Japan earthquake: Tales of a world shaken

Erin Murtagh
Assistant News Editor

The earthquake prone country of Japan was hit with a record 9.0 magnitude quake early in the morning on Friday, March 11, triggering hundreds of aftershocks and a devastating tsunami.

According to the U.S. Geological Survey (USGS), it occurred near the east coast of Honshu, and was originally categorized at 7.4 on the Richter scale. In the days to follow, the magnitude rose along with the death toll and billions of dollars worth of damage.

"Within 65 years after the end of World War II, this is the most critical crisis for Japan," said Japanese Prime Minister Naoto Kan in a televised news conference.

The disaster also created major issues for the Fukushima Dai-ichi nuclear plant, located along the island's northeastern coast. Cooling systems within plant reactors began to fail, and workers were unable to counteract overheating. As a result, three of the damaged reactors exploded, releasing harmful radiation into the atmosphere.

Referring to the radiation levels, Cabinet Secretary Yojiro Edano said they were at "a level that could harm people," during a briefing Wednesday morning. These are figures that potentially affect health. There is no mistake about that," he said.

The threat of exposure continued to add to the plight of the Japanese people as the devastation continues to mount. 140,000 residents in the area surrounding Fukushima were ordered to remain indoors, according to an article by the Associated Press.

In the same article, it is reported that Japanese officials believe the natural disaster to have claimed at least 10,000 casualties. Up to 450,000 people have been displaced, and millions are still forced to endure little food, water and minimal heating.

The events of last Friday have created a ripple effect on a global economic scale, as reported by AP. According to an article on NPR's website, the Dow Jones is reeling, as the industrial average dropped almost 300 points at the opening. The Nikkei 225, Japan's benchmark stock, also fell.

"Japan has been economically stable, and to have their whole way of living literally washed away will have a severe impact on its future as a sound country as well as on their economy," said senior Laura Varela, president of the politics and international studies club.

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SHU's shamrocks show on greenest day of year

Students venture to nearby New York City for parade, Irish festivities

Brittany Foy
Assistant News Editor

March 17 marks the anniversary of the St. Patrick's Day Parade in New York City. The tradition began in 1762 and continues to this day to celebrate Irish pride in America.

"I have gone to the parade every year since I can remember," said junior Adriana Rocca. "It's always an exciting event, one I think everyone should experience even if they are not Irish."

According to the New York City Saint Patrick's Day Parade web site, the first parade was held 14 years before the American Revolution. It was in place to express the desire for freedom to celebrate traditional Irish traditions that were banned in Ireland. Wearing green was one practice they would embrace that is still observed today.

"I think one way to tell it's definitely St. Patty's Day is that everyone is wearing green. It doesn't matter if you're at work or school, everyone is celebrating by wearing the color," said junior Melissa Krouse.

"To this day, the St. Patrick's Day Parade remains true to its roots as a traditional marchers' parade by not allowing floats, automobiles and other commercial aspects to participate. Every year, the Parade Committee hosts 150,000-250,000 marchers in front of approximately two million spectators lining Fifth Avenue," according to the web site.

The annual parade begins at 44th Street up Fifth Avenue and passes St. Patrick's Cathedral on 50th Street. Military personnel lead it, and over the past 150 years the National Guard's 69th Regiment has taken over the event.

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Working out the kinks

Athletic training students offer massage nights

Kim Rooney
Staff Reporter

As candles were lit and soft music was playing, the Student Athletic Training Organization prepared for a massage night that is offered to all Sacred Heart University students and faculty who wished to receive a relaxing few minutes. According to Jim Coyle, who works in the Athletic Training room, massages are $10 for 15 minutes. "We specialize in shoulders and back massages. However, if someone has a tight spot somewhere else like their thigh or calf, we are happy to work that out as well."

"The athletic training students are the ones who give the massages, and we work on special requests," said Coyle.

Massage night is not only useful to the students receiving the massage, but also allows the students working towards careers in athletic training to gain a hands-on experience.

The room is set up with a few different beds, allowing friends to get their massages done at the same time. The lights are dim, a few candles are lit, and soft music is playing in the background in order to provide relaxation and soothe muscles.

"I went to massage night my freshman year," said Junior Matthew Ferrone. "I was surprised at how official the event was set up and how relaxing the room felt when I stepped inside. SATO really did a great job."

The Student Athletic Training Organization, also known as SATO, is an academic club at the University that was established to aid students that are interested in a career in athletic training. According to the University's website, the club educates its members by holding procedures in accordance with the National Athletic Trainers Association.

According to Coyle, massage night evolved eight years ago by their advisor Leo Katarzyn. The idea of massage night was created as a fundraiser.

"A lot of the money we raise is used to help fund our trip to the national athletic trainers association conference," said Coyle. "This year it will be held in New Orleans and we are anticipating a large SHU presence at the conference."

Many students who participate leave the room feeling like a newly relaxed, pain-free student, whose money is going towards a great opportunity.

"I am a student athlete at Sacred Heart University," said junior Kristin Lagana. "I play on the women's tennis team and have bad knees. My arms and back also bother me sometimes, especially after a game or practice. I have been to massage night in the past and it was really worth it. If massage night was a recurring event I would definitely attend all the time."

The Student Athletic Training Organization will be offering another set of massage nights on April 11 and 13 from 7 p.m. to 10 p.m. in the Pitt center. Students can sign up at the door and those who wish to sign up in advance also have the opportunity to.

"Students can e-mail either me or Eric Peterson and SATO will really appreciate it," said Coyle.

Japan in turmoil, students react

The quake occurred when the Pacific tectonic plate dove under the North American plate, and caused a rift 15 miles below the sea floor. The geological impact was tremendous as areas closest to the epicenter shifted a full 13 feet closer to the United States, according to USGS geophysicist Ross Stein, in an interview with the New York Times.

Earth’s axis also shifted six and a half inches, shortening the day by 1.6 microseconds.

According to an article by Kerry Sheridan of Agence France-Presse (AFP), experts claim the United States in very real danger of experiencing an earthquake and tsunami similar to the one Japan just endured.

Twin fault lines, the San Andreas fault that scars the length of California, and the Cascadia Subduction Zone off the Pacific Coast, make the west coasts a target destination for this type of natural disaster, according to seismologists quoted in the article.

"With the Cascadia fault, we have records of 41 earthquakes in the last 10,000 years with an average of 240 years apart," said Yumel Wang, engineer, and geohazards team leader at the Oregon Department of Geology, in an interview with AFP. "Our last one was 311 years ago so we are overdue."

With the release of information like this, some believe it is important for the U.S. to begin precautionary planning.

"The world should take notice of Japan because they supposedly were prepared for a tsunami and Kirk Varela. "We need to aid Japan, obviously in whatever way we can, but we also need to take into consideration a way to have a better response system and better infrastructure for natural disasters."
Students aim to put the brakes on parking problems

Jordan Haas
Staff Reporter

Before senior Brittany Nuzzaci came to Sacred Heart University, her car had no scratches, even while living in New York. When she came out of a class one day, the whole passenger side of her car had scratches on it due to closely packed cars in the university’s parking lot.

“My car had no scratches at all,” said Nuzzaci. “And the whole side of my car has scratches on it now from someone pulling out. It is horrible that nothing can be done for it to get fixed either. It’s not like SHU will pay for the damages to my car.”

According to students, parking has been an issue at Sacred Heart for many years. This is due to the lack of spaces per capita to students, which may cause confusion and even accidents.

“Parking in the morning is the worst. I have to leave even earlier than usual due to the lack of parking spots. The afternoon is not as bad but there is still a major problem with the parking situation,” said junior Melissa Basch.

Public safety has been helping the school monitor and fix these issues, but they have to deal with the problem of an area where more parking could be located. Students are able to leave comments for public safety at their office about an issue as well as go to them and speak to the public safety officers themselves.

“We have created additional parking at the Cambridge Campus and the new shuttle or car pooling option at the Oakview Campus,” said Jack Fernandez, director of public safety.

“We have a parking garage planned for the South parking lot that is going to be built. This will expand parking and the regulations and innovations to build the Indian economy and other financial issues were the focus of the conference. Professors from the University of Connecticut and Choiniere were the only Americans to present.

“I was nervous,” said Choiniere. “You could definitely tell while I was presenting.”

“But I think Choiniere recognizes the triumph of this whole ordeal, he doesn’t just envision himself in the limelight.”

“I owe a lot to Rupendra. So, if I have a feeling of accomplishment, there is really one for him, too,” said Choiniere.

Choiniere and Palival spent a week in India. When not attending the two day conference, they took in the Taj Mahal, the Agra Fort, and downtown New Delhi. They also visited local restaurants, enjoying the Indian cuisine.

As for Choiniere, he graduates in May, and hopes to eventually land in investment banking.

“Matt is analytical, curious and a go-getter,” Palival said. “These traits will help him succeed professionally.”

The parking problems on campus have caused some students to be late to class. Although the changes occurring with adding parking is a work in progress, for now students will have to leave early enough so lateness is not a factor.

“I have been late to so many classes since freshman year due to the parking. I hope this issue with parking is fixed soon,” said senior Denise Oldhoff.

Many students make their own parking spots on grass or in non-parking designated areas, which is not safe for any Sacred Heart driver. This increases the risks of car crashes and damages that many students do not report if they do a hit a car.

“Someone hit my car and that was the only time I went to public safety to make a complaint and nothing was done about it besides some picture of the damage being taken. I wish more would have been done such as cameras being put up, or at least for the driver to leave me his insurance information,” said Oldhoff.

Student and faculty parking has been an issue at Sacred Heart for years and without changes implemented there will be more “hit and runs” from backing into cars, among other issues.

“I think the North lot at SHU should have a second level built to help with parking so there are no more problems with people making their own spots and hitting other people’s cars,” said Nuzzaci.

With any accident or car issues, public safety officers are on campus to help students. Students should report any accidents to public safety. These officers are here to help the students and monitor parking areas.

“We do receive complaints and if a member of the University Community needs assistance with finding a parking space, the Department of Public Safety will help the member.”

Motor vehicle accidents also occur during peak traffic as well as low traffic times,” said Fernandez.

Staff Reporter

The North lot is packed with cars during class times, posing parking problems for some students and faculty.
Traffic light on Old Town poses problem for local residents

Bridgeport neighbor experiences difficulties leaving property due to school traffic

Lauren Kalil
Staff Reporter

"Twenty minutes until my next class on the main campus, and I am coming from Cambridge. It becomes very stressful trying to drive safely and get to class on time because the light still hasn't changed," said sophomore Casey Waser.

Some students and residents in the area have been having daily problems with the timing of the traffic light off of Old Town Road and Park Avenue, on the corner across the street from Sacred Heart University.

"The biggest problem is that the light is not synchronized to give people on Old Town enough time to get through it," said resident George Zamary in an interview with Spectrum.

"They give Park Avenue more time with the green light which doesn't make sense to me."

Zamary said he has contacted authorities at Sacred Heart and people in the city of Bridgeport and the town of Fairfield about the light. He said he was told that only Sacred Heart can make the adjustments because they own the light.

"I have called the university a number of times, currently during the snow storms, and they told me they took care of it. Clearly the problem is still there," said Zamary.

Although people believe that Sacred Heart owns the traffic light, Sacred Heart officials told Spectrum that the university maintains the light, but does not own it.

"If there is a problem, for example, a light signal goes out, we telephone an outside contractor for repair. The light timing was not set up by Sacred Heart University," said Jack Fernandez, director of public safety.

Similarly, Larry Wielk, dean of students, acknowledged that the traffic light is a problem, but not only the university's fault. There are many other issues to consider.

"It is not to say that we're not part of the blame, but it's a combination of Sacred Heart students and traffic that arises on the road," said Wielk.

"If the amount of time the light is green was to be lengthened, it would have a more significant impact on the traffic flow on Park Avenue."

According to Zamary, the traffic light causes problems for everyone on the block of Old Town Rd. Th. The traffic at the light is mostly backed up between 7:30 and 9:30 a.m., so residents living by the light will have to wait until around 10 a.m. to leave their homes, he said.

Since there has been a large amount of snowfall this winter, that has also been a factor contributing to the traffic light issue.

"The problem is more severe when you have 56 inches of snow because then it turns into one lane," said Zamary. "I have called a number of times this winter because we could not get out of our driveway at all."

Similar to Zamary, Fernandez said that reports have been received from both the university and Old Town Road residents.

"The issue with the traffic light was mostly due to the snow and ice covering the intersection," said Fernandez.

The grant will also be used to reorganize the Campus Community Alcohol and Other Drug Prevention Coalition. Kessler wants more "typical" student representation in the coalition, as well as increased student involvement.

"We're looking for students who aren't from either extreme of the drinking spectrum," she said. "We want people who may drink, but who are responsible and can encourage their friends to be responsible."

Some students were receptive to the idea of responsible drinking education.

"I drink on the weekends, but I'm careful to not overdo it," said senior Dave Langford. "Once you've gotten to the point where you aren't responsible for your own decisions, you're putting yourself and other people in danger."

Junior Marissa Dane believes that some of her peers would benefit from a concerted effort to combat high-risk drinking.

"I know people who are kind of crazy about it," said Dane. "They go out with the intention of being belligerently drunk. I don't think they know how dangerous it is."

Kessler. "Whereas high schools are more realistic. Most kids in college drink," said Kessler. "Whereas high schools are more about abstinence, we tend to focus on harm reduction."

"If Sacred Heart is a good neighbor, they should help us out and take care of the problem," said Zamary.

SHU receives grant to target underage, binge drinking

Mike Peterson
Staff Reporter

Underage and high-risk drinking are frequently a problem for college administrators. But Janice Kessler, the Alcohol and Other Drug Coordinator at Sacred Heart, holds up a poster that shows statistics regarding students and their drinking habits.

"We're trying to find out where students get their information from, whether it's from flyers advertisers leave under their doors or online," said Kessler. "Then we use strategies that have been shown to be effective to reduce or counter that information."

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Another important part of the grant will be administering the CORE survey in 2011 and 2012. The survey, which was also conducted in 2007 and 2009, asks students about their normal drinking behavior.

"One part of the next survey will be for faculty, and the other will be for undergraduates," said Kessler. "It's anonymous and confidential. After students fill out the survey they'll be directed to a link for a raffle, where they'll have a chance to win prizes."

The CORE survey will be released soon as a global e-mail to the campus. Not all of the raffle prizes have been determined yet, but students can expect a chance to win an iPad, gift cards to various stores or websites, and sports tickets.

The results of the 2009 survey showed that 68 percent of students did not participate in high-risk drinking. Kessler expects this year's results to be similar, if not better.

According to the National Institute on Alcohol Abuse and Alcoholism, an average of 1,825 college students die from alcohol-related injuries every year, and alcohol-related injuries are the number one health problem across campuses nationwide.

Kessler is encouraged by the perceived change in attitudes toward dangerous drinking that she sees on campus. She also appreciates the work of Counseling Center employee Nancy Dekraker, who wrote the application for the grant.

However, she is also pragmatic in regards to her approach.

"It is illegal for people under 21 to drink alcohol. At the same time, we are realistic. Most kids in college drink," said Kessler. "Whereas high schools are more about abstinence, we tend to focus on harm reduction."

The intended outcome of reduction and informative efforts is to promote a safer environment for the student community.

"My overall goal is to encourage students who don't drink, or drink moderately, to continue to make healthy choices and encourage other kids to make healthy choices," said Kessler.
THE MAJOR REASON TO HAVE A MINOR

Tyler McKeon
Staff Reporter

With the current state of the job market, students at Sacred Heart University are finding ways to separate themselves from the rest of the pack, and graduating with a minor has become one of these ways.

“I decided to have a minor because as a business major, it is important to have other backgrounds so that you can conduct business better and more efficiently,” said sophomore Tom Klecan. “I decided to have a minor in psychology because the two are very helpful also.”

Sophomore Alexa Miller also decided the best way to celebrate the holiday is being surrounded by those she cares about most while also enjoying the spirit of the holiday. “I’m looking forward to spending the day with my friends,” said Miller. “We are probably going to have a party in our suite and eat Pillsbury shamrock shape cookies in the spirit of St. Patrick’s Day.”

Senior Pete Palaski further goes on to explain the difference between how the holiday is celebrated in Ireland versus the United States. “Here you go out and party, over in Ireland you go to church,” said Palaski. “It’s more of a religious feast in Ireland versus in America, where it’s more of a party celebration.”

Senior Vinny Branchini agrees that a minor can be helpful also. “Being a criminal justice major, I thought it made sense to have a minor in psychology because the two are so closely related,” said Branchini. “I think the difference between me and other people with minors is that most people have one to put on their resume and help them get a job. I have one because I hope to be a police officer in the future and knowing why people behave the way they do is a huge advantage. It has nothing to do with my transcript, it’s more for general knowledge.”

Klecan however, is hoping that having a Spanish minor on his resume will lead to more job opportunities than without it. “I believe that I will have more job opportunities with a Spanish minor because it adds more diversity to my resume. Plus, knowing another language opens up more business to a company. You may also receive clients that speak only Spanish who otherwise wouldn’t be able to go to other [American] companies. This is important in today’s world.”

But whether or not employers actually view applicants that minorored in college on a higher level really depends on the employer. Dr. James Castonguay, associate professor of media studies, weighed in on the matter. “They should use their advisors about those commonsensical connections that they can make,” said Castonguay. “They should use their free electives to take classes in other areas of interest.”

Some students take on a minor not because of an advantage with future employers, but purely out of their own interest, which is exactly what happened to Branchini after he took an introductory psychology course.

“I already declared as a criminal justice major by the time I took my first psychology class but I knew I wanted to continue taking those type of classes even though they don’t really help me work towards my degree,” said Branchini. “I sat down with my advisor and she explained what having a minor meant and I decided that’s what I wanted to do.”

As Branchini and Klecan exemplify, students are taking full advantage of minor opportunities, whatever matter the reason behind it.

The benefits of having minors are not finely defined but Castonguay agrees that students should continue to explore outside their major.

“I think students should be encouraged to talk to their advisors about those commonsensical connections that you can make,” said Castonguay. “They should use their free electives to take classes in other areas of interest.”
Students swap weights for some cardio in their daily workout routines at the Pitt Center.

Change your workout, change your 'bod'

Varying workouts can make them more effective

Hannah Ackerman
Staff Reporter

Could your boring workout be the reason why you’re not seeing results?
The website ThatsFit.com said that sticking to the same old routine day in and day out at the gym could be why your workouts aren’t working.

Switching up your workout is a great way to continue having a successful day at the gym. By changing up daily workouts, junior and athletic training major Jared DeBenedictus agrees that varying your workout is not only important but necessary at the gym.

"This type of training is a huge help to me in increasing my overall fitness level," said DeBenedictus. "I’ve been training this way for about 10 months now and have seen a dramatic increase in my physical abilities. I no longer focus on just hypertrophy and muscle growth, but instead I focus on strength, power, flexibility, gymnastic ability, cardiovascular ability and mental fragility.”

Some students agree that being bored at the gym is one of the worst things that can happen.

"I change my workout because doing the same thing just gets boring and varying my workouts keeps going to the gym fresh and interesting," said junior Dylan Hudelson.

Aside from being bored with your workout, some students are finding that by using the same routine they are hitting the plateau which ThatsFit.com talks about.

"I try and go to the gym five to six days a week," said senior Lina Gerderman. "I do at least 45 minutes of cardio a day, either running, stair master, or bike. Also, I do certain arm exercises once a day, and other exercises the next."

However, with all of this exercise it is important to remember to take some days off.

"The only thing about a training sequence that I feel should not be varied, for physiological reasons, is the work and rest days," said DeBenedictus. "Keeping those days that you train and those that you do not the same can help with muscle recovery and resting in order to help your body adapt and change to the stresses that it’s under.”

At times, going to the gym can be a hassle, but while you’re there why not vary your workout so it may not seem as much of a hassle.

"On the days that I work out twice, once in the morning and once in the evening, I have two different workouts for that day," said DeBenedictus.

"For the 10 months that I have been doing CrossFit (a combination of running, rowing, jump rope, climb rope and other such workouts), I can honestly say that aside the test workouts, the workouts I have performed have never been the same twice.”

The Spectrum/Jaclyn Kennedy

HE SAID/SHE SAID

Is it okay to date someone you work with?

Esteban Rosales
He said

Hollywood has done its job in giving work relationships a negative connotation. The idea many have of relationships in a professional environment is one of secrecy, and in some cases, infidelity. The issue of office relationships really depends on the company environment. The stereotypes can be true, but not always. Like everything in life, there is a right and a wrong way to do things. I’d say it depends on your work environment and how serious you are about the person you have become involved with.

There are certain working environments where it is inappropriate to date a co-worker indefinitely. If you are in the military, or other high stress jobs, dating a co-worker can emotionally compromise you from doing your best work.

Let’s say you are in command of a unit, and your girlfriend is in another, and you hear over the radio that her unit is in danger. How are you supposed to make the right call? There are certain careers that require you to make decisions under high levels of pressure. Dating someone in that kind of environment will mean one of two things: either your work performance will suffer, or your relationship will.

Most companies will have a policy about office relationships and many companies will have a zero tolerance policy.

There are family-owned businesses where it obviously would not be a problem. In cases where it is an issue, I’m sure it leaves out to obvious the last thing you want to hear is the boss is dating his coworker.

If you do fall in love with someone you are working with, because, granted, it does happen, and it’s against the policy of the work place, then you can do one of three things:

1. Be honest, and speak with your boss about it.
2. One of you will have to quit and find another job (all good relationships require sacrifice).
3. Keep it a secret and wait until you get caught, and you can both get fired. Great start to the relationship! You are both unemployed.

My aunt and uncle met at work, and my aunt quit and began looking for a job. They both ended up leaving the company, moved to another state, and pretty much started a new life together. I know, awww.

There are cases in which dating in a professional relationship cannot work, and it will interfere with job performance. However, there are cases where a relationship at work can be appropriate.

Granting, you may end up meeting your significant other at your place of employment.

If this happens and a future is there, one of you will find the work environment argument. The best relationships come from appreciation of having the other person around. In my opinion, this appreciation could really start to deteriorate at the office.

Andrea Gorkofsky
She said

While I think relationships can form with a co-worker, I do not think it is a good idea to date someone you work with, that’s up to your own judgement, but if things start getting serious, you should keep an open mind about finding a job somewhere. Think about it this way: you have a 9-5 job Monday through Friday. By the time you get home from work you’re ordering take-out and passing out on the couch due to exhaustion. The little social life you do have is reduced to Friday and Saturday nights only. This is the perfect time to go out with the girls or spend time with the boyfriend. But, if you work with the boyfriend, you’re probably going to be too sick of him that your weekends, the time you finally have to yourself will be your space away from each other. Here comes the problems.

No healthy relationship should be all about the work place. Ever hear not to mix business and pleasure? Well, it’s true. You see your significant other every day in a stressful, working environment and it can eventually get overwhelming.

Your job should be about you, doing what you love and making money. When you go home, it should be about the boyfriend. If you work with him, you might be tired, and not want to see him after the end of a long day. And then if you do hang out after work, what are you going to talk about- how your day was? Well, you spent the day working together. Bring on the boring conversation.

Working together may also make you appreciate the time you do spend together less. Seeing your boyfriend is not a priority anymore because you’ll see him tomorrow at work. Or it could be the complete opposite and you could see each other outside of work all the time. Now you have no time away from each other. Either way, you lose, and fights will arise due to spending too much time together, or only spending time at work.

Most fights in a relationship take a toll on you mentally and socially so you’ll probably take it out on a co-worker. Your boyfriend will see this and maybe even go along with your games, which will start war in the office of “who is more mad at whom.” Just pray the boss does not get involved or else it could result in jeopardizing both your jobs, adding more stress to your relationship. At least if you are going to leave your job due to a romantic issue in the environment, let it be your own choice.

I just think when we graduate college and go on to get those jobs we have worked so hard to find, it’s like our reward. The bonus would be having a great boyfriend along with your job to take you to dinner when you get home or take your mind off a hard week.

Gratefully, you may end up meeting your significant other at your place of employment.

If this happens and a future is there, one of you will find the work environment argument. The best relationships come from appreciation of having the other person around. In my opinion, this appreciation could really start to deteriorate at the office.
The weather was gorgeous and everyone was in good spirits. Once we got of the train, we were bombarded with overly aggressive Irish fanatics ready to have a good time. It seemed as though everyone was cheering and chanting.

Though there was little to no room to move, we had an awesome time roaming the streets. We even caught ourselves dancing around to the different types of music that was blasting from every street corner.

We didn’t have any particular agenda. We knew that we wanted to follow the parade but most importantly, we wanted to take full advantage of the beautiful day. Being that I’m originally from Long Island, I’ve grown up visiting the city on a monthly basis. And although Sacred Heart isn’t too far from the city, going in there can still be a major hassle. But this was a special occasion and we didn’t want to take any of it for granted.

Getting into the Irish spirit, my friends and I started singing our own chants. We also assigned each other numbers. When we entered a crowded street, we would start our chants. We would then count off our specific number in effort to make sure no one was left behind.

As one point, we even snuck into the parade and danced around with the Irish step dancers and bagpipers. Though it wasn’t long before we were kicked out, it was still fun while it lasted.

Two things in effort to make sure no one was left behind.

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Sequences take story lines over the top, 3-D brings films to new heights

Ever see a movie where the ending doesn’t wrap things up enough for you, and you’re still left wondering what really ends up happening?

Hollywood has decided that summer 2011 will be the summer of sequels. But with sequels always comes harsher criticism as they have much to live up to since the first movie was such a hit.

Some of the biggest movies to hit the box office have sequels coming out this upcoming summer such as Pirates of the Caribbean, The Hangover and X-Men. Many movie critics have and will always scrutinize these movies and predict they will flop like most sequels do, but others still remain faithful that Hollywood will pull through.

As for myself, I have mixed emotions about sequels. My favorite movie actually began one of the most successful sequel series to date, Pirates of the Caribbean: The Curse of the Black Pearl, which lead to the sequels, Dead Man’s Chest and At World’s End.

However, this summer, Disney decided to surprise us all with the fourth Pirates movie, On Stranger Tides. Many, including myself, are skeptical of this film regardless of the success of the past three.

This brings me to my next question: with all of these sequels coming out, are they compromising the quality of films today? Are sequels an easy way for filmmakers to make money?

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On the other hand, movie quality has exceeded what many thought possible. With groundbreaking films such as Avatar in 3-D, just the images alone still drive viewers to pack theaters. The use of 3-D technology is currently a popular technique to keep audiences engaged in films that much more. According to Film-Relases.com, 39 films are scheduled to come out in 3-D in 2011.

Overall, I hope this year is nothing but a transition year for filmmakers. Hopefully this trend of using sequels as an easy way to make some quick money will come to an end and filmmakers will dream up fresh and new ideas for films to come. Hollywood rarely disappoints me and I still have faith that movies, whether it be a sequel or not, will do what they are meant to do: entertain me.

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Before going to bed after finishing his first show on tour, Jason Lancaster opens up his laptop one more time for the night. His band mates rush over to see why he is still working. "That's why we uproot ourselves," said junior Anthony Siconolfi.

While their records have not yet sold as many albums as the pop queens like Lady Gaga and Britney Spears, as well as country sweetheart Taylor Swift, Go Radio has already been able to experience a personal connection with their fans, thanks in part to their soothing songs.

"Those who prefer pop rock bands with actual traces of rock n' roll will undoubtedly love Go Radio's debut full-length," said Evan Locy of the Alternative Press. Whether they sell out arenas or peak at number 11 on the iTunes chart, Go Radio will be happy with their current musical accomplishments, as well as never giving up on their music.

While the band is gaining support from fans that have, "dedication," as Lancaster describes, music critics are giving the boys praise as well.

"Lucky Street" is a great album with catchy songs, beautiful lyrics and a combination of well-done upbeat rock songs and slow songs," said Jen Thuy-Tien of TheDailyCity.com.

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"We are happy at any level. Although we all agreed that we will never be content with where we are. We will always be pushing ourselves to grow and expand," said Lancaster.

"I would listen to them. It's something fresh," said student Michael St. John. While their records have not yet sold as many albums as the pop queens like Lady Gaga and Britney Spears, as well as country sweetheart Taylor Swift, Go Radio has already been able to experience a personal connection with their fans, thanks in part to their soothing songs.

"One girl came up to me and told me about her mom going through the last stages of cancer and how much our records have helped her through that," said Lancaster about his favorite fan experience.

"Every song has its own story and message. Usually it's just that everything is going to be OK," he said.

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"It's just about everyday life. A lot of this record was about loss, losing friends, and family members. A lot of our friends got married and fell in love, so some songs have to do with just watching your friends be happy," said lead singer Jason Lancaster about his lyrical inspirations.

"I haven't heard their music yet," said junior Lila Paliu. "I'm open to it. It's cool to find something that might become big one day.

Other Sacred Heart students are keeping an open mind to Go Radio's new music.

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Britney Spears: Back in action with new EP

Pop princess takes charge of charts with seventh studio release 'Femme Fatale'

Dan Miller
Staff Reporter

After stepping out of the spotlight for quite some time, Britney Spears is back with her new album, "Femme Fatale" which will hit store shelves on Tuesday, March 29.

The follow-up to her 2008 hit "Circus," "Femme Fatale" is her seventh studio album to date and has Sacred Heart University students eagerly awaiting the return of the "Baby One More Time" songstress. "I think students are still really crazy about her because she was really big when we were kids and it was someone a lot of girls looked up to," said freshman Madelynn Dehoff.

"It's more mature," Rudolph said in an interview with MTV News. "It's more of a dance record and this really is Britney's 'Ray of Light' album," as Rudolph compares her work to pop icon Whitney Houston's 1998 studio smash. Though "Fatale" may give fans a chance to see a different side of Spears musically, the overall theme of the disk is "a tribute to bold, empowered, confident, elusive, fun, fiery, women and men," as the album's press release notes.

"I love both her singles that have come out already," said senior Jen Carl. "Britney never lets her fans down, always coming out with her new dance songs. I can't wait to hear the rest of them I'm sure I won't be disappointed.

While the album's current single "Hold It Against Me" has already hit number one on the iTunes top 100 singles chart, Spears believes that the next single will certainly be a crowd pleaser.

"It's somewhat of a departure from what she's done. It's more naked," Rudolph said in an interview with ABC News. "It's not really a fan of Britney Spears and I don't really feel like you can work with it in a pop or nightclub nearest you, Spears believes the tracks may best appeal to a gym session. "It's definitely something you want to work out to," said Spears. "And I'm a dancer, so it's definitely something I can work with." Though Spears herself claims "Fatale" to be her "best work yet," Black Eyed Peas frontman and fellow collaborator, will.i.am has similar feelings.

ABC catches 'Millionaire' fever once again

Bill Haug
Staff Reporter

Imagine you were a millionaire. A pretty common fantasy, right? Now imagine you were immersed into a different world to learn and experience how those who are less fortunate live every day, without them knowing. Then, you tell them you are a millionaire. This is a concept of ABC's new show, "Secret Millionaire."

The show originated in the United Kingdom under the same name. ABC also attempted to launch a show just like it, but it failed in 2008.

The crew follows a person who has made their own fortune and sees their story. Then, the millionaire goes to spend a week in a poverty stricken area of the country. "I am really excited about the idea of it," said junior Erta Burke. "I think it is a great way to bridge the massive gap between the upper class and lower class. There is such a difference between the two sides of the spectrum, so opening the of rich people to see poverty and to open the eyes of people in poverty to see the possibility is something that needs to happen more often."

At the end of the week, the particular millionaire shares his secret with those he has met along the way.

"Secret Millionaire" was given the coveted 8 p.m Sunday night slot, usually taken up by the popular "Extreme Makeover: Home Edition." ABC has high hopes for the show during the six-week trial period in that slot, hoping to rope in viewers during the premier episode, and ABC is hoping the show will remain successful. The show airs on ABC every Sunday at 8 p.m.

"I will continue to watch, even though I don't have cable, you can watch them on ABC.com," said McDonald.

BRITNEY SPEARS' new album "Femme Fatale" drops May 18. Photo: AP

Johnny Depp's chameleon "Rango" charms his way into audiences' hearts.

Get Reel gives "Rango"

Mark Theroux
Contributing Writer

I'm a person who enjoys watching a movie without having seen its trailer or a basic plot description. This helps make the film feel spontaneous. I like to see a world that the filmmakers really want me to believe in.

After watching "Rango," I must say that I am very impressed, especially considering that this CGI-animated film does not come from Pixar, Disney or Dreamworks, but Nickelodeon Studios.

Following some reckless driving on behalf of his own- ers, an unnamed, lonely pet chameleon (voiced by Johnny Depp) falls from his aquarium onto a barren Nevada highway.

On the road, he encounters a wise armadillo, referred to as "Roadkill" (Alfred Molina) seeking the "other side." Roadkill instructs the chameleon to spend a day following his own shadow into the desert, and he reluctantly complies.

After falling asleep in a pipe, he wakes up submerged in water and suddenly rides the current out. He winds up staring down the barrel of shotgun, held by a female desert iguana named Beans (Isla Fisher).

She brings him to the dehydrated town of Dirt, which despite existing in the human race's contemporary era, retains a strong 19th-century Wild West atmosphere. If this Hawaiian shirt-wearing chameleon wants to survive, he'll need to create an identity.

Thus, as he immerses some elaborate tough-guy stories in the saloon, he secretly creates his name by observing a bottle's partially concealed text: "Rango."

This protagonist is genuinely likable; he aspires to be a hero by showing to protect the community from vixens, giant predatory creatures and, hopefully, restorring the water supply.

However, like the tried-and-true formula goes, he's far from perfect, especially due to the fact that his "hero" persona is nothing but a charade (which he can't hide forever).

This certainly isn't the most revolutionary concept for a family film, but the filmmakers know how to build an engaging story to utilize it.

While the emotional connection doesn't work the same way as Pixar gems such as "WALL-E" or "Up," it works well for this surprisingly gritty and violent western setting.

The visuals in this movie are absolutely stunning: this is actually the first feature film to be sanctioned by the well-established special effects company Industrial Light and Magic.

Even though Rango isn't terribly cute or cuddly, I recom- mend this to fans of both animated films and westerns. This is saying a lot considering that I'm not a fan of the latter, but the filmmakers managed to make elements such as the "showdown at high noon" look fresh, which is really quite an endeavor.

It's also quite an endeavor these days to release a CGI movie without utilizing 3D technology. This is refreshing for both my eyes and my wallet.
Sacred Heart’s annual Sibling Weekend tops attendance record

Samantha DeFalco
Staff Reporter

The weekend of Friday, Feb. 25 through Sunday, Feb. 27 was home to the annual sibling weekend at Sacred Heart University.

Students and their siblings were promised a magical weekend of fun filled events that will be a great time for family bonding.

"Each year I look forward to sibling weekend, and this year I have to say it was the best one yet," said junior Amanda Balsamo.

The theme for the weekend is different every year.

"This year our theme was 'The Magic Inside SHU'," said sophomore Kelly Taylor, theme chairperson for the student events team.

Sibling weekend gives Sacred Heart students a chance to share their college experience with their brothers and sisters. With several activities available to students and their siblings, it surely made for a fun filled weekend.

"We offered mentalist Alain Nu, caricatures and Asian name signs drawn and for each participant in Sibling Weekend. They were a huge hit." After registration, the events started to take place. From 5:30 to 7:30 p.m. there was a Presto Dinner that took place in University Commons.

"My brother who is 12 years old really enjoyed the ventriloquist and had a great time on our first day together," said junior Brianna Fitzsimmons.

With a much bigger turnout this year Sacred Heart students were given a chance to have fun with their friends and siblings all together.

"There were more people this year. We had 63 SHU students and 77 siblings, making a total of 140 people to share together all the events we had planned," said Taylor.

On Saturday, the festivities took place bright and early. From 9 a.m. to 11 a.m. breakfast was served in University Commons.

"I thought the caricatures and Asian name signs was a cool and different event this year and really thought it was something fun to do," said junior Megan Kelly.

"Being that my brother is very into sports it was a great thrill for him to watch both the women’s and men’s basketball team take on the Monmouth University Hawks," said Balsamo.

After the games were over it was time for dinner. Before dinner students and their siblings got a light preview of magician Kevin Hurley.

"It was a nice little treat during dinner to see some tricks from the magician," said Kelly.

By 8 p.m. it was time for the last event of the day, which was the main event, magician Kevin Hurley. His comedic bag of tricks mystified many.

"Sunday morning we had our good-bye brunch and played bingo with students siblings and their parents," said Taylor.

"We gave out a digital camera, Flip video camera, Movie and smash baskets, gift cards for dinner, and a gift card for iTunes." Though this event was a success it was a long process to get everything together.

"I started planning the event in November I had to call many companies and agents to get the artists," said Taylor.

The student events team really put together a great weekend for many to enjoy.

"This was my first year on set and I absolutely enjoyed everything about it," said Taylor. "It has been such a fulfilling experience to see that all my events I have planned and worked on came out the way I wanted."

"And everyone was ecstatic in the end," she said.

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Get in the Irish spirit - Make your own Irish Soda Bread!

You will need:
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/3 cup white sugar
- 1 egg, lightly beaten
- 2 cups buttermilk
- 1/4 cup butter, melted

Directions
- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5 inch loaf pan.
- Combine flour, baking powder, sugar, salt and baking soda. Blend egg and buttermilk together, and add all at once to the flour mixture. Mix just until moistened. Stir in butter. Pour into prepared pan. Bake for 65 to 70 minutes, or until a toothpick inserted in the bread comes out clean. Cool on a wire rack.

Amount Per Serving
- Calories: 192 | Total Fat: 4.9g | Cholesterol: 29mg

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Features

Spreading Irish cheer at Brennan’s Shebeen

The Spectrum visits Bridgeport pub just in time for St. Patrick’s Day

Meridith McLoone
Staff Reporter

Looking for a taste of Irish culture right around the corner from campus?

Brennan’s Shebeen is an Irish Bar and Grill on Fairfield Avenue in Bridgeport that offers an extensive selection of Irish pub food.

Brennan’s is a small, festive restaurant where you can sit by the fire or at the bar for a drink to eat.

As you walk into the restaurant you can immediately tell that the owners must hail from Ireland due to the several county flags hanging all around the walls, as well as the Irish football jerseys displayed.

"The atmosphere had a very laid back feeling and the décor made me feel like I was in a pub in Ireland," said graduate student Stephanie Valvano.

Brennan’s offers live music every weekend. The best part? They never charge a cover fee, allowing customers to enjoy Irish music on any weekend.

As every table, there is a place mat that explains what a "shebeen" is and recommends different places that you should go to in Ireland.

According to the information on the mats a shebeen was, "An illicit drinking establishment, a speakeasy where once in marts a shebeen was, "An illicit drinking establishment, a speakeasy where once in

Brennan’s Shebeen located at 2652 Fairfield Avenue in Bridgeport.

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Cranberry orange bread

You will need:
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup butter, melted
- 1/2 cup orange juice
- 1/2 cup orange marmalade

Instructions
- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5 inch loaf pan.
- In a medium bowl, combine flour, baking powder, baking soda, orange juice, and orange marmalade. Stir until well combined. Pour into prepared pan. Bake for 60 to 75 minutes, or until a toothpick inserted in the center comes out clean.

Amount Per Serving
- Calories: 160 | Total Fat: 6g | Cholesterol: 0mg

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Brennan’s Shebeen's homemade Irish soda bread is a must-try for those looking for a taste of the Emerald Isle. The restaurant offers a variety of dishes, from traditional Irish pub fare to more modern offerings.

Staff Reporter

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Staff Reporter

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"And everyone was ecstatic in the end," she said.
NEVER SAY NEVER TO TEEN IDOL JUSTIN BIEBER

Shawnee Zyskowski
Staff Reporter

Jumping, screaming, and crowding around a music player are all things that freshman Allie Redder has seen at the Lighthouse afterschool program where she performs her work-study. They are also all symptoms of a widespread disease, Bieber fever.

"It's the kids love him," said Redder. The phenomenon began in Stratford, Ontario, when 12-year-old Justin Bieber received second place in a competition known as Stratford Idol.

The self-taught musician then posted videos of his performance on YouTube. By 2008, the then 14-year-old, Bieber was officially signed to Usher's record label Island Records. But his current mentor wasn't the only one vying for his signature.

"Justin Timberlake and Usher fought over who would get to produce him," said sophomore Shayna Kessler. "I think they both felt like he was the next big thing." But his music is still the main source of attention.

"His music is amazing," said junior Joey Pruitt. The aforementioned statement is backed in his recent Billboard standings where he had four albums on the Billboard 200 list for the week of March 12. These albums include "Never Say Never: Remixes," which spent its second week on the chart at number two after debuting at number one and "My World 2.0," which rested at number five after 49 weeks on the chart, peaking at number one.

It's safe to presume these numbers are a result of a diverse fan base.

He has millions of fans of all ages," said Kessler. "He's idolized by girls, and even 'Glee' had the sense to realize that his music gets teenage girls revved up." There is another thing known to win over the female fans and that is, his hair.

People Magazine and the Washington post have reported that the Bieber's hair, which was cut off and donated to Ellen DeGeneres to raise money for Gentle Barn-an animal rescue organization- sold on eBay for $40,668. Despite the drop in popularity said to have sprung from the new look, he still has nearly eight million followers on Twitter and 22 million fans on Facebook.

"At the end of the day, he's very likeable," said Dan Kantor, Bieber's guitarist, in an interview with Rolling Stone. "Everyone seems to love him at the moment and it's because he's a really good person.

Not everyone loves Justin Bieber but some say, it is a simple matter of envy. "They're ridiculous and downright jealous," said Kessler. However for some, the main issue was with his song topics.

"I used to dislike Justin Bieber, mainly because he was a 'tween' singing about love, which he obviously doesn't know anything about," said senior Jo-Marie Kasinak. Being a tween might just be the main thing Bieber has going for him and although some believe that he will be unsuccessful once he reaches adulthood, Bieber is determined to avoid that fate.

"I think I can grow as an artist and my fans will grow with me," said Bieber in his official bio. Although the future for this young star remains unclear, it seems that for now Bieber fever is an ailment to which we have no cure.

"I give him credit," said Kasinak. "He's living a lot of people's dream.

"I don't consider myself to be having a young marriage," said senior Amy Dalrymple. "However, age and position in life may not be the important factors to consider.

"I don't think there is an appropriate age to be married," said Anninos. "I think it depends on the individual couple.

"Some couples need time to mature and settle their own lives before getting married," she said. "However, there are other couples who have grown and matured together which gives them the foundation to have a successful relationship even if they are young.

However, different studies produce different results on the subject. According to the National Center for Health Statistics, about 60 percent of couples who marry between 20 and 25 are destined for divorce.

"Our society is obsessed with the individual. In the past, people dated in order to find a husband or wife," said Anninos. "Now it's more important to date several people and experiment.

"Obviously all relationships don't end for selfish issues, but there are a great number of relationships that end in selfish situations that could have been avoided," she said.

Other students feel that a little time focused on personal development and growth is necessary.

"Marriage is not something for college students," said junior Nick Battiglier. "College is a time for fun before you have a life time of responsibilities and if you miss out on your time for fun then years later you will only look back with regret.

It is difficult to determine what constitutes a young marriage. For some, it may be college students but for others young marriage will have on you before they get married and that it isn't as large of a commitment that it has been in the past," she said.

"I don't consider myself to be having a young marriage," said senior Amy Dalrymple. "However, the stigma is more surrounding teenage marriage puts more pressure on those teens which is unfortunate since they have a hard enough time as it is."

Dalrymple was engaged last December and feels that the perception of marriage has changed.

"It seems that people don't think about the changes marriage will have on you before they get married and that it isn't as large of a commitment that it has been in the past," she said.

The happy couple poses for the Spectrum.

TOO YOUNG TO LIVE HAPPILY EVER AFTER?

Some college students ready to tie the knot, others waiting to walk down the aisle

Allison Bennett
Staff Reporter

For some, one of the biggest stressors in college is making a class schedule. And while you have been rummaging through Web Advisor picking out classes, some of your peers have been picking out wedding bands and big white dresses.

With reality television stars getting married at young ages and over a dozen wedding shows, society is presented with the concept of young marriage through many outlets. Although statistics seem to present discouraging information, Sacred Heart University students have mixed feelings on the situation.

There are several advantages and disadvantages to getting married young," said junior Katie Anninos. "It depends on the couple and their history to see if the relationship will last."

Anninos is engaged to a Fairfield University student that she has been dating since high school. She is currently planning her wedding for the end of May.

"When you get married younger you are opening yourself to struggle a little more than those who have saved money and had a successful career," Anninos said. "However, struggling is not necessarily a bad thing for a relationship. Struggling makes your relationship stronger and helps you appreciate the small things in life."

According to research done at the University of Texas, the odds of a lasting, happy marriage are more likely to occur if the bride is between the ages of 23 and 27, and age 27 or over. "Marriage is something you begin to consider once you have established yourself," said sophomore, Javier Vidal. "Once you have your career set and you know that your life is stable that is when I feel you have the best shot at a successful marriage."

However, age and position in life may not be the important factors to consider. "I don't consider myself to be having a young marriage," said senior Amy Dalrymple. "However, the stigma is more surrounding teenage marriage puts more pressure on those teens which is unfortunate since they have a hard enough time as it is."

"I give him credit," said Kasinak. "He's living a lot of people's dream.

Amy Dalrymple and soon to be husband, Rob Roman smile happily for the camera.

"I don't consider myself to be having a young marriage," said senior Amy Dalrymple. "However, the stigma is more surrounding teenage marriage puts more pressure on those teens which is unfortunate since they have a hard enough time as it is."

Dalrymple was engaged last December and feels that the perception of marriage has changed.

"It seems that people don't think about the changes marriage will have on you before they get married and that it isn't as large of a commitment that it has been in the past," she said.

"I don't consider myself to be having a young marriage," said senior Amy Dalrymple. "However, the stigma is more surrounding teenage marriage puts more pressure on those teens which is unfortunate since they have a hard enough time as it is."

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Justin Bieber looking fancy at the Vanity Fair Oscar Party.
Women's lax drops third straight game

Ryan Urso  
Staff Reporter

On Saturday, March 12 the Sacred Heart women's lacrosse team lost to the University of Connecticut, 19-11. This was the third loss in a row for the Pioneers.

The Pioneers started the game off in control. Freshman Kelsey Russo and junior Kate Kocher both scored early to put the Pioneers up 2-0.

"We met our team goals, which were getting the first draw and the first goal of the game," said junior defender Mary Lagrassa.

The lead quickly disappeared as UConn scored two quick goals to tie the game at two just seven minutes into the game.

Junior Kate Kmietok and sophomore Empey Pepe scored to put the Pioneers up 4-3.

For the remainder of the half, the Huskies controlled the play. UConn charged ahead and took a 9-4 lead going into the half.

The second half was not much different. The Huskies continued their attack and extended their lead to 17-6 by the eleven-minute mark of the second half. Alyssa Doncey and Pepe scored the two goals for the Pioneers.

Rockley and Kmietok each scored two more goals to complete their hat tricks.

Freshman Shelby Vaccaro also added a goal of her own. The Pioneers were out shot 31-21. Kmietok finished the day with five points, two assists and three goals in the losing effort.

For the Huskies, Lauren Gunning finished the day with four goals and three assists, leading the Huskies to victory.

After three straight losses some may think the Pioneers would be discouraged and at a loss for words.

"Any loss is hard especially because this is the third one in a row. We are keeping our heads up and are going to work hard to get our next win," said Lagrassa.

Despite the losses the Pioneers are using the games as a learning experience. They will use the games to focus on weaknesses to improve upon for once conference play begins.

The Pioneers take the field today (March 17) as they host Louisville at 3 p.m. at Campus Field. They are also in action Saturday, March 19 when they take on Holy Cross also at Campus Field in a 3 p.m. match up.

This weekend is the last of the non-conference portion of the schedule as conference play is scheduled to begin on March 25.

Eddie Cacioppo  
Staff Reporter

Sacred Heart's men's lacrosse team won against the Manhattan Jaspers 11-6 in their road victory at Manhattan, Saturday, March 12. This was their second win in a row.

An electrifying performance from freshman attacker Mike Mawdsley led the Pioneers. He chalked up his second hat trick of the season to help the Pioneers improve their record to 3-2 on the season.

Mawdsley and Lupo each scored twice in the frame, in addition to junior attacker Matt King adding his third goal of the season to the run. To end the half, the Jaspers cut the lead down with a goal from Jensen, his second of the game, making the score 5-3 Pioneers.

"Our offense started to click and we had a great day," said Cimmino.

"Aaron Lupo put in two early goals to start us up and we controlled the game from that point on."

The third quarter started off strong with one side answering the other with scores from Jaspers sophomore midfielder, Jon Crean, who tried to shorten the lead to one.

However, Sacred Heart junior midfielder Matt Ferrinio quickly responded back with a man-up goal, only 42 seconds later.

Shortly after some time of heated offense and defense, freshman attack Cody Marquis scored what would become the game-winner with the fourth goal of his rookie season.

Before the end of the third, Manhattan would put up two more to make the score 7-6 off goals by senior attacks Kelly Mahon and Brett Miranda.

"As a team, we were able to flow together and it led to a good win," Mawdsley and Lupo each scored twice in the frame, in addition to junior attacker Matt King adding his third goal of the season to the run. To end the half, the Jaspers cut the lead down with a goal from Jensen, his second of the game, making the score 5-3 Pioneers.

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"As a team, we were able to rally behind a slow first quarter and a lot of the credit is due to our great defense and goaliekeeper," said Lupo.

Senior goalie Zach Frank had a great performance in front of the net for the win, making 12 stops and improving his save percentage to .610 and goals against average to 8.24.

For the Jaspers, freshman Rich Akapnitis supplied seven saves, however let up 11 goals to the Pioneers.

The Pioneers dominated the Jaspers in the fourth quarter, shutting them out 4-0 by its completion.

The finishing blows were a result of Sophomore attacker Bryan Badolato, who finished with a pair of goals and an assist, scoring both of his goals in the final frame of the game.

Manhattan out shot the Pioneers 43-28, but the Pioneers led the game 43-37 in ground balls. An impressive game also came from Sophomore midfielder Stephen Kronos, collecting a game-high eight ground balls and won 11 face-offs in 21 tries.

Sacred Heart returns home Saturday, March 19 to take on #17 Denver at 12:00 p.m. at Campus Field.

Junior midfielder Parker Wilson (#26) carries the ball up field in a recent game.

Pioneers outlast Jaspers  
Men's lacrosse wins second straight

The Spectrum/Sean Elliot

Senior midfielder Jessica Ingrilli (#11) takes the ball up field in a recent game.
Club gymnastics ‘vaulting’ to new heights

Kelly Welsh
Staff Reporter

Most Sacred Heart students do not see vaults, balance beams or trampolines at the William H. Pitt Center. But the new women’s club gymnastics team is training off campus, in all efforts to qualify for a spot at the National Association of Intercollegiate Gymnastics Clubs national competition next year.

The Sacred Heart elite gymnastics team became an official club sport this year. With several newcomers and invitations to various competitions, the team has gotten off to an exciting first year,” said coach Amanda Rowe and Amanda Frescoln.

The team is already looking forward to next year in their quest to qualify for the NAIGC.

“We are looking beyond this season; the team held numerous fundraisers with their sights set on next year’s national competition,” said Rowe.

With just thirteen women on the club roster, led by Captains Janine D’Amato and Michelle Whitman, the gymnasts traveled to the University of Connecticut for their season opener.

At this competition, Sacred Heart competed against six teams within the New England region.

Sacred Heart elite gymnastics competes against the other members of the NAIGC. Of the one hundred and eight schools that participate in the club conference, they will only compete with about ten to fifteen of the teams in their competition this year.

“University of Rhode Island, Massachusetts Institute of Technology and the University of New England were NAIGC programs that entered the NAIGC after being cut as varsity sports, making for some big competition this year,” said Frescoln.

At the season opener, freshman Jessica Larson and sophomore Melissa Meredith were the clubs top scorers at the meet.

“As a team, we finished ahead of only Boston University, but the future is promising,” said Rowe.

“You will not see the women doing flips anywhere on campus, the team trains in the gymnastics facility at Jewish Community Center, said Rowe. “There we have the equipment for all four women’s events – vault, uneven parallel bars, balance beam and floor exercise, plus a trampoline and crash mats.”

Since the club does not have their own campus training facility, they invite parents and friends to mock meets, where parents and friends can support all the hard work these women put into practicing and perfecting the routines, they perform in competition.

The club practices three days a week for two hours throughout the school year. Like many other sports, gymnastics does not have an off-season. The women continue to practice and perfect their routines every day, through the summer, until the season begins.

“The women only have three meets to practice and prepare for. They have to make every practice count, as judges are very critical and take off numerous points for any mistakes made during a floor, vault, balance beam or bars routine.

“What makes Sacred Heart’s club gymnastics unique from other teams is that we do not make cuts, which gives us a wide range of skill level and experience from our quickly improving beginners to the Jaspers at 7 p.m. The win­ ner will advance to face the winner of the Wright State/Buffalo game.

Sacred Heart men’s fencers Justin Dion and Marty Williams have qualified for NCAA Fencing National Championships from March 23 - 27, at the Ohio State University.

UCOnn’s men’s basketball team won the Big East Tournament last week at Madison Square Garden. The Huskies won five games in five days en route to their title. They won the championship on Saturday night with a 69-66 win over Louisville.

UCOnn’s women’s basketball team earned the overall number one seed in the NCAA tournament. They will play on their home court in the first two rounds. The Huskies first game is this Saturday against Hartford.

The NLFPA and the owners ended their talks last Friday (March 11) with the NFLPA decertifying themselves from the union. The players filed a lawsuit against the NFL and the court date is set for April 6. This is something to keep tabs on as the 2011 NFL season could be delayed or canceled. The owners have also threatened to advice college players not to attend next months NFL draft.

By Sports Editor Dan Graziano and Assistant Sports Editor Ryan Hannable

GAME OF THE WEEK
Saturday, March 19
Men’s Lacrosse
Sacred Heart Pioneers vs.
University of Denver Pioneers
Campus Field, 12 p.m.

MARCH 17, 2011
SPORTS 13

What you’ve missed over the break...

- The men’s ice hockey team won their first round playoff match up against Bentley on March 5-6. They advanced to the AHA quarterfinals and faced Air Force, a force in three series. The Pioneers dropped the first two games 7-5 and 4-0 to end their 2010-11 season.

- The baseball team traveled to the southeast for spring break for eight games. They had a four game series with Southeastern Louisiana, which the two teams split. The Pioneers then took on the LSU Tigers, but were defeated 6-1. Sacred Heart ended their trip with a three game series with Mississippi State. The Pioneers dropped the first two games, but won the series finale 8-3.

- Sacred Heart softball competed in two tournaments over the spring break. They competed in the Colorado State Classic and finished with a 2-3 record. They then traveled to Florida for the Rebel Spring Games where they won and lost four games.

- Sacred Heart women’s basketball competed in the first round of the NEC postseason tournament on March 5. They fell to the number six seed Central Connecticut State by a score of 54-49.

- The Pioneers women’s basketball team earned an invitation to the 2011 Women’s Basketball Invitational. They are the fourth seed in the East Region and travel to Manhattan tonight (March 17) to take on the Jaspers at 7 p.m. The winner will advance to face the winner of the Wright State/Buffalo game.

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By Sports Editor Dan Graziano and Assistant Sports Editor Ryan Hannable

DAY IN THE LIFE: SOFTBALL

Morgan Mireski
Staff Reporter

Junior Marissa Montemaggi wakes up every day with one thing on her mind – softball.

Being a student athlete requires a lot of hard work and dedication, especially when you are in season.

In preseason the Pioneers were ranked fifth in the Coaches Poll. However, just two years ago the women’s team were the Northeast Conference champions.

Ahead of them were Long Island, Monmouth, Robert Morris, and Quinnipiac. Although ranked fifth out 11 teams, the Pioneers are returning seven starters.

Before the team makes it outdoors, there is a lot of hard work put in at the gym.

“The first couple of months of spring we are stuck in the grey walls of the Pit center taking ground balls and scent­ maging in a make shift infield,” said Montemaggi.

The weather really has been a fac­ tor for the Pioneers. All of the snow has pushed back their time to get outside of the Pitt and onto the field.

A typical practice day for the Pioneers begins at 3 p.m.

“We have to be there 30 minutes prior to practice and most of the time we either have to run before or lift afterwards as a team,” said Montemaggi.

Being in top shape is what make the team successful.

“After the first half hour of running we split the practice up with offense and defense,” said Montemaggi.

Practice for the Pioneers usually goes until 5:30 p.m.

Over spring break, the Pioneers went down to Florida to compete against Penn, Indiana State, Temple, Eastern Kentucky, Holy Cross, Lehigh, Detroit- Mercy, and Central Florida.

“The games in Florida were our first outdoor competitions for the Rebel Games,” said Montemaggi. “This is the first time I got to use my shiny new cleats and put on my uniform to represent Sacred Heart.”

The Pioneers are currently 6-7 after their first couple of months of spring.

They continue their season Friday in the Seton Hall Tournament against Lafayette, Seton Hall, and Manhattan, followed potential semi final and final games.

This past week senior center-field­ er Taylor Fowles was awarded the Northeast Conference Player of the Week.

Assistant Sports Editor Ryan Hannable
The new and improved March Madness

ESPn camera crews occupy college campus gymnasiums all over the country, as teams wait anxiously. Are they going to be a number one seed or a number two seed? Perhaps they are that twelve seed that upsets the fifth seed and as teams wait anxiously.

Campus gymnasiums all over the country, George Mason a few years back? seed like Ohio State? Perhaps they are that year. One, making the field consist of 68 teams, that there are four play-in games instead of 65. Instead of 65, four, that does not mean they are not tournament losing three out of their last five seed, and won 23 games, but only five seed, North Carolina comes into the tournament hot, but they are a fairly young team with little tournament experience, which Syracuse should be able to take advantage of and advance. In the end, Sullinger and Ohio State will be too strong for everyone else and advance to Houston for the final four.

Best potential for first-round upset: Marquette over Xavier

Although the Tigers come into the tournament losing three out of their last four, that does not mean they are not poised for an upset over the number six seeded Buckats. The Tigers won 23 games on the year and are eighth in the nation in scoring. They played a difficult nonconference schedule which should prepare them for the tournament, Cincinnati on the other hand won 26 games this season, but unlike the Tigers the Bobcats had a relatively weak nonconference schedule which could prove costly this week.

Winner: Texas

This pick my surprise some, but this could very well be the year for the Longhorns to go dancing. They have an experienced coach in Rick Barnes and have five seniors that they can depend on. The Longhorns have five players averaging double-digit points per game, so they do not depend on just one player. The bottom portion of the bracket is very tough, as the #12 seed, which seems a bit low considering they just won the Atlantic conference tournament. Cincinnati on the other hand comes into the tournament win six in a row before losing in the Big 12 tournament to Colorado. While Kansas State is a tough team, it is tough to go against a 30 win team.

Winner: Pittsburgh

The Panthers will advance to their first final four under head coach Jamie Dixon. They won 27 games including 15 in the powerhouse Big East. They are led by guard Ashton Gibbs who averages 17 points a game. The Panthers will look to lead them to the final four. Pitt will likely face Florida in the elite eight, as the number two seeded Gators should come out of the bottom portion of the bracket. This region really is pretty wide open and a few teams could advance to Houston, but it's tough to pick against the Panthers.

National championship: Kansas over Ohio State

Kansas definitely has the experience over Ohio State and in the end that should prove to be the difference as the Jayhawks will be celebrating their fourth national championship.
Moray's legacy lives on through charity event

Dan Graziano
Sports Editor

The weeks after your college graduation are meant to be a joyous occasion. However, for the Moray family it was nothing of the sort. Their daughter Lisa was tragically killed in a car accident just weeks after she graduated Sacred Heart University in June of 2008. As the facts around the accident began to emerge what stood out was that Lisa was not wearing her seatbelt.

During her time at Sacred Heart, Moray was the starting guard for the Pioneers basketball team. This Monday, March 21, the Student Athlete Advisory Committee (SAAC) will be holding the 3rd annual Student-Athlete Date Auction for the Lisa Moray Memorial Fund.

In the wake of the accident, student-athletes and the university community looked to SAAC for a way to honor Moray's memory. SAAC established a seatbelt campaign in hopes of educating all students regarding auto safety.

Next, a contest was established in the Art/Design Department to come up with a bumper decal to remind students to buckle up in memory of Moray. The response was so great that two different designs were chosen.

The following January the Sacred Heart Department of Athletic introduced the Lisa M. Moray Scholarship Fund. Her family, friends, teammates, and members of the University community established the scholarship to honor Moray's legacy as a Pioneer.

That March, SAAC held the very first Student-Athletes Date Auction to benefit the Lisa M. Moray Fund. Over 35 student-athletes, representing 32 teams, were auctioned off to participate with the winning bidder going on a date to a local restaurant.

“I am really proud of how the Student Athlete Advisory Committee has taking on the initiative. It’s a great way for everyone to come together and honor one of our own,” said Lucy Cox, the Director of Athletic Support Services. “I am hoping this year will be even bigger and better, and please remember to fasten your seat belts.”

Never having done anything like this before, SAAC had no idea what to expect, but what they got was bigger than one could have ever imagined. Over 500 students attended the event at an entrance fee of five dollars for a paddle and SAAC raised well over five thousand dollars towards Moray's Memorial Fund.

In the spring of 2010, SAAC expanded their auction and moved the venue to the William H. Pitt Center and drew an even bigger crowd then year's prior. Again with a dual major in Sports Management and Accounting. He has been involved in most of the business clubs on campus.

“He handled it so well. I would think that it was a positive force in terms of how he handled it in what he wanted to accomplish,” said Dave Bike, head coach of the Sacred Heart basketball team. “He’s going to get out of here with a double major. His grades improved each year. His statistics on the court improved each year.” Isn’t that what it’s about?”

Tompson hopes to continue training and playing basketball overseas once he graduates from college. His dedication to the game has also inspired his teammates to try to match his intensity.

“He’s probably one of the hardest working players I’ve ever played with. You can just tell how important it is to him,” said Evan Kelley, a freshman basketball player.

Around the locker room, there is no question as to what drives him to keep moving forward.

“He always keeps her in the back of his mind. She’s at every home game. Seeing her watch her dad play is a beautiful thing,” said Stan Dulaire, a junior basketball player.

Basketball and parenthood constituted the greater portion of Thompson’s adolescence. He has used it as a means of supporting his daughter. When the stresses associated with parenthood get to him, he also uses basketball as an outlet.

“Basketball is there when I’m down. There’s so much you can do in relation to basketball. With its nutrition, weight lifting, or skill work, it always gives you something positive to do with your time,” said Thompson.

Still, while Thompson is away at school, he longs for the day when he can be with his daughter again.

“I think it brings us closer. If you ask her who I do it for, she’ll tell you that I do it for her,” said Thompson. “In the long run, we’re going to be okay, and she knows that. I honestly feel like she knows that.”

MARCH 17, 2011
STANDOUT ATHLETE, STAND-UP FATHER
Senior Jerrell Thompson balances athletics, schoolwork while raising daughter

Blake Campbell
Staff Reporter

The 14-year-old watched intently as the doctors worked on his child’s moth­er. As the news came in, the 21-year-old rebounced from some early obstacles to put himself in a position to provide for his family the way that they had provided for him.

Tompson was raised in Plainfield, N.J., a tight-knit city similar to Bridgeport. He started playing basketball at the age of five when his father signed him up for a recreation league.

“He bought me a hoop before that so when I went out there, it was just like I was playing in my backyard,” said Thompson.

“Moray was one of those people that always knew around the city for his bas­ketball skills.”

Tompson continued to progress, fur­ther developing his skills. Standing out from a young age, Thompson’s name was always known around the city for his bas­ketball skills.

“In Plainfield, there’s a lot of love and support for athletes and people trying to do things for themselves,” said Thompson.

Like many kids, Thompson had dreams of playing professional basketball. He appeared to be well on his way, but he ran into his first roadblock at the age of 14. He received the news that he was going to be a father.

“I was devastated. I was still a kid myself. No one besides my family said anything positive about me. I took it as a respon­sibility or a job,” said Thompson.

Continual support from his family along with Thompson’s hard work on the court paid off when he was offered a schol­arship to play basketball at Sacred Heart.

“My family really stuck by me and told me to just keep going. I was able to keep playing basketball and push through the situation and opportunities presented to me, said Thompson.

“Basketball definitely opened up many doors for me.”

Tompson has made the most of his opportunities. He will graduate in May with a dual major in Sports Management and Accounting. He has been involved in most of the business clubs on campus.

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Pioneers win two straight, face Denver this weekend

TWO STRAIGHT

Senior midfielder Billy Skelos (#20) brings the ball up the sideline in a recent game. The Pioneers beat Manhattan last weekend for the second straight victory.