Students Go Behind the Scenes at Super Bowl XLV

Kim Rooney
Staff Reporter

On the first day of the job, the interns were able to tour Cowboy’s Stadium. They had their own National Football League Film passes which allowed easy access to various areas of restriction.

“People don’t ever notice how much work is done to be able to put on a great show,” said Eastman. “This was such an eye opener and I definitely learned a lot by having the opportunity to witness it all.”

When game day arrived, the girls were fully prepared to go on and off the field as well as enter on to the field during the halftime show.

“I kept turning around behind me at all the people in the stands and thought how lucky I was to be standing on the field watching my team play,” said Cemiglia, who is an avid Steelers fan. “It was so exciting.”

While on the field, they were able to observe the placement and movement of the cameras, which is crucial in broadcasting the event.

“It was the most interesting things I have ever done, being able to see the mechanics behind television,” said Eastman.

When they weren’t watching how the cameras captured the game, they were observing how a professional crew captured a live broadcast.

“The ability to watch live stand-ups, particularly while escorting international talent to the field, was really inspiring,” said Cerniglia.

Staff Reporter

El Salvador is a country that is in need of much help due to poverty, highly polluted areas, and severe environmental degradation. Which is why Sacred Heart University has sent students and faculty to this location on an alternative spring break mission trip for almost 10 years.

A new group of students have been recently selected to attempt to make a difference in the lives of the people living in extreme poverty in El Salvador. Though the delegation doesn’t leave until March 3, the group is currently preparing themselves for the trip.

Aside from fundraising at tables outside of Chartwells, the group has also collected clothing donations. Though most of the preparation consists of collecting as many contributions as possible, the students are concerned with their health and well-being as well.

The students preparing to travel are taking major health precautions, such as vaccinations to prevent Malaria, Hepatitis A and the Typhoid fever.

But how did Sacred Heart students get involved with traveling to El Salvador 10 years ago?

“Sacred Heart University has had a special relationship with El Salvador since 1992 sending delegations of faculty and staff to Tierra Blanca, Usulutan,” said Margaret Casey administrative assistant. The University “… usually brings 15 to 16 students with four faculty/staff advisors.”

While in El Salvador, students stated they helped out in schools, built churches, assisted with disaster relief, and constructed roads.

“Each day we would have a different agenda that would teach us a little about the Salvadorian culture. It was important to hear their stories,” said senior Erin Lepesne.

The students preparing to travel are taking major health precautions, such as vaccinations to prevent Malaria, Hepatitis A and the Typhoid fever.

See EL SALVADOR on page 10...
Super Bowl sets record with 111M viewers in US

Associated Press

For the second year in a row, the Super Bowl has set a record for American television viewing.

The Nielsen Co. Monday that an estimated 111 million people watched the Green Bay Packers outlast the Pittsburgh Steelers in professional football’s ultimate game. That tops the 106.5 million who watched the 2010 game between New Orleans and Indianapolis.

The series finale of “M*A*S*H” had held the title of the most-watched TV show in the United States for 27 years. It is now No. 3.

The Packers beat the Steelers in a game between two of the National Football League’s iconic franchises and, even though it looked like it could be a rout when the Packers took a 21-3 lead, it went down to the final minute and held viewers’ interest.

In fact, the most-watched single play of the game was Steelers quarterback Ben Roethlisberger’s final incomplete pass to Mike Wallace with about a minute to go, according to measurements by TiVo Inc., the digital video recorder maker. When that pass hit the ground, it clinched the game for Green Bay.

Television ratings in general have been super for the NFL this year, with viewership up 13 percent over last year, Nielsen said. Games on CBS, Fox and NBC averaged 20 million viewers, more than twice what networks get for their prime-time programming.

“Super Bowl XLV caps what is arguably the most successful season that any sports league has ever had,” said Pat McDonough, senior vice president for insight and analysis at Nielsen Co. “The number of people watching NFL games has never been higher, with 24 percent more people watching the average NFL game this year than just five years ago. The Super Bowl continues to be in a category of its own.”

Football has become the communal event that television, in a splintered age, has occasionally still managed to produce.

What I took away here was much more than I could have learned in any classroom,” said senior Stephanie Kanner.

“It was probably one of the most amazing experiences of my life, hands down.”

— Gina Cerniglia, Senior

--

Super Bowl sets record with 111M viewers in US

Associated Press

For the second year in a row, the Super Bowl has set a record for American television viewing.

The Nielsen Co. Monday that an estimated 111 million people watched the Green Bay Packers outlast the Pittsburgh Steelers in professional football’s ultimate game. That tops the 106.5 million who watched the 2010 game between New Orleans and Indianapolis.

The series finale of “M*A*S*H” had held the title of the most-watched TV show in the United States for 27 years. It is now No. 3.

The Packers beat the Steelers in a game between two of the National Football League’s iconic franchises and, even though it looked like it could be a rout when the Packers took a 21-3 lead, it went down to the final minute and held viewers’ interest.

In fact, the most-watched single play of the game was Steelers quarterback Ben Roethlisberger’s final incomplete pass to Mike Wallace with about a minute to go, according to measurements by TiVo Inc., the digital video recorder maker. When that pass hit the ground, it clinched the game for Green Bay.

Television ratings in general have been super for the NFL this year, with viewership up 13 percent over last year, Nielsen said. Games on CBS, Fox and NBC averaged 20 million viewers, more than twice what networks get for their prime-time programming.

“Super Bowl XLV caps what is arguably the most successful season that any sports league has ever had,” said Pat McDonough, senior vice president for insight and analysis at Nielsen Co. “The number of people watching NFL games has never been higher, with 24 percent more people watching the average NFL game this year than just five years ago. The Super Bowl continues to be in a category of its own.”

Football has become the communal event that television, in a splintered age, has occasionally still managed to produce.

What I took away here was much more than I could have learned in any classroom,” said senior Stephanie Kanner.

“It was probably one of the most amazing experiences of my life, hands down.”

— Gina Cerniglia, Senior

--

Junior media studies major Nicole Eastman works in the master control room or "air traffic control of the television world," as Professor Thorne refers to it.

Students get opportunity of lifetime to observe production aspects at Super Bowl

CONTINUED FROM PAGE 1.

As the Greenbay Packers continued to drip sweat towards a victory, the intensity ran statistics throughout the game.

According to Sacred Heart's website, those who learn about the expectations of the working world will develop skills and enhance their knowledge. Each intern agreed that they learned an immense amount of knowledge from this experience.

“I took away here was much more than I could have learned in any classroom,” said senior Stephanie Kanner.

“It was probably one of the most amazing experiences of my life, hands down.”

— Gina Cerniglia, Senior

--

Former ROTC director awarded Bronze Star for military service

Major Eric Refsnider donated supplies to schools in Afghanistan, improved education

Lauren Kalil
Staff Reporter

Before the program relocated to the University of New Haven in January, former Sacred Heart University ROTC (Reserve Officers Training Corps) director, Major Eric Refsnider, was recognized for going above and beyond the call of duty.

Refsnider was awarded a Bronze Star for his military service in Afghanistan on Dec. 11, 2010. In the 11 months that Refsnider was overseas, he worked on many different projects in Afghanistan that brought about his award.

“I took care of life support with 7,000 soldiers,” said Refsnider. “We had about 100 million dollars with the government projects for the troops and local communities.”

He would make sure that the soldiers had everything they needed while assisting them to better health.

Aside from the army, Refsnider also worked with all girls school where his wife and friends would send notebooks, books, and pencils to help out at these schools. As well as donating supplies to the schools, he also taught the girls about terrorism.

Refsnider said that although the girls’ school had teachers, they only have an eighth grade education. The teachers would not teach from the Korean, rather they would teach them what they thought or believed.

Refsnider said that by working with the schools, he was able to build relationships with the students as well as locals between Kabul and Kandahar.

Before Refsnider was deployed about a year and a half ago, he ran The ROTC program, taught political science, military science, and a course on war and conflict here at Sacred Heart.

“Major Eric Refsnider was our third program Director in ROTC, and a tremendous asset to the University,” said Dr. Cary Rose, chairman of the Department of Government and Politics, who worked closely with Refsnider on The ROTC program. “His presence on campus was always so visible and students just gravitated to him.”

Dr. Rose and Major Eric Refsnider worked along side each other putting a lot of time and energy into the ROTC program specifically.

“He was always one who was more concerned about service to others opposed to service to himself. Major Eric puts loyalty and the values of the military way above his own interest, and I believe that his earning of the Bronze Star is a reflection of this,” said Rose.

Although Refsnider and Rose worked together in the ROTC department, the ROTC program has recently been moved off campus and is now at the University of New Haven.

“For everything there is a reason,” said Refsnider. “We had our time, and it is a bittersweet feeling more than anything.”

“I am kind of sad, really. ROTC was a novelty at our school because everyone had to come to Sacred Heart to practice it. Now, the University of New Haven can offer more than we can,” said Rose.

Although Sacred Heart no longer holds an ROTC program on campus, the last Commissioning Ceremony will be held at our University on May 14.

Despite the fact that Refsnider is no longer deployed in Afghanistan, he believes that he will return again.

“I am desperately trying to continue working with all the girls’ school over in Afghanistan,” said Refsnider.

Refsnider said the conditions were rough in Afghanistan and that he witnessed the deaths of 23 soldiers from the time he was deployed until the time he returned to the states. However, if the war ends, Refsnider said he still wishes to go back to Afghanistan to educate the teachers of the girls school for a summer.
JOURNALISTS SPEAK IN PANEL ON INTERNATIONAL RELIGION, POLITICS

Jordan Haas
Staff Reporter

On Feb. 9 at 7 p.m. in the Schine Auditorium, the first annual panel was presented to Sacred Heart University students and faculty. This year's program is "Cain and Abel of Western Civilization: Religion and Politics from an International Perspective."

Facilitating this program is Dr. Michael W. Higgins, vice president for Mission and Catholic Identity. This program will include three professional speakers on the same topic with different points of view for discussion and questions. This year the conductors will be journalists David Gibson from the website Politico.com, senior producer for the Canadian Broadcasting Company (CBC) Peter G. Kavanagh, and Vatican correspondent for Britain's The Tablet, Robert Mickens.

All three speakers have differing opinions on the "Cain and Abel" debate to create a productive discussion on major issues.

"We want these speakers to create electricity and inform the audience on international influences," said Higgins.

"Without the differing cultures backgrounds, we would not have this panel with such unique and informative ideas."

-- Dr. Michael W. Higgins

Vice president for Mission and Catholic Identity

"I hope next year's program will be focused on the medical field for an informative look into daily real life work experience and difficulties so I can be further prepared for the real world," said Umbreit.

FEBRUARY COLLOQUIUM DATES:

- Feb. 14: Love and Lust: Chemical and Psychological Perspectives
- Feb. 16: Speak Truth to Power
- Feb. 21: Sex Trafficking
- Feb. 23: On Learning to Die Everywhere
- Feb. 28: Myth and History in Homer's The Odyssey

Source: SacredHeart.edu
Students bundle up, grab shovels to pitch in around SHU

Andrew Aleman
Contributing Writer

Sacred Heart University students have a history of helping others in time of need through the various volunteer programs and organizations, such as Habitat for Humanity. However, during the few weeks of this semester, students simply had to look outside their apartment window to see a group of their peers helping to remove ice and snow from their cars. In this unplanned, unorganized event of students helping out by sharing their shovels, salt, and especially their time, a connection was born.

Only a day after the snow storm on Friday, Jan. 28th, students received a global e-mail from Dawn Doucette, coordinator of the volunteer programs. In the e-mail she asked the Sacred Heart community to volunteer their time, strength, energy and patience to help elderly individuals who cannot shovel their driveways and sidewalks themselves.

Doucette said that the idea of shoveling has "always been our back-up plan for CURTIS week (a volunteer program that happens before a week before the Spring semester starts)."

However, Doucette said that the shoveling system hadn't been utilized until Fairfield Parks called the volunteer programs office to see if they could get some volunteers to begin shoveling.

Sacred Heart students were quick to respond, with 13 people initially signing up. However, only eight people showed up to help out when the first mass-shoveling occurred on Thursday, Feb. 3rd. The teams were formed with different shifts, giving a range from 11 a.m. until 5:30 p.m. The teams were provided with transportation from the volunteer program and snow shovels from campus operations.

Doucette said that many of the volunteers had assisted in the past, but there were many new faces that joined as well. She said that the "football players were the only group that had more than one member" participating in the shoveling.

The volunteer teams visited two homes their first week, with one household needing only minor shoveling around their mailbox and walkway. Another house required shoveling of the driveway, walkway and general area.

"It was a really nice thing that we did," said freshman Chris Lombardi. "As one of the house owners that we shoveled, in which ice literally covered the driveway and walkway. The lady was so appreciative as her husband was incapacitated, and had no way to shovel the snow herself."

The shoveling team was able to break up the ice that covered her driveway and walkway, and applied ice melter to prevent another build up of ice.

Junior James Eagan was unable to participate in the snow shoveling because of prior commitments.

"Back on Long Island, I have gotten up early to help my aunt over the Christmas break, cleaning up her driveway, and walkways. Also helping to shovel my aunt's neighbor's drive way and walkway while they were out on vacation," said Eagan.

The Sacred Heart volunteer programs issued another date for snow shoveling on Tuesday, Feb. 8th, with another round of hours to try and fit students' schedules.

People work to clear snow in during a January snow storm.

NURSING PROFESSOR A 'DIAMOND' IN THE ROUGH

DeNisco honored with Diamond Jubilee Award for contributions to nursing education

Mike Peterson
Staff Reporter

Susan DeNisco, clinical associate professor of nursing and director of graduate nursing programs at Sacred Heart University, recently received the Connecticut Nurses' Association Diamond Jubilee Josephine Dolan Award at a ceremony in Cromwell.

The Diamond Jubilee Award is given for outstanding contributions to nursing education and recognizes achievements and innovations. It is the highest honor that can be bestowed upon a nursing professional in Connecticut.

"I'm very humbled to receive an award of that magnitude," said DeNisco. "There are a lot of nursing faculty members within Sacred Heart and within the state who are just as capable as I am. So when I heard I had won the award, I thought, 'Wow, me?'

DeNisco has been directing Sacred Heart's Family Nurse Practitioner Program since 2000. She is also the executive director of the St. Charles Health & Wellness Center, and is the immediate Past President of the Connecticut Advanced Practice Registered Nurse Society.

"I wanted to be in the medical field from the time I was five. I vacillated between being a doctor and nursing, but I'm glad I chose nursing. I've always enjoyed medicine," said DeNisco of her professional aspirations.

DeNisco has 22 years of clinical experience as a Family Nurse Practitioner. Her work has primarily focused on medically underserved populations, including migrant farm workers, refugees, and the homeless. DeNisco's current areas of practice include internal medicine and women's health care at a federally qualified health center in Bridgeport.

"For me, the most rewarding part of teaching is seeing students grow in their roles as clinicians. They go from knowing nothing to becoming entry-level nurses or nurse practitioners. It's very satisfying to see."

"We have a very well-respected nursing program here," said sophomore Kristen Wickowitz. "I have friends who are nursing majors, and they're always talking about how much they enjoy it. It's also great that we have a graduate program for people who want to advance their careers."

Registered nurses are employed in a variety of environments and capacities. However, their basic duties usually include treating patients, educating patients and the public about various medical conditions, and providing advice and emotional support to the family members of patients.

According to the U.S. Department of Labor, registered nurses (RNs) are the healthcare occupation with the largest employment (2.5 million jobs). This is nearly three times the number of physicians and surgeons.

Between 2004 and 2014, RNs are projected to create the second-largest number of new jobs among all occupations, with over 700,000. It is also estimated that there will be 1.2 million total job openings for RNs during this period.

"It seems like something that would be attractive to a lot of people right now," said freshman Chris Porter. "People always need health care and treatment when they're sick. Plus, I bet the health care bill will even increase the number of nurses needed in the country."

One of the most interesting aspects of nursing is the wide range of specialties and settings it encompasses. These include pediatric nursing, psychiatric nursing, working for the government or the military, burn nursing, cardiac nursing, and many other areas.

"It's a great field," said DeNisco. "You can go into many different areas of nursing. Working with the elderly, OB, pediatrics, teaching, clinician...it's not just bedside nursing."

Some students recognized this versatility in the nursing profession as well.

"I've always been impressed by the knowledge that nurses have," said Wickowitz. "They're incredibly experi-
Celebrating ‘V-Day’ on a college budget
Creative and inexpensive ideas

Amanda Rivera
Staff Reporter

With having to pay for tuition and books at Sacred Heart University, finding things to do with someone on Valentine’s Day on a budget can be more than difficult.

In fact, figuring out how to spend the holiday in general can be an even bigger issue. Students at Sacred Heart have found innovative and inexpensive ways to celebrate the holiday regardless of whether they have someone or not.

If you look at Valentine’s Day, one of the traditional elements of the holiday is the exchanging of gifts between loved ones. When students are on a budget and they want to show someone they care, finding a cost-effective way to do that is essential.

Some cheap gifts are a letter every day starting from Feb. 1 until Valentine’s Day saying how much you care,” said single junior AJ Cusolo. “Also a jar filled with the 50 things you love about that person is a nice idea.”

Some students are taking the art of personalizing a gift to the next level, as freshman Jack Bushell is doing for his girlfriend.

“Since it’s on a Monday, she has school and I have classes so I am going to her math class during the school day,” said Bushell.

“I organized it with her teacher so that at the end of class, she is going to put up a ‘bonus’ word problem. The last line of the word problem will be something like ‘What is the probability that the one you love will walk into the room right now?’ That’s when I will walk into the room with the rose. The best part is, I don’t have to spend any money.”

While students like Bushell and Cusolo are thinking of ideas to make someone feel special, other students such as freshman Anthony Pascarella will be enjoying Valentine’s Day at a less romantic location.

“I’m pretty sure that on Valentine’s Day, I’m going to the Quinnipiac-Sacred Heart basketball game in the Pitt Center,” said Pascarella.

Some students can imagine themselves at a more romantic, Broadway-style event.

“Hypothetically speaking, if I were to have a Valentine, I would definitely take her to the Broadway Divas event,” said freshman Nicholas Schulman. “That’s kind of cute.”

Throughout campus, students are coming up with many different inexpensive ideas of how to spend their day on Feb. 14. Ideas such as hanging out with friends, baking cupcakes, watching movies and going out to dinner are some of them.

However, why is it that students choose to celebrate this holiday?

According to Pascarella, “The whole point of Valentine’s Day is celebrating relationships.”

Valentine’s Day is a day for celebrating relationships, but it doesn’t have to be just a day for celebrating romantic relationships. Many students at Sacred Heart are choosing to spend this holiday with close friends.

“I’ll be spending it with my friends and we will be watching some romantic comedies, like the movie ‘Valentine’s Day,’” said senior Heather Gambacorto.

While some students will be celebrating Valentine’s Day, other students want nothing to do with the holiday.

“I just think it’s a glorified holiday that the candy companies made up to get people to spend money,” said junior Melissa Wolf. “If you are really in love, every day should be Valentine’s Day. You don’t have to spend money on someone to let somebody know that you love them. You can just show them.”

Regardless of relationship status and personal opinion about the holiday, many students at Sacred Heart agree that you don’t have to spend money on someone to show that you care, and that the simple things tend to be the best.

“I have an idea of what would be a cute date, you just get an empty classroom somewhere quiet and bring frozen junior mints and just a board game,” said sophomore Deanna Stocker.

“We spend so much time running around, figuring out schedules, that it’s nice to be able to just sit down, and have quiet time together that is completely innocent.”

Competition raises freshmen stress levels

Brittany Calvanese
Asst. Perspectives Editor

It’s not enough that you’re thrown into a new place with complete strangers, you’re also expected to fend for yourself in every aspect of your day-to-day life including remaining stress-free.

The New York Times reports “The American Freshman: National Norms Fall 2010” based on researchers surveying more than 200,000 incoming freshmen. Research shows that the percentage of students who feel above average emotionally has dropped 52 percent, which means only more to stress about for freshmen.

“Adapting to a new environment is hard enough to do especially when there are no family and friends with you at school. Also classes are also much more difficult and different from high school,” said freshman Lisa Battista.

Not only is the new environment and pressure to be a quality student part of the problem, but also so is the high cost of college tuition and other expenses.

While freshmen this year are more stressed than normal, I think with the economy especially students are very stressed because of loans and payments. Because of the economy, students feel more pressure to do well so they can get and maintain scholarships,” said Battista.

This year, students are noticing that more classmates are choosing to transfer to join older students than prior years. The students of transfers, or making the actual transfer seems to be increasing which brings more pressure and uncertainty to freshmen.

“I have noticed a lot of students transferred already and hear a lot more students have transferred this year than other years and it has definitely made me think twice and stressed me out even more,” said freshman Jessica True.

Upperclassmen have even noticed the shift in tone for freshmen this year. As they look back, they realize they may have had it easier than they thought.

“I believe that the generations to come have been ‘handed’ much of what they have. As each new class comes in they are more and more accustomed to instant gratification. College can be much more challenging academically than high school,” said senior Katrina St. Claire.

Many would think that with the easy access and endless possibilities with technology these days, the life of a freshman would be much easier to manage in their first year of college. However, some believe that the overuse of technology is hindering their growth as social adults.

“With technology being so present in our lives today, young people are losing their face to face communication skills. College can be very overwhelming and stressful to manage connections with new people,” said St. Claire.

Not only are freshmen forced to face the ups and downs they have ahead of them, but they also have to plan in advance whether or not they will be attending further education, another decision that seems to get the best of freshmen.

“Grades matter now more than ever because of the competition after graduation and getting into grad school, the job force. There are a lot of distractions that cause stress for many freshmen but adding the money issues makes for a much more stressful year and future,” said True.

‘HALLMARK HOLIDAY’ OR ‘LOVE APPRECIATION DAY’
Kelley Bligh
Perspectives Editor

Valentine’s Day is a day of flowers, chocolates and images of baby cupid choosing your arrows. The holiday is marketed as one to celebrate love in any and all forms. But is it just that – marketing – or is there something more to it?

It’s good for card and flower shops but that’s about it. Guys are expected to spend money on their girls and if we don’t we’re in the doghouse,” said junior Evan Landry.

While in theory, and actually for some, Valentine’s Day may just be a “Hallmark holiday,” to many others it goes much deeper than flowers and chocolates.

“To me celebrating Valentine’s Day means getting closer to people that you may not expect to get close to,” said sophomore Lauren Bonistalli, who plans on celebrating with friends this year with dinner at Joe’s American Bar and Grill. “The fact that there is a day dedicated to love, no matter if it’s a boyfriend or a friend, is really exciting!”

For others, the holiday is only worth recognizing if they have a significant other to share the day with.

“Since in the past, I didn’t have that ‘special someone,’ I used to think it was stupid and unnecessary,” said junior Emmett Manning. “Now that I do have a Valentine it is definitely a better holiday and I’m becoming a fan,” he said. “I’m flying to Dükce this weekend to see her.”

Freshman Kellie Mason also had a change of heart now that she has a boyfriend to celebrate with.

“I like Valentine’s Day now because I have someone to celebrate it with,” said Mason. “In the past, I never had that person to spend the day with so the holiday was never really important to me.”

Since her boyfriend does not attend Sacred Heart University with her, she does not get the chance to see her boyfriend as often as couples that attend the same school. For this reason, she is intending on taking full advantage of the opportunity to celebrate.

“I know that for others it is just another day in the year,” she said. “Celebrating Valentine’s Day is important to me because I don’t get to see my boyfriend as much as other people can this year, so I want to celebrate it when I can.”

While some, like Mason, take the day as an opportunity to go out all over, for others, it is just another day on the calendar.

“I have no response to it,” said graduate student Tom Tilton. “It’s not something that ever crosses my mind, besides getting a card for my mom. Plus, it cost a lot of money when I had a girlfriend.”

While many students believe that Valentine’s Day is an excuse for celebrating love, romantic or otherwise, Manning has his own take on the holiday.

“If you should treat everyday like it’s Valentine’s Day,” he said. “Don’t use Feb. 14 as a reason to spoil her and treat her well. You should treat her that way everyday.”

Contributed to by Arielle Mangiaracina
Students turn to food journals to track their weight-loss goals

Students find writing down the food they eat throughout the day helps keep track of their diets.

Hannah Ackerman
Staff Reporter

Dieting. The one word that can bring anyone down. You want to be thinner, leaner, and sexier, but how do you do it? Sacred Heart University students claim they have found the answer: food journals. Food journals allow you to keep track of your daily food intake by writing about absolutely everything down.

"I track everything: carbs, grams of fat, fiber and protein," said sophomore Mia James. "It forces you to know all the things you're putting into your body, which is great for keeping yourself healthy and your meals balanced."

Staying on top of every bit of food throughout the day can be difficult, so is it really worth the hassle?

Junior Jared Debenedictus thinks it absolutely is. "Keeping a food journal is time consuming. It can be difficult to sit down and actually record everything that you eat and the amount of each item," said Debenedictus. "But when you get a rhythm down for it, recording your meals gets to become less of an annoyance and more of a habit."

Sacred Heart students are agreeing more and more that food journals overall give a positive result. Writing your food down gives you the opportunity to lay out everything, good and bad. There is no hiding from it.

Besides journalsing, a great way to stay motivated is to buddy up. Goodhouse-keeping.com claims that working with a friend is one of the best ways to reach your goals in weight loss. By working together you receive suggestions and support that keep you moving forward.

There are tons of ways that you can easily keep track of your diet. Paper and pencils may be one idea of how to start journaling. However, in today's ever-growing digital world, the Internet can be a great friend to help you lose weight.

By Googling "food journal" one receives 250 million results. Talk about a great friend to help you lose weight.

Students seem to agree that food journals, online and otherwise, are the way to go when trying to eat better and lose weight.

"It's nice to have something visual to look at when you are trying to remember recipes that you enjoyed or things that worked and things that didn't," said Debenedictus. "Through dieting there is nothing better that you can do than record everything."

When asked to write about what quirk makes me fall for a woman, a few things ran through my mind. First, a girl who neverCommit suicide for anything as it is, I had no idea what it meant. Once I Googled "quick," and found out what I was writing about, another funny word entered my mind: "intangible."

My own definition of a quirk is: an intangible quality or characteristic of a person.

Now, obviously, since these qualities are intangible, we are not speaking about physical beauty. Looks may spark initial attraction, and there is nothing wrong with that, but they won't hold a relationship together.

The things that hold a relationship together are the intangible qualities of the person that makes them unique and sets them apart from the rest. It could be a face they make or the jokes they tell, but when those qualities in a person begin to really hit you, it's already too late, because you're already in love. I'd have to say that my number one quirk in a girl is a contagious smile. Now, I am not just talking about a girl who can make everyone laugh or laugh at my jokes, but a girl who even when we are talking about something serious, or maybe we aren't talking at all, is smiling and making it impossible for me to not smile back. There is something truly special about a girl who is warm and welcoming, and still respects herself. It is very difficult to respect someone who does not respect themselves.

I suppose, then, another important quirk for me is self-respect, and more significantly spiritual compatibility. I personally have a tremendous respect for women and place a high value on interpersonal relationships. I do not believe in using women as sex objects, having sex outside of marriage or dating as if it were a sport. I believe that dating is a precursor to marriage, and that not having sex until your wedding night is the best way I possibly could say, "I love you" to my future wife. So basically, I am attracted to a woman who values herself the way that I will value her, which is worth sacrificing for.

Another quirk that "sweeps me off my feet" is a girl with good communication skills. I love a girl who can talk about anything and be honest, clever, intelligent and kind. A woman who shows a man respect, but more importantly, makes him feel valued, is... real talk: a priceless treasure. There obviously has to be a balance and I have to be willing to listen from time to time.

However, if she's got that contagious million-dollar smile, chances are I'll be smiling and staring too much to even say a word.

These are only a few of the many different intangible qualities that seem to be too amazing for those effected to describe or ignore. The fact of the matter is that these are the qualities that make strong, long-lasting relationships, and in my most fervent prayers, marriages that last forever.

Have I met someone recently that has these qualities? I have... her name is Nuya... Nunya Business!

Esteban Rosales
He said

Andrea Gorkofsky
She said

We are all born with certain quirks that make us unique from one another. It's human nature. For instance, I make silly faces that if I were 5 again, my mother would be telling me, "Don't keep making that face or you will get stuck that way." I am 21, and I still make those faces.

I also tend to repeat movie lines a lot that get stuck in my head, and while I think they are funny, others may get annoyed. Recently I saw the movie "No Strings Attached" and Natalie Portman's line "You look like a pumpkin," slips from my mouth about 5 or 6 times a day. For some reason I find lame jokes hilarious. There are just quirks that I have adapted into my every day personality.

It is the quirks and the awkward personality traits that we find we can either mesh with in a significant other or make us go running towards the nearest exit. So what is it and what is not?

A quirk I find particularly fun is a guy who uses lame insults or jokes. While it is important to have a mature relationship at this age, it is also necessary to have some immature humor to keep things young and healthy. Then again, immaturity does take its toll on just what is and what is not.

A guy can be immature to an extent, as long as the immaturity is reasonable. Taking the "you look like a pumpkin" line is a bit over the line. Say we are out to dinner and I happened to order an appetizer, dinner and dessert that night. The last thing I want to be told is that I look like a pumpkin, even though I know it's a joke. Save it for later when we are alone joking around. There is a time and place for immature jokes, and while it is an attractive quirk to me, it has to be used in the right context.

Some guys also like to spoil girls and feel the need to bring flowers before a date or buy a Build-A-Bear just because. I find these "I love you, baby" quirks to be the most annoying. When signs of affection become too much, it's hard to ever appreciate them. Once in a blue moon some flowers would be a nice gesture to show you care, but the over-achievers who feel that flowers are needed once a week, are not attractive.

On a positive note, a guy who is open about his emotions is a good quirk to have in my book. I label emotions as a quirk because for most guys the discussion of feeling things will never come up. A guy who does not hold back and will say, "My family is going through some personal issues right now and it is upsetting me," proves the guy is human after all. It shows signs of humanity and that a strong enough bond has been built that he feels comfortable to vent his feelings to.

After all, being in a relationship also means having a solid friendship. A guy with emotion goes on my list of attractive quirks.

We are all a little quirky, whether we can admit it or not. It defines us, and believe it or not, helps discover who is right for you and who is not. We cannot count on someone's quirks, so we either accept them as is or find we that we cannot tolerate them. This makes it one step closer to finding a significant other suitable for you.
GETTING SMART BEYOND THE CHOCOLATE HEARTS
Uncovering the meaning behind seemingly romantic holiday

Zach Johnston
Columnist

Now, I am not opposed to the idea of Valentine’s Day, I think it is important for couples to have certain days throughout the year to devote to one another in the spirit of love and intimacy. It can light some fires and give people a chance to shake things up a bit. And let’s face it, in this busy day and age we need a day to set aside to let those who are special to us know just how special they are.

Valentine’s Day does the same for us that Christmas or Chanukah or 4th of July does. Hardly anyone actually thinks about the birth of Jesus or candles staying lit for eight days when they are tearing open presents like a sugared up six-year-old going at a piñata at a birthday party; and not many people think about how our fore fathers fought for our country to declare independence from the all-powerful Brit­ish over two-hundred years ago. We just want to watch stuff blow up in the sky and drunkenly sing the Star Spangled Banner while eating our weight in barbecued red meat.

As of some you may or may not know, I’m obsessed with celebrity gossip. My roommates (and Spectrum family) know. I’m obsessed with celebrity gossip. My roommates (and Spectrum family) know.

Just last week, the finally rehab-free Lindsay Lohan was caught red-handed in the middle of a stolen necklace fiasco that may not only slap the actress with a felony charge, but additional jail time and unlim­ited supply of negative press. However, it’s not just Lindsay who always manages to find herself in a sticky situation. Just ask “Two and a Half Men” star, Charlie Sheen.

The recently divorced father of four has made his fair share of headlines over the past year, and not for his acting chops, but for his bizarre one-night stands in four­-star hotels and half a million dollar drug benders. Despite public statements of concern from his home network CBS, the now rehab-bound Sheen still neglects to see that he does in fact have a serious problem that could not only result in a stalled career, but a life cut short.

With the amount of second chances that both Lohan and Sheen have been given in recent months, one thing that still boggles my mind about these two trainwrecks is that it seems to be on the opposite side of the law. Like moths to a flame, illegal activities and substances just seem to call out to these two as if it’s the only thing keeping them from falling off the edge.

To be honest, I’ve lost count how many times these two combined have entered rehab, and I’m convinced that its going to take a miracle to salvage the damage they both have done to their careers. Lohan has already been dubbed “unbankable” by PopEater columnist Jo Piazza, while Sheen’s “Two and a Half Man” has gone on a hiatus until his rehab stint is over. Although this round in rehab for Sheen may be life saving (one could hope, right?), it’s the crew from his Golden Globe-winning series that will suffer as they won’t be getting paid while Sheen attempts to better himself and get clean again.

While I’m all for Lohan and Sheen hopefully turning their lives around sooner rather than later, I feel that both stars really need a dose of tough love, whether with an actual jail sentence and more than just a 30-day stay at a Betty Ford-esque center.

Quite frankly the public is getting tired of hearing about their dramatic self-destructive escapades as these stories end the same time and time again. If Lohan and Sheen want to get back into the good graces of not only the media, but their fans alike, I think it’s time they wake up from their drug induced states and get working on a comeback of Robert Downey Jr. proportions. Maybe by letting their actual talent shine through this year, audiences will once again be reminded of why they fell in love with these two stars in the first place.

Lohan, Sheen: Acting like ‘Two and a Half’ year-olds

Asst. A&E Editor

Jaclyn Hendricks

These two trainwrecks is that it seems to be on the opposite side of the law. Like moths to a flame, illegal activities and substances just seem to call out to these two as if it’s the only thing keeping them from falling off the edge.

To be honest, I’ve lost count how many times these two combined have entered rehab, and I’m convinced that its going to take a miracle to salvage the damage they both have done to their careers. Lohan has already been dubbed “unbankable” by PopEater columnist Jo Piazza, while Sheen’s “Two and a Half Man” has gone on a hiatus until his rehab stint is over. Although this round in rehab for Sheen may be life saving (one could hope, right?), it’s the crew from his Golden Globe-winning series that will suffer as they won’t be getting paid while Sheen attempts to better himself and get clean again.

While I’m all for Lohan and Sheen hopefully turning their lives around sooner rather than later, I feel that both stars really need a dose of tough love, whether with an actual jail sentence and more than just a 30-day stay at a Betty Ford-esque center.

Quite frankly the public is getting tired of hearing about their dramatic self-destructive escapades as these stories end the same time and time again. If Lohan and Sheen want to get back into the good graces of not only the media, but their fans alike, I think it’s time they wake up from their drug induced states and get working on a comeback of Robert Downey Jr. proportions. Maybe by letting their actual talent shine through this year, audiences will once again be reminded of why they fell in love with these two stars in the first place.

Asst. A&E Editor

Jaclyn Hendricks

Just last week, the finally rehab-free Lindsay Lohan was caught red-handed in the middle of a stolen necklace fiasco that may not only slap the actress with a felony charge, but additional jail time and unlimited supply of negative press. However, it’s not just Lindsay who always manages to find herself in a sticky situation. Just ask “Two and a Half Men” star, Charlie Sheen.

The recently divorced father of four has made his fair share of headlines over the past year, and not for his acting chops, but for his bizarre one-night stands in four-star hotels and half a million dollar drug benders. Despite public statements of concern from his home network CBS, the now rehab-bound Sheen still neglects to see that he does in fact have a serious problem that could not only result in a stalled career, but a life cut short.

With the amount of second chances that both Lohan and Sheen have been given in recent months, one thing that still boggles my mind about these two trainwrecks is that it seems to be on the opposite side of the law. Like moths to a flame, illegal activities and substances just seem to call out to these two as if it’s the only thing keeping them from falling off the edge.

To be honest, I’ve lost count how many times these two combined have entered rehab, and I’m convinced that its going to take a miracle to salvage the damage they both have done to their careers. Lohan has already been dubbed “unbankable” by PopEater columnist Jo Piazza, while Sheen’s “Two and a Half Man” has gone on a hiatus until his rehab stint is over. Although this round in rehab for Sheen may be life saving (one could hope, right?), it’s the crew from his Golden Globe-winning series that will suffer as they won’t be getting paid while Sheen attempts to better himself and get clean again.

While I’m all for Lohan and Sheen hopefully turning their lives around sooner rather than later, I feel that both stars really need a dose of tough love, whether with an actual jail sentence and more than just a 30-day stay at a Betty Ford-esque center.

Quite frankly the public is getting tired of hearing about their dramatic self-destructive escapades as these stories end the same time and time again. If Lohan and Sheen want to get back into the good graces of not only the media, but their fans alike, I think it’s time they wake up from their drug induced states and get working on a comeback of Robert Downey Jr. proportions. Maybe by letting their actual talent shine through this year, audiences will once again be reminded of why they fell in love with these two stars in the first place.
WHO WILL BRING HOME GOLD ON OSCAR NIGHT?

Bill Haug
Staff Reporter

What do former "Spider-Man" villain James Franco and the once-princess-in-training Anne Hathaway have in common? They are this year's hosts of the 83rd Annual Academy Awards.

Airing on Sunday, Feb. 27 at 8 p.m., Franco and Hathaway are set to take the A-List crowd by storm. Franco received his first Oscar nomination for his portrayal of famed hiker Aron Ralston in "127 Hours," and is set to host despite initial hesitations. "I was very, very surprised, and my initial reaction was 'No,'" said Franco in an interview with Entertainment Weekly. "I just thought about it and I thought, well, why not?"

Though the big night at Hollywood's Kodak Theater is still a few weeks away, Sacred Heart University students are already gearing up to tune into Oscar night. "I love watching the Oscars," said sophomore Kathleen Lieblich. "I like the combination of hosts, it will definitely be interesting."

Even though Franco and Hathaway might be stealing the spotlight, it is the additional nominees that have Tinseltown placing bets on who will take home the prestigious prize. Students, as well, are torn over which recent release will be named best picture.

"'Black Swan' also has some buzz about a possible victory," said sophomore Stephanie Buslovich. "I saw 'Black Swan' over break, and it was like you didn't know what was happening, there was not a bright moment in it."

Despite critical praise for director Darren Aronofsky's piece about a disturbed ballerina, Buslovich believes another best picture nominee will take home the gold. "The King's Speech" will win for sure," said Buslovich. "The movie about the beloved stammering King George (Colin Firth) and his unorthodox speech therapist Lionel Logue (Geoffrey Rush) has garnered critical acclaim and a whopping 12 awards, according to the Washington Times website.

However, the rags to riches tale of a Boston boxer may slide in for the win. "The Fighter" was an awesome movie," said junior Brian Harrison. "It had me on the edge of my seat the whole time."

Starring two-time Oscar nominee Mark Wahlberg and Christian Bale, "The Fighters" heart-wrenching tale between boxing brothers, received several nods for direction, editing, screenplay as well as two best supporting actress nominees for Amy Adams and Melissa Leo.

While some were celebrating the selections made by the Academy of Motion Picture Arts & Sciences, others were mulling over who got snubbed.

"Good Will Hunting" star and Oscar winner Ben Affleck may have garnered rave reviews for his Boston-set drama "The Town," the 2010 flick received zero nominations, despite an all-star cast including "Mad Men" Jon Hamm and a "Gossip Girl," Blake Lively.

"'The Town' was a sick movie, why wasn't that nominated," said sophomore Baxter Smith.

Though "The Town" was shut out of the Oscar race entirely, features such as "Toy Story 3" and "How to Train Your Dragon," are in it to win it, when it comes to the Best Animated Picture category. "Toy Story 3" was fantastic," said junior Olivia Duming. "It took me right back to my childhood."

To find out who else and what else was nominated, log onto the official website of the Academy Awards, Oscar.org.

February Fashion Week melts winter blues
Fashion design students inspired by annual event in Lincoln Center

Megan Pulone
Staff Reporter

As a new season approaches, so do new trends on the runway. Starting Feb. 10, New York's Lincoln Center will be home to the annual Mercedes-Benz Fashion Week, where fashion gurus will showcase the designs of their Fall 2011 collections.

"Every Fashion Week has surprises," said fashion design professor Ellen Gang. "It's always fun to see who and what will create the spark for the new season."

Though Fashion Week may officially kickoff today, the elite of the fashion world came together on Feb. 9 for "The Heart Truth" campaign, in which a group of designers gathered in a state-of-the-art fashion studio, to start somewhere and at Sacred Heart, the fashion marketing and merchandising at Sacred Heart. "Even the dressier look in menswear is a touch casual."

With simple neutrals and bold patterns appearing on Vogue's website, fashionistas everywhere are anticipating to see trendy fall pieces during Fashion Week.

"The goal of Mercedes-Benz Fashion Week is to facilitate an opportunity for designers and brands to successfully showcase their talent at an event that will further support the growth of their businesses," said Peter Levy, the senior vice president and managing director of IMG Fashion Worldwide to Hapton's.com. "We are proud to welcome so many established and emerging designers to present their Fall collections this season."

Though Max Azria and Diane von Furstenberg are Fashion Week veterans, they had to start somewhere and at Sacred Heart, the Fashion Design program allows students to get ahead of the game in the fashion careers by working in a state-of-the-art fashion studio, as well as a gallery and runway to display designs of their own.

"What they learn in these classes will not only support and enhance their marketing and merchandising studies, but it will also give them the tools and skills needed to create and construct their designs," said Gang.

Some of the courses available in the fashion design minor are studio methods, which allow students to "walk the walk" and depict the hottest upcoming trends and designs for this coming fall.

"The looks are quite layered, with a more casual, looser fit and very subdued colors," said Professor David Bloom, who teaches fashion marketing and merchandising at Sacred Heart. "Even the dressier look in menswear is a touch casual."

Want to advertise with The Spectrum?

Contact Ad Manager,
Nicole Caravano
at spectrum@sacredheart.edu
or call 203-371-7963

Valid Through 20/09/11 in Stepping Stones, Bridgport, CT and Milford, Milford store only. Not valid on the purchase of special ticket packages, tickets, reserved, front row, "Fring" or "first row" tickets. Additional restrictions may apply to special promotions, gift cards, all special package pricing, special events or pre sale events. Not valid on previously purchased tickets or with any other offer. Cannot be used to purchase tickets or for any other purpose. Adrenaline Oktoberfest products, AP's hot latest, custom printing, online ordering, local services, life insurance, computer services, gift cards, all special package pricing, special events participation in the purchase of any special promotions. Cannot be combined with any other offer or promotion, including membership, for any additional discount. Staples: Check out these participating SHUcard merchants!
Broadway's best make romantic SHU debut

Musical stars come to campus to spread the love through song

Lisa Manente
Staff Reporter

Broadway is coming your way at Sacred Heart University, right in time for Valentine's Day. This Sat­urd­ay, Feb. 12, the Edgerton Center for the Performing Arts at Sacred Heart will be hosting the event, “Let’s Fall In Love: A Evening of Love and Romance.”

Whether your Valentine’s plans are set to be spent with friends or someone who is “more than a friend,” the show could be a festive even­ting of entertainment.

“Let’s Fall In Love!” will feature Howard McGillin and Rebecca Luker. Luker is best known for her perfor­mances in Broadway musicals such as “Mary Poppins.” McGillin is most noted for his starring role in “The Phantom of the Opera.”

Both actors are “renowned Broadway stars singing songs from Broadway shows,” and telling backstage sto­ries about Broadway and romance. It’s a show perfect for Valentine’s Day,” said Jerry Goerth, executive di­rector of the Edgerton Center.

Songs will, “range from Harold Arlen’s ‘Let’s Fall In Love’ to Rodgers and Hammerstein’s ‘Some En­chanted Evening,’ with duets and solos from some of Broadway’s greatest songwriters,” said McGillin, on broadwayworld.com.

Press representative for the event Richard Pheneg­ger said that the night’s talent will not stop with the ac­tors. The show will, “be under the musical direction of Broadway conductor/accompanist Joseph Thalken, one of Broadway’s finest.”

According to her website, Luker is a multiple Tony Award nominee, an inductee of the Alabama hall of fame, and a solo recording artist. She has also been featured in numerous Broadway productions including “The Sound of Music,” “Nine,” and “The Music Man.” Luker has sung at notable venues such as the Kennedy Center and Carnegie Hall.

“The show’s attention and many are eager to see how Ferrell will transform himself from being in movies to being on television. “It’s a bold move,” said sophomore Mike Amatradi. “I don’t know why Carell is leaving but it is definitely a great replacement. I think Will Ferrell is go­ing to do a great job and I’m excited to watch see what happens.”

Many people believe that the show will remain successful, but not everyone feels the same way. After seven seasons, they will be changing the show’s main char­acter, an ambulance driver who truly did

In previous years, there have been many complaints about the show’s content, but there are still those who are wondering whether the show will be a great replacement for Carell.

According to McGillin’s website, McGillin is a Tony award nominee and has appeared in Broadway musicals such as “The Secret Garden,” and “Anything Goes.” He has also appeared in popular tele­vision shows “ER,” and “The Young and the Restless.”

Even students who are not necessarily Broadway fans will still be able to enjoy the production. “I would be excited to see it,” said freshman Megan Garland. “I’m not a huge Broadway fan, but I would still be excited to see these big stars.”

The question is are Sacra­d students willing to bring their significant other to experience a night a

Tickets for the show are $15 for students and $20 for the general public. Tickets can be purchased online at the Edgerton Center’s box office.
Features

Select students prepare for annual mission trip to El Salvador

CONTINUED from page 1.

Many students travel to El Salvador to both better the country and gain valuable life experiences.

“We worked on the farms with the farmers, heard their stories, and met their families,” Lonergan said. “Then we went to the elementary school and taught the kids English.”

Students said that working with one another helped them grow closer, not only to each other, but to the people of El Salvador as well.

“We worked hand in hand in building a high school and then spoke with students,” Lonergan said.

The spring 2010 delegation consists of students in Tierra Blanca, Usulutan, but they “...also traveled to the capital of San Salvador where we went to the church where Archbishop Oscar Romero was killed. He is the saint of El Salvador and everyone loves him,” said Oscar Romero was killed. He is the saint of El Salvador and everyone loves him,” said

Lonergan. Though, annually only 15 to 16 students are chosen to go on this trip, many apply.

“We normally receive between 50 and 80 applications for the trip,” Casey said. “Students complete applications, which go out the end of September, then they go through an interview process with the El Salvador committee, and by middle or later part of October the delegation is chosen.”

Students receive a great deal of information before they depart, making them well prepared for the trip.

“We have meetings every couple of weeks to bond as a group and learn about different parts of their culture,” said senior Lauren Merriam. “We were also given literature to read before our trip to better our understanding of the country and the experiences of those who have been there before.”

But those attending do much more than simply meet with each other every couple of weeks.

“In preparation for the trip, each delegate has been fundraising individually and we have been fundraising as a group around campus, so a lot of effort has been put into raising awareness and spreading the word about how important it is to do all we can to help the people of Tierra Blanca,” Merriam said.

Despite the fact that this trip is meant for a fun and new experience, the safety of the students must come first.

“Each delegate is to be vaccinated against diseases like typhoid fever and is prescribed medication for malaria, just to be safe,” Merriam said.

Those who have previously attended said that it is the trip of a lifetime.

“I cannot picture my life without having the experience I had. It was the most rewarding and eye opening experience,” Lonergan said.

Casey said that although the trip only lasts eight days, “the memories last a lifetime.”

“The important thing is interacting with people and turning their stories into our own,” said senior Sam Dowd. “We can carry these stories with us and tell them everywhere we go.”

For those who aren’t able to go on the trip, there are other ways to participate, such as donating money to the cause. If you would like to contribute to the mission, please contact Margaret Casey via e-mail at caseym@sacredheart.edu, or stop by the Volunteer Programs office located in the Academic Building next to the Faculty Lounge.

The spring 2010 delegation poses for a picture in between helping the El Salvador population.

HOT PIZZA, COOL ATMOSPHERE, AND FLAT SCREEN TVs

The Spectrum visits the Fairfield pizzeria that is anything but ordinary

Allison Bennett
 Staff Reporter

The Colony Grill, located at 1520 Post Road in downtown Fairfield, opened last May as a daughter restaurant of the original location in Stamford.

Partners Ken Martino, Paul Coniglio, Cody Lee, and NHL star Chris Drury all grew up in the Trumbull area and played on the same 1989 World Champions little league baseball team.

Based on their love for the restaurant in Stamford, the four friends’ decision to open a Colony Grill in downtown Fairfield was unanimous. They also made certain that the new location should represent the original.

The owners chose the Fairfield location both because of its proximity to their hometown, as well as business projections.

“From a business perspective, Fairfield has good demographics,” Martino said. “There’s a good mix of people with money, that like to dine out and it’s convenient for people to stop in after getting off the train.”

Walking into the restaurant, you can immediately feel the vibe of a small town pub. The brick walls are covered with high school jerseys, family pictures, police badges, and other nostalgic decor, allowing patrons to feel at home.

“I love that this place feels so cozy,” said senior Lauren Yancigay.

The atmosphere is very casual. Upon entering you are told to grab any table you would like by a member of the waitstaff, dressed uniformly in sneakers, jeans, and a Colony Grill logo tee shirt.

After choosing between taking a seat at the dark mahogany booths, tables, or the bar, it’s time to glance at the menu. A list of 12 pizza toppings makes up the entirety of the food menu and includes your typical fixins such as meatball, sausage, peppersoni, and the like.

The unique exception to the topping list is the hot oil option, made of jalapeno infused oil drizzled over the pie and combined with sausage.

Despite this distinctive topping, most of the menu options at Colony consist of classic favorites.

“It’s simple, it’s not for every night of the week,” Martino said. “Sometimes I don’t even want Colony but it works.”

Unlike other pizzerias you can only order by the pie, the smallest of which is 12 inches. The base price is $8.50 and toppings are an additional $1.50 each.

The crust is extremely thin and crunchy and is cut into perfect triangles. The sauce is sweet and tangy and the cheese is almost baked into the crust.

The four flat screen televisions over the long traditional style bar are typically all tuned to sports channels.

“It definitely is a really cool place for a date,” said junior Sly Accortellos. “It’s laid back so I don’t feel like I have to dress up but it still fun to eat out.”

For those looking to opt-for a night in, Colony Grill also serves take-out.

In addition to being affordably priced and conveniently located on Post Road, this restaurant also accepts the SHUCard for payment.
TAKING ON THE RA CHALLENGE

Brittany Foy
Assistant News Editor

Looking for a chance to broaden your horizons, lead and guide underclassmen, or earn a stipend for on-campus housing? Then becoming a resident assistant, or RA, may be right for you.

While being an RA can yield financial benefits, it also has the potential to give you a competitive edge within the job market. "There is a great deal of responsibility that comes with the RA position, and that is why it is looked highly upon by future employers, many of which recognize the challenges of the position," said Channing Vidal, residence hall director of Taft Commons and Oakwood Garden Apartments.

After coming to the conclusion that they can meet the aforementioned stipulations, interested students must perform a nine step procedure which is posted on the RA website.

"Applicants will fill out an online application, create a resume, create a mock educational program committee, create a current RA/AA, provide references, conduct an individual interview and a group interview," said Nicole Giglia, resident hall director of Taft Commons and Oakwood Garden Apartments.

Present resident assistants who have completed this process said that it is rigorous, but worth the effort.

"Even though the steps to becoming an RA may seem like a lot of work, it is absolutely worth it in the end," said junior Cori Palermo, a resident assistant at Roncalli Hall.

Getting thrifty and nifty at the campus thrift store

Meridith McLoone
Staff Reporter

Living on a college budget can often be a difficult task for many students. Especially when it is time to stock up on books, household items, or school supplies, all of which can be found at the Sacred Heart University thrift store.

Mike Fazzino, a Sacred Heart graduate, created the thrift store two years ago in the hopes of raising money for the various university projects, service trips, and other college necessities for low prices.

Despite its low prices, students have yet to take advantage of the store.

"The Some students do utilize the thrift store, but I think that a lot of people, specifically freshman, do not even know about it, hopefully being in the Spectrum will help with publicity," said Dawn Doucette, head coordinator of volunteer services.

The students that have wandered in said they were pleasantly surprised but also noticed a lack of patrons.

"One day I was curious after hearing about the SHU thrift store and wanted to see what it had to offer," said senior Julie Breeds. "I was surprised to see the variety of items the store sold. However, not many students were shopping in the store."

"Volunteering is my greatest passion and to have something like the thrift store on campus is a great way to both fundraise for various causes and save a buck," said senior Leah Richards, Sacred Heart Habitat for Humanity's co-fundraising chair.

For every hour spent performing community service tasks, students like Richards are given thrift store coupons valued at one dollar.

"I found things for dirt cheap that I didn't even know I needed until one day I was curious," said senior Brian Bradley. "You can tell, when he is teaching, that he really cares about his students."

Those who have experienced any of his classes learned lessons that will last them a lifetime.

"He's extremely understanding and compassionate, and genuinely proud to see one of his students doing well," said French. "There was evident passion in every lecture he gave."

"I learned from him that if you can find enjoyment in everything you do you'll live a very fulfilling life," she said. "I wouldn't hesitate for a second to recommend Professor McAllister."

The Spectrum/Jaclyn Kennedy

Professor Robin McAllister poses for a quick photo in his office located in the Humanities Center, room HC221K.
Split decisions for men’s hockey

Big win, followed by a shocking defeat

Ryan Urso
Staff Reporter

Last Friday night was the end of a five-game away losing streak for the Sacred Heart University men’s hockey team. The Pioneers netted six goals to earn a victory over Bentley, 6-3.

Despite a quick goal by Bentley sophomore Joe Campanelli, the Pioneers would not go quietly. Junior Matt Gingera put the Pioneers on the board 54 seconds later to tie the game at one. Senior Patrick Knowlton helped out with an assist on Gingera’s goal.

After a pair of quick penalties by the Pioneers, the Bentley Falcons took advantage of a five-on-three power play. Junior defenseman Mike Switzer scored a power-play goal to put the Falcons up 2-1.

The Pioneers could not capitalize on a power-play opportunity of their own as Bentley junior Ryan Kayles sent teammate senior Erik Peterson in on a breakaway to score a short-handed goal and put the Falcons up 3-1.

Despite the two-goal deficit, the Pioneers were determined not to let the Falcons get the best of them. The Sacred Heart offense ignited, led with a goal by freshman Brett Gensler.

The offense would not stop there as junior Anthony Yelovich fired a slap shot passed the Bentley goaltender to tie the game 3-3.

It would not even take another full minute for the Pioneers to take the lead, scoring a power play goal as sophomore Eric Delong fed a perfect pass to senior David Berube for the second Pioneer goal of the game.

The defense would not stop there as junior Anthony Yelovich fired a slap shot passed the Bentley goaltender to tie the game 3-3.

It would not even take another full minute for the Pioneers to take the lead, scoring a power play goal as sophomore Alex Stuart threw a puck on net and teammate Ben Ketchum was able to deflect it in.

With only a few minutes left in the game the Pioneers put the final nails into the coffin as Ketchum and Delong each scored to make the final score 6-3.

In the winning effort, senior goalie Oliver St. Onge stopped 31 of 34 shots while Bentley freshman Brandon Komon and senior Joe Calvi combined to stop 25 of 29 shots.

Despite the huge win on the road, the Pioneers would host the Falcons the next day at The Arena at Harbor Yard. The Pioneers started strong yet they could not seal the deal and hold on to the 6-3 lead as they fell to the Bentley Falcons 5-4 in overtime.

After a scoreless first period, Gingera netted his 11th goal of the season to put the Pioneers up 1-0. The Falcons quickly responded with a goal by freshman Brett Genders.

Sacred Heart then turned on the heat as Berube, Verbeek, and Ketchum all scored goals in the second period to put the Pioneers up 4-1.

Unfortunately for the Pioneers that was all the scoring for them on the afternoon. The Falcons would begin the third period with a quick goal by senior Dustin Cloutier, followed by a blistering slap shot by Falcon’s freshman Zach Ledford which found it’s way into the back of the net.

With under two minutes remaining the Falcons pulled their goalie and junior Mike Switzer fired a slap shot into the back of the net to tie the game at four and sending the game into overtime.

It took less than a minute for Bentley sophomore Joe Campanelli to score the game winner.

"We came out hard and played well in the first two periods, but I think we got out worked in the third period," said Ketchum speaking with Pioneer Vision.

For his performance this past week Ketchum was named the Enterprise Rent-A-Car Sacred Heart Student-Athlete of the Week.

Ketchum was quick to point out how credit needs to go to his teammates. "It felt great to finally score, but credit needs to go to my line mates, they really helped me out," said Ketchum to Pioneer Vision.

The Pioneers hit the ice again tomorrow against University of Connecticut at the Milford Ice Pavilion at 7:05 p.m.

Then on Sunday the Pioneers will play in the states first ever outdoor hockey game when they face UConn at Rentchler field in Hartford, the home of the UConn football team.

Stats courtesy of Sacred Heart Athletic Department

The Spectrum/Kimberly Rooney

Freshman forward Tye Lewis (12) looks to make a pass to an open teammate.

The Spectrum/Kimberly Rooney

Junior forward Matt Gingera (26) moves the puck up ice in last Saturday’s overtime loss to Bentley.
Dan Otzel
Contributing Writer

The fateful New England night of Friday, Oct. 20, 1995 started off as a joyous occasion for the Boston University men’s ice hockey team and freshman Travis Roy. Roy, who had just raised their 1995 national championship banner to the rafters of the Walter Brown Arena and Roy had accomplished his goal of playing hockey at BU.

After beingzeked to a 1-0 lead, BU coach Jack Parker tapped Roy on the shoulder, signalling for him to join his third line teammates on the ice.

Eleven seconds into his first shift, Roy geared up to put a little extra into a check of a North Dakota defense man. However, he ended up crossing head-first into the boards, cracking his fourth and fifth vertebra.

As he lay on the ice, unable to move, he knew immediately that something was seriously wrong.

In those eleven seconds, Roy’s life would change forever.

Fast forward to last Monday, more than a decade-and-a-half later, to another crisp New England night—this time in Fairfield, Conn.

Roy, now a quadriplegic, visited Sacred Heart University to give a moving and inspirational speech to the community that packed the theater of the Edgerton Center for the Performing Arts as part of the 2010-2011 Student Affairs Lecture Series.

After a brief introduction from Sacred Heart’s men’s ice hockey assistant captain Evan Mladenski, Roy rolled his motorized wheelchair onto the stage. Dressed in khakis and a navy blue sweater, Roy started his speech by showing the video of his injury.

After the video, Roy talked about growing up in Yarmouth, Maine. He said that hockey was always his passion. As he began to improve, he transferred to a prep school to refine his skills. It was there, he set goals to play Division I collegiately, play in the NHL, and play for Team USA.

He said that his goals meant everything to him and challenged the audience to think about their goals, the motivating factors behind them, and how they can be obtained in their lives.

After being recruited by the best programs in the country, Roy said he reached his first goal when he joined the BU team. There, he set new goals—keep his grades up and be in the lineup for the opening game.

When he fell to the ice 1:56 into the first period of game one, he had accomplished both those goals.

Although he was paralyzed from the neck down (he now has movement in his right arm), Roy said it was “hard to be positive.”

Roy said those trying times, where every ounce of his might and character was tested, Roy said he witnessed the “very best of humanity,” and that “angels from all over the country” came to his aid.

He said making an NHL squad, Roy’s challenges included feeding himself, among others.

Roy said he developed a new challenge, S.M.L.: survival, medical, living.

Roy said he developed a new goal: rehabilitation, a return to school, and to become independent and have his own life.

Once more, Roy accomplished his goal.

Roy said that, eventually, he got his biceps strong enough to where he could bring his hand to his mouth and feed himself. He went back to BU and graduated with a degree in communications in 2000.

As for independence, Roy says he enjoys a full quality of life. He has a condo in Boston and even a boat. He said that he still laughs, cries, and enjoys all the loving people who surround him. He then urged the audience to acknowledge those feelings and let the people around you know you love them.

He has even set up the Travis Roy Foundation, “dedicated to enhancing the life of spinal cord injured individuals and families by providing adaptive equipment and to finding a cure through increased funding of research, resulting in self-reliance and the ability to be as independent as possible,” according to their website. Roy says they have raised more than $4 million for the cause.

After his speech, for which he received a standing ovation, Roy fielded questions from the audience and graciously stuck around to sign copies of his book, “Eleven Seconds: A Story of Tragedy, Courage, & Triumph,” chat with students, and take some photographs.

“It just warms your heart,” said Roy of his reception. “You really feel appreciated, and that’s all you can ask for.”

Several people moved from his presentation.

“It’s really inspirational,” said Mladenski afterwards. “A great good outlook on life. Everyone has something that they’re looking at goals-wise and this puts it into perspective. He obviously worked hard to get where he is and the fact that he is still working hard, even after what happened, shows that everyone could work a little bit harder.”

For others, Roy confirmed their driving force.

“I liked when he talked about having a lot of determination,” said sophomore Emily Pepe. “That’s the one thing that I have that keeps me going.”

As for Roy’s next goal, when he finally sheds his wheelchair, he owes his mother a big hug.

“It was just a great environment,” said Roy, when the night was finished. “I just really enjoyed my time here.”

Travis Roy speaks to students at the Edgerton Center last Monday evening.

Jason Trueblood
Staff Reporter

The Sacred Heart University men’s volleyball team improved to 3-2 following a victory over New York University at the St. Francis Center on Friday, Feb. 12.

New York University captured two of the first three sets, 25-18 and 27-25, while the Pioneers came from behind to take the third and open the fourth battle. The Pioneers entered the last game with a 32-28 lead.

The Pioneers scored 17 points off of 14 Terrier turnovers in the first half.

Pioneers fall by a score of 77-59.

The Spectrum/Sean Elliott

Taylor had a game high 23 points for the Pioneers.

After being recruited by the best programs in the country, Roy said he reached his first goal when he joined the BU team. There, he set new goals—keep his grades up and be in the lineup for the opening game.

When he fell to the ice 1:56 into the first period of game one, he had accomplished both those goals.

Although he was paralyzed from the neck down (he now has movement in his right arm), Roy said it was “hard to be positive.”

Roy said those trying times, where every ounce of his might and character was tested, Roy said he witnessed the “very best of humanity,” and that “angels from all over the country” came to his aid.

He said making an NHL squad, Roy’s challenges included feeding himself, among others.

Roy said he developed a new challenge, S.M.L.: survival, medical, living.

Roy said he developed a new goal: rehabilitation, a return to school, and to become independent and have his own life.

Once more, Roy accomplished his goal.

Roy said that, eventually, he got his biceps strong enough to where he could bring his hand to his mouth and feed himself. He went back to BU and graduated with a degree in communications in 2000.

As for independence, Roy says he enjoys a full quality of life. He has a condo in Boston and even a boat. He said that he still laughs, cries, and enjoys all the loving people who surround him. He then urged the audience to acknowledge those feelings and let the people around you know you love them.

He has even set up the Travis Roy Foundation, “dedicated to enhancing the life of spinal cord injured individuals and families by providing adaptive equipment and to finding a cure through increased funding of research, resulting in self-reliance and the ability to be as independent as possible,” according to their website. Roy says they have raised more than $4 million for the cause.

After his speech, for which he received a standing ovation, Roy fielded questions from the audience and graciously stuck around to sign copies of his book, “Eleven Seconds: A Story of Tragedy, Courage, & Triumph,” chat with students, and take some photographs.

“It just warms your heart,” said Roy of his reception. “You really feel appreciated, and that’s all you can ask for.”

Several people moved from his presentation.

“It’s really inspirational,” said Mladenski afterwards. “A great good outlook on life. Everyone has something that they’re looking at goals-wise and this puts it into perspective. He obviously worked hard to get where he is and the fact that he is still working hard, even after what happened, shows that everyone could work a little bit harder.”

For others, Roy confirmed their driving force.

“I liked when he talked about having a lot of determination,” said sophomore Emily Pepe. “That’s the one thing that I have that keeps me going.”

As for Roy’s next goal, when he finally sheds his wheelchair, he owes his mother a big hug.

“It was just a great environment,” said Roy, when the night was finished. “I just really enjoyed my time here.”

Travis Roy visits Sacred Heart University on Friday, Feb. 12. "I really enjoyed my time here."
Rodgers wins battle of the QB’s in Super Bowl XLV

Ryan Hannable
Asst. Sports Editor

Super Bowl XLV was hyped up all week to be all about the two quarterbacks, Ben Roethlisberger of the Steelers and Aaron Rodgers of the Packers.

The speculation all week was which ever quarterback played better their team would end up on top. Indeed this was the case as Rodgers delivered one of the best quarterback performances in Super Bowl history as the Packers defeated the Steelers 31-25.

Rodgers, who has been playing the best football of his career since returning from a concussion on Dec. 26 continued his stellar play right from the start. He found Jordy Nelson in the back of the end zone for 29-yard touchdown for the first points of the game.

He continued his precise and accurate passing all game long finishing 24-39 for 304 yards, three touchdowns and zero interceptions. He had a passer rating of 111.5.

It could have even been an even better night for Rodgers, playing in his first Super Bowl, as he was the victim of several drops from his receivers. Nelson was his favorite receiver on the night as he was targeted 15 times. Nelson finished with nine catches for 140 yards and a touchdown.

There have been many spectacular quarterback performances in Super Bowl history, so it is debatable whether Rodgers’ performance possibly cracked the top ten. His performance would put him right around number ten.

For Super Bowl’s in the past 15 years Rodgers was definitely one of the best. Only Kurt Warner of the Rams in Super Bowl XXXIV performed better than Rodgers. Warner threw for 414 yards and two touchdowns in the Rams win over the Tennessee Titans.

On the other hand, despite playing in two prior Super Bowl’s Roethlisberger did not have one his better games. He was out of rhythm all night long, missing many open receivers. He finished 25-46 for 263 yards, two touchdowns and two interceptions.

Going into the week there was a debate whether Roethlisberger or Tom Brady as one of the league’s elite quarterbacks? Brady has three titles to his credit and Manning is outstanding year in and year out.

He had the chance to tie Brady for titles when the Steelers had the ball trailing by a touchdown with two minutes left. After a turnover on downs, the Steelers had lost the game and Roethlisberger had lost his chance to be considered an elite quarterback.

Brady had been in that situation in his Super Bowl’s and led the Patriots down the field to winning field goals. Roethlisberger could not do anything with his opportunity which justifies Roethlisberger not being considered an elite quarterback.

Super Bowl XLV was about the quarterbacks. Roethlisberger failed to become a three time Super Bowl winner and be considered one of the league’s elite. On the flip side Rodgers made a name for himself in the league and it is his turn to be considered one of the league’s elites.

The recent snow that has covered Campus Field has interrupted many sports practices and has forced many teams indoors.

The recent snowstorms have caused multiple teams to cancel workouts. Many coaches rely on their athletes to do a work out on their own if practice is cancelled.

“I am not worried; I have a veteran team. They are very responsible and know what is expected of them, I know they will get to the gym and do something,” said Giaguinto.

“It is too early in the season to be worrying about missed workouts, teams that are in-season are worried”. Many teams rely on practices to correct mistakes they made in previous games, meets and matches. If practices are cancelled, athletes are unable to correct these mistakes, putting in-season teams at an extreme disadvantage.

Many in and off-season sports teams have made drastic changes to their schedules that gravely affect their athletes.

Both coaches and athletes anticipate bad weather during the winter season and are taking whatever means necessary to overcome these obstacles.
Athletes wake up early and hit the ground running everyday of their life. Not only do they dedicate most of their life to the sport they love, but also they train hard in and out of season. The Pioneers men's volleyball team is the epitome of a hard-working and dedicated team.

It is not easy to balance work with sports especially during season, but last season they placed three players on the EIVA All-Academic Team. This made the team recognized by the NCAA as a part of the Academic Performance Program, which makes them in the top 10 percent nationally.

"It is the sport I grew up playing and the sport I love," said sophomore Frank Howard. "We practice five times a week in the off-season. We come back from winter break right after New Years for pre-season."

In the past sports, the Men's volleyball team comes in early for pre-season training, with intentions of improving and preparing for a great season ahead.

Thompson finished with nine points, eight rebounds, four assists, and two steals, leaving him two rebounds and a point short of a double-double along with Shane Gibson, who was one rebound shy of the same achievement. Shane Gibson, a sophomore Pioneer, led the team in points with 18.

"I wake up at 5:45 a.m. and get to the Pitt by 6:30 a.m." said senior Will Kelleher. "I get treatment at the trainers, and am on the court by 7:05 warming up with the team for the next half hour before coach arrives.

"During practice the team gives 110 percent. Although there is an extremely high level of competition for court time in practice (as we have 19 players and only 12 can play at once) we all have a common goal of bringing respect to our program and achieving our full potential this year," said Kelleher.

The Pioneers finished last season off with an 18-11 record and only hoping for more improvement. Having a winning record makes it easier to come full speed again when the next season rolls around.

"After practice I go to class until four o'clock. Immediately after class I head back up to the Pitt for group lifting," said Kelleher. "At night some of us go in a second practice during the open gym.

Men's volleyball's passion for the game only continues to grow as the season progresses.

"We basically play volleyball at all hours of the day, except for class, napping, and eating. We just play or train all the time," said Kelleher.

The team spends a large amount of their time in the gym and if they are not in the gym, they are keeping up their reputation in the classroom.

There is a lot of time commitment when it comes to playing men's volleyball here at Sacred Heart University. It is no surprise that the team has come such a long way in the past few years thanks to coach Rob Machan.

Machan is also the coach to the Women's volleyball team who won the NEC conference title and earned a bid to the NCAA tournament.

A day in the life of a Pioneer men's volleyball player is intense, but at the end of the day they are more than a team, they are a family.

"We are very strong and deep team; we have great leadership from top to bottom," said Kelleher. "Our entire team is focused, so focused, we play as hard and intelligently as we can every single day and let the results speak for themselves."

Come out and support the men's volleyball team on Saturday February 12th in the Pitt against George Mason.
Senior captain Maggie Cosgrove (#4) brings the ball up court in a recent game. The Pioneers split their past two games and will face Quinnipiac on Saturday afternoon. Sacred Heart is currently tied for third place with the Bobcats, with an 8-4 conference record.