Sympathy for Sandy Hook, we will Never forget Newtown

Ernie Anastos speaks at Sacred Heart

Erin Marley
Editor-in-Chief
Dana Maltese
Perspectives Editor

"The best you can be," television news anchor Ernie Anastos said to a crowd of Sacred Heart University communication majors. The Sacred Heart Media Studies department hosted a special networking event with Anastos on Jan. 22 in the Pitt Center boardroom followed by an invite only luncheon.

Anastos is a dynamic Hall of Fame Broadcaster with an exceptional record of achievement. He has won more than 30 Emmy awards and nominations, including "Best Newscast in New York" and the prestigious Edward R. Murrow award for broadcast excellence.

Anastos arrived on campus at 11:00 a.m. camera ready to give students advice about the business they soon hope to have careers in. The famous anchor covered a variety of topics during his talk with undergraduate students and gave them the opportunity to stand up and ask a question. Anastos also had a few tips to give on the topic of interviewing.

"Whenever I interview someone who is famous I picture them as a baby," said Anastos. He explained that by doing this technique, it makes them seem more human and relatable because at one time or another, even someone as famous as the president of the United States was a baby.

As a seasoned anchor, Anastos has covered a number of major stories throughout his career. On Sept. 11, he anchored award winning news coverage of the World Trade Center attacks. He has traveled to Cuba where he interviewed Fidel Castro and has also produced a series of special reports on the anniversary of the Cuban revolution.

"See ANASTOS on Page 2..."
Sympathy for Sandy Hook

Ernie Anastos

Anastos converses with sophomore Anthony Bartnick.

A group against gun violence pays tribute to the victims in Newtown, CT.

News

Kathryn Pearce

Sacred Heart University is consistently renovating its campus to suit the needs of its growing student body. Currently, the lobby of the Edgerton Theater is under renovation.

Marc Izzo, the director of university construction, stated that the new renovations are to include a "2000 square foot formal art gallery, two bars, an outside patio area, and a media wall."

Other renovations include a concourse and stage by Curtwright, a full bar, and an area for merchandise to be sold. The main entrance will also wrap around the complex.

Students in the Performing Arts Program have expressed a positive response from the renovations.

"The Edgerton Theater will remain, as the focus of the renovations is to create a more open and welcoming lobby, while creating a modern look," said sophomore Sarah DeWolf, treasurer of the Theater Arts Program. "It will give people more of an opportunity for gathering and socializing."

According to DeWolf, included in the renovation plans is a smaller black box theater which is a lower small stage. This will be used to run smaller events put on by TAP including theater festivals. The smaller theater will create more opportunity for students, and it will be predominantly student run.

Senior Ariel David said, "I believe the changes made to the small theater are going to make positive changes for the Theater Arts Program. It will promote the arts and help the program grow."

Spectators will also be impacted by the renovations. Both students and visitors will be able to lounge in a brand new environment creating a more impressive atmosphere.

"The renovations are going to be a beautiful way to welcome new students and families to see our growing campus," said sophomore Keri Ryan, Student Ambassador.

Construction began mid-December and is scheduled to be completed at the end of August.

I'm excited about this newest set of renovations. I think that they are going to transform the front of the university to get rid of the outdated look," said Izoz.

Sacred Heart adding renovations to campus

Sympathy for Sandy Hook

Jacyln Giuliano

Public Relations Manager

Just about a month and a half has passed since the tragedy that hit so close to home for the Sacred Heart community: the shooting in Newtown, at Sandy Hook elementary school.

The catastrophe was one that not only took a toll on our hearts, but also made us realize the importance of, and what we can do to make a difference.

Students received an e-mail from University President John J. Petillo the day this tragedy occurred.

In his e-mail, he wrote, "The news of the horrific school shooting in Newtown in the midst of this joyous Christmas season is a sad reminder that tragedy can strike at any time. Our hearts go out to all those impacted by this unimaginable occurrence."

Sacred Heart University is located about 30 minutes south of Newtown, and some students here actually grew up there or are affiliated with this small town in some way.

"It makes me feel proud that the university is lending a hand," said junior Maurice Vallesco. "It shows that when SHU means community, it extends outside the school."

Other students have a very similar viewpoint regarding Sacred Heart.

"I love that my university comes together during times of hardships," said junior Christa Cappelli. "It shows the character of the type of people in our community by helping people we may not even know."

Sacred Heart has done a lot so far to raise awareness about Sandy Hook and to help with some relief efforts for the elementary school.

This past Saturday night, Jan. 26 at 8 p.m., an event was held at the Edgerton Theater: Performing for the Angels of Sandy Hook. According to the Sacred Heart University website, the event raised money to benefit the newly established Sandy Hook Elementary School Memorial Scholarship Fund, which will provide needed financial assistance to college-bound high school graduates from Newtown who attended Sandy Hook Elementary School.

The show included performances by professional dancers from the faculty of New York City's Broadway Dance Center, as well as Sacred Heart's performing arts students.

Not only did Sacred Heart hold an event for Sandy Hook, but it is also continuing to raise awareness on campus everyday.

The Art and Design Department, the Marketing Communications Office, the John F. Welch College of Business, and the University Bookstore have all teamed together and created T-shirts in honor of the tragedy in Newtown. They are very powerful shirts, and are a tribute to all of those involved and affected from the horrific events on Dec. 14.

The shirts went on sale Jan. 12 in the Sacred Heart University Bookstore, and all of the proceeds will be donated to the Sandy Hook Elementary School Memorial Scholarship Fund.

Individual students who were affected by Sandy Hook reached out to the Sacred Heart community for support.

Senior Lauren Sudbey, a resident of Sandy Hook, CT, sent out an e-mail to Sacred Heart informing us all about her community raising money by selling blue and yellow five strong bracelets that read "Newtown Angels." The money that they raise from the bracelets and donations will go directly to the families involved in the tragedy. The community is also looking into building a carousel with 26 horses, each dedicated to a victim.

"The Newtown Angels bracelets alone raised over $52,000 dollars and we could not be more thankful," said Sudbey. "The support from the Sacred Heart Community truly blew me away, so many people reached out and donated and many sent very encouraging messages that really showed me that Newtown is not alone."

Positive reactions about Sacred Heart's involvement spread across the nation.

"This school is very service driven and it doesn't surprise me that in an unfortunate time like this, our school would step up and take action," said Vallesco. "It is situations like this makes us humans and humble us, by causing us to reflect on what we have and how much we appreciate. I believe the students here express this attitude the best way they can: through sympathy, compassion, and heartfelt moral support."

The community of Newtown is grateful for all of the support they have received from all over the nation.

Even though the news of our town has seen incredible, said Sudbey. "People from all over the country have been sending all sorts of items that we had to designate a building to put it all in! I feel that my entire community has become one big family. If anyone were to visit, they would feel the unity and the love that my town has to bring."

News Editor Andrea Coronis contributed to this article
Students prepare for the flu season as classes start for the spring semester.

**Students question if flu shots are necessary**

**With outbreaks growing students are choosing not to get the vaccine**

Dana Maltese
Perspectives Editor

Although the flu has begun to decrease in some areas of the U.S., Sacred Heart University students are taking necessary precautions to diminish their chances of exposing themselves to the virus. "I have never really been as worried as getting the flu as I am this year," said sophomore Melissa McAnuff. Along with McAnuff, other students have gotten the flu shot. Fox News reports that an earlier than usual flu season has made it appear as though there is a shortage of the flu vaccine. Additionally, the Sacred Heart Wellness blog advised students that the flu vaccine is their friend. College students are at high risk of getting flu like symptoms because of the close quarters they reside in on campus.

Junior Jessica Zamperdri decided not to get the flu shot after researching the benefits for her and her young son. "The flu shot is known many times to be off even though it brings your chance of getting it down quite a bit," said Zamperdri. "Your overall chance of getting the flu is already pretty low being around the 2.5 percent range.

Flu shots work by causing antibodies to develop in your body. The antibodies that form provide protection against infection from the flu virus. There are side effects that come along with getting the flu shot including muscle aches, swelling, and cold-like symptoms. "My parents encouraged me to get the flu shot but seeing as flu strains change every year," said junior Jocelyn Aillet, "I don’t see a point in introducing my body to any strain of the flu when my immune system is strong enough alone to fight off any airborne strains I may have previously come in contact with.” Fox news reports on average, people start getting flu shots before Christmas. Because this year’s flu season started a month earlier than usual it quickly became severe causing panic over a shortage.

"The flu did not affect me this season and I did not get a flu shot," said sophomore Tom Bovino. "Instead, I just made sure I got a good amount of sleep every night, ate healthy, and avoided public places.”

Public places are where students feel they are at the highest risk for contracting the flu virus. "This year, the cases are becoming really bad and since I work around kids all day, I know I have to take extra precaution," said McAnuff. "Other ways that I try and stay away from the flu is by washing my hands constantly and trying my best to stay away from already sick people and taking probiotics helps too I think.”

Taking these kinds of precautions can help students keep their chances low but for the most part it seems as though other things like general good hygiene habits are most beneficial. "I think precautions are better, taking the time to wash your hands no matter if you think the person is sick,” said Zamperdri.

**Amy Says...**

**The account of a broke college student**

I am currently on the broke college student budget. I have seven dollars and twenty-three cents in my bank account. I would not even call it a budget. Considering I have no money to actually manage. Not taking into account my work study job where I get paid $45 every other week, I am unemployed.

On top of that, a mysterious sponsor is not paying for me to live comfortably. Surprisingly I am not too shocked about that one.

I have learned that when dealing with this sort of living situation, there are certain guidelines and restrictions one must follow. First of all, take advantage of as many free meals as possible. When you go home and your parents are going out to eat, go with them you fool. Hello, delicious free meal coming your way, not to mention the good company. You do not have to feel bad about this one either. They birthed you so it is almost their job to make sure you do not go hungry.

When dealing with what to eat throughout the day, I stay clear of Outtaks or any other big business, money-sucking establishment. They can take their five-dollar hamms packets and walk. Yes, we are all consumers and feel the need to go out buy things now and again. My top advice is to completely avoid Target. Just don’t go in there. If you need a box of cereal, then they will get you through the week go to Wal-Mart. Upon entering you get a free smiley sticker. What is loser than that?

Now that you are reasonably fed, let us think about your outward appearance. When you absolutely must go out and buy a new pair of jeans because your favorite pair has holes in them, plus it is winter and you are actually getting sick from the draft, stop by a thrift store.

The trick to look like a million bucks when you are worth about ten is to shop at these wonderful havens. Many think it is dishonorable to shop at Goodwill when you have a house and everything but I do not really see the harm. The revenue goes to the underprivileged anyway. ‘Is that your grandmother coat?’ Why yes it is sir, thank you for noticing.

Yes, I do realize I am the poor friend. I am often the one to suggest we stay in. “Girls’ night in holler for saving dollars!” It is great to stay in and chat, laugh, and feel things at no cost to you! Emotions are free, alcohol is not. And besides, the whole gas prices issue cannot go unnoticed. My 2001 Plymouth Neon has never seen a full tank of gas. I do not even know what that means.

"Can I have 7 dollars of regular please?" Unless I can walk to the movie theater I’ll just stay home and burn off someone’s Netflix account.

So last year for Christmas I received a book entitled, “You are young, broke and beautiful”. I realized that it would be silly if I could afford to eat out every night and do laundry regularly. I am a broke college student. I also do realize I am not ‘broke broke’. I mean I still eat 4 meals a day, go to a 47,000 dollar school, and own an unjustifiably ravenous closet.

From my experiences I am glad I do not have things handed to me. It builds character. Help me I am poor—actually, no thanks I got it.

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Textbooks burn holes in student’s wallets

The high cost of college textbooks make students question the need to purchase

Tiffani Lynch
Contributing Writer

It is the start of spring semester and everyone knows what time it is—the time for Sacred Heart University students to dig deep into their pockets and pay for textbooks for the semester.

Students tend to pay a couple hundred dollars per semester for textbooks.

“I think for the first semester I spent $400, and second semester I spent $450,” said freshman Mary Allepeter.

From freshmen to seniors, the prices of textbooks do not change much.

“On average, I pay about $200 a semester,” said senior Lauren Hall. “Although, one time I spent $400 for the semester.”

When faced with the option of renting, students seem to be split in their decision to rent or buy their textbooks. The option to rent textbooks might seem more affordable to some students.

“I rent whatever ones are accessible to rent, but I buy the other ones,” said freshman Jackie Roth. Some students have to both buy and rent certain textbooks.

“I rent whatever ones are accessible to rent, but I buy the other ones,” said freshman Jackie Roth.

Although many students opt to rent their textbooks, they are not always accessible.

“First semester I could only rent one and that was all that was available. This semester I rented three books,” said Allepeter.

Many students become upset when they spend hundreds of dollars in textbooks and never use the book.

Textbook prices...

“I tend to rent them because it is cheaper and half the time you don’t even use the textbook,” said senior Ashley Blake-Lobb.

Sometimes, professors might encourage students to obtain the textbook for class but end up never assigning reading.

“I get frustrated when we don’t really need the book but the professor makes it a required book,” said Hall.

So, how did students go about retrieving textbooks this semester?

“If my friend has the textbook, I will borrow it so that I don’t have to buy it,” said Roth.

While some students try to save money by borrowing textbooks, others try to save money online.

“I look at various websites—the bookstore, Amazon.com, Chegg.com—wherever I can get the best deal and then I choose that,” said Blake-Lobb. “Unless I’m in a hurry, then I’ll go to the bookstore.”

Freshman Jen Breunner tried to save money this semester by buying books from fellow students.

“This semester I bought a lot of books from people who used them last semester,” said Breunner.

Other students have decided to share their textbooks with one another.

“I’m sharing a textbook with somebody on my floor this semester, but I typically buy them all,” said Breunner.

While many students resist to sharing textbooks, others still stick to buying all their books.

“I just buy them, I don’t borrow them,” said Allepeter.

Advantages to owning the book are the reason some students choose buying them over renting textbooks. Students like to know the book is theirs to highlight and mark up however they want.

“I always buy rather than borrow from another student,” said Blake-Lobb.

Students who would rather buy the books also tend to solely use the bookstore as a means to find their books.

“I always get the book, and I always get my books through the bookstore,” said Hall.

Whatever way students decide to get their textbooks for the new semester, it does not matter as it is still reading that constitutes as knowledge.

New year, new SHU

Students discuss what they are doing differently in 2013

Amy Nunes
Asst. Perspectives Editor

It is that time of year again: the gym is packed, the fast food joints are deserted and determination is in every eye. It is January and Sacred Heart University students are gearing up to participate in the quasi-essential “New Years Resolution.”

On several students’ lists are the incentives to work off those holiday pounds and to stay continually active throughout the year.

Many Sacred Heart varsity teams are getting in gear this month, as noted by their rigorous gym attendance.

“My swim team and I are actually participating in a ‘non-processed food diet’ as sort of a challenge this month along with our everyday hard training,” said senior Cathryne Breunier. “We are getting close to NEC’s and looking to stay fit. We used the whole New Year’s resolution thing as a perfect incentive,” said sophomore Alyssa Farnsworth.

While many will stick strictly to dietary needs and healthy living, select Sacred Heart students are being more creative with their aspirations this year. Rather than focusing on actions and behavior, students are monitoring their attitudes and dispositions.

“Everyone will be going to the gym, so along with staying fit, I am going to focus on being more positive,” said junior Brendan Finnigan.

A positive outlook is always useful with rigorous class schedules and midterms right around the corner.

Other students are focusing on trying new things in the new year.

College often becomes a monotonous routine where students feel trapped so adventurous living is repeatedly in high demand as a sort of escape.

“I am too tough on myself so therefore I am going to try and not be my own hardest critic,” said junior Cathryne Breunier. “I will try to be more carefree.”

Upperclassmen Sacred Heart students are looking towards their futures after graduation. Their resolutions are made in accordance with that fact that the future is closer than they think.

“Getting into grad school is obviously a clear goal for me right now. All applications are in so all I can do is wait and hope back. For a resolution more in my control I would say I want to try and always go with my gut feelings,” said senior Faith Westbyke.

Whether it is running a few extra miles at the gym, eating well, or being more adventurous, Sacred Heart students are being proactive in the New Year with all their resolutions in mind.
Nanny Diaries
Dana Maltese
Editor-at-Large

For most college students, having a part-time job is a necessary means of income. Throughout my high school and college career, I have always had some sort of job that allowed me to pay for my car lease and fund my excessive habit of retail therapy every now and then.

My very first job was working at the local apple orchard in my little hometown of Easton, Conn. where I would drive a golf cart around and assist customers pick crispy apples at the peak of freshness to take home and make pies and sauces. This job, however, was not ideal and, after only one day, I quit on the spot. After this failed attempt at sustaining responsibility by becoming a working gal, I agreed to take over my friend’s baby sitting position for a little girl in my neighborhood during the spring.

Being the baby of my family, I never had the daunting task of watching younger siblings; I figured it couldn’t be too hard to keep an eye on a fourth grader by supervising her completing homework and driving her to dance team practice a couple times a week. I quickly learned the “tan and outs” of the family’s home and was able to make a good chunk of change by basically watching Disney Channel and eating macaroni and cheese. This no breeze job just as quickly came to an end when I left to go away to college in Maryland and lost not only an income but the close relationship I had gained by watching a ten year old grow into a 14 year old young lady. I ended up transferring back home to SHU and resorted back to baby sitting after my trials and errors with waitressing. I found a family needing a sitter in nearby Southport, Conn. and accepted the position. My first day on the job arrived and I was introduced to the family’s penny “Happy Feet.” Never having been around horses I was scared stiff of this large creature that looked like a ferocious beast.

Nearly a year later I can fully “tack” up a horse and “untack” it. But it is more than just learning all the horse vocabulary (which I am still brushing up on) or bartering to let me brush all the knots out. It is the moments when I know I am making a difference in their lives and are there for them to talk to when their parents can’t be. Although the twins just turned 12 and are growing into young ladies right before my eyes I like to think of myself as more than just the nanny for the time being but one of their role models for life.

Government on guns
Erin Marley
Editor-in-Chief

On Jan. 21 President Barack Obama was sworn into office at the 57th Presidential Inauguration. The inauguration is a symbol in United States history of unity. It is an event that brings Americans together to celebrate our promised democracy.

Each inauguration is special in its own way. It is the beginning of a new future for the four years to come. It is the time that our new president gets to address his country. The 57th inauguration was special because it was the second time that our first African American president got sworn in. There have been 43 presidents in our country’s history and President Obama is only the 17th president to be reelected.

President Obama has brought a new plan for our country. His health care plan is something that was a controversial issue. Generally, presidential candidates do not propose such disputable topics before they are reelected because it could turn away potential voters. Although this was a highly debated subject, President Obama was still able to win by a landslide. This shows the faith and optimism that Americans have for him in office.

President Obama will start his second term tackling yet another highly debated topic—rising to the top of the President’s priority list is gun control. After the mass killings in Newtown at the Sandy Hook Elementary School the president has taken control and has been in the process of tightening gun laws.

Just last week President Obama proposed strict measures for gun control. He urged measures including background checks on all guns sales, reinstating the assault weapons ban, banning high-capacity ammunition magazines and armor-piercing bullets, new gun trafficking laws and increased access to mental health treatment. Thankfully, most Americans have responded positively to these suggestions and are also interested in seeing tougher rules.

I agree that changes must be made in our country. Since 1982, there have been at least 62 mass shootings across the country, with the killings unfolding in 30 states from Massachusetts to Hawaii. Twenty-five of these mass shootings have occurred since 2006, and seven of them took place in 2012. Of the 20 worst mass shootings in the last 50 years have taken place in the United States, the country with the second most Fineland is only with two shootings on record.

To me this is crazy. I cannot understand how such tragedies can happen in our world and not have anything done about them. I understand that we are members of a free country and it is our right to bear arms but when our founding fathers proposed the second amendment, machine guns and hand held guns had not yet been invented. I cannot imagine that the men who created this country would be accepting of the current gun regulations allowing for weapons made for shooting bullet proof vests for example.

I am frustrated to learn that there are still people in our world who do not think that there should be anything done about gun laws. It seems like a problem that should have been cracked down on years ago. Someone attempted a shoe bomb and all the security at the airports is adjust ed. There have been 30 school shootings since Columbine and no change in our gun regulations. How can this be right?

I applaud President Obama for taking on the issue of gun control and I wish him unprecedented success for his efforts.

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Congratulations to the following staff members on their new positions on Spectrum: Jeff Daley, Kat Lindsay, Amy Nunes and Katie Harrison.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for that Wednesday’s issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material.

We are not responsible for the opinions of the writers voiced in this forum.

Red’s

February

Sun Mon Tue Wed Thu Fri Sat

1 4-8

2 Rigger Fest

3 5:00-9

4 5-12

5 5-12

6 5-12

7 5-12

8 4-8

9 8-9

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11 5-12

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21 5-12

22 4-8

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25 5-12

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27 5-12

28 5-12

29

30

Sun Bowl

Dart League

Performer: David Campbell

Trivia Night

Marks Basketball 7pm

Trivia Night

Valentine’s Day Dinner at D’s

Senior Pub Night

Trivia Night

Performer: Me & D. V.

Performer: The Three of Us

Dinner

Dinnertime Trivia

Trivia Night

Trivia Night

Trivia Night
Sacred Heart students build memories in Mississippi

Habitat for Humanity members help build a house for a family in need

"By the end of the week, the house was contract bound and only needed to be approved," said Sonja, President of Sacred Heart University's own Habitat for Humanity Chapter. "The family is expected to be moved in by March of this year."

Students agreed that the mission trip was a heart-warming experience. "Working down in Lucedale was just an unbelievably humbling and uplifting trip. The people down south have such warm hearts and their hospitality was unmatched," said junior Jordan Aglieco.

Junior Lisa Battista explained that a typical day in Mississippi consisted of arriving to the work site at 8 a.m. every morning and working on building the house until 4:30 p.m. Battista explained the project. By the end of their time in Mississippi, the 22 participants had managed to finish the roof of the house completely. "I can definitely say we worked hard, but we shared many laughs while doing so," said Battista.

After a humbling week, the 22 participants returned home to Sacred Heart University.

"Overall, the trip is indescribable. The people you go to become family and so do the people you meet," said Aglieco. "You learn so much in a week and all you want to do is go back to Mississippi." Many of the participants explained that this mission trip was such a life changing experience for them. "The most important thing I learned from this trip and will carry on in my future is to be happy with what I have and share my happiness with others," said Battista. "I would highly suggest for someone looking for a change or different experience in their life to attend any sort of mission trip. I've learned through each trip that each one is unique in its own way and the week is always an incredible adventure."
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Tina Fey moments before Co-hosting the 2013 Golden Globes

Coming off her highly acclaimed role as Katria in the film The Hunger Games, Jennifer Lawrence took home best musical or comedy actress for her role in the romantic film “Silver Linings Playbook.”

On a more serious note, Jodie Foster gave an emotional and revealing speech when accepting her Cecil B. DeMille Lifetime Achievement Award.

Johanna Ovsenek
Contribution Writer

The 2013 Golden Globe Awards that aired on Jan. 13 was a glamorous night filled with well-dressed celebrities, talented filmmakers and surprising winners.

Hosted by Tina Fey and Amy Poehler, the female comedians kept the laughs coming all night by poking fun at their fellow celebrities.

“Meryl Streep is not here tonight, she has the flu. And I hear she’s amazing in it,” said Poehler.

The two females impressed the Sacred Heart University students who watched the awards.

“They definitely went against the belief that women can’t be funny,” said graduate student Alex Fast. “They didn’t hold back on any of their jokes and had me laughing all night.”

The film “Argo” claimed best drama for the night and director Ben Affleck beat out big names such as Steven Spielberg and Quentin Tarantino for his first Best Director award.

The musical Les Miserables directed by Tom Hooper, took home Best Musical while Anne Hathaway and Hugh Jackman both took home acting awards for their roles in the film.

“Les Miserables was definitely the best movie of the year and very deserving of all their awards,” said senior Emily Fennik.

Other awards went to Jessica Chastain for dramatic actress as her role as a CIA agent in “Zero Dark Thirty.”

Chris Pratt was awarded best supporting actor for the controversial Tarantino film “Django Unchained.”

“I’m surprised Django Unchained didn’t win more awards,” said sophomore Brian Sheehan. “I thought it was by far the best movie of the year.”

Jeff LeBlanc will always remember his time as a Sacred Heart University student when he would perform with his acoustic guitar all over campus. Although he may have picked up the guitar his senior year of high school, he attributes the beginning phase of his career to Sacred Heart.

“I think I’ve played every room on campus. When I was getting started, I’d take any gig that was available. First I’d fill up the cafe at Christian Witness Concern a few times and then work my way up to the Outpost Pub and consistently fill that,” said LeBlanc.

LeBlanc became involved in the performing arts at Sacred Heart.

“I did take guitar and vocal lessons through the University as well as play in the jazz ensemble,” said LeBlanc.

While at Sacred Heart University, Jeff LeBlanc’s career really picked up.

“I’d do lots of gigs at home during break or in the summertime and eventually started touring during the school year; playing other colleges and universities. Essentially, music was my hobby that I loved doing and it eventually grew into a career,” said LeBlanc.

Life after Sacred Heart was great to him as well.

LeBlanc’s latest album, “Worth Holding On To,” reached #3 on the iTunes Singer/Songwriter Chart.

He has also toured with Lifehouse, the Goo Goo Dolls, Karmia, Matt Nathanson, Augustana, Andy Grammer, Ingrid Michaelson, David Archuleta and other talented artists.

Just last year, LeBlanc was invited back to play at his alma mater, Feb. 22 and he enjoyed seeing the changes there.

“It’s pretty cool to look back at how everything has grown over the years,” said LeBlanc.

Now, LeBlanc is making his return to Fairfield, Conn. and he is not coming alone. Jeff is bringing his full band to play alongside him at StageOne on Thursday, Jan. 31.

LeBlanc has been playing with this band since the summer of 2011 when he had just finished recording his latest album in Nashville, Tenn.

“I needed to find a group of musicians to perform the parts we recorded in the studio live,” said LeBlanc. “I assembled a group of guys that I really admire; they all have their own music careers but still take time out to play my songs.”

Philosophy professor Mike Ventimiglia and Joe Belenzay were just the guys.

“Philosophy professor Mike Ventimiglia plays keyboards and Joe Belenzay plays acoustic and sings,” said LeBlanc.

LeBlanc has played at StageOne before. “I’ve played at StageOne about a half dozen times now. I headlined back in 2010 and also opened shows for a bunch of great artists there as well,” said LeBlanc.

StageOne in Fairfield is just the type of venue LeBlanc loves to perform.

“The venue is kind of a hidden gem; right next to the hustle and bustle of downtown Fairfield but tucked away by the train station,” said LeBlanc.

“The vibe in this place is so great,” said LeBlanc, “so when the opportunity came up to headline here again, I jumped at it.”

Playing live shows has really grown on Jeff and it is something that he will always love.

“I really love playing live more than anything else. We’re in a weird place with the ‘music industry’ right now where people pay $9 for a cup of coffee but won’t pay to see a concert. So when someone buys a ticket to my show I know they’re really coming to hear me play and it’s certainly a special feeling,” said LeBlanc.

Jeff will be playing Thursday, Jan. 31 at StageOne in Fairfield, Conn. 70 Sanford Street, at 7:30 p.m.

Tickets are available at fairfield-theatre.org or at the Box Office. Tickets are $16 in advance or $20 at the door.

“Jodie Foster was here. I still am. And I want to be seen to be understood deeply and to not be so very lonely,” said Foster.

She continued to open up to the audience about how much she valued privacy and how much hard work she has put in since a young age. She also spoke directly to her ex-partner Cydney Bernard, and to the two sons they have together.

Some Sacred Heart students tuned in just to see what the celebrities were wearing on the red carpet before the show.

“I love seeing the different dresses and outfits they put together,” said junior Izzy Simpatico. “It’s always a glamorous night.”

According to Vogue, some of the best dressed included Anne Hathaway in a Chanel gown, Kate Hudson in Alexander McQueen and Naomi Watts in Zac Posen.

“Anne Hathaway and Jennifer Lopez definitely looked the best in my opinion,” said junior Dannis Mercado.

Some of the worst dressed of the night included Jessica Chastain and Halle Berry, according to the Huffington Post.

Celebrities are now gearing up for the 85th Academy Awards that air on Feb. 24.

According to E! Online, the films Lincoln and Les Miserables should be bringing home plenty of Oscars.
Kat Lindsay
A&E Assistant Editor

Over the past couple of years Sacred Heart University has been growing. Not only visually, with new buildings and an expanding campus, but program-wise as well.

One new program that has garnered much recent attention is the new Film and Television Masters program.

Launching next fall and becoming Conn. first graduate film school, FTMA is focused on creating a conservatory-like atmosphere dedicated to the art of storytelling for the new media market.

Damon Maulucci, a visiting media studies professor at Sacred Heart, and the co-coordinator of the FTMA is very eager to see this new program take shape.

“We are a film school with an eye toward the new web-based media market,” said Maulucci. “We are specifically looking for students who want to really learn how to tell meaningful visual stories and produce professional quality content for multiple platforms.”

Students in this one-year degree will take advanced classes in film directing, producing, screenwriting, television studio production, and a variety of theory courses including one class called, “The Art of Storytelling.”

“That class is really the foundation of our program,” said FTMA co-coordinator, and visiting professor, Justin Liberman. “It’s a workshop lead by our entire faculty where we will really investigate the history and practice of storytelling.”

The FTMA faculty is rounded out by Dr. Sidney Gottlieb, Dr. Sara Ross, and Joe Aicastro.

“I’m excited about the FTMA program’s emphasis on narrative: we already teach lots of production courses in the Media Studies Department,” said Gottlieb, “but the new program revolves around an awareness of the importance of stories in our life.”

Along with a diverse and high-velocity team of faculty members, the program also offers a very hands-on experience.

“Our students will be using the latest in high definition camera and editing technology - the same cameras systems that major motion pictures and cable television shows use,” said Liberman. “We will teach you not only how to tell a good story but you’ll learn how to use all this amazing equipment and software.”

FTMA is designed for students to study both the theory and practice of filmmaking in the classroom and also utilize it in a professional atmosphere.

With partnerships with some of Connecticut and New York’s biggest entertainment and production companies, internships and mentors are a big part of the new program.

“In developing the curriculum I liked to envision all the courses we offer as a single engine,” said Maulucci. “The courses are designed for students to learn by doing and create a body of work in the process.”

Though this program is underway at Sacred Heart, it is not the only master’s program in media on campus.

The Master of Arts in Communication (MACOMM), is a graduate communications program that is in its second year.

Though it offers many different areas of study than the new FTMA program, both programs are part of the new culture of media studies at Sacred Heart. Professors such as Damon Maulucci, and Justin Liberman are leading the forefront in promoting that new culture to Connecticut.

Featured on NPR’s Where We Live, Maulucci and Liberman spoke about the budding media industry in Connecticut and explained their vision of Sacred Heart being the official training grounds for the next generation of filmmakers and media professionals.

The program is hosting a series of workshops and program information sessions over the next several months. The first workshop is on Thursday Jan. 31 from 7 p.m. to 9 p.m. in the Linda McMahon building. For more information please visit fma.sacredheart.edu
Sports

While You Were Gone...

Recap of SHU sports over winter break

Dan Otzel
Sports Editor

Tennis

Both the men’s and women’s tennis teams began their spring seasons with losses at the New Jersey Institute of Technology. The Pioneers lone point of the day came from women’s freshman Lindsay Post. The men were back on the court the next day with a 6-1 loss at Yale. Freshman Matt Dean provided the only point with a straight set win. The men (1-2) head to Boston this weekend to take on Boston College and Boston University, while the women (1-1) will exchange serves with Army and Binghamton, also on the road.

Bowling

The bowling team, ranked 12th in the nation, had a fourth-place finish at the Terriers New Year Knockdown in Brooklyn and a third-place finish at the 2013 Kutztown Invitational, both against the country’s top teams. On an individual level, senior Jacker Carbonotto finished seventh at the 2013 Team USA Trials, further cementing her legacy as one of the greatest athletes to ever don the red-and-white. Sacred Heart is back on the lanes this weekend, as they compete in their second NEC meet of the season in Bradley Beach, N.J.

Wrestling

The wrestling team continues to struggle in the new year, dropping matches to Boston University, Shippensburg, Gloucester, and Drexel. However, under new head coach Andy Lausier, the team is making strides, as seen in 133-pound junior Andrew Polidore winning two matches at the 2013 Shorty Hitchcock Memorial Tournament. On Feb. 8, Lausier brings his new warriors into his old coliseum – as the Pioneers visit Princeton, where Lausier helped transform the program as a coach.

Men’s Volleyball

The men’s volleyball team went 0-1 for January to begin their season. The Pioneers dropped matches at home to Grand Canyon, LPPW, and Ball State; and on the road to Penn State and Saint Francis (PA). Led by seniors Adrian Fernandez and Garrett Minyard, Sacred Heart will look to right the ship in February; beginning with Ramapo and Stevens Tech on Saturday. The Pioneers return to the Pitt Center on Feb. 15 in a rematch with Saint Francis (PA).

Track and Field

The men’s and women’s track and field squads began the 2013 portion of their indoor slate at the Carleton Crowell Invitational at Army, where junior Brianna Castrogiovanni won the women’s 5,000 meters en route to being named the NEC Track Athlete of the Week. The Pioneers also had a strong showing the following week, at the Yale Invitational in New Haven, with three first-place performances, including junior Patrick Peterson winning the men’s mile and the NEC Track Athlete of the Week. Sacred Heart returned to Boston for the second straight weekend last weekend for the Terrier Invitational at Boston University. Junior Lindsay Aponte finished third in the women’s shot put and junior Brandon Hutchinson finished sixth in the men’s triple jump. Both the men and the women head back up to New Haven for the 9th Annual Yale University Giegengack Invitational on Friday and Saturday.

Swimming

The swimming team’s only action during the break was a 106-47 dismantlement of Western Connecticut State University in Danbury. The Pioneers won 11 of the 13 events, including two each from junior Lizzy Bennett, sophomore Meredith Nyser and sophomore Malvina Reinhold. Sacred Heart is back in the pool Friday at C.W. Post before the NEC Championships begin on Feb 27.

Fencing

After more than a month hiatus, the men’s and women’s fencing teams both squared Yale, each by a score of 14-13. On the men’s side, sophomore Jon Jacobino notched three wins; senior Lauren Cebello clinched the match with a dramatic comeback for the women. One week later, the Pioneers were back in action for both the men and the women with a 4-2 at the Philadelphia Invitational at Temple. Senior Stuart Holmes dominated for the men and senior Colleen Mason started the women off strong with a thrilling 5-4 win. The men, currently ranked 11 in the nation, and the women, currently ranked 17 in the country, take another stab Saturday at Vassar.

Women Ice Hockey

The men’s ice hockey team remains winless for the 2012-13 season, dropping eight more over the break to fall to 0-22-2. Sophomore forward Brian Sheehan, a former EJHL-All-Star, leads the Pioneers in points (20) and goals (10). Sacred Heart has 10 more shots to get in the win column, beginning with a trip to Robert Morris University this weekend for a set. The Pioneers return home next Saturday when the College of the Holy Cross stops by the Milford Ice Pavilion at 7 p.m.

Women Ice Hockey

Heading into the break under 500, with a 7-8-1 record, the women’s ice hockey team has since ripped off six wins in 10 tries, improving to 13-11-2 overall. Led by sophomore forward Casey Stathopolous (28 points in 25 games), the Pioneers’ January stretch also included a second place finish at the DoubleTree Ice Hockey Classic in Burlington, Vt. and third place at the Rutland Herald Invitational in Rutland, Vt. The University of New England visits the Wonderland of Ice on Friday (7 p.m.) and Saturday (2 p.m.). Saturday is also Senior Day for the departing Pioneers.
Tour de ‘Fraud’
Armstrong not-so-strong

Petey Mormino
Contributing Writer

In a recent exclusive interview, nationally televised on Oprah Winfrey’s OWN network, Lance Armstrong confessed his life of dishonesty.

Perhaps one of the most remarkable athletes of all time, until a week ago, Armstrong was the winner of seven consecutive Tour De France victories during the years of 1999-2005.

In October of 1996, Armstrong was diagnosed with testicular cancer that eventually spread to his brain and lungs. Just four months later, after extensive chemotherapy and several surgeries, Armstrong was declared cancer-free.

The Livestrong Foundation began in 1997, founded by Lance Armstrong. It supports cancer patients and cancer research. More than 81 percent of Livestrong total income has been invested directly in to cancer programs, initiatives and advocacy efforts.

By January 1998, Armstrong returned to training, where his career took off like none other. Shattering records, consistently finishing first, Armstrong was one of a kind. His cycling career made its mark on history, and his story coincided perfectly. He was a hero.

On July 24, 2005, Armstrong retired from racing at the end of the 2005 Tour De France. He returned to competitive cycling in January of 2009 and finished third in the 2009 Tour De France.

“I saw my son defending me and saying, ‘that’s not true. What you’re saying about my dad is not true,’” Armstrong stated in the Oprah interview. “That’s when I knew I had to tell him.” Referring to the conversation with his 13-year-old son Luke, the oldest of his five children.

The disgraced cycling champion admitted on national television, that he was using performance-enhancing drugs when he won seven straight Tour De France titles.

EPO, blood transfusions, blood doping, testosterone, cortisone, human growth hormones, steroids; All of which enhance the ability of an athlete to perform at a higher level, and all of which are banned substances.

Armstrong was an avid user of these.

Erythropoietin, also known “EPO,” is a glycoprotein hormone that controls erythropoiesis, or red blood cell production. (USADA)

Armstrong has been shamed by the cyclist world, banned from cycling for life as a result of his doping offenses by the United States Anti-Doping Agency (USADA) in 2012.

The world class cyclist has undermined all of his achievements in his recent confession of using performance enhancers throughout his career.

Within hours, Armstrong’s endorsements and sponsorships quickly disappeared, evaporating a worth of approximately $75 million.

When Armstrong was asked if it was “humanly possible” to win seven Tour de France in a row without performance enhancing drugs, he responded that it was not. That confession on his dishonest achievements solely and morally defines Armstrong’s athletic career.

Lance Armstrong carried a sense of heroism with him, and projected it with his appearance.

As a professional athlete, someone that children look up to and someone that is constantly in the spotlight, Lance Armstrong was expected to act professionally and ethically in everything that he surrounded himself with.

The world saw Lance Armstrong as a leader that it could rally around to make it a better place, until society realized he fooled everyone with his highly controversial and unethical dilemma.

In fourteen years, Armstrong’s charity raised almost $500 million. Armstrong, who called the foundation his “sixth child,” has recently stepped down from his position on the board, although Livestrong will live on.

From a world leader to a compulsive liar, he will be remembered as someone who capitalized on a life that was a lie and took complete advantage of everything.
Alana Miller
Asst. Sports Editor

At the annual “Pack the Pitt” on Saturday, Jan. 26, the Sacred Heart women’s basketball team walked onto the Pitt Center court ready for the long awaited rematch of last year’s Northeast Conference Championship Game against the Monmouth Hawks.

Even though the Hawks quickly scored a three-pointer after the tip, it was their only lead of the game, as the Pioneers defeated Monmouth, 56-42.

“It was a good win for us,” said head coach Ed Swanson. “I mean, this is our third in a row. I thought we played with the energy and vigor that we needed to have.”

The Pioneers came into the game riding consecutive victories and a 500 conference record.

Monmouth senior guard, Carly Thibault, scored the first basket of the game, but the Pioneers leading scorer, sophomore guard Gabrielle Washington, followed with a three-pointer 23 seconds later. Soon after, junior guard Ericka Norman added two more points and senior guard Kiley Evans hit a three-point jumper, igniting a 9-2 Pioneer run.

“I thought we played terrific defense on Saturday,” said Evans. “We were very focused and keyed in on Monmouth’s scorers. When our defense is strong, our offense seems to flow.”

With the score at 16-9, the Hawks kept a steady lead. Sophomore guard Katie Shepard added a three-pointer and Washington followed with a quick layup. The Hawks ripped off a six-point run of their own, closing the gap to 22-20.

However, Pioneer junior forward Blair Koniszewski shut down the run with a layup and the Pioneers ended the first half with a 28-25 lead.

“I thought we lost focus there a little bit in the first half,” said Swanson. “But overall, I was happy with the performance.”

The Pioneers came out of the locker room focused.

Amanda Sialiano
Asst. Sports Editor

On Saturday, Jan. 26, the Sacred Heart men’s basketball team beat Monmouth 82-68.

Saturday was Sacred Heart’s annual “Pack the Pitt” night, where Pioneer pride was demonstrated by 1,614 fans.

Both MSG Plus and Fox College Sports captured the Pioneer victory, which advanced them to a three-team tie with Bryant and Robert Morris for first place in the NEC.

R-senior guard Shane Gibson led the game with a season-high 33 points, and junior forward Louis Montes contributed 25. Sophomore guard Phil Gaetano had a game-high 13 assists to go along with five points and five boards.

“Montes,” said Sacred Heart head coach Dave Bike, “had a heck of a second half, and Gibson, when we got to the foul line. You want to get to the foul line, but you want to make them too, which we did.”

Gibson was a career best from charity stripe, finishing 15-of-17. It was also his seventh consecutive game with 20 or more points.

Montes finished six-of-nine at the line and nine-of-13 from the field.

“When people got their number called,” said Montes, “they stepped up. Nobody choked and when the numbers were called, everybody did their job.”

In the first half, the score was tied 5 times. Sacred Heart held the lead at 26-23, but Monmouth quickly responded with a bucket by senior forward Ed Waite and a three from freshman guard Christian White. Monmouth continued to score and held the Pioneers until Montes responded with a layup, cutting the Monmouth lead to 33-28.

The teams would exchange buckets, and Monmouth took a 40-35 lead into the half.

The Pioneers excelled in shooting the ball in the first half (53.8 percent), but turned over the ball eight times, resulting in Monmouth scoring 12 points.

“I thought that Monmouth played as hard as anybody played against us this year,” said Bike. “I thought they played 40 minutes of trying to play defense, they made us chase them on offense and we weren’t going to win unless we matched that effort.”

In the second half, Monmouth ripped off an 11-4 run in the span of four minutes and took their largest lead of the game at 56-46 with 12:48 remaining.

Sacred Heart fired back and tied the game at 58 when Gibson was fouled attempting a three and made all three free throws.

“In the second half,” said Gibson, “we picked our momentum up. We got out there, we got on the boards and I limited [Monmouth’s] second chance for points.”

Despite six tied scores, Sacred Heart would outscore Monmouth 24-10 in the final eight minutes, en route to the conference win.

The Pioneers are now 6-2 in the NEC and 7-11 overall for the season.

Sacred Heart returns to the road tomorrow at Wagner College and Saturday at Mount St. Mary’s. Their next home game is Feb. 7 against Fairleigh Dickinson.

Gibson and Montes Drop 58 for Win

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Sacred Heart returns to the road tomorrow at Wagner College and Saturday at Mount St. Mary’s. Their next home game is Feb. 7 against Fairleigh Dickinson.

We knew that today we had the opportunity to be in first place,” said Montes. “Something that nobody in the NEC thought that we could be, so were just proving a lot of people wrong.”