MUBARAK STUNS WORLD, STEPS DOWN

Students react to pro-democratic movement in Egypt

Erin Murtagh
Assistant News Editor

In a televised announcement made by his vice president on Friday, Feb. 11, Hosni Mubarak stepped down from his post as the Egyptian president, handing power over to the Supreme Council of the armed forces, and ending 18 days of protest by the Egyptian people.

According to an article from the website Aljazeera, the announcement made by Vice President Omar Suleiman spurred a mass celebration by those who gathered to protest in Cairo's Tahrir Square, as well as by those around the world in support of the Egyptian people's pro-democracy plea.

Mubarak came to term in 1981, following the assassination of President Anwar Sadat. Since assuming office, he has had a tradition of good relations with the United States. Depicted in a series of photos from LIFE Magazine, the Egyptian leader is documented in practices of foreign relations with U.S. presidents Ronald Reagan, George H.W. Bush, Bill Clinton, and Barack Obama.

With the events that unfolded last week, the future for relations between the United States and Egypt hang in the balance. According to Alka Jauhari, assistant professor of government and politics at Sacred Heart University, maintaining good relations is crucial to U.S. efforts in the Middle East.

"Egypt is strategically located in terms of being close to the Middle East. Therefore, it assumes greater implications on international politics," said Jauhari.

President Obama was relatively quiet during the 18 days of protest, careful not to lose, what Jauhari called, "a buffer zone."

The current administration has to play this very delicately because of the relationship we have with the country," said Jauhari. "If that buffer goes, we have lost our gateway to the Middle East."

Students at Sacred Heart are taking notice of these recent global events. The Politics and International Studies club chose the protests as the topic for their second meeting. Formed this semester by senior Laura Varelas, the club, which meets every Wednesday, met on Feb. 9 to discuss the events as they unfolded in the African continent.

"A lot of people brush off the Middle East," said senior Nicole Krys during the meeting. "But after the events in countries like Iran and Egypt, people can finally see that they're fighting back and they want rights."

Not only that, but club members are also concerned for the future of the Egyptian government. Senior Maria DaSilva emphasized the importance of the country's 2011 steps.

See EGYPTIAN TURMOIL on page 2...
New program will reflect features of study abroad program in Ireland

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It will touch base upon the patterns of socio-cultural and political changes in contemporary Ireland and the place of Ireland in the modern world.

"I think that a minor in Irish Studies here at Sacred Heart is a great idea," said Bellicose. "It will give others the opportunity to learn the importance of Ireland like I did, just in a different way."

To complete the minor, students are required to take 18 credits including two required foundation courses and a minimum of four designated Irish studies electives. Some of the classes included are Celtic and Irish history, Celtic religious traditions, traditional Irish music, the ethnography of Ireland, and the roots of Irish literature.

Students who are interested in being further educated on Irish culture will also have the opportunity to associate themselves with a number of extra-curricular activities on campus.

"I come from a strong Irish background with much love for the culture," said senior Delaney Downing. "I think that extra-curricular activities around campus will allow those who are not a minor in Irish Studies to still participate. I know I will."

According to Reid, The Center for Irish Cultural Studies at Sacred Heart, the Edgerton Theater, and the Student Life is bringing the musical group Solas to campus on Saturday, March 19, two days after St. Patrick's Day.

"Solas is considered one of the top traditional Irish music groups in the world and has been for more than 10 years," said Reid. "In addition to the concert, there will be more Irish programming, including music, films, and other events that will be scheduled for the fall 2011 semester."

POLICE BREAK UP FUN AT THURSDAY NIGHT HOTSPOT

Alison Serpico Staff Reporter

It was a seemingly typical night at the Capri Discoteca on Thursday, Feb. 3. Located on Park Avenue about three miles from Sacred Heart's campus, the bar was packed, the dance floor filled, and from the lights to the liquor, the mood was just right. Many who were present were there expecting a good time, until the night was cut short.

According to students who were in attendance that evening, the Bridgeport police officers entered the bar, formerly known the "Sports Page," around 11 p.m. Further, students said that the authorities searched the crowd at popular Thursday night destination, looking for fake or expired forms of identification as evidence of underage drinking.

By our deadline, a police report was not available, and the Bridgeport Police department declined to comment. The Capri Discoteca was unavailable for comment as well.

"Authorities came into the bar area and they could pick out who was not of age," said senior Siobhan Canavan. "I suppose their body language told them.

According to Canavan, no one else was allowed into the bar following the establishment of police presence. The Capri Discoteca was voted Connecticut's number one college spot during the week.

Regardless of what unfolded on Feb. 3, Capri has been taking steps toward maintaining its popularity. This includes the recently instituted "College All Out Tuesday," where the minimum age of entry is 18, but only those of legal drinking age are allowed access to the bar. Capri's Facebook page assured students, "We'll be back, we always are!"

Egyptian turmoil: Students speak out on what will happen next overseas

Elections in September.

Other members of the club come from Arab backgrounds, and felt a closer connection to protests.

"When I watch reporting of what's happening, I can relate because I feel like that could be my country," said sophomore Jaafar Layachi, a Moroccan native. "I would feel worthless and dehumanized."

But regardless of his resignation, it is not impossible for a candidate within Mubarak's National Democratic party to win election in September. "He still has loyalists in the party," said Jauhari.

And according to Jauhari, his influence is still prominent among governing parties. "Being from the army, and having their support in his autocratic regime for past thirty years, Mubarak still might find supporters."

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Writing off newspapers with advent of iPad

Mike Peterson
Staff Reporter

Rupert Murdoch, media titan and owner of News Corporation, has created a digital newspaper created specifically for Apple iPads called The Daily. The newspaper application, which launched Feb. 2, combines a traditional news format with multimedia features to create a unique model. "The Daily" charges 99 cents for a weekly subscription and $39.99 for a yearly subscription, but it is available free of charge during its first two weeks of publication. It is the first app to take advantage of a new subscription model in Apple's App Store.

According to Sacred Heart University associate media studies professor and iPad owner Debbie Danowski, the publication might be poised with consumer issues early on.

"At first, The Daily will have trouble attracting subscribers, since there are so many free news sites available," she said. "It is going to have to distinguish itself either in the types of stories it offers or with crossover offerings into other media that will make it attractive to subscribers."

Other iPad owners are already opposed to paying for the service.

"I hate the decision to charge money," said Kate Walsh, iPad owner and parent of senior Alison Serpico. "Most of the local papers I like are still free. I can get my local news from those papers, and I also visit several blogsports."

However, Murdoch defends his decision from a business perspective in an article from the New York Daily News' website.

"We feel this is better for advertisers, and will draw a better class of advertiser and a better rate," he said.

Placing heavy emphasis on multimedia and social media content, The Daily provides relevant Twitter feeds attached to articles, and subscribers are able to share certain stories on social networking sites.

"All newspapers must learn to appeal to younger generations if they are going to survive," said Danowski.

Walsh believes that print is still a vital tool for generations that are associated with technology.

"Newspapers should never underestimate the intelligence of younger generations. They are well-read and savvy. I know my children read many publications online, they still appreciate the written word," said Walsh.

According to an article from Politico.com, Murdoch drew criticism from media watchdog groups after making a $1 million to the Republican Governors Association. This action further emphasized what some believe to be a conservative News Corp. bias. However, there are sources involved with The Daily who advocate its political optimism.

According to one insider, in an interview with NY Magazine, "None of the staff would have come to work for Fox News."

"I'll have to see this to believe it," said Walsh of The Daily's reported balance. "I think many people will be quite leery of Mr. Murdoch."

The son of a journalist, Murdoch began his career with ownership of a single newspaper and built it into a media conglomerate. His empire now includes hundreds of newspapers, as well as Fox Television, 20th Century Fox, HarperCollins, and MySpace.

While it remains unclear whether The Daily will be a long-term success, observers are quick to point out Murdoch's past accomplishments as well as his vast resources.

"I seriously don't know whether The Daily will succeed," said Walsh. "But Murdoch has a boatload of money, and can take this financial risk."

To others, the future of the online news publication seems relatively optimistic. "I think The Daily has a good chance to succeed," said Danowski. "I'm not sure if it will set a precedent or not. Only time will tell."
Virtual career fair plugs students in to their futures

Students able to look for jobs, internships from comfort of home

Lauren Kalil
Staff Reporter

If you are looking for a job, you are not alone. Students are sometimes continuously looking for jobs and internships that could prepare them for the future when they leave college, and Sacred Heart University is no exception.

The college of arts and sciences recently conducted its first virtual career fair hosted online in order to help those students who are trying to strengthen their futures.

This fair was available on pioneer link 24 hours a day, seven days a week for one week from Feb. 2 until Feb. 9.

“The virtual career fair is a way for employers who don’t have the time or ability to physically come to campus to participate in a career fair,” said Rick Del Vecchio, director of career placement. “It is also a way for students to be exposed to active job opportunities without the stress and time constraints of a ‘live’ fair.”

Del Vecchio said that the fair was a way to bring active job opportunities directly to the students. Since being chosen for a job involves competitiveness, the more contact you have with the employers, the better opportunities you will have.

When the college of arts and sciences decided to conduct this fair, the career and development department at Sacred Heart helped in the process of putting it together.

“The career and development department sends letters to a variety of companies to be in the virtual fair. If they want to partake, they then type in an e-mail a description of the company and the job they are looking to fill, positions they are looking for, and the hours per week they need, full-time or part-time. They usually give the salary information and the qualifications you will need as well,” said senior Michele Borriello, an intern in the department of career and development.

“The fair was advertised to employers as a way to reach our college of arts and sciences students specifically, but the event was open to all students and alumni,” said Del Vecchio. “This event was created as one component of our career fair series with each event aimed at recruiting a specific group.”

Borriello said that although anyone can participate in the fair, most of the time there are juniors and seniors attracted to it because that is what the companies are mainly looking for.

The department of career and development has never had a career fair online before. Instead of having employers sit at booths all day to talk to people, you are able to electronically submit your resume to the companies you want to apply to.

“It definitely gives students an opportunity to see what kind of jobs are out there, especially for graduating seniors,” said Borriello. “It gives them a head start to see what types of positions are being offered before graduation.”

Along with the fair being beneficial for some students, it is also beneficial for certain employers at these companies.

“It is a stress free way for students to pursue active job leads. It provides a way for employers from anywhere in the country to recruit our students at no cost, providing greater reach than our traditional, in-person fairs,” said Del Vecchio.

Del Vecchio said that out of the 200-plus jobs and internships that were posted by the 150 companies, almost 700 visited the site in the week the virtual career fair was conducted. This is more than twice the usual turn out at the fairs.

If you are still looking for jobs and internships, you can log onto pioneer link at anytime to post your resume.

“Just go to the SHU website, click quick links at the top, then look for career development, click ‘I am a student’, and log into Pioneer Links with your SHU ID and password,” said Borriello.

Although the virtual career fair has passed, there will still be two more fairs at the university this semester.

“We always hold career fairs. The reasons this one was virtual, I’d say, is it makes it easier for everyone because it saves time and money,” said Borriello.
Hollywood starlets do it, even characters in movies such as "Mean Girls" participate in it. For some celebrities, it seems it's all they know how to do. What is apparent about this phenomenon is that it's not just happening with celebrities, but with students as well.

Students at Sacred Heart University are "hooking up," but the question remains whether they work or whether they lead to complicated situations. "If I'm looking to hook up with a girl, honestly, the last thing I'm looking for is anything that lasts," said sophomore Trevor Kelly. "At the same time, if I'm interested in a girl and I think we are really connecting and she seems interested as well, I'm just a bit at a loss. I think it's difficult to have a hook up situation that is completely mutual."

Most students agree that if both parties in a "hook up" situation want different things then it isn't going to work. It is when there is a lack of mutual agreement on the "hook up" that issues start to arise. "I think they are risky, both sides can regret what happens," said McKissic. "Casual Sex is Affecting Our Children," Joe S. McIlhany and Freda McKissic Bush note further detriments hooking up can cause. "Their inability to bond after multiple liaisons is almost like tape that loses its stickiness after being applied and removed multiple times," said McKissic.

"Hooking up over time can lead to an 'inability to bond' with partners. It creates the illusion of sex as a casual experience and can possibly lead to emotional distance and insecurities over time."

With so many negative side effects, why do some students choose to "hook up" in the first place? Magazines such as Cosmopolitan are evaluating this concept and why it is happening among individuals in college.

"We live in a casual culture today. Many people wear jeans to work, texting is almost as common as calling and hooking up has made traditional dating an endangered ac­

ceptance. Many women, especially those in college, now feel that "no strings at­

tached" relationships are their one and only option.

Senior Matthew Delaurentes noted that he could see college females can feel this way. "If you are a guy that wants a serious relationship you probably just have to walk into the hallway, but if you are a girl you might want to pick a different college," he said. But the male to female ratio at Sacred Heart is currently at two males to every three girls. With the disparity be­tween genders at the university, it becomes difficult for ev­
eyone to find an exclusive relationship within the school.

“I feel like it's easier for people to take things more casually in college because it's a larger pool and you have more options. Then at the same time, schools are a great way to meet people with similar interests and values. I found a really great boyfriend” said Jameson.

Ask the Murse: A formal introduction

Dear Readers,

I'm sure many of you reading this know me from my former col­umn as "the Murse" writer last se­mester, supplying you with dating and relationship advice on a topic given to me weekly.

"Staff Reporter, that came to an abrupt halt as He Said/She Said writers are only able to write for one semester. While this was a heartbreaking situation for me to swallow, it had to be done because rules have to be followed. However, with a bit of push and persistence (my apologies to my editor), I was able to land a column of my own this semester. While I will no longer be providing you with my choice expertise and dating advice every Thursday, I now have a bit more freedom to discuss just about whatever I'd like. I do have a few topics in mind, but this is where the exciting and interactive part comes in; I will be accepting any suggested topics from you, my readers, about whatever your little hearts desire. That's right, anything from how to spend your weekend to how to spend your wallet, from cooking to crocheting (however, not exactly my ex­
pertise), from how to survive finals weeks to how to be a top-notch Irishman on St. Paddy's Day (my expertise). Although it may appear otherwise, I would not like to refer to this as a traditional "advice column."

Who am I but just another average college kid, living and loving the college experience? Therefore, I will take any questions you may have on topics you would like me to talk about; I will write, and I invite you to read. Hope­
fully, I will be writing about a wide range of topics, but that's all up to you. Before you suggest to me something to write, however, I feel that you should get to know me a bit better than, "that guy who thought he was funny and made sexist comments and remarks in the 'He Said' column."

So, please allow me to formally introduce myself. I'm Zach. I'm a Pisces and an Aquarian (that's right, both), so I'm just a fish swimming water, baby, going with the flow. I enjoy warm weather and long naps. I'm weird in an I-think-I'm-really-cool-so-i'm-going-to-listen-to-weird-music-and-wear-weird-clothing kind of way. The only reason I came to Sacred Heart was to play football, however, I retired one week into camp. My first job was at Coldstone Creamery when I was 19 years old. It taught me that I cannot sing. I became a nursing major so that I can meet girls. It's not working out so well. I believe a good mustache is the finest thing a man can own. Unfortunately, I cannot grow one; that is why I have one tattooed on my finger. When I see a man with a worthy mustache, I sport mine loud and proud. My motto in life is, "It's not that serious" (shout out to Sara Grazio­
si), because nothing in life is that serious.

I am a big believer in living life to its fullest potential, and that is what I hope will come through for all of you in this column.

Lovingly,

Zach

If you have questions you want Zach to answer, email them to the Perspectives Editor at blighk@sacredheart.edu. Responses will be published but remain anonymous.
The Vampire Weekend is one of the indie bands now getting heat for featuring their music in commercials.

Indie bands accused of ‘selling out’ on TV

Erin MacDonald
Contributing Writer

On her way to class, junior Meaghan Kennedy finds herself humming along to a song she heard the other day. She can’t pinpoint the band that sings it, but she’s positive that she heard it somewhere on TV.

While Katy Perry and The Black Eyed Peas can be heard on the radio, many indie and alternative bands are finding their way into the media through commercials, television shows and movies.

Although songs gain tremendous popularity after being exposed through these media outlets, some students believe that the bands utilizing these outlets are selling themselves out.

On his show, Stephen Colbert said, “I think to a certain extent, the exposure makes for good publicity,” said sophomore Danielle Langlois. “It’s when a song is overplayed or featured in too many types of media that I consider a band to be a ‘sell out.’”

Junior Nick L’Homme said that since television has the highest royalties for music, meaning that the band can make more money than from being on radio or movies, being on a commercial is not selling out.

“The only way to tell which band has more edgy, non-commercial appeal is to see which band got their songs in more commercials,” as an introduction to a “sell-out or ‘sell in’” between Vampire Weekend and The Black Keys, said Choy.

“I think to a certain extent, the exposure makes for good publicity,” said sophomore Margaret O’Connor. “They’re not selling out, but simply doing what it takes to become more well-known.”

Many bands use the media outlets of television or film to expose music to new fans, pay the bills and have free time to make more music.

“The fact that a band’s music can be found in commercials does not mean that they are selling out – they are just marketing their music,” said Choy.

“The O.C.” and “Gossip Girl” creator Josh Schwartz is one of many producers that have helped indie musicians gain mainstream exposure.

He has been credited with helping bands such as Death Cab for Cutie and The Killers through their exposure on his shows.

Junior Nick L’Homme said that since television has the highest royalties for music, meaning that the band can make more money than from being on radio or movies, being on a commercial is not selling out.

“I think ‘sell-out’ makes for just the fact of making money or getting a record deal because in order for you to be able to keep playing, you obviously need to make money. Selling out to me would be changing your style, image or music just because someone tells you to for the sole purpose of making money,” he said.

As a member of his own band, ASTON, L’Homme said he would “absolutely” accept an offer to have his own music featured in a commercial or TV show for the money and exposure, especially with the release of their newest album entitled “Home” on Feb. 15.

“Basically, if you can make a lot of money with your own original music then more power to you,” he said.

Whether you’re watching MTV, tuning into a commercial or simply picking up a free download card in Starbucks, indie music is entering the media in unconventional ways.

“I think that just it gets them out there, gets them more popular,” Kennedy said. “It doesn’t matter where you hear it, when a song gets stuck in your head and you enjoy the music, you know the band is doing something right.”

In the culture we live in today, it’s easy to find lust, or to just “get with someone.” The line between love and lust has been seriously blurred, and has confused many people into thinking they have been burned by love, when they never knew love in the first place.

The result is many people giving up on love, when the love they thought they knew was really just wearing a love costume. I believe in destiny, that God is in control of that destiny and that He has someone special perfectly made for each of us. I believe that there is wisdom necessary in finding love, and that before we can go out looking for love we have to be prepared to give love back.

Someone once called love: “A commitment of the will to the true good of another person.”

The love doesn’t fade, but endures a lifetime. That’s the kind of love I believe in and that’s the love I think I can help you find. If it’s love, you’ll know it because you won’t ever want to let it go.

Love is not temporary, but a precious gift that must be treasured because you know one day you’ve found it, you can’t live without it.

I don’t believe in dating as a sport, or something single people do to pass the time. Believing in the process of how we find the person we are going to spend the rest of our lives with.

“I heard a pastor, Jenene Franklin, preach on the topic of finding the person you are going to marry. He gave five points of compatibility that are all essential to a happy marriage.

The first point is spiritual compatibility. How is someone head over heals in love with Jesus going to be in relationship with someone who couldn’t give a flip about going to Church on a Sunday morning? It won’t work.

The second and third points are character and emotional compatibility.

“I love him so much, he is my poooky wookie sugar booger but he lies.” The number one reason for divorce is due to a character flaw. Time is your friend, and reveal his or her true character. So, go slow!

Many people have heavy baggage from past relationships, so wait until they have had time to heal up. Don’t get into a relationship thinking you can change them. You will be wrong and end up getting hurt.

The fourth point is compatibility and communication. Bible girl says, “He whoown a matter before he hears it, it is folly and shame to him.” Basically, don’t listen just to think of a clever comeback, but actually listen to what your girlfriend is saying, and why she is saying it.

The fifth and final point is physical and sexual compatibility. That doesn’t mean you are in the bedroom, because if you do it right, you won’t know how anyone else is in the bedroom. You won’t know how she is until your wedding day. Avoid physical attraction, which means if you are waiting for marriage like me, it ought to be a challenge! The Real Talk. If you don’t have compatibility on all five points with the person you are involved with... GET OUT!

They say in life when you stop look­ ing for something, it will find you. We look for a lot of things in life: the right job, a best friend, the perfect dress to wear on your birthday or a sign to know we are moving in the right direction. If love is the one thing we all look to find, but it is also the one thing that cannot be found.

If it were so easy to fall in love and find the right person, we would all be in relationships. But the truth is we don’t walk around with a huge sign that says “looking for love” in hopes that a crowd of single men will come stampeding to­ wards us saying that they want love too.

That is not what love is about. All anyone wants in this life is to find love, but you have to let love find you.

I think there is a difference between wanting a relationship and wanting to find love.

A lot of these days don’t know how to just be single and wait for the time to come when love enters their lives. Instead, they bounce from one relationship to the next and force love to be there. So, if you want a relationship, girls will most likely find one – a guy they are comfort­ able with, someone to buy things for at Christmas, and from which to hope for a trip to Paris and a bed full of roses on Valentine’s Day.

If you put yourself out there by flirt­ ing or seeming really interested, sure you get a relationship. But you may not end up getting to the ultimate desire, that is, love.

The good news is you can find a re­ lationship. You can build one with a friend out of loneliness or you can meet a guy in a bar, go out on a few dates and eventually tell your friends he is your boyfriend. Maybe one of these relationships will end up turning out to be true love, but you did not find love first. You found a boy to sim­ ply call your boyfriend.

So here’s the deal, love is a powerful world that either makes us want to throw things at the wall because we are convinced we will never find it or makes us all giddy inside and scribble hearts inside our notebooks.

Whether you are the lonely anti-love type or the hopeful romantic, love will find you in the end when and when it does, you will know.

I consider myself stuck directly in the middle of the “I eat my feelings” and the “I cry every time I watch The Notebook” type.

And while I feel like eating a pint of ice cream, bashing relationships I see on Facebook that I don’t think represent real love, I know that when I least expect it, love will sneak up on me. And it is the times I find myself crying when Noah tells Allie in “The Notebook,” “It wasn’t over, it still isn’t over, it is just that...” I am convinced that they can end up being the happiest.

So stop looking for love because you may have your eyes so focused on finding it that you may end up being blind when it finally finds you.
The Egyptian revolution that overthrew Mubarak.

Thomas Jefferson and Thomas Hobbes had the right to choose their government, street to peacefully demonstrate that they displayed Hobbes’ principle of a social contract, which he first mentioned in his book The Leviathan. Hobbes’ believed that when individuals submit to be governed they enter into a contract that those who rule over them will protect their rights. These basic rights were inscribed into the human psyche by the brilliant American mind of Jefferson. When he stated that all men have the right to liberty, and the pursuit of happiness. But the right to revolt is entirely from the philosophy of Hobbes. He believed that once the monarch or ruler violated his part of the contract, the people had the obligation to overthrow the current government in a quest for justice. However, what makes this triumph for democracy so unique is something that neither Jefferson nor Hobbes could have ever predicted. Social networking had become a basis for staving differing ideas, organizing political groups, and peacefully assembling to ensure that one’s basic rights are being upheld. But due to websites such as Facebook, Twitter, and MySpace this right has been given to all people on the Internet, even if it has been prohibited to them in the public arena. Egypt’s revolution is proof the radical power the Internet has given to all people with access to a computer. It has stricken fear into the hearts of those who wish to limit the basic human rights of their peoples, and nothing displays this more than Mubarak’s attempt to shut down the Internet in the midst of the revolution. Countries such as Tunisia, Algeria, Yemen, Jordan, Iran, and Syria have all coordinated protests against their intolerant governments through social networking websites. These governments depict how effective social networking has been, as countries such as Iran have been violently dispersing the protestors, and in Jordan they have completed disbanded the Parliament in punishment for their peoples’ resistance to the rule of the monarch. Yet their protests have also met many successes. Besides the resignation of Mubarak in Egypt, the Tunisian president of 24-years, Zine al Abidine Ben Ali, resigned and fled, and Yemeni President Ali Abdullah Saleh, who has held the office since 1994, has also promised to resign. These successes are victories for Jefferson, Hobbes, and most of all democracy. But none of this could have happened if it were not for social networking websites and their allowance of universal freedom of speech and assembly. Who ever knew Mark Zuckerberg would be so influential?

Letter from an editor: Getting over Gaga

Dear Lady Gaga,

When you entered the music scene, you entered strong. You pushed the envelope as hard as you pushed your music. I admired you for your uniqueness and ability to stay true to yourself, regardless of what anyone else said. More so, I admired how you kept your work life and personal life separate. Sure, you would occasionally don a decapitated Kermit ensemble that may or may not have scared a few thousand children for life, but at least you saved that for Red Carpet affairs and not for a casual stroll to the grocery store. Recently, the line between your multiple personas has blurred and suddenly you’ve gone from super star to spectacle. I don’t know what sort of twisted rabbit hole you huddled down in your mind, but the rest of us are in the real world while you’re stuck in Wonderland. You have become a caricature of yourself and frankly, the antics are getting old. Everything you do has become as predictable as Lindsay Lohan’s trips to rehab. I think it’s time that you focus this energy elsewhere. Say for instance in your music… which recently, has been subpar. Your original sound has evolved into a series of ripoffs, starting with “Alejandro.” I’m not sure if you’re aware of this, but Ace of Base made this song a hit over a decade before you did when they released “Don’t Turn Around.”

Then there is “Born This Way;” a song I was actually excited for because you seemed to produce it out of thin air during your acceptance speech at the VMAs. “Finally” Gaga is going to return to her roots and bring us something original, I thought. Well I thought wrong. Clearly you had been listening to Madonna that day because this song is a rewrite of “Express Yourself.” I don’t want to take up too much of your time with a long-winded letter. I’m sure you have very important things to do, like write new lyrics to a Blondie song or plan your next sporting event debacle, so I’ll leave you with this: I’m tired of the unnecessary antics. I’m tired the tracks that sound like b-sides to records my mom listened to. I’m tired of you putting up this wall of chaos to try and make up for the fact that you haven’t evolved. You have made your point. You’re different. Now, I’m making mine. Nothing you do is original anymore. I have hope that one day I will stand corrected but right now, you’re too Gaga to function.

Sincerely,
Ashley Monaco
PERRY, GAGA, BIEBER ROCKED OUT AT GRAMMYS

Jaclyn Hendricks
Asst. A&E Editor

Who doesn’t love a little glitz, glamour, and Gaga? If viewers were expecting just another predictable award show, the 53rd Annual Grammy Awards were anything but.

The ceremony itself, which took place in Los Angeles this past Sunday, Feb. 13, gave recognition to those in the music industry who made their mark with impressive record and album sales this year.

As musical vets like Jennifer Lopez, John Mayer, and red carpet favorite Miley Cyrus made their way to the red carpet to showcase their fashion choices of the night, one look that stole the show was from none other than Lady Gaga. The pop queen of controversy didn’t do much to upstage the red carpet, she was not the only star who was the talk of the night. After a fight to the finish in the box office this weekend, Justin Bieber’s big screen debut, “Never Say Never” may have taken home over 30 million, as per BoxOfficeMogul.com, but it was not enough to score himself the Grammy for Best New Artist.

The 16-year-old superstar was up against former “Degrassi” star-turned-rapper Drake, alternative band Mumford & Sons, “Dog Days Are Over” songstress, Florence & the Machine, as well as relative newcomer Esperanza Spalding, who took home the gold much to the shock of the “Beliebers.”

“I think Justin Bieber should have won over some no-name artist,” said Bortolotti."I can’t believe she was even a nominee, let alone win the actual Grammy.”

Despite Bieber walking away Grammys-less, it was the pop-country trio known as Lady Antebellum who was the real winner of the night, taking home no less than five awards, including Best Country Album, and one of the biggest titles of the night, Record of the Year for their smash single, “Need You Now.” Even though the song was a success with listeners, the band admits they had little expectations that it would amount to Grammy winning time.

“When we wrote it, we didn’t think it was anything special. And who would have known,” said band member Charles Kelley to the press after his win. “We really wanted to make the Nashville and country music community proud.”

Both Lady Antebellum, as well as Lady Gaga were not the only ones sharing the spotlight in the winner’s circle. Eminem won for Best Rap Album and the “Grenade” dueling Bruno Mars instead caught his first Grammy for Best Male Pop Vocal.

To check out the full list of Grammy nominees and winners, log on to the official website, Grammy.com.

‘Glee’ following is growing

Lisa Manente
Staff Reporter

What do students, teachers (who can carry more than just a tune) and muses have in common? If you are thinking of the Golden Globe winning mega hit “Glee” on Fox, you’re right.

Kicking off its second mid season premiere following the Super Bowl on Sunday Feb. 6, the musical series broke records with a thrilling episode.

According to the Hollywood Reporter, the zombie-que episode brought in 28.6 million viewers, a series high and a television best for a scripted telecast in the last three years.

Television is not the only genre of entertainment the Glee cast is taking over. As CBS News reports, their rendition of the classic hit, “Don’t Stop Believing” by Journey, made its way onto the Billboard Hot 100 chart, peaking in the top 10, in addition to earning a Grammy nomination for “Glee: The Music, Volume I.”

“There’s nothing else like it on TV,” said Ken Tucker of Entertainment Weekly. “How else could a TV show have more aptly named than Glee? It both embodies and inspires exactly that quality.”

Sacred Heart University students seem to agree.

“The comedy is the best part. They make ridiculous, funny jokes about everything. Nothing is off limits,” said freshman Keith Johnston, the university’s band director. “The different ensembles are placed in different locations throughout the hall. Each ensemble performs a piece, and then another ensemble in another location performs. After all the parts have sounded individually, they play in unison creating a fantastic blend of harmony along the way.”

Among the selection band members have chosen to perform, pieces from Benjamin Britten, Steven Reich, Bach, Vivaldi, and even the Beatles. Though Johnston and members of the program are eager to top last year’s production, are other students intrigued by these musically inclined “Elements?”

“I’m thinking it will go well,” said junior Ben Bradley who plays the French horn in the band. “I’m looking forward to playing my favorite Bach piece called ‘Little Fugue.’”

As for choir Concert Choir, 4 Heart Harmony, and SHU L.O.V.E., will all be performing.

“I know it will go fine. We will be able to pull it together and have fun at the same time,” said Shaw.

Not to be outdone by the choir and band, Sacred Heart’s Theater Arts Program, or “TAP” will include different acts, including the student favorite of improv.

“I’m always looking forward to improv”, said sophomore Chris Lizio. “It’s like the show ‘Who’s Line Is It Anyway?’ You say things off the top of your head and take on different character roles. It’s a lot of fun.”

Although the excitement of the performers is sky high, so is the anticipation from the other students who are waiting to attend.

“I am excited for the concert,” said sophomore Nick Hunt. “I went last year and enjoyed it a lot. Hopefully it can be as good or even better this year.”

Not only will this program offer a variety of performers showcasing their talents, but it will introduce the campus community to what the performing arts programs encompass at Sacred Heart.

“We’re expanding what we already have here to create a well-rounded program that will offer SHU students even greater musical opportunities,” said Johnston. “We’re so thrilled to be able to include all of our performing arts for this unique, non stop event.”

‘Elements’ concert provides Wintery mix of entertainment

Megan Pulone
Staff Reporter

With the winter well underway, have you been feeling the “SHU-bluets?” Well, members of Sacred Heart University’s band, choir and theater programs have the perfect remedy for you.

Starting at 3 p.m. on Sunday Feb. 27, the musical trio of talent will step into the spotlight at the Edgerton Center for the second annual Elements Concert.

After kicking off its first ever “Elements” performance this time last February, the performing arts department hopes to come back with a bang this year.

“This year’s concert should be a lot better than last year,” said sophomore Vicki Shaw, a soprano in SHU L.O.V.E. “Since last February was the first time SHU actually held the Elements Concert everyone was overwhelmed. This year should run a lot smoother.”

The concert is set to include instrumental chamber ensembles such as Percussion Ensemble, Brass Ensemble, Woodwind Ensemble and a String Ensemble.

“The program is designed to literally fill the auditorium with sound,” said Keith Johnston, the university’s band director. “The different ensembles are placed in different locations throughout the hall. Each ensemble performs a piece, and then another ensemble in another location performs. After all the parts have sounded individually, they play in unison creating a fantastic blend of harmony along the way.”

Lea Michele is a fan favorite on “Glee.”

set to return to the series in a two-episode arc confirmed by Ryan Murphy confirmed to Entertainment Weekly.

“Glee” may be riding high on Grammy nominations, Golden Globe awards, among a string of celebrity guest spots, not all students are hopping on this high brow peanautical bandwagon.

“I don’t watch ‘Glee.’ It doesn’t interest me,” said freshman Jessica Dossantos. “I feel like there’s a lot of other teen shows already out there.”

Despite different opinions, “Glee” has found a solid fan base that will follow the show into the third season, and possibly beyond.

“It’s a turning point in television. It’s opening up a genre where parents and kids can watch a meaningful show together,” said Gallagher. “Many others claim they do this but they don’t. ‘Glee’ does.”

YW Staff

AWARD WASTE

Kate Perry rocks the Staples Center for the 53rd annual Grammy Awards.
There seems to be a trend in Hollywood lately: celebrities going in and out of rehab. This time, it's Charlie Sheen's turn to take some time off and figure out his life.

“Living on the edge has apparently caught up with 'Two and a Half Men' star Charlie Sheen, who entered a rehabilitation center Friday after a night of wild partying, allegedly involving porn stars and heavy drug use, landed him in the emergency room,” said Caroline Black from CBS News. The article also reported that Sheen received a "briefcase full of cocaine" during the night, and neighbors complained about loud noises.

Although this is not the first time that Sheen has been in the spotlight, it seems to be one of the worst situations he has gotten himself into.

"The guy definitely has a sex addiction, on top of a lot of other problems. I don't know if rehab is going to help him that much," said junior Brian Murphy.

"Especially since he is doing it from home instead of at an institution."

Aside from partying and doing undisclosed amount of drugs Sheen also had a run-in with a porn star.

"Porn actresses Kacey Jordan has told media outlets that a two-day party preceded Sheen's collapse,” said Alan Duke from CNN.

There is a lot of speculation as to what actually caused Sheen's rehab visit. Sheen's representative, like most PR reps has been trying to look out for his image and not divulge too much information. Sheen's representative later informed a hermosa for Sheen's pain and ambulance ride to Cedars-Sinai Medical Center,” said Alan Duke of CNN. "He did not respond to a CNN request for comment on the 911 call Wednesday."

Aside from the actor's personal life, his behavior is affecting "Two and a Half Men," and CBS, the network airs on.

"This actor's antics have caused a headache for everyone after rehab," said freshman Joe Adams. "He's done this before and fame got to him."

"The actor's antics have caused a headache for many, including CBS and series producer Warner Bros. television," said Caroline Black from CBS News. “On Monday CBS issued a statement announcing that production of 'Two and a Half Men' has been placed on hold while he is recovering."

Even Sheen himself has admitted to messing up.

Familiar radio personality in Fairfield Patch

WSHU's Kuser dishes on his life on-the-air, gives career advice

Bill Haug

Every morning at 5 a.m. in the back of Sacred Heart University's north parking lot, "The Morning Edition" with Tom Kuser airs on WSHU.

"I recently stated by the Fairfield Patch, "When the sound waves he projects land on your eardrum, they zero in on a pleasure zone and keep resonating there."

On a typical day in the studio, Kuser will start his show at 5 a.m. and finish between 9 a.m. and 10 a.m.

He starts the mornings of nearly 400 listeners in the tri-state area, particularly in Connecticut and New York.

Kuser has been with WSHU for almost 25 years, beginning his career as a classical music disc jockey. He worked in television and radio before starting his public radio career, and has been the host of the "Morning Edition" since 2000, according to the "Fairfield Patch."

"A college friend called me up, and asked me if I wanted to fill a spot on a part time classical show on Saturdays," said Kuser.

"But I wanted to fill a spot on a part time classical show on Saturdays," said Kuser.

"It was uncomfortable being the center of the feature, but it makes me wonder that this is what it feels like when I do a feature or report on someone," said Kuser.

According to WSHU's website, and Kuser's bio, under his direction, the station has been recognized as a national public radio broadcaster.

WSHU's mission is to broadcast NPR news on a local level, and "WSHU public radio is committed to making our community a better place.”

Kuser can be heard giving everything from weather and sports updates in the morning, to interviewing the latest political candidate. Kuser brings years of experience to the microphone every day he is on air.

For aspiring radio personalities Kuser advises: "As mundane as it may sound, learning to communicate is the best thing to do. While it sounds like it's each and something that should be second nature, it isn't necessarily. Being able to talk to your roommate or someone you know is communication but it isn't this same as putting something together that can touch a large group of people.

Kuser also emphasizes communication to help put people on the same page. "Listeners may not have the same thing in common, and your reports, have to bring them together," said Kuser.

"Advice to want to be disc jockies: "Learning how to write and craft your messages with your words in an effective way is important," said Kuser.

To read the full feature article in The "Fairfield Patch," on Tom Kuser visit www.fairfieldpatch.com.

Will 'The King's Speech' bring audiences to their feet?

Emma Levine

A&E Editor

A movie about a stammering King and the ordinary speech therapist who helped him make one of the most famous wartime speeches in history could make for a good historical fiction novel — but a 12 time nominated Oscar contender? I was skeptical. But, while some of my fellow Spectrum editors and I were in the theater, we could tell how much heart the movie had from the opening scene, when the future King (Colin Firth) begins stammering while trying desperately to deliver a speech.

The pain and suffering Firth brings to his character defini-ately warrants his Oscar nomination and I think he has a very good chance of winning Best Actor. The pain he brings to the role jumped off the screen and lit it along with every stammer and every word he tried to conjure out of his mouth.

The story follows Prince Albert as he gradually realizes he is to become the King of England instead of his older brother. This obviously creates some problems because the sooner he becomes King, he has a horrible stammer which only gets worse with nerves. His wife Elizabeth (Helena Bonham Carter) in a last attempt to help her husband's problem goes to Lionel Logue (Geoffrey Rush) a speech therapist and self-proclaimed actor who has un-conventional methods. Rush is really the crown jewel in this film's crown and the highlight of the film is seeing Firth and Rush interact in their scenes together.

For instance, in an early speech session, Logue tries to get the prince to loosen up and accept his methods but the prince is reluctant. Logue finally is able to have the him read "Romeo and Juliet" aloud while wearing earphones and listening to music, so as not to hear himself speak.

The prince becomes increasingly frustrated until he boils over and rips off the headphones and leaves Logue's office. Moments later Logue plays the record that he had been recording the prince's reading on and remarkably, we hear the prince's voice, stammerless and composed.

Another moving scene was when Logue was helping the now King practice his inaugural speech. He sits in the King's throne and the King becomes extremely upset and demands Logue to get out of the chair because only Kings can sit in the throne. Logue refuses to move. He then asks the King, "Why should I waste my time listening to you?" and the King yells back, "Because I have a voice!" Logue pauses and says, "Yes you do."

This moment in the film is when the hard work Logue put into helping the king is realized and the King starts to become King George VI.

I highly recommend this movie to anyone who appreciates a historical fiction film or to anyone who appreciates a good movie, watch out for this one on Oscar night, it may take the crown.

Colin Firth at the 18th annual SAG awards Jan. 18.
Scheduling some 'ME TIME' between snowstorms and schoolwork

Allison Bennett
Staff Reporter

With snowstorms that make it impossible to drive and buy schedules that prohibit free time, it can often be difficult for students at Sacred Heart University to maintain a healthy lifestyle. However, there are many simple steps that keep you fit without the hassle.

The university’s website has a section titled “General Guidelines of Healthy Eating,” which contains tips that include eating whole grains, green leafy vegetables, and nuts. It also encourages students to drink milk and water and advises to avoid skipping meals and eating deep fried foods.

Janice Vizzo, a personal trainer in Trumbull provided similar advice.

“Allison Bennett
Staff Reporter

Try to avoid sugary foods, fatty foods, white flours, marinades, bottled salad dressings, pre-made foods, and heavy sauces like white cream based ones,” said Vizzo. She recommends incorporating whole grains, like brown rice, into your diet.

There are many outlets that provide new information and tips when looking for ways to be healthy such utilizing the internet. For new information I use medical websites and health magazines,” said senior Rebecca Tafaro, an exercise science major. “I also like to read people’s blogs but you can’t rely on them as a verifiable source.”

The U.S. Department of Human Health and Services releases a set of guidelines for the general public every five years. The newest came out on Jan. 31. This set of guidelines focuses on SoFAS, an acronym created to remind readers to stay away from foods with solid fats and added sugars.

It also outlines which foods and lifestyle practices to stay away from as well as which foods and practices that will boost your health.

Sacred Heart students have their own ideas as to what foods will benefit their health.

“If I feel like I am coming down with a cold I immediately try to drink orange juice,” said junior Marc Gratta. “I’m not really sure if it works but it’s almost automatic.”

When everyone around you seems to be sick you may go straight for the orange juice for the Vitamin C according to WebMD. “There is a majority of evidence shows that taking high doses of vitamin C might shorten the course of the cold by 1 to 1.5 days in some patients.”

“Vitamin C is required for the proper development and function of many parts of the body,” the website stated. “It also plays an important role in maintaining proper immune function.”

The site also encourages you to drink frozen concentrate orange juice because it has more active Vitamin C than the common, prepared juice.

Another way to prevent illness and maintain a healthy lifestyle is to take vitamins.

“With vitamins you need to start with a foundation,” said Vizzo. “This means you need to start with a good multi vitamin.”

She also advises finding a vitamin with a natural plant base that isn’t synthetically made with a release time of at least 30 minutes.

Some state this is a very important step to staying healthy. “I think it is extremely important to take vitamins,” said Tafaro. “They help your body replace whatever nutrients it is lacking.”

As with food, each person will also have his or her own opinion on what vitamins are essential. “Some people may need more B’s or C’s and they can add supplements for that,” said Vizzo. “B’s are good because they turn food straight into energy.”

Even though it may be hard to stay motivated to exercise during the winter, it is extremely crucial to a healthy lifestyle.

“As a personal trainer, it is my job to interact with my clients to ensure that they stay focused. To stay motivated, try to keep changing your routine,” said Vizzo.
FEATURES 11

FEBRUARY 17, 2011

IPHONE 4 FINALLY DEBUTS ON VERIZON
Highly anticipated phone now available to more students than ever before

Shawnee Zyskowski
Staff Reporter

If cell phones were sports teams, the iPhone would be AT&T's MVP. According to first quarter data from 2009, 73 percent of AT&T’s new subscribers joined the net-to-first quarter data from 2009, 73 percent of AT&T's new subscribers joined the network for the iPhone. It also single handedly brings AT&T an additional 60 million dollars in monthly revenue

This income may be in jeopardy because after three years under an exclusive contract with AT&T, the iPhone is becoming available to Verizon customers as well.

"The release of the Verizon iPhone is going to drop AT&T's sales and future business," said sophomore Shawna Dagnall. Consumers that want iPhones are now able to go to Verizon, if they so choose, taking away potential AT&T customers.

While the service plans of both companies are fairly comparable price wise, they aren't service wise.

"AT&T has less coverage over the US geographical area," said Dagnall. Coverage isn't the only difference between the two.

While both phones are called the iPhone four, and both come in at a hefty $299.00 for the 32GB model and a slightly more manageable $199.00 for the 16GB model, they are not the same phone.

"The iPhone on Verizon won't be able to use data and voice at the same time like you can do on AT&T," said sophomore Kristina Miller.

Verizon's iPhone is on a CDMA network. When this network is in use, incoming calls interrupt the data flow.

"AT&T doesn't have anything major to worry about, because its iPhone is keeping a handful of features that the Verizon iPhone will not have," said Dagnall.

One feature that AT&T has sole custody of is the GSM, meaning that AT&T models are much less limited internationally than its Verizon counterparts.

Another reason Apple lovers might want to stick with AT&T is model variety. While the iPhone four is equally based breaking on both networks, AT&T does offer the 8GB iPhone 3G S. While the 3G S is of slightly lesser quality than the iPhone 4, it has many of the same features and comes in at only $49.00.

But the Verizon version does have a few advantages.

Unlike the AT&T phone, it can serve as a Wi-Fi hot spot. Preliminary tests done by business insiders also show that the Verizon iPhone loads web pages faster than its AT&T competitor.

It also has a different antenna placement.

The placement of the antennae on the AT&T model was highly talked about on gadget websites ever since Techie Bloggers said that holding the AT&T iPhone four can be tricky because certain finger placements disrupt the signal.

Apple responded on their website. "Every smartphone has a cellular antenna," they said.

"And nearly every smartphone can lose signal strength if you hold it in a certain way."

"To make sure our antennas work as well as they possibly can, Apple has invested more than $100 million building its advanced labs," she added.

"Our engineers have logged thousands of hours designing and testing iPhone 4 in these state-of-the-art facilities."

Despite never acknowledging the problem in the AT&T version, Apple redesigned the phone so that the antenna placement is different for Verizon, according to students who have received it for Christmas.

It is too soon to tell whether this new placement will fit the problem that Bloggers have named "antennagate." For AT&T users that do switch to the Verizon iPhone, the antenna placement replaces other buttons as well, meaning you'll need to buy a specific case.

Verizon users might not want to rush out and buy the iPhone 4 either.

"If you were to buy the iPhone on Verizon now you would be buying it towards the end of its product cycle," said Miller.

"Apple consistently updates the iPhone every summer so by the time you got one it would be out dated in about four and a half months."
The University of Connecticut's Rentschler Field was converted into an outdoor ice rink for the Whalers Hockeyfest last weekend.

Pioneers participate in Whalers Hockeyfest
First ever outdoor game in Sacred Heart history

Ryan Hannable
Asst. Sports Editor

Looking down from the press box at Rentschler Field in Hartford, normally you would see cheerleaders, yard markers and cameras surrounding the field. Sunday, Feb. 13 was very different, instead of a football field there was an ice hockey rink.

Sacred Heart took on UConn as a part of the week long Whalers Hockeyfest at Rentschler Field, home of the UConn football team. The Pioneers fell to the Huskies 3-1, but it was an experience that players and fans will remember for a lifetime.

"It was a terrific atmosphere. Both schools pulled the alumni games for it, if we are given the opportunity," said head coach Bruce Marshall.

An estimated $160,000 was used to install the outdoor rink, which didn't turn out to be an issue considering it was just set up last week.

"UConn came out head-hunting in the beginning part of the game and I thought we responded with some physical play of our own. We put a lot of pucks on net, but we just couldn't beat their goalie," said senior captain Patrick Knowlton.

The Pioneers tied the game at one, just a little over seven minutes into the period on the power play. Junior Matt Gingera found a little over seven minutes into the period on the power play. Junior Matt Gingera found Knowlton, it was the turning point in the game. We just had a break and just missed the net and then he came down and scored," said Marottolo.

That goal by Schneider was definitely the turning point in the game. We just had a break and just missed the net and then he came down and scored," said Marottolo.

The lead was 1-4 on the power play for the Pioneers. UConn won Friday nights game 4-2, which was played at the Milford Ice Pavilion.

The Huskies swept the weekend series with the Pioneers. UConn won Friday nights game 4-2, which was played at the Milford Ice Pavilion.

The Pioneers record is now 4-21-5 overall and 4-14-5 overall in the conference.

Students were able to take busses to the game for five dollars, which included the bus and a game ticket. Many alumni were also in attendance as well, and some participated in the alumni game that was held the day before.

"We couldn't ask for more from the fans. A ton of Sacred Heart fans came out to support us and we really appreciate it," said Knowlton.

Some thought that ice surface would be an issue considering it was just set up last week. An estimated $160,000 was used to install the outdoor rink, which didn't turn out to be an issue for the players.

"It was good, there was no real effect. We didn't really need to adjust. It was nice and fast," said Knowlton.

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The Pioneers record is now 4-21-5 overall and 4-14-5 overall in the conference.

Sacred Heart has four games remaining in the regular season. They are two weekend home and home series' with Holy Cross and Army. Every team makes the playoffs in Atlantic hockey, so there is still hope for the Pioneers.

"We need to get some momentum for the playoffs. We all know that there are a lot of Cinderella teams in the playoffs and we are hoping that will be us. Despite our record we are continuing to work hard and having fun," said Marottolo.

Sacred Heart returns to action tomorrow night (Feb. 18) when they travel to Worcester to take on the Crusaders of Holy Cross. Both teams will face off two days later (Feb. 19) in a home game at the Arena at Harbor Yard in Bridgeport.

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The Spectrum/Sean Elliott
Left: Senior captain Patrick Knowlton.
For her second consecutive year, Sacred Heart senior Cross Country Staff Reporter Eddie Cacioppo  

sustained their lead resulting in a second set victory for Pioneers forcing them to take a time out to end the match at 28-26 shutting out the Patriots 3-0. "The men played aggressive and smart tonight. They remained focused throughout the first three sets; this match was an excellent team effort overall," said Machan.  

Numerous points scored by Sacred Heart's men's volleyball tri-captains were exceptional," said Machan. "Both the Pioneers and Patriots continued to battle it out for the second set win with a close score at 21-19. Sacred Heart earned the next four consecutive set points and secured the lead ending in a second set victory for Patriots at 25-22. With two set wins behind them, the Pioneers were determined to win the third. Sacred Heart quickly gained a lead over the Patriots forcing them to take a time out to re-focus.

The time-out proved to be effective for the Patriots because they fought hard to tie the score 19-19. The Patriots sustained their lead resulting in a two-point advantage over the Pioneers at 22-20. "Pat Sibley's serves at the end of the match were strong. I hope that it puts you in the hard work, that you can succeed and I hope it shows them that it is possible to do both (academics and sports) and have fun along the way," said DeLoreto.

With the title of scholar-athlete, comes a perceived conception of a metaphorical balancing act that students, such as DeLoreto, must partake in order to triumph in both aspects of their daily lives. "I'm not going to lie, I'm a big stress ball," said DeLoreto. "But I think sports give me that drive to make sure I stay on top of things just how you have to make sure with schoolwork that you have your assignments when they are due and give 100 percent to insur that you get a good grade."

DeLoreto described how the same kind of work ethic goes into sports as well. And she did excel. Shortly after enrolling at Sacred Heart, she took her education to the next level by entering into the honors program. Keeping up with the high demand and determination expected from a student-athlete and honors students, DeLoreto proved she has the ability to succeed under strenuous academic and athletic conditions. "I'm glad that I am excelliing in my schoolwork and my performances on the court are strong. I hope that it shows people that if you put in the hard work, that you can succeed and I hope it shows them that it is possible to do both (academics and sports) and have fun along the way," said DeLoreto. "But I think sports give me that drive to make sure I stay on top of things just how you have to make sure with schoolwork that you have your assignments when they are due and give 100 percent to insur that you get a good grade."

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**Sports**

**Season high in turnovers hurts Pioneers**

Ryan Hannable  
Asst. Sports Editor

Sacred Heart and Quinnipiac met Monday night at the Fit Center as a part of NEC Rivalry week. The 1,046 fans in attendance were treated to an intense and hard-fought game, but in the end it was the Bobcats pulling away for a 55-48 win.

Turnovers proved to be costly for the Pioneers as they committed a season-high 24 turnovers.

"Twenty-four turnovers is just too many turnovers to make. You are going to make aggressive turnovers, but twenty-four is too many," said coach Dave Bike following the game.

Sacred Heart trailed the entire game until a Jerrell Thompson layup with 6:39 remaining in the second half gave the Pioneers a 43-42 lead.

Quinnipiac called a timeout, immediately responded by going on a 6-0 run, to regain the lead, 48-43.

The resilient Pioneers refused to go away and tied the game back up at 49. Quinnipiac's Chris Evans hit two free throws, which followed by a clutch three pointer by freshman Louis Montes that tied the game at 48 with 2:21 left in regulation.

Quinnipiac guard James Johnson hit two clutch three's with the shot clock winding down on back to back possessions, which gave the Bobcats a six point lead and sealed the deal for Quinnipiac.

"[Johnson] was 2-10 shooting before those two shots and didn't really have a good game. Those were two big shots. He won the game for them," said Bike.

The first half was very sloppy for both teams. They shot a combined 16-62 from the field. There were also 19 combined turnovers, 13 of which were by the Pioneers.

Sacred Heart did not score for 6:25 of game-time, but luckily for them Quinnipiac only scored six points during that stretch. The teams entered the locker room at the half with the Bobcats leading by two, 21-19.

Quinnipiac started the second half strong jumping out to a quick eight point lead and stayed in the game, until Thompson tied the game and set up the intense finish.

The two teams met last Wednesday, in a game that the Bobcats won 92-80 and completely controlled the boards, out rebounding the Pioneers 44-25.

This was something that Bike wanted to improve on in the rematch.

"We got our butts kicked on the boards in the first game. They have a lot of height and are really good at back rebounding. They are the best in the league. We worked on it a lot in practice and wanted to create some over the back calls, which we did," said Bike.

Montes led the Pioneer attack with 12 points and 13 rebounds. This was the first double-double for the Pioneers in over a year.

"[Montes] had a hell of a game. He went after it and got the message from practice," said Bike.

Thompson added 13 points and five rebounds. Junior Stan Dulaire also contributed eight points and six rebounds.

The loss dropped the Pioneers to a 9-16 record, and a 4-10 mark in the NEC.

Sacred Heart will be back in action tonight (Feb.17) when they play at Central Connecticut State in a 7 p.m. tip-off.

Over the weekend the Pioneers will travel to Bryant on Saturday in a 2 p.m. start. The game will be televised live on MSG.

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**Men's tennis drops early season matches at BC, BU**

Ryan Ursos  
Staff Reporter

Last weekend the Sacred Heart University men's tennis team traveled up north to Massachusetts and went head-to-head against both Boston College and Boston University. In both tournaments the Pioneers suffered heart felt losses, first to the Boston College Eagles 6-1, followed by a close 4-3 defeat from the Boston University Terriers.

The team coming off a 7-0 loss at the hands of Dartmouth, which we ended up losing. They are a very strong team so we weren't too disappointed considering BC had not lost hope.

"So far the season has been going pretty well unfortunately we have only had one match against Dartmouth , which we ended up losing. They are a very strong team so we weren't too disappointed considering it was our first match of the season and we didn't play to poorly overall", said junior Chadd Sullo.

Both the Eagles and Terriers tennis programs are considered to be high-level teams, which would pose difficult match-ups for the Pioneers.

"Our team's attitude is very optimistic about using matches like these, against stronger teams, to continue improving and executing things we have focused on in practice, which hopefully will help us with our ultimate goal of getting into the NEC Championship come April," said Sullo prior to the match.

"Overall, I believe that this team will not be able to achieve the ultimate goal of winning the NEC Championship.

The Pioneers are set to face Army, tomorrow Feb. 18 with a start time slated for 5 p.m.

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**MLB teams ramp up rosters in off-season**

Liam Koecklein  
Asst. Sports Editor

Despite what the calendar may tell you, the first day of spring is not Mar. 20 this year, and if you do not believe me just ask Mother Nature.

The first day of spring was actually on Monday, Feb. 14, a beautiful day in Fairfield, Conn., as pitchers and catchers reported for spring training to officially mark the beginning of baseball season.

This brings an end to a winter full of free-agent signings, raising many questions to what will compete for this season's World Series.

The Philadelphia Phillies and the Boston Red Sox certainly showed that they were willing to do whatever it takes to win baseball's biggest prize, signing several big names to facilitate their rosters for 2011.

The most surprising move of the off-season had to be the stealing of another superstar starting pitcher in Cliff Lee by the Philadelphia Phillies.

Thus the Phillies have assembled possibly the most dangerous starting rotation in the history game, constituting a staff that consists of Roy Halladay, Cliff Lee, Roy Oswalt, Cole Hamels and as of right now, Joe Blanton.

This rotation has some fans wondering if the Phillies, who have a potent offense as well, will be able to set a Major League Baseball record and win over 120 games in the regular season.

The Red Sox went in a different direction this winter, obtaining two perennial offensive all-stars to solidify their lineup.

Making a deal with the San Diego Padres for first baseman Adrian Gonzalez, and signing free-agent left fielder Carl Crawford. The Red Sox's have seemed to adopt the Yankees' strategy towards winning championships by throwing money at their problems. Giving Gonzalez $161 million for eight years, and Crawford a seven-year $142 million dollar deal.

The Red Sox's total payroll for the 2011 season is estimated to be around $180 million range, closing the gap on the Yankee's who have lessened their payroll to $91 million for this upcoming season.

In New York City, the Yankees and the Mets have acted cautiously this off-season by refusing to spend millions of dollars. This seemed to be an uncharacteristic move for the Yankees, who after losing the coveted free-agent Cliff Lee settled for catcher Russell Martin and relief pitcher Rafael Soriano.

The Mets are in an abysmal state of affairs. As they continue to struggle financially from their owners, the Wilpon's involvement in the Bernie Madoff scandal.

The Mets have not made any sort of major off-season acquisition, which coupled with the Phillies actions has made certain that this will be a long season for the Citi Field residents.

In other baseball news, St. Louis Cardinal's slugging Albert Pujols has demanded a deal totaling 10 years at $300 million dollars. The contract that would finish around the $300 million dollar mark would be the most expensive contract in American sports history, but it is unlikely to happen at its current terms.

Nonetheless, in baseball hope springs eternal, and as of today all 30 teams believe that this year must be their year.

Let's see how long it lasts.
Blake Campbell  
Staff Reporter

The sounds of basketballs and rubber soles gripping the hardwood echo throughout the gym. On the court, 10 young men work on shooting and ball handling. On the sideline, several coaches discuss the current state of their basketball team as their players partake in a voluntary shoot around.

This isn't an unusual sight at the William H. Pitt Center at Sacred Heart University. Coach Dave Bike expects well-rounded student athletes with focus on getting the job done on the court as well as in the classroom. Bike and his staff have the luxury of coming in to work whenever they choose. His players follow in the same trend as each individual player forms a schedule based off their own work habits. Managing your time according to what best suits you is essential to being efficient and successful.

"We get here and we do what we have to do and I try to get that across with the assistants. You work how long it takes to get the job done," said Bike.

Bike considers himself a math person. This helps with the business aspect of the occupation. He doesn't mind budgeting, and can often be found on game day working the books.

"We [the coaches] share all the responsibilities of everything. We work well together and it keeps us busy and pretty efficient as an organization," said Bike.

As for the athletes, Bike expects them to budget their time in a way that ensures personal success, which translates to team success.

"I've been pretty levelheaded keeping things in the proper perspective knowing how important the education is, not this idea that you have to win at all costs," said Bike.

This philosophy of being a student athlete as opposed to an athlete student has shown through his players in their daily routines. The epitome of a student athlete is senior Jerrell Thompson.

"I usually get up early in the morning around 7:30 or 8 a.m. to start doing my homework. I never schedule classes for earlier than 7 or 8 a.m. I don't want to leave much time in the day for leisure. "After practice, I'll have class and do some homework. I get to bed around midnight or 1 a.m. There's not a whole lot going on during the week," said junior Nick Greenbacker.

"That's because we have a lot more free time and depending on our game schedule, we might be able to go out a little bit."
Sophomore defensemen Mitchell Stretch (#7) advances the puck behind his own net in the Whalers Hockeyfest last Saturday. The Pioneers fell to UConn 3-1.