Nemo found Sacred Heart

A plow attempts to push aside the mountains of snow that fell during Nemo.

Erin Marley
Editor-in-Chief

Winter Storm Nemo hit Bridgeport and Sacred Heart University Friday Feb. 8. The storm started early Friday morning and continued throughout the night and into Saturday. Mayor Bill Finch had declared a snow emergency in the City beginning at 5 p.m. on Friday. The city was considered to be in a state of disaster after the storm.

With two to three feet of snow falling in most communities, the huge storm cleanup along local streets, driveways and parking lots continued for several days after the blizzard. According to historians, the snowfall totals were the highest for the region since the legendary blizzard of 1888.

Along with the rest of southern Conn. Sacred Heart was hit very hard. The total amount of snow Bridgeport received was thirty-eight inches.

Unlike with Hurricane Sandy, the campus was able to sustain power throughout the storm. The campus staff worked around the clock to ensure that the students were as safe and comfortable as possible.

Because of the large accumulation and lack of plows, the campus took several days to be cleared, and as a result classes were not held on both Monday Feb. 11 and Tuesday Feb. 12.

“It was a good thing that they cancelled classes because I had no way of getting out of my apartment or even down Park Ave.,” said senior Kiley Evans.

Students who lived off campus were trapped in their apartments and houses.

“I live in Parkridge and we didn’t get our cars plowed out until Monday and even then we were left to shovel ourselves out for the most part. We actually had to walk through all the snow to basketball practice on Sunday.”

Some students had to walk through the snow just to get something to eat.

“My housemates and I had to walk a few miles from our house to Stop and Shop just to get food and supplies,” said senior Javier Vidal. “It took more than an hour to get there and back because of the snow.”

Thankfully there were no known emergencies on campus because it would have been near impossible for an ambulance to reach certain places.

It was a difficult experience for many but some students tried to make the most of it.

“I actually had a lot of fun during the blizzard,” said sophomore Megan Atkinson. "I got to catch up on all of my work and also spent some quality time with my suite-mates.”

Nemo taught some students to be better prepared for situations like this.

“I would have to say it had been an experience being snowed in for so many days,” said junior Mike Mawdsley. "This area does not have the equipment to handle that kind of snowfall in comparison to living in Canada. Having to walk to get anywhere was fun and different."

The battle of clearing the highways and making the roads safe to drive has taken about a week to conquer. The sidewalks have finally been taken care of and pedestrians are now out of harms way and off the busy streets. "I would just hope that the area has learned from this and they can be better prepared if it ever occurs again,” said Mawdsley.

Students perform Stations of the Cross

Dana Maltese
Perspectives Editor

This past Friday night Sacred Heart University held “The Living Stations of The Cross,” a play written and produced by junior Vinny Ebenua.

The performance included students acting out the roles of Jesus, Pontius Pilate, Mary Mother of God, and Mary of Magdala.

“The Living Stations Of The Cross are derived from the Four Gospels of the New Testament as well as some added actions,” said Ebenua. “These Stations are unlike any other stations or even any event SHU has ever seen before.”

The stations were put together with accompanying music depicting the agonizing journey to Golgotha where Jesus was crucified.

The students involved put together the story through narration and action. Ebenua got the idea to perform these Stations performed from his father when he held the living stations at his local parish at home in Tom's River, N.J.

See STATIONS on page 2...

Pope Benedict XVI resigns

VATICAN CITY (AP) — Pope Benedict XVI announced Monday he would resign Feb. 28, the first pontiff to do so in nearly 600 years. The decision sets the stage for a conclave to elect a new pope before the end of March.

The 85-year-old pope announced his decision in Latin during a meeting of Vatican cardinals Monday morning.

"After having repeatedly examined my conscience before God, I have come to the certainty that my strengths due to an advanced age are no longer suitable to adequately exercise the Petrine ministry," he told the cardinals. "I am well aware that this ministry, due to its essential spiritual nature, must be carried out not only by words and deeds but also by prayer and suffering."

However, in today's world, subject to so many rapid changes and shaken by questions of deep relevance for the life of faith, in order to govern the bar of St. Peter and proclaim the Gospel, both strength of mind and body are necessary — strengths which in the last few months, has deteriorated in me to the extent that I have had to recognize my incapacity to adequately the ministry entrusted to me."

The last pope to resign was Pope Gregory XII, who stepped down in 1415 in a deal to end the Great Western Schism among competing papal claimants.

Benedict called his choice a "decision of great importance for the life of the church."

The move sets the stage for the Vatican to call a conclave to elect a new pope by mid-March, since the traditional mourning time that would follow the death of a pope doesn't have to be observed.

There are several papal contenders in the wings, but no obvious front-runner as was the case when Benedict was elected pontiff in 2005 after the death of Pope John Paul II.
Stations of the Cross

Dana Maltese
Perspectives Editor

"We are simply acting [performing] out the Gospel but not acting because we are not actors," said Ebenau.

Ebenau is the producer, writer, and director of the stations and has received help from Campus Ministry to put on the event. Ebenau and 20 other students came together this past weekend in hopes to bring faith to a new level of love.

The students presented the strong message of the Gospel to make the audience feel and see with multiple senses the word of the Lord. Nothing of the material the students used was fabricated or added to by personality of acting.

"These Stations have narrative, prayer, reflection and hymns to capture the reason for our faith and as Lent begins, this allows us to dig deep into why we sacrifice and celebrate The Passion and The Journey," said Ebenau.

Ebenau feels through his involvement and creation of this dramatic performance he is able to enlighten other believers.

Putting together these stations is a favorite of Ebenau's because they are from the bible and are the perspective of Christ.

"Many who have come to these Stations are humbled and walk away in tears of sorrow for what they bore witness too, because they felt during that hour they were there when He was Crucified," said Ebenau.

Sandy Hook remembered at Super Bowl XLVII

Sara Hanna
Staff Reporter

On Sunday Feb. 2, 26 students from Sandy Hook Elementary choir were given the opportunity to sing “America the Beautiful” at the Super Bowl in New Orleans.

An anonymous donor presented Sandy Hooks 3rd and 4th grade choir students with the gift of transporting them to New Orleans to perform before the kickoff between the San Francisco 49ers and the Baltimore Ravens.

In addition to the children’s performance was Oscar and Grammy winner Jennifer Hudson, who joined the choir in their heartfelt moment.

According to U S Weekly magazine that interviewed with Hudson, she said, “I couldn’t get through the whole song because it was so overwhelming.”

The students sang the first verse of “America the Beautiful” by themselves, and were then joined by Hudson for the rest of the song.

Bright-eyed and full of smiles, the 26 children of Sandy Hook stood in the middle of the field, with a seemingly amount of excitement and cheerful spirits.

According to ctpost.com, the Board of Education of Sandy Hook stated that the donation for the Super Bowl event had been approved on Jan. 23. Not many details were given, as the school officials that were interviewed were either unaware of the amount or unwilling to provide such details.

"The Sandy Hook Choir’s performance captivated me in a way that I will never forget," said sophomore Natasha Klinoff. "I had no idea that they would be the kick-off to the Super Bowl, and it was so touching to see the kids so full of joy and felicity. Watching the children skip onto the field with so much excitement reminded me that even after so much suffering, happiness could still be found.”

However, it was not the first time these young students were exposed to such honor.

In early January, some students from Sandy Hook and other Newtown schools teamed up with Grammy-nominated singer Ingrid Michaelson to record “Somewhere Over the Rainbow” for the one-month anniversary of the Dec. 14 shooting. The recording with Michaelson was done in a private setting through a local music program, not a school-sponsored event. Both performances can be found on YouTube as well as many other news articles throughout the web.

“The performance in itself was unbelievably heart-lifting,” said junior Connor Candito. “The tribute as a whole is just truly faith restoring in a society that lacks certain conviction — homage like such is the true embodiment of what it means to be an American.”

Players of each team were shown up close, showing their facial expressions as some swayed back and forth with their hands resting on their hearts; as did everyone else who appeared on television that day at the Superdome.

"I thought their performance was very touching. I really felt for those kids to experience something so tragic like that. It’s so heartbreaking, you can’t even put it into words," said sophomore Phil Falcone.
Perspectives

Orientation leaders for SHU's future

Rachel Marsanico
Staff Reporter

According to the Sacred Heart University website, freshman orientation is a mandatory, two day and one night sequence of different activities that are created by current students to ease the transition into college for incoming freshman. During these two days, the incoming freshmen take placement exams, meet with an advisor to discuss their fall schedule and meet their fellow classmates prior to the year commencing.

There are also a variety of individual sessions that will give incoming freshmen, as well as their parents, the opportunity to meet faculty, staff, and students, and to learn what it means to be a member of the Sacred Heart community.

To become an orientation leader, a current Sacred Heart student needs to apply. Applications can be found in Hawley Lounge from Feb. 18 until March 8, 2013.

The application process is open to any current freshman, Sophomores, and Juniors. Not only is it a good way to get involved in the Sacred Heart community, it is a good way to meet other students and make new friends.

Junior Kim Woodruff, a past orientation leader, said, “Being an orientation leader is a very valuable position to have on campus. It taught me so much about how to be a positive, enthusiastic, and encouraging leader to others.”

Other students like the feeling of finding a group to call their own by meeting others while doing orientation activities.

“My freshman year, I decided to apply to be an OL because I wanted to get involved more,” said junior Christa Cappelli. “I realized as I came closer to the end of my first year I hadn’t made as many friends as I’d like to have and I really didn’t challenge myself at all.”

Being an orientation leader allows students to use their creativity skills to make every new student feel welcome.

“Creativity is a big part of the planning,” said junior Haley Turner. “Most of the ideas and activities are already planned for us and we just have to prep them with necessary supplies to make sure they can run smoothly.”

Turner was a previous orientation leader last summer for the class of 2016. While participating Turner learned a lot about the campus she calls home.

“I value every aspect of my experience and I loved meeting so many new faces on campus that I would have never have the opportunity to meet before,” said Turner.

There is a lot of hard work and dedication that goes into preparing for the incoming freshman but most orientation leader veterans feel it is a very rewarding process being able to help students adjust to the next phase in their lives.

“A lot of hard work and preparation goes into planning orientation for both parents and students,” said Woodruff.

The orientation leaders have the responsibility to make “welcome bags” by stuffing them with various goodies. They are also required to decorate the campus with balloons and signs so the new freshman feel welcomed during the orientation process.

“One of my favorite parts of orientation was getting to greet the cars as they pulled into campus for the orientation days,” said Woodruff. “It was such a fun, energetic job to have and it got me motivated for the rest of the days spent with the incoming students.”

Freshman Tucker Hackett was appreciative of being able to attend orientation before coming to Sacred Heart.

“Orientation taught me a lot about the school and I got to meet a lot of kids right away,” said Hackett.

For those who enjoy planning activities, know Sacred Heart, and want to show the future students what it’s all about then becoming an orientation leader could be the perfect fit.
A belated Valentine for Sacred Heart
Bobby Valentine interviews to become part of the SHU community

Michala Fitzpatrick
Staff Reporter

Bobby Valentine jump-started his Valentine’s Day by showing his passion for Sacred Heart University and interviewing for the Athletic Director position just a few weeks ago.

It was not Valentine’s first time at Sacred Heart. On Feb. 24, 2011 Valentine came to campus and shared his business experience with Sacred Heart students.

“Success in life is about passion and commitment,” said Valentine on that day.

Valentine has accomplished many things throughout his career that focuses primarily on sports, but has also remained an active member of his community.

He is the only manager to take a National League, American League, and Japanese Pacific league to the World Series, and was recently named Stamford’s director of public health and safety by the city’s mayor.

“The facility, staff, and student body make the SHU community like no other university that I have ever visited or attended. The addition of Mr. Valentine will only better our reputation as a university because his reputation precedes him,” said junior Matthew Kuhn.

In the National search for a new Sacred Heart athletic director, Valentine is among many other candidates applying to replace the retiring Don Cook, who has been with Sacred Heart for 20 years.

“I think it’ll bring us to a new level

Bobby Valentine (left) is a candidate for the athletic director position at SHU, with a link to a CBS Boston website where I read more about it,” said senior Annemarie Ahearn.

Other students are excited to welcome Valentine to campus.

“I [would] welcome him with open arms, sun glasses and a mustache because one thing that Valentine is known for is getting kicked out of a baseball game and coming back wearing sunglasses and a mustache,” said Ahearn. Luckily for Valentine, there are many Mets fans at Sacred Heart, and thus a fan of him.

“I am a huge Mets fan so I am also a big fan of Bobby V.,” said Kemp.

Some students are excited to welcome a familiar face to campus and have followed Valentine since his New York Mets days.

“I have been a Mets fan for my entire life,” said Ahearn.

There are also many Yankee fans as well. Many fans, but the New Yorkers of Sacred Heart still found Valentine fit for the job.

“I am a die-hard New York Yankees fan, and I think the manager of the Yankees could do just as good of a job as Bobby Valentine can for this position,” said junior Nicholas Lopilato.

Students that aren’t fans of his Red Sox past like the fact that Valentine is a professional man.

“T’m a Yankees fan, but it doesn’t matter. We need a man of integrity, respect and determination to lead our athletic department. I think Bobby is the right man for the job,” said Kahn.

It is evident that the Sacred Heart student body would happily welcome Valentine to its community if he is named the new athletic director.

“A manager isn’t always looking for the home run, but for the little successes that add up for a big success,” said Valentine.

‘SHU’s work-out plan’

Students say music is crucial for a good workout

Rachel Marsanico
Staff Reporter

When senior dance team captain Kelly King enters the William H. Pitt Center for her daily workout, she fills up her water bottle at the Brita station, puts her iPod ear buds in her ear, hits the first treadmill available and turns on the first fast paced techno song on her workout playlist.

“If I didn’t listen to techno, there is no way I’d ever get through my runs,” said King. “I get in the zone, I focus, and I get a much better run when I have upbeat music to listen to.”

For many Sacred Heart University students getting a good workout in before, after or in-between classes is crucial.

Senior Kayla Fonseca said, “Music gives me the motivation to finish a hard workout.”

Other students like senior Sergio Gallo agree that music helps get in the mood to workout.

“It helps me stay focused. With out it, I’d be a social butterfly,” said Gallo.

There are a variety of different music genres but what seems to be the most popular amongst students when it comes to their workouts are techno or house music and rock.

“I like to focus on cardio for most of my workouts. Tiesto sometimes, Skrillex, and David Guetta get me in the workout mood. It’s like you’re in the club dancing,” said Olivia. “It’s like your not working out.”

Students listen to different music for different parts of their workout.

“I warm up on the treadmill for about a mile and a half. I run to house music.”

Other students like to listen to alternative pump songs.

Junior Cory Konaxis said, “I love working out to Make it Nasty by Tyga.”

Sophomore Giancarlo Maurello agrees with his Sacred Heart peers about music putting him in the mood.

“Techno music pumps me up for my workouts,” said Maurello.

At the gym there are mostly likely to be students, coaches, and trainers working out with their ear buds in, listening to their favorite workout tunes. However, other students choose to opt out.

“I don’t use music while working out because when we train outside and run timed runs sometimes we don’t get to use our iPods,” said Senescent.

Because she doesn’t have the noise of music to motivate her while she burns calories Senescent resorts to alternative methods like self talk.

“I usually just talk to myself as corny and weird as that sounds. People probably think I’m crazy but it motivates me to get through my workout instead of thinking about the songs in my head,” said Senescent.

The men’s lacrosse team enjoys when their teammate “Timmmy” plays classic rock music during their morning lifts.

“Music helps motivate our team and come together as one,” said junior Ryan Hughes.
Editorials

Going crazy for CrossFit
Taylor Lane
Features Editor

Some people call it the “CrossFit cult,” I call it a family. I had heard a lot about CrossFit in the past but I never knew what it really consisted of until I watched the 2012 CrossFit Games. When I watched the competitors doing functional weight lifting movements paired with gymnastic type moves, I knew I was onto something special. As I did more research I found out exactly what CrossFit is.

Those of you who have heard the hype about CrossFit in recent years but are apprehensive to try it, I have three words for you: go for it! For those of you who do not know what all the hype is about, CrossFit has a rather simple definition.

CrossFit is constantly varied, high intensity, functional movement. However, the moves required to train CrossFit style are anything but elementary. From power snatches, to muscle-ups, to double-under jump roping, each workout requires skill and strength. The work out of the day, or WODs, are challenges against a time clock with a determined amount of weight. The RX, or prescribed amount of weight, is the goal for many CrossFitters. The score is how fast the athlete can perform the workout.

At the CrossFit games, athletes race to complete the same workout with the same amount of weight. Whoever finishes first is the victor. After several rounds of WODs, one man and one woman are named the fittest on Earth.

What do you want to be when you grow up? Andrea Corinis
News Editor

What do you want to be when you grow up? This is a question as when students have been asked even since we first started elementary school. At first, you might say, “I want to be a pop-star!” Or, “I want to be an actress!” Which are both great professions, but you never really hear a 3rd grader say, “I want to be a carpenter!” Or, “I want to be an Occupational Therapist!” It doesn’t truly become a reality until you enter college. Sure, in high school it becomes a little more serious, but you always think, I have time. I have plenty of time to decide what I want to do, there is no rush. But then you’re taking the SAT’s, and you’re applying to schools, and writing your college essay, taking campus tours, and then making the final decision about where you want to spend the next 4 years of your life and what you’re going to do when you graduate. For me, I did not take the whole college/future career process very seriously. I worked pretty hard in high school, but I never really committed myself to one specific subject. I liked English because I was good at it. I was told I was a good writer and I enjoyed reading and writing papers. But when I was applying to schools, I was persuaded into majoring in Nursing. My mother was a nurse in Boston and always talked about how rewarding it was but I didn’t know why. So I kind of just thought what the hell, why not? I like helping people, how hard could it be? Well let me tell you, I have an immense amount of respect for the men and women who are in nursing programs, especially here at Sacred Heart. It is an extremely competitive program which myself was very surprised when I got accepted into a couple. But freshmen year here was not easy for me, as I am sure it is not easy for most freshmen. I moved 3 hours away from home and was on my own, completely unsure of how to get by. I ended up dropping Sacred Heart’s nursing program because I couldn’t pass Anatomy and was far more concerned with my social life than my academic career. I still was in that mind-set that “I have time, I have time plenty of time to decide what I want to do, there is no rush.” I changed my major to English because I knew I was good at it. But I still didn’t know “what I wanted to be when I grow up.”

Well, now I am grown up; I am 20 years old, I need to decide what I want to do with my life. Not staying in the nursing program is one of my biggest regrets I’ve made at SHU. This past summer my mother took me into her hospital, Brigham and Women’s in Boston, MA to shadow nurses. She knew I had made a mistake leaving the program and wanted to visually show me why. It was a truly eye-opening experience. I got to see what nurses do hands-on and how truly influential nurses are in people’s lives. I’ve always known that I when I grow up wanted to help people and make a difference, but I didn’t know how. Although I had a passion for writing, I had a bigger passion for helping people. Now I know what I want. Now I am willing to put the effort into a nursing program in order to end up where I want to be in life. Now that I’ve seen with my own eyes what I can potentially become, I am so much more motivated to succeed. When I graduate from Sacred Heart, I am going to participate in an accelerated nursing program in Boston which I am extremely excited about. I know what I want to be when I grow up. I took it on a while, and I was unsure and changed my mind quite a few times, but I am now content with what I want my future to look like and I know how to get there.

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Features Editor Taylor Lane does a crossfit workout for charity to benefit the Sandy Hook Elementary School after the tragedy of Dec. 14.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not necessarily reflect the opinions of the newspaper as a whole or its staff. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each 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@shu.edu. The newspaper is not responsible for any published content. We are not responsible for the opinions of the writers voiced in this forum.
Paul Guarino heads ‘PG Sports’ Brand

in the MLB, NBA, NFL, NHL, MLS, and even boxing.

“I’ve gotten Rob Jackson from the Washington Redskins, Brendan Phillips from the Cincinnati Reds, Brooke Lopez, as well as Marthon Brooks, from the Brooklyn Nets,” said Guarino.

Guarino was the one that got into contact with players such as Rob Jackson from the Washington Redskins.

“I contacted him on Facebook and asked him if he would wear ‘PG Sports’ and he said ‘yes’. I got some athletes through connections and a lot from Twitter. It’s the power of Twitter,” said Guarino.

The “PG Sports” website displays all of the athlete pictures and other fans of the brand wearing the apparel.

“I give the gear to the athletes and then I get a picture of them wearing it,” said Guarino.

Guarino has a recipe for success with pre-ordering on his website as well as custom orders.

“I usually make a shirt design then post it on my page and get pre-orders. Then I order them,” said Guarino. “If someone wants a custom shirt, hat, hoodie, etcetera, they will contact me and I’ll give them a quote.

Guarino is proud that his apparel is made in America.

“Most of my shirts are on American Apparel tees,” said Guarino.

He sends out the advice to other aspiring entrepreneurs like him to “keep on doing what you’re doing” and to “be consistent.”

Guarino’s favorite part of owning his own business is “seeing everyone wearing it, from my family, to my friends, to professional athletes.”

To find out more visit PG Sports on the web at www.pg-sports.com, follow PG Sports on Twitter/Instagram @PGSports, or become a fan on Facebook at www.facebook.com/PG-SportsCT.

Bethany Barber
Staff Reporter

Many students enrolled in the John F. Welch College of Business know of Professor Grace Guo, but many do not know the hardships she endured on her journey from China to the United States.

Guo, the first Professor of Management, started her journey when she enrolled in Sichuan International Studies University in China, where she eventually earned a BA in English Literature.

“In college, you are responsible for yourself,” said Guo. “You quickly realize you need a lot of planning.”

Guo said she had two favorite years of her college career—not because of her extra curricular activities outside the classroom, but the challenges she had faced on her own.

Traveling to the United States, made Guo soon realize the transition she needed to make. Guo’s senior year at Oklahoma State University in the U.S. was not only a major culture shock but also the true test of independence.

She said she had four massive suitcases without a familiar face to lend a hand to her room.

“I was completely independent with nothing or no one, where I feel most proud of myself,” said Guo.

After starting at another school in a completely different country, Guo faced yet another issue—the difference in technology. During the time Guo was going through college, websites like MySpace.com were used. Yahoo Messenger was often used as well, but not as often as social networks that are accessed today.

“Language was not a problem. I learned how to speak English when I was about nine or 10. It was experiencing the culture at every moment. You don’t get it right away,” said Guo.

After a difficult but eye-opening experience, Guo has earned degrees, including an MBA from Oklahoma State University and a Ph.D from University of Massachusetts Amherst along with her BA in English Lit in China.

“I’d say not returning to China right away would be one of the best decisions I made. I decided to stay to continue in the U.S. for my Ph.D,” said Guo. “Chinese resources are limited so you have to be a good test taker. [However] in the US there is a more creative environment that I like. You are given second chances to prove yourself.”

The Spectrum/Bethany Barber
Professor Guo is the Assistant Professor of Management in the Welch College of Business.
Students and faculty start philathropic t-shirt business for Newtown

Andrea Proto
Staff Reporter

President Dr. John Petillo began a philathropic shirt business as a learning mechanism for Sacred Heart University students in Spring 2012. Dr. Petillo collaborated with Michael Iannazzi, vice president of Marketing and Communications and Professor Walker about the idea. “In the overall scheme of things, our efforts may seem small in scale. But when we become part of many communities responding, it shows how we can all contribute a little to help to achieve a lot,” said department chair of art and design, Professor John Walker.

Mary Treschitta, Iannazzi, and Walker put their ideas together to make the shirts happen. The business, marketing, fashion marketing, communications, and the art and design departments came together to start the development process.

The professors and students involved in the business then created a T-shirt in honor of the Newtown tragedy. “This project has a direct and positive impact on our own community at a time when people need to feel they can make something positive happen in the face of tragedy and evil,” said Walker.

The tragedy that occurred in Newtown affected many of the students and faculty on campus. Students felt there was opportunity to help the Newtown community, as well as the families who were directly impacted.

“During this project we saw an opportunity to expand into a not-for-profit, student run philanthropic apparel company. It has been a lot of work to get this business running, but it has been extremely enjoyable thus far,” said senior Jacqueline Carbonetto.

Students were responsible for product design, marketing and production. Sacred Heart alumna Jay Roeder came up with the design. The shirt reads: “Death leaves a heartache no one can heal, love leaves a memory no one can steal.”

“I was moved to see that one of our former students had felt the need to express himself that way,” said Walker.

The profits of the Newtown shirts go directly to The Newtown Scholarship Association’s Sandy Hook Elementary School Memorial Scholarship Fund and the other profits will go to organizations within the university.

The Connecticut News Network WTNH recently took interest in Sacred Heart’s project. “It was nice to be recognized for all the hard work we have been doing and see that there is a strong interest in our project,” said Carbonetto.

The story has gained a lot of positive attention. "Any time the school gets mentioned in the news is a good thing for us," said accounting Professor Stephen Scarpati.

There were several advantages for students who took part in the business. They were able to utilize their education and related experiences through hands-on experience. Students from different majors were encouraged to work together through this development process.

“It gives students hands-on experience running a real business, fosters teamwork among students of different skill sets, delivers profits to help others and provides experience for students’ resumes that will look great to future employers,” said Scarpati.

Students were able to experience the effort it takes to make a large business project succeed. “I have learned all of the time and effort it takes to undertake such a large endeavor, as this is. It has been extremely fulfilling thus far and I am excited for our upcoming projects,” said Carbonetto.

The philanthropic shirt business is continuing expansion by creating new t-shirts. They are currently putting together ideas for spring break and St. Patrick’s Day inspired shirts.

“We hope that students will respond well to these ideas and that they will be a success on the Sacred Heart campus,” said Carbonetto.

The “Death leaves a heartache no one can heal, love leaves a memory no one can steal” shirts are being sold in the bookstore for $20. The shirts are featured online as well at www.WeAreNewtownShirt.com.

Alumni relations and annual giving present
student philanthropy week

Joseph Laurenzano
Staff Reporter

The office of Alumni Relations and the office of Annual Giving will be teaming up to co-sponsor the first ever Student Philanthropy Week. The office of Forever Pioneers will also be involved in the event.

Senior Kayla Fonseca, who is a current Forever Pioneer said, “The point of Forever Pioneers is to let the students know the importance of donations and giving back to the school when we’re provided with so much.”

Sacred Heart University student club STAT and the Student Phonathon Workers will also help with the events.

Student Philanthropy Week will be on Sacred Heart’s campus during the week of Feb. 25. There will be two events about raising awareness about donor support, why it is important, and how much it impacts the University as a whole.

Alumni Relations Coordinator, Margaret Millier gave details about the new event.

The first event is called Tag Day, which will take place on Monday Feb. 25. The second called ‘Thank-A-Thon’, which will take place on Tuesday Feb. 26.

On Tag Day students will wake up on the morning of Feb. 25 to find several items on their campus that would not be available without the support of donations. They range from dorm rooms, to televisions, and even classroom equipment.

It is important that they are tagged because tagging the item is a way to visually demonstrate the importance of donations, and how crucial they are to run a campus like Sacred Heart.

The next day both offices will sponsor a Thank-A-Thon in the lounge where the old bookstore used to be located. Participation in the Thank-A-Thon involves writing six postcards to Sacred Heart donors.

People will be there to guide the writing process and provide examples of what is appropriate and acceptable to hand in. Once the postcards are finished and turned in, the participant will receive a t-shirt.

After these two events, the co-sponsors really hope that this inaugural Student Philanthropy Week will become a long-standing tradition at Sacred Heart.

In particular the organizers hope it will be a tradition that will remind current students of the importance of giving back.

February is
‘love your body’ month

Monday, February 25
Healthy Eating Screening
Lobbies of Seton & Merton Hall
Counseling Center

Monday, February 25
Nutrition for Performance for female athletes
Presentation by Dr. Beau Greer
UC Auditorium

Tuesday, February 26
“You’re Diet is Making You Fat”
Edgerton Theater

Wednesday, February 27
Healthy Eating Program
Roncalli Hall–9th floor (girls’ side)

What do you REALLY weigh?–outside 63 at lunchtime.

Massages offered by the Student Athlete Training Organization.

See e-mails for dates and times.

Co-sponsored by the Body Image Task Force, Social Work Club, Health Science Club, Residential Life, Kappa Delta, s.w.e.t., SATO, and Chartwells Dining.
Are you a student majoring in these or any other field?
Marketing, Fashion Merchandising, Art & Design, Accounting, Management, Computer Science
Heartfelt Designs Needs You!

Be a Part of the Entrepreneurial Center
Put your talents to work and show us what you have to offer. We are building the startup team for Heartfelt Designs, SHU’s new student-run entrepreneurial group that designs, produces and markets T-shirts and other apparel. And we need help from students like you. Build your resume and demonstrate your business acumen in a fun, creative environment. Join the team at Heartfelt Designs.

Contact Professor Scearpiti at scearpiti@esareduceart.edu
Netflix web-series, "House of Cards" starring Kevin Spacey.

Tyler Kemp
Staff Reporter

Laptop Television. Or at least that is what it should be called nowadays.

This new form of media allows people across the world to access all of their favorite shows and titles, on yes, you guessed it, their laptops.

According to "Statistic Brain," the average time spent watching television daily is 5:11 hours.

Over the course of one’s life, they will have spent over 9 years watching TV on average. How much of that is now online?

An article in "Business Insider" stated that, "with the increasing popularity of Hulu, Netflix, Comcast’s new service, and TiVo’s, TV watching on the Internet is on the rise."

There are other prominent websites and applications in order to retrieve and watch favorite shows or specials.

Other great sources include Hulu, Rabbit TV, and the newest Optimium App, which allows one to go anywhere with a mobile device, tablet, or laptop and watch all of your favorite shows and titles.

One can see this increase in all the mentioned platforms above, but it is Netflix that has stepped to the forefront and produced its first Internet-only television series.

As of Feb. 1st, the new internet-only television series "House of Cards" debuted on Netflix. Developed by Beau Willimon, the series stars Kevin Spacey as Frank Underwood, a ruthless politician with his eye on the top job in Washington, D.C.

Junior Liberman, a graduate, and now media professor at Sacred Heart, gave his input on this new web series.

"As far as House of Cards is concerned, I think it’s a big step forward for not only Netflix but the value, legitimacy, and quality that we can expect from web-based platforms," said Liberman.

Others also agree the changes from television to web-based media shows are positive for the industry.

For junior Cassandra Lambert, watching her favorite shows online is a much easier process than actually sitting down watching a television.

"Some people just don’t have the time to sit down and watch all of their favorite shows," said Lambert. "As a result, people should have the freedom to access any show at any time, in order to stay up to date. Watching shows online is way more convenient because I don’t have to base my night around a show and I can catch it at a later time."

With the rise in Internet television viewing, this new way of acquiring entertainment benefits many college students and others alike:

"It’s beneficial for not only myself, but thousands of people who need to put school ahead of entertainment," says Lambert.

Some people do not even own television sets anymore and rely fully on their laptop as a form of entertainment.

"It’s been many years since I have owned a television. I consume 90% of my media via the Internet. It’s been interesting to chart the transformation of home entertainment from the television to the computer. I don’t have to set my personal schedule to the demands of network’s programming. I can create all of my content to my own pace and schedule," says Liberman.

Super Bowl commercials flop for students

Michele Capocci
Staff Reporter

Super Bowl XLVII aired Sunday Feb. 3 and it seemed many were not just tuning in to watch the Baltimore Ravens and San Francisco 49ers compete for a winning title.

Many took to their television sets to watch the advertising competition during the breaks in the game.

With over 40 commercials airing, and ad space averaging close to an average of $4 million, there was definitely something else to talk about in days following the Super Bowl other than the half time show review, or winning touchdown pass.

But did advertisers get the reaction they were hoping for out of viewers?

According to The Huffington Post, "disappointing" and "lame" were some of the words that critics used to describe the ads aired during the Super Bowl on Sunday.

On Sunday night, most critics agreed that there were several good ads, but that the Super Bowl commercials were generally not impressive.

Although this is not the type of feedback any Super Bowl advertiser wants to hear, the Huffington Post said, "The ads that garnered positive reactions included Budweiser’s Clydesdale commercial, which made viewers tear up, Taco Bell’s ad featuring elderly people having a wild night and Audi’s ad starring a dateless teenager at prom."

However, these were not the only critics who were being tough on this year’s Super Bowl commercials.

Sacred Heart students as well did not seem impressed by the countless number of attempts at "funny" that many of the ads were trying to be achieved.

"I love sports, and a huge fan of football, so I am always excited when it is Super Bowl time, and am equally excited to watch the half time show and commercials," said junior Michelle Capocci. "But the commercials this year I thought were pretty lousy. I wouldn’t say they were terrible but so many advertisers just seemed like they tried too hard to make their commercials funny or memorable and it just didn’t work."

Michelle however wasn’t the only student unimpressed by all of the ads on game day.

Junior Jimmy Roth didn’t seem to be pleased with the humor and overall quality of the commercials this past Super Bowl Sunday.

"In my opinion the commercials did not have as much of a variety as in past years," said Roth.

"Everyone is watching the Super Bowl and I think that the commercials should be able to target every age group," said Roth. "Instead of a commercial like the GoDaddy one which I felt was too racy and not family appropriate."

Roth also thought the commercials lacked a sense of true meaning.

"They all tried too hard to out do one another with the looks of their commercials rather than the message they were trying to send out."

While advertisers outdid themselves, not many students were too fond of the end result.

"My least favorite commercial definitely was the Samsung 'next big thing', or the GoDaddy, or Doctos one," said Capocci. "They were all just too bad it’s hard to decide which one I liked the least."

Though Roth thought the commercials were not as good as year’s past, there were a select few that made the favorites list.

"My favorite commercials were the Coca-Cola ones because they were family friendly," said Roth. Capocci also had a few commercials she was a fan of and said, "I liked the Budweiser commercial because it was just the perfect American beer commercial with a cute horse in it."

The Budweiser commercial came in first place in USA Today’s Ad Meter hours after the Super Bowl. And as reported by USA Today, the ad "touches a chord in the consumers heart."

"Less is more," said Roth. "It has definitely got to their heads that everyone talks about these commercials and now all each company is doing is striving to be the most talked about. The commercials were definitely much more fun to watch when they were simple and genuinely funny."
Recap of SHU sports

Women's Basketball
The women's basketball team extended their winning streak to an eight-game run this past week with victories over Fairleigh Dickinson, 80-48, on Tuesday and Robert Morris, 59-52 on Saturday. Against Fairleigh Dickinson, senior guard Kiley Evans led the Pioneers with 21 points. With this win, head Coach Ed Swanson reached 400 career wins. Sophomore guard Gabrielle Washington led the win against Robert Morris with 19 points. The Pioneers are now 17-7 overall and 9-3 in conference. Sacred Heart played Saint Francis on Monday. Results are not available as of press time. The next Pioneer home game is on Saturday against Quinnipiac at 7 p.m.

Men's Basketball
The men's basketball team suffered two very close losses this past week. On Thursday, the Pioneers fell to Saint Francis 64-60 and on Saturday, against Robert Morris, 68-63. R-senior guard Shane Gibson led the Pioneers with 26 points on Thursday and 17 points on Saturday. The Pioneers have now dropped to 9-15 overall and 7-6 in the conference. The Pioneers next game is home against Quinnipiac on Thursday at 7 p.m.

Track and Field
The men and women's track and field team competed in the Northeast Conference Championship on Feb. 9 and 10. The men finished fourth overall; falling to Monmouth, LIU Brooklyn, and Central Connecticut. Junior mid-distance Patrick Peterson won the 800 meters in NEC record time of 1:51.89. The Pioneers also finished with three top-seven finishers in the weight throw event. Senior Matthew Wagner finished fourth overall, while r-senior Marc Troiani finished in fifth place and John Wiusak took seventh place. The Pioneers also received points in the long jump, pole vault and shot put on Saturday.

The women's team finished third overall in the meet. Junior distance runner Brianna Castrogiovanni won the 3,000 meters in 9:51.20 and 5,000 meters in 16:58.45. She was named Most Outstanding Track Performer at this meet and co-MVP. Senior distance runner Alyssa Seltquist finished second to Castrogiovanni finishing 17:03.69. Senior distance runner Michelle Navarro finished sixth in the event at 17:53.32. The Pioneers next meet is this weekend in the New England Indoor Track and Field Championship at Boston University at 10 a.m.

Men's Lacrosse
The men's lacrosse team lost the season opener against #17 Hofstra, 14-9. Going into halftime 10-3, the Pioneers turned the game around with six goals. The team was led by junior attack Mike Mawdsley with three goals. Junior goalie Alec Dvoretsky contributed with 11 saves. Hofstra out-shot the Pioneers 43-32, with 25 shots on goal. Sacred Heart heads back to the field on Saturday against Marist at 1 p.m.

Fencing
The men and women's fencing team competed in the NYC tournament on Feb. 7 against Columbia and NYU. The men's team beat Columbia 15-12 and NYU 15-12. Graduate student Jeremiah German led the epee squad with a perfect performance. He was joined by sophomore foil Andrew Holmes, who also led the Pioneers with a perfect performance. The Pioneer foil squad led the Pioneers to victory with a seven-win performance.

The women's team beat Columbia 15-12 and lost to NYU 15-12. The saber squad team captain, senior Lauren CeBello, had a perfect performance of 3-0. Sophomores Aileen Trella and Megan Floyd, freshman CJ McCarter, and senior Elena Tringa all contributed two wins each to defeat the Columbia Lions.

The Sacred Heart fencing teams will compete in the New England Intercollegiate Conference Championship Tournament this weekend at Brandeis University.

From Shovelin' all that snow do you have BACK, NECK, or SHOULDER Pain? or Have you INJURED yourself lately?

DID YOU KNOW:
- There is a team of highly qualified Physical Therapists working right here on campus?
- You do not need a referral from your physician to see a physical therapist in the state of Connecticut?
- Most insurance companies will cover your visits?

Sacred Heart University
Physical Therapy Specialists
Committed to Individualized Patient Care through Clinical and Academic Excellence

What to do: Just call our office at (203)396-8181 to schedule an appointment and we'll check with your insurance company.
SHU athletes vs Nemo
Accounts from the Blizzard of 2013

Reported by Sam Butler and Vinny Ebenau
Staff Reporters

"The effects of the storm on us weren't really good because we didn't practice for three days and we were looking forward to practice in order to get better to win the rest of the games. The storm won't affect our season at all because anything like that is expected anytime. We just have to go through it, stay healthy, and encourage each other more and win when we get back."

Sophomore forward Mostafa Abdel Latif- Men's basketball

"My team left Friday morning to go to Maryland for the weekend for our conference championships. It was just starting to snow when we were leaving. We were supposed to leave later on Friday, but we left earlier in precaution of the storm. The snow is still covering the track so that will affect our practices, but we will make due with the resources we have inside until the track is cleared."

Sophomore sprinter Shay Cronin- Women's Track and Field

"The storm had some effects on the team; like the cancellation of practices, postponing of one game for a few weeks and postponing another game to Tuesday night. During the storm, I had plenty of fun playing in the snow with friends and teammates and eventually was charged with the task of helping others get their cars out the snow. Somehow, I was deemed the expert. I think it was just because I am from Colorado."

Sophomore guard Katie Shepherd- Women’s Basketball

"We have to deal with adversity day in and day out, so adjusting to the circumstances we were in didn’t set us off course. The guys on campus were able to access the weight room and the school’s facilities, and the off-campus guys did body weight work outs at home. The storm affected the momentum we had going for ourselves, but with a few days off we were able to focus on things other than playing, like studying our playbooks and watching film. Working hard off the field is just as important as working hard on the field."

Senior midfield Peter Mormino- Men’s Lacrosse

"We didn’t let the storm affect us in terms of our training and preparation for the rest of the season. Of course we had to work around the extreme weather and find ways to practice despite obstacles in getting to campus. Because of the delay in snow removal, we decided to take it upon ourselves to shovel out our neighbors. It substituted as one of our workouts since we were not able to travel to campus and train one day. Since classes were canceled, we had extra time to rest our bodies and recover."

Senior (184 weight class) Zachary Moran- Wrestling

"Some of us went home, but others weren’t able to get home because of the snow. We weren’t able to practice over the weekend, but some of us were able to get out and play on Friday before it came. We practiced hard this week to make sure we were ready for this weekend. We played well this weekend, so the storm didn’t impact us and it shouldn’t through the rest of the year."

Freshman Matt Dean- Men’s Tennis

"The snow storm did impact the fencing team. We were supposed to have a league meet at the University of New Hampshire on 2/9/13, but it was cancelled. The meet was going to determine who won the Northeast Fencing Conference. Although having to delay the meet was bothersome, the storm has given us more time to practice and focus for the league meet."

Junior Foilist Brendan Stokes- Men’s Fencing

"Because of the storm, my coach Tom O’Malley canceled practice on Friday and Saturday during Thursdays practice he knew it was going to be bad and our rink is off campus in Bridgeport. He had advised us to try and get in a workout, but said that he did not want anyone driving to get a workout in. Luckily, we didn’t miss any games; didn’t have to travel during the weekend. However, this weekend we have an away game, so having only two practices has set us back but we are still going for the win."

Sophomore defender Catherine Chittick- Women’s Hockey

"We were not directly affected by the storm when it hit, but we were affected by the clean-up of the storm. Some of us were unable to return back to campus from being home for practice. We were only able to practice once as a team before leaving for the tournament we are currently competing in."

Junior Nicole Trudell- Women’s Bowling

"Our team had actually heard about the coming storm and, coincidentally, had a weekend off. So, we got to enjoy a relaxing weekend snowed in. As a direct result of the storm, we had practice cancelled for the next three days."

Haley Dubits- Women’s Tennis
Amanda Sialiano
Ass. Sports Editor

After Sacred Heart beat Bryant University on Jan. 28, senior guard Kiley Evans was pleasantly surprised when she found out that she had reached 1,000 career points.

"I knew I was close," said Evans. "I knew I was within 30 or so points, so I wasn’t sure if it would be that game or the next game. But, my mom had told me that I was getting close. It was kind of a surprise that it was that game."

Sophomore guard Katie Shepard dished the ball to Evans with 13:25 left in the game and Evans immediately launched a jumper that resulted in the milestone. Not only did Evans achieve this major accomplishment, but she also led the team with 26 points that night. Evans shot 78.5% (11-14) from the field and 57.1% (4-7) from three-point range to contribute to the 62-44 victory.

"The team relies on Kiley to provide energy and to be one of our top defenders," said Shepard. "We have some very talented players in the league and we ask her to defend these top players."

The Cazenovia, NY native has accomplished so much on route to 1,000 career points. In the 2009-2010 season, Evans was selected to be on the Northeast Conference All-Rookie Team. She scored a season high of 24 points twice, during games against Harvard and Binghamton, and recorded her first double-double with 10 points and 11 rebounds at Stony Brook.

"Kiley is a terrific shooter," said Shepard, "and has been making a difference in this program since her freshman year."

In the 2010-2011 season, Evans recorded her second double-double with 17 points and 11 boards in a win against Saint Peters. Also in her sophomore campaign, Evans was awarded the Choice Hotels/Neortheast Conference Player of the Week. She hit 20 points for the first time of the year in a win against rival Quinnipiac.

Evans’ importance to the program is not lost on Ed Swanson, her head coach.

"Kiley certainly leads by example and work ethic," said Swanson. "Those are two things I admire most of all. She is up in the forefront when things aren’t going well — [if] she’s not shooting well, she’s not playing well, she’s in the gym for extra shooting and extra film work. So it’s no surprise that she was able to make that milestone.

In the 2011-2012 season, Evans finished with an 88.9 free throw percentage while starting 12 games and playing in 29.

This year, Evans was named the SHU/Enterprise Rent-A-Car Student Athlete of the Week after she hit 1,000 and leads the team in three-point percentage (36.4).

"Kiley has had some huge games for us this year," said Swanson. "And, a number of games this year... we really relied on her. She has the ability to shoot the ball well and she’s our top defender. So, especially on a defensive side of the ball, she does a lot of things that maybe the other players don’t want to do or aren’t conditioned to do. And, regards to that, she scores the ball a great deal but she also technically the best perimeter player on the other team each day.

Evans has also garnered admiration and faith from her teammates.

"As a senior," said Shepard, "Kiley is always calm and collected and knocks down big shots when we need them. Her presence definitely calms the team down and it always helps to have a player that is ready to step up in big moments. It is an awesome accomplishment that I am so proud of her for achieving.”

Now, with the milestone behind her, Evans’ focus is on returning to the NCAA Tournament. "Last year," said Evans, "when we went to the NCAA Tournament, that was a lot of fun. Hopefully, we can get back there and win the NEC Championship and have that experience again.

Evans will continue to work hard on the court to madden up March for her school.

"Just knowing my teammates depend on me," said Evans, "that’s definitely something that motivates me to succeed.”

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Blade Runner’ murders model girlfriend

Pete Mormino
Contributing Writer

Oscar Pistorius, the South African Olympic sprinter, was arrested last Thursday and charged with the murder of his girlfriend. Officers escorted Pistorius from his villa in Pretoria, South Africa during the pre-dawn hours of Valentine’s Day.

Pistorius’ girlfriend, Reeva Steenkamp, was said to have been shot four times, as paramedics were unable to revive her upon their arrival.

Officers retrieved a 9 millimeter pistol inside the home, and later found a bloody cricket bat that will also be examined as evidence.

What triggered the shooting has yet to be revealed, however police stated that they have received calls in the past involving “domestic altercations” at Pistorius’ home. Since the incident, statements have been made by friends and relatives close to Pistorius about his trouble sleeping.

A New York Times reporter visited him in his Pretoria home a year ago, and one of the first things Pistorius did was take the reporter to the gun range.

"Maybe you should do this more," Pistorius said to the reporter. "If you practiced, I think you could be pretty deadly.

"The reporter asked him how often he came to the range; "just sometimes when I can’t sleep," Pistorius said.

Steenkamp, the 30-year old South African super model, became publicly open about their relationship in November. She was named one of the world’s 100 Sexiest Women for two years running by the men’s magazine FHM.

Pistorius, also known as the Blade Runner, was born without tendons and had his lower legs amputated when he was 11 months old. Pistorius won six Paralympic gold medals racing on prosthetic limbs that were initially banned by track’s governing body. After being reinstated in 2008, he competed in last summer’s London Olympics, becoming the first double-amputee to do so.

Guns fascinated Pistorius as he was publicly open about firearms: In November of 2011, he posted a photo with his friends posing with a handgun on Twitter of himself in a shooting range, bragging about his weaponry accomplishments: “Had a 96% headshot over 300m from 50 shots! Bam!” he wrote.

“We have thousands of people killed annually by gun violence in our country. So, the anger about that is preventable,” said Adele Kirsten, a member of Gun Free South Africa.

Pistorius was born with a congenital condition that forced amputation. His efforts were relentless, arguing the system for years to be allowed to compete against able-bodied athletes.

The Track and Field Committee was mostly concerned about the carbon fiber blades that replaced his legs, saying that they gave him an unfair advantage.

South African elected Pistorius as their final selection for the 2012 Olympic Games; where he went on to compete in the 400 meter and the 4x400 relay race.

In the London games, he came up short of a medal, but qualified for the semifinals of the 400 meter race, introducing him to the world.

Pistorius’ father, Henke Pistorius, said Thursday, "We all pray for guidance and strength for Oscar and the lady’s parents."

Sadly, this has become a shocking twist to one of the feel-good stories of last summer’s Olympics. Kenny Oldsage, Pistorius’ lawyer, told reporters the athlete was “emotional” after his arrest, “but he is keeping up.”

He said he planned to seek bail for Pistorius at a preliminary hearing Friday.

Kiley Evans takes a jump shot over a Fairleigh Dickinson defender.

The Spectrum/Seth Elliott

AP Photo

"Blade Runner’ murders model girlfriend"