

Thursday, January 27, 2011

Sacred Heart University - Fairfield, Conn. Volume 27, Issue 12

Blizzard blankets Bridgeport, SHU must go on

News Editor

In the wake of December's unusually high level of snow fall, Sacred Heart University's campus, as well as the surrounding community, remains inundated with snow. While some students might like the sight of a winter wonderland, others fear the complications it presents to daily

The campus operations department has been working with the department of public safety to keep the campus safe, doing everything from putting salt on the roads to plowing and shoveling the snow.

Jack Fernandez, the director of public safety, spoke about the measures that Sacred Heart's staff has been taking to ensure that faculty and students are kept out of harm's way during this cold and snowy weather.

"The campus operations department and the public safety department teamed up and conducted safety checks of the entire campus," said Fernandez.

More recently, the crew of campus operations was plowing the snow off of the sidewalks on campus, widening throughways for students.

"Public safety had the parking spaces blocked off in North lot," said senior Spenser Modica. "There is way too

Other students have experienced some problems concerning the large amount of snow on and around the school's campus.

Senior Caitlin Cofell said, "The paths on campus are really narrow and when the plow went by, it pushed the snow back onto the paths so you couldn't really walk on



Sacred Heart's campus remains blanketed with snow following December's North American blizzard of 2010.

However, only minor problems have been reported to the school so far.

attention because the wind blew snow back onto the sidewalk," said Fernandez.

Some drivers have experienced difficulties on local "We received calls about sidewalks that needed more roads surrounding Sacred Heart due to large piles of snow

See WEATHER on page 3...

PICOULT EXPLAINS 'FACT BEHIND FICTION



NY Times best-selling author Jodi Picoult speaks on campus as part of the Student Affairs Lecture Series. Elizabeth Fish News Editor

New York Times best- selling author Jodi Picoult took the stage of Sacred Heart University's Edgerton Center, Monday, Jan. 24, as part of this year's Student Affairs

Picoult opened her talk, "The Fact Behind Fiction" by reflecting on her time she spent as an undergradate student, studying writing at Princeton University.

"They told me to write about what I know," said Picoult. "It didn't take me long to realize that I knew absolutely nothing."

In the talk, the author discussed three of her novels and the extensive research she had to complete before she wrote each one.

"I sometimes spend more time doing research than actually writing the fiction," she said.

The first book Picoult discussed was "Second Glance," her tenth book published in 2003. For this book, she described to the audience the amount of time she spent researching everything from the Vermont Eugenics Project to ghost hunting in order make the book accurate and realistic.

"I got in touch with the ghost hunters in Rhode Island long before they were famous," said Picoult. "They decided to take me out ghost hunting."

The second book that Picoult brought up was "Nine-

teen Minutes," her first book to hit number one on the New York Times bestseller list after its publication in 2007. The novel's content is based on bullying and inspired by school shootings that have taken place around the country. Picoult first began researching the Columbine shooting that took place in Littleton, Colo. in 1999.

"I began doing research with the police of Littleton. They put me in touch with the grief counselors," she said. "Almost exactly one month after I published 'Nineteen Minutes,' there was another school shooting - Virginia

Picoult began to offer advice that stemmed from the multiple school shootings and the overall concept of bul-

"The way to stop these things from happening is to stop believing that they can't happen to you," said Picoult. "I feel badly for the parents who have their heads in the sand and won't talk to their children about these things."

She then moved on to talk about a third book, "House Rules," in which required her to explore autism. One of the characters in the book has Asperger's syndrome, which is a high-functioning form of autism, according to the website Aspergers.com "I wanted to write this book because I have a cousin who's adopted, who's profoundly autistic,"

"She spends as much time researching facts as she does as writing the book. I like how she took a risk to bring up the Autism/Vaccine debate. I thought she had a

See PICOULT on page 4...







ROTC PROGRAM RELOCATES TO UNIVERSITY OF NEW HAVEN

Andrew Aleman

Contributing Writer

Students are coming back to Sacred Heart University to find several changes, some as noticeable as the construction of the Student Common building, and other changes such as the removal of the Army ROTC (Reserve Officer Training Corp) program. The program recently relocated to the University of New Haven, effectively eliminating military science courses.

The Army ROTC program at Sacred Heart University was a second tier program that brought together students from the local universities such as Yale and Fairfield to name a few. The students would take military science classes, and obtain their commission as the Sacred Heart campus was the host site for the program.

Dr. Rose, department head of Political Science, was key in bringing the program to the Sacred Heart University and was also the keynote speaker at a commission ceremony where most would be leaving to Afghanistan and Iraq.

Dr. Rose was "very disappointed" by the removal of the ROTC program and tried over winter break to keep the program at Sacred Heart University. However, the University of New Haven was able to attract the program with incentives such as more office space, dedicated classroom space, more storage, and ROTC minor academic program. The University of New Haven also had more ROTC participants than the Sacred Heart University program.

The removal of the ROTC program at Sacred Heart affected those in the program and those outside the program. Those who are Sacred Heart students were not offered compensation for the change that occurred during winter break, causing scheduling conflicts with several students who now have to commute to University of New Haven for class.

For students outside the ROTC program, there were several classes that were removed from the military science program, such as War and Conflict because of the departure of the assistant professor, CPT Robert Henry, who ran the ROTC program.

Sophomore Jazmin Torres, a self proclaimed "army brat," believes in the diversity and quality that the ROTC program brings to the university and the students.

"With the program being relocated to a different university, the quality of education of the students has changed in my opinion and undermines the benefits that the students would receive if they were to attend Sacred Heart University," said Jazmin Torres.

Junior Katie Nichols said, "It is really unfortunate for all the people affected. Now they have to wake up even earlier to do PT [Physical Training]."

Even though Nichols is not a member of the ROTC program, one of her classes, War and Conflict, was removed.

Nichols said, "It's a huge problem to find another class that's open last minute and fits your major criteria"

Sophomore Maxim Kalistratov, a political science major, had a similar experience as Nichols with the removal of the class.

"I'm sorry that I never got to experience the class," said Kalistratov. "The removal narrowed my choices and lowered the quality and availability of a rounded education."

Sophomore Lauren Cebello said, "It is weird that they are not going to be here anymore, because I would see them running in the morning and performing their training, and it was a great opportunity for the people who could not get into the military academics such as WestPoint, an opportunity to get enter the military while still getting a degree."

Even though the University was not able to retain the program, Dr. Rose, said that he was "very proud that the university was host to the program."

New grad programs in the new year

TESOL, ESAM programs among additions

Frank Morrone
Assistant Copy Editor

There might be incentive for seniors graduating this May to stay at Sacred Heart University, or for new students to matriculate.

The graduate catalogue for 2011-2012 is expanding, and will include a part-time certificate program in adult education for TESOL (teachers of English to speakers of other languages), as well as a full-time ESAM (environmental systems and management) master's degree program. The inaugural TESOL course began this January, while the ESAM course is scheduled to begin the following fall semester.

Enrollment in the TESOL program does not require previous experience with foreign languages, and a bachelor's degree from any subject area qualifies. The program consists of four three-credit courses divided into two semesters. The curriculum focuses on educating adult students about linguistic theory, teaching methodology, learning evaluation, and education for the student who may have a learning disability.

"The teaching method taught to absolute beginning ESL (English as a second language) student is called Total Physical Response (TPR)," said Madeleine Monaghan, director of the English Language Institute at Sacred Heart. "It includes active engagement, role play, and demonstrative teaching" that is effective for secondary language acquisition.

A benefit to this program is that several ESL courses are taught at both the Sacred Heart Stamford and Fairfield campus. This resource will work in partnership with the TESOL program in order for students to complete mandated classroom observations and teaching practicum.

"About 30 percent of students have a learning disability," said Monaghan, who spoke of the importance of the program's course that addresses adult learners with disabilities. It will cover an area she said, "is under-researched and under-documented," and will help student teachers distinguish between the difficulties of learning a second language and the signs of a learning disability.

According to the Bureau of Labor Statistics, "significant employment growth" is anticipated for TESOL teachers. Adult instruction of ESL typically means teachers will encounter less behavioral and motivational problems from more mature students as they are highly engaged and motivated to learn

"Even though I'm not planning for a career in teaching ESL," said sophomore Christopher Connelly, "it's good to know I can complete the required course work in less than a year if I had a change of mind."

As for turnover rate, Monaghan said, "In twenty years, I have never seen an ESL teacher leave the career."

For those students more inclined towards careers in science, the biology department is offering the two-year ESAM, which will extensively cover case studies and problem solving concerning environmental sustainability and pollution prevention. Director of the program and de-



Dr. Kirk Bartholomew is director of the ESAM graduate program and chair of the biology department.

partment chair of biology, Dr. Kirk Bartholomew said the program is "hands-on," and not intended to be training for lab technicians.

"The program is designed for students to go out into environmental situations and understand what is happening," said Bartholomew.

The course work requires students to take an interdisciplinary approach, spanning the breadth of natural sciences to understand ecological issues, as well an awareness of the human influences that affect them. The nearby Housatonic River will be a work site for the program that will provide a vast resource to study the relationship between the populations that affect the watershed, and the subsequent environmental impact.

"The environmental field is in a transitional phase, from remediation, to not messing up things in the first place," said Bartholomew, referencing the infamous General Electric Company's (GE) discharge of polychlorinated biphenyls (PCBs) that contaminated the Hudson River with harmful pollutants.

Students of ESAM will poise themselves for careers in environmental consulting, private industry, and government agencies, in a career field that is projected to grow, according to Bartholomew.

Further questions about TESOL can be directed to Monaghan at (203) 365-7528 or by e-mail at monagham@sacredheart.edu. Questions concerning ESAM can be directed to Batholomew at (203) 371-7740 or by e-mail at bartholomew@sacredheart.edu.

New programs added for 2011

- * Master's in Communication
- * Master's in Psychology
- *TESOL (Teachers of English to Speakers of Other Languages)
 part-time certificate program
- * Master's in ESAM (Environmental Systems and Management)

Weather poses mobility problems for campus community

on street corners that sometimes prevent the drivers from seeing oncoming traffic. Fortunately, no car accidents have been reported on campus.

Most of the snow is from a large storm that occurred on January 12. According to a website called Gather, the storm was the largest one to hit the greater Hartford area since 2006, accumulating over 20 inches in some areas.

Snowy weather caused the University to close twice during the winter break.

"The University closed at 3:00 p.m. on Friday, Jan. 7, 2011 and then closed for the second snow storm on Wednesday, Jan. 12, 2011. However, the University re-opened on

time on Thursday, Jan., 13, 2011," said Fernandez.

Whether or not more snow will hit the Bridgeport and Fairfield area before the end of winter, staff members will be working together to keep the campus cleared and safe with what snow the school already has.

"I want to thank the campus operations snow team managers and the snow team members for the excellent work they did with both snow storms. The team worked long hours to make sure that the campus was safe and ready for the university community," said Fernandez.

SEARCH COMMITTEE AIMS TO SELECT PRESIDENT BY FALL 2011

Erin Murtagh Assistant News Editor

As the new year is under way, so is the search for Sacred Heart University's new president. Since Dr. Anthony Cernera's sudden resignation at the end of October, Dr. John Petillo has been temporarily serving in his stead.

"My experience so far has been outstanding," said Petillo, when asked whether or not he plans to enter his name to the University-based presidential search committee. "And that is what makes my decision to enter the process even more deliberative."

Previously the Dean of the John F. Welch College of Business, Petillo must make a decision within the next few weeks in order to be considered by the committee.

University Trustee, James Morley, chairs the 15-member search committee, and according to him, things are going according to plan. With a completed job description in place, interviews are set to begin in March and end at the beginning of the summer.

"The search process should be completed by the end of June," said Morley. "Our plan is to have SHU's new president in place by September."

According to Morley, the University has solicited the efforts of Isaacson, Miller to work in conjunction with the committee. The national executive recruitment firm was used during the selection of Sacred Heart's last two academic deans.

"Isaacson, Miller has launched a national ad campaign, and nominations from members of the SHU community will also be considered," said Morley, who assures the decision will involve the full spectrum of the school community.

"Representatives of the faculty, staff and student



Photo courtesy of Tracy Deer-Mirek

University Trustee James Morley serves as Chairman of the presidential search committee.

body will have an opportunity to interview the final candidates sometime in April."

As for the time being, Morley commends Petillo for his efforts in the interim. "Under his skillful leadership, the work of the president's office and the University is continuing uninterrupted."

Who would you choose for the next president of Sacred Heart?

- "Chelsea Handler"
- Michelle Aptekin, sophomore
- "Arnold Schwarzenegger"
- Mike De Nicola, senior
- "Ghandi"
- Kassy Martin, junior

New program offers college credit for work and military experience

Brittany Foy
Assistant News Editor

For those returning to school after either military or workplace experience, earning college credits can sometimes be time-consuming and expensive. Sacred Heart University recently entered a select number of universities who provide students with a way to further their education through skills they may already have.

With the expanding job market becoming more competitive over recent years, it has been projected that more than half of available careers will require some degree of higher education. This means that in order for the United States to compete with such a workforce, not only will students need to be trained more efficiently, but adults too.

The Council for Adult and Experiential Learning offers the solution of the National Pilot for Prior Learning Assessment. The goal of the curriculum is simply to allow adults who have not received a college or other degree to earn college credits of what they have already learned from work experiences.

"With a life of work experience, it is an opportunity to earn college level credit," said Dean of University College Mary Lou DeRosa.

According to the Learning Counts website, earning college credit for prior life skills is an easy process through one of three ways. Students can write about, film a demonstration of, or have a professional verify certain work experience. The selection is then presented to a college professor to be evaluated for content and relevance to the subject involved. The site also provides information regarding how to compile a portfolio for review.

"Some examples [of work] would be students who have served in the military, have worked in technology,

marketing, [or] computer science," said DeRosa, "and never completed their degrees."

Since students are earning credit for knowledge they have previously acquired, skills learned outside of the classroom are being brought in.

"A recent study on Prior Learning Assessment (PLA) showed that adult students with PLA credit had higher graduation rates, showed greater persistence, and needed less time to earn their degrees," according to Learning Counts.

The Council for Adult and Experiential Learning Web site promotes that those who have served in the military or in governmental agency may have college credentials without realizing.

"The American on Education (ACE) evaluates training offered by the military, employers, and professional associations to see if it is at a college level," said the website. "ACE also evaluates registered apprenticeships, professional certifications and exams."

Sacred Heart's Stamford campus also hosts a testing site for applicants completing exams to be gauged for college credits. The university currently offers approximately 45 majors and all are eligible to participate in the Prior Learning Assessment pilot.

The Prior Learning Assessment pilot is a program hosted by one hundred schools nationally. Sacred Heart is the only university in Connecticut selected to participate in the program.

According to DeRosa, "Once the pilot is complete, we will have faculty prepared to review portfolios in a standardized format and a system for helping students to create portfolios of their work."

For more information about the Prior Learning Assessment pilot, visit Learningcounts.org.



Photo courtesy of Tracy Deer-Mirek

Mary Lou DeRosa, dean of University College, manages enrollments for adult part-time students.

What you missed in national news over the winter break...

- -- New Congress was sworn in on Jan. 5.
- -- Shooting in Tuscon: Jared Loughner shoots 19 people in attempt to kill a U.S. Representative.
- -- Jan. 12: Snowstorm hits New England, depositing over 20 inches of snow in some areas.
- -- Australia has a deadly flood crisis from rains that began in November.
- -- Obama's State of the Union on Tuesday, Jan. 25 called for a five-year freeze on all discretionary government spending outside of national security.

(Source: Associated Press)

Picoult discusses behindthe-scenes research for novels with students

...CONTINUED from page 1.

powerful message about bullying in the school system," said graduate student Lisa Mariani. "I loved how honest she is and her sens e of humor." The talk ended with a question and answer session and a book signing. Students left the presentation holding the author in high esteem. "She [Picoult] was fantastic," said freshman Al-

Other students had similar reactions. "She was amazing and really funny," said freshman Samantha Purnell. "She was also very relatable, and you got the feeling that you could be friends with her."

Picoult offered some final words of advice when a reader asked about the personalities of the characters in her novels and her relationships with them. "There's a very fine line between schizophrenia and a published writer," said Picoult. "The difference is that a published writer gets paid."

Picoult's Works

How many have you read?

- Songs of the Humpback Whale (1992)
- -- Harvesting the Heart(1994)
- -- Picture Perfect (1995)
- -- Mercy (1996)
- -- The Pact (1998)
- -- Keeping Faith (1999)
- -- Plain Truth (2000)
 - -- Salem Falls (2001)

- -- Perfect Match (2002)
- -- Second Glance (2003)
- -- My Sister's Keeper (2004)
- -- Vanishing Acts (2005)
- -- The Tenth Circle (2006)
- -- Nineteen Minutes (2007)
- -- Change of Heart (2008)
- -- Handle With Care (2009)
- -- House Rules (2010) Source: JodiPicoult.com

OMETHING FOR EVERYONE

(203)873-0776

MOES.COM





BURRITOS, TACOS, QUESADILLAS, KIDS MEALS SALADS, CATERING & MUCH MORE!



WITH THE PURCHASE OF TWO LARGE DRINKS.

One Coupon per person, Not valid with other offers or coupons, Lesser Priced Item Discounted. Valid only at Moe's Fairfield location. Offer Ends 2/28/2011



PERFECT FOR THE BIG GAME PARTIES, FACULTY MEETINGS, SPORTS BANQUETS, YOU NAME IT! CHECK OUT OUR FACEBOOK PAGE FOR ... THE BIG GAME CATERING PACKAGES 👑



SHU Said It!

What were the best Sacred Heart moments of 2010?

"Alumni weekend was the best SHU moment of 2010. It almost made me feel like I was as a bigger school. Everyone was supporting our teams. The turn out was really great and it's good to see graduates still supporting the school."-senior Andrew Orlandi

"St. Patrick's Day was so much fun. My friends are in a band called Nonsense and they put on a great show at Toad's Place. Literally everybody I know was there that night and it was a great night with friends." -senior Chris Daly

"SHU hoops madness was my first pick because I really felt a lot of effort was put into the event and a lot of people responded to it. It was a great night to spend with friends that was right on campus, and gave people a chance to show support for two teams that really deserve it." -junior Jane Hanna

"A great moment for myself and the SHU community was the candle light service for Matthew Dalling. That was a time where SHU came together in such a beautiful way that will be remembered by students for a lifetime." -senior Chris Daly

"Community Connections here at Sacred Heart University is without a doubt the best moment I have experienced at SHU in 2010. We were all incoming freshman about to embark a journey which we have been told is and will always be the best time of our lives. We entered as a group of strangers, and left as a family. This was a week filled with memories, community service, inside jokes, and most importantly reflection.

"Every night after dinner we were asked to reflect on our day within our small groups. At the end of the week it was evident to every single person that we were not only chosen to be a part of Community Connections so we could better the greater Bridgeport area with our service, but also, to better ourselves. I will never forget that week - a week where a group of strangers came together for a common goal and left as not only friends, but a family." -freshman Jordan Aglieco

HOW DID SHU RING IN THE NEW

Brittany Calvanese Asst. Perspectives Editor

A new year, a new you and same old plan? Or, did you choose an extravagant affair to help ring in the New Year?

Many students perceive the hype that goes along with the holiday as annoying and believe that the night has too much build up behind it. Many believe the holiday puts pressure on students to do something extreme or else the night will be considered a failure.

"New Years Eve is overrated," said senior Caitlin Cusano. "Everyone makes it seem like it has to be the best night ever and a lot of times it ends in disappointment. People hype up New Years Eve so much people are willing to spend too much money and bars and other vendors take advantage of that."

However, not everyone believes that New Years Eve is overrated, and some embrace the extravagant tradition.

Some students believe that it is the one night of the year when you should take advantage of being able to go over the top with celebrations.

"I went to Las Vegas for New Years

Eve with my family and friends. I think pre-planned parties, restaurants, bars, etc. are a good idea but to me, it's not always worth it," said junior Maile Hetherington.

"I had such a great time spending the night with my close friends and family and just went where the night took us. To me it's all about spending it with good people, being spontaneous and having fun," she said.

Every year bars, restaurants and event halls offer special New Years Eve parties that sound ideal to many, especially to those of college students.

However, what do those college students that are not of legal age to drink do instead as most places require all to be of

"Even though I'm not 21 yet, I was still able to do everything I wanted in Las Vegas. It was an unforgettable New Years Eve and I'll have the rest of my life to be 21 and over," said Hetherington.

Freshman Daniel Devlin was also able to find entertainment for the night.

"I went to one of the pre-planned events for a New Years party with kids from my neighborhood from the ages of 17 to 21," said Devlin.

Sacred Heart University is conve-



Millions of people chose to ring in the New Year by watching the ball drop in NYC.

niently located in the between New York City and Boston, so many students utilized the cities as they have what seem to be endless amounts of opportunities for the eve-

"I spent my New Years Eve first going to the Celtics vs. Hornets game in Boston, followed by going out to a planned party at a bar in the city. I do feel like they are overpriced, but it is what it is. It's one night a year, and I had a lot of fun," said senior Mike Ohrenberger.

Even though many students think that holiday is too hyped up, there were little to none that boycotted the evening altogether.

"The holiday is an excuse to get together with those you care most about and have a lot of fun regardless if you care about the occasion or not," said junior Whitney Hughes.

Battling blizzard blues just got easier

Arielle Mangiaracina Contributing Writer

The cold weather is here and now you're left wondering what to do with all these snow days. The snow may seem limiting, but don't let the snowfall get you

While you can't swim or tan in the winter like you may want to, there is still plenty to do in the snow to keep you enter-

For some, snow days take them back to their childhood days.

"As soon as it's snowing I grab my sled and run outside to the biggest hill I can find. I think no matter how old you are, you can't help but to get excited when it snows," said sophomore Sarah Burkhart.

Some, like Burkart, find snow days re-

"For that day, we can forget about the stress of school, all the work that needs to be done, and just go outside and have a blast," she said.

However, for those who do not wish to spend a snowy day frolicking outside, there are still plenty of ways to relax.

"Personally, there is nothing I love more than snow. However, if people want to stay inside they could play board games or video games, read, or have a movie marathon," Burkart said.

For the snow and outdoor enthusiast there are always activities like skiing, snowboarding, and tubing.

"Winter is my favorite because I love to ski," said senior Allyson Colucco, "I went three times over break. It was so much fun."

Don't like to ski, snowboard or sled? Get a group of friends together and build a snowman or have a snowball fight.

"Snowy days are a perfect time to have a great time with friends," said sophomore Michaela Piersanti. "I love to go outside because I like to go sledding."



The Spectrum/Zack Lane

With all the recent snowfall, students must find alternative ways to entertain themselves.

This winter, it seems to be snowing every other day. "To avoid going stir crazy, my suitemates and I play Just Dance 2. It keeps us entertained for hours," said

The blizzard blues are avoidable if you use your imagination.

"The best part of spending a snow day is going back inside to a warm dorm with hot chocolate," said Piersanti.



Friends and family mourn those who lost their lives in the Tucson shooting.

RECENT SHOOTING IN ARIZONA BRINGS ATTENTION TO GUN CONTROL LAWS

Alyssa Scott

Managing Editor

Arizona has become a national leader in the gun rights movement in recent years as the state enacted law after law to protect the people's right to bear arms nearly anywhere at anytime.

The shooting rampage that wounded democratic Rep. Gabrielle Giffords has done nothing to slow down the legislature.

"I don't think it really changes anything," republican state Sen. Ron Gould said of the mass shooting. "I don't see how gun control could have prevented that shooting unless you take guns out of the hands of law-abiding citizens."

The shooting in Tucson brought new attention to the national gun control debate after authorities said the rampage was carried out by a man who couldn't get into the military because of his drug use and had repeated run-ins with police at his community college because of his bizarre mental behavior.

Jared Loughner bought the 9 mm handgun legally at a Tucson gun store, and was also carrying extended magazines that hold 30 rounds of ammunition.

Arizona Republicans remain adamant that the shooting will not dissuade them from pushing their pro-gun agenda.

In light of the shooting, some students too side with the opinions the Arizona legislation.

Junior Brianna Vitlo did not stray on her original stance on gun control and believes that the absence of guns would have prevented potential violence.

"Even if we were to have stricter control, things always happen. It could have easily have been a knife and not a gun," said Vitlo. "I think that the laws we have now on gun control are fine since our second amendment right is the right to bear arms. I don't think that it should be taken away from us because of one incident."

However, even those who interpret the second amendment as a right for all citizens to bear arms too believe there should be exceptions.

"As long as you have the proper certifications and go through the proper courses to own a gun, then there shouldn't be a problem," said Vitlo.

In addition to being certified for gun ownership, students agreed the mental wellness of the owner should be considered as well.

"I think there should be some kind of mental test before allowing anyone to purchase a gun because someone who isn't mentally stable should not have a gun in his possession," said graduate student Nabil Ibrahim.

Other students did not support loose gun laws and found the shooting to be even more of a reason to reform them.

"If so many people can own a gun, then guns are more accessible to people, and in the wrong hands can make devastating things happen," said junior Melissa Boyles.

"The incident in Arizona was an example of what happens when guns enter the hands of the wrong people: terrible things [such as the shooting] could happen. Gun control is something I believe needs to be paid more attention to because anyone can possibly possess a gun. But if it wasn't a gun that did the damage, it could've been any other weapon," she said.

Despite the opinions students held on gun control before the Arizona shooting, many of them did not change their minds as a result of the event.

However, many students did agree that the incident shed light on the issue of gun control and concurred that the possession of guns should be monitored.

"We have to as a society keep an eye on those who show signs of danger and terror and make it nearly impossible for them to gain access to weapons, especially guns," said Boyles.

This article was contributed to by the Associated Press.

HE SAID/SHE SAID

What are the rules of Facebook and dating?

Esteban Rosales

He said



In this generation, most of us are aware of the phrase, "Facebook official." The increasing dependence on the Internet has made social networking websites, such as Facebook, nothing less than relevant.

Let's face it, most of us have had that magical or terrifying moment of logging onto Facebook and seeing "Jonny and Jackie are now in a relationship." The reactions vary, but frequently sound something like "OMG" or "No she didn't!" However, there is protocol when it comes to Facebook and dating.

Now for the rules. The relationship is not official unless it is Facebook official: fact. I have heard that couples often give each other their passwords, but anyone can erase a comment or a dirty inbox message, and my question is: where is the element of trust in that?

If you have to check your boyfriend or girlfriend's inbox or text messages then you don't really know the person you are dating, and you know deep down past all the denial, that you are dating someone that will most likely cheat on you. But you say, "she's so hot" or "he is so cute!" Real talk: look yourself in the mirror, and ask yourself the hard questions that you would rather not answer truthfully.

Another simple bit of advice is to be honest. Don't tell your girlfriend that you are staying in because you're tired, and then the next morning you get tagged in 25 pictures with your arm around another girl. Sure, maybe she's just a friend, and you didn't do anything wrong, but you lied, plain and simple.

Think of how you would feel if you saw your girlfriend in pictures sitting on another guys' laps, and you thought she was home. It's always different when you put yourself in the shoes of whomever you are dating. Treat them the way you would want to be treated, and I promise you will have a clear conscience, and the relationship will be better overall.

Now that we've addressed the couples, it's time to talk about post break-up rules (as it pertains to Facebook). If you have just been dumped and your ex of five minutes is already in another relationship on Facebook, or has deleted every picture they have with you, I think it's about time you change your profile picture. No, I don't mean another picture of you and your ex. Move on!

And after you break up with someone, and you are hurt, which is understandable, don't put up statuses of break-up poetry or music lyrics that are obviously about your ex.

If you feel that strongly about the person just grow a backbone and tell them how you feel.

If you don't wish to go that route, then put it in a journal or open a word document where you can express yourself, and keep track of your thoughts. Guys, take it easy, keeping a journal isn't soft. Living to impress your friends is soft and following the crowd is easy.

However, doing the right thing, because you know it's the right thing, and not because you want to impress anyone, well, in my opinion that makes you as manly as they come.

Andrea Gorkofsky

She said



Hey, did you hear? Mary and Bob are Facebook official! With news like that, a girl's night of boredom just went to a full night of stalking all of Mary and Bob's pictures together, checking out their friendship page and looking for status updates

Fast forward to three days later, "Mary and Bob are no longer listed as in a relationship" on Facebook. Now another night of boredom has turned you into an investigator to figure out why they broke up. Who broke up with whom? Did Bob cheat on Mary with Amanda the girl he is recently tagged in a picture with where she is sitting on his lap? So many questions rush through our minds, girls. And as sad as it sounds, it is true.

We can't deny our addiction to Facebook and the relationship drama it feeds. There are the quick Facebook official relationships, such as Mary and Bob, then there are the really annoying ones where one day they are in a relationship, the next day broken up, only to find that the next day they decided to date again.

Regardless of what you decide to do in your relationship when it comes to Facebook, it is important to remember that your business with your beau becomes public knowledge to those all of your friends.

I strongly believe that Facebook destroys many relationships out there, mainly for inaccurate reasons. Things are misjudged on Facebook, rumors spread, and what was once a happy relationship can be turned into one without trust because of one wall post or picture. There are ways around the Facebook fiery though and keeping your relationship healthy.

One example, if you're going to the movies with your boyfriend, you don't have to make your status, "movies with the boyfriend<3." It gives girls a reason to talk and say how obsessed you are and a reason for the bros to come out of their shell and call your boyfriend one of their favorite words, "whipped."

By simply not posting your every location with your boyfriend on Facebook, it gives you privacy. The same goes for the million mobile uploads of the two of you kissing. A few are good enough. Even though they may not admit it, guys don't like to appear all mushy, especially in front of their wolf pack of guy friends. Don't put them in the situation to get mocked. Keep the pictures on your phone to look at when you're missing him.

It's easy to go on all day about the problems Facebook brings, but the most important thing to remember is that it is misleading. Girls who are in a relationship, you should know your boyfriend and trust him. Don't listen to what other people say about how what a certain girl wrote on his wall is sketchy; it may only be putting unnecessary worrying in your head that will lead to the fight of the century, over what is probably nothing.

As long as Facebook exists, it will continue to cause relationships problems, but only if you let it. The strongest relationships are those the Facebook world knows little about. Being able to maintain a positive relationship while still remaining independent is the key.

Editorials

Get to know our newest editors!

As we welcome in a new year, a new semester, and a new season (which will hopefully get a little warmer in the coming weeks), we at The Spectrum are also welcoming new editors to our staff.

Meet Brittany...

Junior Brittany Foy is joining the staff as one of our Assistant News Editors. Brittany has been writing for The Spectrum since spring of 2010. contributing to the News and Features sections. As a media studies major here at Sacred Heart, she has gotten involved in our campus radio station, WHRT, co-hosting "Afternoon with JAB"



with her friends Jen and Adriana (making up the "J" and "A" of their show title). Brittany also works as a Student Ambassador for the Admissions department where she takes prospective students and their families on tours around campus. She said that she enjoys contributing to The Spectrum because she feels it is important for students to read the news to keep themselves informed.

Meet Frank...

Senior Frank Morrone is stepping in to a new position on staff as Assistant Copy Editor. He is a religious studies major, minoring in both philosophy and writing, and aspires to teach English as a second language abroad in Southeast Asia. He, too, is a Student Ambassador for

the Admissions department here at Sacred Heart, and has been writing for The Spectrum since Fall 2010. He said that he believes it is important for any reputable university to have a student-run newspaper, and he is excited to step in to his role as Assistant Copy Editor in order to help writers improve their articles.

Editor-in-Chief Therese O'Shea

Managing Editor Alyssa Scott

News Editor

Elizabeth Fish

Asst. News Editor Erin Murtagh Brittany Foy

Perspectives Editor Kelley Bligh

Asst. Perspectives Editor Brittany Calvanese

Features Editor Marisa Graniela

Asst. Features Editor Ashley Monaco

A&E Editor Emma Levine

Asst. A&E Editor Jaclyn Hendricks

Sports Editor Dan Graziano

Asst. Sports Editor Liam Roecklein Ryan Hannable

Chief Copy Editor Lindsay Caiati

Asst. Copy Editor Frank Morrone

Advertising Manager & Asst. Nicole Caravano Janelle Cracco

PR & Digital Media Dir. James Kearns

Asst. PR Manager Cliff Faulkner

Photography Editor Zack Lane

Asst. Photography Editor Sean Elliott Jacyln Kennedy

Graphic Designer Meaghan Conklin

Faculty Advisor Prof. Joanne Kabak

http://sacredheartspectrum.com

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation, and length. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Office Phone 203-371-7963 Advertising Line 203-371-7828 Fax Line 203-371-7828

Turning frustration into creation

Making your electives work for you

My time at Sacred Heart has been eventful to say the least. In my time here, I've found love, only to experience heartbreak. I have found excitement and joy, only to be left with frustration and stress. The funny part is that the frustration I have come to know and not love is mainly in part due to SHU.

Shocker? Probably not.

It's the second semester of my senior year and whether I would like to admit it or not my time as an undergrad is soon to be over. The white light at the end of the tunnel is zoning in and it would seem as if the breaks in my car have given out. There will be no stopping the impending 'doom'. So while the apocalypse that is graduation may be upon me I figured I would go out in style.

With the exception of my senior project I have completed all the required materials for my major. All that's left is what I like to call the "BS" electives because lets be real they don't mean anything. Yet here is the cause for my frustration, Sacred Heart is lacking in the elective department.

My older brother attended Marist College, a school that is similar to our own. However, during his senior year the elective options for my brother were endless. Boxing, swimming, fitness classes, hell even a course on basketball coaching. Basketball coaching, I kid you not. And what are my choices for electives? Well I've taken art in the western world and then I shook it up by taking art in the eastern world. Man can I say the excitement I experienced was endless.

Now as I need a minimum of 12 credits to remain a full-time student that means a need nine credits of electives, or three courses. To fulfill the first I registered for a photo course, which I am very excited for because I have a strong interest in photography. Yet the other two have left me looking elsewhere. I debat-



Dan Graziano Sports Editor

ed about taking a drawing course or perhaps another boring intro course but I just couldn't convince myself to do it yet again.

Instead I am forced to create my own courses, the first as an individual study in which I will be teaching myself the art of computer generated animation. I have a great interest in the art of CGI animation, these are things like Toy Story and Monsters Inc. I have always been skilled in the ability to self teach myself. I think I even prefer to self-teach rather than to have a professor teach me. Instead of being instructed, I would like to seek the help of a professor as needed. Today the field of CGI has been growing at an incredible rate, and with the combination of my self-teaching abilities the possibilities are endless.

The last course I need to fulfill my requirements is an internship to increase my knowledge and skill of journalism. I will do a few in-depth sports articles that I will both write and film. Next I plan to improve the relations of Spectrum sports and the athletic department. Finally I hope to create a network of past editors and writers who are now working in the world of sports. By doing all of this, I will increase my ability with face-to-face professional interactions and networking.

However in the back of my head I wish I had the freedom to take a boxing, basketball coaching, or even a basket weaving course. The freedom of choice is all the students are looking for when it comes to electives. Why must I create my own courses to take interesting and fun electives?

EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



I went to Mexico over winter break and captured dozens of great pictures. It felt like I was in paradise every day. With the help of my girlfriend's flip flops, I was able to turn a regular picture of a beach into something a little more intriguing



Arts & Entertainment

RICKY GERVAIS HAS LAST LAUGH AT GLOBES

British comedian's comments overshadow A-list crowd, 'Social Network' and 'King's Speech' among winners

Nicole Mastroni Contributing Writer

And the Golden Globe goes to...controversy? On Sunday, Jan. 16, the annual 68th Golden Globe Awards took place in Los Angeles, and it wasn't just questionable fashion choices or surprising winners that had the A-List crowd up and arms.

Returning host and British import Ricky Gervais stole the show from the moment he stepped on stage, as the former star of television show "Extras" wasted no time taking jabs at Hollywood's elite.

"I thought the Golden Globes were good this year and I thought Ricky Gervais did a fantastic job," said junior Kathleen Blaha. "His humor was rather candid, but it was all in good fun and I think the audience found him amusing and not offensive."

Although some viewers and the stars themselves may have been wondering if Gervais crossed the line of being crude or funny, it seems the seasoned comedian had even the Hollywood Foreign Press (HFPA) laughing.

"We loved the show. It was a lot of fun and obviously has a lot of people talking," said the HFPA in a statement to Entertainment Weekly. "When you hire a comedian like Ricky Gervais, one expects in your face, sometimes outrageous material. The HFPA would never condone some of his personal remarks, however, the show was among the best we've ever had and we were pleased."

However, Sacred Heart students who tuned into the ceremony had mixed feelings on Gervais's second round at the Globes.

"I didn't particularly find Ricky Gervais's humor that amusing, but he definitely crossed the line at many points during the show," said senior Stephanie Ene, while junior Avantika Mukherjee disagrees.



Ricky Gervais hosts the 68th Golden Globe Awards.

"I was not really bothered by Ricky Gervais's comments because I feel as though every year at award shows the host does joke in the same way he did," said Mukherjee. "He did take it far at times, but it just made watching the show more interesting."

Though Gervais's comments had the nation buzzing

the following morning, the real show stoppers were this year's celebrated winners and nominees across the film and television spectrum.

Director David Fincher's "The Social Network"" nabbed the awards for best picture, best screenplay, as well as best original score after receiving a total of six nomina-

"I thought that some of the winners were surprising, like 'The Social Network' winning best film and such, but all in all I was happy with the results," said junior Mukherjee. "I think the awards went to the actors and actresses that truly deserved it."

Though the Facebook inspired flick racked up a number of golden globes, Colin Firth won the award for best actor in a drama for "The King's Speech," while newly engaged and mommy-to-be Natalie Portman scooped up best actress in a drama, for her portrayal as a twisted ballerina in "Black Swan."

Despite some predictable winners and shocking upsets, whether in the film or television categories, students were torn over the outcomes.

"I never really agree with the winners at any awards show. I think the wrong people usually win," said senior Jessica Colucci. "For example, 'The Social Network' should not have won."

With Oscar nominations just released this past week and the actual ceremony exactly one month away, the nominees and winners selected by the HFPA tend to hint to who will take home an Academy Award.

"I wasn't very surprised by the winners. I figured that 'The Social Network' would win the more important awards," Ene said. "I thought the movie was brilliant!"

For a full list of winners, as well as this year's nominees, log onto the Golden Globes' official website, GoldenGlobes.org.

A&E says good-bye to 2010

Emma Levine and Jaclyn Hendricks Arts and Entertainment Editors

In a year that came and went in a blink of an eye, and with the first issue of Spectrum for the new year, we bid goodbye to 2010 and wave hello to 2011. In a year where things got steamy on the "Jersey Shore," Taylor Swift belted her heart out on another platinum disk, and movies from "Toy Story 3" to "Inception" ruled the box office, some questions still remain. Who was hot and who was not, and who and what is going to be hot in the coming year? Though 2011 is just getting started, there is already plenty to look forward to. From the royal wedding of the century, to new albums from the reigning queens of pop, i.e. Lady Gaga and Britney Spears, to a much hyped about Grammy awards set to heat up the winter blues, along with a superhero summer that's set to take cinemas by storm, and even the possibility of DJ Pauly D's newest reality venture outside the borders of Seaside Heights. With all of this upcoming entertainment news, The Spectrum is ready for this year to kick start into high gear.



2010's Top 5 **Grossing Films**

1. Toy Story 3 2. Alice in Wonderland

3. Iron Man 2

4. The Twilight Saga:

5. Inception

Eminem is nominated for Record of the Year.

With the Grammy's around the corner, nominees include Eminem, Cee Lo Green, Bruno Mars and Lady Antebellum

AP Photo Leonardo DiCaprio in the top film "Inception."

The "Jersey Shore" cast took over 2010 with their crazy antics.

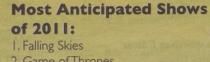
It was the story of eight no-named strangers, picked to live together and have their summer escapades taped for the world to see. Little did they know that appearing on the reality show would result in endorsements, book deals and infamy by 2010's end.

and hello to 201



Source: www.grammys.com

2010's Most Searched ...



2. Game of Thrones

3. The Cape

4. Spartacus: Gods of the Arena

5. Fairly Legal



The royal couple arm in arm.

The royal wedding bells are ringing for Prince William and Kate Middleton who will tie the knot this April!

Sacred Heart's art gallery gives new life to 'Souvenirs'

Emma Levine
Arts and Entertainment Editor

What is a souvenir?

Is it just a memento from some exotic destination like Aruba, the Bahamas, France or Spain? Or does this token item hold a stronger value?

"It's something that you get from a special place you've been," said senior Jen Carli. "It's something that you have to keep to remember all the fun and memories you had."

This seems to be the typical definition of a souvenir, but Sacred Heart University's Gallery of Contemporary Art will be redefining the idea of souvenirs and playing up the notion that "one man's trash will be another's treasure" for the annual spring exhibit "Contemporary Souvenirs," which opened Jan. 23, according to the Sacred Heart website.

According to the website, the exhibit focuses on giving life and new meaning to discarded objects that are not conventionally thought of as art. The draw of the exhibit is seeing average trinkets that are molded into meaningful and thought provoking works of art.

"The curator Laura Einstein had an idea for an exhibit, and we elaborated on it and expanded it together," said gallery director Sophia Gevas. "The Gallery always works to bring exhibits that feature not only wonderful, quality works of art, but those exhibits that will have a connection to some contemporary issues or ideas."

Contemporary issues that range from conserving the environment to being aware of your surroundings are explored in many of the pieces in the exhibit.

For example, the piece "Plastic Floats Forever" by Constance Old is made entirely of plastic bags, ribbon, Easter grass, paper, and fabric. They are weaved together to make patterns and to spell out the title of the piece.

This piece in particular is referencing the "Great Garbage Patch," which accumulated in the Pacific Ocean and shows how many materials we take into our homes and are then discarded without a second thought.

"I think it's a really cool concept," said junior Chris Hindenach. "It's very alarming and gets the point across well."

Paul Villinski is an artist who takes forgotten objects like old records or beer cans, and transforms them into his own masterpieces.

In his piece "Diaspora," which means movement or migration, Villinski cut different species of birds out of old records and strategically places them in different positions that mimic migrating birds.

"I like the idea of it," said senior Nicole Eastman. "I think it's really creative and I like how it takes two completely different things and puts them together."

Almost every piece of artwork in the "Contemporary Souvenirs" exhibit is installation art. These works of art have to be installed piece-by-piece and taken down in the same manner, which in some cases can take days.

The thing that can make installation art unique is the fact that because it must be "installed" at every exhibit the overall look of the piece can be different each time it's set up.

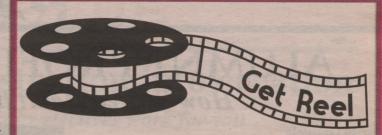
For instance, Villinski's birds are arranged differently at each exhibit depending on the given space of different art galleries.

"These pieces will look different in different spaces because they can be organized in ways to take advantage of the site," said Gevas. "If there is additional space, an artist may choose to place those elements in a way that takes advantage of that space."

Another piece that looks different depending on space is June Ahren's piece "Passage," which is made up of long strings of cracked beer bottles strategically hung from the wall.

"This exhibit is not only about conservation, being green' and reusing materials that are already out there, but also about creativity," said Gevas.

"Contemporary Souvenirs" will run through March 3, 2011.



Does 'No Strings Attached' leave viewers hanging by a thread?

Lindsay Caiati Chief Copy Editor

Romantic comedies come in all shapes and sizes. From the mindless and mundane, to the heart wrenching and hysterical—there is something for everyone, and Ivan Reitman's latest flick is sure to please.

"No Strings Attached" chronicles the budding relationship of TV production assistant Adam (Ashton Kutcher), and medical intern with a self diagnosed allergy to commitment Emma (Natalie Portman).

We first see Adam and Emma when they meet at summer camp when they are 14, and then we're taken on their happen-stance journey of friendship all the way to steamy friends with benefits arrangement.

It's kind of a long story, but after Adam finds out that his father is sleeping with his ex-girlfriend, he drunkenly stumbles back in to Emma's life, and soon finds himself in bed with his blast from the past.

After a few casual romps, the two vow to use each other for sex, and only sex. No cuddling, no flowers, no jealousy, and most importantly no strings.

But you and I weren't born yesterday, and know that something like this could never work, even in the movie world. It won't take long to notice plenty of cuddling, moments of severe jealousy, and even some tears ...those are strings, Pinocchio.

While Kutcher and Portman deliver sweet comedic performances, the true credit is due to the laugh out loud funny ensemble of BFFs and roommates. Shira, played by Mindy Kaling ("The Office") and Greta Gerwig's character Patrice, bring humor to the dullest moments of the film and add a comedic zing when most needed. Adam also has his manly cohorts, Wallace (Chris 'Ludacris' Bridges) and Eli (Jake M. Johnson) who are necessary to the story line, but rather lack luster in performance.

However, I think it's safe to say that Lake Bell (What Happens in Vegas) as Lucy, Adam's dry humored, potty-mouthed producer, silently steals the show. Her awkward rambling and quick quips are funny and brilliantly played.

However pleasing this movie is, it lacks in the romance department, which is disappointing considering its romantic comedy genre. This is film is more aptly a sex comedy and should be reserved to see with your girlfriends, and not your mother. As its R rating implies, there is an onslaught of nudity, sexual dialogue, and even some girl on girl action.

While "No Strings Attached" is predictable in every sense of the word, it will still bring a big dopey grin to your face and an ab-working laugh to your belly. So if you're unsure about spending the \$10.50, I say do it. You'll leave satisfied, and most likely coveting a bouquet of carrots.



AP Photo

Natalie Portman and Ashton Kutcher walk the line between friends and dating in "No Strings Attached."

Get Reel gives No Strings Attached



Oprah one step closer to 'OWN'ing TV

Talk show queen premieres self-titled network earlier this month

Valentina Szlashta
Contributing Writer

January 1, 2011 marks the start of a new year, a new semester and in the entertainment world. It's the year that Oprah Winfrey said farewell to her infamous talk show and hello to something even she had yet to accomplish.

For those fearing that the end of one of daytime's most successful talk shows would end with television silence from Winfrey herself, do not fear. Starting on the first of the year, Winfrey launched the self-titled network, the "Oprah Winfrey Network," better known as "OWN."

"I wanted to take the ideals of great television that we've established on the 'Oprah' show and bring them to you through a variety of new shows 24/7," said Winfrey in an article published by the Huffington Post.

Kicking off "OWN" in true Oprah fashion, the network kicked off with a show centering on rap superstar Jay Z. Staying true to both the purpose of her 25-year-old talk show and the mission of lifestyle-driven programming of the network, the rapper recalled his life for viewers by discussing his climb from dealing drugs on the streets to becoming one of the most notorious players in the Hip-Hop industry.

"It doesn't celebrate, nor even focus much on the superficiality that can often drive cable ratings," said analyst and entrepreneur Dan Abrams. No, this is a place for real people of all shapes, sizes and colors to watch others achieve realistic goals."

Freshman Nicole Thomas also shares the same faith in Oprah.

"She makes her own success, so as long as she has a drive to remain successful, I believe that she will be," said Thomas.

Despite Winfrey's overwhelming success as a talk show host and media mogul, some of her most loyal fans are a bit skeptical as to whether or not viewers will make "OWN" their own.

"Being 18-years-old I have grown up with Oprah Winfrey being a major figure in the media," said freshman Sarah Loso. "I think her new network will cause her to force her opinions even more on the young easily moldable minds of America's children."

Winfrey's current media empire comprises everything from a self-titled magazine to a signature book club, and now a new network.

Critics like Matt Zoller Seitz of "Salon" refers to it as "succumbing to Oprah's cult-of-personality Amway malarkey" or as critic Jennifer Mabry of the online publication "The Root," which targets and empowers black audiences, said she was "disappointed" with the network.

Despite the not so favorable critique, Winfrey, along with the "OWN" network has garnered, students believe that the newest edition to the cable lineup, as well as Winfrey's personal resume, will catch on and thrive.

"Her success will continue because people are incapable of being forming their own views on politics, the media, and life," said Loso.

Viewers who do tune into Winfrey's network will get the chance to see some familiar "Oprah" faces such as Suze Orman, Dr. Mehmet Oz and Dr. Phil, among other new contributors.

"OWN" also provides a variety of self-help shows including "In the Bedroom with Dr. Laura Berman," which aims at rejuvenating couples' sex lives, and "Enough Already! with Peter Walsh," a program that explores the new psychological trend of "hoarding," according to the network's website.

The Network also plans to feature reality shows featuring country singer Shania Twain, as well as program that focuses on controversial royal Sarah Ferguson, among others, that viewers and Winfrey's loyal fans will enjoy.

"We won't just watch 'OWN,' we will gaze upon it with awe and affection, and marvel at the sweet magnificence of its founder," said Seitz.

ALUMNI PROFILE: GENEVIEVE MANNA

How Sacred Heart helped prepare her for the real world

Marisa Graniela Features Editor

From the halls of Sacred Heart University to behind the scenes of fashion's most well-known publications, alumni Genevieve Manna has been through more than the average 22-year-old. After graduating just last spring, Manna has already had three successful jobs, all of which were located in New York City.

As current employee of Conde Nast Publications, she's working hard to make a name for herself in the magazine industry. But how did her time at Sacred Heart prepare her to move on to the next chapter in life?

How has life after college been?

Life after college has been all about facing change for me. It's fun in a sense that it's more about happy hours and less about Saturday nights, but it's not as fun being considered an "adult." Life after college includes paying my own credit card bill, monthly college loan payments and dream-apartment hunting.

I used to get scared when I spoke to graduated students because everything seemed to be so boring and stressful. Yes there are a lot of stresses after college, but it's only because we want the best life we can get for ourseleves.

Is it hard to make the transition from SHU to the real world?

It is most definitely a challenging transition from SHU to the real world! It feels completely different, because you're not returning in the fall to see all your friends, professors, and to work out at the Pitt. Life after college is where a lot of changes take place and you enter a whole new realm. Relationships need more tending, friendships need more than just Facebook posts, and you need to work more for things you want. It's a whirlwind of emotions, but you learn so much about yourself and your determination.

Tell us about your first job out of college.

My first job out of college was a temp position at Estee Lauder's sub-brand, Bumble & Bumble. For those of you who are unaware, Bumble & Bumble is an extensive high fashion hair care brand that is always changing the industry.

I took the first thing I could get, and I heard word a couple weeks after graduation. I was a Booking Coordinator; my role was very simple, not challenging and it was nothing that I wanted to do. But unfortunately, that's how it works sometimes and I needed a steady paycheck!

Your first job may be your dream job, but for most it's a position where you settle for the time being to get money in the bank and occupy yourself. I've always been one with high expectations for myself but I knew if I just stayed unemployed and didn't take anything right away that would only hurt me in the long run.

A "temp" job is really risky. What made you decide to take the position even though you knew it would only last a short amount of time? Would you do it again?

I decided to take the position because, plain and simple, I needed something to do. As my end date approached I was getting very anxious but I was looking for other jobs the whole time while temping. The beauty of a temp job is that it's only temporary, and sometimes there is a possibility to be hired.

No matter how hard you work, and how much you do for the company – it's always up to corporate whether or



Photo courtesy of Genevieve Manna Genevieve Manna poses with pride with the Media Studies sign after a successful graduation day.

not they can budget you in as a full time employee.

You're currently working at W Magazine. How is that going? Tell us about your job position.

It's going wonderfully! I'm a Sales Assistant to the Beauty and Luxury Directors of the magazine. My position allows me to be somewhat of a backbone like figure and right hand to my bosses and the publication.

Aside from preparing my reps for calls with major clients (such as Christian Dior, Lancome, La Mer for Beauty and AMEX, Infiniti, David Yurman, Rolex for Luxury), I do a lot of research in regards to updating brands and seeing what magazines with in our competitive set they are running in, and prospecting of brands we'd like to have in our pages as well. It may be a sales role, but I'm very much involved in event planning, marketing and brand development techniques/brain storming.

Is working at a magazine as glamorous as it's cracked up to be?

If you have any interest in fashion, it is most definitely glamorous! The racks of Valentino in the hallways and flash bulbs going off in the studio room are more than a thrill that gets you by each day. The people that make up the magazine live a lifestyle of always being ahead of the game, and that's what I admire most. Everyone's passion to be the face of "what's now" and determination to steadily hold a title that the magazine delivers is just so exiting!

How did you land such an amazing job?

Luck. I must have applied to over 100 jobs. I've always had a dream of working for Conde Nast Publications and when I received a phone call to come in for an interview I thought it was too good to be true!

How do you think SHU prepare you for the real world?

I think the MSDC (Media Studies and Digital Culture department) did an amazing job of preparing me for the real world. As far as finding jobs, I think that Sacred Heart can do a bit more for the students that graduate each year. We all worked so hard to get our diplomas, and it would be

nice to see that we could get some help while stepping out into the real world.

I felt that there was nothing available on the Career site for MS majors that were realistic. By realistic I mean I wish they had more options based in NYC that didn't include packing up and moving away to the middle of nowhere with the already limited funds graduated college student have.

Maybe [it would help to have] more of a solidified connection-based application that could help set up seniors or alumni with whomever needed and submit a resume or be in contact whenever a position opened up.

Out of all four years, what year do you think helped you develop most? Why?

This is a tough one! As far as developing goes, it's impossible for me to choose one year. Each year was filled with a different lesson. Whether is be a social lesson, academic lesson, or self lesson — all four years helped me learn a lot about myself and other people.

It may be safe to say that my junior year I really started to develop academically and planned what I wanted to get out of Sacred Heart. With my track injury, it gave me the opportunity to really focus on classes. I was already a declared Media Studies major, but I really started to fall in love with the classes and what MSDC had to offer.

What advice do you have for current seniors who are about to enter the real world.

No matter what, stay positive. It's an overwhelming transition, but as long as you have your friends and family around you, it will go by. Having dreams and goals is one thing, but keep in mind in order for those dreams to come true you have to start from the bottom and work your way up. The real world isn't the easiest place to walk into, but if you enter it with a confident mind and positive attitude, you will be just fine!

Update: After this interview, Manna was contacted by Vogue Magazine, and she is now their Retail Fashion Coordinator.

Miss out on joining a club in the Fall? Looking to get involved in something new?

Come to the CCO Mini Club Fair TODAY from 11-4 in the University Commons to meet representatives from all of our clubs and organizations on campus!

Stop by to check out the fair and join a club that you might be interested in!

Dance team shreds to get ahead for upcoming season

Ashley Monaco Assistant Features Editor

Spring marks competition season for the Sacred Heart University dance team's "white team," better known as the competition team. It also marks the beginning of a long road of hard work, and the coaching staff does not want the girls to lose what they had already accomplished the prior semester.

To maintain the team's tip top physical condition, coach Deidre Eller decided to try something new and put the girls on a workout regiment consisting of Jillian Michael's "30-Day Shred" instructional DVD. Each member was required to purchase the DVD and perform it five days a week throughout the duration of break to keep in shape.

While some may see fitness tapes as an ineffective way to exercise, the girls would have to disagree.

"Dancing for two minutes may seem really effortless, yet performing a competitive routine requires a lot of endurance,"

said senior co-captain Caitlin Musso. "Jillian Michael's workout is perfect because it is concise yet strenuous, just like our

Aside from the effective routines, the do-it-at-home style made this an efficient mode of exercise, especially because of the unpredictable winter weather.

"This video was a very beneficial way to keep in shape over break, especially because the winter weather interferes with workouts that I typically can do in the summer months," said sophomore Lexi Miller.

Initially, not everyone was certain this was the right route to take.

"The thought of it at first seemed a little off," said junior co-captain Ashley Rodriguez. "But its was only 20 minutes, and doing it five days a week is a lot less time consuming than it would spending hours at the gym."

The short time requirement was unanimously stated as one of the workout's best

"I would say the best aspect of the workout is the short amount of time it takes to complete the whole thing," Miller said.

day I followed the video, yet still had an effective exercise session."

Musso said that keeping up with the workout was easy because it was quick and she never had to leave home.

"I was still able to relax and take advantage of my break," she said.

Although the video is not very time consuming, the team feels it has prepared them for the competition season ahead.

"It kept me in relatively good shape over break, so I feel that it gives us a head start," said senior Michele Borriello. "Instead of coming back to school and beginning to get in shape, we all came back that

Some found that simply performing the same workout was an advantage in it-

"Choreography weekend is one of the most physically demanding times of the year, and in order to be choreographed, we must be in great shape," Miller said. "We also have not danced together as a group in about a month. By performing the same workout, we are on a similar level of fit-

"I only had to set aside a half an hour each ness, which aids us in gaining confidenceas a team."

Others found that there were many technical benefits in the fitness program.

'As dancers, you only use so many muscles and in doing this video, you really worked on all areas of the body," Rodriguez said. "It was most beneficial with working the core, because it's important that a dancer has a strong core."

Despite the fact that the girls worked out independently throughout winter break, the team's presence was always there.

"Sometimes it was difficult to actually get up and turn it on, but most days it was relatively easy," Borriello said. "I knew that all my teammates were also doing it, so that was good motivation."

As a result, a positive change was seen in the team from the moment they started practice this semester.

"The first Friday back from break we all did it as a team and you were just able to see that it was just a work out but a team working for one goal," said Rodriguez.



FROM COMMUTER STUDENTS TO COMMUNITY OF STUDENTS Sacred Heart's transition to a residential university

Therese O'Shea Editor-in-Chief

Imagine a university with no dorms. No football team, no marching band, and definitely very few, if any, students left on campus during the weekend. It sounds like any typical commuter school. Only 21 years ago, this was the scene at Sacred Heart University, before the school went through some drastic changes that would lead to the university that we see today.

Back in 1985, Denise Tiberio, who is currently the director of student activities, was a freshman from Milford, Conn. considering attending Sacred Heart. At the time, she said, the entire school was composed of commuter students.

"A lot of our students were temporary," she said. "This was definitely a school that you went to and tried to transfer to another school. I came here first semester, and I was going to transfer and go with my friends to U. Conn. or Southern [Southern Connecticut State University]."

But Tiberio ended up finding more than just classes to fill her time while at Sacred Heart.

"It was a smaller community, but I fell in love with the community that was here. I got involved with student activities, and went on to be president of my class. I got involved in all the fun stuff and ended up staying," she said.

According to Tiberio, there was a core group of students who arranged and encouraged others to attend events. One of the most popular things to do was such attend men's basketball games. The team won the Divison II national championship in the 1985-86 season, Tiberio's freshman year.

"But the place was a ghost town on Fridays, Saturdays, and Sundays. It was definitely a daytime place. You wouldn't find concerts. Sometimes you'd have mixers, and if you'd get 100 students to come, that was huge," said Tiberio.

At the time, the main campus claimed a Bridgeport address. According to Jim Barquinero, vice president for enrollment and planning, Park Avenue actually splits two towns, and half of the campus is located in Fairfield. However, in the late 1980s, Fairfield's post office was not large enough to handle the campus' mail.

Being a larger city, Bridgeport was able to accom-

modate the needs of the campus with a P.O. box at their post office location; so Sacred Heart's mailing address fell under the city of Bridgeport.

"But about the same time that we were going residential and we knew we were going to be getting a lot more mail, we checked with the Fairfield post office, and they said they could now handle our mail," said Barquinero.

With just the change of a name - "Bridgeport" to "Fairfield" - Sacred Heart was able to attain a whole new reputation.

"The town of Fairfield was really prospering, so there was an advantage to be able to say that we were calling ourselves 'in Fairfield'," said Barquinero.

According to Larry Wielk, dean of students, Barquinero was hired as part of the university's plans to move in a more positive direction.

"He was the one who basically said that if we were going to change our image at this institution, we have to go to these high schools where we've never recruited," said

"The decision to go residential meant we had to expand our recruiting. And you're not going to be able to recruit to those areas of Fairfield County, Long Island, Massachusetts, and upstate New York with a Bridgeport address," he said.

Although the shift from commuter to residential was meant to build the university and promote development, Barquinero said that many of the students at the time were hesitant toward the changes.

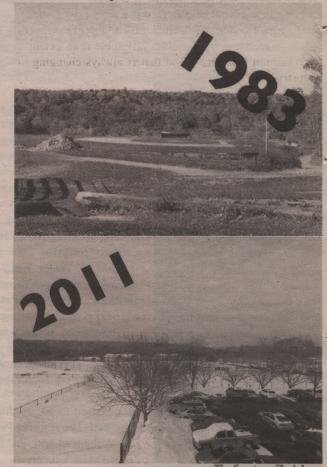
"The transition to residential was very emotional for the students at that time, who were 100 percent commuters," said Barquinero.

"Commuters ran the show," he said. "They believed that if the school went residential, they would lose their influence. And part of their concern was legitimate."

Despite student dissatisfaction with the changes, the administration knew they had to move forward with the

"At the beginning [other schools] didn't take us seriously," said Barquinero. "There were a lot of colleges that really didn't think that Sacred Heart was capable of being as good as them. And the challenge back then was to prove to them 'you just wait and see.""

With over 6,000 students in attendance, 210 full-time faculty members, and accreditations such as The Princeton Review's Best 373 Colleges, it seems that the university



(Top) In 1983, there was a scenic landscape where there now are sophomore dorms. (Bottom) Today, this area is occupied by Scholars Commons and tennis

has made great strides since it has gone residential.

"Today, we go out there and recruit and talk to prospective students, and we all know that we're as good as those schools. But back then, that was part of the challenge. And if you worked at Sacred Heart, you had to embrace that challenge," said Barquinero.

Above all, Tiberio feels that a sense of community is something that has really prospered.

"While I think other people would find a community at other schools they went to, I think we have a strong community here. I think we care about each other here," said Tiberio, "and I think that's important."





Scoreboard

Saturday, January 22

M. Ice Hockey

W. Basketball

M. Basketball

M. Volleyball

On Deck

Today

Tomorrow

Saturday, January 29

Contact Sports Editor

Follow Us on Twitter





Courtesy of Sacred Heart Athletic Communica Left: Junior Callan Taylor (#20) posts up in a recent game. Right: Senior Alisa Apo (#35) looks for an open teammate in a past game.

Women lose heartbreaker at Wagner Bounce back to defeat Mount St. Mary's

Ryan Hannable Asst. Sports Editor

There are many ways to lose a basketball game, some being harsher than others. The Sacred Heart Pioneers lost in the most heart breaking fashion this past Saturday to the Wagner Seahawks, 66-65.

The Pioneers went into the game with an overall record of 10-8 while being 4-3 in conference play. The Seahawks entered as an underdog with an overall record of 9-9 and a conference record of 2-5.

Seahawk center Kelly Clark hit a desperation three pointer as time expired to give Wagner the victory. It was Clark's first ever three field goal point attempt.

"It was one of the worst ways to lose a game, especially after we fought so hard to come back," said junior forward Callan Taylor.

The Pioneers found themselves down by six at the half, trailing 38-32. The Seahawk lead increased to 10 just five minutes into the second half. The resilient Pioneers fought back and took the lead with just over six minutes to go on a Taylor jumper.

With 30 seconds remaining, Sacred Heart led by four but two-missed front ends of one and ones gave Wagner the opportunity for their desperation three pointer at the buzzer, which in the end sunk the Pioneers ship.

"In the first half we didn't really come out with high energy and struggled as a team defensively, but the second half we fought hard and came back and had some back luck with their center making her first ever attempted 3 at the buzzer," said Taylor.

Foul shooting definitely hurt the Pioneers. Going into the game Sacred Heart led the Northeast conference in foul shooting percentage, however they only shot 5-10 on the afternoon.

Taylor led the Pioneers with a very strong

performance leading the team in points and rebounds with 16 and nine respectively. She also added five assists and three steals in 37

Having a team first and winning attitude, Taylor was quick to point out what she could improve on.

"After a loss you always tend to think about everything you did wrong and the negatives, but that will only hopefully make me play better next game," said Taylor. "I can always have less turnovers and improve my

Freshman guard Erika Norman and senior guard Maggie Cosgrove each played every minute but one in the loss, and both played

Norman had a solid overall game with nine points, seven assists, six rebounds and three steals. While Cosgrove scored 15 points on the afternoon, including three three-pointers. Sophomore guard Kiley Evans added 11 points and seven rebounds over the course of

The Pioneers returned to the hardwood Monday night as they traveled to Maryland to take on Mount St. Mary's.

They avenged their tough loss on Saturday with a well-earned 55-46 victory.

Evans led the team with a season high 17 points. Taylor also had another solid game as she recorded another double-double with 14 points and 13 rebounds. She also added five assists.

The Pioneers improved upon their poor foul shooting from Saturday. They were 8-10, good for an 80 percent clip. This was coming off of a poor 50 percent performance in the game versus Wagner.

Mount St. Mary's came out strong to start the game, and quickly jumped out to an eight point lead. The Pioneers responded quickly and regained the lead and went into the half

This was a lead that Sacred Heart would never give up. The closest the Mount came was two points, but that was two minutes into the second half.

"It was definitely good to get a win before our next two tough games at home, our last two close losses were definitely motivation," said Taylor.

Sacred Heart sits in fourth place in the Northeast conference. They are currently tied with Monmouth. The Pioneers are 5-3 in the conference, and 11-8 overall.

"Every game is important and after [Saturday's] loss I think we are going to be a different team from here on out. The game definitely put more fire in us," said Taylor.

The next two games on the schedule will good indication of where the Pioneers stack up against the top tear of the conference. They take on conference leading St. Francis Pa. and Robert Morris in their next two games.

The good news for the Pioneers is these two games are at home, where the Pioneers have been dominant. Going into the season the Pioneers had .821 winning percentage at home, making the Pitt Center a difficult place to play.

"I don't think our record is an accurate depiction, we have had some close tough losses," said Taylor. "We are still in a good position however, we just need to start getting the job done so we can create separation from other teams in the conference and make our way back to the top."

The Pitt Center is sure to be packed this Saturday when the girls take on St. Francis Pa. at 1 p.m. followed by the men's who take on Robert Morris at 3:30 p.m.

Stats courtesy of Sacred Heart Athletic Department

Men's Basketball splits over weekend

Liam Roecklein
Asst. Sports Editor

For every team in every sport, there are up years and there are down years, but there are very few teams that will ever admit it. For the 8-11 Sacred Heart University men's basketball team, this year looks as if it may be a down year, as the Pioneers split its past two games of a road trip versus the Mount St. Mary's Mountaineers and the Wagner Seahawks.

The Pioneers' recent road trip began in Emmitsburg, Md. on Thursday, Jan. 20 to take on the Mountaineers. However, the result was not favorable for Sacred Heart, as the Pioneers scored their fewest points of the season, losing by a final score of 61-45.

"I wouldn't say that our effort was bad, we just didn't play well," said head coach Dave Bike. "You have to put the ball in the basket and we just didn't do that on this night."

The Pioneers struggled on both ends of the court. Shooting poorly throughout the contest and also allowing Mount Saint Mary's senior forward Shawn Atupem to control the paint and score 20 points.

"I don't know if you can ever look good shooting 29.2 percent (14-48)," said-Bike. "Sometimes you can sneak out a win somehow, but its never going to look good when you shoot that badly."

Many of the Pioneers' players felt that they came out flat, and that they had much to improve upon in order to become more competitive

"When we came out we looked kind of tired and sluggish," said senior forward Mehmet Arif Sahan. "We have to be more aggressive and practice harder, so that we can set a better pace in upcoming games."

One bright spot for the team was that freshman guard Chris Evans had a standout game, leading the Pioneers in scoring with 14 points.

"As a freshman, usually players are really tentative and just trying to find their roles,"said sophomore Shane Gibson. "He came in, worked hard and he's already a leader on the court."

The loss to the Mountaineers was the third straight for Sacred Heart, and the Pioneers looked to rebound in their next game versus the Wagner Seahawks on Saturday night in Staten Island, NY.

The Pioneers made sure that their losing streak would stop at three games, as a superb effort by several of the players ensured a 79-76 victory.

"The victory felt great because we really needed a win," said Sahan. "We came out on fire and we played hard all game."

One of the main reasons for victory was the performance by Gibson who had a career high 34 points in the game, 27 of which came in the second half.

"Basketball is a game of confidence and if you practice hard and have a good mind-set, that confidence will carry over to the game," said Gibson.

Gibson was certainly feeling confi-



Senior Jerrell Thompson (#3) looks to create a shot.

dent on this night, as his fellow teammates and coaches described his shots as barely touching the net as they went through.

"Naturally you feel great when you play that well," said Gibson. "I really couldn't miss and I felt unbelievably confident in my game. But I'm looking forward to working hard in practice so I can play that way all the time."

As for the Pioneers, the players believe that they can continue to build off of their recent victory to return to playing winning basketball.

"We have ten more games left, and we want to win them all, so we have to work hard each and every day to try and get better," said Sahan.

But the coach reminds Sacred Heart fans that this is a young team, and this season could be seen as a rebuilding year.

"I look at it as a work-in-progress," said Bike.

Stats courtesy of Sacred Heart Athletic
Department

Coach Bike earns 500th victory over winter break

Erin Burke Contributing Writer

After 33 consecutive seasons with the Sacred Heart University men's basketball team as head coach, Dave Bike reached a milestone over the winter break, earning his 500th career win.

This accomplishment could not have come at a more opportune time for the Pioneers. Coming into the game versus The College of Holy Cross on Jan. 2, Sacred Heart had earned only four wins out of the 12 games played.

"We are a work in progress," said Bike. "We are a young team but we have a lot of potential".

The Pioneers had been building off of a three game winning streak until the last game against Providence College before the break. The 82-76 loss left Sacred Heart less than satisfied before they broke for the holiday.

"We didn't want to drag out the suspense," said Bike. "We didn't want this to be a three or four game process of waiting for the 500th win".

When asked about how the thought of a 500th win was impacting the moral and mental stability of his team Bike said, "We never ever talked about it. Obviously we all knew that it was coming but we didn't let it change the way we play. We just played our game and focused on getting the job done, like any other game."

Bike was a little nervous toward the end of the game. Holy Cross out scored Sacred Heart in the second half, 44-37. The lead was starting to slip away from the Pioneers in the final minutes but they were able to hold on for the win.

"When the buzzers went off it was a feeling of total relief," said Bike.

As the Pioneers head into the rest of their season the 500th win has not had much of an impact.



Courtesy of Sacred Heart Athletic Communications Head coach Dave Bike (left) discusses the game plan with his team.

"It is old news now," said Bike.

The victory against Holy Cross sparked another win streak for The Pioneers as they went on to beat Fairleigh Dickinson and Monmouth.

"The win got us rolling, but in the end it's a game just like any other game," said Bike.

Before earning his 500th win, Bike has accumulated many notable achievements. His 33 consecutive seasons with Sacred Heart ranks second nationally in terms of number of years with the same team. Jim Boeheim of Syracuse is first. He has been at Syracuse for 35 years,

The National Association of Basketball Coaches selected Bike as its National Coach of the Year in 1985-86. He also was voted the NECC Coach of the Year three times.

In terms of the rest of the season Coach Bike is hopeful. Its been very up and down with win streaks and loss streaks.

"Our most recent game against Wagner was very good, and were looking to build off of that and end the season out on a very strong note," said Bike.

TRACK TEAMS COME HOME WITH VICTORY

Dan Graziano Sports Editor

Last Thursday the Sacred Heart Men and Women's track teams traveled to ice covered Boston for the annual Boston University Tri-Meet.

The annual meet puts three top northeast programs head to head to head. Along with the Pioneers the meet included the Boston University Terriers and the Boston College Eagles.

Like years prior, each race was especially close, as was the entire meet. Sacred Heart shared the win with Boston University on the men's side. Each program earned a respectable 108 points, with Boston College coming in third with 93

"The team was really looking forward to this meet," said senior captain Liz Brombacker. "The small size meant we had a lot of individual attention and could produce fast times."

Like their counter part, the Lady Pioneers too captured the victory with 126 points, their first time ever winning the meet. Unlike the men the ladies found breathing room as the Terriers captured second with 83 points and the Golden Eagles with 76.

The women placed first in seven events. Senior captain Angelica Johnson won the 200-meter dash with a time of 25.65. Followed by a second place finish in the 60-meter dash in a time of 7.78, the two top tier finishes earned Johnson a total of 12 points.

Along with Johnson on the track was freshman Katelyn Racaelli who won the 400-meter dash.

The women excelled in the field winning every event outside of the high jump. Freshman Brittany Battis took the pole vault, with junior Ashley Matakevich taking both the long jump and the triple jump.

Freshman Kolbi Smith captured the win in the shot put with junior Athalia Smith topping the competition in the weight throw and qualifying for the ECACs.

"The [Northeast Conference] meet is just around the corner so we used this meet as a chance to capture the certain qualifying times the NEC has in place. The indoor track at Boston University is known to be one of the fastest in the northeast," said Brombacker.

The men placed first in only two events, but had a large amount of depth placing second and third in many of the others. Junior Bertony Jean-Louis captured the victory in the 60-meter hurdles with freshman Brandon Hutchinson taking it all in the triple jump.

Senior captain Andrew Houghtalen and junior Jeff Lusignan both qualified for the IC4As with their times in the 1000, which were both under the qualifying time of 2:29.95. Houghtalen now leads the NEC in both the 1000 and the mile.

On the girls side senior captain Kim DeLoreto broke her own school record in the mile with her time of 5:02.7. DeLoreto now leads the NEC in the mile, 3000 and 5000.

Head coach Christian Morrison was pleased with both teams' performances.

"We had a lot of good performances from the athletes on the team," said Morrison. "Everyone seems to be coming along well as we work our way to the championship part of our season."

Sacred Heart returns to the track and field starting February 4 for the two-day 7th Annual Yale University Giegengack Invitational at Coxe Cage in New Haven. Day one start time is slated for 2 p.m.

Stats courtesy of the Sacred Heart Athletic Department



EDSALL LEAVES UCONN FOR MARYLAND

Ryan Hannable Asst. Sports Editor

On Jan. 2, the day after the University of Connecticut Huskies lost to the Oklahoma Sooners in the Fiesta Bowl long time head coach Randy Edsall announced that he would be leaving the University.

He would be taking the head-coaching job at the University of Maryland. Many UConn followers were outraged for his departure, but in the end Edsall owes nothing to UConn because of everything that he has done for the program and the University.

Edsall took over the program in 1999 while UConn was still in Division I-AA. A year later the Huskies moved up to Division I-A, but they were not in a conference, instead playing as an independent school for the first four years. It was not until 2004 when the Huskies joined their current conference the Big East. In their first season they went 8-4, qualifying for the Motor City Bowl in which they defeated Toledo 39-10.

The Huskies struggled in 2005 and 2006, with back to back losing seasons. In 2007 they able to turn it around and finished tied for first in the Big East, compiling a 9-4 overall record. The success earned them a trip to the Meineke Car Care Bowl where they were defeated 24-10 by Wake Forest.

Edsall then led the Huskies to three straight 8-5 seasons from 2008-2010, winning the International Bowl in 2008 and

the Papajohns.com Bowl in 2009.

Tragedy hit the Huskies early in 2009 when starting cornerback Jasper Howard was murdered during an on campus event held after the season's homecoming game. Edsall used his ability to keep both the team and the school together in a time of mourning, something that will never be forgotten.

The following year UConn won their first Big East Conference title and earned the schools first ever trip to a BCS Bowl game, the Tostitos Fiesta Bowl. The hard-hitting game left UConn out matched and outplayed by Big 12 powerhouse, Oklahoma Sooners, 48-20.

After the game, Edsall did not fly back to Storrs, Conn. with the team. Instead he flew right to the University of Maryland where he took a tour of the campus and a short time later accepted their head-coaching job.

Maryland plays in the prestigious Atlantic Coast Conference, which is known as a more competitive football conference with teams like Florida State, Clemson, Virginia Tech, and Boston College.

According to the Hartford Courant, Edsall was making \$1.5 million a year at UConn. While former Maryland coach Ralph Friedgen, according to coacheshot-seat.com, was earning \$1.75 million a year and leaving many to imagine that Edsall would make that number, or a even more.

In leaving UConn Edsall will take over a Maryland program that won nine games in 2010 and is currently on the rise looking to earn a trip to it's first BCS



Paul Pasqualoni takes over as UConn head coach for Randy Edsall.

game. UConn hit its peak in 2010, with an outstanding senior class that will now be graduating. Additionally, star junior running back Jordan Todman announced that he would be entering the NFL draft, thus forgoing his senior season.

UConn is now entering a rebuilding stage and Edsall already proved that he could turn a program from Division I-AA to a BCS bowl team in a little over 10 years.

Maryland will give Edsall a chance to once again turn a program around and try and lead them to a BCS Bowl appearance. Maryland's attendance at home games has declined in the past few years, and that is something Edsall would like to change right away. Edsall will surely give the Maryland program a new look, fresh face

and a win now attitude.

For all the believers that Edsall is wrong for leaving UConn, they may want to rethink their opinions.

Edsall owes UConn nothing.

He turned the football program from a nothing to a team that had four straight winning seasons and four straight bowl games, capped off with a trip to a BCS Bowl game. With the football teams success it has brought millions of dollars of revenue into the University and garnered UConn more fans than ever.

At his introductory press conference at Maryland Edsall called the job, "a dream job". Fans and followers should respect Edsall and appreciate everything he has done for both the football program and the University.

Opinion: A reflection on the 2010 New York Jets

Dan Graziano Sports Editor

Man, this is something I do not want be writing. Not now, not yet. I am not ready to move on and my heart

is still set on one thing and one thing only. They say break ups are tough but nothing is harder then what I am dealing with now...the defeat of the New York Jets.

In one of my first rants I predicted the 2010-2011 Super Bowl champions would be Gang Green. I was confident and I was passionate. We had a coach who would talk the talk and then walk the walk. We had a young quarterback that was looking better and better each game and a defense to be reckoned with. We had the ground and pound offense and outstanding wide receivers.

After the hit HBO show Hard Knocks myself and the rest of Jets Nation knew, "this was our year". The leagues best cornerback, Darrelle Revis was back from his contract dispute and was ready to go. We were on top and we had it all. Yeah, it was nice. The world was ours for the taken and we took it.

As history has exposed in the past, once you're on top you aren't there for long. Well that held true for the Jets who I thought were untouchable. First a DUI charge for star wide receiver Braylon Edwards. Then foot fetish videos of head coach Rex Ryan began to surface on the Internet.

Oh, how the mighty have fallen.

In the middle of the season the mighty Jets were now winning games on what many called 'luck.' Sports broadcasters and bloggers all over the world dubbed them the 'luckiest team in the league' and 'the cardiac kids' for their late comeback

wins.

Following a few lucky wins, quarter-back Mark Sanchez went from throwing zero interceptions and putting up great numbers to throwing picks and incompletions. LaDainian Tomlinson seemed to have lost his step and began coming up short on each of his runs. Luckily Santonio Holmes was as hot as ever, and wins are wins so I wasn't really complaining.

Then came Monday Night Football between the Jets and the New England Patriots. Both teams were on fire and had records of 9-2 respectfully. Last time the two met Gang Green dominated their rivals 28-14.

However, Tom Brady was on fire and the Patriots were a new team. Luck wouldn't help the Jets this time as it was all skill based. What was supposed to be the biggest game of the season turned out to be the ugliest. I couldn't believe my eyes, the Jets were being man-handled. The Pats ran up and down the field and just embarrassed Rex and his boys. That is exactly how they seemed, like children going face to face with out of this world giants.

The end score? 45-3. What the Patriots did to the Jets could be considered illegal in 49 out of 50 states, it was that bad. A crime was committed and the Jets would never be the same. After leaving the stadium in shame the Jets vowed to be back.

During the week of practice the Rex buried the ball, literally and the team put the game behind them. Next up the Miami Dolphins, a pathetic excuse for a football team. Well turns out that pathetic excuse for a football team was able to defeat the once almighty Jets. Two losses in a row, this was something new and I didn't know how to deal with it.

Having three games left with two of them division leaders in the Pittsburgh Steelers and the Chicago Bears, I wasn't to optimistic about the Jets future with the playoffs. Yet a surprising win in Pittsburgh and an uneventful one versus the Buffalo Bills, the Jets were back in it. They finished the season with an overall record of 11-5, the first time since the 80's to reach the 11-win mark.

The playoffs were upon us and I was pumped up to say the least. The guys and I gathered with wings, ribs, nachos, and beers to see how our Jets would fend against Peyton Manning and the Indianapolis Colts. After an exciting game the Jets pulled away with the one-point win, 17-16.

Next up the Jets had to travel to the world's anus to face the scum of the earth, the Patriots. Members of the Jets, including head coach Rex Ryan mocked the Patriots. They spoke about their hatred of Tom Brady and the Patriots in general. Jets Nation was going off the walls, we were excited, we were pumped up, and we loved the trash talk.

Anyone in the New York area agrees that Boston is a nice city. Yet it is filled with the most obnoxious, loud, and unfriendly people in the world. Just talking about Boston in this light will probably put a target on my back from all the natives roaming around Sacred Heart.

Nonetheless the Jets traveled to Foxboro and forced Tom Brady to cry. I kid you not, the star quarterback wept on the shoulder of wide receiver Wes Welker. Maybe he didn't get the memo but he is playing football, only the manliest of all man sports in the world.

With the victory in Foxboro we all knew it was going to happen, the Super Bowl was ours. We beat top quarterbacks Peyton Manning and Tom Brady during this years playoffs. Last year we took down Philip Rivers and Carson Palmer, that's an impressive resume and anything could happen. While Pittsburgh was a good team they were nowhere near the level of the Patriots. I was optimistic to say the least.

After a week of anticipation it was game time. The Jets came out of the gate missing the power that was present only a week prior. They were sloppy and suffering to both the Steelers offense and defense.

By half time the Jets were trailing 24-3 and I debated whether I should even watch the second half. I manned up and kept my eyes glued onto the television. Yet this half something was different, the Jets were actually playing.

Next thing I know the Jets are only trailing by five and the win is insight. With a stop of the Steelers drive the Jets would have one more shot to win the game with a minute left, something they have done time after time. Yet after two first downs by the Steelers the Jets were out of time outs and out of chances.

The clock ticked down and the Jets season was over. I have nothing more to say then this, to win a football game you need to play a full 60-minutes rather then just 30.

The amazing part about the Jets is that people are still hating on them. They say that they aren't good and they didn't deserve to be in the AFC Championship two years in a row.

You may not like the way Rex and the others do their jobs but hell they win games and that's all that matters. If you can walk the walk your are allowed to talk the talk.

What can I say other then haters gonna hate and I can't wait to see my Jets in the Super Bowl next season.

pinion: 2011 will be the year of the Tiger

Ryan Hannable Asst. Sports Editor

Tiger Woods had his worst year as a professional in 2010, struggling both on the course

as well as with his personal life. Many people believe he is still going to struggle in 2011, but I firmly believe this is not the case. I think 2011 will be a great year for Tiger, and he will regain his dominance on tour.

2010 was the first time Woods failed to record a victory since 1994. He struggled with his game all year long. He played in 12 events, and only recorded two top ten's, very unlike Tiger.

He also under went some major swing changes. Him and his coach Hank Haney parted ways after their six-year relationship. Woods joined up with Sean Foley and the two have been working together since last August. They have worked together and Tiger has been working on a few tweaks in his swing.

For those who doubt Tiger in 2011, look at the way he finished in 2010. He played quite possibly his best round of 2010 on the final day of the Ryder Cup in the singles matches. He defeated Francesco Molinari 4 and 3. During the round Tiger had seven birdies and an eagle in only 15 holes.

Woods followed up that performance with a sixth place finish at the WGC-HSBC World Championships and then a fourth place finish at the JBWere Masters

in Australia. In his last event of the year he lost in a playoff to 2010 US Open winner Graham McDowell in his own event, the Chevron World Championship.

Tiger hit his stride towards the end of 2010. He finally got comfortable again on the course, and he has developed a strong relationship with Foley, his new swing

Woods feels confident about his new swing.

Speaking on his own website he said, "I feel a lot more comfortable about the changes we have made. Hopefully my good play at the end of last year will carry

The 2011 season starts today (Jan. 27) for Woods at the Farmers Insurance Open at Torrey Pines in San Diego, California. Torrey Pines is one of his favorite courses; he has not lost a tournament there since 2004, although he hasn't played there since 2008.

Torrey Pines is also the course where Woods has the most career victories. He was won there seven times. This is the perfect course to get the ball rolling for Tiger

Tiger is eager to start the 2011 season. "I am really looking forward to competing. I have been working really hard on my game," said Woods on his website.

Also, for Woods he begins the year as the number three player in the world. He has not been outside the top two since May of 1997. As it stands now Lee Westwood is the number one player and Martin Kaymer, the reigning PGA Championship

winner is number two.

One thing I've learned from following Tiger throughout the years is you don't want to get him upset and send him on a mission. He is on a mission this season to gain back his number one world ranking and dominance back on the PGA Tour.

The 2011 major courses also set up nicely for Tiger. He has won the Masters at Augusta National four times.

He has also a connection major with the US Open site at Congressional Country Club in Maryland. It has been the course Tiger has hosted many tournaments at. He won at his own event, the AT&T National there in 2009.

The British Open is being held at the Royal St. George's Golf Club in England. He finished in a tie for fourth when it was held there in 2003.

It would not surprise me in the least for Tiger to win multiple tournaments, as well as at least one major and regain his

Tiger Woods looks to regain his dominance on the PGA Tour in 2011.

number one world ranking. The FedEx Cup will also be on his radar as well. In it's four year existence.

Even Tiger himself is very confident about his upcoming 2011 season.

"I've been working hard on my game, it's game time hooah!!," said Woods in a

Look out PGA Tour, Tiger is back.

MOTIFICITIES TRO

STUDENTS!

Bring your SHU card to enter!



The Spectrum/Zack Lane Nick Folk kicks off a Jets game at the New Meadowlands Stadium.



The Spectrum -

http://www.sacredheartspectrum.com

LOOKING TO THE FUTURE

Two home games on tap for Pioneers

The Spectrum/Sean Elliott