Seasonal affective disorder causes winter blues in Northern regions

Andrew Aleman
Contributing Writer

Lacking energy, feeling moody? Depressed? It may be seasonal affective disorder (SAD), which is a form of depression that normally occurs during the winter season, according to the National Institute of Mental Health. For those psychology majors, SAD would most likely be diagnosed as “Major Depressive Disorder, with Seasonal Pattern,” according to the DSM-IV-TR 4th edition, said Dr. Jennifer Gosselin, assistant professor of psychology.

Sacred Heart University students, some of who are away from home for the very first time and may be unaccustomed to campus life and harsher winters, face the possibility of staying indoors, having less social contact, and not going out and getting enough exercise. These factors consequently are contributing factors to mood disorders that are simply short term, not to be confused with SAD. For those that are experiencing a winter fatigue and school fatigue simply exercising at least 30 minutes a day has shown to provide relief, according to PubMed.gov, a service of the U.S. National Library of Medicine.

SAD is not to be confused with “winter blues” or “cabin fever,” as these are short term effects that occur normally resulting from isolation and other conditions. Gosselin said that a diagnosis of SAD “is serious, [and] must be made by a trained clinician.”

The wellness center can provide support for students in need. See SAD on page 3...

MEDIEVAL MUSIC ON CAMPUS
Cappella Clausura performs at Sacred Heart University for second time in two years

Jordan Haas
Staff Reporter

On Saturday, Jan. 29, the musical orchestra Cappella Clausura performed Hildegard von Bingen’s, “Ordo Virtutum,” in Sacred Heart University’s Chapel of the Holy Spirit. Even after the rescheduling, many attendees came to view this musical performance of the classical era.

“Hildegard von Bingen’s Ordo Virtutum” by Cappella Clausura comes to life and touches our souls,” said associate music director John Michniewicz, who organized and coordinated this entire production. The band consists of a variety of musical artists, and has a goal of bringing old works by women back to life. According to Cappella Clausura’s homepage, their mission statement said, “Cappella Clausura is an ensemble of sopranos, altos, and early music instruments in Boston whose goal is to research and bring to light works written by women from the eighth century to the present day. Our intention is to dispel the notion that there are not now nor have there ever been gifted women composers.”

The acoustics, along with the orchestra, created the scene of the night for the audience’s pleasure.

“The tie up and climactic ending is what drew me to this performance,” said sophomore Chris Rokosky.

Music like Hildegard von Bingen’s: Ordo Virtutum is a classical piece of work that has been redone many times, which creates new elements to this piece in general. This production might not have been possible without the voluntary work done by associate music director John Michniewicz and the cooperation with the director of Cappella Clausura, Amelia Leclair.

The dedication to incorporate older music to new generations has been working. The only issue is that only a few students were able to show up for this production due to the schedule change.

Cappella Clausura performed two years ago at Sacred Heart in the Edgerton Center for Performing Arts, and this marks the band’s second time performing on campus.
**Media Studies Studio Gets a Makeover**

Faculty, students find additions convenient, contemporary, professional

Kim Rooney
Staff Reporter

Recently, the department of communication and media studies at Sacred Heart University has made new advancements in the technology, as well as the equipment to better benefit the quality of its studio.

"This is an exciting time for us as we expand our curriculum and, along with it, our facilities," said professor Sara Ross, who teaches film and video production. The department has added a new anchor desk and two new flats in the school colors, red and white.

"The anchor desk made our class assignments more real," said junior Jacqueline Duda, after using the new equipment during her Fall 2010 semester. More additions to come include a new stand and a flat screen television that can be used to display graphics during studio shoots. When walking into the Media Studies studio, you may also notice the green wall that can be used for green screen effects.

"I took a class called TV and studio production last semester," said junior media studies major Caroline Campo. "In the beginning, the room was a little boring and I didn't feel like there was enough equipment in the studio. But I remember one day coming to class and we had a new table and backdrop. It felt like a brand new, real studio room. It made any videos we did come to life and more presentable."

According to the Sacred Heart website, the communication and media studies department gives to all its students immediate access to the latest technology and software in order to prepare them for the career path they choose. The advancements made to the department will give more options to students when it comes to shooting news, interviews, sport shows, talk shows, and much more.

The website also explains how the department currently supports four student run organizations that create and produce their work right on campus. "Student organizations like The Pulse, a video newsmagazine, and SHUBox, a student run television station, will be making use of the new sets to enhance their productions as will our studio classes," said Ross.

This coming September, Sacred Heart will issue a new master's program for students in this department. According to school's website, it will combine the social and cultural analysis of media and communication technologies with media production.

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**Saving 'Heart': Public Safety Administers EMT Course**

Mike Peterson
Staff Reporter

For the next several months, the Department of Public Safety is administering an EMT-B course on the Fairfield campus of Sacred Heart. The class teaches participants how to handle medical emergencies.

The Department of Public Safety, along with the Echo Hose Ambulance Training Center of Shelton, is conducting classes every Monday and Wednesday from 6 to 10 p.m., and every other Saturday from Jan. 24 to May 2. The course costs $575.00, including textbooks and other materials.

"I think it's a good idea," said junior Adam Turner of the course. "It's a skill that everybody should have. [Being an EMT-B] provides a sense of security within the school, and it helps to know that people have that knowledge."

An Emergency Medical Technician-Basic, or EMT-B, is a pre-hospital emergency medical provider. EMT-B's are trained in basic emergency care skills, including automated external defibrillation, operation of a definitive airway adjunct, and aiding patients with certain medications. The course provides training for all of these skills, and also offers eligibility to take the state of Connecticut's EMT-B practical and written exam upon completion. However, cost was one of the reasons why Turner said he didn't intend to take the course.

"With college costing so much, it would be hard to supplement almost $600 for another class," said Turner. He suggested offering academic credits for the class when he said, "It might be a big incentive for students if there were credits involved. That would reassure people about the money they would be spending."

According to the National Association of Emergency "This is a good chance for people who have always wanted to help others. EMT'S save lives every day. It's important that we teach people how to respond during an emergency. It could make all the difference."

-- Adam Turner, junior

Medical Technicians (NAEMT), there are nearly 50,000 EMT-B's in the United States. EMT-B's comprise the majority of EMS first responders. They are used in a wide range of settings, from industrial and entertainment first aid positions to hospital and healthcare settings. EMT-B's are also employed in what is known as the "pre-hospital environment", which involves hospital discharges, 9-1-1 calls, and other issues.

EMT-B's often have training in areas such as patient assessment, trauma care, CPR, hemorrhage control, fracture and spinal stabilization, managing environmental emergencies, and emergency childbirth. This training prepares them for various crises, and enables them to act quickly and decisively during an emergency.

"It's a great opportunity," said Turner. "You can do mouth-to-mouth, or help revive someone if no doctor is available. Medical personnel aren't always going to be there, so it's important to have students who are trained in these areas.

When asked if he knew anyone who might be interested in taking the course, Turner said, "Yes, I know several people who might be. Jobs are so scarce right now that it might be a great career path for someone who's interested."

According to the U.S. Bureau of Labor Statistics, job opportunities for EMT's and paramedics have been increasing steadily since 2002. In addition, employment for these positions is expected to grow faster than the average through 2016. As the large baby boom generation grows older and becomes more likely to experience medical emergencies, demand for EMT's is likely to increase.

"This is a good chance for people who have always wanted to help others," said Turner. "EMT'S save lives every day. It's important that we teach people how to respond during an emergency. It could make all the difference."

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**Interested in the EMT-B course?**

Mon. - Wed.: 6:00 p.m. to 10:00 p.m.

Every other Saturday from Jan. 24-May 2, 2011.

Cost: $575.00 (includes textbooks and class materials)

For more information, contact Philip Brenha of the Department of Public Safety (brenhap@sacredheart.edu)

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*source: SacredHeart.edu*
SAD causes energy level drop during cold weather months

...CONTINUED from page 1.

SAD affects people mostly in the northern regions of the world as these parts of the world are less likely to receive sunlight during the winter months. Studies also show that there is a high prevalence of the disorder in females compared to males with the disorder typically occurring in adulthood after puberty, according to the website.

"Students who start to feel the affects of a long, cold winter can find relief at the gym, for instance. "A combination of exercise and light therapy" are quite effective in treating the disorder, according to Gosselin.

"Doing homework, and procrastinating, I generally lose track of time," said junior Georgina Cordello. "However to combat any form of "winter blues" and some depression such as SAD.

Sacred Heart University employs many activities and clubs to help keep the campus active with such activities such as club volleyball and the martial arts club.

"Club volleyball keeps me active, a good way to hang with friends and let off steam during the winter months, and all year around," said sophomore Joe Randazzo, a member of the club volleyball team.

The Pitt Center, now offering longer hours than the year before, is an excellent source for students to exercise and combat any form of "winter blues" and some depression such as SAD.

Apart from the activities, the University has a wide circle of support, such as the University's wellness center. At the Sacred Heart wellness center, also called the Park Avenue House, located on top of the hill that faces Park Avenue, there are key support services such as the counseling center and health services.

The counseling center offers free and confidential resources to help with any needs while the health service provides primary health care, for those adjusting to any type of changes. In addition to these services, the university offers spiritual support, such as the campus ministry that can help with any questions.

Experiencing SAD symptoms?

Watch for these signs...

- A change in appetite, especially a craving for sweet or starchy foods
- Weight gain
- A drop in energy level
- Fatigue
- A tendency to oversleep
- Difficulty concentrating
- Irritability and anxiety
- Increased sensitivity to social rejection
- Avoidance of social situations and a loss of interest in the activities you used to enjoy

source: FamilyDoctor.org

21st century job hunting

Social networking, recruitment sites aid career exploration

Jason Trueblood
Staff Reporter

"You can find a huge number of large corporations with a recruiting presence on Facebook and Twitter, because it is a great way for them to get information out to a large, targeted group instantly."

-- Rick Del Vecchio
Director of Career Placement

WANT TO ADVERTISE WITH THE SPECTRUM?

Contact Advertising Manager,
Nicole Caravano
at spectrum-advertising@sacredheart.edu
Lauren Kalil  
Staff Reporter

Sacred Heart University alumna and psychology professor, Tanya Schweitzer was appointed as the new substance abuse prevention director in Milford, Conn. this past November, a position she acquired over 100 other applicants.

"From there, it was narrowed down to the top ten, then to the top three, and finally I was selected," said Schweitzer.

The position is directed towards prevention for underage drinking towards middle school and high school students in the city of Milford. It consists of a five-year commitment in which Schweitzer will learn how to be effective in developing strategies to prevent substance abuse.

During the first year, she will travel to enhance her training which begins in a couple of weeks. Schweitzer will participate in interventions for undergraduate students and campaign to educate parents about these issues.

"I knew Tanya in her old job as the substance abuse coordinator at the counseling center at Sacred Heart. "She contacted me to speak at her campaign in Milford. Having relationships with people that work in surrounding communities, such as myself, will help Tanya in her success as the new director."

Kessler practices "B.A.S.I.C.S.:" brief alcohol screening and intervention for college students, for students around campus. This allows her to generate statistics of how our university relates to substance abuse.

Through a mandatory AlcoholEdu exam required of all freshmen students, the university is able to ask drug and alcohol questions anonymously to gather the facts. As well as the mandatory exam on AlcoholEdu, the University also provides random surveys to students, which evaluate the campus community as well.

According to posters hanging on the walls around campus, statistics show that "85 percent of SHU students support designating a sober driver," and also that "Most SHU students have 0-4 drinks when they go out partying." As well as these statistics, only 15 to 20 percent of the students that Kessler sees have a drug or alcohol addiction. "Last year I saw 175 students, and maybe 30 were addicts," said Kessler.

The Spectrum/Megan Piaote

Psychology professor Tanya Schweitzer is a substance abuse prevention director in Milford.

Since Schweitzer is a graduate of Sacred Heart's class of 2000, the schools statistics also give her motivation to help substance abuse in her community.

"She has had so many different jobs that relate to this field such as social working, being in charge of a group home, and many other involvements. All of these past experiences are what I think make her perfect for the job," said a current student of Schweitzer's, Cassandra Apruzzese.

Apruzzese was a student in her class last semester and is also currently registered in her psychology class this semester as well. She said that Professor Schweitzer is an amazing teacher and seems to have an interest in helping out the community.

"By increasing the community's knowledge of substance abuse, I believe that we will see a reduction in the number of young people using alcohol," said Schweitzer.

Although Schweitzer has had many experiences with social work, she hopes to take more from this experience.

"I hope to learn new perspectives with alcohol and drug use," said Schweitzer. "I like this position a lot because it's not the type of social work I've done in the past where I am directly practicing with clients. Someone is not coming to a clinic and visiting for individual addiction. I am able to target the community based on strategies to try to put a dent to this problem."

Because Schweitzer lives in the town of Milford, she is affected by the substance abuse problems. This position will give her a chance to bring strength and unity to her community.

"Through being appointed this position, I hope to be one of the grantees to participate in a national forum of why Milford has become so successful one day," said Schweitzer.

Turmoil in Egypt will reshape US role

Associated Press

The protests rocking Egypt could change the political landscape of the entire Arab world and beyond. Possible outcomes range all the way from democracy forces taking charge in Cairo to — in a worst case — an all-out war bringing in Israel and Iran.

In between, there could be a long period of instability that could breed economic chaos across the region and derail economic recoveries in the U.S. and Europe.

In Cairo, embattled President Hosni Mubarak declared to his nation in a televised address Tuesday night that "it is not the role of any other country to determine Egypt's leaders." In his remarks, Obama emphasized that "it is the middle option, with respect to American interests, that we have to pay serious attention to," Miller said.

The worst case envisions a rise in extremist Muslim factions in Egypt, Tunisia and even Jordan. The Suez Canal and an adjacent pipeline could be closed, the Egyptian-Israeli peace accord rescinded, the U.S.-Egyptian diplomatic and military relationship ended.

But there are still many signs of stress and potential problems ahead. And, it's clear, there will be no return to the status quo: The U.S. role in the Middle East has probably been altered forever.

"The consequences of instability in Egypt to the United States are really important," said former diplomatic troubleshooter Nicholas Burns, who was the Bush administration's point man on Iran from 2005 to 2008. "The strategic interests of the United States are on the line."

In his remarks, Obama emphasized that "it is not the role of any other country to determine Egypt's leaders."

Shibley Telhami, a Mideast scholar at the University of Maryland, said it was important for Obama to "lower our tone" and not appear to get directly involved in the leadership change — for fear of creating an unwelcome backlash.

"The less we make this about America, the better," Telhami said.

Any period of governmental uncertainty, if Egypt goes through a succession of leaders, or if extremist factions gain the upper hand, could keep tensions across the region high for a long period.

DEPRESSION SCREENING
Wednesday, February 9
11:00 am - 2:00 pm Faculty Lounge
3:00 pm - 5:00 pm Counseling Center
or call the Sacred Heart Counseling Center at 203-371-7955

If you aren’t feeling yourself or you are concerned about a friend, stop by for DEPRESSION SCREENING.

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Stop wasting, start saving

Students weigh in on money-saving secrets

Hannah Ackerman
Staff Reporter

It’s a normal Saturday night, and while most Sacred Heart University students are out and about, you can find senior Amanda Favretto sitting in front of an old movie, drinking hot chocolate and watching an old romantic comedy. The crummy winter weather brings less clothes and more flirting opportunities. That money adds up really fast.

By finding one close to campus, this can also help you gas expenses as well. Junior Anastasia French is forced to drive outside of Connecticut every other weekend in order to keep her funds sufficient.

“I have a job in New Hamp­shire that calls for me to go home. Unfortunately it is a three-hour commute,” said French. “Most of my money goes to my car pay­ments, credit card bills, groceries and school supplies.”

Before you run to the book­store to be first in line at the cashier, look into some cheap and resource­ful ways to get your new semesters textbooks.

Asking to borrow books from friends is one of the easiest ways is to get textbooks for a short period of time, and it’s free. If you can’t find your book to borrow, buying used books is an­other great way to save money.

“I buy all of my books on Ama­zon or rent my books from Chegg.com and return them. It’s cheap and easy,” said sophomore Nick Almon­te.

Renting your textbooks cuts the cost significantly and can be done right on campus. Take-out, clothes shopping and Starbucks all seem to be luxury items to college students on a tight budget.

For students, like sophomore Chris Mastrocola, cutting these items out of their daily lives, enables them to save up a little extra cash here and there, which can really add up over time.

By taking advantage of these opportunities to cut spending, you will be able to save some cash every day.

“Some of that money goes to my car payments and credit card bills,” said Mastrocola. “It’s worth it to me.”

“Some students are keeping themselves entertained and happy during the past few snowstorms. Now we can add ‘get a winter boyfriend or girlfriend’ to the list. I suppose.”

If you are living on campus, you may find yourself with a set amount of money on your SHU Card.

Instead of buying your milk, butter and everyday drinks at Stop and Shop, why not use the money you already have on your SHUCard, by getting these necessities at Out­taken.

With restraints put on the work­study program, searching for a close by, part-time job can help with some of your financial difficulties.

Winter hookups bring spring breakups

Kelley Bligh
Perspectives Editor

Winter boyfriends, spring girl­friends. It’s an epidemic that’s ap­parently sweeping the nation. Over winter break, I read a blog about this rising trend on Marie Claire’s website about people who “lock in” a significant other for the winter months—someone with whom you can watch movies, drink hot chocolate and cuddle by the fire. The winter boyfriend or girlfriend then gets dumped when the warm weather brings less clothes and more flirting opportunities.

It got me thinking about whether people actually do this—real people like the readers of Spectrum and the students of this university. Are there “winter couples” roaming the halls of Sacred Heart? If so, identify your­self. This trend has intrigued me.

But then, there are probably plenty of “spring se­mester” couples out there. Students at Sacred Heart are from all over the place, even if “all over” is, for the ma­jority, limited to the Tri-State and New England areas. My point is, however, that summer vacation sends us off in millions of different directions and long distances has been relaxing in front of an old to all relationships. Plus, maybe you have a summer boyfriend or girlfriend at home waiting for your return.

I guess it makes sense though. I’ve heard of the
Fans in Dallas get excited to celebrate Super Bowl XLV.

AP Photo

Kick off the week with Super Bowl XLV

How will SHU celebrate?

Brittany Calvanese
Asst. Perspectives Editor

The hotly debated question of which Pennsylvania school will be the hot spot for Sacred Heart students to celebrate the big day is not the most popular plan of action for most students. Most of the time, it is a spot to be close to friends and just relax. As it turns out, going to the bars and restaurants to celebrate the big day is not the most appealing option for most students. However, that doesn't mean that students aren't looking for a way to spend the day watching the game at home with friends and just relaxing.

"I would like to spend the day watching the game at home with friends and just relaxing," said senior Tom Planagan.

At the Pioneer Food Court, students can pick up pre-made food packages ordered through the school. The menu consists of pizzas, wings and sandwiches along with specials relating to either the Steelers or Packers. Conveniently for students, you can pay for these Super Bowl treats on your SHUCard ranging from four to seven meal swipes.

Not only is the actual university show- up of interest for those interested in the game, but there are also the witty commercials and eccentric half time shows that draw people of all ages. This year the pop group Black Eyed Peas will perform at the half time show.

"I actually am kind of excited they're performing this year. I feel like they're more relevant than past performers and bring a high energy stage presence to the show that has been missing for the last couple of years, not that those performances were bad," said Eckert.

It seems that students are taking this Sunday as an excuse to celebrate but relax with good friends, some good food and a lot of enthusiasm for the game, whether they truly care about the outcome or not.

"I hope to see a good game, a sick half time show and have fun instead of spending the night doing homework," said junior Mary St. Thomas.

'estaban Rosales
He said

Probably the most desirable piece of knowledge someone could want is what the opposite sex is looking for. So you want to know if you can find someone who truly cares about you. For this article, I interviewed a few of my acquaintances on what they think girls look for in a man with intelligence and good with reason. A wise man would know how precious the woman in his life truly is and would treat her accordingly. An important thing that comes with intelligence is security, both financially and emotionally.

Girls love a man with a good personality, so the next answer I got from a young woman who looks for in a man didn't shock me: "a hot body." God has made us all in His image, but there is nothing wrong with toning up and staying in shape. And some of us are fighting against the genetics of a skinny Costa Rican father, and a tiny Colombian mother, so go more than once a month.

The last answer I got from the women of SHU is that they are looking for an unselfish man. I believe that if women truly stick to this principal, this goes for guys as well, and find a man who puts her before himself, then that will be a truly happy relationship.

I feel that the reason so many relationships and marriages fail is because people have not considered the relationships for what they can get out of it, instead of what they can give. The Bible commands men to love their wives (as one loved his bride in church), so much that they should be willing to die for their wives. Basically, what we should be looking for in a significant other is unconditional love. "til death do us part.

Andrea Gorkofsly
She said

My ideal man would be naturally tan, have abs of steel, dark hair, light eyes and of course a million dollar smile. He would be a man of an angel, shoot a basketball like Kobe Bryant and while possessing all the perfect physical qualities, still have a heart of gold. But I guess that is the whole point of an "ideal man." It's just a concept of perfection that remains real only in our minds. And if, in the rare chance they do, they most likely do not portray the qualities that actually matter when it comes to building a lasting relationship for a suitable significant other.

The number one quality that I look for in my better half is trust. It is easier than some may think to figure out if you can't trust a guy. I find that if someone cannot be honest about something as small as how he did last night, then how am I supposed to trust him in the future? Trust goes along with it and it's certainly not easy.

If I can start building a trust in the beginning, then there is great potential in forming a relationship. If it's not there, then I don't see the point in letting a guy get too close, seeing as I'm probably not going to fall for him either.

Some real world, guys like this don't make bad because they have figured out enough to know how. Someone who calls in the middle of the night and says he forgot the simple joke, then you're most likely on your way to finding the lost key to your heart.

I also like a man who is loyal. I believe that if a guy makes plans with me he should keep them, unless the excuse is legitimate. And like I said, at this point in the relationship, I will trust you enough to assume that if plans do change, it must be because they have to.

But I cannot stand guys who are constantly canceling plans to go see a movie with me, to instead, go to the bar with his friends. There is nothing wrong with a "boys' night" but if you make plans with a girl, stick to them.

I want a guy who will be honest and say, "You know what, let's skip the movie tonight and go out instead." With that line a guy just killed three birds with one stone. He was honest that he did not want to see the movie, loyal to me by not canceling plans, fair to him by not keeping them, and proving that he can balance both a girlfriend and friends at the same time.

We are the psychical qualities that we all want that I see in my imaginary bronzed beauty of a boyfriend, but there are a lot of guys with attractive physical qualities, and that just makes another guy a bar, not my significant other.

Esteban Rosales
He said

"Since my dad is a Packers fan, I'm a Packers fan and have been since I was little. This is the first time I've seen enough to really appreciate them going to the Super Bowl. I even ordered a Jordy Nelson Super Bowl jersey," said senior Brianna Neff.

Many students could care less about the outcome of the game but still insist on embracing the day.

Even though they aren't exactly fans of either team, or they are even still bitter that their team didn't make the big game they rationalize their involvement in the game in other ways.

"I am extremely excited to watch the Super Bowl although I really wish the Patriots had made it all the way. I plan to celebrate with friends around the dorms and watch the game because I think the commercials are always so funny," said freshman Chelsie Hubicsak-Muldowney.

"I'm probably having people over at my house, nothing big because we want to have a good time," said junior Marie Rose.

"I actually am kind of excited they're embracing the day.\n
I feel that the reason so many relationships and marriages fail is because people have not considered the relationships for what they can get out of it, instead of what they can give. The Bible commands men to love their wives (as one loved his bride in church), so much that they should be willing to die for their wives. Basically, what we should be looking for in a significant other is unconditional love. "til death do us part.

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No offense to Punxsutawney Phil but I think it’s clear by now that the question of six more weeks of winter is not only a plausible option, but also a guaran­tee. Considering Sacred Heart’s understanding that every winter is not only a plausible option, but also a guaran­tee of actually moving any snow. The winter weather cleanup program seems to be at a standstill leaving stu­dents with fewer parking options than the abundance of available spots that previously existed.

With more snow predicted in the coming weeks, it’s safe to say that SHU will remain open and parking, scarce. In multiple classes I have noticed some students form of rebellion: self-proclaimed snow days. I am not opposed to this idea in the least. In fact, I support them considering many students live off-campus several min­utes away making commutes treacherous and dangerous.

The spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum. No offense to Punxsutawney Phil but I think it’s clear by now that the question of six more weeks of winter is not only a plausible option, but also a guaran­tee of actually moving any snow. The winter weather cleanup program seems to be at a standstill leaving stu­dents with fewer parking options than the abundance of available spots that previously existed.

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TRENDS TO TRADE TEXTS FOR TABLETS

There is something eerie about taking the train in to New York City during the morning rush. Men and women dressed in designer suits pile into cars in one abrupt motion until the train starts moving. The car falls silent. While some have already fallen asleep, the dedicated devote themselves to the latest form of media for the next hour and a half. Though some sit with the print edition of the New York Times or Wall Street Journal, many often juggle between their Blackberry, laptop, iPod, e-reader or tablet.

At first this lifestyle seemed so foreign to me, but as I settled into taking my biweekly trips, I learned that a simple train ride has much to say about trending technol­ogy and its impact on our culture.

Not long ago, Amazon’s Kindle made its debut, setting the bar high for all of its competitors. Print was no longer restricted to just a book. Everything from newspa­pers, magazines, and books could be consolidated into a slim, portable machine. Remarkable to some, yet horrify­ing to others, this revelation was about to change both the print and technology industry.

However, the e-reader was not the only new trend to enter the scene. Once Apple launched their tablet, they set an even higher standard. Not only did they offer the perks of the e-reader, but also those of a myriad of other technologies. Now, seemingly all useful technologies were consolidated into a portable device.

In 2011, the war is on. Who can compact the most into most efficient machine? Android technology is up to the challenge. While there are several tablets entering the scene this year, those featuring the Android systems hold the greatest competition against Apple’s iPad, who essentially the man to beat. So in my opinion, let the best man win.

Observing people juggling cutting edge technology on the train, I sat with a mixture of fear and excitement. As young as I may be, I’m a dinosaur in this whirlwind of change clutching my book for dear life. As much as this new technology has it’s compelling advantages, I’m not ready to give up my books, newspapers, or magazines.

To me there is something gratifying about holding a person’s work in your hand. It’s easier to form a personal connection to something palpable rather than a machine. However, as all of this technology is emerging, we are changing. As developments sift through our culture, we crave to keep up.

Somehow, I can’t even envision myself purchasing an e-reader or a tablet. However, being in the field of media, I must admit: tablets are ready to take the reigns, and they will.
Philbin signs off from 'Live!'  

Bill Haug  
Staff Reporter

After 28 years of one of daytime television's most recognizable faces, Regis Philbin, co-host of 'Live! With Regis and Kelly' will be retiring later this year.

Hosting the self-titled show alongside two female co-host for nearly three decades, the 79-year-old media personality is venturing on to new opportunities in the world of broadcasting, though he will be missed by his 'Live!' family.

"I think I can speak only for America, and all of us here that it has been a pleasure and privilege and a dream come true and I wish I could do something to make you change your mind," said Philbin's co-host Kelly Ripa, "I love listening to you every day."

Sacred Heart University students feel the same after Philbin broke the news himself on his morning talk show just last month.

"I think it might be heartbreaking. He is just, Regis! I still can't believe it," said senior Lisa Marie Gerolamo. "What is it going to be, just 'Live with Kelly'?"

Philbin's retirement announcement will have one consequence for a co-host wide open come the summertime, leading members of the campus community to wonder who will fill the void Philbin left behind. While Philbin himself is not sure exactly when his latest broadcast will be, but it surely will not be his final career send-off.

"It's not like I'm dying, I am just retiring from the show," said Philbin via Twitter, and with a career since the mid 1960s, the fact that it has been a pleasure and honor has plenty of experience to boast his arts & entertainment

‘IDOL’ ADDS ICONS TO JUDGING PANEL IN NEW SEASON

Megan Pulone  
Staff Writer

A new season brings a new age of FOX’s top show "American Idol." As the series enters its tenth season, not only will new contestants have a shot at stardom, but new faces will be seen at the judges table.

Usually the question on everyone’s mind is, “Who will be the new American Idol?” Now, people must ask whether or not this new decade of "Idol" will continue to keep its millions of viewers interested.

“I think the show will still be good but the dynamic is going to be different," said senior Janine D’Amato. “It will focus more on the musical talent rather than the entertainment value.”

Without the return of American Idol’s judge Simon Cowell, many seem to be skeptical about its overall success.

According to the Los Angeles Times the ratings posted after the season premiere showed that the number of viewers had gone down by 13 percent, making it the worst numbers seen since season one in 2002. So have these numbers really gone down because Simon Cowell is no longer on board? Or has the new addition of judges proven to be the problem? Time will only tell.

During the season premiere on Jan. 19, America saw the faces of Aerosmith’s front man Steven Tyler and music sensation Jennifer Lopez in a new light. They join Jackson at the judge’s table are picking up where Cowell, Paula Abdul, Kara DioGuardi, and Ellen DeGeneres left off.

"They are more musically oriented than the past judges and I trust their opinions," said sophomore Alex Danais. Since day one "Idol" Cowell, Abdul and Jackson made their names known to the nation. We’ve seen judges go in and out, but will it work this time?

"I love Steven Tyler as a judge," said sophomore Jackie Veseli. "I love Aerosmith in general and his presence is good for the show. He’s an icon."

As for triple threat – singer, dancer and actress, Lopez - there have been mixed reviews.

"Lopez is soft, not as bad as Paula Abdul, but she’s soft," said sophomore Johaima Ovsenek. "It seems that Lopez is assuming the role of “never-say-no” Abdul?"

On the other hand, sophomore Johann Ovseynek said, “I love Jennifer Lopez. I have loved all of her songs since day one. She knows what she’s doing.”

"I love Steven Tyler as a judge," said sophomore Jackie Veseli. "I love Aerosmith in general and his presence is good for the show. He’s an icon."

According to the Los Angeles Times the ratings posted after the season premiere showed that the number of viewers had gone down by 13 percent, making it the worst numbers seen since season one in 2002.

For the past nine seasons they have always capped the age at 16. In addition to all the changes, “American Idol” now airs on Wednesday and Thursday rather than the usual big Sunday night opener. This difference has since then given FOX its best Thursday night ratings since 1995.

"The show is going to keep evolving into something fresh and exciting," said senior Chris Daly. "The show is probably going to go on forever and the new judges had to happen eventually. I miss Simon though."

The next show will air on Wednesday, Feb. 9 at 8 p.m. where contestants will sing their hearts out in California with hopes of becoming the next American Idol.

On the Next' concert  

Rapper Kid Cudi comes to campus in May

Mari Brown  
Contributing Writer

With the start of the spring semester, Sacred Heart wanted no time in announcing that rap superstar Kid Cudi will be coming to campus in May. Famous for tracks like "Paradise of Happiness" and "Soundtrack 2 My Life," the rapper will take the stage in the William H. Pitt Center this spring.

"I’m excited about the spring concert," freshman Erin McGunnigle. "Kid Cudi is awesome, and I like going to the concerts here, so it should be really fun in May."

The set list for Kid Cudi’s performance is not yet determined, but McGunnigle is hoping for her favorite songs to be played.

"The two songs I really want to hear are ‘Erase Me’ and ‘Paradise of Happiness’," she said. "I think ‘Paradise of Happiness’ is inspirational, and that’s probably why it’s so popular."

This type of reaction is just what the department of student life was looking for from the students.

"We expected that students would be excited for the show," said Amy Ricci, director of student activities. "But we didn’t realize that we would get the huge response that we did." Despite the positive feedback student life has gotten, some students are less conscious of the impact Kid Cudi has on the music world.

"I think a lot of the student body is excited about the concert," senior Jeffrey Daley said. "So, I guess I am excited for it by association."

Not a fan of Kid Cudi, Daley admits "I couldn’t name you a single song by Kid Cudi, and I probably won’t go to the concert," he said. "I might have other commitments and I’m disinterested in his music."

New to the music world, Kid Cudi has only been on the map since 2008, when Kanye West noticed a free mix-tape called "A Kid Named Cudi" online. Kanye’s 2008 album "808’s & Heartbreak" featured Kid Cudi in the song "Heartless," a chart topper of the year.

Very shortly after, Kid Cudi released his own album in Sept. 2009, with another chart topper called "Day ‘N’ Nite."

Student Life chooses concerts based on popular bands and tries to pick artists that most students have on their ipods.

"The student events team e-board members and our work-study students were always talking about him," said Ricci, "and they were saying how cool it would be to have him for a concert."

Last fall, the Ooo Ooo Dubs, accompanied by The Spill Canvas, performed at Sacred Heart, raking in such a large crowd that the tickets sold out completely.

Tickets for Kid Cudi go on sale Tuesday, Feb. 15. The tickets are $20 for SHU full-time undergraduate students for one day only (limit one SHU ticket per student) and $40 general admission. For now, no opening act has been named for the show, but the Kid Cudi management team may decide otherwise.

Regardless of their feelings towards the rapper’s upcoming performance at Sacred Heart, students should prepare for a crowded campus on May 1 at 8 p.m.
Britney, Gaga, Kanye, oh my! Top artists release singles, ready to drop albums within next year
Lisa Manente Staff Reporter

What do reigning queens of pop Britney Spears and Lady Gaga have in common with controversial Britney, Gaga, oh my! reign the other once both albums hit the shelves.

F Top artists release singles, ready to drop albums within next year
The biggest names in hip-hop from Lil Wayne, Kanye West and Mrs. Jay Z herself, Beyonce, are all back in action this year.

"What is known is that she recently recorded with Kanye West's 'Power' producer, Symbolic 1, and with longtime the-Dream collaborator Christopher 'Tricky' Stewart," on the year to be titled and released album still set for this year.

Perhaps one of the many dynamic duos to collaborate on the music scene this year is the yet-to-be released album "Watch the Throne" with hip-hop superstars Jay-Z and Kanye West.

"Kanye keeps outstanding himself in the pendulum dance. His verses here suggest we've still only seen a sliver of his dark side," reports the Washington Post. But are students going to be receptive of the collaborative sounds?

"It's way edgier than the last album," said songwriter Claude Kelly to People magazine when discussing the latest updates on Spears' still untitled new album, adding that the album's producers are not going to disappoint fans craving a club mix. "Dr. Luke and Max Martin are running the show, and it's all about the beats. It has a heavier bass line and it's much more harder, more urgent, more club. She's ready again!"

Despite her 2007 meltdown that took Spears from the red carpet to rehab, 2011 looks promising to the 29-year-old starlet, and will be looking even greater once the album hits stores in March.

"I'm not in it for the money. I'm in it for the vision to its creator," said a rep for MTV to the Washington Post. "It's a group of teens who engage in drug and sexual activities, which is already beginning to raise eyebrows among viewers, as well as parents.

"When the show debuted on MTV, adding that the album's producers are not going to disappoint fans craving a club mix. "Dr. Luke and Max Martin are running the show, and it's all about the beats. It has a heavier bass line and it's much more harder, more urgent, more club. She's ready again!"

Though Gaga describes her new album's sound as "bad kids going to church," are students eager to taste what the "Poker Face" songstress has to offer?

"All her songs sound the same," said Sacred Heart freshman Monica Victor, when discussing the Lady's musical output. "It's all about the beats. Though Gaga may have only come onto the music scene a few short years ago, its Spears' longevity, according to some students, that solidifies her stake as the princess of pop.

"Beyonce is ready again!" said junior Jacques Charles.

With highly anticipated releases from both the pop- and hip-hop ends of the music spectrum, what's in store from the rockers this year? The former lead singer of Fall Out Boy, Patrick Stump, is taking his first solo career, with MTV describing as his "R&B, arena rock, emo treat," due out in February. While Stump tries his hand at something new, veteran rock bands Blink 182 and No Doubt will both be releasing studio albums later this year.

So which new music releases are students gearing up for most this year?

"Beyonce," said freshman Samahir Muvarek, "I just love the sound of her voice.

Though Beyonce may be on Muvarek's iPod, it's Britney and No Doubt who excite Galindo.

"Beyonce's and No Doubt's, they're the original stars of our generation.

Rating too much 'Skin,' on new controversial MTV show
Dan Miller Staff Reporter

On Jan. 17, the heavily-promoted premiere of "Skins" debuted on MTV. Based on the British version of the same title, "Skins" chronicles the lives of a group of teens who engage in illegal and or sexual activities, which is already beginning to raise eyebrows among viewers, as well as parents.

Based against a high school backdrop, the series provides viewers with a relatable setting, despite the questionable antics shown on camera.

"I liked it, I thought it was an interesting portrayal for teen life," said senior Kristen Bradt. "However, it was a little extreme. It is a good show though and its funny."

While the show itself documents the characters engaging in illegal and or sexual activities, which is already beginning to raise eyebrows among viewers, as well as parents.

"Themes of teen sex, masturbation and drugs are dangerously laced within the 'Skins' story line and experts argue the show is bordering on child pornography," reports the website, Examiner.com.

With the negative buzz surrounding the series, advertisements for Taco Bell, General Motors, and H&R Block are just a few of the companies who have shut down advertisements on the "Skins" network.

Already dubbed "the most dangerous television show for children," by the Parents Television Council, the question remains, what advertisers and companies will promote "Skins"?

Despite the uproar, ABC Family is allowing commercials for the show to air on its network to promote viewership to the New York Daily News reports that the ratings for "Skins" fell from 3.3 million for the pilot episode to the 1.6 million a week later.

"MTV stands by the US adaptation of 'Skins' and the vision to its creator," said a rep for MTV to the website Lifetime Live. The show has earned the loyalty of fans across the globe for its thoughtful and honest portrayal of teen life today.

Though MTV may be backlogging its questionnable new addition to the network's line-up, the feelings about the American adaptation is mixed on campus.

"I love the show 'Skins,' but the U.K. version is definitely better," said freshman Annie Goyzeta. "The acting on the MTV version isn't believable as the U.K. show. I think MTV was trying way too hard.

Lowry argues on the matter, but believes MTV took a step in the right direction to get people talking.

Aware that U.S. attitudes are more prudish, 'Skins' represents a successful way for MTV to get attention -- starting with the Parents Television Council's helpful pre-premiere condemnation -- as it takes another baby step into the scripted realm," said Lowry. "And hey, at least it's not another heavily staged, not-so-real reality show or 'Jersey Shore' knockoff."

As the show's official synopsis indicates, "'Skins' is a wild ride through the lives of a group of high school friends stumbling through the mine field of adolescence."

Although what may be shown on television is fiction, its depiction may have an impact to real life as the series portrays certain scenarios to be.

"I think there are a lot of high school misconceptions in it," said freshman Rochelle Graveline. "Obviously there is some honesty to all the situations but they take most of them too far. But it's like a car accident, you can't help but watch it."

The next episode of "Skins" will air on Febr. 7 at 10 p.m on MTV.

Contributed by Assit. Arts and Entertainment Editor Jaclyn Hendricks

Is True Grit' lacking that true Western Wit?
Dan Graziano Sports Editor

Joel and Ethan Coen, known collectively as the Coen Brothers, are known for their witty writing and over the top violence within their films. While they have covered a wide range of genres, from comedy to drama, the brothers never made a true western. That is, until now.

"True Grit," the second adaptation of Charles Portis' 1968 novel of the same title, stars an all-star cast including Academy Award winners Jeff Bridges and Matt Damon, along with fellow Oscar nominees Josh Brolin, and newcomer Hailee Steinfeld.

The film follows the clever Mattie Ross (Steinfeld) as she looks to avenge her father's murder of the hands of Tom Chaney (Brolin). Since Ross is only 14-year-old, she looks for outside help from Rooster Cogburn (Bridges), a U.S. Marshall known for his "true grit."

After numerous refusals, Cogburn finally agrees to find Chaney and bring him to justice. Meanwhile Texas Ranger LaBoeuf, played by Damon, has just rolled into town and his hot on the trail of Chaney, who is also wanted in the murder of a Texas senator. The three team up and set out on an adventure to find Chaney.

Just like in real life, things don't always turn out the way you plan. The group must battle inner turmoil and the dangers of the Wild West. As the film progresses Rooster and LaBoeuf begin to constantly disagree with one another. However, when Chaney captures young Hailee, the two work together by devising a plan in order to save her and capture Chaney.

The film recently scooped up 10 Academy Award nominations, including Best Picture, Best Director, Best Adapted Screenplay, Best Actor (Bridges), and Best Supporting Actress (Steinfeld), among others. Though whether the film will actually take home Oscar gold, won't be decided until Feb. 27.

While at times the film is slow moving, the strong dialog and the amazing performance from Bridges carries it nicely. There was not one point during the film where I felt bored or disappointed. Fresh faced Steinfeld held her own, despite being surrounded by a remarkable cast of film veterans and gave a performance of a lifetime.

When I recommend movies to people I ask two questions. Was the film worth the money, usually $10.50 or was the film not worth the money? In this case the film was well worth the money. True Grit is not just a damn good western but rather a damn good film in itself.

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**Features**

**My roommate just moved out: Now what?**

*Coping, staying busy, enjoying school after your best friend transfers*

Samantha DeFalco
**Staff Reporter**

Most people say that college is supposed to provide you with the best four years of your life. Although you are away from home and on your own for the first time, which can be a scary thing, you have much to look forward to such as new friends, experiences and a roommate. Your roommate can easily become one of your best friends. They are the person you turn to when you have problems, want a laugh or just wish to have a good time.

In most cases, you get acquainted very quickly and ultimately share a bond that only roommates can know and understand. But what happens when the person you have confided in and had great times with moves out or transfers? For many, this situation can be difficult, but there are ways to get through it.

"Looking to your other close friends for advice and support can be a helpful way to move on from this issue," said junior Meghan Kelly. "Though you may be feeling alone and depressed, they can be distracting and help you live."

Anybody you live with, it is best to keep your cat back at home, students at Sacred Heart University are no strangers to the world of boarding. In most cases, you get acquainted very quickly and ultimately share a bond that only roommates can know and understand. But what happens when the person you have confided in and had great times with moves out or transfers? For many, this situation can be difficult, but there are ways to get through it.

"You could try to be there for your roommate to see if they are doing okay," said junior Angela Balsamo. "If you must leave, you kind of have to deal with it and move on."

Another way to ease a tough goodbye is to put yourself in your roommate's shoes. 

"You have to try to look at it through your roommate's eyes, what they are going through," said Kessler. "You can see how they interact with other roommate to fill the void of the loss of your roommate or best friend as well."

"Having your roommate or good friend leave school can be tough especially if they spent a great deal of time with that person on-campus," said Jocelyn Novella, personal counselor at the Counseling Center.

"It's okay to be sad for your loss. The residential life staff and, if needed, the counseling center, can help you talk about your loss and then move forward so you continue making happy memories at college," she said.

It is also important to remember that just because they are moving out, does not mean your friendship has to end.

"Having dealt with this situation personally, it was hard to say goodbye to my friend, and hard to make new friends, but as hard as it is, it is still manageable," said Balsamo.

Even though it may be hard to branch out, finding new friends helps in the coping process.

**Landing your dream job without leaving home**

Shawnee Zyskowski
**Staff Reporter**

Whether it's talking to a long distance boyfriend, a soldier over seas or even your cat back at home, students at Sacred Heart University are no strangers to the world of "Skyping" and video chats.

As webcams begin to extend beyond their recreational purpose, this form of computer literacy may prove to be useful when students begin looking for jobs and internships or even when they have questions about class.

"I hold less formal meetings and faculty conferences using webcams," said professor James Castonguay, of the communication and media studies department.

Webcam meetings and conferences are becoming increasingly popular all over the world.

"We might primarily use one webcam when we have a conference with people in another country or multiple countries," said Matt Kessler, an associate at an Australian bank.

This method is commonly used in international business. It allows for easy contact between employees despite distance and is a much cheaper alternative to face-to-face meetings, where a business would be responsible for covering travel expenses.

Due to their level of efficiency, web conferences are also used in the interview process, particularly preliminary interviews for candidates that live out of state.

The web provider's strong alternative when an in-person interview is not possible," said Kessler.

"Using a webcam will be very close to the real thing, and I think that any employer conducting the interview will be able to make a good judgment as to whether the candidate would be materially different in-person," Castonguay also said using webcam interviews is helpful because it, "allows people to read each other's expressions."

However that is not to say they are without flaws.

"The drawbacks are that it can sometimes be distracting looking at all the people on the other end of the line," Kessler said.

"There will also probably be peripheral activities going on around the main speaker that can be distracting as well."

Another disadvantage are the technological glitches, such as lagging when there is a delay in transmission.

"I think if everyone goes into the interview knowing that the technology is not perfect, then that helps a lot if there are technical issues," said Castonguay. He also said that delays in the audio or video could lead to, "an awkward exchange." Students preparing to enter the workforce have their own take on the method.

"It's not preferable," said senior Kasia Olszynski. "But if I had to do it for a job I would be okay. You're kind of at the mercy of the employer."

It is important to note that regardless of the approach, you are still interviewing for a job.

"All of the common sense things that apply for a formal job interview still apply," said Castonguay.

"So you should dress appropriately and make sure you choose a place without a lot of background noise and with an appropriate visual background for this professional situation."

**True tales of serial daters**

Too many beaus in too little time

Meridith McLoone
**Staff Reporter**

The legend of the "Serial Dater" has become an increasing concern in modern day society. Common characteristics include a lack of commitment, a different significant other each month and the absence of feelings.

Urban dictionary, a website that defines slang and words not found in Webster's, defines a serial dater as, "one who engages in the process of systematically dating an obscene amount of people in a short span of time."

In short, serial daters are looking to have fun and do this by having a momentary commitment that ends immediately and painlessly for them.

Sacred Heart University students are well aware of this growing stereotype.

"Serial dating is common these days," said senior Valerie Chen. "With the advancement of technology and online dating, men and women go on dates every night of the week until they find the one they feel a potential future with."

There are mixed feelings on if serial daters will ever find "the one" and some state that serial daters go on dates nightly because they are insecure.

"People who are serial daters do so because they don't have confidence in themselves and must date because they are lonely," said alumna Katrina McLoone.

"Serial dating allows them to have emotions for a few hours and by the end of the night they have moved on," said McLoone. "This may be acceptable for them but can be hurtful and turn off for people who are looking for a serious relationship."

However, others say there is nothing wrong with serial dating.

"Just because someone is scared of commitment doesn't mean they should spend every night alone," said senior Siobhan Canavan. "If they are willing to go on many dates, who cares? Let them."

"At the same time people should always be on the look out for signs of a serial dater and avoid them if they are looking for something more long term," said Novella.

Those who have been in long, committed relationships, especially predating this generation said they have little experience with serial daters, apart from what they hear around campus.

"I don't have any stats but I imagine this is the norm based on what I hear from students," said Dr. Mary Mason, director of the Counseling Center.

"I observe that many students don't have the experience with serial daters, apart from what they hear around campus."

**Assistant Features Editor Ashley Monaco**

monacoa@sacredheart.edu

...and let us know who you want to read about.
STICKING TO YOUR NEW YEAR'S RESOLUTIONS

Lindsay Caiati
Chief Copy Editor

How many of you have made a New Year's resolution? Now how many of you have actually stuck to it? Chances are most of you have left your resolutions behind along with the year gone by, but don't fret. The year is only one month old and there are still plenty of ways to make your resolutions stick. From blogging and vlogging, to keeping your resolutions super secret, there are many approaches to take when decide how to go about it.

Sophomore Christopher Mastrocola shares his 2011 resolution: “I’ve decided I’m going to hit the gym at least five times a week. I want to get into really good shape.”

Mastrocola says that what keeps him motivated is the help of his friends. “I'm doing it with a few of my friends, so we've been training together and it's really helped me stay on track.”

Having your friends help you achieve your goal of a new year’s resolution is one way to making sure you go the extra mile.

Others like to keep their resolutions mostly to themselves to ensure that they are not doing it to please others.

“I want to quit smoking,” said sophomore Stephanie Tagliantini. “It's just a lot of pressure when you let everyone know, but I'm taking baby steps.”

“Hopefully I'll reach my goal eventually,” she said.

Keeping resolutions private is a way to keep the pressure off and maybe some pounds too, but sending your resolutions out into the interwebs is a way to get noticed and even find some support.

Websites like Twitter and Facebook are ways people are sharing their new attitudes towards making a change in themselves, but YouTube yields 5,670 videos when “my new year’s resolution” is searched.

People from all over the world have taken to their webcams and are posting their resolutions onto the “Tube.” Popular YouTube beauty guru, Blair Fowler (better known as juicystar07) has done just this.

“This year I want to set a goal to go through my closet at least once every three months, and if I haven’t worn it in two seasons it’s time to toss it.”

Fowler, a 17-year-old from Franklin, T.N. has made a living off of her YouTube channel, as has her 22-year-old sister Elle Fowler.

“These girls find it easy to share their resolutions to anyone with Internet access and there are some who use the web to find encouragement.”

Websites such as StartAResolution.com help people stick to their goals, and whoever signed up before you gets to “The required history class here poses unrealistic demands on the students,” said senior Manuel Acvedo.

“SHU could do more to make the required classes relevant to each of our areas of study.”

Professor Jennifer McLaughlin, director of the women's studies department, academic advisor for freshman students and history professor, had her own opinion on the common core at Sacred Heart.

“I do think that the common core course material is challenging and stimulating,” she said. “There's so much relevance in the texts we read, even though many of them were written thousands of years ago.

“One of my favorites is Epicurus' Letter to Menoeceus. If students don’t immediately get why I feel this way, until we discuss it,” said McLaughlin.

Epicurus advises a life of moderation and warns that what feels good in the moment may not feel so good the next day.

However, it’s not just a lack of degree driven courses that hinder the first two years of a college student’s career. “Academically Adrift...” shows through it a week, the average college student spends seven percent of their time studying, which equals less than 12 hours. This is 50 percent less than students of earlier decades.

Students at the university proved they could relate.

“So at the beginning of the year, I was saying aloud that maybe this year I should try harder,” said senior Stephanie Tagliantini. “It's just a lot of pressure when you let everyone know, but I'm taking baby steps.”

“My new year’s resolution is to dance more,” said sophomore Jeff Therkelsen.

“I turned on the television on New Year’s Day and Zumba was on and they looked like they were having so much fun, so then I thought I should try this.”

Junior Lynn D'Ambrose’s resolution is to bring more humor to her everyday life.

“My resolution is to lose weight,” she said. “But I’m going to wait until Feb­ruary to start it.”

So whether you’ve had your resolution in mind since December, or if you just don’t see the point, remember that a posi­tive outlook and can-do attitude can make any year worth celebrating, whether it’s brand new or a few months old.

Academically adrift Limited Learning on College Campuses

The book cover of “Academically Adrift: Limited Learning on College Campuses” by Richard Arum and Josipa Roka's.

percent less than students of earlier decades.

Students at the university proved they could relate.

“On a week without any major exams I spend about eight to 10 hours studying,” said freshman Leanne Thompkins. “I think a main focus for this year is to enjoy being on my own away from my parents.”
Scoreboard

Friday, January 28

Wrestling

Milledgeville - 24
SHU - 23

M. Volleyball

SHU - 3
IPFW - 1

M. Ice Hockey

AIC - 6
SHU - 4

Saturday, January 29

M. Ice Hockey

AIC - 2
SHU - 1

W. Basketball

SHU - 64
SPF - 61

M. Basketball

SHU - 84
RMU - 75

W. Ice Hockey

Bowdoin - 6
SHU - 2

M. Volleyball

#12 Ball St. - 3
SHU - 2

On Deck

Today

M. Basketball at Long Island
7:00 p.m.

Tomorrow

M. Ice Hockey at Bentley
7:05 p.m.

M/W. Track and Field at Yale
University Giegengack Invitational
5:00 p.m.

M. Volleyball at New Haven
7:00 p.m.

Wrestling at East Region Duals
All-day

Saturday, January 29

M/W. Track and Field at Yale
University Giegengack Invitational
All-day

M. Basketball at Saint Francis
NY
4:30 p.m.

W. Basketball at Saint Francis
NY
2:00 p.m.

Contact Sports Editor

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Sports

Sacred Heart stays in the hunt

Defeat Robert Morris on record-breaking night

Ryan Hannable
Asst. Sports Editor


The last three-pointer came at the most opportune time as senior captain Maggie Cosgrove nailed a three with 58 seconds remaining, giving the Pioneers a 67-66 lead. The Pioneers led the entire second half, until a lay-up by Robert Morris forward Mary Durajczy with 1:08 remaining. That set up Cosgrove's clutch three.

"It was a big three. Maggie is a senior, it is now February and that is what seniors do," said coach Ed Swanson.

After Cosgrove's three the Pioneers still needed to play tough defense. Colonials star Yohanna Morton was fouled with 29 seconds left, and she made one of two free throws.

Robert Morris was forced to foul junior forward Callan Taylor. She missed the front end of the ensuing one and one. The Pioneers then forced a jump ball with four seconds left, but the Colonials kept possession. Morton drove to the lane, but some tight Pioneer defense forced a difficult shot, which never touched the rim and the Pioneers stormed to the bench to celebrate.

Swanson was extremely pleased with his team's defense.

"I thought we had great intensity on defense tonight. We are a gutsy team that plays good defense," said Swanson.

Cosgrove led the Pioneers with a game-high 22 points. She was 6-9 from three-point range.

Taylor had another solid performance with her seventh double-double of the year. She had 14 points and 11 rebounds. 11 of her 14 points came in the second half. She also added four assists.

Sophomore guard Kiley Evans was impressive for the Pioneers as well. She also had a double-double, with 11 points and 10 rebounds.

Sophomore guard Kiley Evans (#3) drives to the basket in the Pioneers one point win.

Students ‘Pack the Pitt’ with pride

Morgan Mireski
Staff Reporter

The "Pitt" was certainly "Packed" last Saturday as the Sacred Heart Pioneers women's basketball team clinched a win against first place NEC foe, the St. Francis (PA) Red Flash. With 36 seconds remaining, senior guard Maggie Cosgrove hit a jumper and tied the game up 59-59.

The Pioneers held on as they finished strong with a 64-61 victory over the Red Flash. Junior forward Callan Taylor led the team by putting up 18 points, while fellow junior guard Alexia Campbell had a career high of eight points. The Pioneers had the Red Flash under intense pressure as they forced 24 turnovers.

"Today's win was a huge one for us. Saint Francis PA is a very talented team, they are tied for first in the conference right now," said Taylor who not only led the team in points, but also in rebounds as well.

Sacred Heart came out with an 18-12 advantage over Saint Francis halfway into the first half. The Red Flash, Alexandra Williams was on top of her game contributing 10 points, followed by a trey, putting Saint Francis into the lead at 23-20. Freshman guard Ericka Norman responded back by putting up six points to get the Pioneers back in front. Norman hit a runner at the buzzer, ensuring the Pioneers held onto a 33-32 lead into the half.

The Pioneers held a 21-14 rebounding advantage and shot 45 percent in the first twenty minutes. While Saint Francis went 32 percent and 69 percent from the charity stripe. Heading into the second half the Red Flash got the first five points, but Norman hit a three to put the Pioneers back on top with a 36-31 lead.

Straight from the whistle the Red Flash came out on fire, regaining the lead 41-40. With great support from the fans, Sacred Heart bounced back on top when Cosgrove hit a three-pointer.

Taylor and Campbell, who also hit double digits on the day, hit seven points as they rebuilt their lead back to 55-45. With the intensity growing in the room, sophomore forward Morgan Merriman supplied six points, with the Pioneers now leading the Red Flash 59-48.

Sacred Heart has now won three games in a row, the last two only by a combined three points. "It's good for the heart. That is who we are now. We are in a lot of close games. We just need to continue to play with guts on defense," said Swanson.

Currently the Pioneers are tied for third with Monmouth in the NEC standings. They are only a game out of first place though. Robert Morris and St. Francis (PA) are tied for first, and the Pioneers.

Sacred Heart travels to St. Francis (NY) on Saturday in a 2 p.m. tip and even though their record is 2-19, Swanson is prepared for a tough game. "All the games the rest of the year will be like this. Even though they are 2-19, it is going to be a tough game, just like this was," said Swanson.

Turnovers were costly for the Pioneers as they turned the ball over a total of 20 times and the Colonials had 29 points off those turnovers. Luckily for the Pioneers they were able to make clutch shots, and get timely defensive stops to overcome this.

Sacred Heart has now won three games in row, the last two only by a combined three points.

"It's good for the heart. That is who we are now. We are in a lot of close games. We just need to continue to play with guts on defense," said Swanson.

"Getting a win over them really helped not only how we stand in the conference but also raised our confidence as a team," said Cosgrove. "It also helped raise our confidence as a team," said Taylor after the win. "We have so much potential and I think we definitely showed that today. We played hard, everyone made big plays when they were needed, and we came away with a great win at home."
MEN’S VOLLEYBALL WINS HOME OPENER

Kelly Walsh
Staff Reporter

Last Friday, the Sacred Heart University men’s volleyball played their home opener against IPFW. Fans poured into the Pitt Center to watch the Sacred Heart Pioneers defeat the IPFW Mastodons, 3-1.

IPFW is a huge win for the program, because we are able to show our home fans what we have in store for them for the rest of the spring," said senior Will Kelleher.

In the first set, the Pioneers went point for point with the Mastodons. With the score tied, 16-16, Coach Machan took a time out to re-focus the Pioneers in all hopes to win the first set. The time out proved to be effective for Sacred Heart as the Pioneers continued to accumulate points, giving them a two-point lead over the Mastodons.

With the score being 23-21, the Mastodons fought back to secure the score, 23-23. With both teams just two points shy of a set win, Sacred Heart’s Greg Aydelotte and Patrick Sibley quickly scored the following points, earning the Pioneers their first set win.

The Pioneers’ positive energy and determination carried over into the second set. Sacred Heart immediately scored the first three points establishing the overall tone for this set. The Mastodons fought equally as hard for the second set win, coming close to the Pioneers, 22-21.

However, Sacred Heart prevailed with the final point scored again by Sibley, ending the match, 25-22.

Sibley was especially impressive as he ended both games one and two with a huge kill," said Kelleher.

The Mastodons took control of the third set rapidly gaining a seven-point lead over the Pioneers. Sacred Heart rigorously tried to fight back in all attempts to claim victory over the Mastodons. Unfortunately, IPFW succeeded in winning the third set ending with the final score, 25-21.

The Pioneers quickly bounced back and started the fourth set off with a five-point lead. Again, the Mastodons fought back proving to Pioneers they wanted the win just as badly. With the score being 16-15, Pioneers needed to play smart if they wanted to win the match.

Coach Machan took another time out to motivate the Pioneers, as the Mastodons quickly closed the gap on their lead. Bradley Borsay and Tim Sadowski helped the Pioneers earn the remaining set points. While freshman Enzo MacKenzie, scored the set and match winning points, ending the fourth set, 25-20.

PPFW was a tough match for Sacred Heart, but with this win, Kelleher is confident.

"[We] can win the conference and finish 2nd in the NEC," said Kelleher.

Sacred Heart University men’s volleyball will be back in action on Wednesday, February 9th when they take on the Iona Gaels at 7 p.m.
HOCKEY FALLS TO AIC OVER WEEKEND

Blake Campbell
Staff Reporter

The Sacred Heart University men’s ice hockey team fell short to American International College in a conference game last Friday night at their home rink in Milford. The attempt at a late comeback was thwarted, when AIC Junior Nielsson Arcibal scored unassisted on an empty net with 37 seconds left in the final period.

Pioneers' tallied five scores in the third period to take the lead, but it came up short in their battle for a spot in the weekend’s final tournament. The Pioneers lost 2-1 in a low scoring game compared to the shot out the night before.

Editor's voice: Super Bowl predictions

Dan Graziano
Sports Editor

Ah the Super Bowl, my favorite time of the year. Super Bowl Sunday provides football fans with the perfect opportunity to get together and celebrate the greatest sport in the United States (and perhaps the world).

Even though my beloved New York Jets fell short again this year’s game should be filled with excitement. The match-up is between two red-hot teams, the Green Bay Packers and the Pittsburgh Steelers.

Both teams' feature young, yet experienced leaders. The Packers have Aaron Rodgers at quarterback, while the Steelers have Ben Roethlisberger with the ball. He has been there before and thrives in the clutch, winning eight games in a row to end the season, and being the number one seed in the playoffs.

Rodgers has been playing such high quality football (posting an average quarterback rating of 104.9 in this postseason) that there is no doubt in my mind that he will lead Green Bay to victory. The Packers are currently two to three point favorites, having it be the first time since 1996 that the Steelers haven't favored to win. Nonetheless I am sure we are in for a good ball game.

Prediction: Packers 21-17

Ryan Hannable
Asst. Sports Editor

Well, this isn't exactly the Super Bowl I was hoping for. With my favorite team, the Patriots winning eight games in a row to end the season; and being the number one seed in the AFC, I thought for sure that they would be in Dallas this week playing in the big game.

That didn’t happen as the Jets upset the Patriots a little over two weeks ago, and I am just getting over Joss.

With all that being said this years Super Bowl has two very good teams facing off in the Packers and the Steelers. The Packers have won five games in a row, while the Steelers have won four in a row.

The Packers entered the playoffs as the number six seed in the NFC. Only one number six seed ever won the Super Bowl, and that was the 2005 Steelers.

No one of the Packers has ever won a Super Bowl, except full back John Kuhn who won one with the Steelers when he was on the practice squad.

The Steelers, however, have two players that have lost in the Super Bowl in outside linebacker Crafton Woodson and Ryan Pickett. Meanwhile, the Packers have won the Super Bowl twice in the past five years.

The Steelers definitely have the experience advantage. They even have a Super Bowl MVP quarterback in Ben Roethlisberger.

With a victory in Sunday’s game the Steelers would have won three Super Bowls in a span of six years. They could be considered in the same category of the "Patriots Dynasty" of the mid 2000’s.

Roethlisberger would have his third Super Bowl ring, which would be the same number has Tom Brady. Although Roethlisberger does not put up the numbers that Brady or Peyton Manning does, the guy knows how to win. He makes plays when they matter most.

I am predicting a Steeler victory. They have both history and experience on their side. In fourth quarter with the game on the line I would much rather have Roethlisberger with the ball. He has been there before and thrives in the clutch.

Regardless of who wins, I think it will be a pretty competitive game. Watching the game I cannot only begin to think ahead to 2012 where hopefully the Patriots will be in Indianapolis playing in the big game.

Prediction: Steelers 28-24

Liam Roecklein
Asst. Sports Editor

Tradition.

If there is one word that defines both of the Super Bowl teams this year, tradition definitely applies.

From the merger of both the American Football League and the National Football League, there have never been two teams who have defined their now respective conferences more than the Pittsburgh Steelers and the Green Bay Packers.

The Green Bay Packers were the original powerhouse, coming from the American Football League and the National Football League a Super Bowl MVP quarterback in Ben Roethlisberger.

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Prediction: Steelers 28-24

Sophomore forward Ben Ketchum (#13) beats a defender to fire a shot on net.

The game was close and I never gave up hope for the boys," said Christina Santini who was in the crowd.

This was the second loss to AIC on consecutive nights. Both games, the Pioneers were in striking distance but just came up short.

Sacred Heart had eight minutes of penalties on four infractions. AIC had 16 minutes on eight infractions. The loss dropped Sacred Heart to 3-18-5 on the season and 3-11-5 in league play.

AIC improved to 6-15-1 on the season and 6-12-1 in conference games.

AIC is back in action tomorrow night when they travel to Bentley in a conference match-up. Face off is slated for 7:05 p.m.

Stats courtesy of Sacred Heart Athletic Department

The Sports/Sean Elliott

The Pittsburgh Steelers are the class of the AFC and have won the most Super Bowls in NFL history, winning six Super Bowls in seven appearances.

Just from the teams’ history alone, it would seem that we're in for a Super Bowl of epic proportions.

But add in the drama of two MVP caliber quarterbacks, dominating defenses, and an arsenal of skill position players on both sides, and Super Bowl XLV certainly will be a game that will be remembered for years.

However when it comes to deciding who will ultimately prevail, a winning tradition is the most important factor.

The Green Bay Packers will certainly pull through when it matters most.

They have the experience, two Super Bowl wins in the past five years, the players, a quarterback who has proven that he will not fold under the pressure of the world’s largest stage, and the coaching staff who have shown that they have the ability to dial up the big play when they need it most.

The Green Bay Packers are certainly a talented team, and they have many more great years ahead of them, but their lack of big-game experience will hurt them when it matters most.

Although they were the original NFL powerhouse, the Packers have not shown that they have what it takes to win against proven competition.

The AFC had much more depth this year, and the Steelers had to defeat much better teams to get to the Super Bowl.

Therefore, their playoff and historical pedigree will allow them to ultimately triumph.

But for you Packer fans out there, that does not mean it will not be close.

Prediction: Steelers 24-21

NFC and winning both Super Bowl I and II under legendary coach Vince Lombardi.

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Prediction: Steelers 24-21

"I thought we had the comeback," said senior fan Desmond Mighty. "The guys played hard until the end."
Ryan Urso  
Staff Reporter

Saturday afternoon the William J. Pitt Center was packed to see the Sacred Heart men’s basketball team post an impressive victory against NEC rival Robert Morris. Shooting an impressive 61.9 percent (26-42) from the field, the Pioneers handed Robert Morris an 84-75 loss.

Sacred Heart was led by sophomores Shane Gibson, who led the Pioneers with 19 points. Juniors Nick Greenbacker contributed 17 points, which was a career high. Robert Morris star Velton Jones had a game high 22 points.

Greenbacker locked past the number of points and focused on the little things. “I did the little things well today. I picked up a charge and played pretty good defense, and that is why they brought me here,” said Greenbacker, speaking with Pioneer Vision following the game.

The Pioneers snapped a five game home losing streak against NEC opponents with the victory. Sacred Heart was outstanding from the free throw line, going 26-31 (81 percent). The scoring was not the only impressive stat of the Sacred Heart’s assault.

Sacred Heart recorded an astounding 21 assists in the game. Senior Jerrell Thompson led the Pioneers in that department with a career-high and school record setting 15 assists.

Sacred Heart led the Colonials in the early minutes of the game 15-8. However, the Colonials would not go down without a fight. After a 16-4 run by Robert Morris, the Pioneers, led by Gibson and Greenbacker fought back and regained the lead 33-29 at the half. This was a lead the Pioneers would not give up.

Gibson and Greenbacker continued to lead the team’s offensive charge in the second half. The pair buried back-to-back threes once again which helped put the Pioneers up by 10 early in the half. Although the Colonials would not go down quietly, Sacred Heart maintained their lead and held on for the nine-point win.

One of the highlights of the game was by Stan Dulaire, who ignited the crowd and the Pioneers by finishing a beautiful alley-oop from Thompson.

The Pioneers finished strong by making 17-of-18 free throws in the closing minutes of the game to help secure the victory. A main contributor to the success at the free throw line was freshman Evan Kelley, who came off the bench posting 13 points and hitting 9-of-10 from the free throw line.

A total team effort resulted in a great win for the Pioneers. Thompson posted 15 assists, 7 points and only one turnover.

The Colonials were outrebounded 31-26 and shot 44.4 percent (28-63) from the field. Karon Abraham posted 19 points for the Colonials.

This could be a season turning win for the Pioneers. “To beat a team like Robert Morris, the two time defending NEC champion is huge. Hopefully it can propel us for the rest of the season,” said Greenbacker, speaking with Pioneer Vision.

Sacred Heart hopes to continue their momentum with a weekend road trip to New York to face Long Island and Saint Francis. Tip off is slated for 7 p.m. tonight (Feb. 3) at Long Island and 4:30 p.m. this Saturday.

Stats courtesy of Sacred Heart Athletic Department

PHOTO OF THE WEEK

Junior forward Matt Gingera (#26) moves the puck down the ice in last week’s loss to American International College.

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Freshman forward Stan Dularie (#34) finishes off the alley-oop during the 'Pack the Pitt' home game versus Robert Morris.