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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

FOLLOW THE LIGHT

First Mass opens with candlelight procession of students



The Spectrum/Courtney Perlee

The outside lights of the chapel illuminate the words engraved into the outer walls.

Carli-Rae Panny
Editor-in-Chief

Visit the sick. Clothe the naked. Give drink to the thirsty. Ransom the captive. Feed the hungry. Bury the dead. Shelter the homeless.

These are the words engraved on the newly dedicated Chapel of the Holy Spirit. The chapel, which began construction in spring 2007, was completed and formally introduced to the Sacred Heart University community on Sunday, Sept. 27.

That morning, the chapel was dedicated as the Chapel of the Holy Spirit and members of the press and other guests witnessed the dedication ceremony which was presided by Rev. William E. Lori, Bishop of the Roman Catholic Diocese of Bridgeport.

Later that night, the first Mass was held for the Sacred Heart student body and faculty. The Mass was the first of a series of weeklong events that will act as a welcoming for this new place of worship.

Previous to its existence, the Sacred Heart campus had one small chapel located near Hawley Lounge. Since the room wasn't large enough to fit the congregation, Sunday Masses were held in the University Commons (UC).

According to a Sacred Heart press release, Dr. An-

thony Cernera, president of the university, said, "It is only fitting that an institution so deeply rooted in the Catholic intellectual tradition create a space of great beauty, solely dedicated to the pursuit and expression of faith. The university chapel will represent the literal and figurative center piece of the campus community."

Much of the chapel's assessment has been met with praise and positive feedback. On Sunday night, Mass was held in the chapel for students and faculty for the first time. Beforehand, students gathered in the UC and lit candles before proceeding towards the chapel. Once inside, Dr. Cernera addressed the congregation and the Rev. Jerry Ryle began the Mass.

"It's so much better than the UC; it feels like you're actually at church," said junior Brittany Holt.

She described the Rev. Ryle's charisma during Mass to be inspiring.

"He was really engaging and he wanted everyone to be involved in the Mass. He made sure everyone was singing by walking up and down the rows during the times of celebration," she said.

Sophomore Andrew Nolan agreed in that he was surprised by the modern technology and composition of the building. He described the structure as "inviting" and said, "the transparency of the building draws you in and it's somehow refreshing."

See MASS on page 2...

Tracy Kidder: Englightening students with experiences

Kaitlin O'Reilly
Contributing Writer

He graduated from Harvard University, served in the Vietnam War, published a handful of books, received numerous literary awards (including the Pulitzer Prize in general non-fiction), and on Sept. 28, Tracy Kidder called for action from listeners at Sacred Heart University's Edgerton Center for Performing Arts.

"I thought I knew the world. I thought I was pretty sophisticated. And I didn't know anything. I had never seen the poor parts of the world through this lens," said Kidder.

In his lecture, Kidder described the experiences he endured while writing his book, "Mountains Beyond Mountains." The book is centered around Dr. Paul Farmer's efforts to improve health care in Haiti and subsequently establish the organization Partners In Health.

"Looking in through public health and medicine is very powerful. It's very illuminating..." he said. "...Farmer showed me a world that I had tried very hard not to acknowledge the existence of."

Dr. Farmer's story is "a major force in revolutionizing international health; it's a gripping and inspiring account of one man's efforts to establish clinics and hospitals," said Larry Wielk, dean of students.

During the lecture, Kidder mentioned how the creation of Partners In Health enabled Farmer to fulfill his desire to make a difference in the world.

"All idealists hope to build something larger than themselves," said Kidder. "I think one point of Paul Farmer's story is that we should take heart from the example that he and his colleagues at Partners in Health have set."

Upon the conclusion of the lecture, many students said they were inspired to do more to help those in need.

"I've heard a lot of stories about how poor these places are and I've always wanted to get involved. I'm happy that he came and talked to us about it. I really want to help out with Partners In Health now," said freshmen Fiona McNulty.

By donating and contributing to the Partners In Health organization, Kidder continues to do his part in whatever way he is able.

He suggested that anyone interested in contributing to the cause visit PIH.org or its sister Web site, Villagehealth-works.org.

Chief Copy Editor Courtney Perlee also contributed to this article

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The Spectrum/Jacqui Vele

Rev. William E. Lori resided over the Mass.

Chapel reaction, students attend Welcome Mass

...CONTINUED from page 1

The chapel has a large number of open windows, which face the lawn area, and it now holds freshly planted trees. The serenity garden is an outdoors sitting area; even at nighttime the entire chapel is illuminated from every aspect.

"I really didn't think it'd be finished in time for my graduation," said junior Erin Loneragan. "Its completion adds to the feel of campus and makes it feel more like home."

The chapel was recently reviewed in publications such as The New York Times (NYT), Connecticut Post, Fairfield County Catholic, and Stamford Advocate.

Peter Steinfelds, a religious columnist for NYT, wrote, "It is hard to decide what is most remarkable about the new chapel at Sacred Heart University in Fairfield... the art, the architecture or the idea of such a chapel in the first place."

THE FRAY CONCERT: EVENT RECAP

Courtney Perlee
Chief Copy Editor

Some fans had been waiting since July, when the Sacred Heart University Web site first announced The Fray would perform a concert at the William H. Pitt Center on Sept. 23.

When the opening act took the stage at 8 p.m., there was still a flurry of activity and anticipation on the floor as the crowds filtered into the William H. Pitt Center. Friends talked amongst each other and wandered across the darkened gym floor while openers Nathaniel Rateliff & The Wheel provided mellow background music to the conversations.

It wasn't until the lights went down for a second time last Wednesday that the crowd turned to face the stage and cheered as The Fray played the opening chords of "Over My Head (Cable Car)," their first single to hit Billboard's top charts.

Director of student activities Amy Ricci reported about 1,500 Sacred Heart students attended the concert and approximately 2,600 total tickets were sold.

"We couldn't have asked for a better show," Ricci said, after seeing student reactions and witnessing the overall energy of the show.

Sophomore Alex Zeller attributed the band's popularity to their softer sound.

"I like how they incorporate a more classical sound, and put piano into it. A lot of rock bands won't really venture into that," said Zeller.

Other students said they wouldn't consider themselves fans of the music, but the energy of the concert surprised them. Sophomore Kerry Browne admitted he felt the concert was almost too short.

Freshman Chris Mastrocola invited two of his friends from home to Sacred Heart for the concert.

"It was a concert, they were mainstream, and I hadn't seen my friends since summer, so why not," said Mastrocola.

The only downside for Mastrocola was the timing of the concert—a Wednesday night, and right in the middle of his week for classes.

Some, like junior Amy Dalrymple had class to attend on Wednesday night. It was a tough decision for Dalrymple, who purchased a ticket in hopes that she could attend, but academics ultimately took the upper hand.

"I was a bit disappointed not being able to make the concert," said Dalrymple. "Most of my friends were there; I was basically the only one left out."

Perhaps better suited to those students caught in class instead of grabbing a relieve from college life, The Fray's frontman, Issac Slade, had a few words of advice to offer the college crowd.

"I know you're just college students...just doing your thing, getting grades," said Slade before delivering the final song of the night. "The real world's coming. Some of you are already in it and it's rough, and it sucks sometimes, but it can be so good. So keep going, don't stop, and thanks for having us."

Darfur lacks education for children

Ryan Tarby
Staff Reporter

With such a fragile situation going on in Darfur has anyone ever wondered what getting an education might be like for the people living there? A total of 300,000 people have been killed during the ongoing violence in Darfur.

Across Sudan, children have lost their lives to hunger, disease, and other causes everyday. The region has also been in a state of "humanitarian emergency" since 2003 due to the ongoing war.

Realizing the situation, students across the United States have pitched in to improve education in Darfur.

A popular program that is found on many college campuses is Project Nur.

The project aims to promote civic action to improve upon mutual respect in a multicultural community.

Students from Boston, Harvard, Georgetown, and Sacred Heart universities have already gotten involved in some way or another.

"I wish that things like this would be talked about more on campus. It would make students more aware of what is going on, everyone needs to know," said senior Brandon Harris.

Project Nur at Sacred Heart is co-sponsored by the Middle Eastern Studies Program.

"I have heard of Project Nur from my friend who attends the University of Chicago. She has been involved with it since her sophomore year," said senior Michael Maccariello. "She is of Islamic decent so I think Project Nur hits home with her a little bit more than myself, but clubs and nationwide programs like this are definitely what we need to see more of."

The conflict in Darfur started in February 2003 when the Sudan Liberation Army and the Justice and Equality Movement in Darfur took up arms. They accused the government of oppressing Black Africans in favor of the Arabs.

It has forced 2.7 million hungry and frightened children and their families from

their homes, leaving more than a million without food, medical care, or any sort of proper education.

"Students should be made aware, should get involved. The situation over there in [Darfur] is nothing like anything we have witnessed in this country," said senior John Strosnick.

Supplies and aid are sent from other nations such as food, water, and shelter. The issue of education though is not addressed by the government.

"700,000 children under the age of five years old have no access to education," said Dr. Alka Jauhari, assistant professor of the department of government and politics.

The Darfur Dream Team, a partnership of organizations and professional basketball players has developed the Sister Schools Program. The program donates school supplies and helps African students interact with American students through blogs and video chats.

Offering a direct route for students to act on genocide, the program gives Darfur refugees the opportunity to learn American values.

"What I find most encouraging about the Sister Schools Program is the interaction between American and Darfur students," said Daniel Bornstein from collegenew.com.

"Having a connection to the displaced students gives young Americans a vivid image of the brutality of genocide," he said.

Citizens of Darfur are becoming displaced and are being forced from their homes, and there is no secondary education available for them.

With little to no government support they cannot get an education to learn new trades and diversify their nation.

Students who show a desire or interest to help in any way possible are encouraged to reach out to programs, clubs, or any other efforts.

"Sacred Heart students should get involved, if not directly than personally, by writing letters to our senators and Congressmen, or by starting clubs," said Jauhari.

Want to get involved in the efforts for Darfur?
Check out: www.projectnur.org

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NATION CRAZED OVER HEALTH CARE

AMERICAN PUBLIC CONCERNED ABOUT FUTURE HEALTH CARE COVERAGE

Katherine Karole
Staff Reporter

The best way to reform health care and make the cost of insurance more affordable for American citizens is an ongoing national debate. The issue has escalated since the election of President Barack Obama, and it does not seem to be slowing down anytime soon.

Just recently, President Obama gave five interviews with five major television outlets including CNN, NBC, ABC, CBS, and Univision. In addition to that, he agreed to be a guest on David Letterman's late night show to talk about the issue of health care reform.

With the recent appearances on television this September, it seemed as if President Obama was intending to strengthen public appeal and support. However, according to the New York Times (NYT), a recent poll suggests that this might not be the case.

With his approval rating at 56 percent, it has declined from earlier in the year. Although still impressive, the poll found that President Obama's effort to conjure support did not provide any sense of relief for those questioning his health care proposal.

President Obama's plan includes covering those people with pre-existing conditions, which is currently not possible under health care providers. This plan would be costly for insurance providers, but it would help those who could not be covered because of a previous ailment. Obama is arguing for universal health care, a socialist practice, and for this the heated debate continues.

The other problem is the spending involved in enacting such a plan. According to the Sept. 9 issue of the NYT, "The president placed a price tag on the plan of about \$900 billion over 10 years, which he said was 'less than we have spent on the Iraq and Afghanistan wars.'"

Obama tried to reassure the skeptics who are against the plan because of its budget, saying that if necessary, cuts would be made in order to implement this reform.

Sacred Heart faculty weigh in on the matter.

"A bill will hopefully pass before the end of the year. Initially, President Obama turned this matter over to Congress, but since seeing that it has not worked and his approval rating has dropped he is now trying to bring both sides to be involved," said Dr. Gary Rose, chairman of the department of government and politics. "He realized the

extremely liberal wing of Congress got a hold of this plan and he now is trying to bring it back to the center."

Obama wants this bill to be bi-partisan, meaning that both Republicans and Democrats would agree upon it, but a compromise is uncertain. U.S. citizens also have mixed opinions because they don't know how much this reform will help them.

My concern is that in the attempt to get something or anything done, we will end up with an expensive bureaucratic mess.

-- Dr. Steven Michels

Even though this issue affects the country on a national level, Sacred Heart students and faculty have individualized the issue to determine its direct effects.

"The tricky part is that there is no specific plan yet. The bill in its final form is probably still pretty far from actually happening so it is more a discussion of the various options," said Kathleen O'Gara, adjunct political science professor.

The problem is that healthcare is expensive, so not everyone has it. For those that don't, they are at a higher risk of incurring a large cost if they get sick. College graduates are also at risk because they are no longer covered by their school insurance, so they have to start paying for it.

For those who already have coverage, their rates may increase or their taxes may go up, which some Sacred Heart faculty are also concerned about.

"My gut reaction is that we should be able to do what every other industrialized democracy has done: guarantee health care for its citizens. But my concern is that in the attempt to get something or anything done, we will end up with an expensive bureaucratic mess," said Dr. Steven Michels, Associate Professor of Political Science.

"If we're going to do this, I'd much rather see it be the product of a bipartisan commission on health care reform. I simply do not trust Congress or the president to do the right thing," said Michels. "I do not think my coverage will be affected, but it's very possible my taxes will increase."

Students at Sacred Heart have also been following

the news regarding the health care reform.

"Personally, I really don't like it and I feel that it is putting too much 'power' in the government's hands, something that they are not structured to have," said senior Carrington Gerli. "I feel that if the government controls the health care system, it will ultimately fall flat and nothing will move progressively and people's or citizens' health concerns will not be met timely."

Junior Caitlin Moser has been paying close attention as well. She has several concerns regarding President Obama's health care bill. Moser thinks it will eventually change America for the worse because the bill only promotes a larger government, which is not necessary or wanted by the majority of Americans.

"I will be personally affected by Obama's health reform since I am a middle-class citizen and this bill will be paid for mainly by the middle class. Therefore my family's taxes will be raised and we will have less money to finance our own personal needs because we'll be paying for other citizens to be insured," said Moser.

She said that Obama's administration and supporters will never confess that he will raise taxes.

"But where do you think the money is coming from?" said Moser.

As written by the NYT on Sept. 10, Obama told his chamber that "there remain some significant details to be ironed out" concerning the bill. With that said, much more work needs to be done before a compromise can be settled upon.

Staff Reporter Ryan Tarby also contributed to this article.

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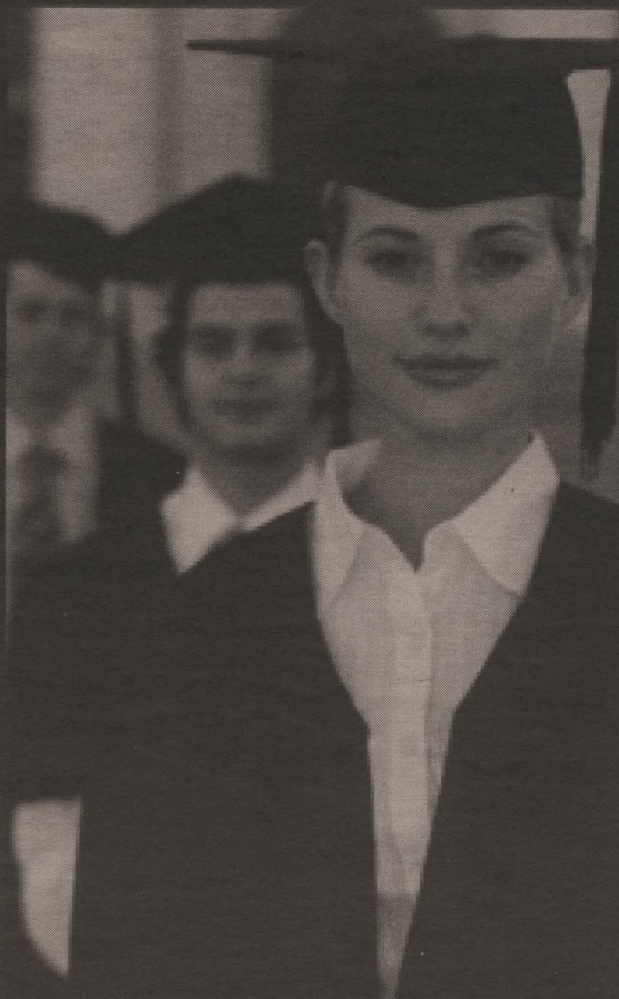


WHAT'S NEXT?

Find out at our
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Continental Breakfast at 8:30am.
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Register online:
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Where Personal Attention Leads to Personal Achievement.

The Spectrum/Zack Lane
Bottom row photos courtesy of Tracey Deer-Mirek

THE FRAY



SENIOR YEAR: Not such an easy ride after all

Carli-Rae Panny
Editor-in-Chief



Attention underclassmen: When you hear the statement, "Senior year is a breeze," you're being lied to.

Sure, maybe your last year of college has a lighter workload than the previous school years but when it comes down to it, you really can't afford to slack off.

College is definitely about meeting people, spending time with friends, and experiencing new things – but obviously classes and education fit in here too.

We're building resumes and relationships at the same time.

I've always kept myself reasonably busy but this year my schedule is on a whole new level of insanity. It's only the third week of the fall semester and I'm already gasping for freedom.

But does that mean I'm ready for graduation? I couldn't tell you. The real world is so close but I feel like it's unnatural to want to graduate.

This week I had a mini-meltdown because I realized I don't know exactly what I want to do after college. A lot of my friends have been talking about taking the GREs and the fact that I haven't thought twice about taking them was a cruel slap across the face; so I've added this to the to-do list.

Senior year is full of confusing decisions that need to be made. Juggling this with classes, homework, and other responsibilities are some of the biggest hurdles. Help!

Letter to the editor: concern for students on campus

To the editor:

Ignorance is not always bliss. With Sacred Heart's no contraception rule, ignorance is going to do some serious harm.

Condoms are not offered anywhere on campus. Not even for sale in Outtakes or the SHU bookstore. You will not find them at the Park Ave. House (Health Services). So where have all the condoms gone?

They simply are not offered anywhere on campus because of Sacred Heart's Catholic association. Sacred Heart includes in their contract with Chartwells-Flik and Follett that they not allowed sell condoms. RAs are not armed with contraception to provide the student body.

Resident Assistants (RAs) are provided with thermometers and anti-bacterial lotion to pass out to residents. But is that enough for the modern college student?

Condoms on campus go against the mission of the university, but is keeping up with beliefs more important than the well-being of the students at Sacred Heart?

Peers at nearby universities, including UConn, have condoms readily available. I am aware the difference is those are state schools and Sacred Heart is a private school. Sacred Heart can choose to do whatever it wants. What is disturbing is that Sacred Heart chooses to stay in the dark ages and this negatively affects the student body.

Without condoms available, students of Sacred Heart may be more likely to have unsafe sex. Unsafe sex can lead to STDs and then what happens? Would health services provide a splash of holy water and prescribe ten Hail Marys? If only it were that easy.

Health Services will treat a student who has an STD, but instead of providing condoms to students, their policy is to simply promote abstinence and steer students away from pre-marital sex.

If Sacred Heart is willing to treat STDs in a modern manner then why shouldn't they prevent them in a modern matter? Waiting until a problem occurs isn't in the best interest of students.

Sacred Heart is growing at an astonishing rate. The small school many of us applied to four years ago is transforming into a reputable university. So why is Sacred Heart so reluctant to embrace the fact that condoms are an essential part of keeping the student population healthy, along with providing anti-bacterial soap in bathrooms and medication for the common cold?

Sacred Heart's new theatre arts program will be producing the Broadway hit, Rent, this coming spring. Rent is a musical that includes pre-marital sex and homosexuality –the Catholic Church disapproves of both.

So how does Sacred Heart choose which Catholic doctrines they will uphold and what they disregard? I say we let the students choose. Let's perhaps take a survey and inform the SHU community with posters in every room.

- Alison Roach

-- Alison Roach

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EDITOR'S CHOICE

Favorite photos taken by your editorial staff



The Spectrum/Zack Lane

The New York Jets special teams gather around Coach Mike Westhoff during the Jets 24-17 win over the Tennessee Titans on Sept. 27.

Zack Lane
Photography Editor

I started shooting for the Jets at the beginning of last season, and it has been great ever since. I really like this particular picture because it's not just a regular action shot from the game like you would usually see. It shows that there's more to the game than just players hitting each other, and that there is an intellectual component to the sport as well.

You'll notice that in this photo the Jets are wearing black and gold jerseys. Both teams were wearing their throwback jerseys at this game, so I think it made the win even more special for the team.

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation, and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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Local businesses provide off-campus activities

Marie Leila Douaihi
Contributing Writer

Craving hibachi? Fancy a drink? How about some bowling or a good movie? Sacred Heart University students have sought out the best places in proximity to our campus to fulfill almost all desires.

Students who gather in the Mahogany Room, the dining area, and Hawley Lounge openly share weeknight or weekend plans with friends in order to ensure that some leisure time has a place in their weekly social calendar.

These plans include fun group activities like bowling, seasonal ice skating, movie-going, restaurants, and bar and club venues that allow them to enjoy their two-day break from school responsibilities.

Sheer curiosity and word of mouth begins the process of assessing new hot-spots near Sacred Heart. Club promoters, restaurants, bowling alleys and movie theatres solicit through flyers, newspaper ads, and Facebook with enticing discounts and other offers.

While the Trumbull Mall is convenient, some students venture past the local mall to seek a true "getaway." The Milford Mall is approximately 20 minutes away from campus and is expansive in comparison. This mall includes a movie theatre, a pet store, and several department stores that keep students occupied for hours.

For those in dire need of stress release by tossing heavy objects, Nutmeg Bowl in Fairfield is the perfect place. Sunday mornings in particular are favorable because of their incomparable "Breakfast n' Bowl" which happens to be a \$9-per-person special that lasts from 9 a.m. until 11 a.m. every Sunday. The special includes three games of bowling, two eggs, potatoes, toast, and a choice of coffee, tea, milk or chocolate milk.

Bow Tie Cinemas Marquis 16 in Trumbull is also a favorite choice and close in proximity. Senior Meghan Dick loves seeing movies at Bow Tie, especially on Tuesdays when it's only \$6 a ticket.

"I'm almost positive that my friends and I have seen every movie that recently came out in theatres so far," said Dick.

Sacred Heart students with adventurous taste buds enjoy dining at Kobis Japanese Steakhouse in Fairfield. Its popularity stems from the interactive delectable hibachi entertainment and pleasing ambiance. Saki bombing is an added perk specially reserved for those who are over 21.

Senior Vanessa Ouellette agrees that the restaurant has a distinct, pleasurable atmosphere.

"The food and service are quite impressive. Sitting at a hibachi table, you're likely to not only experience a humorous hibachi chef tossing food and saki midair in your direction, but also a relatively inexpensive and very satisfying culinary experience. I highly recommend you pay

Kobis a visit and experience it for yourself," said Ouellette.

Other favorite restaurants include Joe's American Bar & Grill, Wild Rice, and Skybox in Fairfield. Senior Lisa Mariani said that Joe's Bar and Grill has "delicious food and so many choices at a reasonable price!" Above all, she urges students to go to Quattro Pazzi Café to try a unique Nutella marshmallow pizza. Bravo, another popular spot among students, is one of many that turns from a restaurant to a 21+ bar some nights.

For the under-21 students looking to have a night out on the town, New Haven is conducive to clubbing. Sophomore Kristin Reinwald recommends Thursday night hot-spots like Alchemy and Synergy Nightclubs where it's 18 or older to party and 21 to drink.

While it's not much of a party spot, many students agree that the Merritt Canteen in Bridgeport, wins the popularity vote.

Junior Heidi Constantine says she has spent "a large part of [her] undergraduate career eating at the Merritt Canteen."

Like Constantine, senior Maggie Rusch has been an avid customer for several years.

"It's now open 24 hours, and it's better than McDonald's or Burger King. It is the best place to get jalapeño poppers and mac 'n cheese bites. I love Merritt Canteen; who doesn't?" said Rusch.

Marketing workshops help students win in the job competition

Danielle Buzzanca
Staff Reporter

You're tired. It's late. On top of all the homework you have to do, your mom just called to remind you for the fifth time that you need to update your resume.

You know that you have done two internships...or wait, was it three? Did you make sure to add the Nursing Honor Society and Habitat for Humanity?

This has become a weekly occurrence for senior Nicole Keller.

"Putting together a resume is a time consuming process, but it's well worth it and more important than people think," said Keller. "I mean, think about it—it's the first thing a potential employer is going to look at before they even meet you."

The issue, really, is summarizing all of your experience while creating a professional looking resume—one that you can show with pride to potential employers.

"There are some Web sites that show you how to put together a resume, but they all tell you different things to do," said senior Alyssa Wintergrass. "It gets confusing because you're not sure what format to follow."

Many students attest that they feel lost when it comes to writing a resume. The career development office at Sacred Heart University offers the "Marketing Yourself" workshops to assist students with this process.

"Many students have a resume they put together in a class, or one they haven't updated for a few years. This workshop will help you get your resume looking like what recruiters today want to see..."

-Heather Marchland
Asst. Director of Career Placement

The workshops are targeted towards students' specific needs, whether they are freshmen or graduating seniors.

"The workshops are customized by class year," said Heather Marchland, assistant director of career placement. "We also ask that students RSVP that they are attending through Pioneerlink."

But students won't benefit from what Career Development has to offer unless they attend the workshops or

visit the office.

"I went to the career office not expecting anything," said senior Erica Marthas. "I was pleased with the help I received. I also attended a 'Marketing Yourself' workshop last spring and learned a lot. I would definitely recommend them to other students."

Keller also benefitted from attending.

"I was skeptical about the workshops at first, but I was desperate for help so I thought that it couldn't hurt. I was impressed by [how much they helped]," said Keller.

The workshops not only help you with putting together a resume to show to prospective employers, but they also assist you in applying for internships or full time jobs.

"Many students have a resume they put together in a class, or one they haven't updated for a few years. This workshop will help you get your resume looking like what recruiters today want to see," said Marchland.


Most students don't attend the workshops because they don't understand what they have to offer.

"We will teach you how to emphasize your skills and accomplishments in a way that is relevant to your desired career and how to target your resume to specific employers. This skill is very important in a competitive job market," said Marchland.

ShuVoices


Keith Wilkinson
Staff Photographer

What was the most expensive purchase you've made unrelated to Sacred Heart?




Ariel David
Freshman

"Clothing and groceries."




Georgina Cordello
Sophomore

"Concert tickets for Blink 182."



Chris LeBeau
Junior

"Flippy Floppies, a.k.a. flip flops."



Andrew Cabral
Senior

"DVD, 'The Office' season 5."

Upcoming "Marketing Yourself" Workshops

are located in the Edgerton Theater.

For Seniors: Wednesday, October 14 @ 4:30 PM

For Juniors: Thursday, October 15 @ 3:30 PM

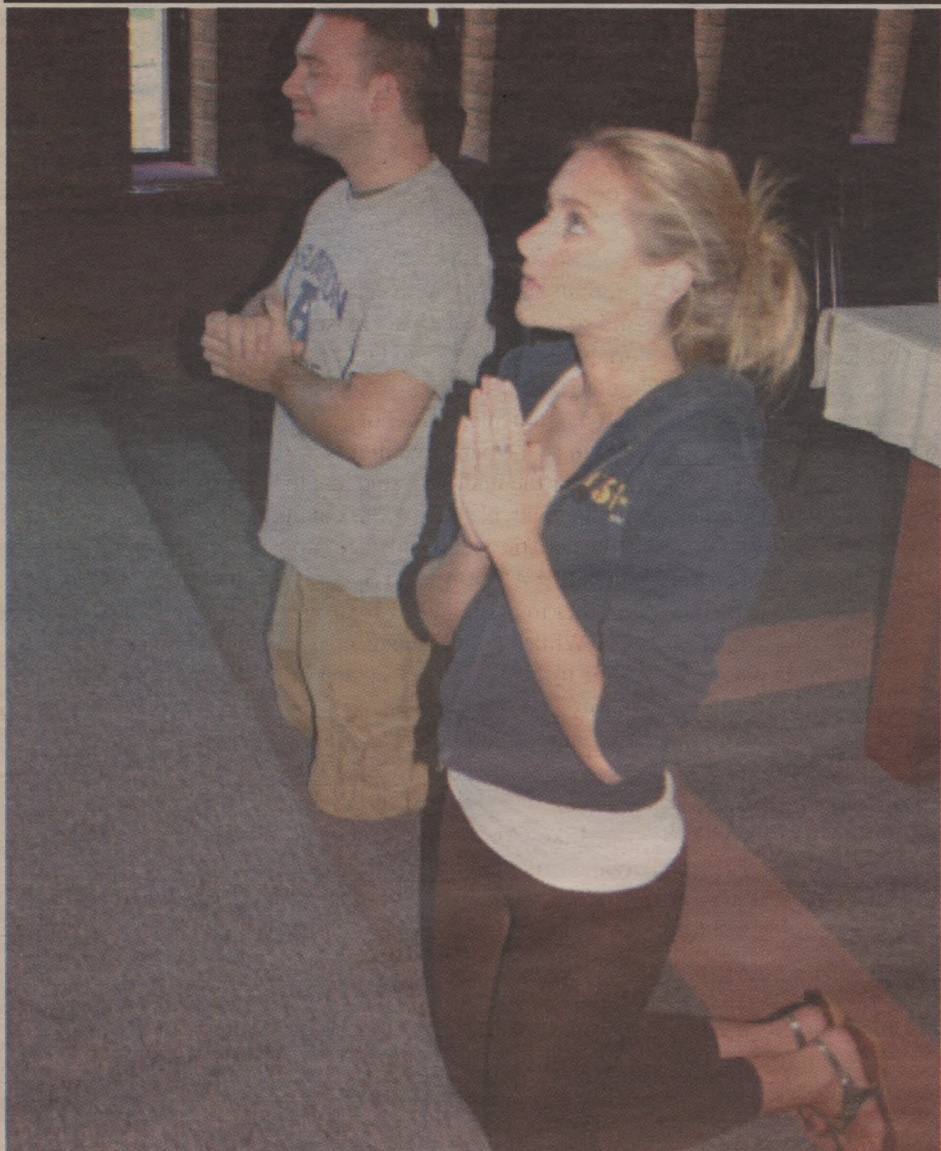
For Sophomores: Tuesday, October 27 @ 5:30 PM

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The Spectrum/ Nicole Eastman

Students Michael Luckie and Nicole Simonetti pray together.

Students encouraged to practice their spirituality

Adrian Fitzsimon
Staff Reporter

At Sacred Heart University, all students are encouraged to practice their chosen religion. However, some students feel they don't have time to practice their religion, while others have a hard time connecting with students with the same religious backgrounds.

Some students who were raised with a religious background feel that their college activities have jam packed their schedule, leaving little or no time to focus on their spirituality.

Junior Shannon McCoy thinks that she has drifted away from her religion. She feels her college activities leave her with minimal time to practice her Presbyterian rituals.

"I'm so busy with schoolwork and softball that it slips my mind until I return back home," said McCoy.

Nevertheless, Sarah Heiman, campus minister for education and spiritual life, feels participation in the events provided by Campus Ministry is constantly growing.

"Participation in spiritual programming grows every week, and I am constantly meeting students that want to learn more about how they can get involved with Campus Ministry and volunteer programs," said Heiman.

Campus Ministry is constantly working to provide students with opportunities to connect with God. The Campus Ministry team is eager to support students of all religions. For example, Heiman said that the ministry has recently begun a Hillel to support the Jewish community on campus.

"Our mission in Campus Ministry is to assist every member of the Sacred Heart family in developing a richer relationship with God, and we are always open to new ways of doing so," said Heiman.

As a Jewish student attending a Catholic school, Kylie Abrams feels she is welcomed and encouraged to practice her religious traditions.

However, she still finds it challenging to do so because there are not a lot of other Jewish students for her to relate to or Jewish events for her to attend.

Visiting temple on a weekly basis is a challenge because she does not have a car, but she does make an effort to practice the rituals she is capable of doing, such as fasting on Yom Kippur.

Abrams and other students searching to build connections with peers of the same religion may be in luck with the opening of the Chapel of the Holy Spirit. Heiman believes campus wide spirituality will be enhanced with the new chapel.

"The Chapel of the Holy Spirit is a beautiful building, and stands as a testament to the presence of God in our midst at all times and in all places. It is truly at the heart of our campus, and will be a quiet place where all can meditate on the reality of God," said Heiman.

The chapel will serve as a religious symbol encouraging students of all faith traditions to maintain a connection with their religion. Sophomore Carley Rudloff believes the chapel will encourage students of all religious backgrounds to join in unity in a sacred place.

"There is now more room for people to gather in a religious environment to practice their beliefs instead of some room in the [academic] building," said Rudloff.

For those students struggling to connect with their spirituality, Heiman suggests joining in the presence of others to talk about religion.

"Most people will go through some period of doubt in their life, and connecting with those around you will help serve as a reminder that you are never alone," said Heiman.

The chapel will provide a place of group worship where students can relate to one another and grow spiritually.

"There is a spiritual yearning, I think, to encounter God, and when that happens we become most fully what we were created to be," said Heiman.

HE SAID/SHE SAID

Battle of the sexes: who's better than who?

Tom Herles

He said



I disagree with stereotypes. Common opinions in regards to the male vs. female debate would claim that women do things such as communicate better, while men lift weights more effectively.

I talk entirely too much and whether or not it's effective communication, I have no idea. If that doesn't make me as strong a speaker as any female, I don't know what would. Plus, some women are just plain jacked.

But I am not so naïve to say that men and women do everything equally because that just isn't the case.

Women are absolutely terrible at growing mustaches. I know for a fact that there are some women who never shave their faces but, still, the bristles don't show up.

I may not have the best facial hair in the world but even I have to shave every once in awhile. It's quite frankly pathetic.

Ladies, we have female astronauts and government officials, yet you still can't grow hair on your upper lip.

Think for a moment how much more legitimate professional women would appear if they had a curly-q, handlebar or "fu Manchu" moustache accenting their smooth facial features. It is time to evolve.

Next on my list is the male's domination in the field of jackhammer usage.

I do not personally know one girl who has ever used a jackhammer. This is a completely lopsided statistic favoring the gentleman.

Now I know what you're thinking. How many guys do I know who operate jackhammers? I can't give that specific number because men do not brag about this sort of thing.

But, I think I can assume a good portion of the fellas here on campus have busted out the old pneumatic drill and ripped up a sidewalk or driveway just for fun at some point.

I don't want to hit too close to home for any of our readers on this next one and if you become offended, I apologize.

It is as simple as this: female stand-up comedians are not funny. Somehow, when a woman decides to stand on a stage and tell jokes, the truth is just not funny.

Think of some of the most famous female comics like Whoopi Goldberg, Kathy Griffin, and Rosie O'Donnell, two of which have hosted the Mecca of unfunny female comedy, "The View." They are not funny unless you find angry people amusing, which is just odd.

I will admit this is a generalized focus on female comedians. There are definitely some out there who are truly funny.

For example, there was this one movie I saw last year that was absolutely hysterical. The movie was called "Twilight" and the actors said funny things the whole time while pretending to be terrible actors. It was great.

The comedy was pretty sarcastic because there were parts where I thought it was being serious. It was written and directed by women, so it is true, the ladies are behind some funny projects.

The good news for females everywhere is that all of the things mentioned can be fixed. Really work on those moustaches that have foiled your gender for centuries. In regard to using jackhammers, remember that practice makes perfect. The solution to the comedy predicament is quite possibly the easiest: never allow Kathy Griffin on television again.

Sam Marinko

She said



Aladdin frees Jasmine from the restraints of a society forcing her into marriage and introduces her to "a whole new world."

The Prince revives Snow White after she is poisoned by an apple.

Cinderella is rescued from her evil stepmother by Prince Charming.

The stereotypical, damsel in distress motif seems to be a trend among the most popular of Disney movies.

Despite the substantial crush I had on Aladdin when I was growing up, I do have to contest this constant theme of the guys being the heroes and the women being the hapless victims.

So guys may be built differently, but contrary to Walt Disney's apparent beliefs, we (women) aren't a completely feeble, reliant faction, either.

Just ask Indra Nooyi, the CEO of Pepsi, or entrepreneur Oprah Winfrey, or Andrea Jung, chairman of Avon, if they've ever beaten out a man for a job. These powerful ladies have a lot to flaunt.

No one is to blame for the physical differences between guys and girls, but guys, do you really need to rub it in?

I spend far too many hours of my life baby-sitting, but I can't really argue about an awesome under-the-table salary.

What does bother me during my nine hour work days, however, is the attitude of the seven year old boy I deal with.

He insists I'm too girly to be able to play football with him or show him how to skateboard. Yes I'm a girl, but he's seven. He already has this superiority attitude instilled in him.

So what can guys do that women can't? I will never run as fast as Steve Prefontaine could, Natalie Coughlin will never outswim Michael Phelps, and no girl will ever out keg-throw any of the guys in the World's Strongest Man competitions. There is no way around those statistics—it is just fact. Though men may be undeniably better athletes, I don't like that Michael Jordan becomes a household name and basketball phenomena like Cheryl Miller kind of just drift to the wayside.

Now what do women do better than guys? Women have a natural mommy complex. We are programmed to be nurturing and compassionate. Not that guys aren't, but the degrees definitely differ.

I don't know too many male baby-sitters. And in my time working at two different preschools, I rarely encountered a male coworker. Girls just adjust better to dealing with the needs of little kids.

Honestly though, there is nothing more attractive or endearing to a woman than seeing a guy playing with little kids—or puppies—but it's that "sensitive side" that can really draw a lady in. Keep that in mind, guys.

Beyond the physical, though, there aren't really any distinct differences. It's not like we're a different species or anything, we just have different builds. Guys are supposed to be brawny and built and bulky, and girls are meant to be petite and pretty and precious.

Again, this is a total generalization because there are always exceptions, but you'll never see a Barbie with big muscles or wide shoulders. But if you do, you can call it Ken.

'Music and Action' opens eyes to activism

Mark Theroux
Staff Reporter

Doesn't everyone want to live in a world free of child exploitation and slavery?

Some feel that the first step to combat it is to become armed with knowledge. In the performance of the Music and Action to Fuel the Modern-Day Abolitionist Movement event, students learned that one way to make this information easier is to absorb it through music and visuals.

The event was hosted by singer/songwriter Lamont Hiebert on Sept. 29 in the University Commons. A member of the rock group Ten Shekel Shirt, he is very active in the Modern Abolitionist Movement to help end child slavery and sex tourism.

Hiebert presented a slideshow of pictures and information about human rights issues ranging from child exploitation to slavery, while keeping the audience engaged with his live music.

He has received positive feedback for his performances from a variety of publications. Christianity Today magazine described his work as "sacred ground where more worshippers ought to dare to tread."

Dr. Brian Stiltner, associate professor of religious studies is the driving force behind this event. Besides being director for the Center for Catholic Thought, Ethics



Photo courtesy of Dr. Brian Stiltner

Hiebert hosted the event in the University Commons on Tuesday, Sept. 29.

and Culture, Stiltner hosted the event.

He said that teaching about human rights got him interested in planning the event.

"It's a great way to get people involved," Stiltner said, "because the information is presented in a form to really engage them, [through] contemporary music."

He also said that, thanks to the sponsorship by CCTEC, the event was "a good

example of putting Christian love into action."

A press release stated that Hiebert's performance is a "potent blend of rock, faith and social justice," and that Hiebert "not only does he inform his audience; he empowers them through redemptive stories and songs."

Hiebert is also the co-founder of Love146, an organization dedicated to fighting human trafficking by training

caregivers to care for rescued victims, as well as "reducing the risk for children in high-traffic areas and raising awareness of the issue," according to the group's Web site.

Some students felt that the performance was an asset to the Sacred Heart community.

"It's always good to raise awareness about these issues, and the performance should get people interested," said junior Adam Lupo.

Others think that the event can make a big impact on people.

"I'm glad that the school is keeping people aware in this way," said junior Tom Rende, "because it can really help make the world a better place."

Dr. June-Ann Greeley, department chairperson for philosophy and religious studies, and associate professor of religious studies, feels that the event is extremely important. In fact, for some of her classes, attendance at the event was mandatory.

"We have a responsibility to make a difference. It will raise consciousness of a profound, global problem that tends to fall on the backs of the poor," said Greeley.

"We have the capacity to battle this injustice which not only occurs in third-world countries, but in our own backyard as well."

HAS ANOTHER DISNEY GOOD GIRL GONE WILD?

Miley Cyrus gives a provocative performance

Chris Daly
Staff Reporter

Is it appropriate to have pole dancing at the Teen Choice Awards?

Hollywood teen sensation, Miley Cyrus, attracted media attention for her much-publicized pole-dancing musical number at this year's awards in Los Angeles. In an effort to showcase the more grown-up style of Cyrus, the star appeared live on stage in a skimpy outfit while gyrating to an ice cream vendor's pole.

The act caused quite a stir and gave Cyrus the attention she wanted.

Many students feel that Cyrus made a mistake by adding sexy moves to her act.

"Miley getting out of her 'kid image' is not going to last," said sophomore Heather Yarson. "If she keeps acting the way she is, she will become Britney Spears."

Britney Spears is another star who emerged from the Disney scene as a performer on "The New Mickey Mouse Club" in 1994.

"Britney started on this path too when she was her age. It seems to me like she's been a teenager since she became famous. I think she entered the Hollywood light too early, and because of it she has become a dirty person," said Yarson.

"Dirty" or not, some students recognize that it's not necessarily Miley's fault that she's succumb to the spotlight.

"I feel that every Disney movie star goes through this phase. They start off their career as a childhood star and have a difficult time figuring out how to transition into the adult crowd," said junior Jackie Bellino.

Cyrus' real life father Billy Ray, also plays her father on her popular tween television show, "Hannah Montana."

"Miley is approaching it the wrong way by dancing on a pole at the Teen Choice Awards. It is sending the wrong image to the

younger crowd," said Bellino. "However, Miley has a better family support system behind her."

According to Disney's Web site, a disclaimer stated that the Disney Channel



AP Photo/L. Martinez

Miley Cyrus shocks fans with her risqué behavior.

would not be commenting on Miley Cyrus's performance on the Teen Choice Awards.

"Miley Cyrus is currently the cover girl of the Disney Channel. Disney will protect that image as long as possible," said junior Kevin Bussell.

Despite Disney's attempts to keep Miley classified as "the good girl," many think that she is just attempting to break out and be the "good girl gone bad."

"Dancing on a pole is just crazy," said sophomore Nicole Cole. "I don't like the idea of Miley getting out of her kiddy image. She is a 16-year-old girl. In my eyes she is still a kid and should not be acting like an adult."

DeGeneres steps into the American Idol spotlight

Nicole Eastman
Staff Reporter

Diva versus comedian.

After eight seasons of helping aspiring singers become the next pop sensation, Paula Abdul has said good-bye to "American Idol."

Ellen DeGeneres will replace Abdul as the fourth judge in the show, alongside current judges Simon Cowell, Randy Jackson, and Kara DioGuardi, to critique contestants throughout the competition.

"Ellen is truly one of America's funniest people," said Mike Darnell, president of alternative entertainment for Fox. "We feel that her vast entertainment experience-combined with her quick wit and passion for music-will add a fresh new energy to the show."

She will join the judge's panel after the contestants audition.

"I'm thrilled to be the new judge on 'American Idol,'" said DeGeneres in a Fox press release.

"I've watched since the beginning, and I've always been a huge fan," she said.

The producers of "American Idol" have expressed their equivalent excitement for their newest addition to the panel of judges.

"We're all delighted to have Ellen join our ninth season of 'American Idol,'" said executive producer Cecile Frot-Couta in an article from the "Idol" Web site.

"Beyond her incredible sense of humor and love of music, she brings with her an immense warmth and compassion that is almost palpable," said Frot-Couta.

According to The Hollywood Scoop Web site, "Idol" had not given Abdul a new contract or enough money for her to stay on the show.

After back and forth negotiations, she decided that it was time to move on.

Although Abdul is no longer a part of "American Idol," she is taking on a new project that emphasizes her "diva" side... literally. The former judge is the new host of "VH1 Diva's."

In the televised concert aired live on Sept. 17, Abdul opened the show dressed as DeGeneres in her "signature outfit," (a blazer with trousers and sneakers) imitating the way she opens "The Ellen DeGeneres Show."

VH1.com reported that this prank was done in good humor, and there are no hard feelings between the two stars.

Like Abdul, DeGeneres has also taken on a new challenge: managing two shows at once. According to People magazine, "The Ellen DeGeneres Show" will continue its seventh season.

This year she was nominated for a Primetime Emmy Award for outstanding individual performance in a variety or music program.

DeGeneres has confirmed that she will continue to host her show and take on a new role as "Idol" judge.

"I'm going to have a day job and a night job," she said.

Junior Jessica Garcia thinks DeGeneres will do a great job bringing something fresh and new to the show.

"She will bring the perspective of a listener and voice what the general public thinks," said Garcia. "Plus, she's hilarious."

Some students think that Abdul filled a valuable role on "Idol" by providing a safe zone for the show's contestants, and that Ellen will do the same.

"She will be nice like Paula was, so we won't lose that element of the show," said Garcia.

The ninth season of "American Idol" with new judge Ellen DeGeneres premieres January 2010 on Fox TV.

GET REEL: MOVIE REVIEW OF THE WEEK

'Love Happens' happens to be lovely

Michelle Munden
Contributing Writer

Take a cute romantic comedy, add two well-known actors, a catchy soundtrack, and then subtract the romantic comedy part. What does that leave you with? "Love Happens."

In theaters since Sept. 18, "Love Happens" stars the always likeable Jennifer Aniston and Aaron Eckhart.

Aaron, who? You know, the guy who played Two-Face in "The Dark Knight."

It was hard to break my thoughts from his mutilated face in the previous film for his newest role. Yet interestingly enough, his character in "Love Happens" also had two personalities.

Despite the title of the film, I found myself searching for meaning in more ways than one. I went in with great expectations; I was totally ready to sit back and enjoy a feel-good, lovey-dovey film, but I was simply not impressed. "Love Happens" was not what I expected.

I wouldn't discourage someone from seeing this film; it was somewhat inspiring in its own unique way.

Aniston plays Eloise, a florist unlucky in love, and Eckhart plays Burke, a best-selling author of self-help books.

Once again, Aniston inhabits the Hollywood stereotype of a lonely all-American gal waiting to be completed by a man.

Okay, so "Love Happens" is a touching film, I just needed more from a romantic comedy-- or maybe it wasn't supposed to be a romantic comedy at all. Gee, those commercials were misleading.

Though there are moments of wacky humor, including the theft of a cockatoo named Rocky, the film is predominantly a drama. And while the burgeoning relationship between Burke and Eloise is a factor, the focus is really on Burke and his complicated emotions.



AP Photo/Kimberly French

Get Reel gives Love Happens:



ANOTHER 'BIG' HIT?

Fans should expect the unexpected in Sex and the City 2

Jacqueline Vele
Staff Reporter

As the "Sex and the City" sequel continues to film around New York City, many fans have been hunting for clues about the movie's plot.

The numerous paparazzi photos taken on set of leading lady, Sarah Jessica Parker, offer small hints to the potential design of the upcoming film, scheduled to debut in theaters in May 2010.

Plot rumors point to a possible downturn in Big and Carrie's relationship. According to a source in an article in Us Magazine, Big takes a job in London after losing money. Lost and lonely, he finds himself engaging in extramarital affairs. After Carrie leaves him, she discovers she is pregnant with his child.

Many wonder if Carrie will return to Big after this shocking news. After all, Big has cheated on his previous wife, and despite his many mistakes, Carrie always seems to return to him.

"I don't trust Big," said junior Nicole Krys. "I trusted Aiden. I want to like Big, but I can't."

While Carrie and Big attempt to endure possible turmoil, photo spoilers suggest a possible wedding for Kim Cattrall's character, Samantha. Cattrall was spotted roaming the city streets in a wedding dress and Ugg boots.

Fashion is expected to be a big factor surrounding the movie. With sightings at New York City's Plaza Hotel, Parker was spotted dressed in 80's attire, including skinny jeans, an off-shoulder sweatshirt, and converse sneakers.

Most notable for its fashion, "Sex and the City" will certainly exhibit some highly regarded fashion designers, such as Christian Louboutin, Chanel, Christian Dior, and Betsy Johnson, according to Us Magazine.

The magazine also reports that the upcoming movie "won't be predictable." But one big question seems to be whether or not the sequel will outdo the first.

"I don't think so, because sequels generally don't," said Dr. Sandra Young, associate professor of English. "Though it would be nice."



AP Photo/Charles Sykes

Sarah Jessica Parker spotted on set in fashionable 80's attire.

The television series is best recognized for portraying what it is to be a successful woman living in New York City. Topics that often come up in the series are single life, relationships, and success; themes that typically attract females to the series as well as the movie.

"I think 'Sex and the City' portrays a certain aspect or slice of life," said Dr. Angela DiPace, associate professor and department chair of English. "There are so many lifestyles for New York City women. It caught the imagination worldwide because it has some truths and reality in it."

The rumors and gossip surrounding the new movie only seem to be fueling the excitement.

"I love the first 'Sex and the City' movie," said junior Jen Carli, "and I cannot wait to find out what happens in the sequel."

'It's not right but it's okay'

Students question Houston's comeback

Arielle Mangiaracina
Staff Reporter

The wait is over.

Just one month ago, Whitney Houston released her first album since 2003.

While many of Houston's fans are certainly enthusiastic about her comeback, some Sacred Heart University students are less than thrilled.

"Whitney Houston is making a comeback?" asked junior Staci Zacharski.

Even Houston's fans at Sacred Heart are not anticipating her new album.

"While I am a fan of Houston's older songs, I am not excited for her comeback. I previewed her new album on iTunes and did not like it at all," said junior Emilie Latainer.

Her new album, "I Look to You," was released on Aug. 28, with the title track ranked at No. 10 on iTunes' top videos list.

It is currently ranked sixth in the best-sellers category on Amazon.com, and No. 1 in both the soul and adult contemporary categories.

With these ratings, why isn't "I Look to You" catching on at Sacred Heart?

"I don't think her music will appeal to people our age," said Latainer, "She is more popular with adults."

Junior Kelli Cooper agreed, but believes that people who appreciate her from previous work will be more inclined to buy her album or listen to her new songs.

Houston hit the top of the musical

world in the late 80s and early 90s. "The Bodyguard" soundtrack, released in 1992, was the world's best selling album at the time.

She was the first artist to have two diamond albums, "Whitney Houston" and "The Bodyguard."

Her 1992 hit, "I Will Always Love You," is the best selling single by a female artist of all time, and Houston holds the record for the best selling gospel album of all time for the 1996 production of "The Preacher's Wife."

While Houston is a celebrated artist whose talent is shown by her multiple sales and chart records, some students believe that her time to shine has not necessarily come and gone just yet.

"I think she can make it back to the top. She's a strong woman and she's gone down in history. Look at how talented singers like her go off the deep end and come back up on top," said Cooper.

While Houston is attempting to make a comeback and reach the fame she had 20 years ago, many feel that she is going to have to appeal to the adult demographic, because college students are not awaiting or interested in her return to the music industry.

Has Houston already had her moment in the sun?

"I don't think she can make it back on top unless she comes out with a huge hit, but she hasn't done that on this album," said Latainer.



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‘Drive hammered, get nailed’

Marisa Graniela
Staff Reporter

The underground life of a college student can be filled with fake I.D.s, bar hopping, and underage drinking, but what do you do when you have no way of getting home?

Calling a cab is always an option, but what happens when your pockets are empty?

Selecting a designated driver, commonly known as a DD, can not only save your money but your life as well.

The downside of being a DD is the inability to drink for a night, which is a crucial factor for some Sacred Heart University students.

According to junior Toni King, its not always easy for students to find a DD when they want to go out.

“I wish more people were concerned with getting to places safe rather than with just partying,” she said.

The dos and don’ts of being a DD can seem a bit hazy, especially after a few drinks. It’s smart to plan accordingly in advance to avoid any unsafe decisions that you might regret in the morning.

“Students need to remember that a DD is a substance-free, sober driver,” said coordinator of peer education Karen Flanagan.

“It’s not the person who has had the least amount to drink out of your friends. Making a plan ahead of time is important, because alcohol impairs your judgment,” she said.

But is it possible to find someone that is willing to tag along to a bar and agree to stay sober? Choose someone who is reliable and try alternating drivers each week within your group of friends.

“You need to find someone who will be responsible and who won’t change their mind later on throughout the night,” said Danielle Adler, student wellness and empowerment team (S.W.E.E.T) peer educator.

If going out to a bar without drinking



AP Photo/Cheryl Gerber

A bartender pours a draft beer. Going out to bars without designating a sober driver can prove to be a deadly decision.

is too tempting, try staying in for the night to catch up on some homework.

“From my own observations, it seems to work best when the DD does not stay at the bar or party,” said S.W.E.E.T peer educator junior Tara Ilamathi.

“Instead have them drop everyone off and come back later to pick them up,” she said. “That way they are not tempted to drink during that period of time.”

If you’re still having trouble figuring out a safe way to go out, consider talking to one of the S.W.E.E.T counselors.

“Basically, S.W.E.E.T. is meant to educate students on some of their misconceptions about alcohol or any other wellness concerns,” said Adler.

Aside from alcohol advice, the S.W.E.E.T counselors can help with other issues such as mental health, healthy diets/exercise, stress-free tips, and any other information to keep all students safe and aware.

If you’re dealing with a situation that you don’t feel comfortable consulting with an adult, meet with one of the 12 student mentors.

“The peer eds understand that students may feel more comfortable talking with students than adults,” said Alder.

“So we are very open to helping out,”

she said.

If in the emergency that your friend does start drinking while being a DD, both Flanagan and Adler suggest pre-programming multiple cab numbers in your cell phone.

“It’s important to be prepared for anything,” said Flanagan.

Did You Know...

-On average, someone is killed by a drunk driver every 45 minutes.

-About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives.

-Over 1.46 million drivers were arrested in 2006 for driving under the influence of alcohol or narcotics.

-A first-time drunk driving offender on average has driven drunk 87 times prior to being arrested.

****Courtesy of MADD****

FALL FASHION POCKET GUIDE

Lindsay Caiti
Staff Reporter

It’s that time of year; the leaves are turning and the air is crisp. And as the seasons change so does the fashion climate.

Be prepared for cozy knits, lots of layers, leather, and unkempt locks. It’s all about the effortless chic look according to Lucky magazine.

Statement necklaces are also a must have this season, along with the boyfriend blazer and a pair of great jeans.

While most are excited to expand their wardrobes, the typical college budget does not allow for what could be some costly purchases.

“I love Forever 21,” said junior Taylor Zweifel “they have everything anyone could ever need, and it’s cheap.”

Other stores that are student-friendly and carry fashionable looks are places like H&M, Target, and Zara.

Another trend this season is men’s wear for women, but make sure not to go overboard.

A simple white dress shirt paired with skinny jeans and ballet flats goes a long way according to Nina Garcia, Fashion Director of Marie Claire magazine’s book “The Little Black Book of Style.”

“Nobody knows who the first woman to throw on the man’s shirt was,” wrote Garcia “but she is the kind of woman I’d like to meet.”

Shirts aren’t the only things coming oversized this season. Watches, cardigans, and accessories are running large as well.

Color is another important factor when dressing for fall. The more color, the better, according to Lucky magazine.

Now that the latest trends have been divulged, no matter

how fashionable it is to wear a mini dress it’s important to stay true to ones style.

Personal touches and originality are what make trends work, according to Garcia.

Making the Most of Fall Trends

I. Try pairing more feminine pieces with something bold. Like a floral blouse with a leather jacket.

II. When dressing for fall, the most important thing to remember is layers. The lighter the layers, the better.

III. Don’t wear too many trends at one time; it’s all about balance.

IV. When picking your favorite nail color, go with one that has a matte finish.

V. Invest in the classics—they’ll last a lifetime and never go out of style.

VI. Instead of Uggs, try a pair of riding boots, they will last you from fall until spring.

VII. When going out try a pair of ankle boots instead of your basic pumps.

Exercise: How much is too much?

Kelley Bligh
Staff Reporter

Everyone knows the walk up to the Pitt Center – you walk up that big hill, maybe with a friend or an iPod, and of course, your gym card.

This is what most college students try to do, stay active and far away from the dreaded “freshmen 15.”

But for some, the exercising never ends and they don’t know when it’s time to stop.

It’s more than exercising for them – it’s a mindset.

An exercise disorder is just as harmful as an eating disorder and often stems from low self-esteem and a poor body image.

A person with a compulsive exercising disorder burns more calories than they take in.

The disorder involves exercising to the point beyond which it is healthy and will go to great lengths to exercise, according to University of Pennsylvania’s office of health education.

Some of these compulsive exercisers will skip classes, miss work, and chose to miss out on social events so that they can exercise instead.

Senior Michelle Lord said that she has a friend who suffers from this disorder.

“She spends at least five hours every day in the gym and weighs herself every morning and night and after every meal and every bathroom use,” said Lord.

The female is 21 years old and has been competing as a cheerleader since she was six.

“That image must be a hard one to maintain,” said Lord.

“I don’t think her problem got bad until she went to college and quit cheerleading her sophomore year,” she said.

Lord feels that a lot of the problem is who her friend surrounds herself with.

“Compulsive exercisers often feel a loss of control in their lives, their self image becomes distorted,” said Dr. Jeffrey Feola to WebMd.com

This obsession with exercising and trying to stay both healthy and fit is actually leading to the opposite results.

Exerting more energy through exercise than is gained through nutrition, “you may start to burn healthy lean muscle mass tissue energy,” said the University of Western Ontario’s health center.

“After a night out, she’ll come back and eat a normal snack of Wheat Thins or some kind of pretzel or chip, and then the next morning will feel so much guilt that she’ll go for a long jog before heading to the gym,” said Lord.

The health risks include dehydration, insomnia, a slowing down of the body’s metabolism, as well as damage to bones and muscles.

Other symptoms can include depression which can stem from a poor body image and the inability to reach the goals they expect from themselves.

“She is all skin and bones,” Lord said, “but thinks she sees fat everywhere and still finds imperfections.”

For help dealing with exercising disorders: Connecticut eating disorder helpline: 1-800-588-6158

www.heretohelpyouheal.com

SACRED HEART: BATTLE OF THE SEXES

Promiscuous males take the crown while flaunting females get put down

Stephanie Kanner
Staff Reporter

You're at this great party with all of your friends. Suddenly, you look across the room and that hot someone you see everyday after class is right there. Using all of your courage, you make your way over to that special someone, and soon enough, the reason you wake up for your 8 a.m. is making his or her way over to you.

If you're a boy, Monday morning could be the next best day of your life.

But if you're a girl, it could be absolutely dreadful.

You often hear from the feminists and girls of all kinds that it is an unfair double standard when men are called studs when they sleep around, yet women are called scandalous.

"Personally I don't think that a girl should be called a slut just because of maybe one or two mistakes she made in the past," said junior Dana Brooks.

"It just goes to show how there is still a gender difference," she said.

You see it happen all the time, it doesn't matter what the situation is.

A girl hooks up with a guy and she gets called a slut. If she was drunk and doesn't remember his name, she's a slut. If she's caught sucking face or getting hot and heavy with a guy she's had a crush on since freshman year, well, she's still a slut.

But if a boy is getting it on with any girl, no matter



Photo creation by Zack Lane

The gender difference continues its fight

what, he gets high fives and applause.

"I know that a lot of my girl friends have been called slutty just because she kissed a boy at a party. It puts a label on them that is pretty hard to get rid of," said Brooks.

"And to make matters worse, I know plenty of my guy friends that get called 'the man' and are almost praised for some of the actions they may take. It's very unfair and hypocritical," she said.

Gender discrimination is still a renowned topic in any area including the work place, at home, and in politics.

But even more so, just the simple topic of whether or not a female is considered scandalous on a college campus

is a topic that is becoming more prominent today. With Facebook photos, Twitter updates, and text messages flying, any questionable actions can be spread like wildfire.

"For centuries, men divided women into good girls and bad girls. The madonna-whore bifurcation is imbedded in American culture, from Betty/Veronica to Mary Ann/Ginger to Charlotte/Samantha," said New York Times writer Maureen Dowd.

Junior Gio Rivera doesn't necessarily think it's fair that females get discriminated against to this extent.

"For the most part, I feel as if women bring that title upon themselves because of some of the choices they make," he said.

Women aren't the only ones in the spotlight.

Men today who keep bumping up their ego are perpetually falling down in the rankings for women.

"Now a days I think moreso than ever, when a girl knows that a guys reputation is getting around for the worse, she doesn't want to be with him either. So it goes both ways," said junior Cliff Faulkner.

Being either female or male can bring on unnecessary discrimination but will it ever change?

"It's hard to say that this discrimination will change because when a man is sleeping around and when a woman is sleeping around they are hardly the same thing," said junior Stephanie Michaud.

"For a woman get a lot of partners, it is absolutely no challenge. Hence no one respects it. I feel like it's a touchy subject to get into but in the end, I feel as if both girls and guys are getting bad names," she said.

'It's all about the Benjamins baby'

Genevieve Julich
Staff Reporter

Managing your money in college is tough.

So many books to buy, so many restaurants around town to try, so many activities to do on and off-campus, and when you go out so many drinks...to drink (that is if you're 21 of course).

You don't want to graduate buried in debt, right?

Didn't think so.

Here are some tips from people in-the-know:

When it comes to managing her money in college, senior Michelle Greco depends on working and saving.

"I earn money by babysitting and teaching in an after-school program in Bridgeport," said Greco. "Each week I take \$50 out of my paycheck and put it into my savings account and never touch it. This leaves me enough money out of my paycheck to still go out, and I am saving money at the same time."

When it comes to getting a job and earning money in college, work study can be a close-by option for making cash. You don't need gas to get there, and there is usually some time to do your homework and interact with other students as you get paid.

Having some extra cash from working so much can burn a hole in your pocket. Unfortunately, you may be tempted to spend your earnings as soon as your paycheck arrives.

"If you're going to buy something, wait a little and think it over," said senior Ashley Zimmerman.

"When you have a job, take into consideration how many hours it will take to make the money for that object, and it will help you put its value into perspective," she said.

In this economy it is hard to have all the things we want. Some stores take that into account, and have reasonably cheaper prices.

Stores like Target offer lower prices for groceries than most supermarkets while Marshalls and TJ Maxx are great for get-

ting designer things for less than half the actual price.

Zimmerman also suggests that buying groceries in bulk from Costco and BJ's can be a cheaper way to shop and allows you to go to the store less often.

The financial experts on campus had a lot of advice to offer students in regards to money management in college.

"Some easy ways for students to earn money in college are work study at the college, and part time work nearby," said dean of the John F. Welch College of Business, Dr. John Petillo. "However, with planning, the students would do well to prepare for the school year by working full time during the summer."

"Thereby, saving for the academic year and putting less financial stress on themselves so appropriate time can be spent academically during the school year," he said.

Having once been in college and dealing with expenses, Professor John Gerlach knows the ins and outs on money management in school.

"Having been to college, paid for a college education, and watched students in college I think students earn the greatest experience working as a waiter or waitress, it's more than earning money it's the experience itself. It is the best experience you can have, interacting with people and earning money at the same time," said Gerlach.

Assistant dean of undergraduate student financial assistance Jeff Pietrangeli warns students of the dangers of building bad credit early on.

"The best way to budget money in college is to be smart with your borrowing... don't use the car for a joy ride, think before you buy something, ask yourself first 'do I really need this?' Also ask yourself, 'can I get this somewhere else or buy the generic brand' and finally...stay away from credit cards," said Pietrangeli.

"It's OK to use if your in a pinch and if you know you will pay the bill every month...and it's good to establish credit... otherwise if you start to run up a balance this early you'll be in for more debt than you bargained for later on," he said.

TIPS FOR MANAGING YOUR MONEY IN COLLEGE

KEEP AN EYE ON IT

Try tracking your money for at least four weeks and find out where you are spending it. We can spend way too much on little things that we don't notice and go overboard. When you know where your money is going, it's easier to figure out where you can cut back and save instead.

START PLANNING

The best way to manage your money is to make a simple budget. List all your expenses from dorm payments and loans to a single train ticket. See how much you spend, and decide if you could be spending less in any category. Then plan your expenditures for the future and stick to the plan.

ALLOCATE MONEY FOR FUN

Saving money doesn't mean you have to deprive yourself of fun. Buy music, Starbucks, video games, but just make sure you budget it out.

PACE YOURSELF

Just because you just got paid doesn't mean you should run out and buy a plasma screen. Make sure you have some money at the end of the semester so you don't have to give your parents construction paper dolls for Christmas...again.

GO EASY WITH THE CREDIT CARDS

Credit cards are great-they help you build credit, they are good for emergencies and they're more convenient and safer than cash-but they're easy to abuse. Learn to use your plastic sparingly, and pay your bill in full each month, and you'll be fine.

GET REAL

There are things that you want to buy, but you can't. Having a realistic mindset will lessen your urge to spend more than you have. Before you make a big purchase, just sleep on it for a night and ask yourself, "Do I really need this?" The answer may surprise you.

BUDGET FOR EMERGENCIES

Sometimes the unexpected happens and it just doesn't fit into your budget. It helps to have a little wiggle room, or even a separate category in your budget for these sorts of things. But even if you don't, don't stress.

You can always eat a little more Ramen next month.

LOOK AHEAD

Whether it's a road trip with friends or an auto insurance bill, if you know a big expense is coming, start putting some money aside to pay for it. Don't wait until the last minute.

Scoreboard*Friday, September 23***W. Hockey**

SHU- 0

Maine- 9

*Saturday, September 26***W. Volleyball**

SHU- 3

Norfolk St.- 0

SHU- 3

Md. Eastern Shore- 3

W. Hockey

SHU- 4

Maine- 11

Football

SHU- 9

Albany-22

M. Soccer

Iona- 1

SHU-0

*Sunday, September 27***Field Hockey**

SHU- 3

Rutgers- 4

On Deck**Tomorrow**

M. Soccer vs. Monmouth

4 p.m.

W. Soccer @ Robert Morris

4 p.m.

W. Volleyball @ FDU

7 p.m.

Saturday, October 3

M. Tennis @ Stony

Brook

12 p.m.

Football @ CCSU

12 p.m.

W. Hockey @ Quinnipiac

2 p.m.

Sunday, September 27

Field Hockey vs. Rider

12 p.m.

M. Soccer vs. MSMU

2 p.m.



Photo courtesy of Athletic Communications

Sacred Heart's Chansler Davis (#58) pursues a fumble during the Pioneers' opening game against Marist College on Sept. 5.

Football drops third straight

Dan Graziano

Staff Reporter

The Sacred Heart University football team lost their opening Northeast Conference game on Saturday, Sept. 26 to the University at Albany Great Danes 22-9.

It was the Pioneers' third-consecutive defeat, dropping their record to 0-3 to start the season.

"It was a disappointment," said sophomore linebacker Chris Mandas, whose 11 tackles on Saturday were more than all other players. "Nobody likes to lose and this last game against Albany was definitely our most difficult one to swallow."

Although the Pioneers were in possession of the ball longer than Albany, it was not enough for them to pull away with a win.

Pioneers- 9
UAlbany- 22

The Pioneers were unable to move down the ball down the field during their first drive, which ended with a punt.

However, the defense rose to the occasion and stopped the Great Danes on their ensuing drive.

Their Pioneers' second drive ended when sophomore running back Garry Coles fumbled the ball, which was recovered by the Great Danes and ultimately led to a field goal to put them ahead 3-0.

See PIONEERS on Page 14...

M. Soccer team drops 1-0 decision to Iona

Rob Morgan

Sports Editor

The Sacred Heart University men's soccer team was defeated by the Iona College Gaels, 1-0 at Campus Field on Saturday, Sept. 26.

The loss dropped the Pioneers' record to 2-3-0 on the season while Iona's record improved to 5-1-2.

Iona-- 1
Pioneers-- 0

Iona's Giovanni Destasio scored the game's only goal off a penalty kick in the first half.

Destasio beat Pioneer goalie Alex Fait by sending the ball in the back right corner of the net.

Fait made four saves on the night in the losing effort including one big save from just a few feet in front of the box.

Iona goalie Nils Binstock made three saves on the night to earn the shutout.

The Pioneers had several scoring opportunities throughout the game, but were not able to cash in.

The Pioneers' closest chance to evening up the contest came when Norman Baer sent a shot towards the Iona goal from the 30-yard line, only to have the ball bounce off the crossbar.

Freshman Brian Francolini gathered the rebound off the missed shot and fired another shot on goal which missed the net. Baer had another opportunity later in the second half on a free kick, but his shot sailed just wide of the goal.

Iona outshot the Pioneers 13-12 on the night and took more corner kicks than the Pioneers. There were 29 fouls committed in the game with Iona tallying 16 and Sacred Heart registering 13.

The Pioneers defeated Yale University, 4-0 on Tuesday behind goals from four different players. Fait made six saves in goal for the Pioneers to earn the shutout.

The team returns to action tomorrow when they take on the Monmouth University Hawks at 4 p.m in Monmouth, N.J.



The Spectrum/Stephanie Kanner

Sacred Heart's Steven Pawlowski competes in the Fairfield University Invitational on Sept. 26 at Fairfield University. Pawlowski helped the Pioneer men come in second place.

Pioneers take first, second in FU Invite

Ryan Hannable

Contributing Reporter

The Sacred Heart University men's and women's cross country teams both accomplished their goals at the 33rd Annual Father Leeber Invitational at Fairfield University on Saturday, Sept. 26.

Heading into the weekend, head coach Christian Morrison wanted his teams to have "solid" races and hoped they saved their best for the end of the season.

Both teams accomplished that goal on Saturday as the women placed first and the men placed second in their respective races.

The women's team finished with a total of 27 points to put themselves ahead of their next closest competitor, Fairfield, which finished with 51 points.

Leading the way for the Pioneers was junior Kim DeLoreto who came in first place overall with a time of 18:31. It was her first career individual win and her third career top-five finish as a Pioneer.

Additionally, Sacred Heart had four of the top six finishers on the women's side and nine in the top 25.

Finishing in fourth place was freshman Olivia Civardi with a time of 19:12. It was Civardi's second top-ten finish of her brief career.

Crossing the line in fifth place for the Pioneers was senior Sarah Tencza with a time of 19:21.

Freshman Alyssa Selmquist placed sixth overall with a time of 19:38. It was her first career top-ten finish.

See CROSS COUNTRY on Page 13...

Athletes make presence felt in communities

Teams volunteer time, services as way of 'giving back'

Lauren Craft
Staff Reporter

Not only are the student-athletes at Sacred Heart University standout individuals on the field and on the court, they are also stars when it comes to giving back to their communities.

Sacred Heart student-athletes participate in various community service activities throughout the school year including reading stories to children at local elementary schools, building houses with Habitat for Humanity, and holding instructional clinics for their respective sports.

"Giving back to the community and being a good citizen is important to the NCAA," said associate athletic director Lucy Cox. "Being a Catholic university adds the message of donating time to your community even more."

Cox added that the athletic department asks its student-athletes to participate in the community because by giving back to their community, they have the unique opportunity to give back to their fans.

"Sacred Heart athletes have a very big fan base, and those fans come from their community," said Cox. "By giving back to the community, it is literally giving back to their fans."

According to Cox, there is no specific time requirement for community service imposed by Sacred Heart or the NCAA, but in many cases, the student-athletes go beyond the bare minimum.

"The athletes love it," said Cox. "Every team goes above and beyond what is expected of them."

One of the more prominent community service actions by a Sacred Heart athletic team is the men's ice hockey team's support of St. Baldrick's Foundation.

Members of the team come together each year as "Team Brent" and shave their

heads to honor Brent McCreesh – a local boy who was diagnosed with cancer in 2004.

"We donate all the money that we raised to St. Baldrick's Foundation for Childhood Cancer Research and we go to a big event in Fairfield to shave our heads," said senior forward Matt Gordon. "All the proceeds go towards raising awareness and to fund child cancer research."

In previous years, the event has been held at restaurants such as The Field and Bear & Grill where a live band and several community members also get their heads shaved to benefit the cause.

"The event is always a good time," said Gordon, who has had his head shaved each of the last three seasons. "We do it because it is a great cause. It's great to help out someone less fortunate than you. It makes us feel great to go and show our support and make a contribution."

"Sacred Heart athletes have a very big fan base, and those fans come from their community. By giving back to the community, it is literally giving back to their fans."

- Lucy Cox
SHU Associate Athletic Director

The women's swimming and diving team started participating in community service events even before their season begins in late October.

"So far this year we have done a charity event [to raise] money for children who are learning disabled," said junior Jackie Balder.

Members of the swim team recently volunteered their time as lifeguards at an event in Westport where children built

SHU Athletes & Community Service

MS Walk

St. Baldrick's Foundation

Read Alouds

Youth Clinics

Habitat for Humanity

their own rafts and raced them down the river.

"I was so happy to be there," said Balder. "We were able to help out by life-guarding and helping to carry the rafts."

In addition to lending a helping hand at the event, Balder said that what was even more important was seeing how happy everyone was in attendance.

"Seeing the faces of the kids and families when the rafts came across the finish line was just amazing," said Balder. "Everyone was so happy and excited and it was just a beautiful environment to be a part of."

Another popular event among many teams at Sacred Heart occurs in the spring when the university hosts a walk to raise awareness and money for Multiple Sclerosis.

"Our entire team participated in the MS Walk," said junior Aaron Kiely of the men's soccer team. "It felt great to do something with all of my teammates for a cause. It really made me feel like a part of the community and I can't wait to help out with other projects along with my team as the year goes on," said Kiely.

With many of the teams at Sacred Heart getting involved in the community, it is clear that the athletes don't just volunteer because they have to; they do it because they enjoy giving back to those who support them.

"We donate our time because we enjoy doing it," said Cox. "We enjoy the rewards of it and we like to recognize our fans for what they do for us by coming to our events and supporting us."

Cross country teams continue early success

...Continued from Page 12

On the men's side, Sacred Heart finished with 60 points, earning them second place overall. Fordham came



The Spectrum/Stephanie Kanner

Sacred Heart's Erin O'Shea (left) and Megan Papp (right) race in the Fairfield University Invitational on Sept. 26 at Fairfield University. Papp came in 11th place overall while O'Shea came in 23rd place.

in first place with 42 points.

Graduate student Luis German finished first for the Pioneer men with a time of 25:47 – good enough for fifth place overall. It was his second career top-five finish.

Sophomore Richard Marcelllo finished in eighth place – his second career top-ten finish.

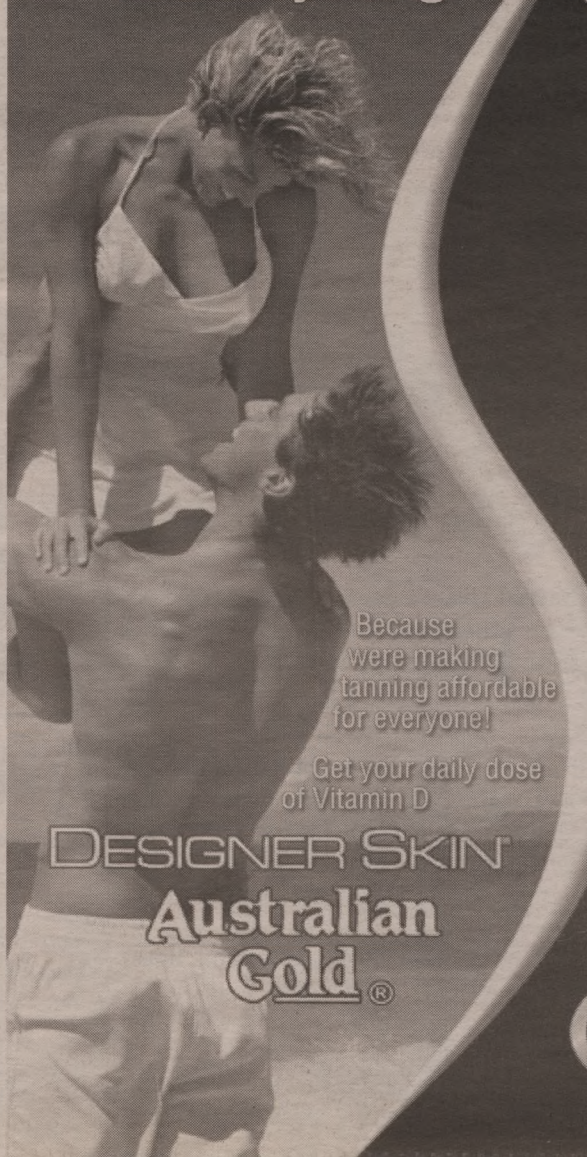
Despite the second place finish on Saturday, the Pioneer men ran without three of their leading runners as junior Andrew Houghtalen did not compete due to illness and sophomore Andrew Sullivan and senior Brendan Rickert sat out with injuries.

"Houghtalen wasn't feeling well and Sullivan and Rickert were battling injuries and sometimes you need to sacrifice an early season invitational meet in order to get ready for the big championship meets at the end of the season," said Morrison.

Both the men's and women's squads have this weekend off, but return to action on Oct. 10 at the New England Championships at Franklin Park in Boston.

"This is one of the more important meets of the season as there will be close to 45 schools attending, representing all three divisions," said Morrison. "It is a chance to see where you really stand in comparison to other schools in New England."

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Pioneers lose to Albany, still searching for first win Gorham: Team showing effort but lacking in continuity

...Continued from Page 12

The third drive ended in another turnover when redshirt junior quarterback Dale Fink's pass was intercepted by a Great Dane defender. This led to another Herb Glass field goal to give the Great Danes an early 6-0 lead.

With 1:49 left in the first quarter, the Pioneers started their fourth drive of the day and gained 17 yards in four plays before the quarter's end.

After switching sides, the Pioneers continued their drive to start the second quarter with 12 plays, including three first downs for 51 yards.

However, they were unable to find the back of the end zone and settled for a field goal from redshirt sophomore Matt Fisher, cutting the Great Danes' lead to 6-3.

"We were playing hard and giving a good effort, but there was not a lot of continuity," said head coach Paul Gorham.

On the ensuing possession, however, Albany responded back with a nine-play drive of their own, totaling 47 yards and ending with a Great Dane touchdown to increase their lead to 13-3.

The Pioneers suffered another turnover on their next possession when Fink threw his second interception of the game, which turned into a Great Dane field goal.

As a result, Gorham pulled Fink from the game and put in redshirt sophomore quarterback Tyler McKeon to try and shake things up on offense.

McKeon wasted no time making his presence felt, as he engineered a 12-play drive for 76 yards, including five first-downs, at the beginning of the third quar-



Photo courtesy of Athletic Communications

Sacred Heart's Justin Smith (#70) gets set at the line of scrimmage during the Pioneers' opening game against Marist College on Sept. 5. The Pioneers lost to the University at Albany Great Danes on Sept. 26, dropping their record to 0-3 on the season.

ter.

Unable to get the touchdown, however, the Pioneers looked towards Fisher for yet another field goal as he chipped it through the uprights, making the score 13-6.

Things started to look up for the Pioneers when Glass missed a 54-yard field goal attempt in the opening minutes of the fourth quarter and the Pioneers received the ball at their own 37.

They proceeded to drive 57 yards

down the field in nine plays but were ultimately stopped by a stifling Albany defense and settled for another Fisher field goal — his third of the day — which brought the Pioneers to within a touchdown.

But just as quick as the Pioneers put points on the scoreboard, the Great Danes answered back with a 12-play drive of their own which covered 64 yards and ended in a touchdown to extend their lead to 22-9.

"We need to stop playing independently," said Gorham. "We need to play well together on the offense,

defense, and our special teams. All three must be in sync."

The Pioneers head to New Britain on Saturday, Oct. 3 to take on the Central Connecticut State University Blue Devils.

The game will be televised live on MSG Plus and kickoff is slated for noon.

2009 Football Schedule

Sept. 5 vs. Marist
(L, 31-12)

Sept. 12 @ Holy Cross
(L, 52-21)

Sept. 26 @ Albany
(L, 22-9)

Oct. 3 @ Central Conn.

Oct. 10 vs. St. Francis (PA)

Oct. 17 vs. Monmouth

Oct. 24 @ Wagner

Oct. 31 @ Robert Morris

Nov. 7 vs. Bryant

Nov. 14 vs. Duquesne

W. Volleyball team poised to duplicate last year's success

Emily Gumbs
Asst. Sports Editor

Coming off one of their most successful seasons in recent memory, the women's volleyball team picked up right where they left off by jumping out to a 9-6 record this season.

After winning their last three matches, the team will begin Northeast Conference play tomorrow night with Fairleigh Dickinson University.

The Pioneers took two out of three matches at the Army Invitational, swept their own invitational, and won two of three matches at the Dartmouth Invitational.

On Sept. 26, they traveled to the University Maryland Eastern Shore in Princess Anne, MD for the UMES Invitational, sweeping both Norfolk State and UMES.

In the match against Norfolk State, senior Annie Archer had nine kills to help the Pioneers sweep.

Fellow teammate and sophomore Jessica Colberg led Sacred Heart with 31 digs. Junior Courtney Kidd-Kadlubek led her teammates with 29 assists and helped the Pioneers complete the series 25-15, 25-17, and 25-20.

Sophomore Maile Hetherington finished the match against UMES with ten kills while Colberg had 12 digs to lead the Pioneers to finish 25-23, 25-19, and 25-21. Sophomore Ashlyn Trimble had five kills, 11 digs, a service ace, and a pair of block assists in the match.



Photo courtesy of Athletic Communications

Sacred Heart's Brittany Best (#4) serves the ball during a recent match at the William H. Pitt Center.

Freshman Elise Sage was named the NEC Rookie of the Week for Sept. 21 after helping her team go 2-1 at the Dartmouth Invitational. She was also named to the All-Tournament Team for the Dartmouth Invitational after registering 26 kills, 11 digs, six assists, three aces and four block assists.

The Pioneers have now won three straight matches and will head to Fairleigh Dickinson tomorrow to take on the Knights in Staten Island, N.Y. at 7 p.m.

After that, the Pioneers are off until Oct. 10 when they face St. Francis (N.Y.).

Annual golf outing to raise money for SHU athletics

Steve Armato
Staff Reporter

On Monday, Oct. 5, the Sacred Heart University department of athletics will hold its fifth annual golf outing at the Great River Golf Club in Milford.

The event, which is organized by associate athletic director Mark Adzigian, will raise money for the athletics program at Sacred Heart and has been largely successful in previous years.

However, the golf outing is more than just an opportunity for participants to get away from the office for a few hours and enjoy a round of golf.

The event is a much-needed source of fundraising for the athletics program at Sacred Heart and Adzigian said he has high expectations for this year's event, despite the current state of the economy.

"Hopefully we will have at least 80 golfers out there again," said Adzigian. "And hopefully we can raise upwards of \$10,000 for athletics all while everyone has fun at this event."

Adzigian also stressed how important the sponsors are to the Sacred Heart athletic program in general, as well as the tournament.

"It's critical," said Adzigian of the sponsors' support. "They provide much-needed outside income to help augment our operating budgets."

According to Adzigian, the money raised from the tournament will go directly into the general fund for athletics with the goal of "enhancing the student-athlete



experience."

Most people don't realize the amount of planning and preparation that goes into hosting events of this caliber as well as running and funding a program with 32 Division I athletic teams.

"A lot of it is rounding up the actual golfers, soliciting sponsors, going into the details to put together a tournament style format for the actual on-the-course golf," said Adzigian.

Another important aspect of the event is gathering individuals who will volunteer their time and services at the tournament.

"There are also a lot of attention-to-detail type things like rounding up people to handle all the raffles and prizes, as well as gifts for all the golfers, t-shirts, banners, and printing tournament programs."

With Monday's outing quickly approaching, the Sacred Heart athletic department is trying to make this event just as successful — if not more successful — than the past four have been.

Q & A WITH VOLLEYBALL COACH ROB MACHAN

VOLLEYBALL PROGRAM EXPERIENCING TURNAROUND

Emily Gumbs
Asst. Sports Editor

The Sacred Heart University women's volleyball team is off to a 9-6 start this season – the best non-conference record of any team in the Northeast Conference. Having built this Pioneers team into an NEC powerhouse in just three years of coaching, The Spectrum sat down with head coach Rob Machan to talk about his team's progress and their hopes for the 2009 season.

Your team last year went deeper in the NEC playoffs than any Sacred Heart volleyball team had done before. Did that affect your outlook and goals for this year?

We finished last year strong and I believe that set a nice tone to begin this year. The athletes have been working really hard to obviously improve and our preseason reflects that we have had a pretty good preseason, we start conference on Friday and I believe to that to start off this year expectations were to go further than the tournament this year. As we keep building the program we improve

Does being 9-6 change how you are working in practice?

No. We don't really focus on our record. We focus on improving as a team. We are trying to schedule the toughest competition that we can. So the record doesn't reflect necessarily how we are playing we worry about how we are performing on our side and the wins will come as they come.

How are the freshmen adjusting to playing at the collegiate level?

They have been doing great. I am very impressed with them, but I do think that it's a reflection on the athletes that were here before. The freshmen, I think, took a couple of days, maybe even a week, to adjust to the expectations that the upperclassmen and sophomores put on them. Once they bought into it they performed very well.

Because some of the freshmen are playing well, other players have had their roles changed. Has that been a difficult transition?

Everybody on the team knows how important their role is. We become the team we are in practice. With 15 players on the roster, you would like to be able to play everybody but only seven really play in a game. So it's not



Photo Courtesy of Athletic Communications
Sacred Heart's Jessica Colberg (#13) digs a ball during a recent match at the William H. Pitt Center. Colberg, a sophomore, has played two seasons under head coach Rob Machan.

a reflection on their abilities, honestly, it's on the numbers. It's in practice where we get better and I believe most of the best volleyball we have played this year has been in practice. Some of the competitions we have are just spectacular. Without how well everybody plays in practice, the girls that are playing in a game wouldn't be nearly as good so everyone understands how important their role is.

You took on the men's program as well last year. What are the differences in coaching and strategy for the two programs?

With the men, a lot of it is very similar but more defense is played at the net. You really want to block. Most defensive plays are made at the net with blocking. With the women, the rallies can go a little bit longer and the velocity's not quite as high, so there are more controlled digs.

You open NEC play with the women's team this weekend at FDU. Will anything less than an NEC Championship this year satisfy you?

Absolutely. An NEC championship would be nice and it is a goal that we did articulate as a team, but our ultimate goal is to be the best team that this group of individuals can be. You could win an NEC championship and have it be a failure if you haven't achieved what you are trying to accomplish as a group. So an NEC championship would be nice for us and we would like to have it, but our ultimate goal is to maximize the potential of this team close to that goal and if it's good enough to win a championship then that's great.

PHOTO OF THE WEEK



The Spectrum/Stephanie Kanner

Sacred Heart's Luis German races towards the finish line during the Fairfield University Invitational at Fairfield University on Sept. 26.

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DEADLINE FOR SUBMISSION OF APPLICATIONS:

NOVEMBER 1, 2009

Campus Advisor:

Prof. Gary Rose
Chair, Political Science Dept.
Administration Building, Rm. 214
(203) 371-7745
rose@csu.edu

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

SPORTS

The Spectrum

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Pioneers can't
capitalize on
opportunities
as Iona wins 1-0



GAME OF INCHES

Photo courtesy of Athletic Communications

Sacred Heart goaltender Alex Fait makes a diving save in a recent game at Campus Field. Fait made three saves during the Pioneers' 1-0 loss to Iona on Sept. 26 at Campus Field.

STILLSEARCHING

Football team falls to Albany, remains winless on season
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Photo courtesy of Athletic Communications

TRAILBLAZERS

Cross country teams continue early success
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