Students shake it to support charities

Lauren Kalil
Staff Reporter

While dancing to heart-pounding beats, members of the Sacred Heart University community shook, shook, shook at the Zumbathon on Tuesday, Feb. 15.

The Zumbathon, sponsored by the Best Buddies organization, was held in the University Commons at 10 p.m. with an entry fee of $10. Students gathered to dance along to fast-paced music, while instructors led the group.

A Zumbathon is a special event that is held in order to raise money for different causes," said Amber Allen, Zumba instructor. "We get the opportunity to share our love for the Zumba party where we combined dances from our regular classes, and put them into one," said Allen.

"Each instructor had their own style of dance. This continuously changed up the moves we were doing and I really enjoyed that," said Narayan.

Senior Megan Ford said that the Facebook group for the Zumbathon signed in about 100 attendees. According to Ford, the turnout was in comparison to those numbers.

"As tired as you would get, you just continued dancing because it was so much fun," said freshman Arianna Narayan. "Every time someone looked tired, the instructors would look them right in the eye and keep them going."

The Zumbathon lasted until approximately 11:30 p.m., ending with sweat-drenched students and instructors.

"During the Zumbathon, we actually had myself and three other Zumba instructors from SHU. It was like one big Zumba party where we combined dances from our regular classes, and put them into one," said Allen.

"I don't get why they would cut from private schools," said senior Nicole Mastrom. "Every student deserves to have funding if their families can't afford it."

Senior Megan Ford said that the Facebook group for the Zumbathon signed in about 100 attendees. According to Ford, the turnout was in comparison to those numbers.

"At first it was a huge surprise to actually book our group," said Miron. "There needs to be a call to action from parents, faculty, and staff."
A new application for Catholic confession has been released, and can be used on iPhones.

Bringing your iPhone to the sacrament of reconciliation

Roman Catholic-based iPhone app stirs the pot

Alison Serpico
Staff Reporter

Earlier this month, Apple Inc. expanded into the realm of religion with the launch of its "Confession: a Roman Catholic App," for the iPhone, iPod Touch, and iPad.

A collaborative effort between Apple and two Christian clergymen, "Confession" was designed to allow the user to create a personal profile through which to receive the sacrament of reconciliation. Downloaded through iTunes, it provides a step-by-step guide to the sacrament.

"Designed to be used in the confessional, this app is the perfect aid for every penitent," said the iTunes official app website. However, the app is receiving negative feedback from some members of the Roman Catholic community.

In an interview with the New York Times, Vatican spokesman, Rev. Federico Lombardi, said the app "cannot be used as a substitute for confession with a priest."

He further commented on this issue and said, "One cannot speak in any way of 'confession by iPhone.'"

Nevertheless, some do not believe the application deters faith. Students and members of campus ministry at Sacred Heart University feel the app serves as a healthy reminder, and in many ways a means by which to strengthen one's faith.

"I think the application is great. I think it can help people make a quick, on the fly, examination of conscience and know when they need to go to confession."

-The application is designed in sections. The first requires the user to list any and all committed sins. Following this list is an examination of the Ten Commandments, with which the user indicates whether he committed or engaged in activities that would be considered necessary for confession.

Questions such as, "Have I lied? Have I gossiped?" transition into the final section, when the user must choose between seven acts of contrition.

"The only reservations I have about this application is that it can make you meticulous about little things and over think," said Father Gerald Ryle, Director of Campus Ministry at Sacred Heart.

"Thoughts flutter around always, but actions, deeds are what are sin, not necessarily thoughts. Live life. But students, such as Dowd, think these questions are necessary for self examination, and that students can benefit from this app.

"I absolutely think that students should download this application and look at what the Catholic church considers a sin. It can also help us to prepare to make a good confession," said Dowd.

In this situation, Ryle believes consumer reaction will rely on how the consumer uses it. "If it gets them to start thinking about responsibility in their lives as a Christian - then it's good. If it makes them feel guilty and scrupulous, it's deforming them and it's not good," said Ryle. "Ultimately, we have been give the authority of the Holy Spirit within us and I don't surrender that to someone or something else."

High schools adopt online learning to prep students for college classrooms

Jordan Haas
Staff Reporter

Blended learning, a method that combines both online and in-class instruction, is a way to give students freedom and independence with online classes, while at the same time providing them with the structure of more traditional learning methods.

A method practiced by Sacred Heart University, blended learning is now being incorporated into high school curriculums.

According to AOL News, 41 high schools in New York have implemented new strategies of learning through an iLearn program. This includes blended learning, advanced placement, and credit recovery. These schools have also eliminated conventional textbooks in favor of all e-Book learning.

There may be new techniques to learning and teaching over time as new media technologies emerge. Sacred Heart has used blended learning for over three years in specified majors, and the idea is growing on schools everywhere.

"I have incorporated blended learning with certain majors for three to four years at Sacred Heart University now," said Dr. Robert McCloud, associate professor of computer science and information technology. "For many reasons, blended learning has worked very well; it cuts class time in half and the students are able to become more independent and productive if they have the structure for these classes."

Only certain majors at Sacred Heart, such as computer science, media studies, and English, use blended learning in their class curriculums. Many other classes need to have the in-class time to grasp the material for students that may have less structural discipline. This choice of blended learning, half on-line and half in-class, is one option for students during registration.

"It's more dynamic to see and be involved in dialogue, as well as maintaining their independence with the assignments online and completing them on time. For some students though, they need the structure of in class dialogue and blended learning would not be a good choice for their learning and discipline skills," said Keri Matthews, professor of computer science.

Even though many classes use blended learning, the structure might not be the right fit for many students. This form of learning requires discipline, independent work habits, and self-determination, which some students have learned.

"This type of learning depends on the students. So far, most classes have been well that are blended learning, but there are some students who do not use office hours or fall behind with independent work. Blended learning is up to a student if they will succeed or not, depending on their studying habits," said Matthews.

Blended learning in high schools has been said to help these students become prepared for college and the independent work they will have. This method is also used in colleges to help prepare students for the future.

"Blended learning helps students become more structured and independent," said McCloud. "At a job, if you can't complete a task given to you, it will not be long before you no longer work there."

New technologies continue to change learning habits throughout the decades. And according to McCloud, these innovations have potential to be beneficial.

"I say that testing new teaching and learning techniques will hurt no one. It is just a hit or miss because this has been done in the past with other learning methods that are no longer in use due to technology updates," said McCloud.

Though it is not for everyone, it does have advantages for certain classes.

"In some ways I believe, depending on the class, that blended learning is the best option. It is the best of both worlds," said Matthews.
Brittany Fay
Assistant News Editor

For some freshmen entering college, the experience can be overwhelming with few ways to prepare for the transition. Taking this into consideration, the admissions department at Sacred Heart University began a program three years ago called “Pioneer for a Day.”

“The program allows a student to actually picture himself or herself as a SHU student,” said Christina Tsimortos, an admissions counselor. “Spending the day on campus is a way to gauge the fit of a college.”

Accepted students are paired up with a current Sacred Heart student who shares their desired majors, or who comes from a similar region. The pair often has similar interests in clubs, sports, and extracurricular activities.

“We try to pair students as best as possible when they sign up. We find them a host with the same major, interests, and hopefully home area as well. This way, they can experience a day in the life of a Pioneer,” said Tsimortos. The day is centered on campus life and entertainment that interests the accepted student. This time is dedicated to classes, meals, sports, clubs, and interaction with professors.

“The student attends a class and typically a meeting with a faculty member as well. We usually schedule around a meal time so that the student can also go to the cafeteria with his or her host, get the dining experience, and hang out with the host’s friends,” said Tsimortos. “Often times, the student will also watch a team practice or attend an audition for Theater or Chorale. We try to hit the major areas of student life.”

Current students said that they think the program is a good way for future freshmen to experience college life.

“Attending classes, meetings, and practices is a great way for people to get excited about coming to SHU,” said senior Adriana Rocca. “It’s also an experience freshmen hand all the school has to offer.”

Junior Adriana Rocca said she agreed. “I don’t think incoming freshman realize that there is a lot more to college life than the movies portray. This program is definitely a way for them to see what clubs and activities they would want to participate in during their years here,” said Rocca.

It also gives future freshmen a chance to address any questions or concerns they might have about moving away from home.

Stephanie Rocca, senior at Our Lady of Mercy Academy in Syosset, NY said, “The Pioneer for a day Program definitely interests me as a prospective SHU student because it can give me an idea of what SHU is like before I decide to attend. It really caught my eye because not many colleges provide this opportunity to accepted students.”

Accepted student Jaylyn Smith, also a senior at Our Lady of Mercy Academy said that she agreed with Rocca.

“This would give them the chance to experience campus life, classes, and the environment of the school in the view of an attending student. This program especially interests me as a prospective student with visual disabilities because it would give me the chance to become comfortable and acclimated with the school itself and the environment in which the campus surrounds.”

Pioneer for a Day runs February through April and is available to all admitted students, despite extracurricular activities.

StudentATTENDANTS follow along with certified Zumba instructors at the Zumbathon on Tuesday, Feb. 15 in the University Commons.

Zumbathon raises funds for Special Olympics

The “Spread the Word to End the Word” committee is part of the Best Buddies organization at the university that has been working to end the use of the word “retarded” as slang for something that is “dumb” or “stupid.”

The ‘R’ word is tossed around very freely and people don’t realize what effect it may have on the people around them,” said senior Allyson Colucco, chair of the committee. “It is important to have events such as a Zumbathon because it raises awareness to stop the ‘R’ word.”

For information on future Best Buddies events, or to become involved with “Spread the Word to End the Word,” contact Allyson Colucco at coluccoa@sacredheart.edu.

Affordable Care Act may raise health care costs for SHU students

These new proposals are significant due to the demographic and the number of participants. According to the New York Times, about one million students are now covered by their college’s health care plan, and each is different according to specific state regulations.

Sacred Heart’s student health service program is a comprehensive health care program that offers a wide range of services, including physical exams, gynecological care, NCAA physicals, immunizations, diagnostic testing, and EKG testing. The program is conducted in association with Gallagher Koster, an insurance program administrator that specializes in programs for schools.

According to Klein, the proposed rule would not significantly impact the university’s program.

Last year when Richard Blumenthal was Connecticut’s attorney general, he reviewed the program and said everything checked out. This rule is just aiming to enforce the health care law for schools that haven’t been complying,” said Klein.

Klein also acknowledges that the program, like any health care plan, is imperfect.

“We’re always going to have five to 15 students who aren’t covered for some reasons they thought they were,” she said. "I like to hear from people who have a problem with the program. Students and their parents should speak up so they can get the coverage they’re entitled to,” said Klein.

Junior Brian Ellsworth has not faced any difficulties with the services.

“I went there last year when I had the flu,” said Ellsworth. “I had an appointment with them, and they prescribed me medication. It all happened very efficiently, and I wouldn’t hesitate to use the program again.”

“Klein’s main concern with the Affordable Care Act is that its patient protection measures will drive costs up. At present, Sacred Heart students pay around $345 each year. With the new regulations, students may see an expense augmentation.

“According to my information sheet, the new law is expected to increase prices in 75 areas,” said Klein. “Our goal is to keep the program as affordable as possible for everyone, including the kids who are healthy and don’t need treatment.”

For Ellsworth, this is a valid concern. “Obviously you’re compromising an increase in coverage for an increase in price,” he said. “The key is making it so that everyone can get the care they need, but without doing it at other people’s expense.”

For some students, how effective the regulation will be is uncertain. “It sounds like a nice idea, but I think you would still have people denied for certain reasons,” said sophomore Katie Bausch. “No matter how much the government tries to regulate it, people are still going to fall through the cracks.”

Ultimately, others are glad the health care rule is being proposed.

“Overall, it’s a good thing,” said Ellsworth. “We’re paying for these health care plans, so we should definitely be covered if something happens to us.”

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Fundraiser plants seeds of hope for cancer patients

Kim Rooney
Staff Reporter

When it comes to cancer research, some students are very adamant about donating and wanting to lend a helping hand when given the opportunity to.

Sacred Heart University will be having the American Cancer Society’s Daffodil Days fundraiser where students and faculty can make a contribution by ordering a daffodil. This is a national fundraiser for cancer support and cancer research.

According to the American Cancer Society, every one out of two men and one out of three women will develop cancer in their lifetime. Participation of this fundraiser will allow Sacred Heart to help fight cancer experience. “Daffodil Days is another beautiful fundraiser for cancer, much like Relay For Life, yet it is celebrating through the daffodil,” said Dawn Doucette, coordinator of the volunteer programs here at the University. “The daffodil is a symbol of hope and renewal.”

According to Doucette, the ordering process is done online. Once the daffodils are received in the office, they are delivered throughout campus to those who ordered them or bought them for someone else.

For those who donate a minimum of $25, The American Cancer Society also offers A Gift of Hope and A Bear Hug for Hope that is delivered to patients with cancer in hospitals and treatment centers within the community. According to their website, A Gift of Hope is a bouquet of 10 daffodils given to a cancer patient where as A Bear Hug for Hope is a teddy bear given to a child impacted by cancer.

"Any amount of money will help make a difference in the lives of those affected by cancer," said Junior Aaron Lupo. "I think it’s great that Sacred Heart students are getting involved in such a strong organization.”

The gifts are delivered anonymously and are meant to share hope for a future where cancer is no longer a threat.

"Many people buy the daffodils for friends and loved ones as gifts; some people buy A Gift of Hope or a Bear Hug for Hope for those individuals fighting against cancer; and then some people buy them for themselves,” said Doucette.

According to Doucette, the club SIFE has helped organize this fundraiser in the past by setting up tables with order forms around campus. Now that the order forms are done online, Doucette is encouraging students to help deliver the daffodils for those who are interested in participating.

"Cancer has unfortunately been a recurring illness in my family," said Junior Rebecca Baroody. "Any fundraiser that will help support cancer research while supporting a cancer patient with a gift is a fundraiser that I, as well as many other students would be happy to participate in.”

Sacred Heart has currently raised $305. Students and Faculty will be able to make a donation from now until March 1.

“Your support of the Daffodil Days program allows the society to save lives from cancer and create more birthdays by helping people stay well, helping people get well, by finding cures, and by fighting back,” according to the American Cancer Society website.

More females than males on campus follows national trend

Andrew Aleman
Contributing Writer

Whether you walk into a freshmen orientation meeting over the summer, or attend classes during your first year at Sacred Heart University, a trend is noticeable. This pattern is that there are more females than males in your roaming the halls and among extracurricular activities.

The national trend according to the Bureau of Labor Statistics said, “Women are 60 percent more likely than men to earn a bachelor’s degree by the time they are 24.” And from what it seems, Sacred Heart’s numbers do not veer much from this pattern.

According to Cori Nevers, Associate Dean of Undergraduate Admissions, the number of full-time undergraduate students for the fall 2010 was 3,511, in which 2,086 were female (59 percent). The total body of students including full-time undergraduate, part time undergraduate, and graduate, in 2009-2010 totals 3,796 females (63 percent) and 2,227 males (37 percent).

These statistics are not limited to recent years. With past reports from the department of institutional research at Sacred Heart show that of the total of alumni, 19,684 are female (63 percent) while 11,797 are male (37 percent). In these reports the top four undergraduate majors listed are psychology, business, exercise science, and nursing for the year of 2010.

Junior Shannon Figueroa said, “I wish there was a more equal ratio of males to females from relationships to just general hanging out and classes. In my biology classes there are mostly women, which provides a skewed perspective during discussions and the gender dynamics that are actually in the field.”

I’m not a fan of all this extra estrogen.”

The 2009-2010 Sacred Heart Factbook states that in the biology department, there are 147 full time students with 97 females and 50 males, almost representing a two-to-one ratio. The Factbook states that in the psychology track, there are only 35 males in the 330 person field. In the business track, there are 497 men out of the 813, representing the only college in the University that is male dominated. Exercise science and nursing program are female dominated with 129 females out of 195 students. Exercise Science has 217 females out of 231 in the nursing program.

“In my high school career, the classes were mostly male dominated," said freshman Dan Pepitone. "The transition from high school to college was different as the school is female dominated, which left an unusual feeling at first. The social situation is flipped from high school.”

Freshman Ryan Steinmetz said he did not agree that the male to female ration was overly noticeable.

"I really don’t notice the female-male ratio as I am in Computer Sciences classes. However, a quick look in the Mahogany room tells me otherwise,” said Steinmetz.

"Admissions accepts the best candidates and is not biased in the selection process. When adding new athletics and majors, the process is not gender based but intended to appeal to the future and current student interests," said Karen Guastello, Dean of undergraduate admissions.

"There are more female candidates than male candidates and the university trend is just reflecting the national trend in which more females are entering colleges across the nation," she said.
SHU plans break at home

Amanda Rivera
Staff Reporter

While looking over the scenic beaches of New Zealand, junior Dylan Huddleston was at peace. He felt a warm mystical breeze across his face as he glanced over at the magical environment before him. The scenery was so refreshing and such an escape from reality that it just seemed too good to be true.

Well that's exactly right - it is too good to be true. In fact, it's one of Huddleston's ideal dreams on how to spend a perfect spring break.

"If money wasn't an option for spring break I would go to New Zealand," said Huddleston. "I'll travel as far as I could."

Like many students at Sacred Heart University, and other universities, finding the money or time to book a fun and extravagant getaway is simply out of the question. So this spring break, students like Huddleston are thinking of more realistic ways to spend their time without traveling far.

"If you're going to be in Bridgeport, go to the Discovery Museum," said senior Morgan Ibarrondo. "Even though you'll be the only adult among the kids, it's a blast. There are hot dogs that are cooked with electricity, and I went with a couple of friends last year."

If staying in the Sacred Heart area is not an option, there are plenty of things for students to do in their hometowns as well.

"You can go to clubs around your area," said freshman Gabriela DeAngelis. "You can also go bowling, do laser tag, or other fun stuff like that." Freshman Katherine Boge in also adds to the list of activities.

"Take day trips, go to amusement parks, hang out with friends while you bake cookies and talk," she said.

While some Sacred Heart students are choosing to spend their break by going out, all senior Nicole Eastman can think of is staying in. "I cannot wait for spring break even though I am not going anywhere," said Eastman. "I can't wait to sleep from the minute I get home to the minute I have to get back. My body and my brain need a break."

With plenty of free time for rest during the break, there is ample time for students to get involved in their community.

"I work with kids at my church in a youth group," said sophomore Emanuella Joseph. "I love it because we discuss everything that's on our minds and we also have fun while we are with each other."

Senior Karrington Gerli agrees there are benefits to doing community service over spring break.

"Community service is really important. I think it enriches our lives and it's a great way to spend a spring break without it costing you anything," said Gerli. "From personal experience, you don't have to spend hundreds of dollars to have an enjoyable and fun spring break. You can spend a fraction of that by helping out in your local community."

Sacred Heart students can be seen doing anything this break from going out, catching up on some sleep and possibly putting in a few service hours here and there, but for some, it's the little things that count like going home to encounter a pleasant surprise.

"I'm excited to meet my dog," said freshman Ashleigh Stone. "Domino is the first dog I've ever had, and we got him over Christmas and I haven't met him yet!"

Whatever the activity or experience, students will be partaking in the much anticipated spring break the way they see fit.

"I would love to have a traditional spring break where I go down to Florida and party. I think every college student should do that at least once," said Ibarrondo. "It's a tradition."
Some hospitals and other medical businesses are choosing to no longer employ smokers.

Warning: Smoking may now cause unemployment

Health care practices view smoking as reason to not hire

Hannah Ackerman
Staff Reporter

It seems that cigarette companies may need to add a new risk factor onto their warning labels: "May cause unemployment."

"Last week the New York Times (NYT), published an article stating that hospitals and other medical businesses view smoking as a viable reason to turn down potential employees. Their reasoning was "to increase worker productivity, reduce health care costs and encourage healthier living."

"This is definitely a controversial decision for employers," said graduate student Amy Dion. "As an occupational therapy student, I work very closely with patients. It is very easy to see how second-hand smoke can affect patients' health when you are working in such close proximity."

"I think it is unfair not to hire someone if they are a smoker with- out offering an alternative." -- Amy Dion, Graduate Student

"It could allow for more discrimination in the future," said sophomore Erin Murphy. "If employers wanted to do this with something such as tattoos or piercings, they could use smoking as a previous example, allowing them to ban it."

The NYT also reported that employers are cracking down hard on their staff, at times giving them ultimatums to choose between smoking or their jobs.

Even organizations that speak out against smoking are showing concerns about the issue. The American Legacy Foundation advised against refusing to hire a smoker. They said it is wrong to punish "an otherwise qualified individual."

Besides refusing to hire a job applicant, is there an alternative way to prevent smoking at work? Some students think so.

"I think it is unfair not to hire someone if they are a smoker without offering an alternative," said Dion. "This would allow the new employee to have some integrity and it would be a fair way for them to feel valued."

But when it is time to actually terminate the relationship, the signs will be there. They will be there emotionally and sometimes even physically and you should not ignore them.

One of my biggest pet peeves is watching people I care about stay in a relationship just because they like the idea of it. Meanwhile the person is miserable and it shows in their social life outside of the relationship. I believe that the reason why couples fight at least 10 times a day is because of the lack of trust they have in one another. That's the number one sign it is time to end things - when you know in your gut you cannot trust the person you are with.

For example: let's say he's going away with the boys for the weekend. He tells you you will call you when he can and text you throughout the day. When two days have gone by, you hardly hear from him and he is ignoring your calls, do you automatically assume the worst - that he isn't answering because he is hooking up with someone else?

It is one thing to assume your boy friend is up to no good and another to ac­ tually see it and do nothing about it. When you are in a relationship you should not have the heart to end it. By ending a relationship with the wrong person, it may be as it is to find the right person, it may be the most miserable things to do. But being so self-centered and use that energy to do good things in the world. Then you will see happiness.

I heard a man say, "The most miserable people I know are not single people, but people who are married to the wrong person."

Many people do not know how, or when, to end a relationship. As important as it is to find the right one, it is just as crucial to living a happy single life by ending a relationship with the wrong person. I don't believe that people are disposable, and my wish is that couples stay together forever.

However, there has to be a balance between grace and self-respect to have a healthy relationship. Sometimes you have to ask the hard questions you don't want to ask yourself. Is this person going to change? Can my heart bear the constant betrayal and hurtful behavior?

Like I said before, I don't like to see a couple break up, but to me, what's worse than seeing a girl date a guy who cheats or beats her and her staying with the "man" anyway? If you are married, I can understand. We all like to believe the person we are involved in is a good person. So, if they've cheated in the past we say there was a reason for it but there's no way he or she would ever cheat on us.

Basically, ladies, if the guy cheated on his last girlfriend, he's going to cheat on you. You don't believe me? Truth and time will make it clear. Time will reveal his or her true character, you'll see. So, take your time getting into a relationship, but be smart enough to end a relationship with someone of bad character or you'll end up marrying a Tiger Woods.

If you don't think it's time to end a relationship is if it has gotten to the point of physical abuse. Most guys don't have to worry about getting physically beaten by their girlfriends or wives and for those that do, come on!

However, there is an abuse many men endure that I deem a good cause to end a relationship. And that is verbal abuse.

Ladies, you can get a man to do anything if you just tell him to do it with kindness and respect. "The same goes for men. Don't talk to your girlfriend like she is anything less than a lady. I don't know how you can even tell she can do better if you talk down to her."

Lastly, I don't believe that people just simply fall out of love. That is a lie that people use who never knew true love in the first place. They are incapable of giving true love and use it as an excuse to cover up the fact that they are just not made for one another. It is the blood, sweat and tears necessary to get through adversity in a relationship.

Love is more than just feelings, and feeling the inconsistent love you are experiencing is nothing but a waste of time. Stupid fights keep the spice in a relationship. Long-term, emotionally draining fights will ultimately ruin you mentally.

In a relationship, you are the most important person. If you can lock in the mirror and say you are happy, then keep doing what you are doing. But if you are not happy with yourself, how can you be happy with someone else?
Family. Can’t live with them, can’t live without them. But then when you actually are living without your family, you realize just how much you miss them, no matter how much they might drive you up a wall when you do spend time with them. I’m sure a lot of college freshmen can especially relate to this idea. You finally leave your family behind and you get wrapped up in your newfound independence. Mom and Dad who? Who needs them when you have a budding social life, activities, and academics to take care of on top of it all? Or Maybe as a freshman, you call and e-mail your parents frequently because you’re not used to being away from home. Then, as you move up in the college world, communication slowly decreases because you become more comfortable with being on your own.

The first scenario happened when I came into college as a freshman, and then I contact with my family dwindled even more during my sophomore and junior years. Even though my family lived only 40 minutes away, I never saw them unless there was a vacation. I liked that they were close if I ever wanted the option of going home, but I rarely ever took the opportunity, I knew where they were, and they generally knew where I was, and that was good enough for me.

But then, right before my senior year officially leave your family behind and you finally leave your family behind and you finally

It’s about that time. Senioritis has set in, and it’s here to stay. I know it’s cliché and it’s all anyone talks about, really. I almost never went home to begin with, I missed them after they moved over 500 miles away. The comfort of home being nearby was gone, and I wasn’t very fond of the idea. What if something bad happened? They were at least a 9 hour drive away.

They are also kind enough to let me move back in with them for a little while after I graduate, which they don’t have to do. This just reinforces the idea that family is always supposed to be there for each other. No matter how much, or how little, I talk to them while we’re apart, they still always welcome me back home.

For those of you who want little to do with your families, I hope you change your minds. Someday, you might be far away from them (if you’re not already), and you just might start to miss them. So no matter how much they drive you crazy, I hope you learn to appreciate them for all they’re worth, because it always boils down to family in the end.

Dealing with the five stages of grief: Senioritis style

It’s over that time. Senioritis has set in, and it’s here to stay. I know it’s cliché and it’s all anyone talks about senior year but I’m feeling it bad and I know many of my fellow Spectrum peers and Sacred Heart University seniors in general are suffering. So, in unison… "Graduation where are you?"

Even though after graduation living free and easy is a long shot and jobs are far and few between, students long for the days of no more schoolwork, no more, midterms, activities, and academics to take care of on top of it all? Or Maybe as a freshman, you call and e-mail your parents frequently because you’re not used to being away from home. Then, as you move up in the college world, communication slowly decreases because you become more comfortable with being on your own.

First is denial. You realize the amount of work piling up, but for some strange reason the amount of blank pages in your agenda begins to resemble the amount of energy and effort you’re putting into your schoolwork. The days of writing down assignments are over and the blank space in the agenda only validates the fact that you have this awful disease. Hours are wasted in this vacuum until you realize your eight-page paper due in five hours has only two paragraphs down.

The next stage is anger. The fact that you cannot find the motivation to get your work done sinks in and you take your rage out on your textbooks and your empty notebooks, cursing the fact that you have one whole semester left of work. Bargaining is the third and most pathetic step of this long drawn out process. You talk with whatever higher power you believe in and plead to try and make the work go away, to just disappear.

After this embarrassing step you begin to slip into a state of senioritis depression. You realize the piles of work that have now accumulated in your room and the amount of unread e-mails that now fill your inbox. The lack of motivation has lead you down a dangerous path that will ultimately result in a lower GPA. This is a sad but true fact, that poor number that you have tried for the past three and a half years to maintain, will take a drastic plunge.

The last and final stage of five stages of senioritis grief is acceptance. The point in time where you accept the fact you have less than a semester left at college. You begin to accept that work will be missed and that fun will take priority over schoolwork. Even the best of students are not immune to senioritis and though they may not show all the signs and symptoms that other students have, it’s inevitable that by mid-second semester they will be longing for the days of no more school.

So my advice is to take your time, go through the stages, there’s no avoiding them. Once you come through the other side you will be able to accept that you have senioritis and be able to enjoy the last few months of college, despite what your GPA may think of you.
NEW INDIE BAND COMES TO MILFORD

Megan Pulone
Staff Reporter

With midterms just around the corner, it’s only normal to want a night away from rigorous studying and intense essay writing. Instead of hitting up the regular dance club or party scene this Friday on your “night off,” join the band Drew Holcomb and The Neighbors tomorrow, Feb. 25, and watch as they kick off their spring tour at the Daniel St. Club in Milford.

Main vocalist and guitarist Drew Holcomb is accompanied on stage by his wife, singer Ellie Holcomb, guitarist Nathan Dugger, bassist Rich Brinsfield, and drummer Jon Radford. After graduating college in 2003, Holcomb started playing small gigs in coffeeshops and later met his wife and put together The Neighbors.

“Everyone in the band is a true lover of music. It’s a great group and singing with my wife is a blast,” said Holcomb. “It’s such a great experience. We both love music and we get to travel together. She enjoys it too.”

Together this spin on a folk-country and alternative-rock band has made a name for themselves by traveling all over the country performing in more than 650 concerts and opening for bands such as The Avett Brothers.

These Tennessee natives released their first album, “Washed In Blue,” in 2005 with the label company Brite Revolution. The band gained a significant amount of followers after the completion of this album and continued to receive positive ratings with the release of their second album, Passenger Seat, in 2008, which ranked third on iTunes’ singer/songwriter charts.

The band put out their most recent album, “Chasing Someday,” this month with record label Dualtone. This new album features the popular singles “Someday,” and “Fire and Dynamite.”

“This is our fifth album and it’s the first time having a big response outside of our fan base,” said Holcomb.

After listening to “Someday,” Lars Bengston, a senior and member of the band Nonsense at Sacred Heart University said, “I dig the down tempo vibe the song puts out. The beat keeps your head knocking until it’s over.”

Tennessee has put its name on the map in the music world this past decade as bands such as Holcomb’s find themselves in the center of a musical renaissance. They join artists such as Kings of Leon, The Black Keys, Jack White, and many others who have diverted from the path of the typical country vibe.

“Most people have a misconception that all music in the south is country,” said Holcomb. “But Kings of Leon and other bands like them are all from Tennessee. It’s growing and it’s been a great place to start a band. There is such a great community.”

Not only have these musicians drawn attention to Tennessee, but the music and arts festival known as Bonnaroo has given a stage to many up and coming bands allowing them to get their foot in the door and make themselves known. The four-day festival in Manchester, Tenn. will hold its tenth anniversary this coming June and will include 100 plus bands, according to the festival’s website.

“If there’s potential. No Bonnaroo this year, but hopefully in the future,” said Holcomb.

Although Drew Holcomb and the Neighbors are not attending Bonnaroo this year, they have a full list of concerts this spring as they make their way on the road for their spring tour, debuting their most recent album.

“Right now we’re focusing on the tour, which should be fun,” said Holcomb. “For the future, we will continue to write and produce. We are always finding ways to show our music to more people.”

Who will take home the gold on Oscar night?

Spectrum’s editors make their final predictions before the big night!

With the Oscars just three days away, Spectrum decided to ask its editors for their Oscar predictions. Let’s see who has Oscar game...

**Therese**
Best Picture: Toy Story 3
Best Director: David Fincher
Best Actor: James Franco
Best Actress: Natalie Portman
Best Original Score: How to Train Your Dragon

**Dan**
Best Picture: The Kings Speech
Best Director: David Fincher
Best Actor: Colin Firth
Best Actress: Natalie Portman
Best Original Score: The Social Network

**Jaclyn**
Best Picture: The Social Network
Best Director: David Fincher
Best Actor: Colin Firth
Best Actress: Natalie Portman
Best Original Score: The Social Network

**Marisa**
Best Picture: Toy Story 3
Best Director: Darren Aronofsky
Best Actor: James Franco
Best Actress: Natalie Portman
Best Original Score: Inception

**Liam**
Best Picture: The King’s Speech
Best Director: Darren Aronofsky
Best Actor: Colin Firth
Best Actress: Natalie Portman
Best Original Score: Hans Zimmer - Inception

**Emma**
Best Picture: The King’s Speech
Best Director: David Fincher
Best Actor: Colin Firth
Best Actress: Natalie Portman
Best Original Score: The Social Network
Spider-Man gets ‘Fantastic’

Bill Haug
Staff Reporter

What do Mr. Fantastic, The Invisible Woman, The Thing, and Spider-Man have in common? Besides being notable characters in the Marvel comics universe, they now make up a new superhero quartet.

Starting March 23, the Fantastic Four is no more, as it will be all about the future… the Future Foundation that is, after the unhappy death of former core “Four” member Johnny Storm, better known as the Human Torch.

“The death of Johnny Storm, celebrity and founding member of Earth’s first family, the Fantastic Four, came as a sudden surprise to many,” said sophomore Trevor Kel-ly. “While I don’t read “the Four” personally, speculations flew, even among non-readers such as myself, as to what the ‘3’ symbol could possibly mean. I appeared clear, though, that the Four would become ‘the Three’, and that one would die.”

Though Kelly, among others were suspicious for some time, series writer Jonathan Hickman was happy he could keep the secret regarding Storm’s death for so long. “We didn’t want to give it away. It was so impossible to keep it a secret now,” said Hickman to USA To- day. “Readers are smart enough that if you do too much revealing or foreshadowing, they’ll completely pick up on it, and I feel it would be better to have a surprise element where plenty of people have will guessed it was Johnny. But we left enough confusion that the story’s still interest-ing and a sense of peril to everyone only heightens the attempt.”

Johnny Storm made his comic book first appearance in the Fantastic Four’s debut issue in 1961. The younger brother of Sue Storm, or the Invisible Woman, earned his signature nickname because of his abilities to cover his body in fire and fly at supersonic speeds, among other notable abilities according to Marvel.com.

Despite forty-plus year career fighting crime and saving the world, the torch was officially extinguished in January, leaving the remaining superheroes uncertain about their fate in the Marvel universe.

“Johnny’s death has served as something of a wake-up call,” said Tom Brevvort, Marvel’s senior vice presi-dent of publishing to the New York Times. “Nobody re-ally knows how much time they have left.”

Although comic book fans may have to adjust to life “post-Torch,” another change avid readers will have to accept is the wardrobe for the Future Foundation. Ac-cording to CNN.com, no more are the traditional blue threads, but now black-and-white uniforms, with and extra addition of three hexagons replacing the notable numeral ‘4’.

Though wardrobe changes may be one of the most noticeable switch-ups, the addition of the webbed won-der has created a stir of reactions across the comic book world.

“I think it’s a great idea,” said Bob Brettall of the ComicBookPage podcast. “Given that Johnny has long been Spider-Man’s best friend as a superhero, it just feels right for him to step in and round out the roster to four.”

Although not every comic book enthusiast is on board with the idea.

“I’m skeptical that the whole Future Foundation thing will work out,” said Darren Franich with one of his most notable films to date, “Mean Girls” in 2004.

Since then, however, the most dramatic role she has taken has been the role of a rehab ridden former child star, known more for her partying ways than her film portray­als.

“I didn’t think she would end up like this. The char­acters she played in her early movies were opposite of what one would expect of her,” said freshman Nysia Santiago.

“Unlike Santiago, fellow freshman Anthony Chawiche had a feeling that this once promising star would not be able to maintain her “tween queen” image forever. “As soon as people get a piece of fame they seem to have nothing better to do then drugs,” said Chawiche.

Earlier this month, People magazine broke the news that Lohan was going to face felony charges for allegedly stealing a $2,500 necklace from a jewelry store in Venice, CA. This recent run-in with the law would add onto the already endless pile of legal troubles that burden the 24-year-old actress.

With Lohan and her team of attorneys finding every which way to keep the star out of jail, they may have to thank their lucky stars as some “inconsistencies” have arisen in the store owner’s story, reports the website RadarOnline. While the owner may claim that the “Her- bie: Fully Loaded” leading lady stole the necklace, Lo­han though it was being lent to her.

Despite facing felony charges for this crime time around, this is not the first time she has been caught with sticky fingers. According to sources from People maga-zine, Lohan reportedly stole a mink coat from a night club in New York, clothes and accessories from a gal pal, as well as a $400,000 Rolex watch from a photo shoot. “This just shows if you have enough money you get away with it. I say let her believe what she believes,” said freshman Cody Knox.

Loehan at her court appearance on Feb. 9.

Kno is may be referring to the countless headlines re-counting Lohan’s illegal actions, ranging from her 2007 DUI arrest, to her three plus trips to rehab, and her most recent jail sentence last year. In addition to the already numerous violations from her probations, including missing court mandated alcohol education classes, and another recent arrest.

“She keeps doing the same thing over and over, they need to just keep her in jail,” said Chawiche.

It may be easy to issue all the blame onto Lohan, the constant critique and spotlight from the media may be just as accountable.

“Whether your doing something wrong or right they are constantly on you,” said freshman George Vakshys. “They make her seem guilty all the time, and they exagger­ate.”

Although Lohan has gotten off to a shaky start in 2011 thus far, in order to make an actual career come-back, a la Robert Downey Jr., Vakshys offers a star one last piece of advice.

“She needs to just come back down to reality.”

February 24, 2011
A&E 9

Another detour on Lohan’s road to recovery

Lisa Manente
Staff Reporter

If you were a defendant who had previously been arrested for a DUI and been in violation of a probation numerous times, it would seem unrealistic not to walk out of a courthouse without handcuffs, right? Well, like some rules, there always seems to be an exception, es­pecially when it comes to starlet-tumed-jailbird Lindsay Lohan.

Once known as the pint-size star who first hit the silver screen in 1998 in Disney’s “The Parent Trap,” Lo­han hit the big screen and gained the attention of the rest of the world, which brought his reputation to an all time low. Bale succeeded in portraying the emotions, addictions, and even withdrawals of an addict in the film, most memorably by transforming his big-sized Batman figure to a thin, wiry frame.

While Bale’s character was hitting rock bottom, Wahl­berg’s character was building himself up, both physically and socially. Training hard at the gym just to win a few fights at his “old age” of 31, Micky Ward followed the ad­vice of his older brother, which was surprisingly effective in the ring. Wahlberg’s physique in the movie is just as much of a transformation as Bale’s, only for the better, or should I say muscular.

Amy Adams, playing Micky Ward’s college drop out bar­tender girlfriend, Charlene Fleming, took on the Boston accent and Lowell lifestyle well. With her foul language and strong will power, and a down-to-earth look and a re­alistic body type, her character appeared to be one of the most life-like characters she’s played.

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Does ‘The Fighter’ leave crowds wanting round two?

Mari Brown
Contributor

Add it to the list: “The Departed,” “The Town,” “The Fighter.” Boston seems to be the setting for some of the most memorable films in recent years, and David O. Rus­sell’s “The Fighter” does not disappoint.

Starring Mark Wahlberg and Christian Bale, “The Fighter” tells the true story of fighters Micky and Dicky Ward. Brothers from Lowell, Mass., their relationship is complicated and deeply rooted from a childhood bond over boxing and growing up in a run-down area outside of Bos­ton, full of drugs and lacking a strong cash flow.

Christian Bale plays a crime-addicted ex-boxer who lives for the title he was given as a young man for taking down a famous boxer. Convincing the limelight, Dicky Ward allows a movie on crack addictions to be made about his life, which brought his reputation to an all time low. Bale succeeded in portraying the emotions, addictions, and even withdrawals of an addict in the film, most memorably by transforming his big-sized Batman figure to a thin, wiry frame.

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The downfall of the film? The wait. The title “The Fighter” and the movie trailers exhibiting Wahlberg’s per­formance leads the audience to believe the film they are about to watch centers around Wahlberg’s character. How­ever, Bale stole the show, with his character’s story seem­ing to have more precedent in the film than Wahlberg’s.

It was forty minutes until Micky Ward’s first fight in the ring, which didn’t last long. It was another forty min­utes until the story line is focused on Wahlberg’s character. In between these fights were Dicky’s problems, addictions, and jail time, making the supporting acting role seem more like the leading role. Of course, the dedication Bale showed when he took on Dicky Ward’s character made the mis­leading storyline acceptable, and his performance made it enjoyable.

Wahlberg’s quiet build up as the leading actor in the film brings the audience to the edge of their seats in his battles in the boxing ring, making the wait for the punches worth while.

Mark Wahlberg plays Micky Ward in “The Fighter.”

Get Reel gives The Fighter

★ ★ ★ ★ ☆
Show your 'SHU'per Pioneer spirit

Shawnee Zyskowski  
Staff Reporter

Whether they're Packing the Pitt donning "super fan" tee shirts or chowing down at the Big Red BBQ, students at Sacred Heart University are big on school spirit.

"A passive fan base isn't very reassuring at games," said sophomore Matt Wagner. "Wagner along with classmates Scott Polis and Marc Troiani started "SHU CRU," a group dedicated to "the perpetuation of school spirit".

"We understand the significance of having a supportive crowd," Wagner said. "So we take it upon ourselves to ensure that no one's quiet. We also take pride in the fact that we've never gone to a game with shirts on."

Student government has also been finding ways to spread Pioneer pride and it has not gone unnoticed. The Sacred Heart website states that, "Senate Government is constantly running school spirit competitions. One of their most well known events is "Pack the Pitt."

This Sacred Heart tradition consists of heavily advertised sporting games as well as free giveaways that attempt to convince students to pack the William H. Pitt Center with spectators for back to back men's and women's games.

This year the event took place in January, and many were in attendance, including members of student government upholding part of their mission: "The best way to be a leader is by leading through example," as stated on the Student Government page of the Sacred Heart website.

"Students see the members of Student Government leading the cheers and going crazy at the games. People feed off of that."

Student Government and The Student Athletic Advisory Committee (SAAC) are teaming up to help spread Pioneer pride around campus.

They hope to do so by introducing a new form of school spirit called, "Heart Attack."

"We are trying to get a spirit club sort of thing going," said sophomore Lauren Cebeello, a member of SAAC.

Their goal is, "to try and bring back school spirit and get more people to go to the games," she said.

The ideas tossed around for this new group range from tee shirts to a swipe system with cumulative points.

Whatever final decisions are made about the group, there are hopes it will have an impact on the school spirit as well as athletics.

"Aside from providing both humor and spirit at the games, our actions have also brought players and their families closer to each other," said Wagner, in reference to his own work at boosting school spirit.

He states that a display of school spirit is vital to athletics as it helps to foster the, "...sense of unified pride that comes from being in the realm of sports."

Dodge your homework and ball out

Allison Bennett  
Staff Reporter

It is the stress of exams and schoolwork beginning to get to you? Starting to feel like pting a foam ball at your roommate's head?

If so, Student Government has an upcoming event for you. Each year, Student Government hosts a dodgeball tournament in the William H. Pitt Center.

This year's event, on Sunday, Feb. 27, will have a Hawaiian theme.

"The theme this year is Hawaiian," said Erin Schneppe. "Everyone should wear their leis and be ready for a good time with great music."

Every year, as tradition goes, the senior class sponsors a dodge ball tournament.

This tournament is used as a way for students to fundraise as well as have a good time competing against their classmates.

"This event is always successful in the past," said Chris Daly, senator for the senior board. "It's just a good break from everything to just have fun with your group of friends and go crazy."

The senior class board 2011 will organize this year's fundraiser. Seniors Timothy Duffy, Chris Daly, and Erin Schneppe are primarily responsible for all of the planning.

"Planning the dodge ball tournament has been a lot of fun," said Schneppe. "I'm excited to see it happen and hope many people will get involved!"

There is a participation fee of five dollars. This money goes not only toward the fundraiser but also the costs of prizes and DJ.

Teams are broken down into six players and prizes will be given out to the winners of the competition as well as the winners of the best themed costume.

"Student Government has always been successful with events like these in the past," said Daly. "We're always committed to bringing out the best of an event."

The event will be held on Sunday, Feb 27 from 8 p.m. to 11 p.m. in the Pitt Center. Registration will begin the week before the event outside of Chartwells.

"Tim, Chris, and I worked really well together and the event was easy to plan since we all took responsibility for different aspects of the tournament," said Schneppe. "Chris and Tim are so great, and we've had a blast."

FRO-YO FUNDS

Allison Bennett  
Staff Reporter

Sacred Heart's class of 2013 is tickled pink...Pinkberry that is. The current sophomore class board has planned a fundraiser with the trendy frozen yogurt chain to earn money towards their eventual senior week.

"The class of 2013 board was looking to do a fundraiser that was different," said treasurer Catie Martinez. "When we heard about the new Pinkberry opening up in Fairfield, we thought it would be a good idea to ask them if they would like to work with us to hold a fundraiser there."

The event will take place at Pinkberry in Fairfield on Monday, Feb. 28 between 6 p.m. and 8 p.m.

"The way this works is pretty simple actually," said Martinez. "When we have the students come down to the store and all they have to do is buy a cup of yogurt and toppings, and we make profit."

Pinkberry will give the board 20 percent of the profits, based on the amount of customers in the allotted time frame.

"After we talked with the owner of the store, we were set up with a public relations representative from Pinkberry's corporate office," she said. "After meeting with our representatives, they took control of the flyers and advertising, now it is our job to get people to come down. We are essentially trying to raise as much money as possible by doing fundraisers so when our senior year comes we can have the best senior week we can get," said Martinez.

Some students think the fundraiser is a unique idea.

"I think it's really creative," said senior Matthew Delaurents. "Rather than people just asking you to donate money you can go to a place that's fun. It's the first frozen yogurt fundraiser I've seen."

Even students who have never tried Pinkberry are intrigued.

"I've never had Pinkberry," said freshman Abhisar Aden. "But this is a smart idea to get people to raise money."

The 90 class boards have a common goal once beginning freshman year: to raise money for students' beloved senior week.

"We don't collect any money, all of the money will go back to our class when we hold Senior Week in a few years. We are actually expecting a phenomenal turnout," she said. "We are really excited to see so many people come down to Pinkberry."

LET'S 'FOCUS' ON YOU

Shawnee Zyskowski  
Staff Reporter

"A voice for the students," said the senate portion of the Sacred Heart University website. Thanks to the new focus initiative, they are continuing to live up to that description.

"Senate will be hosting the focus initiative," said junior Mario Valenti, vice president of senate.

The main goal of this new project will be helping students directly voice their opinions to the student government.

We are hoping that Senate and Student Government as a whole will get a better understanding of what the students would like to see improved on campus," said Valenti.

The initiative will call for a focus group comprised of 50 students selected at random from the student body.

Members of the focus group will be asked questions about different issues on campus, allowing student government to stay tuned in to what the students want.

This will help ensure that student government is representing the student body and addressing the main concerns of students. Students in the group will be compensated for their participation in the initiative with a "door prize."

However everything is still in the works.

"The project is underdeveloped right now," said Valenti.

Each representative that is elected will serve in his or her position for one year until the next election. These are just another way for students to make their voices heard.

"Elections make a big impact on campus," said Valenti. "It is a way for the entire student body to get directly involved."
MARCHING FOR A CAUSE, MARCHING FOR LIFE

Three students march in annual pro-life walk in Washington, D.C.

Samantha DeFalco
Staff Reporter

While many Sacred Heart University students were fast asleep, junior Katie Anninos, freshman Kayley O'Brien, and senior Jo-Marie Kasinak were up bright and early at the 38th annual March for Life, which took place on Jan. 24.

“The March for Life is an annual march held every year in Washington D.C. in remembrance of the decision made in the Roe v. Wade trial,” said Anninos.

Anninos is both the founder and president of “Heartbeat,” a club on campus that she claimed was very necessary.

“I founded Heartbeat because I believe it is important for a Catholic university to have a pro-life group on campus,” she said. “I didn’t think the spectrum was appropriately represented without it.”

The reasons for participating in the walk were different for everyone. Some saw it as a chance to take a stand on personal beliefs.

“I chose to participate in the March for Life because I feel very strongly about pro-life issues, and I think that it is important to voice my opinions,” said Kasinak.

For others, the decision was based off recommendations from previous attendees.

“My sister had participated in the March for Life two years ago and told me what an amazing experience it was and how grateful she was that she did it, so when the opportunity came for me to go on this, I couldn’t pass it down,” said O’Brien.

There were many highlights recalled from the trip but some stood out above the rest.

“The group that we went down with from the Diocese of Bridgeport was very friendly and once we got there we all prayed,” said Kasinak.

It was estimated that 400,000 people attended the event this year all coming from various backgrounds.

There were groups from Germany, a group representing the baby girls who are killed in China (All Girls Allowed), a group of Priests and Seminarians, a group with guitar singing songs in Spanish, a group of Rabbi’s from New York, young children with their parents, and couples old enough to be my grandparents,” said Kasinak.

All three were amazed by the variety of people who showed up to this event.

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All three were amazed by the variety of people who showed up to this event.

“While Higgins served as class president for four years in Student Government and was the secretary of Kappa Delta sorority, she gained a certain respect for professionalism and hard work. This has helped her immensely in her postgraduate life.

“Being a part of Sacred Heart Student Government definitely prepared me with management skills that I use at my job with AmeriCorps,” said Higgins.

“While this experience is much more intensive, the time I spent working on my class board taught me the importance of delegation and teamwork,” she said.

Her efforts earned her much respect from faculty members with whom she worked closely.

“Katie was an excellent role model during her four years at Sacred Heart University,” said Denise Tiberio, associate dean of students.

“As class president she was responsible for pulling together many of the different unity events that her class sponsored but she was the driving force behind the coordination of senior week.”

Although she did not participate in any until her senior year, the many community service programs offered at Sacred Heart allowed Higgins to find something very meaningful in her life.

“Serving on Sacred Heart’s Mission Matters trip to Mississippi in 2010 opened many doors for me, both personally and professionally,” said Higgins.

When Higgins graduated last May, she was in the process of applying for a few positions, most of them being terms with AmeriCorps.

“I knew that I wanted to do at least one year of national and community service before settling down,” said Higgins.

AmeriCorps National Civilian Community Corps (NCCC), is a team based national service program for 18 to 24 year-olds in which they commit to a 10 to 11 month term of service, traveling around the U.S.

Teams of about seven to 10 people live and work together for the entirety of their term and spend eight to 10 weeks at each non-profit project.

The non-profit organizations involved provide aid in areas such as disaster services, environmental stewardship, energy conservation, urban or rural development and infrastructure improvement.

In July, Higgins was offered a team leader position with the AmeriCorps’ NCCC southern region campus, based in Vicksburg, Miss.

Higgins signed on for an 11-month term of service and will be serving until early June.

For the first few months, she worked out of the Vicksburg campus, doing support work for AmeriCorps’ 14 teams in the southern region of the U.S. Here, she said that she gained invaluable experiences.

“I had the opportunity to learn about non-profit organizations and management,” said Higgins.

Working in this field has opened her eyes to the need for more professionals both domestically and internationally.

“I am actively pursuing a nursing degree, and eventually plan to serve in the Peace Corps as a Registered Nurse,” said Higgins.

Since mid-October, Higgins has been working in the field, leading teams on various projects. She has led a specialized team on an environmental project for eight weeks, during which they worked to upscale a biodiesel lab and collect feedstock to actually create biodiesel to be sold to trucking fleets in the New Orleans area.

In the beginning of January, she was assigned to a new team, which she will be leading until the end of her term in June.

Since mid-January, they have been in the Florida Keys, working with Habitat for Humanity and the National Key Deer Refuge but they will be on the road again shortly.

“We will be traveling to Mobile, Ala. where we will serve for five weeks at the Bay Area Food Bank, a non-profit that focuses to serve families in need, especially those affected by the Deepwater Horizon Oil Spill,” said Higgins.

Higgins’ dedication to community service and leadership shows through her hard work with AmeriCorps.

Her post-graduation service is leading her to many different life-changing opportunities but she will always hold the university close to her heart.

“I love Sacred Heart and miss it every day,” said Higgins.

“I am very excited because my leave request was just approved, and I will be visiting campus next month.

Katie Anninos, Kayley O’Brien, and Jo-Marie Kasinak hold posters at this year’s March for Life walk in Washington, D.C.
On Deck

Tonight
M. Basketball vs. EDU 7:00 p.m.
W. Swimming @ ECAC Championship All-day

Tomorrow
M. Hockey @ Army 7:05 p.m.

Saturday, February 26
M. Basketball vs. Monmouth 3:30 p.m.
W. Basketball vs. Monmouth 1:00 p.m.
W. Lacrosse vs. Brown 11:30 p.m.

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Sports

Maggie Cosgrove had a record setting night last Saturday when the Sacred Heart University women's basketball defeated Bryant University, 74-54.

Cosgrove entered the game only 14 points short of the 1,000 career points, and with a three pointer in the second half, she reached the milestone of 1,000 career points.

The Pioneers started off the game in typical fashion: hard and fast. Sophomore Kiley Evans was able to maintain body control in mid-air and finish a lay up to put the Pioneers up 10-8, midway through the first quarter. Evans then hit a three pointer shortly after to extend the Pioneers lead to 16-10.

Cosgrove extended the Pioneers lead with five consecutive points of her own, putting the Pioneers 23-11 with only seven minutes remaining in the half. Sacred Heart kept their foot on the gas as sophomore Morgan Merriman scored on a lay up to increase the Pioneer's lead to 32-15.

The Bulldogs would not allow Sacred Heart to dominate the entire game as they put together an 8-2 run of their own. The run would not last long as freshman Elise Lorenzo hit a baseline jump shot to cool off the surging Bulldogs. Just before half time, freshman Ericka Norman as able to get into the lane and score two points on a lay up putting the Pioneers 39-27 going into halftime.

After a quick two points by Bryant the Pioneers scored six points in response. The second half was Cosgrove's time. She reached the 1,000-career point mark on a three-pointer, which was immediately followed by a time out by Pioneer head coach Ed Swanson.

"The 1,000 point milestone came as a little bit of a surprise. I didn't reach 1,000 points in high school, so to do so in college is pretty cool," said Cosgrove.

During the time out, Cosgrove's team-mates congratulated her and the fans at the game applaused in acknowledgement of the milestone.

"The team rushed to the floor to congratulate her. Everyone was so excited for Maggie and her big accomplishment," said senior Maureen Reilly, co-captain with Cosgrove.

Despite the milestone, Cosgrove and the Pioneers would not stop there. The team's lead would extend to 20 points after Norman finished two lay ups with 11:10 left.

Cosgrove continued to shoot the lights out by hitting another three-pointer with under five minutes left in regulation.

"The game against Bryant was a good win for the team. A lot of players contributed on both ends of the floor and that is always a great sign especially finishing out the regular season," said Cosgrove.

Despite her record milestone Cosgrove continued to give credit to the team for its hard work and effort.

"I think [Saturday's] win was a real team effort. Alexis Campbell had a great defensive as well as offensive game," said Cosgrove.

"She was asked to guard a post player and continued to be our backbone on defense." Cosgrove was not the only player praising the team's play.

"Everyone contributed pretty evenly during [Saturday's] game. Ericka Norman did a great job getting to the basket. Callan [Taylor] controlled the boards for us with her rebounding," said Reilly.

The Pioneers were able to shoot 50 percent (26-52) from the floor and Cosgrove finished with 14 points of her own. She also contributed eight assists.

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Multi-team trade successfully puts Carmelo Anthony in the Big Apple

Dan Graziano
Sports Editor

Welcome to
New York Mr. Anthony.

Last Monday night it was announced that the New York Knicks had successfully traded for all-star forward Carmelo Anthony, thus ending a season-long trade saga.

The Twittersphere and world of Facebook were a blast as fans rejoiced at the arrival of Anthony. For one am I torn on the issue. You see the Knicks beat out my favorite team, the New Jersey Nets who were also in the running to receive Anthony. However, I am also excited to see Anthony play with fellow all-star Amare Stoudemire.

It has also rumored that the Nets are looking into trading for Danilo Gallinari, who has just been shipped off to Denver from the Knicks.

New York is now on the favorable end of a deal that gives them a potentially explosive front court. Stoudemire currently ranks second in the league in scoring at 26.1 points per game while Anthony resides at sixth with 25.2.

However, the all-star frontcourt will come at an expensive cost.

"As a part of the deal, the Knicks will send Wilson Chandler, Raymond Felton, Gallinari, Timothy Mozgov and a 2014 first-round draft pick to the Nuggets, who would get additional picks and cash," according to an ESPN source. "Along with Anthony, New York would get Chauncey Billups, Shelden Williams, Anthony Carter and Renaldo Balkman from Denver."

The deal is quite complicated and extends beyond just the Knicks and the Nuggets. The Minnesota Timberwolves also had involvement in the trade, relieving the Knicks of salary-cap space by taking Anthony Randolph, the expiring contract of Eddie Curry and $3 million (for Curry’s contract) in exchange for Corey Brewer.

The Knicks are currently in sixth place in the Eastern Conference and are in position for their first playoff birth since the 2004 season. But New York will be attempting the run without key members of the team. As Felton, Gallinari, Mozgov and Chandler were four of New York’s top six players.

The trade has left myself and many others with a few questions. Anthony led the Nuggets to the playoffs in his first seven seasons with the team, and was looking to do the same this year. However, did New York give up too much for Anthony?

Do the Knicks really need another point scorer?

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Do the Knicks really need another point scorer?
DAY IN THE LIFE: WOMEN’S BASKETBALL

Morgan Mireski
Staff Reporter

Being a member on the women’s basketball team at Sacred Heart University requires a lot of dedication and hard work. Alisia Apo, a senior on the team, wakes up early with the same daily routine in mind, basketball and schoolwork. Not only is she fully dedicated to the sport, but she lends a helping hand to the community through her involvement in the RISE Program.

"During conference play, our games are Saturdays and Mondays," said Apo. "Games on Saturdays are usually at 2 p.m. and games on Mondays are 7 p.m., so you will still go to classes on a regular game day."

Game days are always exciting and the Pioneers always put on a good show. "A typical Monday home game for me would consist of waking up at 8:45 a.m., eating breakfast and going to class," said Apo. "After this, I go up to the gym and do some homework in my downtime."

For the team, maintaining good grades is a priority. "We eat pre-game meals together as a team which consists of some type of chicken, pasta, salad, and vegetables," said Apo. "After this, the team goes home to rest before the game. We return at the gym at 5:30 p.m. and get any treatment we need."

"Having team meals keeps the chemistry high before games. "We are up at the court starting to warm up at 5:55 p.m. and the game starts at 7 p.m. and last until about 9 p.m.," said Apo.

Even when their days are packed since the morning, when game time rolls around nothing else matters. Although game days seem hectic, the practice days are just as busy, if not more.

"My typical day during the season would consist of waking up for class. Most of the girls on our team have morning classes and a few of me up to do work together in the Mehoy," said Mo Reilly, senior forward for the team, who has been a similar schedule for the past few years.

"Around 12 p.m. I usually head up to the Pitt to get treatment in the training room. We have to be on the court at 12:45 p.m. to stretch, followed by a practice from 2 p.m. to 3:45 p.m. to society. "Depending on the day, practices are usually followed by a lifting workout that lasts about 30 minutes."

The Pioneers give every practice and training day 110 percent as if it were a game day. It is not very often that you hear student-athletes put in that extra work with such a busy schedule. "After practice and the extra workouts are completed it is back to the training room for more treatment. I will usually stop at Otakehs before get something to eat before my night classes," said Reilly.

Practices take up half of the Pioneers day, but they would not want it any other way. While maintaining a winning record, the team takes a time out to help out the RISE Program. The team not only committed to the sport they love, but to helping out the community as well. The RISE program is a collaborative effort between the Cooperative Educational Services and Sacred Heart.

The players shared stories with the students and gave them basketball lessons as well. This was a great experience all around. It’s always amazing to see student-athletes go out of their way to help others, especially in the middle of their season.

The team has proven that they are not only successful in the classroom and on the court, but to society as well. They are the epitomes of student-athletes.

Their next game is this Saturday Feb. 26, versus Monmouth in the William H. Pitt Center. Tip off is slated for 1 p.m.

Swimming earns fifth place finish at NEC Championships

Eddie Ciacoppo
Staff Reporter

Strong performances were seen last weekend at MIT after the Sacred Heart women’s swimming team competed in the Northeast Conference Championships. They finished fifth overall with 294 points. Leading the team was senior captain Katie Marshall, who defended her title in the 200-yard butterfly by breaking her own school record with a time of 2:03.87.

In addition she also took third in the 100-yard butterfly with a school record time of 57.89 seconds, which bested her previous record of 58.68 set in 2009.

The NEC swimming and diving championship meet held this past weekend was noted to be the fastest conference meet held in several years," said Marshall.

Marshall was not the only Pioneer to have a solid weekend in the pool. "Many Pioneer swimmers had personal best times, which gained our team points to place us fifth overall," said Marshall.

Other strong performances came from junior Meghan Bailey who placed eighth in the 200-fly with a time of 2:10.59. Junior Allison Thurston and freshman Liz Bennett also scored with times of 2:10.59 and 2:10.99.

"The meet went really well and everyone stepped their game up in really tough races," said Thurston.

Like Marshall, Thurston was pleased with her teams efforts. "Our team swam well in a conference that was much harder than it has been in years, so we are all very proud and happy about the outcome," said Thurston.

In the 200-yard backstroke, freshman Nicole Del Nero finished with a time of 2:05.15. Following suit, junior Laurie Cassado and sophomore Stephanie Walters each scored in the 200-backstroke with Cassado coming in at 2:09.33 and Walters at 2:30.75.

"Overall we had a lot of really great individual performances," said co-captain Taylor Sullivan.

The Pioneers are looking forward to the ECAC meet coming up this weekend, as many members of the team have qualified for the meet. "All of our relays made ECAC qualifying times and almost everyone had one of the best times in all at least one of their events," said Sullivan.

The Pioneers earned a fourth place finish in the 400-yard medley relay. Sacred Heart will compete in the ECAC conference meet in Pittsburgh starting tonight, Feb. 24.

Pioneers suffer a tough one-point loss at CCSU

Kelly Welsh
Staff Reporter

The Sacred Heart Pioneers fell to the Central Connecticut State Blue Devils in an intense game last Thursday. The Blue Devils came out on top 57-56.

"Central Connecticut is always a close game that ends up coming down to the last shot," said sophomore guard Shane Gibson.

Both teams struggled early on. Freshman Luis Montes sunk a three pointer, which ignited a spark for the Pioneers.

Montes’ shot fueled the Pioneer offense, which gave them an early 7-3 lead.

Central Connecticut went on a big run in the middle of the first half. The Blue Devils quickly gained a nine-point lead on Sacred Heart, 21-12.

"The Pioneers immediately bounced back scoring nine consecutive points, ending the first half tied 21-21," said Thurston.

"The younger guys on the team stepped up and made some plays that helped us early on in the game," said Gibson.

The excitement from both teams carried over into the second half with the Blue Devils and Pioneers rapidly scoring points.

Central Connecticut’s junior Ken Horton hit multiple three-pointers giving the lead to the Blue Devils 41-32. Sacred Heart refused to go quietly and fought hard to close the gap.

The Pioneers came close to stealing Central’s lead but Horton continued to produce three-point shots giving the Blue Devils a five-point lead at 51-46.

Sacred Heart’s Gibson made a three-pointer making the score 55-53.

With less than three minutes left in the game Gibson hit a free throw to cut the lead to one, 55-54.

The Blue Devil’s quickly scored again making the score 57-54 with less than two minutes left in the game.

CCSU’s Devian Bailey fouled Sacred Heart’s freshman Evan Kelley. Kelley made both free throws making the score 57-56.

With just 25 seconds left, in the game the Pioneers knew they had to act fast if they wanted to beat Central.

Senior Jerrell Thompson missed a shot in the closing seconds that would have saved Sacred Heart the win.

"Central Connecticut is always a tough opponent for us. The rivalry between CCSU and SHU began when I started my career here in 2007," said Thompson. "Coach Bike was happy with the overall performance. We battled. We lost the last the war on the boards the last time we played them, but last night we fought back and won that war this time around. We did a number of positive things. However, we just felt short."

The Pioneers returned to the court two days later traveling to Bryant to take on the Bulldogs.

Sacred Heart fought hard and earned a 83-77 road victory.

The Pioneers had a well balanced attack, with four players scoring in double figures.

Gibson had 24, Montes scored 19, Kelley added 14 and freshman Chris Evans finished with 13.

Sacred Heart is back in action tonight (Feb. 24) at home versus Fairfield Dickinson at 7 p.m. They wrap up the regular season at home Saturday hosting Monmouth in a 3:30 p.m. tip.
Blake Campbell
Staff Reporter

The stadium erupted as the Washington Redskins raced onto the field for Super Bowl XVII at Tampa Stadium in Florida. Making his second Super Bowl appearance, Nick Giaquinto took the field for what would be the last game of his football career and the end of a long journey.

Giaquinto is now going into his 23rd season as the head coach of the Sacred Heart University baseball team. In 2006, he led the Pioneers to their first Division I NEC championship, winning Coach of the Year in the process.

In high school, Giaquinto won back-to-back all-state football titles. In 1976, he graduated from UConn, where he still holds the record for most rushing yards (277) in a single game. He then set out on what he describes as a long journey to the NFL.

"In 1977, I had a tryout with the Giants and I got cut after the first exhibition game. Then in 1978, I had a tryout with the Jets and I got cut after the second exhibition game," said Giaquinto.

After landing a coaching job at the University of New Haven, Giaquinto played semi-pro in New London. He then signed on to a Canadian Football League team. He went to Canada in 1979, only to be cut once again.

"I was going to give it three tries, but I didn't count the Canada one because I was a little banged up and had a hamstring injury. I said I'd give it one more shot," said Giaquinto.

During this time, Giaquinto moved to Florida where he lived with his cousin in a trailer. While substitute teaching, he continued to train relentlessly with his goal in mind.

His final shot at the NFL came when he tried out for the Miami Dolphins in 1980. Giaquinto was sitting in the whirlpool after a preseason game when Hall of Fame coach Don Shula came in and spoke with him.

"He said 'Nick, we decided we're going to keep you. But we're going to keep evaluating you every week.' I definitely wasn't one of those guys who knew they would be there every week or every year for that matter," said Giaquinto.

The following year Giaquinto was cut again by the Dolphins, but was soon picked up by the Redskips. This would be his last NFL team.

During this time, Giaquinto played in two Super Bowls. He won the first against his former team, the Dolphins, and lost the second against the Los Angeles Raiders. Before that game, Giaquinto decided to get out of football, win or lose.

"Everyone thought I was nuts to leave. I thought it was a good decision back then and I still do," said Giaquinto. "Looking back now, you see all the former players with a lot of injuries that just linger." Giaquinto is a Canadian Football League great, like Lawrence Taylor and Joe Montana. He also played under Hall of Fame coaches Don Shula and Joe Gibbs. Still, not everyone at Sacred Heart knows of his accomplishments.

"The Super Bowl is the biggest event of the year. I feel like it would be more of a topic of conversation, especially around this time of the year," said Luke Wischnowski, a Sacred Heart football player.

But Coach Giaquinto's humble demeanor shows no sign of his triumphant past.

"If I didn't know him, I would have guessed that he was a World Chess Champion, not an ex-NFL running back who won a super bowl," said Steve Tedesco, a former Sacred Heart football player who now plays baseball for Giaquinto. "Coach G treats everyone with respect, and therefore is respected by everyone."

While Giaquinto hasn't forgotten about his long journey he is more concerned about the present rather then the past.

"I'm really focused on what's going on today more than what went on 20 years ago, although it is a big part of me," said Giaquinto.

Head baseball coach Nick Giaquinto poses for a photo in his office. He appeared in two Super Bowl's during his time in the NFL.

Wrestling suffers frustrating loss to Brown to end regular season

Jason Trueblood
Staff Reporter

Coach Casey Brewer stands in his coaches' suite in the Brown University gymnasium, his hands form clenching fists and a vein begins to bulge on his forehead. Brewer just about had enough, as he glances up at the scoreboard and then hesnaps. His face beat red and words curving up the referee's performance of a 36-2 loss against the Bears.

A match the ref was just very one sided, one of the worst I have ever seen," said Billy Chamberlain, a fifth year senior in the 125-weight division class.

Chamberlain fell to Billy Wattersen 11-7 in Chamberlain's first match back from injury.

I commend coach, he had a reason to argue against the ref and he was just trying to stand up for his players, but in reality it did not really make much of a difference," said Chamberlain.

The team's point total was deducted from three to two after coach Brewer was penalized by the referees for team misconduct. The penalty came at the end of the match after Brown had secured the victory over the Pioneers.

"They are just an overall better program than us, with more coaches, better players, they are just better," Zachary Moran, a sophomore in the 174-weight division class.

Moran was defeated by Jeff Lemmer 10-4, leaving it hard to find any chance of life for the Pioneers, who were trailing by 34-14 going into the match. He then set out on what he describes as a long journey to the NFL.

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Head baseball coach Nick Giaquinto poses for a photo in his office. He appeared in two Super Bowl's during his time in the NFL.
Freshman forward Tys Lewis (#12) skates down the ice in last Sunday’s tie with Holy Cross