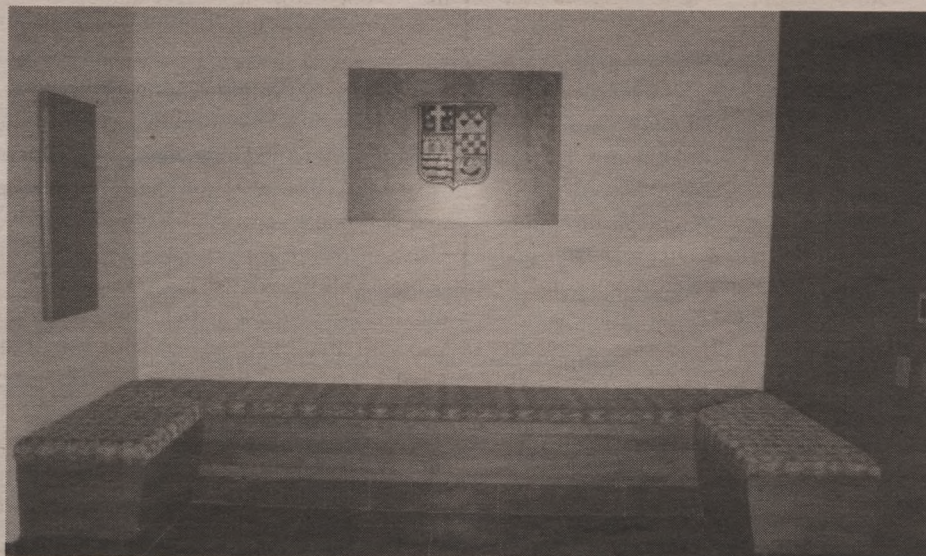


## Where in SHU?



Is it in Hawley Lounge?

Is it in the Pitt Center?



The Spectrum/ Michele Tymann

Is it in the library?

Is it in the chapel?

Is it in the hallway?

Find the answer in next week's issue!





The Spectrum/ Stephanie Kanner

Opposed to keeping their eyes on the road, many drivers type text messages while driving.

## Texting while driving sends mixed messages to drivers

Marie Leila Douaihi  
Contributing Writer

Generation Y has perfected the T9 function on cell phones.

Innovative conveniences like keyboards and voice activators that read back an incoming text are also available.

Students can effortlessly and aimlessly send texts because their fingers are trained like Pavlov's dogs to respond to a familiar text message alert.

The amount of time required to sneak a reply in, while keeping hands steady on the wheel, has been calculated.

Aren't drivers sometimes careless by drinking coffee or eating on the road? Why should texting while driving take the bad rap?

Numerous stories surrounding the topic of texting while on the road have been circulating widely.

This new phenomenon has become a heated debate on the streets, receiving extensive media attention in recent months.

An article from the Highway Safety Association indicates that "Eighteen states and the District of Columbia now ban text messaging for all drivers."

Additionally, a British Public Service Announcement has been contributing to heightened concerns over this controversy.

Web sites like YouTube.com have had millions of hits on this particular video due to its explicit and realistic nature.

Taking a graphic approach, it shows that just one moment of distraction can be fatal to the life of the driver, as well as the passenger and the unwitting travelers on the road.

But does this make people change their habits?

Texting on the road is just as illegal as speaking on a cell phone and perhaps even more dangerous.

Several studies have measured a person's response time while driving, texting, or speaking on a cell phone.

In a New York Times article entitled "Senators Seek a Ban on Texting and

Driving," Matt Richtel reports that "one study released this week from the Virginia Tech Transportation Institute found that truck drivers face 23 times a greater risk of crash or near crash when texting than when not doing so."

The statistics found that with young adult texting, accidents resulting in fatalities are also increased.

Individuals in high school and college frequently use texting as the primary way of communication on the road.

Most students on campus are guilty of this trend.

It is not unusual to be a passenger among good friends on one's way to dinner and witness the driver texting "we're on our way" with his or her cell phone resting on the wheel.

Senior Erik Kozlowski believes that texting while commuting is a "terrible idea because you divert your eyes. It is worse than talking on the phone because you need to focus and press all the keys."

Other students have experienced the risks associated with the trend.

"Even though everyone does it, it is still highly dangerous," said sophomore Jacqui Delgado.

"I have been in a car while friends were driving and texting and have almost gotten in accidents so many times. It's really frightening to your passenger, and you're putting your life in danger just to 'lol' at someone's text."

Sacred Heart University's Public Safety manager Addie Dennis offers some advice.

"Anyone who needs to send or receive a text message should pull over to the side of the road or into a parking lot. While no one has been approached for [texting while driving] on campus, Public Safety would like the university community to be aware of the many pedestrians on campus and the danger it imposes on them," said Dennis.

"It's a hazardous situation for the driver and others that could lead to serious injuries or even death."

## HE SAID/SHE SAID

*Does your opinion of someone's character change while they're under the influence?*

Tom Herles

*He said*



I didn't think that anyone found people who are totally drunk to be attractive.

Now, I want to be politically correct and say that I am sure everyone in question is beautiful on the inside... but what is happening on the outside in these situations is, quite frankly, unpleasant.

Let's go through some of the more attractive qualities of the drunken individual.

My favorite part is definitely the vomit. It is not a good night in college unless it ends with that private showing of what you ate that night, or so the legend goes.

Some of you reading may disagree while others may have just given a manly high five to your buddy in agreement.

Either way, you have to admit that some believe this.

My second favorite part of the drunk individual is the dress code.

Ladies, many of you seem to find it necessary to wear things that you can't move in before the consumption of alcohol.

What are the chances that, after throwing some back, your ridiculously tight dress and pair of tall heels will somehow be easier to command?

Please don't get me wrong, I enjoy going out with my friends. But I feel that having a good night isn't contingent on the alcohol.

Unfortunately, many would disagree.

One time I went to a small party at my friend's house in my hometown and, of course, everyone was drinking (and, of course, everyone was of age). So, I decided to play a joke. I filled an empty wine bottle with grape juice and carried it around all night taking swig after swig from it.

Everyone was so into it, like I was accomplishing some great feat.

But, I couldn't keep it up forever so when I told people it was grape juice some laughed while others were quite angry.

I had made a joke out of alcohol and it was as if I punched them square in the face.

My point is that many college-aged people have such an emotional attachment to alcohol that it definitely takes away from their own positive qualities and helps fuel the stereotype of the college student.

Although you may not remember this past weekend, this doesn't mean that everyone else has forgotten as well.

Chances are, if you wake up on the bathroom floor and have no idea what happened that night, you said or did something that will make you memorable to someone else.

If spilling your drink on someone is the legacy you want, then by all means you spill that drink and you spill that drink good.

But if you actually want to be judged by your actions in the classroom or everyday life, then maybe lay off the booze a bit.

To be perfectly honest, I have no idea if other guys think drunk women are attractive.

If you have to put on the drinking uniform and get hammered for members of the opposite sex to notice you, then maybe it's better for your reputation if you do not get noticed.

Then again, "Really Drunk Girl" and "Barfing Chick" are pretty catchy nicknames.

Sam Marinko

*She said*



Charlie Chaplin once said that a man's true character comes out when he's drunk.

If that's the case, then I want to meet every one of my future acquaintances, friends, employers, and most definitely boyfriends, when they are in a deep state of intoxication.

Imagine if Chaplin's deduction was right? It would make the typically daunting act of finding a boyfriend far easier on the female population if we were able to gather what kind of guy we were dealing with upon our first drunken encounter.

Unfortunately, and likely to Chaplin's disappointment, people don't always reveal their true selves when they are intoxicated.

In fact, sometimes the complete opposite occurs.

In an article published by the National Institute on Alcohol Abuse and Alcoholism, the effect alcohol has on the brain most prominently effects "thought processes," which leads to poor judgment, "inhibition," which increases confidence, and "blunts the senses and increases the threshold for pain."

Then the question becomes, does alcohol actually detract from a person's appeal? I say yes—definitely, undeniably, unequivocally, unmistakably, positively—yes!

Being so drunk that you become sloppy, or worse, a cocky, tough-guy, know-it-all with a hot-shot complex is hands down the biggest turn off a guy is capable of displaying.

It's true that meeting people sober and then encountering them drunk will often sway your initial judgment of them, and according to my own personal musing, it's not for the better.

Alcohol surely has its impact on people, but none that make people showcase their best qualities like intelligence, charisma, charm, or wit.

Slurring words, sloppy gestures, and nearly toppling over when trying to refill your cup at the keg—it doesn't exactly paint a picture of the kind of guy I'm looking for.

Rather, I'd prefer a guy that isn't a babbling fool, isn't lacking balance, and is capable of speaking proper English.

Is that really so much to ask for? Well, if alcohol is involved, then yeah, it probably is.

So, is Chaplin right? Are drunk words really sober thoughts?

According to an article written by the American Medical Association, because the gamma-amino butyl acid (GABA) is inhibited when someone drinks alcohol, that individual cannot think as quickly.

That said, it seems like drunk words couldn't possibly be sober thoughts, since the person isn't even comprehending exactly what they're saying at the time.

I've expressed my undying love to countless people when I was under the influence, and it's reassuring to know that my sober subconscious doesn't necessarily agree with my drunken stupor.

Sorry Charlie, but drunk words are not sober thoughts.



# ARTS & ENTERTAINMENT

## Maroon 5 to Perform

*SHU stage spotlights another crowd pleaser*

Mark Theroux  
Staff Reporter

It's just luck.

If The Fray's performance left you with a craving for even more live modern rock, then you're in luck. On Nov. 12 at 8 p.m., yet another band will perform at the Pitt Center: Maroon 5.

"It's all about the right opportunity coming up," said Amy Ricci, director of student activities.

Originally, a second fall concert was not planned.

"Our agent informs us of the current pool of musical acts on tour, and if we find one that would make students react well, we place a bid for them, and hopefully win," Ricci said.

Many factors complicate the booking of bands for concerts, such as scheduling, budgeting, and the musical act's notability. If any factor falls out of place, then the show will be rejected, said Ricci.

When Maroon 5 announced that they would do a college tour this fall, Ricci realized that it would be wise to grab hold of the offer.

"We knew we couldn't pass it up," said Ricci. "It's great to snag a performance from a band this big, because they usually sell out stadium-sized crowds."

The tour will consist of about a dozen college campuses, and Sacred Heart University is the only Connecticut location scheduled.

"This will probably be the greatest band to perform at SHU ever," said junior Danielle Bower.

It's been two years since a rock band has performed at the University. Lifehouse performed in fall of '07, T-Pain and Ne-Yo in spring of '08 and 50 Cent in the spring

of '09.

Originally formed in Los Angeles in 1994 as garage/grunge band named Kara's Flowers, the group changed its name to Maroon 5 in 2002, according to the Web site Allmusic.com.

That year, they adopted a new sound, shifting to a blend of pop, funk and alternative rock, as well as soul.

Their debut album "Songs About Jane" was released in June 2002. Thanks to the strength of singles such as "Harder to Breathe" and "This Love," as well as extensive touring, the album went on to sell 2.7 million copies in the U.S., according to E! Online News.

They made two live albums over the next few years. Then, in May 2007, Maroon 5 released their second full-length album, "It Won't Be Soon Before Long."

According to Billboard.com, the album sold 429,484 copies in its first week, and eventually sold two million in the U.S. alone.

Maroon 5 has sold over 10 million albums in the U.S., and 15 million worldwide.

Many students on campus appear to be enthusiastic about the upcoming performance. While The Fray is known for their alternative and piano rock, Maroon 5's funky, soul-infused pop rock seems to be generating a buzz as well.

"I think it's awesome that they're coming," said Alex Zeller, a sophomore and WHRT DJ. "I play them a lot on the Morning Show."

Maroon 5 might prove to outdo The Fray in the Sacred Heart concert series this fall.

"I'm not that interested in The Fray," said junior Michael Jalbert, "but I definitely think I'll check out Maroon 5."

## Jay-Z's 'Blueprint 3' drops right on time

Chris Daly  
Staff Reporter

New York City-based rap king, Jay-Z, just released his latest album "The Blueprint 3," and it is on fire. According to amazon.com, it is already the number one album for the week of Sept. 14.

Third in his series of rap albums, "The Blueprint 3" is a cross between the earlier two, "The Blueprint" and "The Blueprint: The Gift and the Curse." Featuring crossover pieces as well as rap, "The Blueprint 3" is a much-anticipated, fifteen track album.

Sacred Heart University graduate student, Mike Tarantino, feels that "The Blueprint 3" album may just be Jay-Z's best work to date.

"I think the new album is a different page for Jay. He has definitely tried to match the current times with the production on this album on such tracks as 'Hater' and 'On to the Next One.' But he also has the same classics on this album, with songs like 'Empire State of Mind' which is true to the streets," said Tarantino.

On the new album, Jay-Z tries to reach out to multiple demographics as he includes musical artists like Young Jeezy, Rihanna, Alicia Keys, and Timbaland. He touches on many different topics in his lyrics ranging from politically correct behavior to being from New York City.

"His impact is definitely huge," said Tarantino. "We wouldn't have many of the New York rappers we have today without Jay's influence."

Coming from the city, Jay-Z has a passion for New York and its landmarks that clearly speaks to its residents and to anyone who has ever visited the city. However, many students have been put off by

his going in and out of retirement.

"I am not sure how I feel about his un-retirement because it could have been to try to get more attention on the CD," said junior Michael Oberlander. "He could have really wanted to stop working at a point and just had the itch to rap again."

Retired or not, Jay-Z is living the dream of many rappers. Not only does he have an accomplished music career, but he is a shrewd businessman as well.

Growing up in New York City, Jay-Z developed an early love of the city and its people, and he works hard to give back when he can.

Some critics feel that Jay-Z deliberately scheduled the release date of the new album to coincide with the Sept. 11 memorial service and the VMA awards show.

Jay-Z's hit song "Empire State of Mind," featuring Alicia Keys, is one of the most requested iTunes downloads as of Sept. 13. "The Blueprint 3" might just be the album to complete the trilogy and become another best-seller for Jay-Z.



AP Photo/RRock Nation

Jay-Z's latest album, *The Blueprint 3* debuted in stores and on iTunes Sept. 11.

## '09 VMA's FILLED WITH SEVERAL SURPRISES *Leaves viewers thinking, 'How could Kanye be so heartless?'*

Jacqueline Vele  
Staff Reporter

On Sunday Sept. 13, the MTV Video Music Awards made its return to Radio City Music Hall in NYC.

The homecoming celebrated the return of host Russel Brand for the second consecutive year. The location seemed fitting, with the recent death of the Michael Jackson, who once celebrated his winning a plethora of moon-men at the first VMA's twenty-four years ago in the same venue.

Madonna was first to take the stage, giving an obituary on the life and accomplishments of Jackson. Simply uttering the words "Michael Jackson" caused uproar in the audience. In her opening speech, she honored the King of Pop and said "Michael Jackson was a king" yet "still a human being."

Shortly after, the stage transitioned into the much anticipated performance: the Michael Jackson tribute performance. Over 20 backup dancers stepped onstage to recreate MJ's famous dance moves.

Janet Jackson made an appearance as well, and danced in memory of her brother to the song "Scream." The flawless performance paid tribute to Jackson, treating him with the highest amount of respect and praise for his work.



AP Photo/Jason DeCrow

Kanye attempting to steal Taylor's limelight during her acceptance of the award for Best Video.

"The tribute was entertaining," said senior Alex Moreno, "and Janet Jackson did a really great job."

Lady Gaga proved to be 'original' as ever with her bloody performance of "Paparazzi." And her costume did not fail to live up to people's expectations. After all, the pop diva is known for her outrageous

style, whether it be her masks, latex body suits, or distinctive blonde wigs.

From her fluffy white horn-headband, to her phantom mask and bold pink hair, she certainly made a unique fashion statement.

"I thought Lady Gaga looked more uncomfortable than anything," said Moreno.

While the highlight was anticipated to be the tribute to Jackson career, the VMA's will likely be best remembered for Kanye West's disruption of Taylor Swift's moonman acceptance speech for Best Video.

"Taylor, I'm really happy for you, 'imma let you finish, but Beyonce had one of the best videos of all time," said Kanye as the crowd booed in disapproval.

Many students at Sacred Heart caught a glimpse of the action, and were not thrilled by Kanye's interruption.

"It was entirely disrespectful to Taylor and to Beyonce," said senior Anabell Vogeley. "He wasn't doing it to champion Beyonce, but because no one was paying attention to him. And had he waited half an hour, he would have seen that Beyonce won Video of the Year."

Others felt that the outburst was not to be taken to heart.

"It was rude but it was his opinion," said junior Jonathon Mercado. "He could have done it in a more polite way, however, Kanye is entitled to his opinion."

While the VMA's continue to be known for rising stars, scandalous events, and notable performances, the event stays true to its originality and remains, as MTV declares, the most "musically driven, most talked about award show on television."



# 'S-H-U KNOW' YOU WANT TO LISTEN

Nicole Eastman  
Staff Reporter

Who doesn't love listening to upbeat music and laughing hysterically?

Hosted by Sacred Heart students Billy O'Brien, Rishard Brown, and Ron Taye Fulton, "S-H-U Know" airs on WHRT weekly on Thursdays from 5 to 7 p.m.

The fresh DJs, respectively known as DJ Thrilla, DJ Shardbody, and DJ Armani, feature hip-hop and rap music, as well as some R & B tracks.

According to O'Brien and Brown, their two hours in the spotlight began when they were walking by the radio booth and heard people on the air. This trio knew they could bring something new to the university through music played on the radio, so they applied for the job. The following week they debuted on air doing their own thing and adding their own flavor.

While DJ Armani is currently out in Los Angeles attending the Musicians Institute, he still holds a solid role in the show. Just last week, Ron called in during their airtime and talked for a good amount of time. He is also the first person to call them and tell them when it's time to mix



The Spectrum/Chauncey Hardy

O'Brien and Brown hanging out in the WHRT studio before their weekly airtime.

things up musically.

"When Ron finally makes his return to the east coast, there will be a reunited show special," said O'Brien.

Not only do they play great music, but they also talk about various topics on the air. Their session, "What Really Grinds my Gears," talks about their various frustrations. Being that all three DJs have been members of the Sacred Heart football team, they enjoy talking about SHU football, as

well as sports in general.

"Their show is an example of the diversity of WHRT, and a good representation of the tastes of the students," said Gregory Golda, clinical instructor of media studies and radio station advisor.

So what makes these boys stand out from other radio shows at the university?

They make their listeners laugh by bringing charisma and energy to their show, allowing fans to enjoy themselves.

The boys guarantee that if someone walked by during this show, they are guaranteed to see the DJs dancing and singing along to the music they play.

"Their show is growing in popularity, not just because of the music," said Golda. "It's their hard work and dedication."

Their upbeat tone and originality are really what separates this show from others.

"We say things people do not expect, and we keep you laughing and listening to great music," said O'Brien.

Even students who have not yet become avid listeners are drawn in to the boys' outgoing on-air personalities.

"I've never actually listened to their show, but whenever I walk by, they always look like they are having so much fun," said junior Sammie Latulippe.

From making plays on the football field, to completing schoolwork and spinning the latest tracks on the radio, these DJs say they are working hard to continue to make their mark on the Sacred Heart community.

"All it takes is for someone to listen to one show," said O'Brien, "and they are bound to become repeat listeners."

## Leno: appeals to younger generation

Emma Levine  
Assistant A&E Editor

Whether its Conan O'Brian, David Lettermen, or any other late-night host, the expectations of the audience are always the same with late night TV: to be entertained and informed, while being able to laugh hysterically.

Jay Leno broke away from the late-night pack last May, and redirected his sights on the prime-time scene.

The Jay Leno Show debuted Sept. 14 with impressive ratings. According to the New York Times, almost 18 million viewers tuned in to the premiere.

His first guest, Jerry Seinfeld, helped debut the show, along with an appearance by Oprah, and musical guests Kanye West, Jay-Z, and Rihanna.

West's appearance was highly anticipated because of his strange actions at the VMA's the night before. West was scheduled to perform with Jay-Z and Rihanna, but made time for a brief public apology to Taylor Swift, whom he had publically humiliated while she accepted her award.

The move to have popular musical guests on the first night of his show was not by accident. This has lead many to wonder if Leno's new show will attempt to reach younger audiences, like Sacred Heart students, or if he will continue to gear his material towards middle-aged and older adults.

"I like Jay Leno, and the fact that he puts people on the spot," said junior Juan Cabrera.

Some students even favor Leno over some of the other kings of late-night that he has been categorized with.

"Jay Leno's better then David Lettermen because he knows how to interview," said junior Cullen Bonner. "He has good jokes, and his chin just makes him more comedic."

Whether it is his chin or something else, an astounding 6.7 million viewers between the ages 18 and 49 tuned in to watch Leno's first show, according to The New York Times.

The new time slot, which is weeknights at 10/9c, may also help Leno's success.

"What Leno has going for him is a built-in audience and a lack of late show competition," said adjunct instructor of media studies Brian Thorne. "If someone loves late-night television, they will be able to watch both Leno and Letterman, rather than having to choose one program or flip back and forth."

The new style of the show focuses it's attention more on Leno and his correspondents stepping out into the world, and not just stand up comedy and interviews from behind a desk.

"We hope to break a lot of new comedians on the show," said Leno in an Access Hollywood interview. "It's not a talk show; it's a comedy show that will have a monologue and the elements on the Tonight Show that work for us and a lot of new elements as well."

## GET REEL: MOVIE REVIEW OF THE WEEK

### Sorority Row fails viewers' pledge process

Michelle Munden  
Contributing Writer

"Friend me on Facebook I'll totally confirm."

In a weak attempt to be trendy, "Sorority Row," the new slasher film that premiered Sept. 11, falls flat.

"Sorority Row" is a remake of 1983's "The House on Sorority Row," but it could also have been a remake of "I Know What You Did Last Summer," and like a number of horror remakes, "Sorority Row" can't manage to grasp what made the originals work.

Five sorority sisters of Theta Pi pull a prank that accidentally gets one of their friends, played by The Hills star, Audrina Patridge, killed. Patridge's big screen debut is literally short-lived. Instead of reporting the heinous crime to the authorities, they cover it up to protect themselves and their future, and vow never to tell anybody about it. Talk about a plan backfiring.

The Theta Pi sorority sisters being stalked are unlikable and uninteresting. Their characters are barely one-dimensional and the stereotypical "head" sorority sister has absolutely no conscience or remorse, so much that it just ends up coming across overly fake.

The film, which is adorned with monotonous dark lighting and eerie music, plays homage to any "scary" movie, yet it was tedious to sit through because of how slowly it progressed. Sprinkled with random stabbings, I was more than an hour into "Sorority Row" and there had yet to be a main action sequence. I was beginning to feel the pain myself.

The murders that do take place have little to no build-up and therefore lack tension. I found myself just waiting around for someone else to become the next victim of the masked murderer.

What's more, the way these girls treated each other seriously made me reconsider what their definition of the term "friend" is.

"You girls behave yourselves," said Theta Pi's housemother, Mrs. Crenshaw.

"Well, screw it, that'll never happen," one sorority girl reassured us. I think we all could have seen that one coming.

I was also extremely surprised at the fact that Mrs. Crenshaw, who was somewhere in her mid fifties, was able to load and use a shotgun with no reluctance... had she had some practice before? Where was the line of reality in this film? Had that just been killed off too?

Now I was about a good 75 minutes into the film (that's only 95 minutes long) and I began to see some sort of big, final action sequences unfold. Up I sat in my chair only to lower myself back down and get comfortable again. However, if not for anything else, I can say that the murders that do take place are quite gruesome and bloody but I wouldn't recommend this if you're hankering a haunt.

There is some mild nudity but I debate on even mentioning that for fear of people getting the wrong idea and thinking this movie was good.

Save your money on this one.

Get Reel gives Sorority Row:



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## Dr. Magee: *More than just good hair*

Kelley Bligh  
Staff Reporter

Dr. Richard Magee — just an English Professor with crazy hair? Think again, Sacred Heart.

Here's an exclusive interview with Magee, which delves further into his personal life, answering the questions students wouldn't think to ask.

### When you're not teaching, what are you doing?

I'd like to say it's doing something impressive and important, like grading papers or writing my next book on ecofeminist critiques of mid-19th-century poetry, but that would not be true.

I am probably more than a little obsessed with riding and racing my bike, so I spend a lot of time thinking about that. I can, I have to admit, bore you to death with all of the technical specifications of almost any bike part.

Want to know the weight of a Campagnolo Super Record 11-speed rear derailleur? I didn't think so.

### Where's your favorite place in the world to be?

Tough question, since there are so many great places. Until this summer, I probably would have said somewhere in the woods of Vermont, but my wife, Rebecca, and I went to Mount Desert Island for vacation this year, and I really loved the Maine coast.

### Do you have any pets? Do you have any funny stories about them?

I have an 8-year-old Labrador retriever mix named Seamus (in fact, Friday was his birthday). He's a great dog, and I could bore you for hours with stories of the silly things he does.

Here's a recent story, though. We took a fairly long vacation that involved driving all over New England. When we were getting ready to leave the cabin we rented in Maine, I was loading the car, and Seamus was getting nervous and excited about what was going on. He kept following me and Rebecca from the car, back into the cabin, and then back to the car.

The entire time, he kept talking, making these strange yowling/barking noises. We had brought one of his favorite toys, a plush stuffed raccoon, and he carried that with him as if he were afraid we would leave it behind.

### What is your morning routine like?

I get up when my dog wakes me, usually around six. Eat breakfast, then drink my coffee while reading my online news sources (NY Times, Huffington Post, Gawker, Wonkette, and Salon) and checking Facebook, and then take the dog for a long walk.

### How do you style your hair?

Ah, yes, the hair question. I gel it into submission so it won't try to take over the world and pull it straight back into a ponytail.

### Which movie could you watch over and over and never get sick of?

This is a big point of contention in my house. I love "Monty Python," and my wife refuses to watch with me because she knows I will ruin the movie by quoting all of the lines.

"Holy Grail" is a masterpiece.

### What's the most recently played song on your iPod?

I think it was one of my new favorites, Lisa Hannigan, singing "An Ocean and a Rock."

### What three words would you use to describe yourself?

Tall. Reader. Clumsy.

### If you could be granted any wish in the world, what would it be?

Another tough one. I'm going to dismiss all of the altruistic ones immediately—world peace, cure for disease, and all of those—because they don't really say anything interesting about the person making the wish, and they've become clichés.

My dad always liked to hear stories about my dog—he loved dogs as much as I do—and when he talked about visiting me in Connecticut, he said how much he would love to walk through the woods with me and Seamus. Unfortunately, he died almost two years ago, and he never got the chance to make the visit. So my wish would be that he had been able to make the trip before he got sick.

### What is something the students of SHU don't already know about you?

One summer, when I worked at the Berkeley student store, they were creating the store catalog with all of the sweatshirts, hats, and other things like that. At one point, the photographer doing the shoot came running into the store saying, "We need another white guy to be a model! You!" He pointed at me, and I got to model some of the Cal clothing in the 1988 store catalog. You can spot me immediately because I'm the one who doesn't look like a model.

### What TV show do you always make sure you're home to watch?

I'm not really a TV person.



The Spectrum/Jacquie Vele

Dr. Magee poses with his signature hairdo

I do try to catch Jon Stewart online, and last year a friend got me hooked on 30 Rock, but, again, I watch it online (I'm such a computer geek).

### What was the most exciting thing that happened over your summer?

It was a fairly quiet and low-key summer. I crashed my bike once in a race, but that was more painful than exciting.

When we were in Maine, we took a detour through Bangor so we could drive past Stephen King's house. King has been one of my favorite guilty pleasures for 30—can that be right?—years, so it was fun to drive by and snap a picture.

### If you weren't a teacher, what would your next career choice have been?

Professional bike racer.

### How do you feel about Kindle? If given the option would you prefer to read books electronically or in paper form?

Excellent question! I'm usually a big fan of technology, but the Kindle sort of leaves me cold. I like books in paper form. I'm also a little worried about one company having the exclusive rights to the means of interpreting a text.

With a paper book, anyone literate can decipher the code, but with Kindle, it takes proprietary software. If it were open source software, I might feel a little better about it, but I would still prefer the dead tree versions.

Would you like to see your favorite teacher interviewed in *The Spectrum*?

If so, please contact

Juliana Brittis

britisj@sacredheart.edu

or Marisa Graniela

granielam@sacredheart.edu

## WALK THE RUNWAY OF FASHION WEEK

Lindsay Caiati  
Staff Reporter

The Spring 2010 fashions were debuted by the industry's top designers this past week at Bryant Park in New York City.

Featured designers included Anna Sui, Michael Kors, Max Azria, and Tori Burch.

According to the New York Times, this season's runways were full of bright colors and intricate designs.

With the country in economic turmoil, many wondered if the recession would affect the designers and the lines they displayed.

"I didn't think the recession would affect the designers," said junior Courtney Lee.

"They are all so experienced and talented and they know how to work with what they have," she said.

Materials like suede and leather have popped up on various runways, together with long sleeves, and lots of black.

The fashion tents were all-a-Twitter with celebrities and journalists turning to their Twitter accounts to update followers on what was going on inside the tents.



AP Photo/Stuart Ramson

Models strut their stuff on the runway during Fashion Week

Joe Zee, creative director of Elle magazine took to his Twitter to detail the goings-on

of fashion week.

"Best gasp moment down Ralph's runway: a pair of tight, cropped diamante ripped jeans," said Zee via his Twitter account.

Also tweeting from the tent was celebrity stylist Rachel Zoe.

"Love, love, love, Marc Jacobs..He makes me die every season...so clever and beyond flawless," said Zoe via Twitter.

Others tweeting during the events were celebrity designers like Lauren Conrad and Whitney Port, and also designer Tory Burch.

For those who were unable to attend the runway shows, Twitter was their resource for hearing the latest scoop on the styles presented.

While these looks were accepted and praised by the fashion world, it raises the question "can fashion runway be translated to college everyday?"

"I feel like the styles being shown are geared more towards upper class working women," said junior Taylor Froelich.

"I like fashion but it's expensive," she said.

Even though many of the looks featured on the runway can run quite pricey,

many designers have created affordable lines for the "average" consumer.

"What's going to get women to buy clothes is finding the right value the right clothes for the right price. Mizrahi offers a line exclusive to Target, channeled towards frugal spenders," said designer Issac Mizrahi to the Associated Press.

Opinions on the importance of fashion vary from person to person.

Some see clothing as a form of personal expression while others just feel it is a part of life.

"I think fashion is a good way to express yourself and appear professional," said junior Kaitlyn Briffa.

"The way you dress shapes others opinions on who you are," she said.

Briffa feels it's important to look appealing to others, but how does the opposite sex feel about this?

"I've heard of fashion week, but I don't know what it's about," said junior Ray Sheehan.

"I think girls spend too much time worrying about how they look, that stuff doesn't really matter to me that much," he said.



# WHAT HAPPENS IN LAS VETAS, STAYS IN LAS VETAS

Marisa Graniela  
*Staff Reporter*

Eccentric scenery, good music, fair pricing, and tasty beverages can all be found at Las Vetas Lounge located in downtown Fairfield directly on Post Road.

When first arriving, get ready to be greeted by trippy artwork and hundreds of hand-painted mugs, each one different from the next.

This hippie-inspired coffee shop has everything to quench your thirst from an extensive menu of frozen fruit smoothies to your classic cup of joe. For those who are 21 or older, they have you covered with choices to perk up your morning ritual.

So when's the best night to go?

If music is your thing, Wednesday nights are open mic, but if you're planning on going— get there early.

Long time employee Ashley Iwaskiewicz says that Wednesdays are the busiest yet most fun night at the lounge.

"Last semester my friend and I went down to Las Vetas to watch some of the Wednesday open mic acts," said

junior Nicole Rowlands. "We had no idea what to expect but the mixture of good drinks and interesting performances helped make the night a lot of fun."

Some see Las Vetas as a casual place to hang out with friends instead of going to a club scene.

"It's an alternate for going out when you don't feel like getting too dressed up," said Rowlands.

But music and drinks aren't all this lounge has to offer.

Las Vetas has a full menu with choices for any meal. Iwaskiewicz said that the most popular dishes are served during breakfast hours.

She added that french toast and egg sandwiches are the two dishes that have all the customers talking. For lunch and dinner hours, wraps are the best choice.

This coffee shop doesn't just serve your typical coffee. Aside from an array of flavors, lattes, and cappuccinos, Las Vetas has taken caffeine to the next level.

"I live all the way out in Easton and I always make a trip to Las Vetas to get the Turtle," said Christina Di-Giovanni.

"It's the only place that makes coffee that actually

tastes good," she said.

Iwaskiewicz says that the Turtle is the most ordered coffee special. With a mix of chocolate and caramel with a shot of espresso, it's a strong yet sweet pick-me-up she adds.

Las Vetas is also known for their Sunday movie nights. Starting at 8 p.m. every Sunday, you can enjoy a good movie and a good snack.

Iwaskiewicz says that dessert is the top pick by customers during movie night. The best dessert at the lounge is a toss up between the Snickers Bliss Shake and the Margot Brownie Explosion, she adds.

Both are loaded with ice cream and chocolate just waiting to tickle your taste buds.

"No matter when I go, I always have to get the snickers bliss shake," said junior Adrianna Bianco.

"There is no other dessert like it," she said.

Within the next month or so, Las Vetas Lounge will be moving—but not far. The new location will be off Post Road, just minutes from its current location.

Though they're moving, the coffee shop will never lose their bohemian and carefree ambiance.

## Dorm Decorating: Making the most out of your space

Genevieve Julich  
*Staff Reporter*

You arrive at school and walk up to your residence hall.

You enter your room, where of course you are in a triple: three beds, three desks, three wardrobes, three chairs, and four white walls.

Unfortunately, you are given a very small room to work with, to make your own.

How do Sacred Heart University students decorate and organize their dorm rooms?

Sophomore Michelle Fuccella, a resident in Scholars Commons, said the best tip on how to maximize your space is to be organized.

Buying bins and cute decorated boxes to put your things in not only lets you store your belongings, but they also decorate your room.

Organizers for shoes, clothes, and textbooks are a great way to save space and tend to be inexpensive.

"Decorating my dorm this year was a lot of fun and very cheap. My suitemates and I did a lot of do it yourself items that saved us lots of money," said Fuccella.

"Some stores we shopped at were Target, The Christmas Tree Shop, and craft stores which have a lot of nice things for back to college. The more you decorate the more your suite will feel like home," she said.

Junior Regina Scarfariello, a residential assistant who lives in Roncalli Hall, said that the best way to maximize space in your room is to store stuff under the bed.

By putting drawers, and laundry bags underneath your bed, you are using up the dead space and freeing up other areas in your room.

As long as you are smart when you spend, you can decorate your room for a very low price.

"Sometimes you don't need to go crazy when you decorate just by it being your room, you add your own personal flair and design because you live there. It's "your space"...character comes along with you," said Scarfariello.

Hanging up posters and photos can be difficult in dorms since nails are not allowed but there are other options.

Buying a roll of double-sided tape, foam sticky tape, and sticky hooks are great because they are easy to put up and they don't damage the walls.

Director of residential life Joel Quintong said every student decorates their room differently.

When decorating your room remember not to create any damages and to keep in mind the rules and regulations of university housing.

Many students use different lights, pictures, flowers, and posters.

Quintong also suggested that by lofting your bed, you can give yourself more space for storage.

By making sure that you can access all of your things, making it presentable and organized can make the room less chaotic.

"You want to feel that you are in a good spot when you are here, that you enjoy being in your room," said Quintong.

"I think dorm decorating is very important to campus living at college, I want the residents to feel that Sacred Heart is their home," he said.

### Dorm Decorating Do's

.....

Use multifunctional furniture like an ottoman that also has storage space

.....

Declutter: Get rid of items that aren't essential

.....

Use items from home instead of spending money on new items

.....

Add little touches like fresh flowers to make you feel more at home

.....

Use sticky hooks to store sweatshirts, purses or scarves

.....

-courtesy of Oprah.com

## Band-aid dating

### Dating a rockstar: more grungy than glam

Stephanie Kanner  
*Staff Reporter*

Relationships can be tough as it is, but have you ever wondered about dating someone in a rock band?

Not the mega stars who date equally wealthy models and actresses, but the moderately successful types.

These members of the "boy band" craze portray the sensitive bad boy shtick into an art.

Inexplicably, the ruse works.

Some say the average rocker may be short, un-athletic and lacking in manners and hygiene, but one thing he'll never lack is female company.

Someone with whom to share his hopes, his dreams and his poorly recorded demos with.

While it's easy to see how young girls get starry-eyed at a concert when the lead singer seems to be singing right to them, it seems to be that it might be all an act.

"My ex-boyfriend was in a popular Long Island band and I have mixed feelings about the entire subject. Meeting other bands and constantly being surrounded by music was an absolute plus, but dealing with jealousies and outside parties had only tainted our relationship," said senior Genevieve Manna.

"The timing issue is also difficult. Whether it was a 12-hour recording session, a three-hour practice, and a show every Saturday – it was abuse to our time spent together," she said.

It seems that dating a rocker means the time spent together is limited or none at all outside of all of the fame.

"Being at different schools, our schedules were conflicted enough," said Manna.

"Adding in all other factors of a musician's lifestyle was beyond frustrating. It all eventually becomes routine, and just like in any relationship - the positives should make up for the negatives," she said.

On the flip side, these perpetually youthful men are the only ones who truly understand the lifestyle including the loneliness, sacrifice and lack of glamour that comes along with the realities of a touring musician's life.

With all of that said, is dating someone in a band worth all of the supposed problems that come along with it?

Can true love conquer all the problems that come along with being on the road?

"With my own personal experience of being a musician, those relationships can be fantastic, having someone share the fun, creativeness and artistic side of it can be great," said Sacred Heart University staff counselor Richard Madwid.

"On the other hand, they can present some difficulties. People meet a lot of the opposite sex when you're out doing shows. Sometimes there is a huge jealousy problem caused by all the attention," he said.

Experts say that jealousy is one of the key factors in the realism of dating someone in a band.

Having to deal with the attention that the rocker is getting and the reality that they are constantly on the road can be devastating at times.

"Within a world like that, you have to communicate with your partner and understand how you both feel about your relationship," said Madwid.

"When people in the music world are dating, it sometimes makes it easier to clarify the status of the relationship so there isn't any confusion," he said.

For some people, all it may take is clarification in order to keep things going.

For others, it might not take anything to have a great relationship with someone.

"I kept my music and my relationship in two separate worlds," said junior Andrew Orlandi.

"A lot about being a musician is about being by yourself and writing your music. You see a lot of people when you are performing at shows. But if you love the music, being tempted by all of the people especially girls shouldn't get in the way," he said.

It seems to be that dating a rocker can be a lot easier if the significant other is into the same type of music.

Being supportive is always a good thing to have.

"It was easy for me because my girlfriend at the time was a big supporter of my music," said Orlandi.

"She dated someone before me that was in a band so she was used to the whole motion of things," he said.

No one said that dating a musician was an easy thing.

But it seems to be that if you love the music, the traveling, the attention and are not afraid of bumps in the road, then it just might be for you.

"I've traveled, been on the road, met tons of people and received a lot of attention. It feels good. One of the best decisions I've made," said Madwid.



## Scoreboard

Thursday, September 17

## W. Tennis

Monmouth- 1

SHU- 6

## Field Hockey

Maine- 6

SHU- 0

Friday, September 18

## W. Volleyball

SHU- 3

Dartmouth- 1

## W. Soccer

SHU- 1

Stony Brook- 0 (OT)

Saturday, September 19

## W. Volleyball

Northeastern- 3

SHU- 0

CCSU- 0

SHU- 3

## M. Soccer

SHU- 1

Holy Cross- 0

## Field Hockey

SHU- 0

BU- 7

Sunday, September 20

## W. Soccer

SHU- 0

Providence- 1

## On Deck

## Tomorrow

W. Hockey @ Maine

7 p.m.

Saturday, September 26

## Cross Country @

Fairfield

3 p.m.

W. Volleyball @ Dartmouth

11 a.m.

W. Volleyball @ Norfolk St.

12 p.m.

W. Hockey @ Maine

2 p.m.

Football @ Albany

4 p.m.

M. Soccer vs. Iona

7 p.m.

Sunday, September 27

Field Hockey @ Rutgers

2 p.m.



The Spectrum/Zack Lane

An empty locker is seen downstairs in the William H. Pitt Center. The Sacred Heart University athletic department is cutting back on several areas including equipment and uniform costs this season in the wake of the current recession.

## SHU athletics feeling the effects of poor economy

Steve Armato  
Staff Reporter

With the current state of the economy, everything and everyone is being affected, including one area which most people thought would be recession-proof – athletics.

In fact, college athletic departments across the country are being forced to slash their budgets and cut back on many important areas that in many cases were taken for granted.

"We understand what efficiency is [at Sacred Heart]. What we try to do is take a look at the whole picture and see what we can cut down on while still keeping the experience enjoyable for the student-athlete.

- Don Cook

Sacred Heart Director of Athletics

However, Sacred Heart University Athletics Director Don Cook is doing everything in his power to keep the Pioneer athletic program in the best shape that it can possibly be in during these tough economic times.

"We understand what efficiency is [at Sacred Heart]," said Cook. "What we try to do is take a look at the whole picture and see what we can cut down on while still keeping the experience enjoyable for the student-athlete."

There are several areas in which the Sacred Heart athletic department and many of the university's 32 athletic teams are cutting down on, starting with scheduling.

"We try to avoid any lengthy non-conference trips if we can, unless the school we are traveling to is offering to fund it," said Cook. "That is very tough to do, however, because if you go out there and play better schools it helps our school as well as our conference."

In addition to scheduling, the athletic department must also provide its teams with a great deal of resources and equipment throughout the season.

While this was already an important task before the recession, it is now more important

than ever for schools like Sacred Heart to be frugal about spending money on these often expensive resources.

"Trying to extend the life of our equipment and resources is a tough task," said Cook. "Especially in areas such as uniforms. Uniforms used to be replaced every three to four years. Now we are at the point where we might need to extend the replacement of uniforms to five or six years instead of every three or four."

Another area in which some colleges and universities are cutting back on is the number of athletes allowed to travel on road trips.

"Some schools have been reducing their travel squads when they go and play road games," said Cook.

"We try to avoid that here at Sacred Heart for the experience of the kids. However, some sports such as baseball and even football have a cap by the NCAA on the number of players that can travel which sometimes makes the situation unavoidable," he said.

Another more sensitive issue is whether or not any staff members, coaches, or team eliminations are on the horizon.

According to Cook, however, no staff members have been terminated and there are no plans to do eliminate any sports in the near future.

"We haven't been replacing coaches and we are not dropping sports right now," said Cook. "We need to think strategically before dropping sports because you can affect kids' lives. We do a pretty good job at avoiding that right now."

Scholarships are another area of concern for some cost-cutting schools across the country, but Cook stated that Sacred Heart's athletic scholarships continue to stay the course.

"The amount of scholarships haven't been altered in the least," said Cook. "Our scholarship program is still very competitive and we still give out the same amount of scholarships as we did before the recession."

In terms of economic stability, Cook says that Sacred Heart ranks at the top when it comes to other schools in the Northeast Conference - a credit to coaches remaining at the university for several years.



Photo courtesy of Athletic Communications

Sacred Heart's Andrew Houghtalen competes in the Quinnipiac Invitational in Hamden during this past weekend. Houghtalen was the top Pioneer finisher overall.

## XC team wins pair; poised for next meet

Lacey Gilleran  
Contributing Reporter

The Sacred Heart University men's cross country team proved once again they are a force to be reckoned with in the Northeast Conference this season after winning their second consecutive meet at Quinnipiac University in Hamden this past weekend.

The Pioneers upset the top-seeded Quinnipiac Bobcats with a total score of 58 points just a week after they placed first out of 16 teams at the Fordham Invitational with a total score of 64 points.

"It's always nice to win, but I would definitely downplay the significance of this victory," said head coach Chris Morrison. "While the win probably thrusts us into the role of the favorite to win the Northeast Conference, anyone who follows our conference closely knows there will be no true favorite."

"While the win probably thrusts us into the role of the favorite to win the Northeast Conference, anyone who follows our conference closely knows there will be no true favorite."

- Christian Morrison  
Cross country Head Coach

On Saturday, first to cross the finish line for the Pioneers was junior Andrew Houghtalen with a time of 26:07, placing him fourth overall. It was the second time this season that Houghtalen has placed first for the Pioneers.

See TEAMS on Page 13...

See CROSS COUNTRY on Page 13...



# Cross country team upsets Quinnipiac

...Continued from Page 12

Sophomore Andrew Sullivan, a transfer student from Quinnipiac, rounded out the top ten with a time of 26:36.

The other three runners to score for the Pioneers were sophomores Richard Marcello, placing 13th overall with a time of 26:54, and Jeffrey Lusignan placing 14th with a time of 26:57. They were followed by freshman Christopher Connelly who placed 18th with a time of 27:03.

The Pioneers entered this season as the second seed in the NEC behind the Quinnipiac Bobcats, however, after their first two meets, they are making the pre-season polls look fairly meaningless.

"They're a great team and we don't beat them often so it was a great accomplishment to beat them," said senior captain Brendan Rickert. "However, October 31st [NEC Championship Meet] is the most important time to beat them and everyone else."

Rickert and senior co-captain Ryan Murdoch completed the top seven for the Pioneers. Rickert came in 29th with a time of 27:13.9 and Murdoch in 23rd with a time of 27:06.5.

"Other teams will be gunning for us, and we'll need to be ready," said Morrison, "We have to face Central Connecticut State University and Quinnipiac again



Photo courtesy of Athletic Communications

**Sacred Heart's Andrew Sullivan competes during the Quinnipiac Invitational this past weekend in Hamden. Sullivan finished ninth overall in the race with a time of 26:36.7.**

in the New England Championship on October 10, and they'll be looking to prove that they can beat us."

The Pioneer cross country team will return to action on Saturday, Sept. 26 when they compete in the Victor F. Leeber Invitational at Fairfield University at 11 a.m.

## Honorable Mention

Men's Soccer

Pioneers - 1

Holy Cross - 0

Goal(s):  
(SHU) Norman Baer  
54th Minute

Assist(s):  
(SHU) Lusiano Dadario

Records:  
Sacred Heart (2-1-0)  
Holy Cross (1-4-0)



## TEAMS CUTTING BUDGETS, TRAVEL EXPENSES; NOT SCHOLARSHIPS

...Continued from Page 12

"Our operating budget is nowhere near where some of the other schools in our conference are, but we are still able to compete," said Cook. "One thing that helps us is we have stability with our coaches. We don't have coaches coming in and out of here every few years."

According to Cook, the average tenure of a Sacred Coach is about nine years, which is much higher than other schools in the conference.

"Our scholarship program is still very competitive and we still give out the same amount of scholarships as we did before the recession."

- Don Cook  
Sacred Heart Director of Athletics

This allows for teams to develop a sense of cohesiveness and enables them to compete at a high level, despite the limited amount of resources they have.

As a result of being forced to cope with the current recession and cutting back on its budgets, Sacred Heart athletics have developed many useful business practices and procedures that will ultimately make the program more stable in the years to come.

"For awhile we were all living off the fat of the land," said Cook. "The recession was a reality check. Some of the habits that will come out of this will definitely help us in the future."

## Quinnipiac Invitational Recap

### Top Pioneer Finishers

4) Andrew Houghtalen  
(26:07.1)

9) Andrew Sullivan  
(26:36.7)

15) Richard Marcello  
(26:54.4)

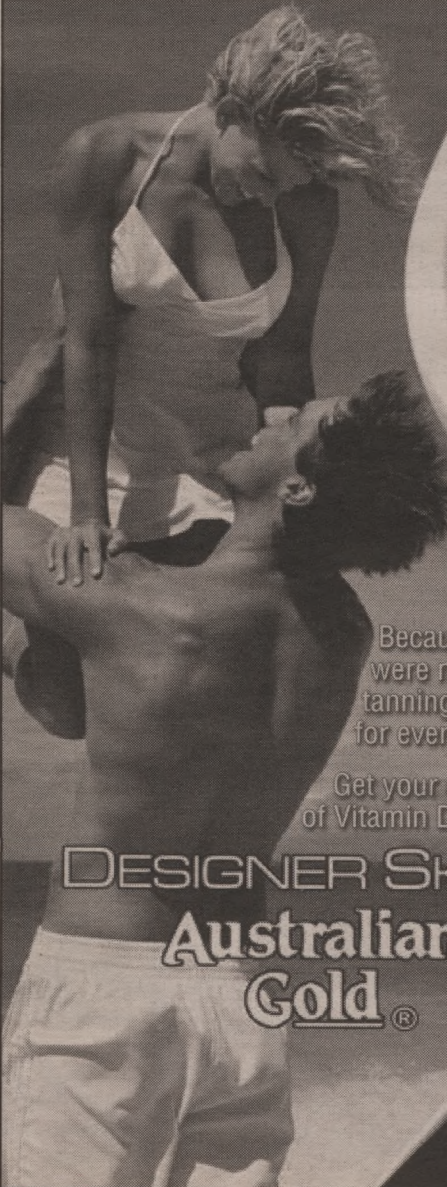
16) Jeffrey Lusignan  
(26:57.4)

20) Christopher Connolly  
(27:03.3)

23) Ryan Murdoch  
(27:06.5)

29) Brendan Rickert  
(27:13.9)

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## Ex-Knick Starks dishes out assist to SHU student *Freshman Papp receives honor from NBA star's charity*

Rob Morgan  
Sports Editor

Since his debut with the New York Knicks in 1990, John Starks has always held a special place in the hearts and minds of Knicks fans across the tri-state area.

But for one Sacred Heart University student, Starks has done much more than provide a special memory of a clutch three-pointer or an electrifying slam dunk over an opponent.

Freshman Megan Papp was one of ten recipients of the Fall 2009 John Starks Foundation 3 Point Scholarship which is awarded to high school seniors in the Tulsa, Okla. and N.Y. tri-state areas who demonstrate academic excellence, financial need, and a commitment to community service.

According to Papp, a Niantic, Conn. native and member of the Sacred Heart cross country team, approximately 200 students applied for the scholarship which was then narrowed down to a pool of 25 by a special committee before the ten winners were ultimately chosen after an extensive interviewing process.

"It was really an honor to get the scholarship and it meant a lot to know I was one of the top 200 applicants," said Papp.

After the selection committee notified Papp that she was chosen as one of the scholarship recipients, she was invited to attend a luncheon with Starks in New York City - an experience that she will remember forever.

"John Starks is an amazing guy," said Papp. "He came around to all of the



The Spectrum/Rob Morgan

**John Starks tees off on the first hole at Fairview Country Club in Greenwich on Sept. 21. The former Knicks guard hosted the 14th Annual John Starks Celebrity Golf Classic to benefit high school students looking to pursue a college education.**

recipients and talked to us on a personal level. He really cares about all the kids he helps out."

The John Starks Foundation was established in 1994 with the goal of providing opportunities to youngsters and communities.

"I wanted to do something to give

back to high school students that needed a little assistance in going to college and to give them the opportunity like I had the opportunity coming up," said Starks. "What better way to accomplish that goal than to start a foundation that can help lives?"

Since its creation in 1994, the non-profit organization has continued to grow thanks in large part to the many donations and contributions it has received from a long list of celebrities and sponsors who are more than happy to support Starks' cause.

The former Knicks great and Stamford resident hosted the 14th Annual John Starks Celebrity Golf Classic at Fairview Country Club in Greenwich on Sept. 21 where guests such as Darryl Strawberry, Howard Cross, Allan Houston, and Ray Lucas teed it up to raise money for Starks' foundation.

According to the foundation's executive director, Jennifer Alpert, 18 foursomes participated in the golf outing which raised well over \$100,000.

"We've been very fortunate that people have been coming out and supporting us year after year," said Starks shortly before the ceremonial first tee-off. "The celebrities have been great coming out and being a part of this."

Strawberry, who said he always makes it a point to attend Starks' charity events whenever possible, had nothing but praise for the cause and for Starks' contributions to the community.

"John Starks is a wonderful guy," said Strawberry. "I've known him for a long time going back to when he played for

the Knicks. It's big that he's giving back to high school students looking to go to college and furthering their lives. College is the next stepping stone after high school and then you move on from there. With this cause and what [Starks] is doing to help these young students; it's great."

In addition to the foundation's annual golf outing, Starks also organizes a number of youth basketball clinics and camps and sports memorabilia auctions to raise money for his foundation throughout the year.

"I wanted to do something to give back to high school students that needed a little assistance in going to college and to give them the opportunity like I had the opportunity coming up."

- John Starks

*Former NBA Player & Founder of  
The John Starks Foundation*

In 2004, the Knicks named Starks Alumni and Fan Development Advisor where he is responsible for expanding the team's alumni relations, community relations, and fan development programs.

In addition to his role with the Knicks, Starks is a pre-and post-game analyst for Knicks home games on the MSG Network.

"I stay pretty busy over there at [Madison Square Garden]," he said.

For more information on the John Starks Foundation or to make a donation, visit [www.johnstarks.com](http://www.johnstarks.com).

## W. SOCCER PREVAILS OVER STONY BROOK

Lauren Craft  
Staff Reporter

The Sacred Heart University women's soccer team earned its first overtime win of the season on Sept. 18, defeating the Stony Brook University Seawolves 1-0 at La Valle Stadium in Stony Brook, N.Y. The victory improved the Pioneers' record to 4-3-0 on the season.

"Friday night's game was tough," said head coach Kim Banner. "Stony Brook is a very physical team but we came out there to play."

In the first half, the Pioneers took four shots on goal, but none of them found the back of the net.

The Seawolves also took four shots in the first half but Pioneer junior goalkeeper Meghan Reichelt made two saves while the other two shots missed the goal.

Reichelt's effort was matched shot for shot by Stony Brook's goalkeeper, Marisa Viola, who also kept her team in the game. Viola turned away five of the seven shots that Sacred Heart fired on goal to preserve the scoreless tie.

Stony Brook took three shots on goal during the second half, but could not convert on any of them as Reichelt made one save while the rest went wide.

With 2:05 left in the game and the score remaining 0-0, it appeared as if the Seawolves would walk away with a victory as Meghan Giley took a shot on goal which bounced off the post before the Pioneers

cleared it away. The shot was the closest either team would come to scoring during regulation as the game went into overtime.

The Seawolves wasted no time in applying pressure on the Pioneers and Reichelt as they got off a shot within the first 45 seconds of the overtime period. Reichelt, however, was on top of her game and made the save to give the Pioneers another opportunity to bring home a victory.

Finally, in the 98th minute, sophomore Samantha Kee scored the game-winning goal for the Pioneers after she stole a pass from Stony Brook's penalty box and got a shot on goal that made it past the Seawolves' goalkeeper and into the back of the net.

"We should have capitalized on our opportunities earlier and we need to improve on that," said Banner. "But as a whole, the team fought hard and played well."

"Samantha [Kee] had a great goal and Meghan [Reichelt] came up big in the net," said Banner. "I am very proud of this group. They have come together as a team and have that will to win."

The Pioneers lost to the Providence College Friars 1-0 on Sunday to drop their record to 4-4. The Friars scored the game-winning goal with just 1:34 left in regulation.

The women's soccer team returns to the field on Sept. 29 at Campus Field, when they take on Fairleigh Dickinson University at 7 p.m.

## PHOTO OF THE WEEK



Photo courtesy of Athletic Communications

**Sacred Heart's Ryan Murdoch (left), Brendan Rickert (center) and Luis German (right) celebrate the Cross Country team's victory at the Quinipiac Invitational.**



# Athletes travel far and wide to attend SHU

## Adjustment 'tough' at first, but sports provide comfort

Dan Graziano  
Staff Reporter

While the majority of Sacred Heart University's student body hails from the Northeast, an increasing number of student-athletes are being recruited from across the country – and even overseas – to play sports at Sacred Heart.

Student-athletes from as far away as California and England are descending on the campus of Sacred Heart to suit up for the Pioneers, making the program one of the most diverse in the Northeast Conference.

"My coach in high school was best friends in college with one of the football coaches here," said senior wide-receiver Steve Tedesco – a native of Mission Viejo, Calif. "He began helping me out with recruiting and told his buddy about me. I took an official visit, and the rest is history."

While student-athletes have the difficult task of balancing academics, conditioning, and practice and game schedules, some of them, like Tedesco, must do so



Photo courtesy of Athletic Communications  
**Senior wide-receiver Steve Tedesco is one of many Sacred Heart athletes from California.**

thousands of miles away from home.

"It was tough adjusting at first," said Tedesco. "I didn't know anybody, but I met a lot of good kids playing football."

Redshirt senior Liam Potter of the men's basketball team hails from across the Atlantic Ocean, in Lincolnshire, England, giving the Pioneers a rare international component to their roster.

Unlike most students who are free to do whatever they want, including going home on weekends or on breaks, Potter is only able to return home for about a month at the end of the school year.

"I don't think anyone can leave their family and friends for a year at a time and not be homesick," said Potter.

"I get homesick the most around the Christmas holiday, as it is a time that you should be with your family and friends and I cannot. Basketball takes up all my school breaks so I really have no time to go home apart from summertime," he said.

While Potter always looks forward to returning to his native England, being a member of the men's basketball team has enabled him to stay involved on campus

rather than constantly having down time and missing home.

"Although I enjoy being home, I like to come back early to work out and prepare for the upcoming season with my team," said Potter. "During breaks I am always on campus unless I go to a friend's house for a few days."

Similar to Tedesco and Potter, junior Courtney Lee, a member of the softball team from Camarillo, Calif., had to adjust to college life thousands of miles away from home.

"It was hard at first adjusting," said Lee whose parents attended every one of her games while she was in high school.

Although many of the athletes found the adjustment of attending a college thousands of miles away from home difficult at first, they, like most others at Sacred Heart, have successfully made the transition and are enjoying their overall college experience.

"I have enjoyed my time in the U.S. and can see myself living here permanently in the future," said Potter.

# Former SHU standout athletes take game to next level

## Sowinski, Howard among many alumni playing professionally

Chauncey Hardy  
Staff Reporter

Over the years, Sacred Heart University athletic teams have been perennial contenders in the Northeast Conference.

But in addition to maintaining their position as a powerhouse program on the field and on the court, many Sacred Heart athletic teams have produced several top-tier athletes who are currently continuing their careers at the professional level.

The Sacred Heart men's and women's basketball programs have seen two former players sign professional contracts overseas shortly after receiving their diplomas last spring.

Former men's basketball player Ryon Howard is now playing for BSV Wulfeni in Germany where he is averaging 15.5 points per game and 12 rebounds per game.

Howard was a key member of the Pioneers' front court for the past five seasons and helped the team advance to a NEC Championship Game and several postseason appearances during his career.

Kaitlin Sowinski, formerly of the women's basketball team, is now playing for Cab Madeira in Portugal.

Sowinski had a stellar career at Sacred Heart, leading the team to a pair of NEC titles in 2006 and 2009, respectively, while ranking sixth in Sacred Heart history with 768 rebounds and first in blocked shots with 326.

While Howard and Sowinski have embarked on their professional basketball careers, they left Sacred Heart with something more valuable: a degree.

"The thing that I am most proud of is the fact that although these guys always thought about playing professional ball they didn't put their eggs in only one basket," said men's basketball head coach Dave Bike. "They all left SHU with a degree."

According to both Howard and Sowinski, playing for a consistently competitive Division I sports program at Sacred Heart only increased their desire to play professional basketball.

"I've been allowed to compete on a local and national level with some of the best players and teams in the country while remaining one of the top teams in the NEC," said Sowinski. "Being part of such a program allowed me to learn how to [develop] important leadership roles, intensely competitive pressure environments, all while obtaining a respectable degree."

"Through my experiences at SHU, both good and bad, I've learned how to deal with life in the professional sports world, just as others I'm sure, are dealing with it in the professional business world."

Howard, however, had a different perspective about his time at Sacred Heart compared to his professional basketball career.

"Playing basketball professionally is nothing like being at school," said Howard. "I still practice and lift but that's about it. I don't have to worry about class or attending mandatory functions. All I have to focus on is basketball."

Besides basketball, there have also been a number of other Sacred Heart athletes who have gone on to play their respective sports at the professional level.

Former Sacred Heart pitcher Jason



Photo courtesy of Athletic Communications  
**Former Sacred Heart men's basketball player Ryon Howard is playing for BSV Wulfeni in Germany.**

Monti was selected by the Toronto Blue Jays in the 25th round of the 2007 Major League Baseball Amateur Draft.

Monti compiled an 8-4 record over his career at Sacred Heart, including a 1.34 ERA as a senior. Monti spent time in the Blue Jays' farm system, including a stint with the short-season Auburn Doubledays of the N.Y. Penn League.

In March, four former Sacred Heart men's ice hockey players each inked professional contracts.

Dave Grimson, Eric Giosa, Bear Trapp, and Stefan Drew all agreed to terms with their respective clubs in order to continue their careers at the next level.

Even though these athletes graduated from Sacred Heart, they continue to follow Sacred Heart athletics whenever they can.

"I check the SHU athletics web site at least once a week...and I keep in contact with friends [about] what's going on with different teams back on campus," said Sowinski.

### Former SHU Athletes Playing Professionally

**Kaitlin Sowinski ('09)**  
Cab Madeira

**Ryon Howard ('09)**  
BSV Wulfeni

**Jason Monti ('07)**  
Toronto Blue Jays

**Dave Grimson ('09)**  
South Carolina Stingrays

**Eric Giosa ('09)**  
Reading Royals

**Bear Trapp ('09)**  
Elmira Jackals

**Stefan Drew ('09)**  
Texas Brahmas

**Jon Corto ('06)**  
Buffalo Bills

**Joey Henley ('09)**  
SVD Dortmund



Photo courtesy of Athletic Communications  
**Former Sacred Heart women's basketball player Kaitlin Sowinski is playing for Cab Madeira in Portugal.**



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# SPORTS

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The Spectrum

<http://spectrum.sacredheart.edu>

**Samantha  
Kee's OT  
goal sends  
Pioneers past  
Stony Brook**

**KEE  
TO  
VICTORY**



Sacred Heart's Samantha Kee (#3) controls the ball during a recent game at Campus Field. Kee scored the game-winning goal for the Pioneers against Stony Brook on Sept. 18. Photo courtesy of Nick Giaquinto

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## SPANNING **THE** GLOBE

*Athletes adjust to playing far from home*

page 15



Photo courtesy of Athletic Communications

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## **TWICE** AS NICE

*Cross country team wins two meets*

page 12



Photo courtesy of Athletic Communications

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