Being professional was a priority

111 employers excite students at Internship and Career Fair

Students ironed their business wear, printed extra copies of resumes, and hiked up to the Pitt in search of employment.

Mikara Cimmino
Staff Reporter

Perfectly professional. That is what students (and employers) strived for last Thursday at the spring Internship and Career Fair.

With resumes in hand and the work search in full effect, students flooded the William H. Pitt Center from 11 a.m. until 2 p.m. for the largest fair in Sacred Heart history.

111 companies and organizations were registered for the event with the intent to recruit potential employees and interns, from business to publishing and police departments.

But the success of Feb. 22 took a lot of work.

"There is a lot of behind the scenes things going on," said Heather Marchand, Career Development counselor. "We have a great team. The department and everyone were so helpful. Everyone was amazing."

Representatives from a broad range of interests, such as financial services and planning, accounting, marketing, insurance, human resources, technology, graphic design, arts and entertainment, the military and many more were present.

Students like Nicole Tsourvakas, junior, Oyster Bay, N.Y. attended the fair. See COMPANIES on page 2.

New Human Resources

Robert Hardy chosen for a new role

Kathleen Vissicheliti
Staff Reporter

Effective March 5, Robert Hardy will be acting as the new Vice President of Human Relations.

In addition to running the Human Resources department, Hardy will join the president's cabinet, under President Anthony J. Cernera, Ph. D.

"As University overseer on all human resources matters, I act as an internal consultant to the President, to Cabinet members, and other members of the University's leadership team," said Hardy.

According to Dr. Cernera, Hardy was appointed to the position of vice president for human resources after an extensive national search.

See HARDY on page 3.
## The Campus Corner

### The ‘Heart’ Beat

**SHU’s exclusive safety & crime report**

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<tr>
<th>Date</th>
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<td>Main Academic Building Staff member reported an unknown male in the area. Public Safety investigating.</td>
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<td>Imappropriate Behavior: Failure To Comply</td>
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*contribution by: Public Safety*

Check out more news articles online @ SacredHeartSpectrum.com

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### Companies and corporations attend largest fair in SHU history

...CONTINUED FROM PAGE 1

Career Fair in search of work and were impressed and pleased with the setup of the event.

“I came to look for a summer internship for marketing and business. It doesn’t get much better than this [Career Fair],” said Tsurovukas. “Walking around and getting to know whatever company interests you is great.”

New companies and corporations made an appearance that drew even greater interest and variety to the fair, like Six Fags New England, American Golfer, and various federal organizations.

Growing companies such as, Cox Radio, Yale-New Haven Hospital and Morgan Stanley attended to appeal to the SHU community.

“I think having companies like our self at the Internship and Career Fair is a great opportunity and allows us to see fresh talent and people,” said Chris Limore, coordinator of Laurel House, who attended the fair.

Gillian Tanz, assistant coordinator of Laurel House and Limore’s coworker believes the interaction between student and potential employer is important.

“It’s a great opportunity for both employers and students to meet interesting people,” said Tanz.

**Meeting and greeting employers gave students the ability to not only hand in their resumes, but also make a good impression and show off their good (or bad) communication skills.**

“The Career Fair is cool, I get to walk around and look at hundreds of different companies and when I find one that interests me, I get the chance to talk to them face-to-face,” Ian Straughter, junior, Hackensack, N.J. “Rather then just handing in a resume and waiting for a call, we get the chance to hand in the resume and talk about what is important to our future and work.”

During the fair, attendees were allowed to attend a 30-minute presentation held in the Pitt Board Room on career-related topics. Topics included important things like interviewing skills.

Some students, like Christopher Loureiro, senior, Naugatuck, did not attend to the Career Fair because of the limited selection of employers geared towards English majors and those interested in Media Studies, like himself.

“There was a broad range of employers, but none that really had to do with what I was interested, like various magazine publications and other creative businesses,” said Loureiro. “One magazine company present might not interest everyone. The Career Fair offered great options for some majors, but not for others. There should be a fair balance.”

Nicole Bozek, senior, Brookfield, agrees with Loureiro.

“I did not attend because of the selection,” said Bozek. “My roommate is an English major like me, and she attended and was very disappointed and she said no one even wanted to take physical resumes, they just wanted students to email them, which you could do online instead of showing up. The companies I wanted to see were not even there.”

Despite some mixed reviews, the fair was a success. Hundreds of students turned out to investigate numerous options for their future.

“I am so proud of this Career Fair,” said Nicole Davison, Career Development counselor. “It’s the biggest ever and will help students tremendously towards their future careers.”
March 1, 2007

Contact News Editor Brittany Raine: Raineb@sacredheart.edu

News 3

'Pushing Back the Wave' continues
Mississippi delegation will return to help with Hurricane Katrina relief

Brittany Lacey
Staff Reporter

When school's out for summer, some students will be lounging on the beach. But for a select group, there will be lots of work to be done as part of another delegation to Mississippi through the Mississippi Relief Project.

In Aug. 2005, Hurricane Katrina was the costliest and deadliest hurricane in the history of the U.S. It's been over a year, and the destruction is still massive.

Last year, on May 16, a group of 40 students, faculty and administrators left for Louisiana and Mississippi for a week to help clear and repair homes destroyed by the hurricane. This was the second delegation to the area.

This year, SHU is going back to Mississippi to continue helping rebuild the homes damaged by this Category 5 hurricane that caused devastation along much of the north-central Gulf Coast.

Ashleigh Cury, freshwater, West Islip, N.Y., said she believes this trip is a great opportunity for students.

"Some people do not realize the devastation that still exists after all of the hurricanes last year just because it's not publicized everywhere in the news these days," said Cury. "There is still so much rebuilding that needs to occur [and] this significant trip enables us, students, to help the families in need down there."

Also, the Sacred Heart community is going back to Gulfport as part of the United Center for Mississippi's long-term relationship with the parish community of St. Rose of Lima in the Diocese of Biloxi.

So far, the work the Mississippi Relief Program provides includes taping, mudding, digging trenches, and removing insulation, nails, and nailing to help clear and repair the homes devastated by hurricanes Katrina, Rita and Wilma.

Professor Gregory Golda, Clinical Director of Media Studies and Coordinator of Multimedia Productions, will be going to Mississippi again to help with the Hurricane Katrina Relief Program.

"The dates are not 100 percent confirmed, but we are holding a large meeting to call for applications," said Golda.

"The university will only be accepting students for 20 students this trip.

"We will need help with fundraising," said Golda explaining that students who do not go on this hurricane relief trip who wish to support the project can help contribute by purchasing a "Pushing Back the Wave" bracelet for $5.

Diane Bramante, senior, VP of CCO, had an incredible experience on both of the delegations she has gone on.

Bramante said she thought the people she worked with and met down there were truly the most amazing people and added that she hopes to go again in June.

"The people in Mississippi are amazing and generous," said Bramante.

"Everyday I think of the people down there and pray that they can get back to where they were," said Bramante. "It's going to be a long rebuilding process for these areas, but luckily there have been many churches, schools, and people who have been going down to help in addition to Sacred Heart's delegations.

"It will be a long rebuilding process and people can't forget what is going on down there," said Sarah Rogan, freshman.

Contributed Photos/ Greg Golda
These bracelets help the money for the hurricane relief fund.

West Islip, N.Y. - "This disaster is far from done, and they still need help."

Applications for the trip will be due by Mar. 2 and qualified applicants will be interviewed following Spring Break.

For more information on the trip, go to www.pushingbackthewave.com.

Hardy already has big plans for campus

CONTINUED FROM PAGE 1

"We had over 200 applications. I interviewed ten candidates and Reb was clearly the best person for the job," said Cernera.

In the last seven years Hardy has worked with the president's cabinet to create a "state-of-the-art" Human Resources system.

"As Vice President for Human Resources, I am responsible for providing overall strategic HR [Human Resources] leadership to the University and all its divisions. I lead and direct all areas of human resources. This includes HR strategies and activities related to organizational development, effectiveness, talent management and management succession planning, compensation, benefits, staffing, employee relations, policies and compliance," said Hardy.

Hardy's vision for the future of the Human Resources Department is one that will include creative and exciting opportunities to motivate employees; which will generate a stronger commitment to the universities mission and encourage employees to connect with the entire university community.

"I plan on leading, developing and modeling a stand out, high impact HR division in higher education," said Hardy.

Mary Young, Vice President for Institutional Advancement thinks Hardy is a terrific addition to the senior management team of the University.

"He is a widely-respected professional and I welcome the opportunity to work more closely with him," said Young.

Young also explained that Hardy won the university's Outstanding Service Award this past fall for his work with the Human Resources Department and with the John F. Welch College of Business.

Hardy, who resides in Monroe, started out as an adjunct faculty member of the John F. Welch College of Business in 1999. In 1999 he became the director of Training and Development, which led to his role as director of Human Resources.

He earned his Bachelor of Arts degree in Corporate Communications at Central Connecticut State University, and a Master of Arts degree in Corporate Communications from Fairfield University.

Prior to joining the Sacred Heart University Team he was the manager of Employee Training and Development at G.E. Capital in Danbury.

"I have enjoyed working here at Sacred Heart over the past 7 years. It has been exciting for me to participate in the ongoing growth and changes that have taken place here at SHU," said Hardy.

For Hardy, the best part of his job is that getting to work with and have exposure to all employees.

"There is a tremendous commitment from our faculty and staff that is contagious. Our employees are passionate about what they do and how they do it. It is great to be a part of that kind of organizational culture."

Hardy is happy to be joining a Cabinet where he can directly advise and assist the leadership team, administration, faculty and staff on all Human Resources related matters.

See MEAT on page 5...

'Meaty' issue leave some unsatisfied
Ash Wednesday menu choices debated
Anne Dunne
Staff Reporter

Where's the Meat?

With the start of the Lenten season this past Wednesday, FLIK went all out and took the meat off the menu for the celebration of Ash Wednesday.

It was the school's decision to do away with meat for the day said Walter Ward, FLIK Operation Manager, Waterbury.

"Being a Catholic school we want to try and follow the traditions of the Catholic belief system and try to help others and encourage them to understand our belief system," said Ward.

Being a Catholic School, Sacred Heart was following the Catholic traditions and sticking to the belief system of the Catholic Church.

"It is a time to celebrate this blessing and the school decided that this is a respectful way to do it," said Ward.

With the no meat rule for Wednesday, FLIK tweaked its menu for the day, putting out mozzarella sticks and grilled cheese at its grill. The cafeteria offered over 40 different sushi projects and added vegetable pizza to the menu.

All of the entree stations were replaced with fish choices and many side choices, such as beef, chicken, and tofu were replaced with tuna fish and egg salad sandwiches.

"A lot of people were very receptive to it and some jokes were made about the "no meat" policy, like kids joking about wanting some bacon on their egg sandwich, but for the most part not many were disappointed," said Ward.

Students like Erica Boutiller, Junior, Seymour think that it is common knowledge that Sacred Heart is a Catholic School.

"By not serving meat on Ash Wednesday or on Friday's during Lent, it helps remind the Catholic students not to
Core curriculum will change and challenge

Associate Dean of the College of Arts and Sciences behind the fresh, new look

Ashley Stearns
Staff Reporter

Dr. Michelle Loris' new position will challenge her to challenge students.

Big things are happening on campus with Dr. Loris' new position as the Associate Dean of the College of Arts and Sciences and the development of the new Core Curriculum.

Loris has doctorates in American Literature and Clinical Psychology and teaches in both the English and Psychology departments. She has written a book on Joan Didion as well as articles on Saul Bellow, Toni Morrison, Willa Cather and other writers.

"Dr. Loris is always able to bring perspectives to the class discussion and keep students engaged," said Annie Belletiere, senior, Brooklyn, N.Y.

Since being awarded this position in January 2007, she has been working with the University's Vice President for Academic Affairs, the Dean of the College of Arts and Science, and faculty to implement the Core Curriculum.

"My position will allow me to work on the development up front and I am excited for the curriculum, it will give SHU the opportunity to push students and make its mark in the Arts and Sciences," said Loris.

The new core curriculum was recommended by the faculty to Dr. Anthony Cernera in May 2006. Cernera presented the idea to the Board of Trustees in October 2006, which voted in favor of the idea.

The Core Curriculum will be broken down into three parts. The Foundational Core, The Elective Core and The Common Core: The Human Journey.

Emphasis will be placed on The Common Core: The Human Journey. It will be composed of four courses to be implemented for freshmen in September 2008. These courses will help students find integration of the arts, sciences, and the Catholic intellectual tradition in a rigorous and challenging manner.

Four fundamental questions will be presented in the classroom: "What does it mean to be human? What does it mean to live a life of meaning and purpose? What does it mean to understand and appreciate the natural world? What does it mean to forge a more just society for the common good?"

"The Common Core: The Human Journey will be the signature centerpiece as it positions SHU to make its academic mark. It is an academically rigorous, distinct, enduring core for our students and for our University," said Loris.

"Current, students like Tara Kelly, sophomore, Westwood, N.J. see this is a turning point for the campus community.

"It is unfortunate we did not have a program like this my freshman year because this will enhance students' skills by broadening the education spectrum," said Kelly.

The common core chairs committee was developed in September 2006 and is composed of 20 faculty members. The work has allowed members to intensely collaborate and learn new things about different areas of study.

"For many members of the faculty it has meant learning a new field, training up, so to speak. Doing that has certainly been engaging. I think all of the members of the Department of History are learning a lot," said Dr. Thomas Curran, professor and Chair of the Department of History.

"I am passionate about teaching, and I am passionate about how hard so many faculty have been working to design and develop The Common Core: The Human Journey," said Loris.

"It seems as though the campus community is in good hands.

OUR TOP 10 GRADUATE MAJORS:

- MBA
- Physician Assistant
- Interactive Communications
- Teaching
- Biomedical Sciences
- Molecular/Cell Biology
- Journalism
- Nursing
- Accounting
- Computer Information Systems

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QUINNIPIAC UNIVERSITY
Hamden, Connecticut
Survey says: ‘social norms’ an important research topic

Conn. Department of Transportation funds randomly selected student questionnaire
Susan Patton
Staff Reporter

A new survey being conducted hopes to change student perceptions.

Richard Madwid, counselor and designated coordinator of social norming on campus is leading a project entitled, "Social Norming: An Evidence-based Approach". The survey is funded by a grant from the Connecticut Department of Transportation.

Madwid, a clinical counselor with over 25 years experience, and an adjunct professor said that the perception some students have when researching colleges and universities is that college life is about partying and social drinking when in all reality, the habits of college students may not always include excessive partying and drinking.

"Some students go to college thinking life is going to be a big party and things will always be out of control," said Madwid.

Madwid and the Sacred Heart Counseling staff are currently surveying students throughout campus to collect data on student's personal views and attitudes toward social drinking and driving habits, and student's perspectives of how the campus-population view these issues. Included in the survey will be questions such as; "On average, how often do you have a drink containing alcohol, how often do you think the average Sacred Heart student has a drink containing alcohol, and what is your opinion of people who drive after drinking alcohol?"

Students like Janelle Watson, junior Reading, Mass. don't think the average college student is always drinking and partying.

"If someone wants to go drink and party they will find the means to do so. I think it really depends on the person. When intoxicated students get out of hand, it can be annoying because they should know their limits when consuming alcohol. I don't think that drunk driving is a big problem on campus," said Watson.

"Through this grant, we hope to demonstrate that the perceptions many Sacred Heart students have about drinking may not be the norm. Once we change the perception, we can change the norm," said Madwid.

Spring into action and put your best foot forward

The MS Walk will raise awareness and donations in two locations
Leah Gallagher
Staff Reporter

Take out your walking "SHU's." Students and organizations are already registering and getting ready for this year's annual Multiple Sclerosis walk.

The Multiple Sclerosis, or MS Walk, will be taking place on April 1. The walk is designed to raise awareness of a disease that affects hundreds of thousands of people in the United States.

"This year’s walk will be divided into two locations, Westport and Litchfield. The reason for the split locations is that last year’s walk was so successful, drawing in 2000 walkers, that this year the walk was split into the two locations to make room for more people.

All over Sacred Heart, students in organizations ranging from Greek life to Athletic Training and the SHU Force are all getting involved in the cause.

"I am actually going to be involved in the walk through two different organizations on campus," said Samantha Selvaggio, sophomore, New Hyde Park, N.Y. "I am pursuing a minor in social work, Phi Omega Tau, because our secondary cause is MS awareness, and also through SHU force, because we do the walk every year.”

Kim Grammas, sophomore, New Hyde Park, N.Y., who also a sister of Phi Omega Tau, explained that they put a lot of time into fundraising for MS and promoting awareness of it.

Information about the walk is spreading quickly not only through word of mouth, but also through global e-mails.

Not everyone participates by walking. Some people donate money to aid in the cause instead.

Janelle Watson, junior, Reading, Mass., who has been receiving e-mails about the walk said she participated last year by donating money and hasn't yet registered this year.

Watson said she supports the cause and hopes that a lot of people will get involved.

"I just recently heard about the walk," said Chris Rossiter, sophomore, Medford, N.J. "I think it sounds like a really good cause and an easy way to make a difference."

Selvaggio, who said she participated in various walks for many different causes, said they are a great way to raise money and get everyone involved.

"I enjoy being able to be a part of a greater good," said Selvaggio.

Grammas pointed out the importance of reaching out and understanding how much a disease can affect the lives of those affected by it.

"It is a disease that really takes a toll on people’s lives. A lot of times the disease starts affecting people at around age 20," said Grammas. "It is really sad to think that people my age are being incapacitated by this disease."

Rossiter concluded, "It is an important cause. I think it is worth taking a day out of our lives to make a difference."

Registration for the walk will be taking place every Thursday from 11 a.m. to 1:30 p.m. The forms to register are already available and can also be accessed online at: http://walkcancer.wmcsociety.org/site/PageServer?pagename=FLK_CFP_Register

Religious ritual change FLIK food options

...CONTINUED FROM PAGE 3

...Continued on Page 4

The Spectrum/ Brittany Raine

Students and organizations ranging from Greek life to Athletic Training and the SHU Force are all getting involved in the cause.

The MS Walk will raise awareness and donations in two locations

Blocks are sponsored for the amount of miles they walk and a donation is made.

"In other words, if we can show that most SHU students are not drinking excessively, then perceptions regarding alcohol usage will change."

The Spectrum/ Brittany Raine

On the other hand students like Laura Shugrue, senior Stratford are quite concerned about drinking and driving; "I think a lot of students on campus drink and drive."

"Drunk driving is becoming a lot more common in society, although here at Sacred Heart students are becoming a little more responsible regarding drinking and driving. If students are going out to the bars, they are becoming more concerned about finding a designated driver," said Shugrue.

According to Madwid, Sacred Heart University is the first university in Connecticut to be awarded the grant, which the SHU counseling department wrote, from the State Department of Transportation.

"Results of the research will be used to create an advertising campaign dealing with responsible alcohol consumption for young adults," said Madwid.

The Spectrum/ Brittany Raine

...Continued on Page 4
Get ready to break out the bikini’s

Katie Carroll
Staff Reporter

As spring break approaches so does getting your body prepared for it. Spring break is a chance to get away and relax after midterms, however to some it can be a pressure both mentally and physically.

Acapulco, Puerto Rico, and West Palm Beach are some of the warm locations these SHU students interviewed are going to visit this spring recess.

"Mentally I have this image of being the right size before I go away and it takes a toll on me physically because I am always so tired after working out. Most likely, I won’t run into anyone I know while on vacation in West Palm Beach, Florida because I’ll be on a family trip, but you can never be sure and most girls believe it is better to be safe than sorry. There are several locations like Acapulco, Cancun and many beaches in Florida that different college students schedule their spring break visiting so it is here that you are more likely to run into someone you know and the worry of how you look. The sad truth is that people and society judge you on your looks and bodies," said Melissa Carroll, freshman, Demarest, N.J.

There are constant pressures of being thin and physically fit but the stress rises when this time of the year approaches. "This year I am going to Acapulco for spring break with all my friends. I am getting prepared for vacation by eating well, going to the gym, going running and making sure all my schoolwork is complete. There seems to be constant pressure to be thin in our society not only for break, but I think we all focus on break because we want to look good in a bathing suit both boys and girls. It is apparent that even in the gym, this time of the year there are so many more students working out. I go to the gym often and there are so many new faces that it has to relate to spring break," said Stephanie Melana, junior, St.James, N.Y.

Preparing for spring break can be overwhelming with trying on new bathing suits and getting new outfits because you want to make sure you look good in them. "I am going away in two weeks to Puerto Rico. I am trying not to eat fried foods, or eat late at night. I am running a lot more doing crunches and exercising as much as I can. I’m not going out on the weekends and putting extra hours at work to keep myself busy. There is also the constant competition between girls more prevalent at springtime when every girl wants to look better than the next in a bikini. There is also an obvious difference at the gym where you see girls gathering at the cardio machines and more guys are in the weight room," said Jessica Rodriguez, junior, Staten Island, N.Y.

SHU students, who aren’t going away, can see the difference at Sacred Heart. Gyms are packed and the pressure is on. "I am not going on spring break, this year but I definitely see even more pressure of being thin when spring break rolls on by. You are most likely going to be in a bathing suit and you become more self-conscious when people see you in it. I go to the gym nearly everyday and for the last month it is far more hectic and certainly more crowded. It is almost impossible to get on a machine right away and I am guessing the goal of most students there is to shed the pounds as quickly as possible. I know a couple of girls that have been taking diet pills and have been on a liquid diet for the past week and they are not only unhealthy, but also dangerous and often don’t work," said Michelle McGowan, junior, Pleasantville, N.Y.

Diet pills, liquid diets, and starving yourself is incredibly unhealthy and certainly are not the answer or a quick fix to the perfect body for spring break. A more positive approach is living healthy. All of us want to look as good as we can for spring break and every day of the year. While body image is important it does not define us. Proper diet, exercising, making new friends and celebrating life is the route to go.

Have fun on break, enjoy it, be safe and healthy and make some lasting memories."

Where are you going on spring break?

Meghan Wilcox
Senior, Bedford, Mass.

"It really was a surprise and it was - a lot of fun."

Frank D’Errico
Senior, Hamilton, N.J.

"I thought it was a great time. And I’m thrilled it’s no longer a mystery on where I parked my car."

David Wolfson
Senior, New Rochelle, N.Y.

"I don’t remember much, but I think I had fun."

Jillian Hoxsie
Senior, Coventry, R.I.

"I thought it was great. And I think that it’s a good preview of what Senior Week is going to be like."
Breaking Boundaries:
Facebook gets personal

Rachel Maresca
Staff Reporter

You load batteries into your digital camera, go out with your friends, take a ton of pictures, come home, upload them to your computer, and crop yourself out.

Sound Familiar?
Why do we obsess over the way we look in pictures each weekend? The answer is simply because most of us want the perfect facebook picture. You wouldn’t want to be “tagged” in a picture you didn’t like.

What is it about this online network connecting so-called “friends” that turns college students into borderline “stalkers”?

“Facebook gives students so much access to other peoples personal information like never before. The tagged pictures are like looking at someone’s personal photo album, and the news feed is like tracking every move a person makes within their social network,” said Audri Coiro, junior, Youngstown Heights, N.Y.

News feed, a somewhat new addition to facebook, caused quite a stir when it first came out. Students were outraged to wake up one morning, check their facebook, and see that over night their entire life was splattered across every student’s facebook “home page.”

The news feed started off as something that students hated, but now it seems as though they rely on it as their source of information. It allows you to see who ended their two-year relationship to be able to list themselves as single. It shows who you accepted as a friend and what parties you’ll be attending. Not to mention, who and what your mutual friends wrote on each other’s wall, and who updated their profile picture all on the same page.

I think anyone who has facebook is a stalker. Facebook is the easiest way to find out anything you want to know about a person. When facebook got the news feed, it brought stalking to an entirely different level. Even if you don’t want to know something about someone, the news feed is going to tell you,” said Danielle Palmadeso, junior, Ramsey, N.J.

Another unfortunate addition to facebook within this past year is that now anyone can join when it used to be a network strictly for college students. That fact is that was the only thing that separated facebook from the similar network, MySpace. Now high school students and basically anyone with an e-mail address can have an account.

Facebook has become a website where students go to find out things about their friends instead of actually talking to them. Our generation has become a lot less talkative and instead a lot more technology based. I mean why would you have to ask someone what their up to this weekend when you already read it on their daily status?

So much personal information is only a few short clicks away.

He Said/ She Said...
How to cope with the stress of mid-terms

Rob Ray
He said

Mid terms and finals are usually the most hectic time of the typical college students semester. Testing, which normally counts as 40% of you semester grade, is enough stress to cause a week of sleepless nights and hours of studying. Additionally, there are professors who add on extra work, to make up for an easy semester. Generally, students try to cram for the entire week, which results in nearly no sleep. There are a few techniques and tools, which can help lower the stress during this time in the semester.

1. Get semester long projects and papers 75% completed before the week of mid-terms. This means have everything completed besides the final editing and corrections. Getting big projects and papers finished ahead of time will give you more time to study for finals.

2. Sacrifice the weekend before finals. Try to give this weekend to studying and work. If you have a productive weekend before finals and midterms begin it will give you a big jump on the work.

3. Prioritize your work. Study more for tests that you need a high grade in to save the semester. Try to create some sort of facebook for all to see which will help you to stay on task.

4. Study buddies. C.L.A, Tutors and office hours are huge before and during finals. Utilize all the resources presented to you will help in scoring higher on your tests.

5. Lastly, try to get a good night of sleep and eat a good breakfast before your tests.

Mid terms and finals weeks are always a difficult time for a college student. Hopefully these five simple techniques and tips will help lower the stress of the week and help you to score higher in the end.

Dana Dancer
She said

What better way to assure students a relaxing Spring break than to stress them out as much as possible the week before. I don’t think I loathe anything more than midterms, oh wait. Finals.

Weeks before midterms even begin I don’t want to think about all the pointless papers I have due. I’m pretty sure the 9,000 words I wrote on “the Bride of Frankenstein” isn’t going to come up in a job interview.

So, like many other students here at school, I put everything off to the very last minute. Instead of stressing myself out for weeks and weeks before midterms, I only stress myself out for two days.

I believe procrastination is the best way to get things done. When it’s down to the wire and you have only enough time to do a paper, it gets done. You focus more on priorities and forget about all the blogs you could be reading or repeats of Reba you could be watching. Naturally, when procrastinating, prioritizing and organization go out the window. The only thing that matters is when your test or paper is due. So until then, you drink one cup of coffee after another and just keep typing until time is up. It’s probably not the most efficient way to approach your homework, but it beats doing everything much before it’s due.

Most students believe empty weeks are a good way to keep going. I myself am about to take that approach for the very first time. I usually think that they smell horrible and taste like vomit. But I guess whatever helps will do. So as you fill the library and consume massive amounts of caffeine I would like you to remember one thing, modern art makes me want to rock out.

Picture of the Week

The gates outside of Buckingham Palace in London.
Cristin Colucci
Staff Reporter

A cast of 15 students performed “The Visit” by Friedrich Durrenmatt, in the Edgerton Center over the weekend. The show was presented by The Department of English and Modern Foreign Languages.

“The Visit” is about the citizens of Gullen, a small town in Europe that has become bankrupt over the years. The play begins with the people of Gullen awaiting the arrival of Claire Zachanassian, played by Lindsay Halle.

“It is interesting how the cast is portraying all the characters,” said Molly Virello, freshman, Southington.

Claire Zachanassian is a former member of the town who left when she was 17 and has become a billionaire since then. She reunites with Anton Schill, a former flame who is also the most popular town member, and played by Matt Richie.

Claire comes to Gullen to marry her ninth husband, Pedro, played by David Foust, because it was always her dream to be married in the town she grew up in.

She also came with plans to make a proposition to the people of the town. She tells them that she will give the town one billion marks in exchange for something the citizens find dear to them, Anton.

The inspiration for this production came about during an Irish get together when a songsong broke out. The idea of producing a CD for fundraising purposes originated with two staff members from the Galway Regional Hospitals, Dr. Florry Daniels and Anne Conroy Senior Executive Officer. The Conroy family of Moyvilla, have deep roots in music, song and poetry for generations.

“This sound just soothes me and brings me back to the time I lived in Ireland listening to the Irish traditional music being played in the pubs,” said Ashley Buonanno, senior, Warwick, R.I.

One musical artist on the CD, Carmel Staunton, was a part of her families musical group “The Staunton’s.” At the age of 22 she died in a tragic road traffic accident. She was very talented and dedicated her short life to creating beautiful music. The “The Staunton’s” mission has the mission to fulfill the wishes of children with life threatening illnesses or handicaps.

Originally the CD was going to have local talent, but so many various artists flocked to donating their own tracks. The CD is filled with songs of traditional instruments, such as the fiddle, whistle and bodhran, the Irish drum.

“The CD is such a great idea and has so many songs that truly touch your heart,” said Annie Bellettiere, senior, Brooklyn, N.Y. It is mostly sold at Share a Dream foundation events or through staff members to friends through word of mouth.

Claire wants Anton to be killed. What the town was not aware of was that Anton did an unjust act towards Claire when they were younger, and now she has come back looking for justice.

“[The Visit]” has a really different storyline that has a lot of subtle humor in it so that the cast really brought out,” said Whitney Russo, freshman, Waterville, Maine.

When the proposition was first made all of the townspeople were against it and they assured Anton that they would not kill him for money.

Slowly as the play progressed, Anton was starting to worry whether or not he could trust his fellow citizens. Anton realized that the members of the town were starting to buy things that he knew they did not have the money for.

The audience begins to see which characters are willing to risk the life of a friend for money and who is willing to stand up for him, even if it means continuing life in poverty.

“Everyone is doing a really good job with their roles,” said Ashley Steeves, freshman, Salem, Mass.

This play portrays how far people will or will not go for a large sum of money, even if they may have to sacrifice the life of a friend.

The audience was able to get a good grasp of the storyline of the show because of how each actor performed his or her role.

Kathleen Schultz
Staff Reporter

Share a Dream is a fundraising CD that was compiled in 2005 for the Share a Dream Foundation that was established in 1990 by Shay Kinsella, in Ireland.

The CD, which captures the very heart of Irish music, ranging from traditional to reels and jigs to modern sounds, was released in 2005 after many famous Irish artists donated their tracks.


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Leonardo Di Caprio and Matt Damon star as two undercover agents in the “The Departed” by Martin Scorsese. The film was released on DVD on Feb. 13.

Scorsese recruited an all-star cast of supporting actors for this film. Names such as Alec Baldwin, Jack Nicholson, Anthony Anderson, Martin Sheen, and Mark Wahlberg are among the supporting cast.

The various themes of power, corruption and loyalty are constantly shown throughout the film and serve as foundation for the plot.

“The movie was amazing, I loved every minute of it,” said Kristina Drobenko, freshman, Queens, N.Y.

The story takes place in the city of Boston, Mass. The Irish crime boss, Frank Costello (Nicholson) is seeking to maintain his power within his localized suburban community. He appoints Colin Sullivan (Damon) as his official agent to keep the government off his back.

Costello keeps a watchful eye on Colin as he goes through law school and the police academy to reach his goal as a government special agent.

The other protagonist William Costigan, (Di Caprio) is simultaneously honing the skills of a government agent as well.

Costigan goes through the police academy but only makes it to the rank of trooper within the system. Damon plays the good, polished cop, while Costigan plays the struggling poor cadet. Di Caprio is eventually offered a deal to spy and build a case on Costello that would lead to his downfall.

Alec Baldwin and Martin Sheen act as heads of two different departments, which kept Costello’s actions under surveillance. Sheen was instrumental in recruiting Costigan as his undercover agent. The duplicity of Sullivan’s role as Costello’s informant draws viewers further into the plot.

The movie highlights the trials and tribulations of these characters until they reach their ultimate goal of bringing down Costello.

“The movie’s plot had so many twists,” said Danielle Scanormozzo, Sophomore, Kinnelon, N.J. “You never know what to expect next.”

“The Departed” was an exceptional film. With its unique balance of action and suspense, it kept the viewer at the edge of his/her seat. Matt Damon and Leonardo Di Caprio were strong protagonists and Jack Nicholson’s role as antagonist was on the money.
After the Celebty six and Cohen the 1,145 voted March same.

The moment Newport Beach had the arrival of an outsider, Ryan Atwood, in the first season of "The O.C.", the lives of those in this extravagant community were never going to be the same again.

The past four seasons of "The O.C.", had its share of dysfunctional relationships, extreme violence, drug and alcohol abuse, and untimely deaths.

When the fourth and final season of "The O.C.", began, high school was a distant memory as Ryan, Seth Cohen and Summer had put to the tragic death of Marissa Cooper behind them and enter into adulthood.

The final episode took place six months after a devastating earthquake hit Newport Beach. The Cohen’s home was so severely damaged from the disaster that it could not be saved.

Kirsten and Sandy Cohen searched for a home like their last, but would for anything because Kirsten was already nine months pregnant and needed to rest. To our surprise we discover that Julie Cooper is also pregnant as well as engaged to Bullet, who was her former lover in the previous episode.

"I was so surprised to see that Julie was pregnant," said Alex Gastiger, junior, Mystic. "I assumed at first that Bullet was the father, but I was shocked to find out that the baby was actually Frank’s and he left her because of it.

Seth and Ryan took a trip to Berkley to find the house that the Cohen’s lived in 20 years before. Seth tries to persuade the flambboyantly residing there to sell it back to his ant couple family.

The drama continues as Kirsten has her baby, Seth and Summer re-evaluate their relationship, Frank tries to break up Julie’s wedding, and Ryan and Taylor are reunited after their breakup. Just a typical day in the lives of "The O.C."

The episode wraps up when the Cohen’s finally get their house back in Berkley. The new addition to the family, Sophie Cohen, has hope of living a normal life, away from all the drama and heartache that Newport Beach has caused.

The last episode tried to include everything into one episode," said Jennifer Lockwood, sophomore, Canton. "It was still really good though because they actually were able to tie all the loose ends and still have an enjoyable episode.

The last few minutes of the episode let us see where each of the characters ended up.

"I think that was a nice way to end it, after all the things the Cohen’s did for Ryan," said Amanda Altieri, sophomore, North Haven. "He learned so much and wants to help the young boy that he saw who reminded him of himself. Every family should be more like the Cohen’s."

Pop idol Britney isn’t so ‘Lucky’

It is hard to believe that Spears went from being such a positive media figure to having so many personal issues being revealed.

"I think Britney Spears is going through a crisis right now because she just lost her husband and people are viewing her in a different image than little miss pop princess," said Kelly Simpson, freshman, Wappingers Falls, N.Y. "I don’t think she can handle the bad publicity she is getting due to her negative actions like going out with Paris Hilton and almost dropping her baby. Before this she was always something positive in the spotlight."

The Grammy Award winning pop singer has been living in the public eye for years, but it’s hard to say whether Spears will ever be able to return to her previous successful career after so much personal controversy. And her family is in shambles.

"Right now Kevin Federline is looking like a better parent for the kids so he will probably wind up with them," said, Madeline Cox, sophomore, Monroe.

"Hopefully the negative tabloids have made her realize how much of a fool she’s making of herself," said Alexis Sorrentino, junior, New Haven. "I don’t think she will get her music career back unless she makes a complete transformation. I think people have such bad views of her now that it would take a lot to change their minds and make her someone that people look up to again.

Spears has certainly given the public something to talk about, it is unclear what she has in store for her audience in the future.
Features

SHU idol contestants prepare for the second round

Joe Di Guglielmo
Staff Reporter

Judges and contestants prepare to spark a fire in the Edgerton auditorium, while a cheering audience brings this year's SHU Idol competition to its climactic end.

SHU Idol is Sacred Heart's rendition of the hit FOX television show American Idol.

The popular show and the version SHU has adopted share many similarities in how the competition is operated.

Now in its third year running at Sacred Heart, SHU Idol is a fun and entertaining way of showcasing the great talent prevalent amongst our campus and fellow peers.

"It's a great way of having some friendly competition on campus for those who love to sing in front of people," said Ian Straughter, junior, Hackensack, N.J.

Straughter performed in last year's event and made it to the final round.

Now he has committed this year for another chance to claim the top spot.

"Being in front of an audience also allows you to have an outlet to meet new people and to be more social," said Straughter.

In this friendly competition, judges determine a number of things upon making the choice of letting contestants move forward to the next round or to let them go.

"We don't judge the performer based solely on just one quality alone. We look at the strengths the person has to offer in an overall spectrum of things," said Allie O'Leary, sophomore, Holliston, Mass.

Ciao, from Italy

Jenna Rignanese
Staff Reporter

Italy is amazing, and beautiful, though sometimes it is not always full of wine and roses. On my adventures in the ancient city and beyond I have experienced this.

An early Wednesday morning rolls in like all of the others, taking my usual route to the cafe and up to school, I find myself wishing that the day away.

As I walk briskly up the cracked sidewalk, my tired eyes have finally opened.

The sun has just pierced through the thick clouds above. The air not cold but it is not warm either.

As I open the heavy iron gate to the university, a large gust of wind blows right through me.

If I weren't carrying so many books, I would be gone with the wind. Maybe that would be nice, just for today.

My neatly fastened ponytail has become a knotted mess and before I know it my scarf, a staple to the Italian weather and fashion, is blowing it's way down the street.

I chase the flying cloth and retrieve it mid traffic.

Half the battle is making my way to my classroom.

The three flights of winding stairs seem to take much longer today.

The top floor is bustling with news of class cancellations and a broken cappuccino machine, I step into my classroom to find an empty room.

Sighing, the realization of turning back around so soon is upon me and I begin making my way home.

Stepping onto the train, I realize the gypsy's are in rare form today.

Round one was a battle to be picked into the top twelve contestants. Round two picked the top eight and the final round will be between the top four best contestants in the competition.

One contestant making it back again for her third year with the competition is Sophia Cruz.

Cruz won the contest her freshman year and returned last year as a judge.

This year Cruz is competing once more and hopeful to take first place once again.

"I think it's important to put feeling into a song, because if you sing it without feeling, it lacks that sort of passion," said Sophia Cruz, junior, Harwinton.

"I believe that regardless of how you sing, if you put real emotion into a song, it increases the performance tenfold," said Cruz.

Cruz has grown up singing and had numerous voice lessons and doesn't let any nervousness get to her.

Ian Straughter said the same when asked his opinion of feeling nervous.

"I don't really get nervous, I just get excited and anxious to get out there and do my thing. I love being up there and singing," said Straughter.

Straughter, also not a stranger of singing for large groups has had previous experience singing R&B to crowds of people throughout the tri-state area.

All Sacred Heart students and staff are invited to the Edgerton theater on Wednesday March 14th at 10:10 P.M. to come cheer for their fellow classmates and watch as the final four contestants battle it out to be crowned this year's SHU Idol.
Selection for next year’s Resident Assistants begins

Alyssa Larsen
Staff Reporter

A Resident Assistant (RA) is a full time job that a select few have the opportunity of experiencing.

Qualities required for an RA position include: being responsible for others, having time management skills, being caring, hardworking, determined, and creative with good communication skills.

To be an RA some qualifications have to be met.

They include: sophomore class status, twenty-four credits while maintaining a 2.5 GPA and being in good judicial standing.

These requirements are needed to attend RA training.

A student applying to be RA must be a full-time student while being in employment and has to have lived on campus for at least one semester.

"I wanted to be an RA because I love helping people out and I know that for freshmen, living away from home is a rough transition," said Eric Cruz, sophomore, Manhattan, N.Y.

"This is where I come in and make that transition a little less difficult and help it go by a lot quicker," said Cruz.

The RA selections are being held Friday Feb 23rd and Saturday Feb 24th.

On Friday students will fill out applications. On Saturday teamwork bonding and icebreakers will be held.

Interviews will take place next week.

About forty-seven students applied for the RA positions and at least twenty-four will receive the positions.

Out of the most qualified applicants RA's are chosen for the next school year.

These students are highly-motivated individuals demonstrating leadership abilities.

"The selection process is a little bit more relaxed for returning RA's," said Steve Furio, sophomore, Wading River, N.Y.

"You feel more comfortable because you know the hall directors conducting the interview. The application is a little different covering your experiences as an RA," said Furio.

RA's live within the halls and are responsible for ensuring a positive living and learning environment.

They must do this while creating a home away from home.

"I love meeting new people and being an RA gives you the best opportunity to do such a thing," said Cruz.

An RA needs to be non-judgmental and someone others can easily approach.

"I hope to learn a lot about other people and even myself. I think being an RA would be a great experience for me," said Lauren Ljungquist, sophomore, Patterson, N.Y.

"As a criminal justice and psychology major that having this experience will help me out in those careers," said Ljungquist.

"I hope to be someone that everyone can feel comfortable around and who people are not afraid to approach with any problem," said Ljungquist.

To be an RA is not all fun and games.

"I dislike having to document residents for whatever reason because the work that follows is a pain in the butt," said Cruz.

"My favorite thing about being an RA is getting to meet new people and how the staff becomes your second family," said Furio.

"I am going to continue being an RA because it has been and I am sure it will continue to be, a fantastic experience for me," said Cruz.

Applicants will find out after spring break who will be an RA for fall semester 2007.

Spring Break Countdown-Safety Tips for Spring Break Travel

"Always stay with your friends, and never leave a bar alone."

Melissa Doelger, senior, Brooklyn, N.Y.

Don't walk alone. Use the buddy system. Never leave with someone you just met. Attend large parties with friend and plan to leave with the same friends.

www.goflorida.com

"Keep your important travel documents such as your passport in a locked safe."

Nicole Ferro, senior, Great Kills, N.Y.

Be aware of pickpockets who prey on people in crowds. They get close and bump into you without you noticing. Pickpockets also work in groups. One will distract while the other slips away with your goodies.

www.chiff.com

"Bring plenty of SPF. Skin care is on the rise."

Michele Puzzo, senior, Westchester, N.Y.

Tips on how to keep yourself safe during spring break

Taylor Higgins
Staff Reporter

With Spring Break just around the corner, you can take a few precautions and still have the time of your life.

Use the buddy system, there is safety in numbers and it is best to do things as a group. Try to have at least three people with you at all times when leaving the hotel.

Two minds are better than one but a third can usually guarantee a voice of reason.

"Last year on Spring Break my friends and I went to Acapulco and always traveled in groups of no less than 3. This way, no one was ever by themselves which could be a dangerous situation in a foreign country," said Stephanie McGovern, senior, Centerport, N.Y.

Along the same lines as the buddy system, everyone should have another friend assigned to them on group outings, especially at crowded clubs and beaches.

"The two of you will be responsible to have the other person in eye sight at all times and launch a search if you are missing for more than a few moments.

Make sure that someone at home has all the information about your trip including hotel phone and room numbers, the members of your trip, your flight plans and times you should arrive to your destination and return from your vacation.

If any of this information changes make sure to notify your contact person.

Even though it might seem like an inconvenience, take a few moments everyday to call your contact person and check in.

"It is really important to check in on a regular basis with someone at home who knows your itinerary.

Just in case something happens, there will always be that someone who knows where you are at all times," said Mike Donahue, junior, Kinnelon, N.J.

If you do not already have one, try to borrow a cell phone or purchase a pre-paid one.

This will come in handy for emergencies and is worth a little extra cash for the extreme measure of comfort it will provide you.

"I am bringing my dads international cell phone with me this year when I go to Cancun. It is great to have just in case of an emergency or just to check in to let my parents know that I am doing okay," said Jaime Tolland, junior, Montgomery, N.J.

If you are traveling by bus, rail or air, don’t bring magazines with your name and address.

You do not want people who know that you are away from home to know where you live.

Don’t have your name and address highly visible on your luggage for the same reason.

Make sure that you have your identification, emergency contact numbers as well as medical cards listing any conditions and allergies with you at all times.

Getting sick or hurt on vacation is never in any ones plans but accidents do seem to happen at the most inopportune times.

Getting fun during spring break should always be top priority. Following a few common sense safety tips will ensure that you and your friends return safely.

Craziness and wilderness are always encouraged during your getaway on Spring Break, but it is always better to be safe than sorry.

Safety precautions are not meant to be deterrents of enjoying yourself; they are simply implemented to guarantee that absence of anything but fun.
Men's hoops will dance in Pitt Center

Jay Gagliardi
Staff Reporter

You could feel the importance as you walked into the William H. Pitt Center on Monday night as both teams were fighting for the No. 2 seed in the NEC tournament.

With a win the Pioneers would earn their highest ever NEC tournament spot, their first winning season, and complete their first ever four game win streak in Division I history.

After losing to Quinnipiac no more than a week ago, Sacred Heart would need to find a way to instill some fear in the Bobcats before entering the NEC tournament and they succeeded by defeating them 87-84.

In the first half neither team looked like it was fighting for second place. Sacred Heart didn’t score its first field goal until the 14:10 mark and committed a turnover every minute for the first ten minutes of the game. Quinnipiac couldn’t capitalize on these turnovers however and allowed SHU to hang around for the majority of the first half.

Quinnipiac found success in the first half by going inside and attacking the paint, a stat that Sacred Heart has been dominating in recent games. Liam Potter found himself in early foul trouble and the Pioneers weren’t getting much production out of their recent go-to guy, Brice Brooks.

As Adam Gonzalez’s desperation 3-point shot rang off the back iron, a new era dawned on this Pioneers team.

Second place in the NEC. By defeating Quinnipiac 87-84 at the Pitt Center Monday night, the Pioneers reached a plateau that has never been snuffed by a Sacred Heart men’s basketball team in the Division I era.

Sacred Heart will play its first ever NEC Tournament home game tonight when the No. 2 seeded Pioneers will welcome the Wagner Seahawks to town.

It has been a long and trying road to the Number 2 seed for the Pioneers one that took a roller coaster ride through the high’s and low’s of both the conference and non-conference portion of the schedule.

The Pioneers were shelled by UNC, UConn and Boston College.

Despite these losses, SHU is first in the conference in scoring, and 24th in Division I in the same statistic, averaging just shy of 78 points per game.

But behind the numbers, this Pioneer team also certainly has its share of heart.

They notched an impressive sweep of preseason No. 14 mid-major Robert Morris, and another of preseason No. 1 in the conference Monmouth, mounting double-digit comebacks in each of the games on the road.

They survived the blown loss at Central Connecticut, and the subsequent three out of four game losing streak that followed.

Most SHU teams would collapse under the heat and peril of these losing streaks.

But this team was different.

This team had super freshmen Chauncey Hardy and Ryan Litke. Two guys who were a little too naïve to realize that most Pioneer teams don’t mount comebacks or turn-arounds.

But a year after the Kilwe Trim era finished in SHU history, something impressive happened.

The Pioneers actually found a way to balance their point production.

And a year after the Kilwe Trim era finished in SHU history, something impressive happened.

The Pioneers actually found a way to balance their point production.

The Pioneers actually found a way to balance their point production.

But the Pioneers are also a very difficult team to defend.

They shot 34 of 74 from the field and 8 of 20 from the three-point line.

And if that isn’t enough, the Pioneers also have the most balanced scoring attack in the nation, with five players average more than 10 points per game.

As a result, Sacred Heart faced a difficult task in trying to contain this team.

But the Pioneers didn’t make it easy.

They scored 22 points in the first half and only allowed SHU to score 14.

In the second half, SHU outscored the Pioneers 44-37, but it wasn’t enough to make up the deficit.

The Pioneers were led by freshman Chauncey Hardy, who finished with 24 points.

And the Pioneers defeated SHU 87-84, giving them a share of the NEC tournament No. 2 seed.

To do list: defeat Wagner tonight

Pat Pickens
Sacred Heart, who will finish over $500 for the first time in Division I history, has seven guys averaging at least eight points a game. This includes senior leading scorer Jarrod Frye, who is averaging over 13 points per game and power forward Joey Henley who is averaging 10 points per game, just a year after a horrific ankle injury.

The sledding through Northeast conference tournament will not be easy, as on any given night any team can defeat any other.

Tonight’s opponent, Wagner, was one of the teams that beat SHU and also played the Pioneers tough on Feb. 10, losing 81-79.

Win tonight, and SHU sets itself up for a rematch with rival Quinnipiac and potentially after that, a rematch in New Britain at the house of horrors versus Central Connecticut St.

Despite the fact that the potential for difficulty is there, the conference tournament certainly sets itself up nicely for SHU.

Defending champion, and perennial upset, Monmouth is out of the tournament. The Hawks, who finished ninth in the conference, had a down year, but would be seasoned enough to always be considered a threat.

Also, for the first time ever, the Pioneers will have the backing of the Red Wave in the NEC tournament. But because of Monday night’s win over Quinnipiac, the Pioneers will also have a home game for the second round of the playoffs, and could, if Central Connecticut is upset, host the NEC Championship game which would be broadcasted on ESPN2.

All of that is looking deep into the crystal ball, and SHU must worry about beating Wagner first.

But even still, it is quite a step to have our little school with the potential to have its name in lights in less than one week’s time.

All we have to do is win.
Continued from page 12...

The Pioneers would go on to lead by as much as 15 points in the first half. This is the first time SHU and Quinnipiac have met as the Bobcats only shot 33 percent from the field and went 2-10 from three. Fortunately for QU that was the only bright spot for Sacred Heart.

The Pioneers turnover problem continued throughout the entire half and Sacred Heart went into the break having committed 18 turnovers but trailing by only three.

It was no sooner however that QU saw its lead extend to nine points causing coach Dave Biike to call a timeout. Coming out of the timeout, Jarrid Frye decided to put the team on his back and start a 15-6 Pioneer run to tie the game at 50-50.

"Being a senior and a captain, I felt like I needed to step up, especially in front of my family because they don't get to see me play often," said Jarrid Frye, senior, N.Y.

Quinnipiac would continue to fight however behind the play of the games leading scorer, Adam Gonzalez. Gonzalez had a career-high 37 points, but a Jarrid Frye put back and free throw was enough to put them back on top. Five players ended the game in double figures for the Pioneers most of them coming in the second half.

Junior Drew Shubik had 15 second half points to go along with Jarrid Frye's 17 and second half. Shubik finished the game with 22 as Frye dropped 19 in a chance to play in front of his family on senior night.

Jarrid Frye's 15 second half points allowed the Pioneers committed only three turnovers in the second half and closed the points in the paint gap. Sacred Heart also finished the game shooting 52.8 percent and connected on eight three pointers.

"We knew we had to limit the turnovers in the second half and we went into the game trying to keep them to their averages," said Drew Shubik, junior, Stoughton, Pa.

With the victory, Sacred Heart earned a home game Thursday night against No. 7 seed Wagner in the first round of the NEC tournament.

Men's basketball defeats Monmouth Friday

Gabrielle Castellana
Staff Reporter

Sacred Heart beat out Monmouth 75-67 on Monday afternoon following a heroic second half comeback that set up a possible second seed Cinderella clincher against Quinnipiac on Monday.

"Monmouth plays well at home," said coach Dave Biike. This was easy to see during the first half of the game, but their change was evident in the second half, as the Bobcats only shot 33 percent from the field and went 2-10 from three.

Fortunately for QU that was the only bright spot for Sacred Heart.

"We're going to approach it as a team and play as a team," said Biike.

According to Biike, various Sacred Heart players have been successful getting some good performances even if they aren't in the game for a long time. Good performances are exactly what Sacred Heart needed during the second half of this game in order to take the win.

The Pioneers woke up and began focusing on what they knew they had to do. The gap in points began to close with the opening minutes of the second half because of the efforts made by Jarrid Frye, senior, Queens, N.Y., and Drew Shubik, junior, Stoughton, Pa., who was assisted by Tavio Hobson, senior, coastalc.Wash, making the score closer at 39-33.

"It should be interesting in terms of who gets the victory but Sacred Heart has a balanced attack and will play as a unit," said Biike.

The last few minutes showed signs of hope and finally at 3:53 left in the game, they took the lead. Shubik got the rebound off of Brice Brooks, junior, Silverton, Wash, bringing the score to 66-65 with a three point shot.

"Every game is a new event but with good practice, we'll be ready," said Biike. Sacred Heart made sure they had some good practices because at the end of the second half the team really stepped it up.

Kayan Litke, freshman, Windsor, then got another 3-pointer which made it Sacred Heart's tenth of the game. Another 3-pointer wasn't far behind but this time, it came from Luke Granato, junior, Rocky Hill.

Many Sacred Heart players managed to get double digit scores. Brooks finished with 17 points and 9 rebounds. Chauncy Hardy, freshman, Middletown, also had 17 points. Litke had 12 and Shubik had 11.

"We showed a lot of character. Monmouth kept us in check for most of the game but we got hot late and were able to pull it out. Once we took the lead and extended it, we were confident that we would close the game successfully," said Granato.

WBB Senior Night a special one

Brian Fitzsimmons
Sports Editor

Many weeks ago, Sacred Heart point guard Kerri Burke was told her torn ACL would make it difficult to walk normally, let alone play 40 minutes of high-paced full-court basketball the way she desired Swanson demanded.

She was out.

Senior year? Probably lost forever.

That was Burke then.

This is Burke now.

Last week after the Pioneers routed Quinnipiac 73-53, she was laughing with senior teammate Jasmine Walker about the time the two were taking a picture, but both ended up in a birthday cake fight. This trip down memory lane was one of the highlights of Senior Night in the William H. Pitt Center. The sweat dripping down Burke's face started to settle, the noticeable budge of ice under her sweatpants froze her leg from 25 grueling minutes of play and the smeared mascara under her eyes proved she did tear up when the announcer called her name on the floor for recognition prior to the contest. No one said it, but she may have felt what her coach has lately.

"She is the blood and guts of our team," said Swanson. "I hope we are able to contend for an NEC championship, but when she battles to play with a torn ACL, that's all I need for this year."

Last season, as the Pioneers took fans on the ride of their lives by winning the Northeast Conference tournament, earning a bid in the NCAA tournament to face No. 3 Maryland, putting together a consistent streak of wins and crisp play was easy.

They entered the NEC playoffs swimmingly.

This year, without Nicole Rubino, a healthy Burke, and less depth than last season, it has been a struggle.

These seniors accept it, and in a way, love it.

Amanda Pape was the last of the four seniors to have her named called out and her accolades laid about two minutes long.

She is the school's all-time leading scorer. She won the 2006 NEC Player of the Year Award. She was awarded the Connecticut Sports Writer's Athlete of the Year. It goes on and on, but she wasn't focused on that.

"I have mixed feelings," said Pape. "You're sad but you're excited because it's a game."

It wasn't the glory that consumed the Stamford native and it wasn't the bouquet of flowers or the warm hug she was greeted with from Swanson she zeroed in on. It was the feeling that the season's book isn't closed and the playoffs are in sight.

That has been Pape for as long as Sacred Heart can remember.

Walker, who surpassed 1,000 career points this campaign, received a loud ovation from the crowd, but even that didn't do justice for what the dominant post player deserves.

"We all were like, 'We're senior night and we aren't losing.' It brought back a lot of memories," said Walker. "You think of when we first got here and you say 'wow, where'd it go?'"

Just like her fellow seniors, beating the Bobcats was the first priority.

Walker has always been a warrior when she stepped in between the lines and her 14-rebound effort last week was no different.

Mary Rush, who has battled nagging injuries all year long, started the game and exited with just over three minutes remaining surrounded with cheers of appreciation. She never loaded the box score or was considered a prolific threat, but seemed to always come up with a huge play in clutch moments or took a charge when desperately needed. She is a battler too.

After the game, she was quiet about the cheers, silent about her body. She didn't dwell on the memory lane, and shy about bragging about her accomplishments. When asked about the team's mentality going into the playoffs, she had quite a monologue.

These four women have had their ups and downs, high scoring games and low scoring games. They have cried and laughed, cheered and jeered. They danced at center court when they clinched a berth to the field of 64, and were stumped when they came up short. They have matured together, and will compete together this March.

It has been a long road, and that's something to celebrate.

"It's great to watch them grow. You spend seven months out of the year together and you spend so much time together and you talk with each other every day. I think it hits you the following year though," said Swanson. "Next year at the first practice, I'll wonder where Jasmine is or when Amanda is going to pull down a rebound. Jasmine's not here, Amanda's not here, Kerri's not here, and Mary's not here."

Swanson, who admitted to showing a tear or two during the pre-game ceremony, then chagrined his answer.

"These girls left a footprint here and I'm sure 20 years from now, you can come back and that footprint will still be there," he said.

Walker, Pape, Burke and Rush won't be forgotten.

That's just how they are.

This article appeared on www.spsmsportspage.com on Feb 22.

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Seniors Mary Rush, Amanda Pape, Kerri Burke and Jasmine Walker

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Men's ice hockey clinches top seed in AHA playoffs

Erin Howard
Staff Reporter

The men's ice hockey team entered this past weekend needing one point to secure the top seed in the Atlantic Hockey playoffs. Mission accomplished.

The Pioneers defeated Army on Friday 5-3 despite falling early 2-0 courtesy of two Black Knights power play goals against goaltender Jason Smith, senior, St. Lambert, QC. But it was Smith, who earned his school-record 47th career win with a total of 20 saves, who settled down.

"It was a great feeling, especially to win in their domain. Every team in our league knows Army brings their 'A' game at home," said Smith.

At the 5:01 mark of the first period, the Black Knights fired their first goal with a 5-on-3 shot, but just 1:07 later, Army’s shot was redirected and fired into the net by one of SHU's own players.

"Bad bounces happen but we didn’t stop fighting and we came back strong," said Smith.

With 4:19 left in the first period, Todd Spencer, senior, Brentwood N.H., shot from the blue-line but was deflected by Captain Pierre-Luc O’Brien. There at the net, O’Brien fired a slap shot and blasted his 16th goal of the season.

Army went into the final period with a 3-2 advantage, but at the 3:51 mark, O’Brien fired a fast shot but was stopped by Knights goalie Josh Kassel. There for the rebound was junior Alexander Parent, Boisbriand, QC. With a slap shot flying past Kassel, Parent made contact with the back of the net and tied the game at 3.

Parent also went on to add an empty net goal when Army pulled their goalie with in the last minute of the game. With two goals and an assist, he was happy with the way the game turned out.

"The match up, was very physically demanding but we played a really solid game both offensively and defensively. The guys worked really hard and it paid off late in the third period when we tied and then got the game winning goal," said Parent.

The game winning goal was scored by junior Nick Kary, Wetaskiwin, SK, with a little more than two minutes left on the clock. Kary launched the puck to the upper right corner and put the Pioneers up for good.

"As far as the playoff goes, we are in the driver seat right now being the top seed going into the first round. We have two weeks ahead of us to work on the little details to get ready for the biggest game of the year," said Parent about the playoffs, which start March 10.

"Nothing will stand in our way, if every guy brings what we know they can to the table, there will be no challenge," said Smith.

Men’s lacrosse drops opener

Chris Armellino
Staff Reporter

The Sacred Heart lacrosse team traveled to Colgate on Saturday afternoon to start off the 2007 season and the Pioneers had a trying time by falling 14-5.

The Pioneers could not seem to penetrate the Raiders’ offense, failing to score during the first 41:03 of the game, squeezing of only five shots in the first two quarters. The Raiders were equally relentless on offense, with Colgate’s Brandon Corp scoring three goals in the first period, followed up by two more goals from the Raiders, to give Colgate an early 5-0 lead.

"We gave up sloppy goals. There was a lack of intensity," said Bobby Rushton of West Islip, N.Y.

The Pioneers were able to break through the Raiders’ defense, however not quick enough to contend with Colgate’s nine point lead. Peter Greco, of Hamburg, N.Y., shot a pass to Bobby Karl, of Clifton Park, N.Y., who fired the ball past the Colgate goalies with 2:57 left in the third for the Pioneers’ first goal.

Despite a flurry of goals scored by the Pioneers late in the fourth, the impressive display of offense was not enough to contend with the Raiders, whose offensive drive only got more intense. With 6:10 left in the fourth, Rushton added another point for the Pioneers, making the score 14 - 2, followed by goals from three more Pioneer players, closing the scoring for Sacred Heart at 14 - 5.

"We started rolling, but we needed it earlier in the game," said Rushton.

With four goals adding to their five point lead in the second, followed by four more in the third, the Raiders built a 14 point lead the Pioneers could not touch. A swift offense combined with a tight defense ensured a win for Colgate.

Although the game was a disappointment for SHU, Rushton feels it was a learning experience.

"We have to set the tone for the rest of the season," says Rushton. "We know our mistakes now, and we know we can’t make them again."

Pioneer goalie Ricardo Vargas, of Fall’s Church, Va., made 14 saves. Colgate outshot the Pioneers 43-24 and caught up more ground balls at 46 - 30. The Pioneers will be at home next Saturday, March 3rd, to face off against Wagner College at 12 p.m.
Baseball goes 1-for-3 in Virginia

Pat Pickens
Sports Columnist

SHU kicked off its college baseball season this past week in Norfolk, Va. The Pioneers had a three game set, with the Spartans of Norfolk St. In cold, dreary, and sometimes wet conditions the Pioneers were defeated two games out of the three.

Game 1: Norfolk St. 8 SHU 4 — Sacred Heart turned a 3-0 first inning deficit into a 4-3 fifth inning lead. However, the Pioneers could not hold it as Norfolk St. third baseman Juan Serrano went 2-4 with three RBI and catcher Lyall Foran went 2-4 and had three runs scored. Starting pitcher Chris Howard (0-1) pitched 4 2/3 innings and allowed just three hits and three earned runs and Pete Kandybowicz reached base four times, scoring once. But two costly errors held Sacred Heart back. Rob Tencza also went 2-4 for the Pioneers (0-1).

Game 2: SHU 4 Norfolk St. 0 — Senior pitcher Jay Monti threw six shutout innings, and senior second baseman Jay Maiella scored two runs, including a homerun as the Pioneers (1-1) salvaged a split of the Saturday doubleheader. Monti struck out five and allowed just five base runners while throwing just 76 pitches in his six innings of work. Catcher Frank Bainer scored two runs for the Sacred Heart and freshman pitcher Chris Barthel pitched a perfect seventh, in his first career outing to lock down the win.

Game 3: Norfolk St. 11 SHU 1 — The Pioneers made up a 4-0 deficit to tie the game at four in fourth inning. But first baseman Ernie Banks and catcher Lyall Foran each scored three runs apiece and drove in two runs as Norfolk St. jumped out to an 11-4 lead. First baseman Bobby McKeen went 2-6 with an RBI and a run scored. The Pioneers struck back for four runs in the top of the ninth inning, and got the tying run to the plate, but closer Joey Scal struck out McKeen looking to end the game.

Shubik is Mr. Versatility for men’s basketball

With the Sacred Heart men’s basketball team as the No. 2 seed in this year’s Northeast conference tournament, the buzz around the team has never been bigger. With seniors Tavio Hobson and Jarrod Frye leading the way for the last time and the emergence of freshman stars Ryan Litke and Chancey Hardy, there is no reason to believe this team can’t advance to the big dance.

In the midst of witnessing a high-octane offense that consists of the deepest bench in the league, one player has stepped up to help drive the Pioneers right into the playoffs and possibly beyond.

That player is junior guard Drew Shubik. The Storystown, Pa. native has some success in his career here but has begun to shine brightly when the Pioneers have needed him.

This past Monday, Shubik put the game out of reach with back-to-back three pointers as the Pioneers beat their Merritt Parkway rivals Quinnipiac. He also led the Pioneers with 22 points.

However his efforts against Quinnipiac were not the only time that Shubik has come up big. In his freshman year, Shubik averaged just over 24 minutes per game, which was good for third on the team, and started the last seven games of the horrendous 4-23 season.

The next year as a sophomore, he continued to develop into someone the Pioneers would build around. He helped improve the program’s record along with star center Khwe Triam, and became a prime candidate to breakout the following season.

That season has just happened and Shubik couldn’t have stepped up more. Entering tonight’s first round playoff game, he poured in 11.7 points per game in conference, and has pulled down 106 rebounds and dished out 110 assists overall.

Against Farleigh Dickinson University, he drilled a pair of free throws in the final 30 seconds to put the game on ice for the Pioneers, which has been something the team has lacked throughout this season.

What sets Shubik apart from his teammates is his versatility. The 6’4 junior has the ability to run the offense and to play stingy defense. He also has the range to be an effective 3-point shooter and the ability to drive the lane and is considered by some to be the best ball handler and passer on the team.

Sacred Heart guessed they landed a player who is perfect to build around. Looks like it found the right man.
Men’s and women’s hoops secure homecourt advantage in the NEC playoffs.

THE TOP DOGS

The men’s ice hockey team lost on Senior Night, but took care of business Friday.

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LAXED EFFORT

Men’s lacrosse opens their season with a tough loss to Colgate.

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