On a warm June evening in 1999, Shea Stadium was packed as the New York Mets took on the Toronto Blue Jays. The Mets ended up defeating the Jays 4-3 in 14 innings. Yet this is not typically the scene that people remember from this game.

In the 12th inning after catcher Mike Piazza was called for catcher interference Mets’ manager Bobby Valentine stormed the field to confront the umpire. After a few select words, Valentine was ejected from the game for arguing the call. Rather than walking the rest of the game from the clubhouse, Valentine had another idea—showing up in the dugout masked in a fake mustache and donning a dark pair of sunglasses.

Valentine was eventually outed by two laughing broadcasters. However, league officials weren’t fond of his stunt and fined him $5,000 and suspended him for two games.

Fast forward 12 years and this one moment is Valentine’s most known.

He managed over 3,000 games, 1,600 wins, 1,000 losses, 600 home runs, and 45,000 home runs, said Valentine, in a speech to students and faculty at Sacred Heart University. “Yet people remember me as the manager who for 15 seconds was in the dugout with a mustard.”

Valentine was invited to Sacred Heart last Thursday, Feb. 24 as a featured speaker as part of the John F. Welch College of Business ‘Conversations’ Lecture Series.

A Fairfield county native, Valentine currently resides in Stamford where he serves as the Director of Public Safety and Public Health for his native city. He is also currently employed as an ESPN baseball analyst and was recently promoted to be a featured speaker as part of the John F. Welch College of Business ‘Conversations’ Lecture Series.

A Fairfield county native, Valentine currently resides in Stamford where he serves as the Director of Public Safety and Public Health for his native city. He is also currently employed as an ESPN baseball analyst and was recently promoted to being appreciated for his contributions to the sport.

For his post, Valentine is to be paid a salary of $10,000 for an eighth grade education and my mom was a secretary with an 11th grade education.”

Valentine got a ‘lucky’ break when his junior high school closed. While most wouldn’t see this as a special moment, young Bobby embraced it. “Rather than a junior high I was put into a high school and because of that I was able to play ninth grade varsity sports. I made all-county in baseball and I played football running back where I learned the plays my freshman year and was able to start my sophomore year,” said Valentine.

Due to this lucky break Valentine was able to make all-state in both football and baseball throughout his time in high school.

See GETTING UP CLOSE on page 13 ...

American journalists put their lives on the line

Mike Peterson

While covering the events as they unfold-ed in Egypt earlier this month, American journalists Anderson Cooper and Lara Logan were attacked, further emphasizing the risks associated with covering political events abroad.

According to CNN producer Steve Bruk, Cooper and his CNN crew were attacked by a pro-government mob as they covered an ongoing uprising in Egypt on Feb. 2. Less than two weeks later, CBS News reported that “60 Minutes” correspondent Lara Logan had been sexually assaulted and beaten in Cairo’s Tahrir Square.

Some Sacred Heart University students, such as junior Mike McNamee, were especially alarmed by these events. "It’s pretty shocking," he said. Others believe that journalists know the risks they are taking when they travel to unstable political situations. "It’s part of the ropes of being a journalist," said junior John Flock. With an understanding of the hazards involved with the career, Dr. Gary Rose, chair of the department of government and politics, thinks journalists should be applauded for their efforts.

"They deserve an enormous amount of credit for putting their lives on the line," said Rose. "You have to ask if it’s a smart thing to do, but they do it in the interest of journalism. I tip my hat to them. These people are the messengers of information." There were no reports of correspondents being killed during the Egyptian revolution, but ABC News compiled a list of journalists...
Facebook's new application 'Admission Splash' calculates admittance odds for students in the college application process.

Jordan Haas
Staff Reporter

As technological advances are continuing to be made in the field of education, prospective college applicants now have social media at their disposal. As of Feb. 8, Admission Splash and College Planner, two Facebook applications that assist with the application process, were made available to the online community.

Application Splash allows high school students to input their test scores and activities. The program then rates their chances of receiving admittance to the institutions of their choice on a scale of "very poor" to "very good."

Some students have already used processes similar to the ones introduced by Facebook.

"I have not heard of these applications, but I also applied to schools online through a website my high school recommended I look at," said freshman Gaby Daniels. "It helped me a lot, and it seems like the same process these applications are using."

Other students would rather have hands-on experience when it comes to applying for schools.

"I believe going to college campuses, looking, and applying to them is a better way for high school students to see what they are in for and what the environment will be like that they will be at for four years," said junior Henry Crocker.

The admissions process often allows high school students to have the ability to get ready and start college. One factor within admissions is the personal contact with the personnel counselors and essays that are not assessed on these Facebook applications.

"I would recommend Admission Splash to high school students I know who are looking at colleges. This definitely shortens the college application process. It seems to have no bad aspects as far as I can see within Admission Splash on Facebook," said Daniels. However, not everyone is a proponent of using Facebook applications in the college application and admissions process. Admissions counselor Christina Tsimortos has mixed feelings about the applications.

"I believe actually contacting schools online or in person is better for both the student and our admissions department to get to know a student. I also believe that 'Admission Splash' is a good opportunity for students who have never heard of our school to learn more about it."

"My immediate concern is that mixing social media and education with College Planner would not include some content that third parties might have access to on a prospective student's Facebook page," said Tsimortos.

College Planner is an application that lets students find and apply for colleges online without leaving the Facebook website.

"Facebook keeps expanding and I believe that it helps people connect with friends and the changes within this website have been positive so far. I am sure there will be more changes made on a regular basis, especially with education," said Daniels.

Since these Facebook applications are so new, there is still no insight on whether or not similar applications will be made for graduate students. Some admissions counselors might prefer meeting the student to get to know them and see if the student like the school.

"A perspective student will start to receive information on our school and activities," said Tsimortos. "This will also show the students how to apply for this school through the 'Common App.' From there, that information is sent to us and we contact the student for an interview."

"Facebook's new application 'Admission Splash' makes the college application process a lot easier for students," said Daniels.

Newly hired Riedel takes the lead of the study abroad program.

Kim Rooney
Staff Reporter

Jennifer Riedel is the new director of Sacred Heart University's study abroad program and is ready to make each abroad experience for Sacred Heart students a positive one.

The study abroad program is used among students at the university and Riedel is influenced from her own experience when she studied abroad in college.

"During my second semester sophomore year, I studied abroad in Guadalajara, Mexico," said Riedel. "While working with my study abroad advisor, I remember thinking that she had the coolest job. Upon graduation, I knew that this was exactly what I wanted to do."

As the new director of the study abroad program at Sacred Heart, Riedel started her new job on Monday, Feb. 14. She is in charge of bringing together the various overseas programs under one roof in the study abroad office.

"Sacred Heart has many wonderful opportunities for summer, fall, spring, and winter intercession, and I want to ensure that students are aware of all the options, as well as the process and value of studying abroad," said Riedel.

John Harvey is a senior at Sacred Heart who studied at the university's campus in Ireland.

"Being there was a great experience," said Harvey. "I felt like I finally got to do something where I was on my own in a new foreign environment and had to adjust to a new way of living."

Riedel was picked for the job by Sacred Heart after a search committee appointed by the Provost, which included Professor Jonas Zdanys, carefully reviewed her.

"Jennifer Riedel is the best candidate to help us develop our commitment to ensuring that our students will be able to have the benefits of international education," said Zdanys. "She is an experienced professional in study abroad, so she will certainly bring understanding and dedication to her important responsibilities."

A newly run study abroad office will be deeply committed to students that will provide the community with important information and support for those studying abroad.

"A new study abroad office will be part of the University's commitment to preparing students not only for productive economic lives in what is increasingly a diverse and competitive global economy, but also for engaged citizenship in a world in which multi-culturalism is both a framework and a guiding principle of participation in our nation's and the world's businesses, educational institutions, and governmental and civic organizations," said Zdanys.

According to Riedel, in an effort to make future changes, Sacred Heart will be hiring a study abroad coordinator who will assist in these efforts. Together, they will gain an understanding as to how study abroad fits in at the university by assessing the programs and campus needs.

"I had a wonderful experience living with a host family, taking classes with students from around the world, communicating in another language, and I learned a lot about myself and other cultures," said Riedel. "I want to share that."

Students, faculty, staff, and overseas partners will work closely together to make sure every student has the same experience no matter where they travel. In the near future, the website will also be revamped, committees will be formed and most likely, new programs will be added.

"There will definitely be a transition period," said Riedel, "but I already have some ideas and Sacred Heart has some great programs as well as great students and administration, so this is going to be great."

On the student side, Riedel will be promoting programs, conducting information sessions, advising students throughout the process and will assist with the arrangements, logistics, and immigration.

According to Zdanys, Riedel has qualities of mind and heart that students will like and trust. He encourages all who are considering studying abroad to visit her. Jennifer will be planning outreach and information sessions to answer all concerns and questions.

"Study abroad is my passion and I am excited to lead the office at Sacred Heart University – my new home," said Riedel.
When people think about weight loss, the first thing that comes to mind might not be that they need more sleep. Many college students have become victims of sleep deprivation, poor eating choices, and weight gain. Yet, some students disagree with this theory, and claim weight fluctuation depends on solely on eating and exercise habits. "I really don’t gain weight easily because my appetite is usually always the same," said sophomore Christina Giglio. "So even if I don’t get that much sleep one night, my appetite won’t really change." It is also important to consider personal habits during the day.

According to a study published in the Huffington Post that was conducted by Dr. Jacob Teitelbaum, there is a correlation between weight gain and the amount of sleep an individual receives per night. In a recent study conducted by the Huffington Post, results indicate that besides a healthy diet and an active lifestyle, sleep is an essential aspect to maintaining a healthy weight.

"I believe sleep is important to a healthy lifestyle in general, much more than maintaining a nice figure. It is the time that your body repairs itself and your brain gets a rest from the constant influx of sensory stimulation."

-- Barbara Pierce
Assistant Professor of Biology

"Sleep level alone does not cause weight gain or loss," said Dr. Thomas Terleph, professor of biology at Sacred Heart. "Weight gain is still linked largely to what you are doing when you are awake, specifically what you eat and how much you exercise."

However, Dr. Terleph does recognize the relationship between sleep levels and appetite. According to him, the hormone ghrelin, which stimulates appetite, will rise when lack of sleep occurs. While this occurs, levels of the hormone leptin, which tells the body it is full, will fall. "So your appetite is likely to be more stimulated, yet you will not feel as satiated after eating," said Terleph.

As for sleeping in attempt to lose weight, there is evidence to show that a correlation does exist. However, according to Barbara Pierce, assistant professor of biology, sleep is not to be thought of just as a dietary measure. "I believe sleep is important to a healthy lifestyle in general, much more than maintaining a nice figure. It is the time that your body repairs itself and your brain gets a rest from the constant influx of sensory stimulation," said Pierce.

Perry offers words of wisdom
ConnCAP program credited for fueling good life choices

Lauren Kaili
Staff Reporter

As students talked amongst themselves waiting for the presentation to begin, they all redirected their attention to a well-dressed man entering the room.

On Monday, Feb. 21, Dr. Steve Perry spoke to the university community in the Edgerton Center for the Performing Arts as a part of the Student Affairs Lecture Series at Sacred Heart University.

"We like to provide opportunities to students from nationally recognized figures," said Larry Wielk, dean of students.

Perry spoke to the audience at 7 p.m. about how and why he started his school, Capital Preparatory Magnet School, and what inspired him to do so.

"Having the opportunities that I’ve had has always made me want to do something where I can give opportunities to others," said Perry to the audience. "These are my kids, I want them to have everything.”

According to Wielk, each lecture series is targeted to have the speaker discuss topics that relate to what students are learning about in the classroom. Specifically, Perry’s topic is something that might reflect communication within the campus community.

Denise Tiberio, associate dean of students, decides who to choose to present at the lecture series. She receives recommendations from staff member and also reads bios to decide which speakers will best fit our school.

"Someone saw Dr. Steve Perry on CNN and recommended him to me. We both thought he would be a great fit for our program," said Tiberio.

From a childhood of poverty in which Perry once lived, he was able to find motivation for success through the constant influx of sensory stimulation.

"I’m in love," said Perry.

Although Perry grew up in the poverty of the projects, he was never pointed in a bad direction. He has always had a plan to improve his life and in some way has wanted to make an impact in the world.

When Perry went back to school at the University of Pennsylvania in 1998, the Connecticut Collegiate Awareness Program (ConnCAP) presented itself as a great opportunity for Perry.

According to Perry, ConnCAP is a state funded organization that sends low-income students to four-year colleges. Within the organization, there are chapters. One of those chapters is Perry’s school in Harvard, Capital Prep, where he is the school’s principal.

"My school is made up of 350 students including grades six to 12. By next year, we will have 500 students and start the grading at pre-school," said Perry.

On its fifth year of birth, Capital Prep brings in about 2,000 students that apply with only about 50 spots available. The school accepts a wide variety of races and is based on the fact that it supports integrated education.

"Capital Prep has been recognized as one of the best schools in the country," said Perry. "One hundred percent of our students graduate and go to college. I exist to win—we win.”

Dr. Steve Perry’s lecture was free of charge to all students who wanted to attend. This was the last lecture for the semester, but typically there are between four and six throughout the school year.

"The students who were at Perry’s lecture seemed to have really enjoyed it," said Wielk. "Three education students even talked to him after and said ‘she you in a couple of years.”

Perry has been asked to consider a job at a bigger school, but has turned it down.

"I love my little school, and like any form of love, I’m in love,” said Perry.
LEARNING TO 'TWEEK WHAT YOU EAT'
Andrew Aleman
Contributing Writer
Put down those French fries and learn how to tweak your diet. Now, there’s no excuse to let college get in the way of healthy eating routines because of the addition of a nutritional program at Sacred Heart University’s Wellness Center.

“Tweek What You Eat” is a program that was developed by Dr. Kathleen Healy, a registered dietitian and national certified counselor. The program is aimed to help students develop better eating habits.

"Tweek What You Eat" is about...how to make those small changes to make improvements. It is to help people to eat better in a matter that makes those changes to a point that they desire," said Healy.

The program is focused on creating a small group environment in which 10 to 12 people will be situated in information sessions where the students will learn how to build upon their eating patterns. It addresses what students should eat, instead of focusing on what should not be eaten.

"They will move slowly through changes that they can live with so that they can form a habit," said Healy. "Thus, the constant moving toward the next step will eventually place them in the next place they want to be."

MyPyramid.gov, a website run by the U.S. Department of Agriculture, has organized dietary guidelines for Americans to eat healthily and for those who want to lose weight. The guidelines outline the basic food groups and the recommended servings and tips for those.

"College students often get into irregular patterns and their fellow peers often influence them," said Healy. These irregular patterns and making bad food choices can lead to weight gain and other nutritional problems. MyPyramid can help those students who face problems with finding a regular pattern of eating and/or trying to eat healthier food by offering interactive programs that analyze dietary intake and activity levels, offering solutions and advice for the future.

Some students said that it is not always easy to eat healthfully on campus.

"Tiki food [Chartwells] is not necessary unhealthy, but people make unhealthy choices that are more convenient," said junior Ben Bradley. "Instead of going to the grill, they could get a salad."

"Tweek What You Eat" is not about changing your overall diet in an instant. It is about adding those little things, such as an extra fruit to your diet, to the point of achieving your overall goal.

"I personally try to eat fruit and vegetables, however it can be difficult because I don't always like the way Chartwells prepares vegetables," said junior Aaron Rauth.

According to MyPyramid, eating more fruit and vegetables as part of an overall healthy diet is likely to have a reduced risk of some chronic diseases.

"Tweek What You Eat sounds like a good idea. I usually don't have the same thing every day," said sophomore Ross Breton. "I don't do it for the sake of being healthy but do it because I rather have different things. I noticed that I eat more here because of the convenience factor here at SHU, rather than at my house because I have to personally cook my food."

Chartwells offers several places to eat such as Coyote Jack's, the Pizza Factory, Food Court and Mondeo Subs at Holy Grounds. On the Chartwells website, the company offers nutrition charts containing information for the various food items and menus throughout the week and locations to allow students to inform themselves on the available choices.

"Chartwells has a good assortment of items, but students have to watch for portion sizes," said Healy. "Chartwells has their own nutritionists and are very willing to work with folks. Chartwells has worked with these people and has followed through their request such as that they cater to gluten diets."

Throughout the year, Chartwells has provided many different food types throughout the world ranging from Jamaican to Chinese food, in celebration of Chinese New Year. However, the food still has a nutritional aspect as the food being constantly served with vegetables.

"It is not about what you eat, it is about eating in moderation. So eating that whole tube of thin mints is not a good idea, but eating a few for snacks is a good idea," said sophomore Ariel David. "Snacking is important throughout the day, and keeps you full. I have been told that eating a small snack every few hours is important to maintaining your weight and keeping healthy."

Factory recognition a ‘motivator’ to ‘strive for excellence’
...CONTINUED from page 1

But this method of operations is not just intended to maximize efficiency. According to Leslie Roggen, Mobile Technology that I wouldn't have had otherwise," said Healy.

"We have created an environment of 'real world' work experience, and students are expected to follow the same rules of professionalism as the university expects all full-time employees to adhere to," said Roggen.

"There is an expectation of technical knowledge and customer service skills that all student employees must achieve to maintain their positions and look towards promotion. Our standards are high," she said. And it is this high level of expectation that motivates students to truly learn and benefit from their work.

"It's given me knowledge in the area of Information Technology that I wouldn't have had otherwise," said Tapiana. "I feel this could give me an advantage when trying to get a job in the future."

Open Monday through Thursday 7:30 a.m. to 7:30 p.m., and Friday 7:30 a.m. to 4:30 p.m. The Factory is comprised of two parts. The Help Desk is where students, faculty and staff can go to receive support in person. The Call Center enables employees to field off-site support issues.

Moving forward, Roggen is confident the award will not facilitate complacency, but rather serve as a motivator.

"This is a reward for doing what is done on a daily basis," said Roggen. "We are proud of what we do and now we do it. This just adds to the motivation to keep finding new ways to improve and to continue to strive for excellence."

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Perspectives

Are college students the ‘me’ generation and fun?

Amanda Rivera
Staff Reporter

As senior Eugenio Soares’s card is swiped at Charlie’s, he encountered an unpleasant surprise. He had insufficient funds on his SHUcard. Embarrassed and unsure about what to do, a student didn’t want to embarrass himself at all offered to pay for his meal.

Soares didn’t go hungry that day, and had that random act of kindness to thank for.


“If you asked my mother, she would say, ‘Lady Gaga has gone way too far!’ I’m pretty sure my mom pulled out from my father’s。”

Despite the kind of stranger, the studies claim that the desire for ego-boos-

ers among the “me generation” makes them even more narcissistic and self-assured than preceding generations.

“I don’t think we are self-absorbed at all,” said junior Kaitlyn McBryde. “For me, her music doesn’t fit was disgusting. I don’t think it’s a form of creativity at all,” said Holland.

“Many artists, so you have to make the money while you can.”

At Sacred Heart University, many students don’t seem to mind her constant “shock factor” lifestyle.

“I think she is absolutely obnoxious and the meat out of her face,” said junior Arianna De Lucia. “With this being said, she is a great performer. When it all boils down, she is a great artist.”

“I think she goes for. No matter how crazy it is, she is still talked about.”

Despite the reasoning behind her wardrobe and performances like the rest of the world does: ‘what is she doing?”’ said junior Jamie Taikina. “Even though we all think her performances and outfits are crazy and sometimes go too far, we still remember them. That is what she goes for. No matter how crazy it is, she is still talked about.”

The Murse

Hannah Ackerman
Staff Reporter

What does raw meat, a leotard and a giant egg all have in common? Well, they all have all managed to find their way into Lady Gaga’s closet.

“Lady Gaga burst onto the scene with her four-time platinum single “Just Dance,” in 2008. Since then, she has not been shy in making a name for herself.”

“Students react to her outfits and performances like the rest of the world does: ‘what is she doing?”’ said Holland.

“Despite the reasoning behind her wardrobe and performances like the rest of the world does: ‘what is she doing?”’ said junior Carolyn Holland.

Lady Gaga burst onto the scene with her four-time platinum single “Just Dance,” in 2008. Since then, she has not been shy in making a name for herself.

“What does raw meat, a leotard and a giant egg all have in common? Well, they all have all managed to find their way into Lady Gaga’s closet.”

It’s no secret that Lady Gaga has shocked millions with her outrageous wardrobe and unique performances.

“Imagine a scenario where you are working in a factory, and you are working on a giant egg.”

“If you asked my mother, she would say, ‘Lady Gaga has gone way too far!’ I’m pretty sure my mom pulled out from my father’s.”

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“Imagine a scenario where you are working in a factory, and you are working on a giant egg.”

AP Photo

Students remember Lady Gaga for her outrageous performances and outfits.

Ask the Murse: Balancing school and fun

Dear Readers,

To begin, I would like to thank you all for your submissions to kick off the column. Keep them coming.

I feel the love.

Ask the Murse is a place for people to ask questions related to their college experiences. It is a space where students can find perspective and support.

So, why not join us?

By the title, “Ask the Murse,” I am sure you all can relate to my question or my experience. The Murse is a place where people can ask questions and receive answers from other students.

To be perfectly honest, I think the largest part of my success in such a stressful, time-demanding environment such as nursing is my dedication to making sure I have a balance in my life. I find a certain freedom in having to blow off steam on the weekends. It is proven (by me) that it reduces stress levels, clears your mind and enables you to get more work done when the work week picks back up.

Another thing I would recommend is to not to see any class or project that you have as a competition. We are all working toward the same goal and that is to graduate with a degree in our particular field. So why not make some friends think positively with the people around you and support each other along the way? Help them out and he or she will help you out in return. In some aspects, your studies and your social life should mesh.

I have been asked this question many times before from my fellow peers in nursing, and I can never give them a straight answer. I don’t have any secrets. I’m not a genius. I don’t study religiously. I am not organized in any aspect of my life. All I do is go out on weekends, and perhaps a few weeknights. No matter how much work you may have, with perhaps a small exception comes finals week, you have to go out on the weekend, both Friday and Saturday if possible.

College is as much of a social experience as it is an educational experience. Don’t stick to a book for four years. These can be some of the best years of your life, but you may never fully know the worldliness and sophistication of partying the night before a midterm exam simply because it’s St. Patrick’s Day and still passing that exam, if only by a small margin, unless you take on that adventure first hand.

Godspeed,
The Murse

If you have questions you want Zach to answer, e-mail them to Perspectives Editor at blighk@sacredheart.edu.
Group projects teach college students to play nice with others

Tyler McKeon
Staff Reporter

As his 5:10 class approaches, senior Will Veix is waiting for a classmate to call and update him on the status of their group project that is due in less than an hour.

He is nervous because he feels he and the rest of the group should meet before hand to go over the presentation one more time.

But like most other days, he can’t get in contact with all his group members.

Recently, contestants on American Idol were put into groups themselves and, on national television, displayed the possible downs and consequences of group work.

Jacee Badeaux, for example, was kicked out of his group and forced to find and integrate himself into another in order to still have a chance at impressing the judges.

While this forced dependence on others makes some scorn group projects, a recent study found that 65 percent of group members believe the concept of group work is viewed the most positive way to learn.

Tyler McKeon, author of the book “Marriage Savers,” said regarding couples that live together, “Many believe the myth that they are in a ‘trial marriage.’

While this may, at times, be true, a ‘trial divorce’ in which more than eight out of 10 couples will break up either before the wedding or afterwards in divorce.”

If it is that the couple is vacating alone, and not with family, then it is statistically far less of an idea as living together will mean a far greater commitment.

Those who are kicked out of their group and forced to find and work together will have a chance at impressing the judges.

Jane Carlin, a former English professor and current NCAA academic coach, is aware of the possibility of this forced dependence.

Carlin is aware of the possibility of some group members contributing more than others so she devised a system that would even the workload.

“In order to level the playing field, I gave each group the power to vote anyone ‘off the team’ if they felt the lack of work was a detriment,” she said.

“This helped both those who were completely committed and those who may have been willing to let the other students take their part to actually fulfill the expectations of the entire group,” said Carlin.

Carlin is not currently in the classroom teaching, she hopes to return soon and when she does group projects will most definitely be part of the curriculum.

People of varied viewpoints and experiences can learn how effective negotiation and compromise can be in order to achieve a goal. Students learn a lot from each other, and they learn to give and receive constructive advice,” she said.

Even with the potential of gaining team experience, some students still feel that group projects aren’t the most effective way to learn.

“I’d rather be graded on my own work so I know where I’m at,” said Veix.

“I sometimes feel like teachers just assign group work because it’s that much easier to grade and it’s easier to pay attention to the groups than it is 30 individuals. I’d rather be assigned my own work. I usually end up doing most of the work for my group anyway because I like to make sure it’s done right.”

“I think going on a vacation with the person you are dating is a bad idea. I believe it is the fake and commitment-free version of going on vacation with the person you are married to, commonly known as a honeymoon.”

If you are a Christian couple trying to wait until marriage to have sex, a sleepover or a vacation may lead to a temptation that could result in compromising your values and complicating your situation.

How soon is too soon to go on vacation with the person you are dating? In the words of Broomfield from “Robin Hood: Men In Tights,” “No ding-dong without the wedding ring.”

If you have strict parents who desire to do anything special, in fact it shouldn’t be possible.

A great example of this would be going away for the night. You find a cheap hotel and split the cost. It’s a fun getaway for both of you to enjoy. The cash shouldn’t come out of one pocket. And ladies, let’s face it, we all know your boyfriend friend will most likely insist on driving because “girls can’t drive” and he will get you there faster. This saves you gas and lets you relax while he deals with traffic.

The hotel you pick does not have to be anything special, in fact it shouldn’t be. It’s the whole point of this trip to be spontaneous and fun, not to blow money because “you’re paying for a five star hotel.” For trips like this, there is no set time to take a few-hour road trip just to pass the time with your boyfriend friend that causes memories and a healthier relationship overall. It tests what it would be like to rough it on your own for a night or two and see if you can even tolerate each other.

For trips like this, there is no set time when it is acceptable. But if you are both down to do something like this then you are both ready to go. The cash shouldn’t come out of one pocket. And ladies, let’s face it, we all know your boyfriend friend will most likely insist on driving because “girls can’t drive” and he will get you there faster. This saves you gas and lets you relax while he deals with traffic.

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Thriving teams, cheerful band, but empty stands?

Fairfield plays in the Metro Atlantic Athletic Conference, which is very similar to the Northeast Conference, so it is not like they play in a big powerhouse conference and yet their student body is always there to support their athletes.

The Pitt Center is designed for the fans to make an impact on the game. The student sections behind each basket are right on top of the court, which make it easy for fans to get in the heads of Pioneer opponents and make it a really difficult place to play. But, this cannot happen if there are no fans.

The men’s hockey team played five of their home games at the Webster Bank Arena in downtown Bridgeport, where the University of New Haven celebrates, and yet the seats remained empty, which the exception of the Pioneer Band.

There is no question that students of Sacred Heart are sports fans. Students were wearing their favorite NFL team’s jerseys this winter when the football season was in full swing. The school was buzzing just last week with the news that Carmelo Anthony was traded to the Knicks.

Sacred Heart students know their sports and are avid sports fans. Why can’t these same people show their support for their schools athletic teams?

Did you know the women’s lacrosse team is going for their fourth consecutive Northeast Conference title this spring? No team in Northeast Conference history has done this, in any sport. Make the short walk to Campus Field and support the team in their conquest to make history.

The baseball team play their home games at the Ballpark at Harbor Yard, home of the Bridgeport Blue Fish in the Atlantic Baseball league. Not many college teams get to play their home games at a minor league baseball stadium. Sacred Heart plays UConn, which is currently ranked in the top-10 in the country. Head down to the stadium and cheer on the baseball team.

All 31 Division I teams need the students support and attendance at their games. Hopefully this spring and next fall there will start to be a change in the student attendance of games and Sacred Heart can truly have a home-court/home-field advantage.
Lisa Manente
Staff Reporter

"American Idol's" season nine winner Lee DeWyze's Feb. 22 Twitter update reads, "Looking forward to all the things coming up, going to be exciting! Thanks for the support, talk to you soon." He was one of those things he is looking forward to is performing at Sacred Heart University on March 23.

Tickets for the Lee DeWyze concert at Sacred Heart are on sale now in the student life office for $10.

"I actually got a chance to go to the 'America Idol' finale in L.A. last May," said junior Marissa Gagliardo. "I haven't heard anything from him since, but when I saw Lee DeWyze perform live he was really good."

Judging by the long line for tickets outside of Hawley Lounge, students at Sacred Heart seemed to be excited for the upcoming Kid Cudi show, but Sacred Heart director of student activities Amy Ricci wanted to make sure all students were satisfied with this season's concert selection.

"We know there is a variety of musical interest. Our goal is for everyone to be able to come to a smaller show. It's an intimate setting, the auditorium for DeWyze's concert can only hold 776 people," said Ricci.

DeWyze appeared on season nine of "American Idol" last year and made it through all of Simon Cowell's critiques through the end, beating out runner-up Crystal Bowersox.

Before his big win on Idol, DeWyze's life was far from that of a rock star. According to AOL music, the 24-year-old was working in a paint store in Illinois before he signed to RCA records after his big win.

Previously DeWyze had released two solo albums on a small record album, reports MTV, but to him, or heard it on the radio," said freshman Tracy Bailey.

"I never heard his music. I was never exposed to it, or heard it on the radio," said freshman Tracy Bailey.

"I would go because I am curious to hear what he sounds like," said Bailey.

"Some students may not be avid fans of the artist but still want to see what DeWyze has to offer as a performer."

"They make so much because they are beyond perfection and are the epitome of high class," said sophomore Tommy Kleban.

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"The King's Speech"

"Toy Story 3"

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"The King's Speech"

"Toy Story 3"
Rihannas racy video stirs controversy

Grammy nominee's 'S & M' music video has both critics, fans buzzing

Bill Haug
Staff Reporter

"Sticks and stones" may not break Rihanna's bones, but it can bring the negative press surrounding her controversial new music video that may break her career.

According to UK magazine, Daily Mirror, the video for her single "S & M" has been banned in 11 countries, while the song cannot receive any airplay on BBC's "Radio 1" before 7 p.m. Additionally, YouTube.com also posts a sexually explicit warning before online viewers get the chance to sneak a peek. "Her new video is certainly interesting," said junior Jon Vassey. "But I wouldn't want to be her publicist."

Though the "Umbrella" songstress may still be reeling from the publicity team on how to handle the current situation pertaining to the video, her legal team may have another task on their hands, the misuse of copyrighted images.

Celebrity photographer and music video director David LaChappelle recently filed a law suit against the Grammy nominee in Manhattan on Feb. 14, reports Reuters.com. The suit itself claims that "the music video is directly derived from and substantially similar to the LaChappelle works." Further, LaChappelle finds that Rianna inappropriately incorporates eight of his images into her video, copying "the composition, total concept, feel, tone, mood, etc."

According to the New York Times LaChappelle notes that the video is a business matter, citing that he and Rihanna had done work together in the past and even remembers her fondly, more specifically because of a previous chart topping hit. "It's like seeing her every time I'm caught in the rain without my umbrella," said LaChappelle.

Though reps for Rihanna did not comment on the matter, some students feel that LaChappelle should call out another pop princess as well. "He might as well sue Lady Gaga too, she is like a walking editorial of his work," said junior Bridget O'Toole.

The video itself features Rihanneah wearing latex, along with plastic blow up dolls, whips and the singer in a housewife-esque outfit, while walking celebrity blogger Perez Hilton on a dog leash.

"I think this video may change peoples' views of Rihanna," said senior Leah Richards. "It is one thing to portray yourself as a strong and independent woman, but the doesn't need to show her power over people in this way."

To add more fuel to the "S & M" fire, Billboard.com reports that the United Kingdom changed the title of the song to "Come On." Rihanna was not keen on the idea, immediately taking to her Twitter account to lash out about the news on Feb. 6.

"I can understand why some people might find it disturbing," said alumna Catherine Savvides. "But I don't really understand why its banned in certain countries. The video itself is pretty out there, but if that's how she wants to portray herself as an artist, that's her decision."

Despite the current controversy, Rihanna does have her fan base, as well as the university to depend on. "I am a fan. I like her music and she always tries something new," said senior Eric Lonergan.

"S & M" is currently ranks in the iTunes top 100 downloaded singles.

Miley breaks Billy Ray's 'Achy Breaky Heart'

Dan Miller
Staff Reporter

Former "Hannah Montana" starlet Miley Cyrus is making headlines again, but not for her "not-so-innocent" actions, but rather Billy Ray's. After wrapping the show that starred his talented daughter Miley's career, the elder Cyrus spoke out against the show that "certainly destroyed his family."

Speaking candidly to the March issue of men's magazine GQ, Billy Ray gave a not so flattering interview that left no topic untouched. From disliking the current state of his family, to the future of daughter Miley's career, he even critiquing his own parenting skills.

"I should have been a better parent. I should have said, 'Enough is enough -- it's getting dangerous and somebody's going to get hurt,'" said Billy Ray regarding the business behind "Hannah." "I should have, but I didn't."

Under the parental care of Billy Ray, the former squeaky-clean "Hannah" star found herself under constant media scrutiny with her not-so-innocent actions ranging from pole dancing at the 2009 Teen Choice Awards, to a controversial Vanity Fair cover at the age of 15. Though Billy Ray may place blame on the House of Mouse, Sacred Heart students are torn on who should be held accountable.

"If the Disney Channel's fault because they allow their actors [on television] to act in a way that normal children aren't expected to," said junior Costello. "They have attitudes and think they can do what they want."

On the other hand, junior Jennifer Hlavac disagrees with both Cyrus and Costello.

"The blame for Miley's actions shouldn't be put entirely on the Disney Channel," said junior Jennifer Hlavac. "I blame her father for pushing her career and as her fame built, he should have stepped in as a father to prevent her from going overboard."

Though what may be seen as overboard stems from the latest string of music videos for her singles "I Can't Be Tamed" to "Who Owns my Heart," to her most recent media stirring video yet, the 18-year-old smoking the legal substance salvia from a pipe, which in the eyes of some, may shed her "role model" image the Disney Channel originally made.

"She may have been smoking a legal drug but it should never have posted on YouTube," said junior Adriana Rocha. "It was an irresponsible move and for her father to find out that way is saddening. Unfortunately, because she became a famous Disney Channel star, she is an acting role model for children and therefore should be more conscious of her behavior."

While Miley has since spoken out about her questionable antics, citing the salvia incident as "a bad decision" to the March issue of Marie Claire magazine, the recent bout of negative press may stem from a deeper issue at hand, the break-up of the seventeen year marriage between her father and mother, Tish who split in October 2010 according to People magazine.

"Right now it just seems like the personal family issues being brought into the public eye like the divorce and struggles with her career have caused a rift with her parents," said junior Kerryn Wall. "She just needs support and is unhappy, so she is rebelling not in control and that's what people are seeing."

Her behavior may leave some fans and critics wary of what "The Last Song" actress may do next to land herself on the cover a tabloid, but it's her father that is the most nervous it seems. "I'm scared for her. She's got a lot of people around her that's putting her in a great deal of danger," said Billy Ray to GQ.

Even though her actions may land her a one-way ticket to the Promises Rehabilitation Center in California, what lies ahead for both Miley's career and personal life is still relatively unknown.

"If things don't change for personal life and she makes progressively worse choices, than she could be the next Lindsay Lohan," said Wall. "But for now, I'd just call her an angry teenager."
Kevin Schumann, a freshman cross-country runner at Sacred Heart University, remembers what it was like to be a runner that way we can improve our tours based on the suggestion his desk in Curtis Hall.

As of Feb. 8, Sacred Heart's physical therapy program, along with Nike's "Reuse-a-Shoe" project, will be working to make these rubber tracks more eco-friendly.

"Reuse-a-Shoe" is a program developed by Nike to take old sports shoes and sneakers and recycle their parts, said graduate student Regina Scafariello.

Scafariello brought in the idea to Sacred Heart as part of the Student Special Interest Group (SSIG) for the Connecticut Physical Therapy Association, of which she is a member.

"It's a great way to indirectly touch the lives of our potential patients," said graduate student Stephanie Schwartz, another member of the physical therapy program.

The Nike "Reuse-a-Shoe" project began in 1990 when Nike employee Steve Potter came up with the idea to shred old shoes and turn them into reusable material.

The project takes old sneakers and athletic shoes of any brand and breaks them into three portions: the rubber outsole, the foam midsole, and the fabric from the remaining portions.

From there, the pieces get shredded to form different kinds of what is called "Nike Grind."

The "Nike Grind" goes into making new Nike products as well as sport surfaces, such as tracks, playgrounds, and tennis courts.

"We then work with our "Nike Grind" partners to bring surface donations to underserved communities which leverages the power of sport to change young people's lives, build communities and create positive social change," states the "Reuse-a-Shoe" portion of the Nike website.

Nike's end goal is to have all its products contain recycled and sustainable materials, as well as to reduce waste in landfills.

Nike has donated nearly 90 surfaces in 2002. These figures are what attracted SSIG to the program.

"PT is movement and the Nike "Reuse-a-Shoe" program allows for people to get out there and get active," said Schwartz.

By working to bring sports fields and playgrounds to underprivileged areas, Nike encourages athletic activity and provides an arena that is less damaging to the body.

But it isn't all work and no play for those involved in the efforts.

"SSIG thought that this activity would be a great way to add a little friendly competition between schools while helping out for a great cause," said Scafariello.

SSIG is a group that allows physical therapy students from all over Connecticut to get together to learn and network with members of their fields.

Despite the common goals of the group, there is still loyalty to one's alma mater.

"Since it is a competition between schools, I would love for SHU to have the most shoes donated," said Scafariello.

"The winning school's PT program will receive a prize at the end."

Anyone with shoes that they wish to donate shoes can do so in the two collection boxes located in the lobby of the Camden bridge near both the main and side entrances.

Some students are glad to disperse of their forgotten footwear.

"I have boxes and boxes of shoes," said senior Morgan Ibarrondo. "Not just here in Connecticut, but in Georgia too."

The project will take until March 28.

"I think that it is really great that this program is continuing past Spring Break," said Scafariello. "It will allow students to go home and ask friends and family that might want to donate their old shoes!"

Students in the physical therapy program have been encouraged to do everything they can to benefit the cause.

"Every shoe counts," said Schwartz.

Those looking for more ways to get involved with "Reuse-a-Shoe" can contact Regina Scafariello at scafariello@shc.sacredheart.edu.

Featuring profiles admissions counselor Rob Gilmore

Gilmore's journey from the classroom to res-life, from the beach to Curtis Hall

Robert Gilmore poses in his office in between greeting prospective students and their families.

"I'm friends with a lot of professors that I had here and I still talk to people on a daily basis that I went to school with and that's something that Sacred Heart is about," said Gilmore. "Meeting people and keeping those connections."

Shawnee Zyskowski
Staff Reporter

Kevin Schumann, a freshman cross-country runner at Sacred Heart University, remembers what it was like to be a runner that way we can improve our tours based on the suggestion his desk in Curtis Hall.

"Doing work outs on the pavement really beat up my legs," said Schumann.

"Having a [rubber] track is great."

"Compared to hard surfaces, which have less give and uneven terrain, rubber tracks put less stress on an athlete's joints while running. They also aid in the prevention of injuries such as shin splints.

These facts have not gone unnoticed. As of Feb. 8, Sacred Heart's physical therapy program, along with Nike's "Reuse-a-Shoe" project, will be working to make these rubber tracks more eco-friendly.

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Help support SHU's Physical Therapy Student Special Interest Group!

For questions or to find out more please e-mail Regina Scafariello at scafariello@shc.sacredheart.edu.

Photo courtesy of Regina Scafariello.

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FEATURES PROFILES ADMISSIONS COUNSELOR ROB GILMORE

Gilmore's journey from the classroom to res-life, from the beach to Curtis Hall

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Allison Bennett
Staff Reporter

Cancun is one of the most cliché destinations for college students seeking a carefree spring break. It is also where you could have found Robert Gilmore, an admissions counselor at Sacred Heart University, around this time five years ago.

These days, Gilmore can be found sitting at the front desk greeting prospective students and their families.

As an alumnus of Sacred Heart, where he received his bachelor's degree in history and master's in education in 2009, Gilmore is no stranger to the campus.

He began his work with the university after graduation, in the residential life department, but has recently accepted a new position in admissions.

About a month ago, Gilmore started his work with the student ambassadors program, which comprises the tour guide and welcoming committee for potential students.

His involvement at the university extends far beyond his desk in Curtis Hall.

"One thing he has started doing is shadowing tours, that way we can improve our tours based on the suggestions he makes," said junior Eddie Kennedy, treasurer of student ambassadors.

"Also he has facilitated us and the admission counselors this week by keeping the interviews and tours running smoothly while the office was overwhelmed with prospective students visiting our campus."

With his new position, came a new set of daily highligts.

"My favorite part of my job now is meeting new families," said Gilmore.

"Getting to meet new people from different parts, seeing what they are interested in and seeing them excited once they are accepted in person, that's the best part I think," he said.

Since his arrival at the admissions department, Gilmore has created great relationships with the ambassadors.

"I love working with Rob," said Magnanoso. "I think it great, he's very personable and I know that he is definite someone I can go to and talk to."

Some feel very fortunate to be working alongside him.

"Rob Gilmore is a tremendous worker here at SHU and he is very lucky to have him," said Kennedy.

"SA (Student Ambassadors) is lucky to have him as an advisor because with his professionalism and easy-going personality, and I think this program will continue to grow and thrive under the watchful eye of Mr. Gilmore," he said.

The relationships he made and continues to make at the university helped shape his life.

"I'm friends with a lot of professors that I had here and I still talk to people on a daily basis that I went to school with and that's something that Sacred Heart is about," said Gilmore. "Meeting people and keeping those connections."

Robert Gilmore poses in his office in between greeting prospective students and their families.
After months of preparation and teamwork, the Sacred Heart University cheerleading team is confident that they will get on the mat and win this year.

Before each practice, game, and competition the team receives a pep-talk from their captains, junior Samantha Steglitz and senior Chelsea VanDerheyden.

"We talk about our goals and the importance of focusing on our own team," said Steglitz. "We can’t change the other performances, we can only perfect ours."

The team has left nothing to chance this year, and has found ways to boost confidence.

"Before we take the mat, we have a chant that we do to help the team get excited," said Steglitz. "It is something that we created that is funny yet inspiring. It tends to put a smile on all the girls faces, which is important in cheerleading," she said.

The inspiration set by the captains is illuminated throughout the team.

"Some of the girls have small hand shakers or special hand motions to each other to give a little more luck to some of the girls to help them get psyched," said sophomore Julie Wandszik.

The National Cheerleaders Association’s College Nationals competition is held in Daytona Beach, FL every April. Teams receive a bid based on their achievements at a qualifying regional competition.

Although the team was unable to compete at nationals last year, the girls remain in high spirits for the upcoming competition.

With a strong sense of positivity and a solid strategy, they are going into this season with every intention of winning.

"Although we did not compete last year nor go to nationals, it helped me prepare to compete for the first time this year," said Wandszik.

The team has been competing in local competitions almost every weekend since January. On Feb. 12, they performed in the "Beast of the East" competition in Hartford and won first place, giving them a national title.

"We have had a bunch of exposure with our routine and it is just making us stronger," said Wandszik.

Aside from local competitions, the girls have been utilizing their performances at home basketball games.

"We try and incorporate as much competition material as we can to perform during half timecuts," said Wandszik.

"Games can be an extra practice for us sometimes because the more we practice the better we can get.

Though it’s taken a lot of effort and patience, the team is pleased with the transformation they have shown the university.

"We have been fortunate enough to be allowed the chance to exhibition our routine during halftime as well," said Steglitz.

This is exciting for us because we get to show our university what we work so hard for.

Officially prepared, the girls are anxious to show their competition all that they have accomplished.

"I have never competed nationally until this year, so I am extremely excited and I know every one else is as well," said Wandzik.

"Many things have changed since last year, but I know this year we will execute our routine to the best that we can.

Mario the Baker, a traditional family pizzeria specializing in Northern Italian cuisine, has been a Bridgeport staple for decades.

The restaurant is situated on the ground level of a brick, three-story house located opposite the Brooksieide Shopping Center on Main St.

The sign above the establishment reads “Mario the Baker: Italian Restaurant and Pizza” and is enclosed by two Italian flags.

Under the sign rests an awning with the street address and a beautifully constructed door beckoning patrons to sample the food.

Setting foot in Mario’s invokes memories of arriving at Grandma’s for Sunday dinner. Once inside, diners are immediately greeted by the friendly staff as they wait for a table. The dining room is very small, with only nine booths and three tables.

My party arrived at 8 p.m. on a Friday night and only had to wait 10 minutes for a table. However, when seated, we found ourselves in the middle of the restaurant with little wiggle room.

As the staff took our drink orders, it was impossible not to sink into the blissful atmosphere of the restaurant. Mario’s dining room is a casual place where guests feel as comfortable and relaxed as sitting at home. The dim lights over the red brick set the tone of a cozy and tranquil dining experience.

After our beer and wine arrived, we were ready to eat.

First up was the appetizer - fried calamari priced at $9.95. The fresh calamari, were ready to eat.

The fresh calamari were ready to eat.
Norman, who was injured just a few minutes prior came back into the game and was fouled with 26 seconds left on the clock, sending her to the free throw line for two shots. She calmly sunk both shots to give the Pioneers a 64-59 advantage and all but clinched a Sacred Heart victory. Freshman forward Blair Koniszewski added a free throw in the final seconds making the final score 65-59.

"We got into some foul trouble in the second half, but we held on," said Swanson. "Give FDU credit, they hustled and played with a lot of energy."

The Pioneers had a well-balanced attack as three players hit double figures in points. Junior Callan Taylor had her 12th double-double of the year finishing with 15 points, seven assists and six rebounds. Senior Maggie Cosgrove contributed 13 points as well. Sacred Heart was a completely different team to start the second half. They came outStorming, batting for every rebound and hustling for every loose ball.

"I would have to assume that we "woke up" at halftime and realized we should have been more focused and that the game would have to be gritted out through hustle plays and tracking the ball down," said Merriman.

Two Taylor free throws with 13:34 to go in the game gave the Pioneers their first lead of the game, 38-37. Monmouth followed with a free throw to make it 40-38, but Sacred Heart followed that up by going on a 7-2 run. Taylor, Cosgrove and Merriman all scored during the run, giving the Pioneers a 47-40 lead. Cosgrove picked up her fourth foul at the 6:42 mark and was forced to the bench. The Hawks took full advantage going on a 13-2 run to regain the lead 52-50, with 2:42 remaining.

Norman hit two free throws to tie the game at 52 with just over two minutes to go. The teams went back and forth in the next minute with Hawk guard Erin Rooney hitting a jumper, followed by Cosgrove nailing a deep two as the shot clock was winding down. Rooney followed her three with a 3-pointer to force overtime. The Hawks took full advantage of the opportunity and forced the Pioneers to a 56-54 lead.

Junior Alexis Campbell rimmed out a three pointer from the corner on the Pioneers next possession and was forced to foul Hawk guard Alexis Canady with 18 seconds left on the clock.

"We just needed to prove to ourselves that we could score. Once we started we got right into a rhythm," said sophomore forward Morgan Merriman. "No one likes to lose at home, especially on senior day," said Merriman. Starting out a game down 19-1 might not be the ideal start to any game, but that is the hole that the Sacred Heart women's basketball team dug themselves into last Saturday when they hosted Monmouth at the William H. Pitt Center. The resilient lady Pioneers fought back, and cut the deficit to eight at the half, and actually gained a seven point lead in the second half before falling 59-54.

The first 13 plus minutes were simply dreadful for the Pioneers. They did not get their first field goal until 7:37 was left on the clock in the first half. They missed their first 13 shots, committed seven turnovers, and found themselves down 19-1. However, Sacred Heart kept their game faces on, and went on a 9-0 run on their own.

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Getting up close and personal with 'Bobby V'

... CONTINUED from page 1.

At 18, Valentine was one of the best high school athletes in Connecticut state history and was widely recruited by top universities. However, the Los Angeles Dodgers drafted him fifth overall in the 1968 Major League Baseball Draft.

He chose to attend the University of Southern California where he majored in business administration and did not play college ball because he had signed with the Dodgers.

Valentine had a 10-year major league baseball career playing for the Dodgers, California Angels, San Diego Padres, Mets, and the Seattle Mariners. Following his departure from the league as a player Valentine returned as a manager.

"I was the only man to manage in the states and the professional league in Japan and take both teams to the World Series," said Valentine.

While this true, Valentine jokingly admitted to being the only man to wear a disguise to get back into the dugout.

However, the transition from player to manager isn’t an easy one.

"I was a 35 year old starting to man­age and my only experience was four years on a triple A team as a player manager," said Valentine. "When the manager was sick I got to change who was pitching and the line up from me hitting second to third, and that’s all."

Over the years Valentine has shown that he has a great deal of expe­rience with experience, a trait that he stressed "you cannot teach."

"Teaching is something you cannot teach. I learned as I went — the hard way," said Valentine.

He stressed that a manager of a base­ball team is like a conductor director once the game starts.

"You raise the volume, you lower it, you let the violins know when to play and you need to know when to put in the left­handed," joked Valentine.

As the crowd laughed Valentine took a more serious tone.

"I think I am a manager who can lead. A manager has to change to get people going in the right direction, and change is a word many people don’t like," said Valentine. "I wasn’t going to just play by the rules of 1940 if they were not applica­ble in 2000, 2001 and beyond. All leaders must understand this."

To manage your team or even your business one “must be able to understand what’s right and wrong,” a point Mr. Valentine stressed enough.

Outside of baseball, there are two qualities that Mr. Valentine looks for in every person.

"There are two qualities I look for in everyone I want to be around, qualities that make people successful," said Valentine. "The first is somebody with a passion in what they are doing and a commitment to what they do. Success in life is commit­ment and passion in what you do."

Of course not to be without a few laughs Valentine joked, "and if they knew what my lifetime batting average was, that is great quality." However, outside of athletics Valentine is a successful restaura­teur, a career he also attributes to his luck.

"I am 60 years old now and have been broke twice in my adult life. When I got out of baseball at 29 years old and I had $6,200 in my bank account," said Valentine. "The most I made was $60,000 a year and that was in my last year. I always thought I would have money, I thought I would keep making it and had no need to save. That is when I turned to luck when I had my first job."

When he returned home to Connecticut, Valentine paid $35 to attend a charity dinner of an old high school arch rival. It is there that he was asked about the restaurant business and whether he ever thought about it. Plain and bluntly he responded with "absolutely not."

"I got a $35,000 loan and run with it — six years later I was broke and kept run­ning with it," said Valentine. "It went from four restaurants to eight restaurants and I made a vow never to be broke again."

Bobby had finally found success in the restaurant business, all of which he owed to his "luck."

"If I wasn’t invited to this dinner that I had no idea was happening and paid my $35, I would have never created a 30-year relationship with my business partner, and said Valentine. "It all comes down to tal­ent, passion, commitment, and luck. You have to find luck and you want find it sit­ting in a corner or if you’re in jail or you’re smoking cocaine."

In his final words Valentine explained his own three “R’s” that should guide each person’s life.

"There are three ‘R’s to be successful in life, responsibility — how valuable it is to be a responsible person, to your team, your school, your family, and yourself. Next is respect — give it to get it, olders and younger, to those you play with and against," said Valentine. "Lastly, real­ity— everyone has to understand they are not home run hitters, you need to have a reality that is yours, you have to learn your reality and find out what it is that makes you best in life, understand that reality and live within it.”

Men’s basketball ends season on high note

Pioneers claim senior day victory over Monmouth after loss to FDU

Jason Trueblood

Staff Reporter

Coach Bike watched the clock tick down, as the Sacred Heart University Pioneers remained nine points behind their entire roster.

"We just didn’t guard them, we have to guard people, otherwise they will shoot in the 60 percent range," said Bike after the 85-74 losing effort.

The loss knocked the Pioneers out of the final spot in the NEC tournament.

"We needed to challenge them a little more, Grier had a back of a game, non­

tally he is scoring in the teens, tonight he scored 34, we can’t let him do that," said Bike.

The Knights shot 53 percent to Sacred Heart’s 42 percent, but the big story was guard Terence Grier’s career high 34 points.

The turning point in the game was at the end of the first half when FDU went on a 12-0 run taking a 43-38 lead.

"We had a couple of turnovers and we couldn’t stop them, its not like they made a 12 point basket, they scored and we couldn’t score and then they would score again," said Bike.

Turnovers also played a major part in this bad stretch for the Pioneers.

"We just didn’t execute well, we had a couple of turnovers and didn’t get back on defense," said Shane Gibson, the sopho­more guard scored 22 points in 35 minutes of playing time.

The Pioneers continued their scoring streak into the second half going on a 25-5 run and putting the game out of reach for the Pioneers.

Red-shirt sophomore Femi Akinpetide had 12 points in the loss. Freshman Chris Evans also recording double figured fin­ishing with 10.

The Pioneers returned to the court Saturday afternoon taking on Monmouth in senior day. Sacred Heart closed out the season in style defeating the Hawks 88-66.

"No one was being selfish tonight, it wasn’t about me, it was about the seniors. They have done so much for this program, everyday for four years they came ready to work and this one was for them,” said Gibson, who scored 24 points on the after­noon.

The story of Saturday’s game was seniors Mehmet Saham and Jerrell Thompson.

"The past four years I have been here learning to play in the league and working hard, but today was my last day of baseball. This was something very emotional for me knowing that this was my last time with the team and coaches, so this is a bit tough, for me right now,” said Saham who resides from Turkey.

Sahan finished with four points in 19 minutes of play, he also contributed two blocks and an assist.

Thompson finished his Sacred Heart career with a solid performance. He recorded 14 points and seven assists.

The Pioneers had four players in double figures including Thompson and Gibson.

Red-shirt freshman Louis Montes had 21 points and junior forward Stan Dulaire added 10.

"We just started off having some momentum, but it really helps when your shooting 62 percent in the first half. Today we came out and were just loose and related that can be the luxury of not hav­ing to play for anything except yourself," said Bike.

Bike had recorded his 500th win ear­lier this season and the university honored Bike with a banner hanging in the Pitt Center.

"I had a lot of smiles on my face, win­ning this game was important, but when I saw the banner it was a very humbling experience. What is great about this is I have been able to do what I love and I have had a lot of fun doing it,” said Bike.

The Pioneers will now head into the off-season losing only two players off their entire roster.

"We have a lot of work to do this offseason, this win carries no momentum. into next season unless we work hard this offseason. Last time we won 11 games in a season the next season we won 18, we need to improve in a lot of areas, but we are very capable of that," said Bike.

Stats courtesy of Sacred Heart Athletic Department.

Sophomore guard Shane Gibson (425) faces up to the basket in Saturday’s win on senior day over Monmouth. The Pioneers won the game 88-66.

The Spectrum/Sean Elliott
Men's lacrosse rebounds with overtime win over Marist

Morgan Mireski
Staff Reporter

Rock Tate, a junior captain of the men's lacrosse team, knew that this year was going to be payback when it came to Marist, especially coming back from a loss against nationally ranked Hofstra the previous weekend.

"Coming into this game we knew Marist was going to be a challenge and there is a lot of rivalry between our two teams," said Tate.

Last year the Pioneers lost to Marist in overtime. Tate scored the game winning goal of an 11-10, but this time around it was a different story.

The Pioneers earned a 9-8 win in overtime against the Red Foxes on Saturday, Feb. 26.

"Getting revenge on Marist was a great feeling, especially since it was at our home field," said Tate. "At the end of regulation time I knew that we were going to pull through because we wanted it more than they did.

Senior captain Ben Cimmino had similar feelings.

"I thought it was a great win for the program," said Cimmino. "It was a huge step for a young team, it just proves that we know how to win in big games.

The Pioneers defense came up strong in that overtime game. Zach Franx, a senior goalie, had 14 key saves against Marist overall.

"We knew they were going to be going at us hard, but we were definitely prepared for it," said Tate.

It was a 1-0 game into the second overtime. The Pioneers took the lead at 2-1 and scored three goals from sophomores Trevor Dauess and freshman Cody Marguis. However, Marist answered back with a goal at the whistle making it 4-2 at the half.

"This was a momentum swing for both teams," said Tate. "We knew they were going to come out with a lot of intensity.

The Red Foxes came out hot from the locker room scoring five unanswered goals in seven minutes.

Freshman Mike Mawdsley pulled through with a goal on the man advantage making the score 7-5.

Halfway through the fourth quarter, Sacred Heart tied the game 7-7 with a second goal from seniors Bryan Baddatto.

"One of the things we were focusing on all spring has been playing together as a team for 60 minutes," said Tate.

Going into overtime, it was déjà-vu for the Pioneers. With two men down for Sacred Heart, Franx stepped up in goal and made a few key saves. The intensity was not only on the field, but in the stands as well.

With less than a minute on the clock the Pioneers gained possession on the offensive attack zone.

Mawdsley scooped a rebound shot out of the air and scored for the Pioneers giving Sacred Heart the victory. The entire team stormed the field with excitement.

"Pulling through and beating a rival in overtime and scoring a field goal was a huge accomplishment as a team," said Tate.

"I thought the game went really well overall," said Dauess. "As a young team it was a challenge for us. We could learn from a loss last week as well as have the ability and pose to handle four quarters and overtime pressure to win.

The team is quick to dwell on the victory as they know that the season has just started.

"The team still have room for improvement because we are a young team, but it was a team effort yesterday," said Dauess.

The Pioneers are in action this Saturday at Campus Field in a 1 p.m. face off taking on Dartmouth.

Day in the life of a baseball player

Ryan Urso
Staff Reporter

A day in the life of a Division I baseball player is demanding in many aspects. Just ask assistant coach Matt Fitton.

Fitton has become used to the demands of being an athlete at Sacred Heart University. He has been on the baseball team since he was a freshman and has the scheduling part of the life-styled figured out.

"Usually my day consists of waking up around eight or nine, getting breakfast and a little work done for my night classes while I am on the field," said Fitton.

As the season approaches, he has become more of a morning person as he tries to get to bed at a reasonable time in order to get up early enough to get to the field on time.

Fitton has become used to the travel that comes with being a baseball player. He describes this year's team as, "Senior captain Ben Cimmino had similar feelings.

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On a weekend in October the Sacred Heart men’s ice hockey was swept in a weekend series versus Army. However, the Pioneers corrected their mistakes and earned a split in this weekends games.

Friday night the Pioneers were defeated by a 4-1 score, but Saturday Sacred Heart earned the series split winning 5-1, in the regular season finale.

"Army is usually a good game. Over the past four we have gone back and forth. We were extremely excited that we won tonight," said senior Chip Maldenoff.

The Pioneers controlled much of the first period in Friday night’s game. Sacred Heart had numerous shots on goal, but failed to score.

At the end of the first period the score was an even 0-0 leaving both the Pioneers and the Black Knights anxious to put goals on the scoreboard.

Army was determined and played fiercely in the second period quickly scoring two goals giving them a 2-0 lead over the Pioneers.

"Army finishes every single hit so it gets frustrating because they are so aggressive. They are a tough team to play against," said junior Matt Gingera.

The Pioneers attempted to bounce back in the final period to try to steal the 2-0 lead from Army, but their efforts were futile.

Sacred Heart had a series of penalties causing them to play short-handed putting them at an extreme disadvantage.

The Black Knights continued to fire shots on sophomore Steven Legatto who had an exceptional game stopping an impressive 36 shots on goal, letting only one score.

"St. Onge played amazing in goal Saturday night; it was great for him to get the win at his last home game," said Legatto.

It was not St. Onge that had a solid game in the victory.

"Gingera and Delong also played very well, both scoring two goals tonight which largely contributed to our win," said Maldenoff.

The goals Gingera scored against the Black Knights make him the Pioneers’ top scorer for the 2010-2011 season with a grand total of 15 goals.

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The Pioneers played aggressively and proved to their fans that they were more than capable of beating the Black Knights.

"Coach Marottolo was thrilled with our performance, it was our first win in awhile, and it could not come at a better time than on senior night heading into the playoffs," said Legatto.

Saturday’s game was the last home game for seniors Maldenoff, St. Onge, Chris Brown, Patrick Knowlton and David Berube.

The Pioneers finished the season with a 5-2-3-2 record, but luckily every team makes the playoffs.

Saturday, March 5 the Pioneers enter the first round of the AHA playoffs. Sacred Heart will travel to Massachusetts and take on the Bentley Falcons in a 7 p.m. face off.

Sacred Heart’s women’s lacrosse team battled hard this weekend led by junior Kaitlen Roehr, who scored three goals, but against a tougher Brown University team, the Pioneers were dealt a 21-8 season opening loss Saturday afternoon at Campus Field.

"The first half started off a bit slow for us, but we were able to regroup at half time," said senior defender Elizabeth Crowe.

"She played very well in the attack zone for us, but we were able to regroup at half time," said Crowe.

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Saturday, March 5 the Pioneers enter the first round of the AHA playoffs. Sacred Heart will travel to Massachusetts and take on the Bentley Falcons in a 7 p.m. face off.

Sacred Heart’s women’s lacrosse team battled hard this weekend led by junior Kaitlen Roehr, who scored three goals, but against a tougher Brown University team, the Pioneers were dealt a 21-8 season opening loss Saturday afternoon at Campus Field.

"The first half started off a bit slow for us, but we were able to regroup at half time," said senior defender Elizabeth Crowe.

"She played very well in the attack zone for us, but we were able to regroup at half time," said Crowe.

"Our team stay in the game," said Crowe.

"Brown is a good team so it was great to beat them and was an impressive 36 shots on goal, letting only one score.

"St. Onge played amazing in goal Saturday night; it was great for him to get the win at his last home game," said Legatto.

It was not St. Onge that had a solid game in the victory.

"Gingera and Delong also played very well, both scoring two goals tonight which largely contributed to our win," said Maldenoff.

The goals Gingera scored against the Black Knights make him the Pioneers’ top scorer for the 2010-2011 season with a grand total of 15 goals.

The Pioneers played aggressively and proved to their fans that they were more than capable of beating the Black Knights.

"Coach Marottolo was thrilled with our performance, it was our first win in awhile, and it could not come at a better time than on senior night heading into the playoffs," said Legatto.

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Freshman midfielder Matt Gannon (#6) powers through a Hofstra defender in last week's season opener loss, 10-6. The Pioneers fought back to defeat Marist in overtime 9-8 this past weekend.