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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

Spirit groups perform on red carpet in NYC *Pioneer band and dance team march in the Columbus Day parade*

Ryan Tarby
Staff Reporter

On Monday, Oct. 12 the Sacred Heart Pioneer band and dance team both marched and performed at the Columbus Day Parade in New York City. The parade was presented by the New York Columbus Foundation, called the Columbus Citizens Foundation.

The Columbus Citizens Foundation is a non-profit organization that is dedicated to the appreciation of Italian-American heritage and achievement.

"The band was invited by the Chairman of the board of the Columbus Citizens Foundation," said Keith Johnston, Sacred Heart's director of bands. The Sacred Heart Pioneer band was chosen to perform on the red carpet on Fifth Ave.

The foundation organizes New York City's annual Columbus Celebration and Columbus Day Parade, which has celebrated Italian-American heritage on New York's Fifth Avenue since 1929.

"It was a great opportunity for us, there were thousands of people there, the parade was broadcasted live on WNBC and IRAI," said Johnston.

The band marched the three-mile long parade playing an arrangement titled "La Pensiera" from Verdi's opera "Nabucco"

"The song symbolizes Italian unity and pride; you could see and hear hundreds of people singing the tune along Fifth Ave.," said Johnston.

While the band marched, the Sacred Heart dance team danced alongside them. "We had to come up with a routine to do while we marched and then a routine to perform when we stopped on the red carpet," said Emily Kehoe, a dance team captain.

Marching in a parade like this is not something that can be done overnight.

"The band was invited to march and they then invited



Photo courtesy of Tom Dzimia

The Sacred Heart Pioneer band performs on the Fifth Avenue red carpet.

us to march with them, once we received the music from the band, some of the girls volunteered to choreograph a routine," said Kehoe.

The band practiced twice a week, and as they played at other sporting events around Sacred Heart, they practiced their song there. As the parade drew nearer the band began practice around the track.

"The first time we practiced around the track...so about a mile and a quarter," said Johnston. The band increased their mileage around the track as they continued to practice.

The band has already been invited back for the parade next year, something Johnston is very excited about. "Every band member was thrilled," he said.

The dance team was excited as well, "it was an awesome experience. We were so happy that the band invited us to march with them," said Kehoe. "The parade went up Fifth Ave. and there was a lot of people watching, it was so much fun, all the girls had a blast," she said.

Sacred Heart fans can watch the marching band and dance team in action at upcoming home football games during half time.

FAMILIES GATHER TOGETHER AT SHU

Brittany Calvanese
Staff Reporter

Last weekend, Sacred Heart University was in a "New York State of Mind."

The 19th Annual Sacred Heart University family weekend, running through Oct. 16 through Oct. 18, had a jam-packed schedule that gave students and their families a weekend to experience the campus.

To kick off the weekend, registration started Friday, Oct. 16 at 5 p.m. in the Sa-

cred Heart art gallery lasting until 9 P.M. The first event on the agenda was the men's soccer game vs. Central Connecticut State University, which concluded with a victory for the Pioneers.

A wine and cheese party, which included the faculty and staff at Sacred Heart, was followed by Big Shot, a Billy Joel tribute band touted as being "second only to Billy himself" on their Web site.

To conclude the night, families made a trip to the Pitt Center for SHU Hoops

See FAMILIES on page 2...

Ira Joe Fisher lecture 'joins the conversation'

Kaitlin O'Reilly
Contributing Writer

Ira Joe Fisher's humorous remarks grabbed the attention of a small, intimate crowd on Sunday, Oct. 18 in the Schine Auditorium as part of The WSHU "Join The Conversation" Lecture Series.

"Don't want to cause you any alarm, but I am going to share with you a poem now, the title of which is 'Winterlight.' But come on, we are all adults, we realize we're into that time of year. We can face this. Even the snowflakes that fell on Thursday evening, and turned my one-hour commute from Manhattan to Ridgefield into a 3-hour journey from hell," said Fisher.

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Families visit students for family weekend

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Madness with entertainment from the Sacred Heart dance team, cheerleaders, pep band, and a guest performance from trampoline specialists Flip n' Out.

Students and their parents attended SHU Hoops Madness to support the winter sports teams at the opening of their season.

"Not only were the students going crazy trying to get the free giveaways but parents were just as enthusiastic. It was hilarious to watch and added to the lively atmosphere of the event," said junior Jessica Levitsky.

Saturday began with a tailgate party that included face painting for children. The tailgating led up to a football game against Monmouth.

Next, there was a BINGO game held for students and their families to have the chance to win prizes such as gift certificates from local stores and restaurants.

"The parents seemed to be having just as much fun as the kids. It was so much fun to have a mix of parents and kids in BINGO," said junior Ashley Engel.

Following BINGO was a brief break so families could eat together.

A chance to visit some favorite Broadway shows concluded the evening. The singers took a night off from Broadway to perform selections from Les Miserables, Phantom of the Opera, Miss Saigon, and other hit shows in the Edgerton Center.

Concluding the weekend, families had the option of attending mass at the recently finished chapel at either 9 a.m. or 10:30 a.m.

"The Mass was really nice and it was a good way to end the weekend with my fam-



The Spectrum/Jacque Vele

Families come together for mass on parents weekend.

ily. It wasn't too much activity for the morning which was just what I like," said junior Elisa Ricci.

Brunches followed both Masses to bring an end to family weekend.

"I had a lot of fun with my parents this weekend," said junior Matthew Banak. "I didn't really want them to leave."

LIGHTS, CAMERA, ACTION, T.A.P? Theater director hopes program will draw students towards the arts

Tara Rotondo
Staff Reporter

Every Monday night, a meeting is held in the Edgerton Center for the Performing Arts at Sacred Heart University. These weekly meetings are held to discuss the dynamics of the theater and arts program at Sacred Heart, known to some as T.A.P.

Students and faculty meet in the Edgerton Center to discuss upcoming events, and future plans of the program.

Leading the meetings is Gerald Goehring, executive director of the Edgerton Center. The focus of the program this year is to transform it from a theater and arts club into a large theater and arts program.

Goehring had much to say about the improved program, and believes that the theater and arts program will continue to grow.

"Performing arts in general are growing, not only on this campus, but across the country. The term SHU Players doesn't really exist anymore; we are trying to encompass all the arts in the new program," said Goehring.

Sacred Heart University is among Yale University and the University of Connecticut as the only three schools in the state that work with community repertoires.

The Edgerton Center is also partners with the Connecticut Family Theater.

The Connecticut Family Theater goes on national tours with their productions, and Goehring is hoping to get more Sacred Heart performers involved.

"The theater and arts program is open to all students. We want to include any student that is interested in any aspect of theater and production. Students involved with the production have the opportunity to work with some guest artists from Broadway," said Goehring.

"Just do it. If you have any interest in theater, music, dance, and all the above come in and join. Unlike bigger schools with theater programs Sacred Heart students actually have the chance to mix with pros and really be involved with productions."

-Gerald Goehring

Executive Director of Edgerton Center for the Performing Arts

In the past couple of years the program has been selecting different guests involved with theater and Broadway to train the participants.

Many of the past guests have been Tony Award nominated choreographers, and Broadway producers.

Some guests have already been lined up for this year, which include Randy Skinner, a Tony nominated Broadway choreographer, Pat Addis, Broadway producer, and Ivan Rutherford, a Broadway performer and vocal coach.

Along with featuring guest experts, Theater Fest is also coming up in the fall. Theater Fest is one of the productions T.A.P. will debut in mid November. Theater Fest is for those looking to get involved and display their talents on the stage and behind the curtain. Goehring explained that the festival will be built around students and run by them.

"If you don't think you're ready to get involved in a full production, I would encourage students to get involved with Theater Fest. It is a more intimate production of five plays, and some improv all created by Sacred Heart students," said Goehring.

In the spring T.A.P. will also debut their first annual spring musical. Although the musical hasn't been revealed yet, Goehring hopes to announce the title in January. Once the production has been released to the CT press, it will then be released to the Sacred

Heart community.

Auditions for the musical will take place on Nov. 9 and 10 in the Edgerton Center. If interested, please contact Gerald Goehring at 371-7926.

When asked what advice he would give new students looking to join the program he encourages students to just get involved.

"Just do it. If you have any interest in theater, music, dance, and all the above come in and join. Unlike bigger schools with theater programs Sacred Heart students actually have the chance to mix with pros and really be involved with productions," said Goehring.



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SHU TERMINATES TESTS SCORES FOR ADMISSION

Jennifer Hill
Staff Reporter

Sacred Heart University has chosen to take a different route in the admissions process for the incoming 2010 freshman class.

"This year, the university has made the decision to become test optional not requiring SAT or ACT scores," said Karen Guastelle, dean of admissions at Sacred Heart.

High school students applying to Sacred Heart for the fall of 2010 or later are no longer required to submit standardized test scores with their applications. Students can still submit their scores from their standardized test as another way to show their academic qualifications.

"We use a holistic review of the student's application: grade point average, strength of the high school curriculum, essay, letters of recommendations and outside activi-

ties," said Guastelle.

Some feel giving students the choice to send their standardized test scores should be optional.

According to the New York Times, "Of the more than 800 test-optional institutions listed by the advocacy group FairTest, many are technical or religious schools, or have open admissions. But, about three dozen are selective liberal arts colleges, including Smith and Bowdoin, and more join the trend each year."

Students are now able to showcase other important aspects of their application including extracurricular achievements, recommendation letters, admissions essays, resumes, interviews, and portfolios.

According to Sacred Heart's Web site, the university "does not discriminate against students from underserved populations who have historically not performed as well on standardized tests despite their outstanding achieve-

ments in high school and potential for success in college.

However, not everyone feels that this option is beneficial for the universities that have joined this new trend.

According to the New York Times, "Colleges making the switch usually see an immediate 10 percent to 20 percent application bump; the bigger pile of rejection letters could give the illusion that the college is more selective."

An additional concern expressed by critics of this new 'choice' trend, is whether or not this will affect students' math and English performances their freshman year at college.

"I don't think student performance will really be affected by the change in policy, as long as admissions standards remain the same, said Dr. Magee, English professor at Sacred Heart. "Unless the new standard uses some metric that does not measure academic performance very well, I probably won't see a difference."

Steelers' former coach comes to Sacred Heart

Rob Morgan
Sports Editor

Former Pittsburgh Steelers head coach and current CBS NFL Today analyst Bill Cowher will deliver a lecture in the Edgerton Center at Sacred Heart University on Monday, Oct. 26 at 7 p.m.

Cowher's lecture, entitled "Blueprint for a Winning Team," will discuss his experiences as an NFL head coach while also touching upon the various elements needed to build a successful team and strong support system.

Cowher spent 15 seasons as Steelers head coach before resigning on Jan 5, 2007 to spend more time with his

family.

After spending six seasons with the Philadelphia Eagles and Cleveland Browns as a player, Cowher compiled a 161-99-1 record as a head coach. In doing so, he garnered ten postseason berths, eight division titles, and six AFC Championship Game appearances.

In the 2005-06 season, he guided the Steelers to their first Super Bowl title in 26 years when they defeated the Seattle Seahawks 21-10 in Super Bowl XL.

As a head coach, Cowher was known for his intensity and passion on the sidelines, which commanded the respect and admiration of his players and peers.

In recent years, Cowher's name has continued to

surface whenever there is a head coaching vacancy in the NFL, but the Raleigh, N.C. native has remained steadfast in his determination to stay away from coaching for the time being.

Cowher's scheduled speech at Sacred Heart comes just two years after former NFL head coach Tony Dungy delivered a lecture on diversity and four years after former New York Giants running back Tiki Barber gave a speech on leadership, determination, and teamwork at the Edgerton Center.

Tickets for the event are still available and can be purchased in the Student Life office at \$5 for SHU students, faculty, and staff and \$15 for general admission.

Fisher entertains, enlightens student audience

...CONTINUED from page 1

The WSHU radio station has been striving to get larger scale speakers, such as Fisher to participate in the series. The famed weather reporter featured on CBS's "The Saturday Early Show," discussed his newly published book of poetry entitled, "Songs from an Earlier Century."

"He was a terrific addition to WSHU's 'Join the Conversation' Series; He kept the audience very entertained with his quick wit, while reading poems from his new book. He is also very knowledgeable about poets, and definitely kept the questions coming from the audience," said Gillian Anderson, development director at WSHU Public Radio Group.

Fisher is most known for his renowned broadcasting career. According to the CBS News site, he began working at age 16 for a local radio station in his hometown of Salamanca, N.Y.

He had a variety of other broadcasting jobs and even hosted his own daily talk show, "The Ira Joe Fisher Show," on WKRC-TV in Cincinnati. In addition, he was a weather and feature reporter at WABC New York and "Live with Regis and Kathie Lee" before taking his position at CBS. However, many people are unaware of the fact that he is a poet.

"I've never seen a specific talk dedicated to his poems. I think it's a new side of Ira. I think the poetry shows a bit more of a serious side, a side that I don't usually see," said Bill Dornfeld of Ridgefield and a personal friend of Fisher.

As far as his writing career goes, Fisher received two Emmy Awards for television writing, worked as a contributing editor for Spokane Magazine, and also wrote columns for The Stamford Advocate and The Greenwich Times.

"I think we are born into poetry as children. Nursery rhymes, Mother Goose, Dr. Sues, we loved that sort of thing. And then, for some reason, and I attribute it to damn old capitalism, something comes along and takes the poetry out of us or moves it aside. It's good to find it again, and once we find it, to keep it," said Fisher.

A graduate from New England College with a master's degree in fine arts, Fisher has taught poetry at the University of Connecticut, New England College, and at Founders Hall in Ridgefield.

"As a teacher of poetry, the first thing I tell my students is poetry can not be taught, it can only be encountered. It can only be experienced," said Fisher.

Fisher's general advice to students when it comes to poetry is to keep reading until they find work that is inspirational and, thus, becomes a treasure to them.

"So often on this planet, is it not true, we encounter people who say 'I hate poetry?' And my rejoinder to that is no you don't. Because you like music, you like songs and that's what poetry is. Poetry is songs. You just perhaps have encountered poems that you don't like," said Fisher.

"Songs from an Earlier Century" is a follow up to the poet's first book, "Some Holy Weight in the Village Air." Fisher's poetry has also been featured in various literary journals and in his chapbook "Remembering Rew."

"I have read both of his books and liked them equally. The lecture was beautifully done. I enjoyed it," said Adeline Seltzer of New Canaan.

According to the radio station's Web site, WSHU designed this lecture series to "put you together with prominent speakers and your fellow public radio listeners for engaging and thought-provoking discussions."

"WSHU Public Radio's 'Join the Conversation' lecture series has grown tremendously over the past two years. It's a way for WSHU to bring together top notch authors with public radio listeners and our local community for timely, engaging conversations and book signings. We know our audience loves to read and are always willing to learn something new," said Gillian Anderson, development director at WSHU public radio group.

Best-selling author Alice Hoffman, Newsweek senior editor Jonathan Alter, and

bestselling author and former Washington Post managing editor Steve Coll are just a few of the other writers who have participated in "Join The Conversation."

Former NPR and ABC news correspondent Kati Marton will be the next to speak in the series. She will be on campus on Sunday, Oct. 25, at 3 p.m. in the University Commons. All of the lectures are free to the public.

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NOVEMBER 1, 2009

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OBAMA AWARDED NOBEL PEACE PRIZE *President humbled by shocking recognition, accepts as call to action*

Ines Cenatiempo
Associate News Editor

President Barack Obama has won the Nobel Peace Prize. Wait, what?

After the Norwegian Nobel Committee announced their decision to award Obama the 2009 Nobel Peace Prize on Friday, Oct. 9, Obama himself seemed to be shocked at the news, but accepted it with humbleness.

As he said in the CNN article, "Obama: Nobel Peace Prize is 'call to action'," "I do not view it as a recognition of my own accomplishments. But rather as an affirmation of American leadership...I will accept this award as a call to action."

In the past, this prestigious award has been given to leaders such as Holocaust survivor Elie Wiesel, African National Council president Nelson Mandela, and the Dalai Lama, political leader of the Tibetan people.

So why was Obama awarded the Nobel Peace Prize?

As author and host Fareed Zakaria said to CNN, Obama "ended many 'war on terror' practices that made people see America as betraying its ideals; he reached out to the Muslim world in a way that hasn't been done before; he made proposals to reduce the world's nuclear arsenals; re-engaged on the Israeli-Palestinian issue; he started winding down the Iraq war."

Some Sacred Heart University professors are pleased with the decision.

English professor Sandra Young said, "President Obama came into office with an enormous amount of left-over debacles from the previous administration (more so than other presidents, I'm guessing, since FDR) -- two wars, an economic climate approaching depression stages, Guantanamo, the growing health care crisis, and the fractured state of American politics."

America was, and still is, a divided nation when Obama entered office, but he is trying to repair the damage.

"President Obama is a healer, but this gift of his will take some time," said Young. "I applaud the Peace Prize Committee for recognizing President Obama's extraordinary talents."

The award, however, has also been surprising to oth-



AP Photo/ Gerald Herbert

President Obama addresses the press at the Rose Garden at the White House after receiving Nobel Peace Prize.

ers at Sacred Heart.

"The decision to award President Barack Obama the Nobel Peace Prize is a most surprising development in light of the President's minimal international accomplishments since taking the oath of office," said Dr. Gary Rose, chairman of the department of government and politics.

Obama has only been in office for nine months; former winners like President Jimmy Carter fought for their cause for years before being acknowledged by the Nobel Committee.

"When one compares the global achievements of previous American presidents who were the recipients of the Prize with those of our current president, it truly makes one wonder what the current criteria are to judge this rather sacred award. I'm very puzzled over the announcement," said Rose.

Former Polish President Lech Walesa, who received

the Nobel Peace Prize in 1983, also agrees.

"So soon? Too early. He has no contribution so far. He is still at an early stage. He is only beginning to act," he said to CNN.

The history of the Nobel Peace Prize goes back to 1895, the year in which Alfred Nobel passed away.

"As described in Nobel's will, one part was dedicated to 'the person who shall have done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses,'" said the Nobel Prize Web site.

Despite his short time in office, Sacred Heart students believe Obama's efforts have been acknowledged by the award.

"Although Obama's selection as the winner of the 2009 Nobel Peace Prize may seem premature when compared to other winners who have won it in the past, I think that he deserves it. It was a symbolic decision by the Nobel Prize committee based on what President Obama represents internationally," said junior Ariane Rasmussen.

Senior Michael Fazzino agrees, "I think that Obama is as deserving of the prize as Gorbachev was in 1990 for his efforts in bringing about changes in the Soviet Union - it's an award based on his extraordinary ability to inspire hope on a world stage. Despite recent claims that he's yet to do anything significant in his presidency, I think that the Nobel Committee is encouraging him to 'keep it up,'" he said.

With power comes responsibility, and students see the Nobel Prize going to Obama as recognition of that.

"Although concrete results are yet to be seen, Obama's diplomatic approach to foreign affairs has represented hope in areas where there was none when President Bush was in control. So now the President has even higher expectations to live up to, which can be challenging and worrisome," said Rasmussen.

Obama will continue to keep up the work he has been doing. "Obama said he did not feel he deserves 'to be in the company' of past winners, but would continue to push a broad range of international objectives, including nuclear non-proliferation, a reversal of the global economic downturn, and a resolution of the Arab-Israeli conflict," said CNN.

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Pet peeves, Liz's skeeves

Liz Warren

Perspectives Editor



Richard Carlson was onto something when he wrote the book "Don't Sweat the Small Stuff." This week I've decided to embrace all of my aggravations, and unleash them in an editorial.

Here's my top three annoyances in everyday life. Some of these may see ridiculous but you just might agree with some of them too.

1) People who slip through the door that you've opened for yourself.

They see you open the door and they make a dead sprint to cut in front of you. Now, don't get me wrong, I'm all about holding doors for people, but on the rare occasion that I do want another person to go in before me (maybe their hands are full, or maybe I just want to be nice), I'll hold the door, look the person in the eye, and kindly say "go ahead." Unless I say those things, don't cut in front of me.

2) Insomnia.

My hatred towards my sleep disorder nearly doubles when the person with whom I'm sharing a room is sleeping soundly. Though I've never been a violent person, looking over at someone else's peaceful, resting body while I'm fighting an internal battle makes me want to shake them until they're as wired as I am. It's even more infuriating when the person wakes up and complains about being tired.

3) Tardiness.

If you say you'll be here in 10 minutes, I expect to see you then. It's gotten to the point where if my friend says he'll be at my house in half an hour, I know I'll really be seeing him in two hours. This goes for deadlines and teachers being on time for class.

So my advice is to embrace your hostility towards the small stuff. Carlson's right—they're rather foolish things to get angry about. But I bet if he were waiting outside of Applebee's for three hours for his friend who said he'd be there in 20 minutes, his nonchalant attitude would quickly disappear.

EDITOR'S CHOICE

Favorite photos taken by your editorial staff



Michele Tymann
Asst. Photography Editor

This picture is was taken on the Housatonic River in Indian Well State Park in Shelton. I took this last weekend after apple picking with a friend and we passed the entrance to the park and decided to explore the area.

SPECTRUM

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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. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

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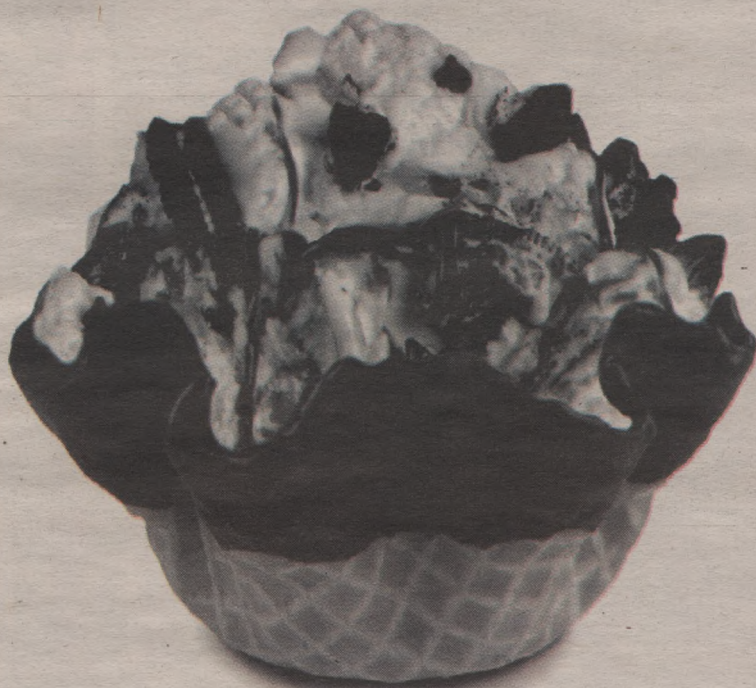
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October: think black, orange, and...pink?

Sacred Heart University students share personal stories in honor of Breast Cancer awareness month

Adrian Fitzsimon
Staff Reporter

When senior Alexandra Mattson was five years old, a loved one fell victim to the effects of breast cancer.

After being diagnosed with breast cancer at 58 years old, Mattson's grandmother began the fight against the disease many women suffer from.

Three years after being diagnosed, Mattson's grandmother passed away.

"Even though I was young, it was very difficult to watch her suffer. All of my life she was very lively and always running around and laughing," said Mattson. "Once she was diagnosed, she would lay on the couch and I would rub her head. She was very much the focal point of the family."

According to the American Cancer Society (ACS), one out of eight women who live to be 85 years of age will develop breast cancer – making breast cancer the second leading cause of cancer death in women.

Being that breast cancer affects so many individuals, the National Breast Cancer Awareness Month (NBCAM) organization was formed. According to NBCAM.com, the NBCAM has dedicated itself to educating the nation about breast cancer and supporting those who are affected by it. The month of October is recognized as Breast Cancer Awareness Month.

While efforts are also made year-round, many organizations and government agencies join together during October to promote awareness and raise funds.

For example, the ACS hosts the "Making Strides Against Breast Cancer" walks and as stated by NFL.com, the league is supporting NBCAM with team community outreach.

The players and coaches are wearing pink hats, sweatbands, whistles, ribbons, and other pink paraphernalia. Additionally, many of the teams are partnering up with the Zeta Tau Alpha (ZTA) sorority, whose national philanthropy is breast cancer awareness and education, to help promote awareness at the games.

According to Mattson, a ZTA sister, Sacred Heart University's chapter of ZTA has raised over \$10,000 since she joined her freshman year.

"During the month of October, ZTA works very hard to raise money and raise awareness of breast cancer. I am extremely proud to be a part of this organization not only because we work for a great cause, but because maybe one day, all of this work will pay off and they will find a cure," said Mattson.

Breast cancer is an especially threatening disease because there are a multitude of risk factors that cannot be changed. There are numerous reports each year that warn against certain foods, activities, and substances that were found to cause cancer. But with so many warnings out there, what should you believe?

The ACS states that the greatest risk factors for developing the cancer are gender and age.

Females over the age of 40 are at a much higher risk for developing breast cancer than men because of the higher amount of breast cells in women, which are constantly exposed to the growth-promoting effects of the female hormones estrogen and progesterone.

Men are capable of developing the disease, but breast cancer is about 100 times more common among women than men.

However, these risks become even more severe for women and men who have a family history of breast cancer. Those who have relatives with the disease are strongly advised to eat special diets high in antioxidants, stay away from any cancer-causing factors, and get screened for the cancer periodically. Doing anything you can to lower the risk is beneficial.

Mattson, as well as her mother and aunts, is aware of her higher risk. The women of the Mattson family see a doctor for monthly exams and yearly mammograms.

Mattson insists she will begin to get yearly mammograms sooner than the suggested age of 35 years old.

The ACS anticipates that out of an estimated 40,610 breast cancer deaths this year, 40,170 of those deaths will be women and the remaining 440 are predicted to be men.

However, awareness is helping to decrease these numbers. The ACS states that after continuously increasing for more than 20 years, female breast cancer incidence rates decreased by 2.2 percent per year from 1999-2005.

With the continuing help of individuals and organizations participating in awareness events this month, October 2009 can have a great impact for all of those at risk for



AP Photo/ Amy Sancetta

NFL players sport pink gloves and shoes at October games to promote Breast Cancer awareness.

developing the disease. The more people know, the easier the fight against the disease will be.

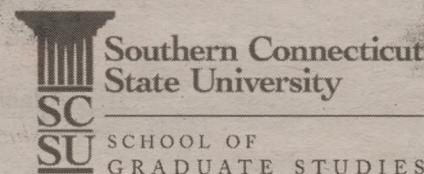
"My grandmother did not get a mammogram for eight years. She felt fine and kept putting it off. When she found a lump, it was already too late for her. The cancer was found in 13 of 17 lymph nodes," said Mattson. "It was such an unnecessary death that could have been prevented. Prevention is most important to me."

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Students choice: Weighing in on professors and classes

Marie Douaihi
Contributing Writer

Who says learning can't be fun? The faculty at Sacred Heart University inspires students to discover and pursue their passions by offering unique, informative courses that retain students' attention spans.

From courses in psychology to classes about the relationship between popular music and God, there is a course for every major.

Sophomore Kimmie Latulippe favors her psychology 111 course with Professor Conard because "reading about actual experiments reaffirmed that I should be a psychology major. My ENCC 102 class with Dr. Magee was also enjoyable. I loved this class because he made what we were reading interesting," said Latulippe.

Junior Yuliana Beria liked her English course with Professor Hulme because of the "pieces of literature that were different, deep, and challenging that she chose to cover. Most of all, she has a spot embedded in her heart just for her students."

Beria also enjoyed a philosophy elective with Dr. Ventimiglia.

"It's really interesting and allows you to walk a 'forbidden path.' The first piece of literature Dr. V chose to tackle was Nietzsche's 'Anti-Christ' and I was really surprised that this was even being taught at a Catholic University, but the way Dr. V teaches, he shows that the Catholic tradition is confident, solid and not afraid to be challenged or questioned. I'm not even Catholic. Go figure!" said Beria.

Other students chime in with their opinions on classes they've had that have proven to be interactive and entertaining. In his "God and Rock n Roll" religious elective, senior Adam Petrasovic listens to songs and interprets them.

"The class is interesting because it's all music we've heard but never really paid attention to what the lyrics mean. Plus you get credit for a religion course while just listening to each song. Overall, it's a great class," said Petrasovic.

Classes that are taken as electives also spark curiosity.

Senior Erik Kozlowski is "taking Ad-

vanced Programming Concepts with Prof. Pinto. We are programming in C (as opposed to C++), as a language. It's much more interesting and fun because it gives you fewer limitations when compiling and running your code. Professor Pinto is an excellent teacher, he has a definite love for teaching CS courses, and he loves C; he explains things very well and enthusiastically. He also is easy to stay in contact with for questions or details on assignments."

Junior Kristen Buchholz, enjoyed taking her psychology 110 class with Professor Gannon because Gannon "could be a comedian. She makes the class funny so you actually want to pay attention to the material covered."

Some students end up loving classes that are in unsuspecting fields. Senior Maggie Rusch was surprised when she realized she "loved" Human Biology with Dr. Maguire.

"I found the class really interesting. As an English major, she really made me love science," said Rusch.

Similarly, senior Alex DiGiorgi developed an interest in Middle East politics when she took the class several years ago.

"Dr. Kirkowski retired but he was the man! I hate international politics but I loved that class," said DiGiorgi.

In respect to the foreign language department, many students like senior Lisa Mariani agree that Professor Marrone is "one of the absolute best" professors at Sacred Heart. According to the professor's ratings on the Web site Ratemyprofessors.com, she is a strict instructor who demands students' attention.

"She is so passionate and knowledgeable about Italian and French that she makes us passionate about it as well. Professor Marrone chooses great stories, books, and films that have helped me grow as a person," said Mariani.

She also acknowledged that it is the professor, not the course, which determines the success of a class.

"I was fortunate to have Marrone for Education in the US. My class nicknamed her our own 'Miss Frizzle' since she took us on great field trips and opened our eyes and minds to different experiences. I hope that one day I can be at least half the teacher she is," said Mariani.

HE SAID/SHE SAID

When is it appropriate to say "I love you?"

Tom Herles

He said



Sam Marinko

She said



When to say "I love you."

This is one of those topics where there is no answer except for personal opinions. Then again, how boring would it be if you opened up the Spectrum and next to my dashing picture it said "One year. The end." I would never do such a thing.

"I love you" is such a unique phrase in how it can mean so much or so little depending on its context.

For example, it would be completely acceptable if I were to walk into a room and say "I love Doritos." Which could be met with the common schoolhouse response "If you love them so much then why don't you marry them?" Of course, that is ridiculous. Think about what our children would look like.

It's obvious that this situation would never happen, but it brings about an interesting point. If you say you love someone (or something) does that mean you are willing to marry them?

That is at least what the children who use that saying believe. If that were the set criteria, I feel that many college-aged students would be a little more tight-lipped with the phrase.

Another occurrence where certain people use "I love you" is when you do them a favor.

"OMG, you got that raccoon out of my underwear drawer, I love you." As traumatic an experience as that may be, you do not fall in love with someone for removing furry animals from a drawer of your unmentionables. It is a very kind gesture, but not important enough to warrant the big "I love you." Sorry animal control workers, but you'll have to do more than your job to find love.

Ladies, when you say, "I love you" in these random, unwarranted situations, it makes guys feel pretty awkward.

I know at least for me and my friends I have discussed it with, we have no idea how to respond. What if we said "I love you" back? The result would be social suicide. The approach I usually take is, stand there awkwardly and look befuddled.

In regard to the traditional boyfriend-girlfriend response, people definitely seem to say it too soon.

A lot of couples tend to use it as a way to show that they like someone and it doesn't actually matter how long they have known them.

Fellas, just because you bring your new lady friend to see "Saw VI" and she hates it does not mean that you should tell her you love her to salvage the night. Chances are she does not love you.

Unfortunately, the statistics are against the person who uses the premature "I love you."

Now, I could not find the exact numbers but in a survey of myself, about eight out of every ten guys that say, "I love you" to a girl after one or two dates are idiots.

I say that with respect because it must feel terrible when the girl and her friends call you a "stalker," because you're probably not a stalker. If you are though, you probably shouldn't make it so obvious.

Like I said before, there is no right answer to this question. But if I have done nothing to comfort your predicament than let's just say one year two months and three days into a relationship is the right time to say I love you. The end.

Those dreaded yet crucial three words. No, not "you're late again" or "the principal called." These three words are much more frightening.

They are capable of terrifying teenage boys, making parents cry tears of joy, and thrilling girls everywhere. Saying "I love you" is a huge step in a relationship, and often ends up being a milestone, but the road leading up to such a momentous phrase isn't easily treaded.

I have friends that think it's ridiculous to start thinking about such serious relationships right now with the obvious reasoning: we're still young! But I have other friends—girls and guys alike—who have every intention of marrying their current boyfriends or girlfriends. That said, the gravity of a college relationship can range considerably and the use of the "L" word is entirely dependent on the people involved.

Personally, I've claimed to be in love three times: two were long term relationships, both upward of a year, and the other is an unspoken devotion to Robert Pattinson.

Though some of my friends may be right in saying that we're too young for such commitment, I think that degrees of love can certainly vary. I loved my high school boyfriend to the fullest extent that you can be in love in high school, but that doesn't mean I was ready to get married at 16. I think that just like you love your mom and boyfriend in a different way, you can be in love in different ways depending on what stage you're at in your life.

I studied in Australia for four months, and while there I met an Australian girl named Emma who sang at the bar where I worked. At 26, Emma was raising her 7-year-old son as a single mother. Who would have thought that she would fall in love with my friend Bryan, a 21-year-old American study abroad student? Just a year and a half later, after Bryan spent the whole summer in Australia, he is planning to propose when Emma visits in November. She lives in Fremantle, Australia; he lives in Chicago, Illinois. She has a son; he is still in college. Their circumstances couldn't be more unsuspecting, but their love is unwavering. They have plenty of critics, but I just say more power to them.

The famous philosopher Friedrich Nietzsche said, "There is always some madness in love. But there is also always some reason in madness." Timing isn't always up to us, nor is the person or the circumstance.

Which leads me to my next point. When one half of the couple jumps in while the other is still testing the waters, it makes for a heck of an awkward conversation. I've never been in that situation myself, but I'm pretty sure if I said "I love you" and the words weren't reciprocated, I would die of humiliation. Really, it's not the end of the world, but what do you do? Take it back? Hope they just lie and say they do, too? My suggestion: just wait until you're sure it's mutual. Or you can do what I do and just wait for them to say it first. After all, what's the hurry? We're still young.

ShuVoices

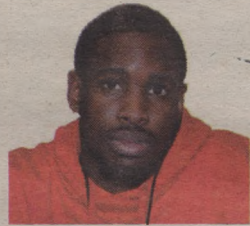
Nicole Eastman
Staff Photographer

What are you going to be for Halloween?



Jen Burke
Junior

"Army Girl"



Toso Adebamowo
Freshmen

"Clown from 50 Cent's music video"



Kim Latulippe
Sophomore

"80's girl"



Liam Potter
Senior

"The Queen of England"

'Let the wild rumpus start'

'Where the Wild Things Are' gives life to childhood favorite

Nicole Eastman
Staff Reporter

Do you ever wish you could escape the real world and just be a kid again? Just throw on a wolf suit and sail off into imaginary worlds where wild things roam around?

With help from Maurice Sendak, author of *Where the Wild Things Are*, Spike Jonze has brought that imaginary world to life.

Junior Sean Murphy said, "I remember reading it at school all the time and thinking how awesome it would be to be in the book."

According to the Internet Movie Database (IMDb), Spike Jonze is known for directing music videos that have an "off-beat" and "quirky" quality to them. He has directed videos for musicians such as Weezer and Daft Punk.

In this particular film, Jonze took a different approach.

An article in *The Chicagoist* said that the movie was filmed in Australia, and many of the scenes in the movie bring the imaginary aspect and real world together.

Some students think that it should have been challenging to turn a ten-sentence book into a full-length feature film.

"The book was really short. I'm interested to see how they develop the story in the movie," said junior Megan Rose.

An article in the *San Francisco Chronicle* said the reason Jonze took on this film was because he could expand the original story without adding extra fluff.

Many are convinced that the wild things on the screen look like they popped right out of the book's pictures.

"From the previews, the characters and the costumes look really neat," said junior Samantha Troy.

According to the *San Francisco Chronicle*, the costumes used in the movie are exact replicas of the drawings from the book.

In contrast to the book, the movie tells the story from Max's perspective, so the audience is aware of his feelings of needing to escape his everyday life,



AP Photo/Warner Bros. Pictures, Matt Nettheim

Max and a ferocious new friend wander through the land of the Wild Things.

and he does so by journeying off to the land of the wild things.

The movie has a different look to it, and is action-packed and adventure-filled. The book, on the other hand, is quite simpler. Max gets sent to his room without supper for causing trouble and imagines sailing away to the land of the wild things.

Where the Wild Things Are has stirred up a lot of buzz in the media. Movie posters with the phrase, "There's one in all of us," can be seen all over. Facebook, as well as iTunes and the iPhone have created applications for the movie, and bookstores are selling stuffed animals in the shape of the Wild Things.

Many Sacred Heart students agree that they are buying into the buzz of the movie, commenting that their excitement stems from the fact that one of their favorite childhood books is now on the big screen.

Where the Wild Things Are is now playing in theaters.

LATE-NIGHT HOST ADMITS TO SCANDAL

Chris Daly
Staff Reporter

Celebrities regularly find themselves caught in scandals but most don't bring attention to it themselves. Late-night talk show host David Letterman, however, owned up to his mistakes on the air.

During his first show in October, Letterman announced that he had been a victim of an extortion attempt because of a threat made to reveal that he had sexual relations with several female employees.

At first, the studio audience thought the revelations were part of his act. When people realized Letterman was serious, media reporters were all over the story.

"People will look at him differently, but I don't think it will damage his career," said junior Kevin Bussell. "I think it was a mature thing to do. Instead of the public hearing about it, it's better that [he] was upfront about it."

Letterman confirmed the relationships in his opening monologue. He admitted that he was at fault for the affairs with his female staff members. He also stated that it was up to the female employees whether to come forward or not.

"I think it's better he said it on his own terms rather than someone else's," said senior Stephen Winard. "It's perfectly reasonable that he took that action and I think it was probably the best idea rather than someone leaking it to the press."

In following shows following his announcement, Letterman continued to joke about his predicament and apologized to his wife.

"For him to come out and say it upfront, admit he was wrong, tell the story before the media really got a chance to, was very smart on his part," said junior Sam Dowd. "He did it in a very calm and collected manner, and I think he actually saved himself from losing a lot of respect."

Others feel that he should have done a better job explaining himself.

"I don't think it was a good idea for him to say it all on his show," said freshman Nick Almonte. "He should have just taken care of it out of the public eye...but now everyone knows the truth."

David Letterman is getting a lot of heat about all of this; however, he's been using a strategy to make jokes about himself now on shows. According to CBS, Letterman's ratings have improved, and is significantly beating "The Tonight Show" on some nights.

"David Letterman's infidelity seemed to have boosted his ratings," said Dowd. "I do like Letterman, in terms of late night humor. I was always more of a Jay Leno fan, but I think David Letterman has done a lot recently including this incident to improve his image off camera."

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GET REEL: MOVIE REVIEW OF THE WEEK

Killer thriller 'Zombieland' shows comedy in a new light

Mark Theroux
Staff Reporter

The concept of surviving in a world where the undead roam as dangerous, flesh-eating zombies can certainly be an engaging one.

However, considering that this idea has been done over and over to the point that some consider it an unwatchable cliché, it is not easy to keep a new movie with this plot fresh. It seems to me that the comedy/horror film "Zombieland," succeeds at this.

Instead of trying to suffocate the viewer with suspense and terror, the film takes a very laid-back approach.

The film's central character and narrator is a college student named Columbus, played by Jesse Eisenberg, and known only by the name of his hometown, like the other three characters in the movie.

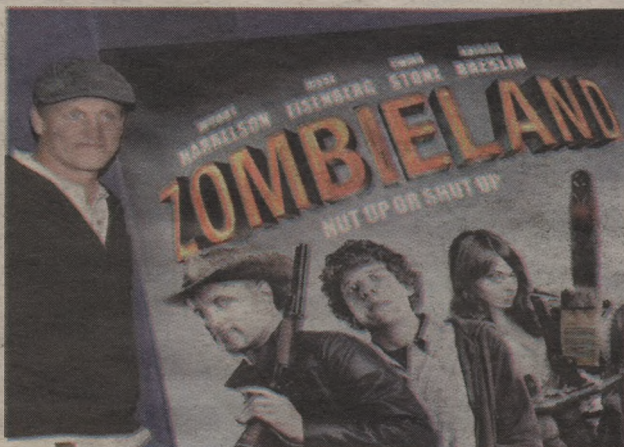
He is an unlikely survivor of the zombie apocalypse. Clumsy and extreme-

ly nervous, he has only survived because of a list of rules he has created.

Thanks to a virulent spread of mad cow disease, living people are now very few and far between, hence America's new name, "Zombieland."

Towns are abandoned and dilapidated, destroyed vehicles litter the highways, and of course, there's the occasional random, fast-moving zombie lurking anywhere.

This is mostly a "road" movie, as the four main characters' different goals alter



AP Photo/Evan Agostini

Star Woody Harrelson at a Zombieland screening in New York.

the group's cross-country destinations.

Columbus' goal is to travel from Austin, Texas to Columbus, Ohio to see his family. Early in his on-foot journey, he gets a ride from Tallahassee, played by Woody Harrelson, an older, dedicated, seasoned zombie-hunter whose only goal in life is to find a Twinkie.

Later in the journey, Columbus and Tallahassee later meet two sisters, Wichita (Emma Stone) and Little Rock (Abigail

Breslin), who may not always be trustworthy. Their goal is to reach California, where an amusement park, Pacific Playland, is supposedly zombie-free. Are they correct? That's for you to find out.

While I am not expert on zombie flicks, this movie's comedic, laid-back nature managed to keep me engaged for the entire 81 minutes.

"Zombieland" seems to be very well done and rises above clichés, such as shallow characters, unconvincing acting and zombie make-up, and gratuitous violence that doesn't "scare" people so much as simply "gross them out." It created an interesting, engaging new product with its offbeat approach.

Get Reel gives Zombieland:



JON AND KATE'S UNFORTUNATE FATE

Emma Levine
Assistant A&E Editor

Jon and Kate plus... another problem made public.

On Tuesday Oct. 13, Jon and Kate Gosselin walked out of a Pennsylvania courtroom after disputing yet another scandal in the Jon and Kate saga.

Kate claimed that Jon left her with just under \$1,350 in their joint bank account and that he took the rest of the \$230,000 for himself.

According to the New York Daily News' Web site, both parties withdrew substantial amounts of money from their joint bank account without the other's consent.

Kate recently appeared on the "Today Show" expressing her woes and furthered the back and forth battle with Jon. In the interview, she also spoke directly to her estranged husband, telling him he had left her unable to care for their children and that she has the children's best interests in mind. However, the New York Daily News stated that when asked in court on Tuesday if she had the paperwork to prove Jon took the money, Kate suddenly became silent.

"I'm on Kate's side," said senior Kyle Bush. "The person she's getting divorced from is acting like a two-year-old and he's stealing money from their joint bank account to buy Mercedes and BMW's."

In the same "Today" interview, Kate spoke about Jon's recent request to stop all filming of "Jon and Kate Plus 8," and how TLC has postponed filming because of it. She explained that in their agreement with TLC, if at any point either of them wanted to stop filming, they had to power to do so.

"It has ended our income and our paychecks and our opportunities," Kate said in the interview. "I wish Jon would think more about it."

Some students at Sacred Heart University agree with Jon to cease filming the reality show.

"I think that these kids shouldn't be on TV anymore," said senior Dan Colascione. "They are living their lives through scripts and cameras, and their childhood is going to be far from what a normal child would go through."

In addition, if the show continues, it will be reconfigured and will sport a new name. According to the New York Times (NYT) Web site, TLC announced that the show will continue as "Kate Plus 8."

"Given the recent changes in the family dynamics, it only makes sense for us to refresh and recalibrate the program to keep pace with the family," said TLC in a statement in the NYT. "The family has evolved, and we are attempting to evolve with it."

Some fans of the show are worried how the media attention will affect the children, especially since their family is going through a messy divorce.

"My opinion would be to cancel the reality program for now," said Dr. Dawn K. Melzer, assistant professor of psychology. "Not only are these children's parents divorcing, but the whole world knows about it and intimate details regarding their life."

According to the New York Post Web site, there are rumors that "Jon and Kate Plus 8" will end in early November and the revamped version of the show will air in late November. That is if Jon allows them to continue filming.

"I think that some fans will watch the new show just to see the kids grow up," said sophomore Chrissy Curran. "But a lot of viewers will no longer watch it because it is not a show about a big happy family anymore. It is about lies, deceit and divorce."

Kardashian and Odom 'Dash' down the aisle

Jacqueline Vele
Staff Reporter

As cameras filmed another episode of "Keeping up with the Kardashians," guests prepared for the wedding of Khloe Kardashian and Lamar Odom. The reality star and the Los Angeles Lakers forward made their way to the altar after just one month of dating.

Some wonder if Khloe rushed into her marriage after a single month of courtship.

"Not to be skeptical on Hollywood marriages, but it probably won't last. I think you need more than a month to know whether someone is right for you," said senior Kerri Doherty. "But you never know, maybe Khloe knew instantly."

According to several news reports, the ceremony had over 200 guests at family-friend Irving Azoff's LA home for the nuptial on Sept. 27. The entire ceremony was captured on film for millions of fans to view the event from their own homes.

Some believe that filming the wedding was simply a way for the media to grow more obsessed with pop culture.

"The fact that celebrities feel the need to display their over the top life styles even more than they already do is absolutely stupid," said senior Paul Galipeau. "They always end up turning around and complaining about paparazzi in their business."

Elegant silver invitations were sent out to guests for the lavish event, only days before the wedding nuptials, leaving friends and family little time to buy gifts at wedding registry Williams-Sonoma.

Among some of the attendees was Ryan Seacrest, host of E News and executive producer of "Keeping up with the Kardashians" and "Kourtney and Khloe Take Miami." According to E News, other famous guests included Brittny Gastineau, Lakers teammate Kobe Bryant and his wife Vanessa, Kelly Osbourne, and comedian Chelsea Handler.

The bride made her way down the aisle in a white Vera Wang gown. Step-father Bruce Jenner stuck by her side along with sisters Kim and Kourtney (who is currently seven months pregnant), as Khloe walked toward her future husband.

"I thought Khloe looked beautiful on her special day," said senior Elizabeth Aveni.

According to People magazine, the reception featured a Hollywood nightclub theme that took place in a large tent on the owner's property. The tent was decorated with white carpeting, silver mirrors, and chandeliers. The four course meal began with "chilled heirloom tomato soup with burrata... a salad of melons with fresh figs and



AP Photo/Gregg DeGuire

Kardashian flashes her sparkling engagement bling for the camera.

feta, followed by a choice of filet mignon or wild salmon fillet and a dessert trio. The four-tier wedding cake was by Hansen's Cakes."

With a designer dress, five star meals, and the lavish décor, it is safe to assume that this event was pricey. Some believe the show "Keeping up with the Kardashians" creates unreasonable expectations for viewers.

"The Kardashians are obviously wealthy and can do whatever they want," said graduate student Rob Fasano. "It sets up a fantasy world for people who believe they can have the same things. It's a fake life."

To tune into the wedding nuptials, the premiere of the fourth season of "Keeping up with the Kardashians" is on Sunday, Nov. 8.

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THE IMAGE OF 'PERFECTION'

Does the modeling industry goes too far when it comes to being thin?

Juliana Brittis
Features Editor

Flip through the pages of any fashion or lifestyle magazine and you will be barraged with images of stick thin models staring up at you from the glossy pages.

For many, these fashion models represent the face of perfection; high cheek bones, a tiny waist, and stick-thin lanky legs.

But these fashion models are much more than just a face in a magazine. Many studies have linked the presence of eating disorders or distorted body images of female magazine readers with the frequency of reading these magazines.

Many of these readers may not realize the intense airbrushing that goes into creating each image of these models, creating a false picture of physical perfection.

The ethical dilemma of airbrushing and altering photos was recently focused on when Ralph Lauren released an ad with an emaciated model.

This model, Fillipa Hamilton is pictured in the Ralph Lauren ad with a waist so tiny, it appears smaller than her head.

Hamilton, who in reality is a size four, has been a Ralph Lauren model for eight years and expressed her outrage in an interview with the NY Daily News.

"I was shocked to see that super skinny girl with my face. "It's very sad, I think, that Ralph Lauren could do something like that," said Hamilton to the NY Daily News.

The ad, which was only released in Japan, immediately began a wave of controversy over the sickly image that was put out to the public.

Ralph Lauren attempted to respond to the situation with a press release saying: "...We have learned that we are responsible for the poor imaging and retouching that resulted in a very distorted image of a woman's body."

The controversy did not stop there. After this advertisement gained the attention of the press, Hamilton also disclosed that she was fired from Ralph Lauren in April 2009 for being too fat.

In an interview with the Today Show, Hamilton said that Ralph Lauren told her agency that she would be dismissed because of her failure to fit into their clothes anymore.

Hamilton, who is 5'10 and 120 pounds, said that this seemed the company made it clear that she was being fired for being "too large."

Ralph Lauren denied these charges saying that Hamilton was released for "failure to meet contract obligations."

Hamilton's story has only fueled the fire of claims regarding the modeling industry only using extremely skin-



AP Photo

Left shows the obviously altered ad of Hamilton while a more curvy version of her walks the runway

ny girls, presenting an unhealthy body image to the public.

Even some models, including Hamilton, feel that the use of overly thin girls in magazines is an unhealthy image for girls to look up to.

"It's not a good example when you see this picture; every young woman is going to think it's normal to look like that when it's not," said Hamilton to the Today Show.

Although the crusade against using overly thin models seems to be going strong, there are still people who don't see a problem with the emaciated women used in fashion.

Karl Lagerfeld, fashion celebrity and creative director of Chanel was not shy to express his opinion on thin models in an interview with German magazine Focus: "No one wants to see curvy women. You've got fat mothers with their bags of chips sitting in front of the television and saying that thin models are ugly."

These false images of "perfections" put in magazines seem to only encourage a bad body image for young wom-

en who may see these models are inspiration.

"My little sister puts cutouts of models in magazines on her mirror and walls in the house," said senior Meridith Raus.

"It's horrifying to think that this is what she thinks is beautiful because being sickly thin is not something to be admired and that's what the magazine industry is putting out there as what's considered 'the perfect body,'" she said.

With attention being put on the modeling industry using super skinny models, many people, including Hamilton, are speaking out against the negative images they are producing.

"I think they owe American women an apology, a big apology," she said. "I'm very proud of what I look like, and I think a role model should look healthy," said Hamilton to the NY Daily News.

A RED CARPET SURPRISE: CLASS OF 2011 REVEALS DECEMBER SEMI-FORMAL THEME

Marisa Graniela
Staff Reporter

Lights. Camera. Action.

After a month and a half of suspense, the junior class revealed this year's semi-formal theme. Students can expect to strut their stuff down the red carpet at the Stamford Marriot decked out for a "classic Hollywood affair."

The junior class board began creating plans for semi-formal last spring semester and even dedicated some of their summer vacation to the planning.

"Our Class of 2011 student government board has been diligently planning the semi since last year," said junior Robert Napolitano, junior class senator of first year transitions. "We were always trying to compile the most diverse and exciting themes possible to make this an extra-special event."

But how exactly is the theme created?

"We plan semi, and any event for that matter, all together," said junior Grace Fulton, junior class public relations chair. "We pool ideas together, and pick apart every detail, and in the end we vote on which we think will have been be the most successful."

"This summer we have been e-mailing back and forth coming up with ideas and themes," she said. "After we pool our ideas together, we begin researching, nit-picking,

discussing and voting on which ideas we thought were the best, most fun, and everyone else would like."

With a solid theme and a dedicated board, some students are anticipating the arrival of this event.

"This year will be my first year attending the semi-formal and I cannot wait," said sophomore Ashley Rodriguez. "I couldn't have asked for a better theme and I heard the location is awesome."

Others who attended in the past are ready to do it all again this year.

"Last year I went to semi and I had the best time," said junior Liza Hanson. "From the décor, food, and atmosphere it was easily one of my most memorable nights at SHU."

The junior class board is expecting this year to be one of the best yet. They expect to have more giveaways for students to win special prizes as well as other opportunities.

"Semi is going to be great this year," said Fulton. "This year we are hoping to include more incentives and raffles for things such as nail gift certificates, make-up application, hair (boys and girls), a tux rental, jewelry discounts and much more!"

With semi-formal getting closer, the class board is working quickly to get everything into place.

"There is so much planning going into this event and

our junior class board can't wait to show off all of our hard work," said junior Nicole Rowlands, senator of student traditions and athletics. "As a part of the decorations committee, I can promise the formal is going to look classy and elegant like something straight out of a Audrey Hepburn or Marilyn Monroe film."

Tickets will be sold on Thursday, Nov. 5 and are expected to sell out in one day. The Hollywood affair will be help on Friday Dec. 4 from 9 p.m. until 1 a.m. with transportation provided.

"I advise everyone who wants to attend to get their tickets as early as possible," said Rowlands. "You don't want to miss out on this red carpet event."

BE SURE TO PICK UP NEXT WEEK'S SPECIAL EDITION OF 'FEATURES GONE SPOOKY'

'Fall' into seasonal fun

Stephanie Kanner
Staff Reporter

Looking for something fun and inexpensive to do on a weekend? Connecticut is thriving with enjoyable activities during the autumn months.

Whether it is with family or friends, you can find anything from apple picking to haunted houses.

Silverman's Farm, located in Easton, is a fun and inexpensive trip to take while spending time outdoors.

According to the Silverman's Farm Web site, the farm was founded in the early 1920's by Ben Silverman and has become one of the most popular family places to go for decades.

Besides the fruits and vegetables, Silverman's farm offers an animal farm, hay rides, field trips and even has their own florist.

On the other hand, Lyman Orchards is an 1100-acre farm located in the northwest corner of Middlesex County. Established in 1741, Lyman Orchards is the twelfth oldest family-owned business in the United States according to their Web site.

"I've never been to Lyman Orchards," said junior Erin McPherson. "I've heard really great things about it though."

Lyman's offers a corn and sunflower maze as well as apple and pumpkin picking.

"I would love to go sometime this fall with my friends so I can experience it," said McPherson.

If you're in the mood to do something a little bit more frightening, there are plenty of haunted houses and spook walks to do to make your inner ghoul gratified.

Lake Compounce, a family-themed water park located in Bristol does great during the summer. But when the leaves start to change and it comes time comes for Halloween, it turns its gears towards witches, dungeons and cemeteries.

The park features a spooky walk referred to as the Haunted Graveyard.

"The Haunted Graveyard is a well-conceived innovative experience sure to delight both kids and adults," said Lisa Backus, writer for The Herald Press.

According to Lake Compounce's Web site, a portion of the proceeds from the Haunted Graveyard go to fight juvenile diabetes, a real life monster.

"I've been to the Haunted Graveyard plenty of times,"



Spectrum/Michele Tyman

Pumpkins ready for the pickin' at a farm.

said junior Julie Gianoni. "Even though I'm a junior in college, you can never be too old for a scare."

For those of you who have a thing for being scared, the Trail of Terror located in Wallingford is another fright to check out.

Rated number one for "Best Outdoor Attraction," by Fright Times Magazine, Trail of Terror takes you on a terrifying journey through more than 30 interactive scenes where over 70 of your favorite (and not so favorite) spooky characters await you.

"I can't wait to go to the Trail of Terror this year," said junior David Ta. "I've never been and I heard it was so scary and really popular. My friend went last year and said there was over a five-hour wait."

However, Trail of Terror staff speeds up the wait process by offering a speed pass for \$20. General admission is \$10.

These places are just a taste of what Connecticut has to offer during the autumn months.

October promotes Down syndrome awareness month

Lindsay Caiti
Staff Reporter

October is known for many things, but one thing you may not know is that October is also Down syndrome awareness month.

According to the National Down syndrome Society, Down syndrome is a genetic condition, caused by three copies of the 21st chromosome instead of two.

While not many people know about Down syndrome awareness month, there are people making efforts to spread the word about the condition at Sacred Heart University.

Sacred Heart University is one of many universities that participate in the program Best Buddies, which pairs college students with young adults who have special needs.

"I became involved with Best Buddies my freshmen year of college," said junior Emilie Latainer "sophomore year I became college buddy director and still am this year."

Best Buddies gives those living with Down syndrome and other special needs a chance to experience a social atmosphere, and get to know people other than their families and caretakers, according to bestbuddies.org.

The National Down syndrome Society works to make the public aware of this condition so that they can better understand what it is.

"There are more than 400,000 people living with Down syndrome in the United States," according to the National Down syndrome Society's Web site.

Activities like walks and charity benefits are being held all over the nation as people generate as much voice as they can on the condition.

"These events are normally held on campus on a weekend. We've held a variety of different events, including a picnic, thanksgiving dinner, pajama party, carnival, and many more," said Latainer.

According to the official Best Buddies Web site "By 2010, Best Buddies will continue to build on its successful volunteer base in all 50 States."

To learn more about Best Buddies program go to bestbuddies.org for further information, or the Sacred Heart Web site.

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Scoreboard

Friday, October 16

W. Soccer

SHU- 1

Bryant- 3

M. Soccer

CCSU- 0

SHU- 2

W. Hockey

SHU- 0

Union- 6

Field Hockey

Hofstra- 4

SHU- 1

Saturday, October 17

Football

Monmouth- 42

SHU- 20

W. Volleyball

SHU- 3

Robert Morris- 0

W. Hockey

SHU- 1

Union- 3

Sunday, October 18

W. Volleyball

SHU- 3

St. Francis (Pa.)- 0

Field Hockey

Bryant- 1

SHU- 2

M. Soccer

Quinnipiac- 1

SHU- 0

On Deck

Tomorrow

M. Soccer @ Bryant

3 p.m.

W. Soccer @ Wagner

3 p.m.

Field Hockey @

Lock Haven

3 p.m.

M. Hockey @ Rensselaer

7 p.m.

Saturday, October 24

Football @ Wagner

1 p.m.

W. Volleyball vs. CCSU

4:30 p.m.

M. Hockey @ Union

7 p.m.

W. Hockey @ Rhode Island

7 p.m.

Sunday, October 25

W. Volleyball vs. Bryant

1 p.m.

W. Soccer @ LIU

1 p.m.



The Spectrum/Alex Atkinson

Sacred Heart's Dale Fink (#14) drops back to pass during the Pioneers' 42-20 loss against Monmouth University on Oct. 17 at Campus Field.

Fink's record day not enough for Pioneers

Dan Graziano
Staff Reporter

A game for the record books was not enough for the Sacred Heart University football team to capture a win against the Monmouth University Hawks on Saturday, Oct. 16.

The Pioneers were unable to build off the momentum from their previous win against St. Francis (Pa.) and lost 42-20 to the Hawks at Campus Field on Family Weekend.

The loss dropped the Pioneers' record to 1-5 on the season and 1-3 in the Northeast Conference.

Dark clouds and chilly winds plagued the game, which was played under the threat of heavy rain.

However, the rain held off and a crowd of 2,804 came out to show their support for the Pioneers.

Redshirt junior quarterback Dale Fink attempted 54 passes while completing 36 of them for 373 yards, which set three school records.

Senior wide receiver Steve Tedesco led the Pioneers with 11 catches for a season-high of 168 yards.

Hawks- 42
Pioneers- 20

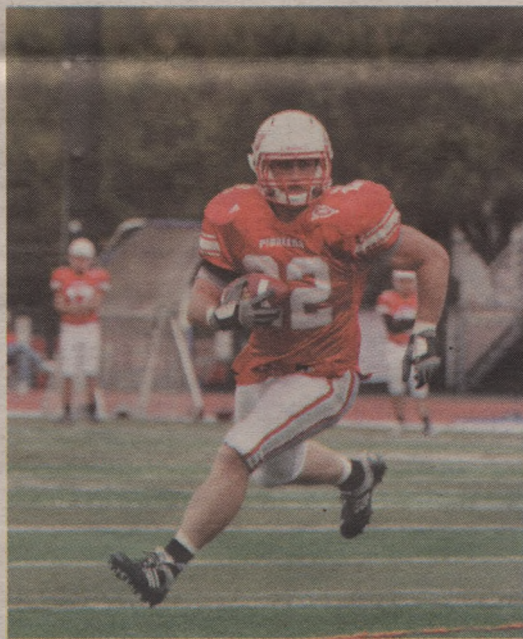
As a team, Sacred Heart had a season-high of 26 first downs and 454 yards of offense on the day.

However, the Hawks matched the Pioneers with an offensive outburst of their own by racking up a total of 513 offensive yards en route to the win.

The Pioneers put the first points on the board with the help of freshman kicker Jason Plescow who kicked a field goal.

The Hawks answered right back with two touchdowns of their own to take a 14-3 lead at the end of the first quarter.

Throughout the second quarter, the Hawks offense picked apart the Pioneers defense and



The Spectrum/Alex Atkinson

Sacred Heart's Brian Friedman (#22) carries the ball during the Pioneers 42-20 loss to the Monmouth University Hawks on Oct. 17 at Campus Field.

scored yet another touchdown midway through the stanza.

Sacred Heart then moved down the field with the help of a pass from Fink to Tedesco for 25 yards.

However, a false start penalty on the Pioneers pushed them back five yards on their next play and for the second time on the day, the Pioneers settled for a Plescow field goal to narrow Monmouth's lead to 21-6.

At the start of the third quarter, Monmouth drove down the field and scored yet another touchdown to increase their lead to 28-6.

Fink and the Pioneers offense tried to move the ball down the field on their next possession but were unsuccessful and were forced to punt it away to the Hawks.

The Hawks lined up in the "Wildcat" formation on offense, which led to a 48-yard run from senior running back David Sinisi, bringing the Hawks to a commanding 35-6 lead.

See OFFENSIVE on page 14...

RECRUITING ATHLETES: NOT AN EASY TASK

Steve Armato
Staff Reporter

In order to run a successful college athletic program, coaches know they have to be successful not only on the field, but on the recruiting trail as well.

Having to replenish talent that is lost every year due to graduation is the main reason why recruiting is essential for collegiate coaches looking to keep their program competitive.

"I spend about 70 to 75 percent of my time recruiting," said men's lacrosse head coach Tom Mariano. "We are always out there looking and evaluating new talent to bring into the program."

While coaches like Mariano like to take charge of their own recruiting, other coaches such as men's basketball head coach Dave Bike entrust their coaching staff to do a majority of the recruiting.

"When you talk about recruiting you have to talk about [assistant coaches] Johnny Kidd and Anthony Latina," said Bike. "They try and get the best that they can to come here and I do what they tell me to do."

Every sport is always recruiting new talent but what separates the good from the bad is how effective each coach can recruit.

"I think the key to effective recruiting is identifying the right fits both academically and athletically for the athlete as well as how they are going to fit in socially because a social life is also part of being in college," said Mariano.

Bike also said that he felt the right fit was the main key to effective recruiting.

"We are always out there looking and evaluating new talent to bring into the program."

- Tom Mariano
SHU men's lacrosse head coach

"I think that there has to be a good fit for both academics and basketball as well as having fun and having a good social life but also being dedicated to why they are here," he said.

Another key factor that goes into recruiting student-athletes is the family of the athlete.

Many times, a student-athlete's family can influence the decision of where their child will end up going to college.

"That's an interesting situation because we just lost a kid because his parents wanted him to try and walk on at UCLA instead of coming here on a full scholarship," said Bike.

"However I don't think it is incredibly important to recruit the family as well. There is that theory that you recruit the parents when you recruit the kid but I still think the kid will have the final say."

See COACHES on page 13...

Midnight Madness attracts large crowd at Pitt Center

Alex Atkinson
Staff Reporter

From the time the doors of the William H. Pitt Center opened on Friday, Oct. 16 until the last ball was slammed through the hoop, there was a sense of excitement and anticipation for another winter sports season at Sacred Heart University.

Roughly one thousand fans packed the Pitt Center for this year's "Midnight Madness" festivities where members of the men's and women's basketball teams were introduced to the crowd.

This year's event also featured a trampoline performance, entertainment from the dance team and the cheerleading team, and a slam dunk competition.

According to senior associate athletic director of operations, Mark Adzgian, this year's event was by far the best he had seen to date.

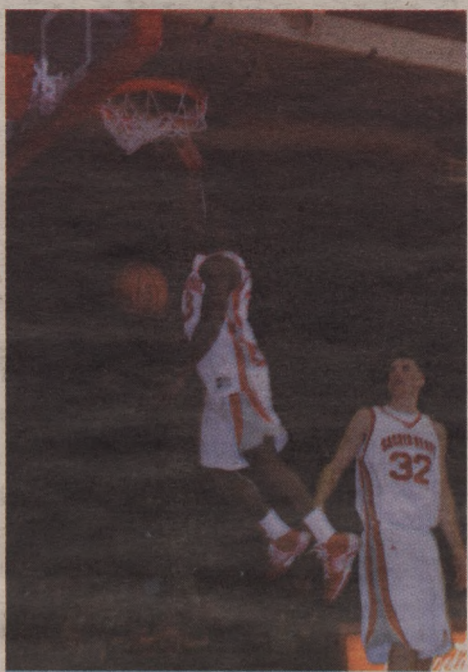
Adzgian expressed a great deal of admiration for seniors Kelly Leather, Ted Fifield, and junior Matt Choinere, who all stepped up and executed the planning and preparation for this event.

"These three students worked real hard meeting with coaches, arranging activities, and writing the script for the night," said Adzgian. "All I really did this year was supervise them. They did a great job and the event came out great."

After being introduced, coaches from both the men's and women's team stepped out onto the floor and expressed their thanks for all the support that the fans, the cheerleaders, the band, the dancers, and the school has given their teams.

"It was a good night," said men's basketball head coach Dave Bike. "We appreciate all the people who came out to support our team, and we appreciate all the work and support that came from student life and student government."

As of 2008, this event has been orga-



The Spectrum/Alex Atkinson

Sacred Heart's Jerrell Thompson (#3) goes up for a slam dunk during Midnight Madness at the Pitt Center on Oct. 16 as Liam Potter (#32) looks on.

nized by students and supervised by Sacred Heart staff.

Over the last two years, the event has coincided with Family Weekend, adding new excitement and entertainment to the festivities.

"It is a fun chance to introduce the team, and to show our fans what we are like," said junior point guard Jerrell Thompson. "It should be a good year and support from our fans is appreciated."

Midnight Madness was also a big hit with the fans.

"This was the first time that I have come to this event," said junior Charles Ferruzza. "I was blown away by all of the performances. Everyone did a good job making sure that the fans were entertained. It was a great night and I will be attending again next year."

Coaches have their hands full with recruiting athletes

...CONTINUED from page 12

Mariano, however, believes that recruiting the family as well as the athlete is an important task.

"I think it's very important. We try and get quality young men from quality families," he said. "In high school you are part of a team but in college you are part of a program. It is more of a family atmosphere when you get to college."

Factors that are often forgotten about are the distances the coaches will go to recruit the talent to come to the school.

"We don't hold ourselves to boundaries," said Mariano. "We have kids from Florida, Colorado and even California. For us it is different because other sports here recruit against the rest of the NEC. We have to recruit against some big schools like Loyola and Maryland that are top-twenty programs."



Bike feels the same way about recruiting for his team.

"We are not locked in here in just Connecticut," said Bike. "When we first moved to Division I, we felt like we needed to go to certain areas more than now. Recently we have looked at more kids locally but we just go out there and try to find what is best for the program."

The final element of recruiting is what the coaches pitch to the athletes and



The Spectrum/Alex Atkinson

Sacred Heart's Chris Mandas (#34) and Will Veix (#43) line up on defense against the Monmouth University Hawks on Oct. 17 at Campus Field.

"In high school you are part of a team but in college you are part of a program. It is more of a family atmosphere when you get to college."

- Tom Mariano
SHU men's lacrosse head coach

their families to try and convince them to enroll at Sacred Heart.

"Our biggest thing is the fit - if SHU is the right fit for you both academically and athletically," said Mariano. "We are good at what we offer in terms of the business school and PT program and just the vision of growth for the university itself. Sacred Heart has a great feel and comfort to it."

While the games are won and lost on the field, collegiate coaches - including those at Sacred Heart - have learned that recruiting is a full-time job in itself and can often determine the overall success of their program.

Marotollo named new men's ice hockey coach

Emily Gumbs
Asst. Sports Editor

Sacred Heart University executive director of athletics Don Cook announced the hiring of C.J. Marotollo as the new Pioneers men's ice hockey coach on Oct. 8, making him the third coach in the program's history.

Marotollo takes over for Shaun Hannah who resigned in early September after 13 years as Sacred Heart head coach.

Hannah led the Pioneers to the playoffs each season and reached the league title game in 2004.

Marotollo, who hails from North Haven, comes to Sacred Heart from Yale University.

He was on the Bulldogs men's ice hockey coaching staff for 13 seasons and was promoted to associate head coach in 2003.

During his tenure, he helped Yale qualify for the NCAA Tournament twice, including last season.

He has an excellent track record as a recruiter and during his time at Yale helped recruit and coach four All-Americans, nine All-ECAC Hockey selections and four Ivy League Rookies of the Year.

Prior to joining the Yale

staff where he was mentored by former Olympic coach Tim Taylor, Marotollo was an assistant coach at Trinity College for two years.

He played collegiate hockey at Northeastern University and then served as player/head coach of the Hockey Club of Metz, France after graduation.

Marotollo, who speaks French fluently, has also been involved in youth hockey in the United States, serving as an assistant coach for Team New England at the 1997 Select 16 USA Hockey Festival.

He also coached the 1998 Select 15 team before becoming head coach of the 1999 New England Select 15 squad that finished fourth.

The Pioneers' season begins tomorrow night and Saturday with a pair of road games at Rensselaer Polytechnic Institute in Troy, N.Y. and Union College in Schenectady N.Y. at 7 p.m.

On Tuesday, Oct. 27, the Pioneers will take on American International College at the Milford Ice Pavilion at 7:05 p.m.

Marotollo will face his former team, the Yale Bulldogs, for the first time on Nov. 24 in New Haven.

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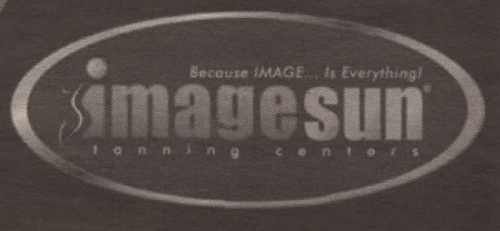
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Offensive outburst lifts Hawks over Pioneers on Family Weekend

...CONTINUED from page 12

The rest of the third quarter consisted of a back-and-forth style of play with each team baffling the other.

Monmouth received the ball to start the fourth quarter and moved down the field in four plays for 77 yards, resulting in a touchdown.

The touchdown was the Hawks' third-straight score and extended their lead to 42-6.

Despite being down by such a wide margin, the Pioneers weren't ready to throw in the towel just yet.

On their next possession, Fink and the offense marched down the field in nine plays for 56 yards.

The drive ended with a seven-yard touchdown pass from Fink to sophomore running back Garry Coles.

The extra point by Plescow was successful and the Pioneers cut the Hawks' lead to 42-13.

After forcing Monmouth to punt on their next possession, Fink engineered another scoring drive for the Pioneers when he hit Tedesco on a 25-yard pass.

Plescow's extra point attempt was successful and the Pioneers cut Monmouth's lead to 42-20.

Time, however, was not on the Pioneers' side as it was a case of too little, too late.

After picking up their first win of the season last week against St. Francis (Pa.), the Pioneers could not string together back-to-back wins.

The Pioneers are on the road next week when they will travel to Staten Island, N.Y. to take on the Wagner College Seahawks. Kickoff is slated for 1:30 P.M.

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.
(L, 24-12)

Oct. 10 vs. St. Francis (Pa.)
(W, 29-9)

Oct. 17 vs. Monmouth
(L, 42-20)

Oct. 24 @ Wagner

Oct. 31 @ Robert Morris

Nov. 7 vs. Bryant

Nov. 14 vs. Duquesne

ED SWANSON INDUCTED INTO NEW ENGLAND BASKETBALL HOF

Chris Whittemore
Assoc. Sports Editor

Sacred Heart University women's basketball coach Ed Swanson was inducted into the New England Basketball Hall of Fame on Friday, Oct. 9. The ceremony took place at the Mohegan Sun in Uncasville.

As Pioneer head coach, Swanson has amassed over 300 wins, two Northeast Conference championships and two NCAA tournament trips.

"To be honored with some of the great names of New England basketball and across the country is very humbling," Swanson said to William Paxton of the Stamford Advocate. "(When SHU hired me) I was just happy to have a job in something I enjoyed doing. The Hall of Fame was the furthest thing from my mind."

Swanson and his Pioneers won their second NEC title last year when they defeated the St. Francis (Pa.) Red Storm to advance to the NCAA Tournament for the second time in three years.

In 19 years, he has compiled a 322-221 record at the school, including a 195-101 at the Division I level.

None of his teams have finished lower than third in the NEC and never once did one of his teams miss a postseason berth.

"I hoped to have success when I took over, but we've had a lot of help from the administration, the coaches and the players," Swanson said to Paxton. "They all believed in what we could accomplish."

Last year was a magical season for the women's basketball team and for Swanson.

They finished with an 18-0 record which earned him NEC Coach of the Year honors.

Swanson also holds the record for all-time wins in NEC play with 138.

As for the desire to win, Swanson



The Spectrum/Michelle Hevey

Sacred Heart women's basketball head coach Ed Swanson addresses the crowd at Midnight Madness on Oct. 16 at the Pitt Center. Swanson was inducted into the New England Basketball Hall of Fame on Oct. 9.

believes that is still most important.

"The intensity is still there and I hope that's the feeling my team plays with," Swanson said to Paxton. "The desire is still there and I look forward to the competition."

Playing at home with Swanson's team has always come easy for them winning 84% of the time they play at the William H. Pitt Center. Swanson's team ranks nationally as one of the toughest places to play with a .836 winning percentage.

The team opens up the 2009-10 season at Columbia University on Nov. 13 at 7 p.m. in New York, N.Y.

M. Soccer falls to Quinnipiac on late penalty kick Rain, wind wreak havoc on contest at Campus Field

Chauncey Hardy
Staff Reporter

With a steady rain falling and the winds whipping at Campus Field, the Sacred Heart University men's soccer team fell to the Quinnipiac University Bobcats, 1-0, on Sunday, Oct. 18.

Pierre Soubrier scored the game's only goal with 14:37 left to play in the second half after converting on a penalty kick.

Soubrier was tripped up on his way to the goal by a Pioneer defender which resulted in a penalty being called by the referee.

Bobcats-	1
Pioneers-	0

Bobcat goalkeeper Frederick Hall made seven saves in the game including five in the first half to lead Quinnipiac to the shutout victory.

The Pioneers' first scoring opportunity came 15 minutes into the opening half when graduate student Nemanja Filimonovic's shot was deflected away by



The Spectrum/Stephanie Reyes

Sacred Heart's Nemanja Filimonovic (#8) controls the ball during a recent game at Campus Field. The Pioneers lost to the Quinnipiac Bobcats 1-0 on Oct. 18. The Pioneers fell to the Quinnipiac University Bobcats 1-0 at Campus Field on Oct. 18.

Hall to keep the game scoreless.

The Bobcats nearly pulled ahead two minutes later as Shane Recklett let loose a blast that rang off the crossbar and away from the goal.

Recklett almost scored 12 minutes later but missed the net at point blank range as the game remained scoreless.

The Pioneers had another scoring opportunity 4:30 before halftime as graduate student Norman Baer put a header just over the goal frame after a centering cross from junior Mario Mililli.

The Bobcats put early pressure on the Pioneers in the second half as sophomore goalkeeper Alex Fait saved two shots in

the first four minutes to keep the score even.

Later in the second half, the Bobcats got the break of the game when they were awarded a free kick in the 76th minute.

That's when Soubrier blasted the penalty kick into the left side of the net past a diving Fait to give the Bobcats the 1-0 lead.

The Pioneers got another scoring opportunity later in the half when Hall blocked a free kick from senior Jesper Fredricksson from the 45-yard line. Hall grabbed the rebound before Sacred Heart could recover it.

Sacred Heart got one final chance to score after they received a penalty kick from just inches outside the Bobcats' penalty box.

However, the Pioneers did not convert and fell for the first time at home in a Northeast Conference game this season.

Quinnipiac received two yellow cards in the game - both coming on the same play - as Soubrier was carded for tripping a Pioneer player and Recklett proceeded to pick up a card for arguing the play with the referee, but the Pioneers were unable to capitalize on the opportunity.

Sacred Heart returns to action Oct. 21 as they travel to West Point, N.Y. to take on the Army Black Knights at 7 p.m.

Sibling teammates give new meaning to team chemistry

Lauren Craft
Staff Reporter

While many athletes consider their teammates to be family, this is literally the case for a handful of Sacred Heart University student-athletes.

Juniors Dana and Samantha Troy are identical twin sisters who have been playing sports together since they were young.

The twins are also teammates on the Sacred Heart women's cross-country and track and field teams.

"I love being on the same team as my sister," said Samantha Troy. "We've always played on the same team. When we were younger we played soccer, basketball, track, and softball together."

According to the Troy sisters, being teammates allows each other to excel and feed off of one another while competing.

"Being teammates with Samantha helps me stay motivated," said Dana Troy.

The Troys also use their close relationship to their advantage by building a strong support system for one another.

"It's important that we support each other," said Dana Troy. "We are each other's best cheerleaders because we have such a close bond and know what works for us."

"We have a great support system with each other," Samantha Troy said. "Before we race, we always talk about what our goals are and give each other [motiva-

tional] talks."

The Troy sisters credited their parents with always providing encouragement and support by being in attendance for most of their daughters' meets during the season.

"Sometimes it's a challenge for our teammates to tell us apart in our uniforms so it's great when our parents are there because we know they can always tell us apart," said Samantha Troy.

"At first it was tough to form an identity. Our teammates have a hard time telling us apart, because we are identical twins," said Dana Troy. "After a week or two, our teammates could see how different we are."

Dana Troy described some of the differences between her and her sister.

"We have such different personalities that make us distinct to our teammates, and we also have different strengths and weaknesses that differentiate us," said Dana Troy.

The Troys aren't the only twins competing for Sacred Heart.

Sophomores Athalia and Chantaul Smith are also members of the Sacred Heart University women's track and field team.

"Being a twin on the same sports team is a good thing," said Athalia Smith. "You always have someone to turn to, so you never feel out of place."

While Athalia Smith believes having a sibling on the same team is beneficial, her



The Spectrum/Zack Lane

Sisters Dana and Samantha Troy of the women's cross country team.

sister, Chauntal, admits that the two often have a sibling rivalry.

"We can be very competitive with each other, but it's normal for us," said Chantaul Smith. "I feel as though I am the encourager - I calm Athalia down if she is nervous just by telling jokes."

In many circumstances, twins are often grouped as one even though they are, in fact, their own person. This can make it very difficult to form a unique identity with their teammates and others.

"It is tough to form your own individual identities, not just with track but with anything we do," said Chantaul Smith. "If one of us does something wrong, we both feel the repercussion of that act."

Sophomore Michelle Riber is a member of the Sacred Heart women's golf team along with her younger sister, Gabriella, who joined the team this year as a freshman.

"The great thing about being on a team with [a sibling] is that at the end of the day...they have to love you and be on your side," said Riber.

The Ribers, originally from Sweden, came to the United States to attend Sacred Heart University and play on the golf team.

"It's very nice having [Gabriella] on the team and it's nice to have a family member close by," said Riber.

The Ribers' parents still live in Sweden, however, which has prevented them from attending their daughters' matches.

Despite being thousands of miles away, they still show support for their daughters even from overseas.

"Our parents are very proud and supportive of us...and I Skype them daily informing them on how we do," said Riber.

Of course, being on the same team also allows for some healthy competition between the two sisters.

"We are always happy for each other," said Riber. "I am Gabriella's biggest fan. I love it when she plays great - I feel so proud. Of course, I love beating her but if I don't, I never get mad."



The Spectrum/Zack Lane

Sisters Chantaul and Athalia Smith of the women's track and field team.


PHOTO OF THE WEEK



The Spectrum/Alex Atkinson

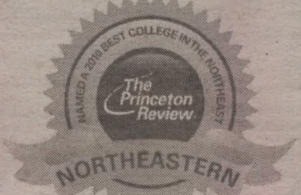
Sacred Heart men's rugby player Rory Parcell gets tackled by members of the Southern Connecticut State University rugby team on Oct. 11 at SCSU.

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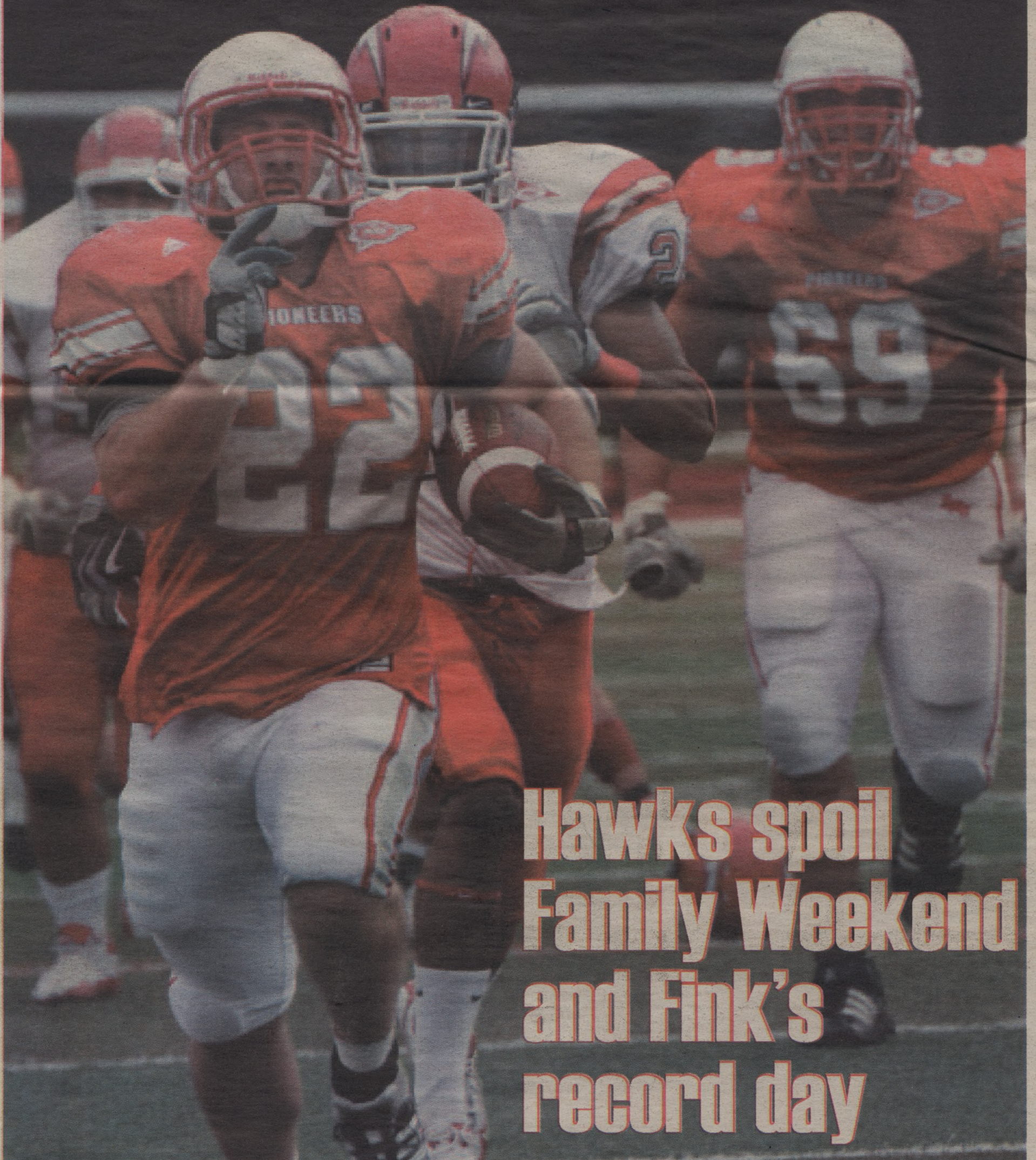
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FOR THE BIRDS



Hawks spoil
Family Weekend
and Fink's
record day

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Sacred Heart's Brian Friedman (#22) rushes towards the end zone during the Pioneers' 42-20 loss to the Monmouth University Hawks on Oct. 17 at Campus Field.