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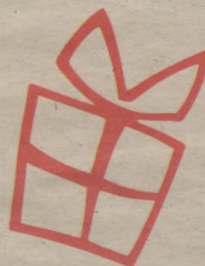
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January 29, 2009 Volume 25 Issue 12



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The Spectrum/Zack Lane

Joba Chamberlain (left photo) and Jon Lester (right photo) talk life, rivalry, and Major League Baseball in the William H. Pitt Center on Jan. 27.

Pitching phenoms fire up 'hot stove' at SHU

Rob Morgan
Sports Editor

With pitchers and catchers scheduled to report to spring training in a little over two weeks, a pair of Major League Baseball's top flamethrowers made a special appearance at the William H. Pitt Center on the campus of Sacred Heart University on Tuesday, Jan. 27.

Joba Chamberlain of the New York Yankees and Jon Lester of the Boston Red Sox joined thousands of students, faculty and staff, and members of the Fairfield community for a special "Hot Stove Conversation" edition of the Student Affairs Lecture Series.

The two pitchers fielded several questions from moderator Andrew Marchand of ESPN Radio as well as from four children from the Connecticut area. The questions ranged from expectations for the upcoming season to personal accounts of the trials and tribulations that each has faced throughout their lives.

Chamberlain and Lester each figure to be at the center of the Yankees-Red Sox rivalry once again this season and both are anxious to get back on the field and begin pre-season workouts in Florida.

"It's going to be great," Chamberlain said of renewing the rivalry. "We made a lot of acquisitions and so has Boston but you can't take any team lightly."

While both are still young and have yet to reach the prime of their careers, Lester, 25, has already achieved what only a handful of pitchers in MLB history have done.

Lester was the winning pitcher in Game Four of the 2007 World Series as the Red Sox swept the Colorado Rockies to capture their second world title in three years.

Last season, Lester added yet another feat to his resume when he no-hit the Kansas City Royals in Fenway Park to become the 18th Red Sox pitcher in team history to toss a no-hitter.

"To be honest, I was just glad the game was over," said Lester. "It was men-

tally and physically grueling."

Lester's success is particularly impressive as he was diagnosed with anaplastic large cell lymphoma in September 2006 but has battled back to beat the disease and become one of the Red Sox most consistent pitchers.

"It was surreal at first, but we knew what we had to do to beat it," said Lester. "I didn't care what the doctor said - I knew I was going to Spring Training on Feb. 1."

Chamberlain has also developed into a key member of the Yankees' pitching staff, splitting time between a relief pitcher and a starting pitcher in the two years that he has been with the club.

When asked by Marchand whether he had a preference for either one, Chamberlain replied with an abrupt "nope."

Chamberlain's appearance at Sacred Heart comes just three months after he was arrested in Nebraska for driving under the influence of alcohol. Chamberlain was scheduled to appear in Lancaster County court on Monday, Jan. 26, however, his

lawyer filed a motion to delay the appearance in order to gather more information on the case.

According to police reports, Chamberlain was carousing with friends at a night club until the early morning hours before he was pulled over by a Nebraska state trooper for speeding with an open alcohol container in the front passenger seat.

Since the incident, Chamberlain has apologized to the Yankees and his fans for an "error in judgment" and has used the experience to teach others, including those in attendance on Tuesday, about the dangers of drinking and driving.

"I made a mistake and I was lucky," said Chamberlain. "It gives me the opportunity to tell you first hand I did mess up. It ain't that hard to pick up the phone or give someone else the keys."

For more on Tuesday's "Hot Stove Conversation" with Joba Chamberlain and Jon Lester, see Sports Scene on page 14...

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News

Students witness historical inauguration

Mari Brown
Staff Reporter

On Tuesday, Jan. 20 America's first African-American president was sworn into office. After spending eight months and \$3,600 to see the 56th Presidential Inauguration live, 102 Sacred Heart University students were in attendance.

Barack Obama was inaugurated into the presidency with Joe Biden as his vice-president. On this historic day, Dr. Gary Rose, department chair of political science, 97 Sacred Heart students, and four other chaperones made a trip to Washington D.C. to witness this event in America's history.

Dr. Rose wanted to plan what is now his seventh trip to a presidential inauguration because he said he "wants kids to really experience what is one of the richest traditions in American politics and really appreciate their citizenship."

It was a historic event, said sophomore Regina Scafariello, who attended the inauguration. "It was extremely memorable. Being able to experience a part of history and seeing the apparent significance of the event, shown by the turnout of the people, is something I won't forget."

The Sacred Heart members were in Washington D.C. for three days and two nights. Tuesday was taken up by the inauguration. However, in their spare time on Sunday and Monday, they said, they got to tour Washington and explore on their own.

The event that captured the attention of so many Americans was an all-day affair. The program officially started with music by the Marine band at 11:30 a.m., and didn't end until 6 p.m.

During the six and a half hours at the White House, many events were on the agenda. These included an invocation, a song sung by Aretha Franklin, a poem read by Elizabeth Alexander, and of course, the swearing in of Vice-President Biden and Pres. Obama. Following the Presidential Oath of Office, Obama made his first speech as president of the United States.

Sacred Heart attendees said they stood near the



Photo courtesy of Professor Greg Golda

2 million thousands of Americans gather in front of the Capital Building to witness the ceremonial inauguration for Pres. Barack Obama on Jan. 20. in Washington D.C.

Washington Monument, in the cold, surrounded by 2 million people, literally packed in "shoulder to shoulder," said Rose, which created what he referred to as a "surreal dimension from the White House to the Lincoln Memorial."

Obama made several points in his speech. One statement by Obama was that "our economy is badly weakened, a consequence of greed and irresponsibility on the part of some but also our collective failure to make hard choices and prepare the nation for a new age."

Senior and student-body president Matt Telvi, who also attended the Inauguration ceremonies, said, "There were many good strong points he made that should help

our country become stronger, not only for ourselves but for the world to see."

Aside from making promises about foreign and domestic policy, and promising to make the United States a Union of peace and fewer domestic issues, Obama made several references to American history. He included stories about George Washington and Valley Forge, a reminder of Concord and Gettysburg, and references to today's War in Iraq. He encouraged Americans to "pick ourselves up, dust ourselves off, and begin again the work of remaking America."

See INAUGURATION on page 2...

Hawley Lounge among places that receive facelift

Stephanie Sakellarides
Staff Reporter

After many years of loyal servitude to the students, the Mahogany Room, Hawley Lounge, and bookstore have been changed to improve the appearance of the university and the overall campus environment.

Overall, Sacred Heart University student's reactions have been positive, yet a number of students have mixed feelings about the necessity of the changes.

"All of these projects were done to enhance the living, studying, and working environment of SHU students, faculty and staff," said Floyd Young, director of campus operations.

Students seem to be appreciating the new entrances and increased space that has been brought about in the bookstore and Mahogany Room.

"The new doorway to the Mahogany Room eliminates the crowds, pushing through to get in," said junior Kelley Valdes.

Glass has been added to the

outer wall perimeter of the bookstore which students described to appear more open and spacious.

"I've been working at the bookstore for over a year and it is nice to see that our tuition money is being used to improve our school as a whole instead of specific clubs and sports," said junior Nabil Ibrahim.

Not only has it been given a new storefront, but the bookstore has also been reorganized so that students will have an easier time of finding items that they need, whether it is textbooks or a school spirited t-shirt.

"The aisles are a lot narrower so it is harder to help students to get their books without other students needing to pass by," said Ibrahim. "I have not heard any students complain about the renovations, a lot of the students like it because now it feels like a real bookstore."

From game room to study lounge, Hawley Lounge has gone under a major makeover throughout the first semester and winter break. It has been completely renovated from its new paint job and ceiling to the flat panel tele-

visions.

Still, after speaking with several students it seems that Hawley Lounge has now become less appealing to students who regularly go there to take a break and play a few games.

"It's trendy, but we need more pool tables, and we need an Xbox in here," said freshmen Dan Myers.

According to some students, the new furnishings may seem somewhat intimidating.

"You can't put your feet up on anything anymore, everything's so new," said Senior Alison Roach. "And you can't even hear the TVs, because they're all on the same wall," said Roach.

Some students feel that Hawley Lounge now resembles the comfort of a coffee shop or study lounge. Also, its new carpeting and furniture makes it less comfortable for some students because it seems too new and clean to be a place where students can put up their feet up and kick back.

"It's lost its homey touch."



The Spectrum/Dan Nevanpera

Students relax in the newly renovated Hawley Lounge.

There's not even a lounge for international students anymore," says senior Anne Sieracki. "The international flags are no longer hung up, which was a major part of Hawley Lounge and were even shown during the Sacred Heart tours."

Along with these renovations, other additions were made to Merton and Seton Hall. Young

said that there have been improvements to the entrances and signage which gives the residence halls a more welcoming touch.

Floyd Young said they are in the stages of planning new projects for the summer and that one accomplishment will be to add additional electrical plugs in the Mahogany Room and replace the furniture.

Recession hits students harder over winter break

Financial difficulties become more apparent during holidays

Alyssa Scott
Staff Reporter

Returning home for the holidays, Sacred Heart University students faced financial changes that revived a sense of fear for the current economic recession.

First declared in 2008, the National Bureau of Economic Research defines the United States' economic recession as "a significant decline in economic activity spread across the economy, lasting more than a few months, normally visible in real GDP, real income, employment, industrial production, and wholesale-retail sales."

Although the recession has only recently been declared, experts had seen trouble on the horizon.

"In the late nineties a bubble formed in the stock market, as bubbles inevitably do, it popped," said Russell P. Engel, Ph.D., assistant professor. "Subsequently, the economy started to slide downward. To counteract this, the Federal Reserve cut interest rates. Therefore it was very cheap to borrow money. One major way this worked through the economy was in the housing market."

Because of the crisis that banks and other financial institutions are facing and the rising debt that many have accumulated, many people nationwide are suffering the effects of past decisions. Being apart from the crisis, students in college may not have directly felt the impact while living on campus.

However, after leaving school for the holidays, the hearsay of a plummeting economy became reality. While some returned home to struggling relatives, others observed the effects of the crashing job market in their own work or local retail outlets.

Since the beginning of the recession, many people have found themselves jobless and in search of work. Lacking the strength to keep businesses open, the economy leaves the unemployed on a seemingly endless hunt

for new job opportunities.

"My uncle got laid off and hasn't been able to find a job for a year," said sophomore Kristin Wood.

Some students found that the scarce availability of jobs affected them directly. Although they may not have lost their own jobs, some saw their parents laid off, changing their family's economic conditions.

"My mom lost her job, and she is having a hard time finding a new one. Everyone says they aren't hiring," said sophomore Sarah Pelletier. "It hasn't affected my family tremendously, but every bit counts."

This reality matches that of hundreds of citizens nationwide.

According to the MSNBC Web site, "More than half a million people lost their jobs in November, and the layoff announcements keep coming from companies in almost every industry."

Not only are Americans afraid of losing their jobs, but they also face the termination of necessities such as health care and education.

The New York Times said that because of the recession, 8.5 million Americans risk losing their health care coverage. Also, community colleges and technical institutes are hiring more professors because families of high school students cannot afford to send them to a four year school.

"My dad laid off twelve people while I was home on break. He hates doing it, but our economy is in a poor state," said Wood.

The high percentage of unemployed Americans has cleared out retail outlets. With just enough to get by, extra spending has taken the back burner to necessity. Even those who remain employed have become frugal in fear that their job could be gone instantly.

"People were barely buying anything. Companies lowered their prices, and it didn't seem to work," said Pelletier.

The decline in retail, noticed by many students, correlates to poor spending decisions that have come to affect big businesses.

"When home prices were increasing, many viewed this as an increase in their wealth. They would borrow money using their home as collateral. They would use this money for consumption (cars, vacations, electronics, restaurants etc.," said Engel. "As soon as housing stopped increasing in value, this source of money is shut off. This means no new cars, no flat screen TVs and worst of all, no college tuition money for some. You can see this in the firms that are already facing major trouble (GM, Ford, Circuit City, Starbucks)."

After coming back from a long break at home, many students now recognize the severity of the situation. Because they did not feel the immediate effects of the economy on campus, the realities of the repression scared some into being more cautious with their own money.

"Before I left for school I didn't realize that the economy was so bad. When I went home, my aunt got laid off, and everything seemed a lot worse," said sophomore Kayla Jerome. "It made me feel like I should be more careful with my money."

What students have seen on their break is now becoming a problem for people worldwide.

As the United States' economy takes a hit, other countries begin to suffer a failing financial situation as well. Since November, the New York Times said "France has joined Spain, Ireland and Denmark in posting two consecutive quarters of economic contraction, a widely accepted definition of recession."

Most recently, the declining economic conditions in Britain have lead them into financial trouble.

According to MSNBC.com, the British government recently revealed "the country's economy shrank 1.5 percent in the fourth quarter and declared the country in a recession."



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News

Environmental activist to speak at SHU

Dr. Majora Carter works to 'greenify the ghetto'

Therese O'Shea
Staff Reporter

Environmental activist Dr. Majora Carter is scheduled to speak at Sacred Heart University as the next part of the school's award-winning Student Affairs Lecture Series.

The lecture entitled, "Greening the Ghetto," will be held in the Edgerton Center for Performing Arts at 7 p.m. on Feb. 11.

A life-long resident of the South Bronx, Carter saw the disheartening economic and environmental situation in her community.

In 2001, she founded Sustainable South Bronx (SSBx) a non-profit organization committed to cleaning up and bringing economic stability to the streets of her hometown.

Shortly after the founding of her organization, Carter wrote a grant for \$1.25 million towards developing an 11-mile-long waterfront park, which would serve as an alternate form of transportation, space for leisure and recreation activities, as well as provide jobs for the community.

"I'm really happy to hear that someone is trying to make a difference in the poorer neighborhoods in my borough," said sophomore Liam Roecklein, a resident of the Bronx. "It shows how much she cares, and that means a lot to the people

who live in the borough."

Part of Carter's work with SSBx has gone towards implementing the Bronx Environmental Stewardship Training program (BEST), which helps to train and place workers who want to be involved in a new generation of green-collar jobs.

BEST was started in 2003 and has worked to administer workers in the community to help install green roofs, restore the river bank, and maintain urban forestry.

In a world where "going green" is the new phenomenon, Sacred Heart, too, seems to be in favor of this plan.

"I think she is a major influence on going green initiative all over the United States, from her work in the Bronx and her work in going green media," said Robert Gilmore, graduate assistant.

"I think there's a lot we can learn from her in this new age of trying to prevent further problems in our environment. I think she's a great source of leadership when it comes to going green."

Some students at Sacred Heart say they are looking forward to Carter's lecture, especially considering that many Americans are paying attention to the economy, as well as the environment more than ever.

"In the current global environment, its coming to a point where being environmentally aware and going green is a

top priority, and there might not be a better person to express that to our students to Majora Carter," said graduate student Mike Tarantino.

Students also have frequently expressed their support of a greener society.

"Coming from New York City, you do see the effects every day of not only pollution, but the constant effort to go green," said senior Mike Pezza. "I think that not only her intentions for the earth are good, but her intentions for the people living in it are even more substantial."

Residents of the South Bronx have a significantly less amount of open space and waterfront access than other parts of New York City, according to the SSBx Web site.

Because of this, Carter backed the South Bronx Greenway Project, opening up a greenway along the South Bronx waterfront to provide much needed open space in this congested section of the city.

"I'm glad that someone is finally making a difference in the community," said Roecklein. "That area has been run-down for years and it could be beautiful waterfront property if someone put some work into it."

Carter will explain in her lecture how she has done her part to "put some work" in to benefit her hometown.

"I'm especially happy for the minority

residents of the areas that she is cleaning up, because everyday all they see is ugliness and destruction. Hopefully with the help of Dr. Carter the children of this area will begin to see the beauty of their neighborhoods," said Roecklein.

Although Fairfield might seem a world away from the problems of the South Bronx, many students said they are interested in hearing what Carter has to say about her efforts to bring life back into her community, as she strives to inspire other struggling communities to adopt her initiative.

In 2007, Carter was named one of Newsweek's "25 To Watch," among several other honors, a recognition that helped bring her to the attention of Sacred Heart.

"I think that the students here should really listen to what she has to say, considering we are the up and coming generation of potential green-collared workers," said Pezza.

Issues on campus? Exciting events?
Notice anything newsworthy?

If so, please contact News Editor:
pannyc@sacredheart.e.du

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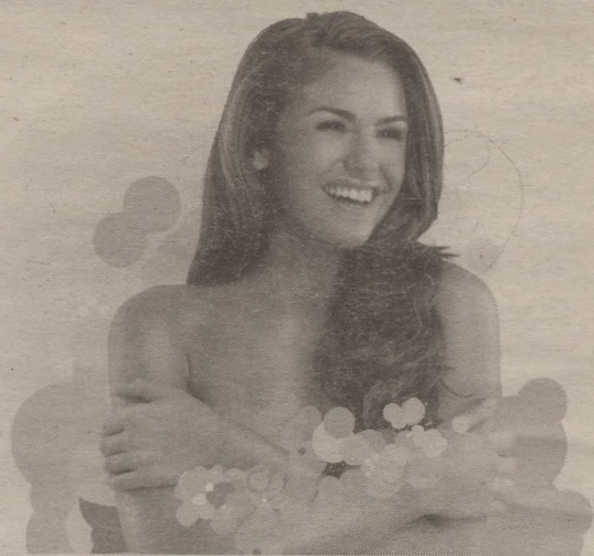
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TELEVISION MAKES SWITCH TO DIGITAL

Mallory Berko
Staff Reporter

It's coming. Are you ready?

The switch to digital television is near.

For the past six months or so, consumers have constantly been reminded that the switch to digital television, or DTV, is coming, and any American who owns a TV must be ready; that is if you wish to continue watching television.

According to the DTV Web site, the transition is considered to be "the switch from analog to digital broadcast television. It was back in 1996, that the U.S. Congress authorized the distribution of an additional broadcast channel to each broadcast TV station so that they could start a digital broadcast channel while simultaneously continuing their analog broadcast channel."

Now, 13 years later, Congress has authorized that Feb. 17 will be "the last day for full-power television stations to broadcast in analog," and anyone who does not comply with these national changes will see nothing but a fuzzy screen.

For students who live off campus, depending on the source of their television programming, whether it be over-the air programming or a paid service provider, this will determine what action, if any, they need to take.

According to the Federal Communications Commission (FCC), "consumers who receive only free over-the-air television may view digital programming through a TV set with a built-in digital tuner or a digital-ready monitor with a separate digital tuner set-top box. If you have analog television, you will have to purchase a digital-to-analog set-top converter box to attach to the TV set."

Some Sacred Heart University students that live off campus may not be directly affected by the transition, but others may still have to dig into their pockets to comply with the changes.

"We don't have to change our service provider, but the bill has gone up a little bit," said senior Anne Marie Vecchiolo.

Perhaps there is more to this "transition" than the FCC has said.

In fact, there are now talks of the transition being delayed. Business Week just released an article, Digital TV: Delayed Transition, which said, "The House and Senate this week were expected to take up committee bills that would delay the transition nearly four months, until June 12. Nearly 8 million households, mostly low-income and elderly, could lose their programming if the current deadline holds. A delay will give them extra time to refill the coffers for a federal coupon program that heavily subsidizes the cost of special TV-signal converter boxes."

Yet some critics argue that the delay of the transition would cause some unprepared consumers to suffer.

According to Business Week, "Consumers with old televisions can use converter boxes to turn the new digital signals into analog ones that their televisions can display."

However, there are approximately 13 million coupons—in which case households were allowed two coupons each, upon request—that have yet to be redeemed. Still, the question that remains is how is Sacred Heart preparing for this transition? And will students see a change, if any, in the amount of channels?

For the most part, Sacred Heart's channels are already digital as they are delivered via satellite. However not all channels may make the transition.

"Some channels will not transmit digitally, even after the cutover date. About five channels on the SHU campus will be affected, so we have a contract in place with our cable provider to ensure that it will be a transparent cutover. In other words, Telecom has signed an agreement to have hardware installed for those channels that will be affected," said Saburo Usami, director of networking & Telecom.

It seems that not only is Sacred Heart doing all they can to ensure that students living on-campus will continue to view the same TV lineup, but those living off campus seem to be set with this up-and-coming transition as well.

Transfer students: Moving in and moving out

Jason Manzella
Staff Reporter

A recent study conducted by the National Center for Education Statistics shows that as many as 60 percent of American college students will attend more than one school before graduating with a bachelors degree.

There are many reasons which influence a college student's decision to transfer. Whether it is academic, social, or personal reasons, students tend to move around until they find an environment that they feel comfortable in.

While a big-city school with nearly fifteen-thousand students may appeal to some college-bound students, the smaller class size and campus structure of Sacred Heart University also catches some eyes.

During his years as an undergraduate, Dan Kinsman, transferred to Sacred Heart from Central Connecticut State University.

"I didn't like the city-sized campus, I was looking for a smaller more quaint campus," said Kinsman.

Yet the process of transferring can still leave implications.

"Students may be comfortable in their environment and scared of transferring into a new environment," said Cara Jordan, assistant dean of transfer students.

Jordan also said that finances and today's economy play a large role in a student's existence at a university. Students that are considering transferring to a smaller, more private school, may be unable to do so because of the increase in tuition prices.

"In the fall semester we had 420 applications and enrolled 158 [transfer students] while in the spring semester we had about 200 applications and enrolled around 95 students," said Jordan.

Transfer students also undergo a two week transfer seminar with topics ranging from aspects of campus life to academic advisement and student activities.

Though transferring can lead students

to better opportunities and a stronger learning environment, there are still set-backs to the process. One of the common concerns of transferring students is transferring the credits that they've already earned.

"Making up credits is the hardest part," said Kinsman. "I should have researched a lot more. When I applied I didn't realize which credits they would and wouldn't take."

Some transfer students find it difficult to adjust socially to a new college atmosphere. Sacred Heart offers many clubs and organizations that allow both new and old students to meet and interact. The Student Events Team also hosts different social events throughout the semester such as bingo, live music, and stand up comics.

According to the Sacred Heart Web site, too many students transfer in and out of different universities without connecting with other transfers and key people who could help them create a solid experience.

Sacred Heart University's goal is for its students to have an easy transition in, maintain a good academic standing, be happy, and graduate successfully.

Inauguration sparks new confidence in Pres. Obama

...CONTINUED from page 2.

The speech "showed how important it was for American's to have a realistic approach towards the current situation the U.S. is in," according to Scafariello.

Many of the Sacred Heart students who attended the inauguration found the speech to be very captivating and motivating.

After the speeches, songs, poems, and luncheons, the final element of the day occurred. Obama hosted the traditional President's Ball, where his wife and new First Lady, Michelle Obama walked onto the ballroom dance floor. After the dancing, however, many Americans said they are interested in seeing what Obama will do.

Telvi said he hopes Obama "follows through with a lot of his campaign chatter, our country is in a crisis that has many different parts, and I think President Obama needs to put attention to as many as he can."

Even though Rose and Sacred Heart students were unable to attend the Presidential Ball at the Walter E. Washington Convention Center, they said the trip was worth the long journey, months of planning, and coping with very large crowds in the cold.

"This inauguration was more than just a presidential inauguration," said Rose. "There is something that transcends the normalcy of the presidential inauguration with Barack Obama."

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Perspectives

Reconsidering the traditional New Year's resolution *Students fall back to old tendencies soon after the countdown ends*

Joe Mazza
Staff Reporter

It's the New Year, the time when people change their habits to better themselves for the rest of their lives. Or maybe for a week.

Many Sacred Heart students and faculty have realized that New Year's resolutions are a washed-out idea. According to helium.com, 30 percent of all resolutions are broken within the first week.

"The gym is always full in January, but then every week there are less and less people," said professor of nutrition and chemistry Dr. Kon S. Chen.

This could be attributed to the fact that people tend to set extreme goals for the

New Year, that sometimes can't be filled.

"I think the problem people run into is that they view change in 'all-or-nothing' terms, and they want to make radical, unrealistic changes right away," said assistant professor of psychology Dr. Jennifer Gosselin, "like losing 30 pounds overnight or quitting smoking cold turkey. They tend to set themselves up for failure. If people made resolutions that involved more gradual change, I think they would be more successful."

While this may be true, there are some students who don't make too drastic of changes. For instance, senior Rachel Lyons found difficulty in something as simple as giving up fast food.

"I wanted to stop eating at Wendy's,

but that didn't last very long," said Lyons.

Others also consider resolutions to be ineffective because they feel that the goals are being set for the wrong reasons.

"People shouldn't make goals because it's a New Year," said senior Tim Greening. "Goals should be made because that's what you need in your life."

So why wait until the New Year to make these drastic changes? Professor of psychology Dr. Jennifer Gosselin doesn't make New Year's resolutions because she sees everyday as a shot at change.

"It seems sort of contrived to me.

People can choose to make changes any day of the year, at any time. They don't have to wait for New Year's Day," said Gosselin.

Although New Year's Resolutions don't seem to work much of the time, they do remind people of their goals and get them to start thinking about how they can better themselves.

According to proactivechange.com, "making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

Receiving moral support for your New Year's goals is also a factor.

"[It helps] to have people around you who can support you in the changes you are trying to make, like a friend who is a non-smoker who will talk you down when you're craving a cigarette, or a gym buddy," said Gosselin.

Back home for break: students struggle with transition

James Kearns
Staff Reporter

Ah, liberation. Being on your own and free from parental rules is an amazing thing. But, as students experienced as they went home last month for five weeks, what happens when you have to go back?

Returning home from after a semester at school has its hardships. Freshmen especially can have a difficult time with the transition process because their parents are unaware of exactly how independent they have become. As a result, students sometimes must submit to the role they left months ago.

"The thing I really missed about Sacred Heart was the living on my own part. The part where there are no parents to tell you what to do or keep you from doing something," said sophomore Pam Rizzo.

Freshman Michelle Hevey agreed. The rules her parents had set for her in high school still applied when she arrived back home.

"It was weird," said Hevey. "I had less freedom and a curfew. I had to tell my parents where I was at all times like I wasn't an adult."

Some experience other difficulties with going back home. Aside from the rules and expectations, students find it

bittersweet to part from certain people for a long period of time. It's a combination of being excited to see family and old friends, and being sad about being away from their new friends.

"The hardest part was having to leave the people I just met, and it's going to be even harder over the summer," said Hevey.

Others, however, didn't have much of a difficult time adjusting to home life at all. "[When I went back] it was as if I had just left yesterday," said freshman Andrew Alman. "It was very easy to adjust to being back at home even though my room was changed and stuff was moved around."

Yet, while the environment was comfortable, there was still something missing for a few students.

"I was getting a little bored back at home," said freshman Dominick DiMaria. "Not having anywhere to be and killing time were both the hardest and the easiest thing."

Despite the hardships, many students were happy to be back home for a variety of reasons. Those in relationships were happy to be in each other's company again. While some enjoyed spending time with their families, others liked that they got to reunite with old friends.

And, most importantly for sophomore Dee Bower, "Mom's cooking!"

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The Spectrum
Sacred Heart University
5151 Park Avenue
Fairfield, CT 06825

Office Phone: 203-371-7963
Advertising Line: 203-371-7828
Fax Line: 203-371-7828
Website:
<http://sacredheartspectrum.com>

SHU Voices

Zack Lane
Staff Photographer



Shane Cashman
Freshman

"Guacamole."



Dan Colascione
Junior

"Bean-less dip and pumpkin pie, together."

What is your favorite Superbowl snack?



Nicole Eastman
Sophomore

"Doritos."



Jes Perille
Senior

"Cheese and pepperoni crescent rolls."

Rave of the week: Large crowd gathers to welcome new president

Rants & Raves

Allie Pohevitz
Columnist



O-ba-ma! O-ba-ma! O-ba-ma!

The chants could be heard throughout a good portion of Maryland and Virginia last Tuesday as Barack Obama took the stage to be inaugurated as the 44th President of the United States.

Being fortunate enough to attend the inauguration with around 100 other Sacred Heart students, I am thankful to say that I got to be a part of history.

With a record high number of attendees, estimated at close to 3 million, this 55th swearing in was unlike any other. Seats for this event sold at around \$9,000 a piece.

And many people had no problem paying that much to witness such an amazing event.

Five thousand porta potties lined every street, and approximately 10,000 buses waited on highway lines that went on for miles. It was clear that this was one of the biggest events in America's history.

Upon arriving in Washington D.C. the morning of the inauguration, the lines of people waiting in every direction was something unlike I had ever imagined.

After walking through the streets and working my way toward the capitol building, I could see people climbing trees and standing on top of buildings with the hopes of getting a better glimpse of the magic.

They also sat upon the many porta potties and tourist stands in the attempt to get just a few inches closer.

What was most amazing to me, however, was how friendly everyone was. There was some pushing, but with at least a couple hundred thousand people on either side of you, that was to be expected.

Other than the few nudges from anxious onlookers, everyone held out hands to help strangers make their way through the crowd.

American flags were always in sight, and the atmosphere was that of a large group ready for an even larger change.

Though security, armed military, fire trucks, police, ambulances, and Secret Service patrolled throughout the streets of Washington D.C., it was still very comforting to see that Pres. Obama and first lady Michelle Obama were able to get out and walk proudly down the streets during the parade route.

As for fighting, I am happy to say that that was also kept to a very dull minimum.

Of course there were the occasional protestors, but the fact that only a handful of the millions of onlookers were against the proceedings really says something about our nation and how we have grown.

Compared to our nation's recent past, we seem to be more accepting and positive than ever before.

A country that was once so divided has now proved that we can do anything if we put our minds to it.

Just 100 years ago, the idea of having a black president would have been thought of as a joke.

Now, not only is it an idea, it is reality.

With promises of necessary change and turns for the better, Pres. Obama has his work cut out for him, and I have no doubt that he will be able to fulfill his promises.



AP Photo/ Evan Agostini

Thousands of Americans stand in the cold in Washington D.C. to witness the historical presidential inauguration on Jan. 20.

He Said/ She Said...

Is dating a friend's ex against the rules?

Brian Germain
He said



Not to make this an algebra equation, but let's examine your friend's ex-girlfriend in terms of the letter "x." An "x" is an ending; something off-limits. An "x" is not an opportunity.

Do not get caught up in your fantasies of being a pirate and believe that "x" marks the spot for buried treasure. There is no treasure to be had in an ex-girlfriend of your buddy; only trouble.

"X" means wrong. It is a letter used to warn; a letter used to cross off something that is not a possibility. This is the frame of mind you need to have if you're foolish enough to contemplate undergoing courtship rituals with a friend's old flame.

Dating the ex-girlfriend of a comrade is complete disrespect and it is a clear violation of man law. Ah yes, man law—the set of guiding codes and principles that govern a man's actions deeming them acceptable or not.

This is the same set of laws that calls for a one urinal buffer in public restrooms, establishes the shotgun rule, prohibits the watching of soap operas, requires the operational knowledge of baseball, and so forth.

These are the laws composed by great men of all time: John Wayne, Burt Reynolds, Clint Eastwood, Chuck Norris, Michael Jordan, Abraham Lincoln, and many more.

Dating a friend's ex is a direct breach of the policies of man law that establish universal respect amongst the gender. The penalty for such insolence varies depending on the amount of time spent dating and the volume of feelings experienced. No matter how it is broken down, it is a plain betrayal.

There are no exceptions to this rule. Don't be fooled by a possible blithe response from your friend.

If you approach him thinking you're being respectful by asking his permission to pursue something and he gives you his blessing, he does not really mean it. This is an obvious trap to see if you will actually go through with it.

If you decide it is worth the trampling of feelings, then one, there is some disconnect with your mind's decision making process and common sense, and two, shame on you because your friendship will be cracked and torn...permanently. Even if you don't see it, there will always be resentment.

Once there is intimacy between a female and your friend, that makes her off-limits. Just try to remember rule number one of man law: bros before...well, you get the picture.

Amanda Altieri
She said



Breakups are always hard, and many times it is the friends around you that get you through a difficult break up.

When your friend is down because of a guy she was dating, most friends want to lift her spirits and give them words of encouragement.

For the most part, when your girlfriends are there for you at the time of a breakup, they are obviously not looking to hook up with the jerk that dumped their friend.

I think that friendship should come first and that even if it was your friend who broke it off with a guy, it really isn't the best idea to be dating or hanging out with a friend's old boyfriend.

If you were friendly with the guy before they dated, it is understandable to remain friends.

But being involved romantically can lead to some hard feelings, and betrayal to your girlfriend.

Even if you wanted to date your friend's old boyfriend and there weren't initially hard feelings, it can become hard.

This I know from experience. Even when you get the go-ahead to date an ex-boyfriend, it is girl code for "no don't do it, you were my friend first."

Many times, a guy's way of getting back at his old girlfriend is by dating one of her friends as a rebound.

This is definitely not a good idea and girls should stay away from this situation. If enough time has passed and both parties have moved on from each other, it may be less of a slap in the face to your friend.

Sometimes you can't help who you like and how you feel, but if a friend was seriously involved with a guy, then as a good friend you should leave the situation alone.

It isn't worth the drama. Girls get jealous and take things personally, so staying away from situations that jeopardize your friendship is best.

Even if a friend just went on a few dates with someone and it fizzled out quickly, it still isn't the best idea to be sharing guys.

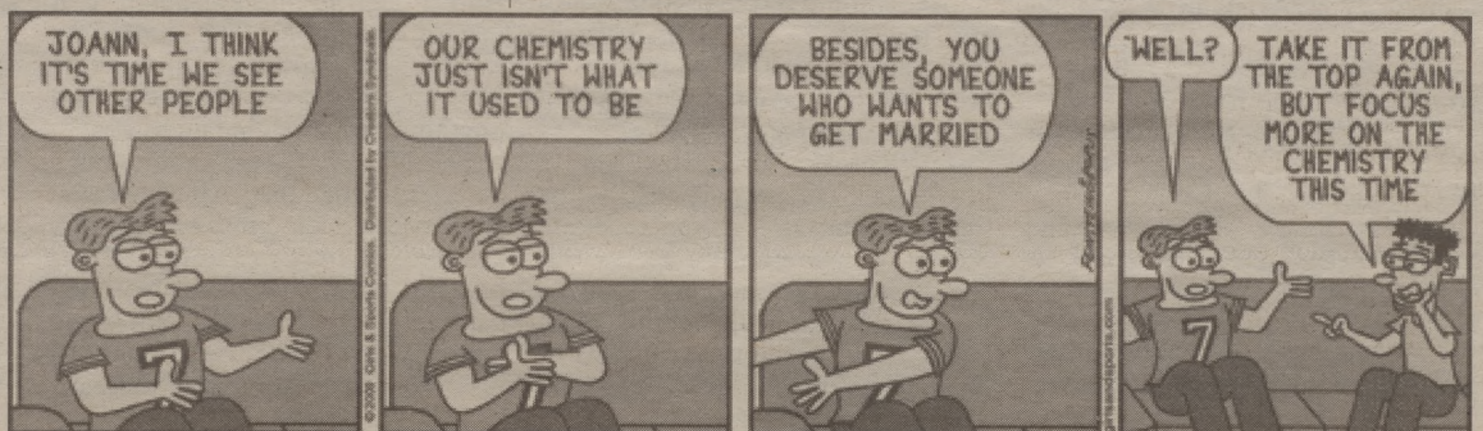
If you do start to go out with him, at least there weren't deep feelings attached. As a result, it should be less of an issue.

It's natural to be upset if a friend starts dating an ex-boyfriend.

I know that I would be upset if my friend decided that it was in her best interest to date my ex.

No matter what, guys will come and go, but hopefully your friends will stick by you.

Girls & Sports



—Arts & Entertainment—

Idol's new image hits sour note with viewers

Michelle Munden
Staff Reporter

2009 marks the season eight premiere for Fox's hit show, "American Idol." The season's two-hour premiere kicked off on Jan. 13 in Phoenix and scorched television ratings for the night.

Despite "Idol's" rocking premiere, there has been a decline of around 10 percent compared with last year's premiere, not to mention the lowest "Idol" season launch since January 2004.

But fear not devoted "Idol" fans, the show has already been renewed for a ninth season, and there is current talk of an additional two seasons after that.

So why is there such a decline in ratings?

"I stopped watching after a few seasons. I guess I just don't have the time for it anymore. You have to vote and keep with the eliminations and I just don't have the time for it. I do listen to the songs by the winners though," said senior Raydhi Hidalgo.

Fox Networks Group CEO Tony Vinciguerra spoke at a media business conference recently and said he "hopes that 'Idol' finds singers with more personality than

last year's batch and that initial talent reports are good."

Meanwhile, the start of a new season also brought in a new face. The original British show had four judges so adding another made sense to "Idol" officials.

Kara DioGuardi, a Grammy nominated songwriter, fills the fourth seat on the judge's panel. DioGuardi proves she's not to be taken lightly.

Fellow judge Randy Jackson and DioGuardi already knew each other from working out at the same studio. This fresh face to "American Idol" is behind such hits as Celine Dion's "Taking Chances," Ashlee Simpson's "Pieces of Me," and "Walk Away" by former Idol winner Kelly Clarkson.

She has also written songs for Ricky Martin, Jessica Simpson, Marc Anthony, Hilary Duff, Gwen Stefani, Christina Aguilera, Pink, Britney Spears, and Avril Lavigne.

"I think a fourth judge is a great addition to the show. It allows more variety of critiques for each contestant. It also balances the male to female ratio creating fair judgment," said junior Mark Zanghi.

"She's also just a new spark to the show which has been the same for years so it's a lot more

exciting."

So what can "American Idol" viewers expect to see different the eighth time around?

Season eight will provide only three weeks versus four to show the early audition rounds, and in turn a full two weeks will be targeted for the Hollywood rounds, which begin Feb. 3.

Additionally, the top 24 will now become the top 36, and when they shrink it down to the top 12, the judges will select the final three contestants. This will provide to be fair since there is no longer a need for an equal male to female ratio.

What's more is the 'wild card' round will return, giving eliminated contestants the chance to compete for one of the top 12 finalist spots.

Finally, the audition period will air fewer inadequate singers and more talented ones. Simon Cowell, "Idol's" severest judge, suggested



AP Photo/Diane Bondareff

Former "AI" contestant David Archuleta performing at Hard Rock Cafe in NYC.

that tweaks such as the wild cards should make it easier to assemble an intriguing field of singers, the key to audience engagement.

Whether or not everyone is a fan of the shows new set up, there will always be people who can't get enough.

"I think it's become more of a joke because of all the thousands of people that try out in each city. I think they show the bad people just for ratings—and I personally love it," said junior Jaclyn Golia.

To see for yourself, you can catch "American Idol" Tuesday and Wednesday at 8 p.m. on Fox.

AAR junior album should be kept a "Dirty little secret"

Rejects leave something to be desired with the release of their new CD

Genevieve Manna
Staff Reporter

High expectations have been placed, as it has been 3 years since the All American Rejects have released an album. Unfortunately, these expectations were too high.

The bands junior album in no way reflects what a bands third album should. If you're looking to be disappointed, then pump up the volume.

Front man, Tyson Ritter (vocals, bass), joined together with band-mates Nick Wheeler (lead guitar, keyboard), Mike Kennerty (guitar) and Chris Gaylor (drums), to construct what potentially could have been a decent album. *When the World Comes Down* is in no way comparable to the All American Reject's first two albums. If anything, it brings the boys status down.

For starters, the album is completely overproduced. Record producer Eric Valentine, known for demolishing albums like Taking Back Sunday's "Louder Now," and Good Charlotte's "The Young and the Hopeless," has sadly done the same to this Oklahoma based pop-emo band.

The sound is all too familiar and doesn't possess any originality.

The tracks are inconsistent, repetitive, and ill placed. If unsatisfactory is what they were aiming for in structure, they succeeded.

For example, up first, "I Wanna," is not an opener suited for a junior album. The first track should be a mind-blowing experience that leaves a listener wanting more. Instead, the track leaves one anxious for the ending.

"Gives You Hell" (track No. 4) is the first single released off the album, and the only song that holds true to the personality of the All American Rejects. Landing a well-deserved No. 10 spot on the Billboard charts reflects the bands potential. Sadly, when you listen to *When the World Comes Down* in full, that potential is not met.

If you're searching for a track to have somewhat of an impact coming through your speakers, track No. 7, "Another Heart Calls" is it. The song is a heart-felt duet between the Rejects and guests, the Piercers.

The standard ballad with a love struck chorus may just be the thread holding the album together. Starting out slow and pure, it gradually grows with time, and changes just as a relationship would. With a folk twist on the track, it adds of diversity to the line-up.

"This track definitely stands out above all the rest. It's the only one besides the single that I actually enjoy," said junior Jillian Powley.

Sandwiched between two slow numbers lies track No. 8, "Real World." The song is a lot heavier than the rest of the album, and probably should have been used as the opener. With a faster and more serious beat, followed by Ritter's whine, it intensifies the dark reality of the songs meaning.

Bonus track, "Sunshine" is a song only a younger crowd could enjoy. The band's previous popular releases were all tunes anyone could listen to, but the moves they tried to make now are only steps backwards; especially for the fans that have been around from the beginning.

As for the lyricism, there isn't much improvement in that department either. The songs are written too half-heartedly. Aside from one or two songs, there isn't anything lyrically challenging.

"The lyrics are another huge handicap for the All-American Rejects; for a band in their 20's, it's simply embarrassing to hear Ritter belt out the emo-soaked tripe you can hear every young pop band sing any day of the week" said CD reviewer Chris Fallon on Punk.net.

When the World Comes Down doesn't exhibit much growth as musicians for the boys. The self-titled album released in 2002 is a much better album. With hits like "Swing Swing," and "My Paper Heart" there was nothing to complain about.

"I loved a bunch of songs off of the All American Rejects self-titled album. I still have them on a play list that I listen to everyday," said sophomore Steph Kanner.

In 2005, the band released their second CD *Move Along* that went two times platinum which included multiple chart-topping singles. "Dirty Little Secret" gave the boys a number four spot on the billboard charts.

The boys are currently on tour over seas promoting the hyped release and are returning to the states in mid Feb. to tour with the ever-popular Fall Out Boy.

The band was smart in releasing a hit like "Gives You Hell," because it is catchy for any kind of listener. It's going to be interesting to see what happens after the hype fizzles out. I'd rather take a trip back to the "Swing Swing" days.

Overall the CD gets 2 ½ stars.

Oscar nomination stirs up trouble

Death of Heath Ledger brings talent into question

Sarah Prial
Staff Reporter

On Jan. 22, actor Heath Ledger received his second Academy Award nomination for his role in "The Dark Knight," exactly one year from the date of his death.

In the year following his death, speculation has risen as to whether he deserved the nominations he received, or if his death brought him undeserved recognition. It has now become a question of talent versus posthumous hero worship.

Heath Ledger, the well respected and loved Australian actor, died on Jan. 22, 2008 at the age of 28.

His list of films includes classic teen movies like "10 Things I Hate About You," and darker films like "Monster Ball." Ledger received his first Oscar nomination for Ang Lee's cowboy film, "Brokeback Mountain," in 2005.

According to the CNN Web site, Ledger was found dead in an apartment in Lower Manhattan. His autopsy later revealed the death to be the result of a mixed prescription overdose.

People seem to have mixed emotion when it comes to Ledger's 2009



AP Photo/Stephen Vaughan

Heath Ledger in "The Dark Knight"

Oscar nomination, not to mention his Golden Globe nomination and win.

While often agreeing that Heath Ledger received more buzz because of his early death, students disagree

on whether or not Ledger actually deserves the win.

"I do believe that his performance in 'The Dark Knight' was astounding," said freshman Dave Choy. "[But his] judgement was clouded do to the inflated praise for Heath Ledger's acting."

"There will always be hero worship after death, especially for those who are young and die tragically. However, not everyone feels his untimely passing is what is getting him such praise."

"I don't believe that his death got him the nominations," said junior Theresa Campbell.

"It was merely his acting talent in the role that got it. Heath Ledger was a great actor. He was extremely versatile and his ability to excel in film is something that I will always respect."

Along with the Oscar nomination, speculation has been flying about who will pick up the award should Ledger be the one to win it. Director Christopher Nolan picked up Ledger's Golden Globe award, but who will accept the Oscar?

To see how the Oscars unfold you can catch the Academy Awards on Feb. 22 at 8 p.m. on ABC.

Springsteen, changing America one CD at a time

Robert Coloney
Contributing Writer

Tuesday, Jan. 27, was a day of significance in the career of singer/songwriter Bruce Springsteen. His 24th album, *Working on a Dream*, debuted in stores, and having heard it, I can safely say he's done it again.

Throughout his career, Springsteen has done things that have changed music, history, and America.

Like him or not, you can't argue that "Born to Run" has fired you up at least once, that "Glory Days" has been sung in a drunken splendor, or that "Dancing in the Dark" made you wish you could put on tight jeans, play football in the mud, and then dance like Adam Sandler on "SNL."

In 1999, Springsteen returned after a long absence, with a reunion tour. On this tour, the band debuted two songs. One, "Land of Hope and Dreams," spoke about how historic America was. How important it has continued to be, and how we cannot lose our faith in America.

In 2001, the country turned to the singer for help after the attacks of Sept. 11. From this came an album about tragedy, longevity, love, life, and recovery.

In 2004, he launched the Vote-For-Change Tour, in which he teamed up with REM, Jackson Browne, & John Fogerty, amongst others, to campaign for John Kerry in the presidential election. Did it fail? Perhaps. Did John Kerry get more votes because of Springsteen? Hell yes.

In 2007, Springsteen launched "Magic," a powerful CD, which was both catchy and fun. The CD left people wanting more.

When Danny Federici died last April, Springsteen's longtime friend and member of the E Street Band, the singer saw that the band was slowly coming to an end.

The band announced one final hoorah together. They launched to create another ESB album within a year.

Following a trend of significance, lyrical importance, and timing, the album was incredibly successful.

"The Last Carnival," track No. 12, is the most significant song Springsteen has written in years. It not only closes the band's career, but brings their final CD together. It is about losing Federici, each other, and is a fitting tribute and send off.

Rolling Stone put it best: "If you don't count the soundtrack tune 'The Wrestler,' tacked on as a bonus cut, the album ends with 'The Last Carnival,' a plain-spoken, heart-rending elegy for E Street Band organ player Danny Federici, who died of cancer last year." The tune doubles as a sequel to Springsteen's beloved 1973 song "Wild Billy's Circus Story," in which the romance of the circus stood for life on the road — here, the circus is moving on without Billy.

This song ends a career of work, importance, significance, love, hate, anger, and controversy for Springsteen.

I encourage you to pick up the album, and listen, not hoping it has a "Thunder Road," "Dancing in the Dark," or "Radio Nowhere" type of catchiness, but listen as an attentive music lover, who strives to prove a point for anyone who can listen and understand.

Despite all-star cast, 'Bride Wars' disappoints

Liz Brombacker
Staff Reporter

"Your wedding's gonna be huge, just like your ass at prom."

Huge were the expectations of the audience for the new movie "Bride Wars." However, the movie delivered a less than satisfactory response.

The romantic comedy tells the tale of two best friends whose weddings get booked on the same day. From then on, the two friends Liv and Emma, (played respectively by Kate Hudson and Anne Hathaway) will stop at nothing to destroy each other's perfect day. Even with crazy antics the movie not only let its critics down, but many of its viewers as well.

"I thought the movie was cute, but I expected it to be a lot better and not so predictable," said sophomore Cait Clark.

Not only was the movie predictable, but the funniest parts were given away in the trailers, leaving the rest of the movie on the bland side.

"I guess you could say that I was expecting more laughs and more depth to the story. Overall it was an alright movie, one that would be fine to see once, but not one that I would want to watch over and over again," said freshman Alex Smith.

The movie had its moments, however, this seemed to be a step down for both actresses. Hudson, known for her roles in "How to Lose a Guy in 10 Days" and "You,



AP Photo/Claire Folger

Hudson and Hathaway in a scene from "Bride Wars"

Me, and Dupree" and Hathaway, star of "The Princess Diaries" and "The Devil Wears Prada," did not live up to their potential.

"Hudson appears to skim through the lines, putting little effort into her role, while Hathaway puts up a respectable performance, yet doesn't demonstrate her full potential," said freshman Erin MacDonald.

The movie lacks focus and development in certain scenes, while other scenes have too much focus. To top it, the movie barely gives mention to the fiances. For a movie focusing around a wedding day, they seemed to miss some essential points.

The ending seemed rushed and did not appear as though much effort was put into it. It is hard not to figure out the ending of such a movie early on, however, with just a little bit more development perhaps it would have been worth all

the cheesy one-liners.

Despite this movie's obvious lack of quality, there will always be people who look forward to seeing this classic chick-flick.

"I would like to see 'Bride Wars' because I really like Kate Hudson and Anne Hathaway. It seems like a cute movie that my friends and I would enjoy seeing together, even though the ratings weren't too good," said sophomore Megan Rose.

Many movie goers would agree with Rose. According to the Web site Yahoo Movies, during "Bride Wars" opening weekend, the movie placed second in the box office making a total of \$21,058,173.

"I would like to see the movie because of the way my friends have depicted it and though it appears to be comical it still portrays an important message, it would be my kind of movie," said junior Cristina Soares.

It seems that there is little that can change the viewers' minds, but do yourself a favor and take the critics advice; save your time and money and skip the trip to the movie theater. If you must see this movie, wait until it comes out on DVD. It shouldn't be that hard, you already saw the best parts during the commercials.

Final Grade: C

Features

Sacred Heart Greek life goes National

Samantha Selvaggio &
Features Editor

Gina Cerniglia
Staff Reporter

The phrase "Greek life" is something well-known and loved to those involved in it on the Sacred Heart campus, and a foreign language to those who just don't understand what it means to be a Greek.

"There's a stigma that's associated with Greek life," said Denise Tiberio, associate dean of students and supervisor of Sacred Heart University Greek life.

"Some people associate sororities and fraternities with animal houses," said Tiberio.

This opinion is shared by some members of the Sacred Heart community.

"When I hear of Greek life what first comes to mind is definitely their love for partying," said sophomore Marisa Graniela. "It's not just Sacred Heart Greek life, it's everywhere."

Members of Greek life are familiar with these stereotypes, but see themselves in a much different light.

"I think people associate fraternities and sororities with partying, but that is not the full story," said Michael Torde, vice president of Greek life.

"Being in a Greek organization is all about brotherhood and sisterhood. The fact that I have 10 brothers who I can trust with anything is what it's all about."

Newly a Zeta Tau Alpha, senior Lisa Brown, is coping with the new transition and keeping a positive outlook for herself and her sorority.

"The change is definitely something we are all excited and nervous about, personally I have had so many great memories for the last three years being in Beta Delta Phi, that it's hard to imagine being in Zeta Tau Alpha," said Brown.

"However I think it's a huge step that Sacred Heart is making and will definitely improve Greek life as a whole."

Many people involved in Greek life at Sacred Heart participate in various events, community service, and fund-raising.

"Greek life is something that I was against when I first came to Sacred Heart, which is a common feeling on this campus, but I gave it a try and can't imagine being here now without being in a sorority," said junior Kaitie Maguire.

"It's something that not many people get to experience and I can definitely say that it has changed me for the better."

Community service and taking on active roles of

leadership is something that defines the Greeks at this school.

"We hold state-wide recognized walks to support a cause, community clean ups, and other service activities not only on campus, but in the surrounding area of Fairfield and Bridgeport. The spring weekend is associated with Greek life and always drew all kinds of people," said Torde.

So what's all the buzz about national fraternities and sororities flooding campus? Some questions arose when organizations were faced with a serious choice: go national or stay local?

"Before when we were all local, we only had our organization on campus. I definitely think having national fraternities and sororities will help increase the Greek community," said Lauren Distefano, president of Kappa Delta.

Students may have parents or siblings in the national organizations and that may help spark an interest.

Considering that six originally local organizations on campus have become national, their new organizations will become more recognized, and not to mention nationally ranked throughout the country.

"It's nice that the nationals are understanding that we are individual organizations who are willing to work with us so that we don't completely lose our original identity and traditions," said Brown.

However, considering that not every local decided to go the national route, there are still three who have chosen to remain local/incorporated.

"If students are interested in a local organization we still have local organizations on our campus as well," said Distefano.

This change is bringing about big things on campus. There will be various amounts of events occurring in the next two weeks that Sacred Heart has yet to witness.

The Greek events are going to be transformed to new heights thanks to funding from the national organizations, which locals did not have access to before.

"The school has invested a lot of time into making Greek life better for all," said Torde.

"The introduction of the nationals will provide more coverage for Greek life as a whole. I believe Greek life will prosper in the coming years, I am very proud to be a part of what I believe can and will be something great."

Sacred Heart Greek life hosts events that involve all students, not just those in a fraternity or sorority. In the past they've hosted sporting events, dance nights, video game tournaments, and theme parties, just to name a few.

"One of my goals for the semester as the VP of Greek life is to incorporate more non Greeks into our events," said Torde.



The Spectrum/Stephanie Reyes

Phi Sigma Sigma consultant LaNette Sloan entices Sacred Heart students about the benefits of going Greek.

Now that sororities and fraternities on campus are becoming national, it is expected that many people may want to get involved.

Torde said that it is not too late for upperclassmen to get involved.

"All are welcome. I personally got involved as a sophomore, so it is possible to come out after freshman year," said Torde. "Most do decide to see what we are about in their freshman year."

Distefano who also started later felt that all classes can join no matter how old they are.

"I entered my sophomore year, but we had girls enter their junior year and freshman years as well," said Distefano.

The only policy Sacred Heart has is deferred rush, which means the student has to be at school for at least a semester before joining a fraternity or sorority.

For instance, freshmen can enter during their spring semester and transfers have to be at Sacred Heart for a semester before they rush.

"Greek life can provide students with so many social and community related opportunities," said Torde. "I am so proud and happy to be a part of Greek life at Sacred Heart University."

"It's the best thing I've done on campus. You create friendships that will last a lifetime," said Distefano.

The Greek life leaders are reaching out to all Sacred Heart students to come out and get involved.

"I think all students should at least come out and see what we are all about. Greek life can make your four years of college unforgettable," said Torde.

Economic troubles have students cutting back

Amanda Kaufold
Staff Reporter

It seems like every time you pick up a newspaper or turn on the television, you are bound to catch the news covering another story about the economic decline.

With the economy in rough shape, students are finding themselves with a much smaller budget to work with than they may have previously known.

So how are students at Sacred Heart University dealing with the current economic situation?

"I've been carpooling a lot with friends to save on gas along with cutting the cost of textbooks by either buying them used or sharing them with classmates and then selling them at the end of the semester," said senior Kristen Walsh.

With changes such as replacing eating out with cooking at home, Walsh finds small ways to conserve cash.

"We've been staying in more—hanging out at houses rather than going out to a bar or club in order to save up."

Junior Katherine Fico also finds herself searching for ways to save money when shopping and says she has definitely had to change her spending habits over the past few months in order to keep her wallet in tact.

"I've been doing a lot of sale shopping, cutting coupons, buying bulk, getting my textbooks online, and basically whatever else I can think of that will help me save some cash."

Fico added that she has also been saving by doing her own hair coloring and nails at home as opposed to going to a pricey salon.

As far as trying to bring in more money, Fico is looking for a summer job with a good income.

"I've been taking on more hours at work and searching for a paid internship

for this coming summer so I get the experience I want along with the money I need," said Fico.

Students have also found ways to cut corners by taking advantage of utilities provided by the school which prove to be less expensive.

"I've started going to the movies they offer at SHU instead of the movie theatre and I even sold my printer and started using the print lab more," said junior Christina Mamzellis.

"The library has tons of great books you can take out with your SHU card so I've been skipping the bookstore. It also has movies you can take out instead of spending money at Blockbuster."

Apart from changing their daily spending routines, students and their families are also taking more of an interest in financial aid than ever before.

With economic conditions tough for everyone, students seem to be realizing the

real value of a dollar, and learning how to stretch it out as much as possible.

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Is college the ultimate party?

Students turn to off-campus events on weekends

Lacey Gilleran
Staff Reporter

Someone once said, "Life is a Party," but if you were to ask a college student they would easily disagree.

College is a party.

Hollywood and the media have always provided American teenagers with a view of college as frats, sororities, and toga parties, but can anyone honestly say they have been to one?

Since the beginning of the year administrators, neighbors of Sacred Heart University, and even local news channels have commented on the amount of partying in which students partake.

Freshman Alex Zeller, who is a student that does not attend the bars, agrees that students rarely attend events here on campus.

The university has tried several strategies to get students to make smarter decisions instead of going to bars, but the plan has to date been unsuccessful.

"I would say a lot of SHU students, especially freshmen, go to bars," said Zeller.

"Because what does happen here on campus seems like they are just trying to keep you here not to drink."

Senior Steve Napolitano is a student that prefers to go out instead of staying on campus.

"All I know is I'm not that interested in going to see a magician. It seems like the only thing that gets people excited is bingo which makes us seem like a nursing home," said Napolitano.

The Sacred Heart student activities department provides students with many different events every week to entertain them. They offer movie nights, board game nights, and the always-popular bingo nights.

With the exception of bingo, few students attend these events.

The big question is, why not?

"I'm not really sure. I mean, I would say provide a better variety of events, but they seem to offer a bunch of different things," said Napolitano.

"The problem is most people just aren't interested."

So why are students not interested?

Amy Ricci, director of student activities, said that the student activities department spends a great amount of time on deciding on what events to have here on campus.

"We look at who attends on what nights," said Ricci.

"Some bring people, and some don't, but we work with students involved in the student events team to bring in activities like comedians. So we really use the student's voice."

Perhaps the lack of interest is because all events on campus are supervised.

Media Studies professor Greg Golda believes that the supervision factor plays a large part in the problem.

"Most students are out of home for the first time and do not want to be under supervision," said Golda.

He went on to comment how the issue could be fixed if Sacred Heart had "more of a nightlife."

Sacred Heart has recently tried to provide more of a nightlife with events like Club OP.

Club OP is a dance that occurs in Flik every Friday night with a live DJ and a bar open for those students who are 21 years old.

However, if you look into Flik every Friday night the room is empty.

Beth Coyne is one of the graduate assistants in student union and she helped create Club OP.

"Club OP was created in response to a request to hold on campus dance parties," said Coyne. "We decided to host Club OP every other Friday night from 10pm - 1am for students who are looking to enjoy themselves without necessarily going off campus."

"It's a safe and fun atmosphere for all students. A dance floor is cleared and the pub is open to those who are 21 plus."

The idea of Club OP does seem beneficial to the Sacred Heart student body, though a small number of students seem to attend the events.

Student activities have been trying to come up with good ideas to get students there.

"We are reaching out to clubs and organizations to co-sponsor Club OP," said Ricci. "So then they will bring people into the event as well as encourage other students to go. We want to provide nonalcoholic activities so students do not feel pressured to leave campus."

Although in the end the problem might come down to an easy solution.

"There is just not enough advertising for events," said Zeller. "And the globals just don't work."

Cooking up a little taste of home

Students recreate their favorite home-cooked meals

Nicole Giglia
Staff Reporter

Pasta al la Merton, anyone?

Despite efforts made by college cafeterias everywhere, home cooking is something that can only be found at home.

The adjustment can be difficult and has led many students into their residence hall kitchens to attempt the recreation of their favorite comfort food meals.

Realistically, students don't have all the time in the world to dedicate to preparing a home-cooked feast for themselves, so they look for some quick and easy ways to get that same result, but in a shorter amount of time.

On her self titled show, "The Rachel Ray Show," Ray instructs viewers on how to prepare delicious dishes, for less time and less money.

The even better thing about Ray's recipes are that they can be found online and you can search to find the meal that fits your mood.

Junior Carolyn Brudner is a big fan of cooking shows and always tunes in to see when she can to get some new ideas for herself and her friends to enjoy.

"I'm not really the best cook in the world, so whenever I do watch cooking shows, it's because I like to see what the finished product is supposed to look like when I'm done."

Some even find they get more than they bargained for.

"Someone at home is always cooking so it's hard not having that at school. The food here is not what we're used to, we get bored of it," said freshman Antonia

Mauro.

With only an oven, four burners and a microwave, the kitchens aren't quite equipped to handle five course meals.

However with a little creativity anything can happen.

Mauro said that her and her friends were able to "make a steak once."

"Usually we make mac and cheese, pasta, salads, or frozen foods. We also heat up food our parents bring us from home," said Mauro. "There's just something about a home cooked meal, it's so comforting."

It's not just freshmen who can really appreciate the benefits of a home cooking.

After the dreaded, yet almost inevitable, first year weight gain known as the "freshman 15," many upperclassmen learn their lesson about the temptations of cafeteria food.

"Not only does home cooking taste better, it's healthier to cook my own meals once in a while. When I was a freshman I found myself snacking all day, cooking my own food really forced me to have three healthy meals a day. I'm less tempted to go for a greasy grilled cheese when I know I have grilled chicken at home," said Mauro.

So is it the ingredients or is it something more that makes home cooking so good?

Some prefer home cooking as a healthier alternative, some just like it for the option of variety, and then there are those who cook as a way to recreate that familiar feeling of family.

"When my parents come up to visit they always cook or bring me food and then when they leave I try and recreate the

dishes," said Brudner.

"It gives me that little sense of being home again and that makes me feel less homesick and happier."

Every Thursday night, junior Meghan Scherer and her suite mates can be found in the kitchen of their Scholars Commons apartment with music playing and water boiling.

Their home cooked meals have done more than just satisfy their hunger.

"I lived in Roncalli my freshman year," said Scherer. "My whole suite would get together one night a week and take turns cooking dinner. It was a nice way to bond and the food was great. We all still live together and we've made it a point to keep the tradition going for three years now, we call it 'family dinner night.'"

"We've made all kinds of food in the past," says Scherer's suitemate, junior Alexandra Bavasi. "But usually a lot of pasta, cause it's cheap. We all have our specialties, mine is chicken teriyaki and rice."

"I like to make Sheppard's Pie when it's my night to cook," says Scherer.

"It's really easy to make and it's my favorite meal that my mom cooks at home so it's nice to have it here at school once in a while."

Their freshmen quest for tasty home cooked meals has evolved into a weekly gathering that has made them closer friends.

"I definitely think it's making the food that makes these nights so fun," says Bavasi. "We could all meet in the Mahogany room for dinner every week, but it just would not be the same."

As word spread of a free home cooked meal the guest list has expanded. "There can be up to 16 of us sometimes in our small apartment, it's a little crazy but always fun," says Scherer.

Food has been a bond for families across America for years, but at Sacred Heart is has done more than that. It has formed families out of friends.

"You start to realize that it's not even about the food after a while," says Scherer. "That's just what brings us together."

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Sports

Scoreboard

Friday, January 23

M. Volleyball

SHU- 3

Philadelphia Biblical- 2

M.. Ice Hockey

Bentley- 5

SHU- 6 (OT)

Wrestling

Army- 27

SHU- 13

Saturday, January 15

M. Volleyball

SHU- 0

Ramapo- 3

SHU- 1

Rivier- 3

M. Ice Hockey

Bentley- 4

SHU- 3

W. Basketball

SHU- 80

Wagner- 68

W. Swimming

SHU- 63

Wagner- 141

Sunday, January 25

M. Basketball

SHU- 68

Wagner- 64

Monday, January 26

W. Basketball

SHU- 69

Quinnipiac- 57

On Deck

Tonight

M. Basketball vs. St. Francis

(N.Y.)

7 p.m.

Friday, January 30

M. Hockey @ Canisius

7:05 p.m.

Saturday, January 31

W. Basketball vs. CCSU

2 p.m.

M. Basketball vs. CCSU

4 p.m.

M. Ice Hockey @ Canisius

7:05 p.m.

W. Swimming vs. WCSU

1 p.m.

M. Volleyball @ Endicott

1 p.m.



Photos courtesy of Athletic Communications

Sacred Heart's Callan Taylor (#20) drives to the basket in a recent game against Lehigh University at the William H. Pitt Center. Taylor recorded a double-double in the Pioneers' win against Quinnipiac University on Monday, Jan. 26.

Sowinski and Taylor help Pioneers extend win streak

Stephanie Reyes
Staff Reporter

The Sacred Heart University women's basketball team went head-to-head Monday, Jan. 26, 2009 with the Quinnipiac Bobcats. With a final score of 69-57 adding another win to their already perfect 9-0 Northeast Conference record.

The Pioneers started the game off right with a 10-2 lead after freshman Callan Taylor and sophomore Alisa Apo made multiple shots, putting them ahead for the first of an almost continuous lead.

They only time in the game when the Bobcats were ahead was during the first half when the Bobcats Brianna Rooney and Erin Kerner held a 11-10 lead. Kerner and Taylor continued to bring the points during the game. Taylor finished the game with a total of 19 points and 12 rebounds.

Taylor has caused quite a stir with her high scoring and her ability as a freshman. "Callan is a tremendous player who certainly does not play like a freshman; she does many things for us that help us both offensively and defensively," said senior Khalia Cain.

Taylor has become an essential asset for the season. "She's a freshman and right from game one she stepped in and committed herself in a positive and helpful way," said senior Kaitlin Sowinski. "I'm just proud of her because she's done it so tactfully, efficiently and being in her position can be very stressful she's handled it well."

The high scorer of the night was Kaitlin Sowinski with a total of 20 points and nine rebounds. During the first half, Sowinski helped bring the Pioneers back in the lead with two layups, bringing the score to 19-13. Sowinski finished the first half with 14 of her total 20 points.

"Quinnipiac University is definitely our

biggest rivals because they are local and so similar to us," said Sowinski. "It has always been a close matchup and good games. Last season we split with them, lost at their place and won here. Tonight, I definitely think we played some of the best basketball we've played all season."

Pioneer junior Lindsey Gibson also delivered a layup in the first half, and sophomore Maggie Cosgrove started out the second half with another 3-pointer. The women's defense has been one of their weaknesses this season, but they stepped it up this game, keeping the Bobcats back and then advancing the lead further and further out of reach.

The Pioneers had a successful night with Taylor making all six of her free throws, and Cosgrove sinking four out of five 3-pointers. Quinnipiac's Rooney was also a high scorer with five out of six free throws and two 3-pointers. Bobcat Kerner racked up some points as well with six shots, and two 3-pointers.

"What went so well tonight was that we started off the game with our guards hitting big shots," said Sowinski "which means that their defenders had to tighten up on them. This in turn opens up the post game for players like me and Callan Taylor. Once we establish that type of inside, outside game, we're almost unstoppable"

The Pioneers are ready to put their unstoppable moves to use. They have a game against Central Connecticut State University on Saturday at 2 p.m. at the William H. Pitt Center. CCSU has surprised many within the conference by going undefeated in the beginning of the season.

"No one can hurt our streak except us," said Cain "At this point every team we play is dangerous--we have a bulls eye on our back and teams are gunning for us--we have to come ready for battle every game."

M. Volleyball goes 1-2 in N.J. tourney

Dan Nevanpera
Staff Reporter

Looking to avenge three prior losing seasons, the Sacred Heart University men's volleyball team competed in a tournament in Ramapo, N.J. this past weekend where they went 1-2.

Coach Rob Machan, who took over the men's team at the beginning of the season, has the team off to a 4-2 start to the season.

"I thought both teams were very efficient and competed at a high level," said Machan. "Even though we came up short and lost in four sets, the level of play was very high and it demonstrated progress on our part towards becoming more consistent."

This past weekend, the Pioneers competed against Ramapo College, Philadelphia Biblical University, and Rivier College from Nashua, N.H.

Led on and off the court by junior Scott Grandpre, the Pioneers came out victorious against PBU in five sets: 30-27, 27-30, 38-40, 30-25, 13-15.

The team was led offensively by senior outside-hitter Barry Smith and sophomore setter Tim Sadowski.

On Saturday, the Pioneers were defeated by Ramapo College in three sets: 23-30, 28-30, 21-30.

The final match on Saturday was against Rivier College in which the Pioneers again came up short; losing in four sets: 19-30, 30-26, 24-30, 24-30.

Despite the losses, the Pioneer players have created a strong support system with each other as well as with their coach.

"[Machan] just took over our team this season and so far we have been improving drastically," said junior Kalani Estathiou who was named EIVA Hay Division Player of the Week. "We started off the season winning our first tournament at SUNY New Paltz and while we suffered some set backs as far as wins and losses this weekend, overall it is a step forward for this team and our program."

Not only are the Pioneers looking to make a name for themselves in their division, they are also hoping to further push their limits on a national level.

Though these high hopes are strongly encouraged by the coaching staff, their focus is more on keeping the team united and maintaining their winning season.

"We are trying to get to the point were we can put together longer stretches on consistent, disciplined play," said Machan. "We have to work on our blocking and attacking the seams with our serve to get that consistency."

The current team consists of only two freshmen: Dave Mason and Mike Komian. Both of these young players will have big shoes to fill in hopes of producing winning seasons for years to come. The team is made up of mostly sophomore players, who serve as a backbone for the team for the seasons to come.

The Pioneers return to the court against Endicott College on Saturday, Jan. 31 at 1 p.m. in Beverly, Mass.

After that, the Pioneers will resume play against Stevens Institute of Technology and Hunter College. All of these games will be important for the Pioneers as they get into the heart of their season.

Hardy's 25 points lead Pioneers past Wagner

Grad student Henley named NEC Player of the Week

Chris Whittemore
Staff Reporter

The Sacred Heart University men's basketball team went on the road to defeat the Wagner College Seahawks 68-64 on Sunday, Jan. 25.

The game featured four ties and 13 lead changes in front of a Wagner school-record crowd of 2,338 at the Spiro Sports Center in Staten Island, N.Y.

"There were times when they went on runs and we stayed together and came back with runs of our own," said senior Joey Henley.

The Wagner Seahawks suffered their third straight defeat and saw their record fall to 10-9 overall and 3-6 in the Northeast Conference.

"I thought that we came out with a lot of energy from the start, our defense was really good," said junior Chauncey Hardy.

Hardy led the Pioneers with a career-high 25 points, two rebounds and three assists. Hardy said he felt "good" scoring a career-high 25 points.

"I saw that they were double teaming Joey so that gave an open space to knock down shots," said Hardy.

Hardy has been averaging 11.2 points per game on the season.

"Chauncey definitely came to play and that helped us out big time," said junior Corey Hassan.

It was Hardy who supplied most of the first-half offense as he scored 21 points

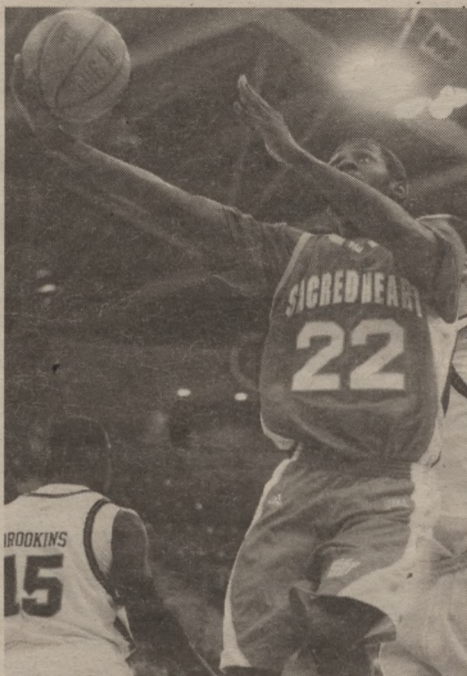


Photo courtesy of Athletic Communications
Sacred Heart's Chauncey Hardy (#22) attempts a layup against Quinnipiac University on Jan. 22 in Hamden.

and shot 5-of-6 from 3-point range. He finished with only one more 3-pointer in the second half.

"Chauncey was amazing for us and came up big when we needed him," said Henley.

"Chauncey can really get it going and when he started feeling it, he couldn't miss and he carried us through the first half," said junior Ryan Litke.

Henley also contributed with his sec-

ond double-double of the season; scoring 18 points and grabbing 10 rebounds.

"I felt I played well but there's always room for improvement," said Henley. "My teammates did a good job of finding me when I was open."

He is averaging 14.7 points per game and 6.7 rebounds per game this season.

"Joey was a beast," said Litke. "He came up with big rebounds and points near the end of the game. He means a lot to us; he is our leader."

Henley shot 67 percent from the field in the Pioneers' last seven games.

The win was the second straight for the Pioneers who are looking to build some momentum.

"In order to continue this winning streak we're going to have to continue to play defense and not turn over the ball," said Hardy.

Hassan had just four points on the day but had a career-high nine assists to help the Pioneers earn the win.

"A big part of my nine assists were guys doing a good job of knocking down open shots and getting themselves open," said Hassan.

Hassan felt as though they played more "together" as a team than they have all year.

"From the bench to the players in the game, everyone was into the game every play," said Hassan.

The Seahawks outscored the Pioneers 11-4 over the first four minutes of the second half to take a 49-44 lead.

Junior Ryan Litke sank a 3-pointer to

put the game to within two but it would be the last bucket scored for the Pioneers for nearly seven minutes.

Freshman Shane Gibson ended the Pioneer drought with 9:14 left to play. He finished with seven points.

Both teams shot over 50 percent from the field in the first half.

The Pioneers were able to stay above 50 percent in the second half, whereas the Seahawks shot only 35 percent in the final half.

"Our assist to turnover ratio was good in the first half which helped us gain a big lead," said Hardy.

Fifth-year senior forward Jamal Smith paced Wagner with 16 points and added four steals and four rebounds.

"We have to keep playing with energy," said Litke. "Our defense has been very good so if we can keep that going we will be fine."

With the win, the Pioneers improved their record to 8-11 overall and have now moved into a fourth-place tie in the NEC at 5-4.

"If we keep playing the way we did today than I think we can have a good chance to be back where we were last year," said Hassan.

"Overall, it was a good victory that we needed and is helping us go in the right direction," said Henley.

Next up for the Pioneers is a home game against St. Francis College (N.Y.) on Thursday, Jan. 29 at 7 p.m. where the Pioneers will look to extend their winning streak to three.

Swim team falls to Wagner; pleased with overall effort

Dan Cofiniotis
Staff Reporter

The Sacred Heart University women's swimming and diving team came out on the losing end of a 141-63 defeat against the Wagner College Seahawks on Saturday, Jan. 24 in Staten Island, N.Y.

In addition to picking up the victory, Wagner also set three new pool records while placing first in 10 out of 11 events.

Junior Jessica Hart set a new record in the 100 meter butterfly for Wagner with a time of 57.28; shattering the previous record of 58.65 set by Central Connecticut State University last season.

Freshman Lauren French set a new record in the 100 meter freestyle with a time of 54.05. The previous mark was held by Saint Francis College (N.Y.) which French beat by 14 seconds. The third pool record was set in the 800 freestyle relay by Wagner with a time of 8:07.35.

"We had a tough meet going up against Wagner — one of the best teams in the Conference," said senior captain Jacqueline Sweeney. "Despite the loss, the team swam really well. The team has been working really hard and I think it will show going into our last meet as well as championships."

Freshman Meghan Bailey was the only Pioneer to finish first in her event as she outlasted her Wagner counterpart in the 400-meter individual medley.

Despite the loss to Wagner, many of the Pioneers improved on their times in preparation for the upcoming Northeast Conference Championships which is scheduled for Feb. 12 – 14 at Yale University.

"There were a lot of great races," said senior captain Erin Bulvanoski. "[Freshman] Laurie Casado was just touched out in the 100 meter breaststroke as was [sophomore] Katie Marshall in the 200 meter freestyle. [Sophomore] Jackie Balder gave their distance freestyler excellent races in the 1,000 and 500 meter freestyle and Meghan Bailey won the 400 IM followed closely by [freshman] Allison Thurston."

Casado, Bailey, Balder, and Marshall have all qualified for the East Coast Athletic Conference Championships which will be held in Boston from Feb. 28 – Mar. 2.

"Right now the whole team is completely focused on NEC Championships coming up and hopefully qualifying for ECAC championships at the end of February."

Sacred Heart still has one home dual meet remaining on Saturday, Jan. 31 at the University of Bridgeport. The Pioneers will swim against in-state opponent Western Connecticut State University.

The meet will also honor seniors Erin Bulvanoski, Jennifer Crowley, and Jacqueline Sweeney who will graduate in the Spring.

With the veteran leadership of their senior captains and the emergence of their underclassmen, it appears that the Pioneers' best days are still ahead of them.



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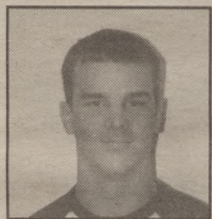
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Sports

Chamberlain, Lester use strength to overcome life's obstacles



Rob Morgan
Sports Editor

Sports Scene

For Joba Chamberlain and Jon Lester, the rise to stardom in Major League Baseball did not come easy.

On the mound, Chamberlain's 6-2, 230 pound frame, 100-mph fastball, and equally devastating slider make him a force to be reckoned with against opposing hitters.

But what's even more valuable than Chamberlain's intimidating stature and impressive repertoire of pitches are his intense passion for the game and fierce competitive nature — qualities that he inherited from his father, Harlan.

When Harlan Chamberlain was nine months old, he was stricken with polio and was forced to enter a children's hospital in Lincoln, Neb. He spent over six years at the hospital where he became paralyzed on his left side and lost all hearing in his left ear.

Confined to a wheelchair and later a motorized scooter, the elder Chamberlain refused to let these handicaps prevent him from pursuing a career and living the rest of his life.

"Seeing what he went through and being the person that he is; never asking 'why' or complaining... he's taught me to never give up," said Chamberlain. "You've got to give everything you've got every day — in between the lines and outside the lines."

Growing up, Joba served as his father's extra set of arms and legs; often doing the laundry, cooking meals, and tending to his various medical ailments.

It wasn't a big deal, according to Joba, because his father had always been there for him whenever he was sick, so he was simply returning the favor.

Despite his handicaps, Harlan made a promise to himself that he would do something that every father should do with their son; introduce Joba to the game of baseball.

As it turns out, it was one of the smartest decisions that Harlan Chamberlain ever made.

When the two played catch in the backyard, Harlan caught the ball with his right hand, tucked it under his chin as he shook off his glove, and threw it back to Joba with the same arm. If Joba threw the ball past his dad, he was the one who had to chase after it, which quickly taught him to be an accurate thrower.

After graduating from Lincoln High School in 2003, Joba chose to work a maintenance job in order to help his father pay the bills instead of enrolling in college right away.

"It was something I had to do to take care of my family," said Chamberlain.

After Harlan convinced Joba to go away to college the next year, having first to reassure his son that he would be fine while in the care of his sister, he enrolled at the University of Nebraska.



The Spectrum/Zack Lane

Joba Chamberlain (left) and Jon Lester (right) speak at Sacred Heart on Jan. 27.

Chamberlain had a breakout season as a sophomore at Nebraska, garnering Pitcher of the Year and Third-Team All-American honors, which caught the attention of Yankees' scouts who drafted him 41 overall in the 2006 amateur draft.

"Growing up, you know about them because they're the Yankees," said Chamberlain. "I was fortunate enough to get chosen in the first round and get the opportunity to put on the pinstripes."

When the Yankees traveled to Kansas City, Mo. to take on the Royals, Harlan was there — scooter and all — pumping his fist after every one of his son's strikeouts and high-fiving fans all around him.

"To give him that joy of coming to the ballpark and watching his son play — it's the greatest gift a son can give to his father."

From the moment Chamberlain was thrust into the New York spotlight, he found himself having to overcome even more obstacles — this time in the form of pitch counts and inning limits which the Yankees implemented in order to preserve his arm strength while increasing his longevity.

The infamous "Joba Rules" followed Chamberlain throughout his first two seasons in the big leagues as he was restricted from throwing in back-to-back games in 2007 and was put on a conservative pitch count in his first few starts in 2008.

While many young athletes would have trouble accepting limitations such as these, Chamberlain embraced them and vowed to do whatever was best for the team.

"As a competitor, you don't see the purpose at first," said Chamberlain. "You've got to be patient if you want to pitch for a long time and as you get older and more mature, you understand that."

As Chamberlain continued to dominate hitters as the bridge to closer Mariano Rivera, Yankee management made the decision to begin grooming him into a starting pitcher.

In his first playoff appearance against the Cleveland Indians in the 2007 American League Division Series, Chamberlain was the victim of some bad karma when he was swarmed and bitten by gnats that had just hatched from Lake Erie and descended upon Jacobs Field in Cleveland, Ohio,

wreaking havoc on the players.

The swarming bugs caused Chamberlain to throw a pivotal wild pitch which erased the Yankee lead. New York went on to lose the game and the series with many people pointing to that bizarre incident as the turning point.

It would have been easy for Chamberlain to make excuses for failing to preserve the lead but instead, he handled the situation like a professional and placed the blame squarely on his own shoulders.

"Bugs are bugs," he said after the game. "No excuses. I let my guys down."

Chamberlain found himself having to overcome yet another bump in the road last October when he was arrested in Nebraska for driving under the influence of alcohol.

Since his arrest, Chamberlain has been teaching others about the dangers of drinking and driving.

"It's part of growing up," said Chamberlain. "We all make mistakes but it's important to not make that mistake again. It's behind me so let's get the season going."

Lester beats opponents, cancer

As Jon Lester boarded a plane bound for Cleveland, Ohio on July 23, 2007, his heart began to race.

Thoughts filled his mind about how far he had come in the past year and also what could have been.

Diagnosed with anaplastic large cell lymphoma in Sept. 2006, Lester had just completed his final rehab stint with the Class AAA Pawtucket Red Sox when he received a call from Red Sox General Manager Theo Epstein telling him to pack his bags because the Sox needed a starting pitcher that night against the Cleveland Indians.

Lester was scheduled to make his first start a few weeks earlier but was a late scratch after experiencing pain in his left forearm in one of his rehab outings at Pawtucket. As a precaution, Lester was shut down for two weeks and sent back to Pawtucket to make one final game appearance.

"I'm a competitor," said Lester. "I want to go out and pitch. You never want to have restrictions when it comes to what you do."

Lester could easily have let the setback crush his spirits or he could have given up altogether, but that is not the southpaw's way.

"It was frustrating at times, but in the end it was the best thing for me," said Lester. "If they would have just let me go with no restrictions, I would have gotten hurt. I don't think I was physically ready to do the workload that I wanted to do. I was happy in the end that they did it."

Sure, Lester's hard fought battle with cancer and grueling chemotherapy treatments took a heavy toll on him — both mentally and physically — but never once did he complain or ask "why me?"

"I'm a competitor," said Lester. "I figured if I kept working hard I'd get back to being a halfway decent pitcher."

When Lester finally made it back to the big leagues for good on that warm July night in 2007, his teammates and coaches greeted him with hugs and handshakes as he entered the clubhouse.

Lester was such an inspirational figure for the Red Sox that season that the team rode him all the way to the World Series against the Colorado Rockies who they swept in four games to clinch their second world championship in three years.

And who did manager Terry Francona call on to start the series-clinching game?

You guessed it. Jon Lester.

His gritty five and 2/3 shutout innings was just enough to put the Red Sox in a position to win the game as well as the admiration of his teammates, coaches, and all of Red Sox Nation.

Then, just when he thought it couldn't get any better, Lester achieved baseball immortality on May 19, 2008 when he became the first Red Sox pitcher since 1956 to toss a no-hitter.

Believe it or not, Lester's pre-game bullpen session that night was less than stellar which led him to believe that it was going to be a long and unpleasant outing.

"I didn't have any stuff," said Lester. "I might as well have been throwing right handed."

But Lester persevered and 130 pitches later, he was being lifted into the air by catcher Jason Varitek as thousands of screaming fans at Fenway Park erupted in jubilation.

Lester's dominant performance also served as a reminder to all those suffering from cancer to keep fighting as well as the importance of raising cancer awareness.

"Being on TV every day, you can use that platform to do little things to help raise cancer awareness and show how important it is to get the right amount of money to the right people and hopefully put a stop to it," said Lester.

In speaking with both Chamberlain and Lester on Tuesday night, it became clear that these two men bring much more to the game of baseball than their blazing fastballs and impressive accolades.

Chamberlain and Lester have already overcome a great deal in their young lives and have used this adversity to better themselves both on and off the field.

So when the Yankees and Red Sox renew their historic rivalry this season and Joba Chamberlain and Jon Lester are called upon to take the mound in the middle of the pennant race, don't be surprised. They know how to handle pressure.

Men's hockey nabs OT victory; falls to Bentley

Dan Repetti
Staff Reporter

The Sacred Heart University men's ice hockey team returned home to take on Bentley University in a two-game weekend series at the Milford Ice Pavilion.

The stands were filled to capacity and the Pioneer band did their part to lighten up the atmosphere inside the rink.

From the opening puck drop, the Pioneers played with the intensity that they needed to come out with a win.

"Our main focus for last weekend was to be mentally tough for Bentley," said junior assistant captain Matt Gordon. "We know that we have the right guys in the locker room to win. We just needed to come out and execute."

Despite coming out of the gates strong, it was Bentley that capitalized first with a goal in the game's first minute.

Sacred Heart answered right back to tie the game on a goal from junior Erik Boisvert, but couldn't prevent Bentley from adding one more tally before the end of the first period.

"Our game plan was to come out hard and play a physical game. We're a skating team that needs to play greasy," said Gordon.

The Pioneers came out of the locker room down by one goal to start the second period but quickly added another goal when freshman Ryan Miniaci received a pass from Boisvert and slapped the puck past the Bentley goalie to tie the game at 2-2.

Minutes later, freshman Matt Gingera broke the deadlock by picking up a deflec-



The Spectrum/Emily Gumbs

Sacred Heart's Dave Jarman (#25) fights for the puck against the University of Connecticut's Brad Cooper (#28) in a recent game at the Milford Ice Pavilion.

tion and sliding it past the Bentley goalie, giving the Pioneers their first lead of the game.

But once again, Bentley answered back, slipping one past Pioneer goalie Stefan Drew before the second period came to a close to tie the game at three.

Junior Dave Jarman broke the 3-3 tie with a goal just seconds into the third period putting his team up by one, but Bentley returned the favor and scored midway through the period to push the game to a 4-4 tie.

Matt Gingera's goal with a couple of minutes remaining gave the Pioneers what appeared to be the game-winning goal, but Bentley would not go down without a fight.

The Falcons tied the game one last

time with a little over 3:00 minutes remaining.

The score remained 5-5 at the end of regulation; forcing the game into overtime.

Just 1:40 seconds into overtime, sophomore Patrick Knowlton came through with the game-winning goal as the Pioneers let out a sigh of relief to come out victorious.

The two teams returned to the ice on Saturday night for another physical game.

Bentley came out with a vengeance by building a quick three-goal lead in the first six-minutes of the game.

In some cases, this deficit would be too much for a team to overcome – but not for the Pioneers.

Sacred Heart committed a penalty to start the second period in which two

Pioneers were sent to the penalty box; creating a 5-on-3 Bentley powerplay.

The Pioneers, however, did not let Falcons capitalize on their advantage and answered shortly after returning to full strength.

Senior Eric Giosa scored first for the Pioneers to chip away at the Bentley lead and make the score 3-1.

Shortly after Giosa's goal, Jarman put one into the back of the net cutting the lead down to 3-2 at the end of the second period.

The start of the third period was a repeat of the second period as two of the Pioneers committed costly penalties; putting them back in the penalty box and giving the Falcons another 5-on-3 powerplay.

Once again, the Pioneers fended them off and returned to full strength where Giosa scored once again to tie the game at 3-3 and complete the Pioneer comeback.

But the Pioneer momentum didn't last long as they once again committed a two-person penalty – for the fourth time in the game.

This time proved costly as the Falcons capitalized with a goal to give them a 4-3 lead, which they held on to.

Both games were hard-fought battles with plenty of hard hits, penalties, and confrontations to go around.

"Staying out of the penalty box," said Gordon when asked what areas the team can improve on going forward. "We're a physical team, but we take too many penalties."

The team will head up to Buffalo, N.Y. to take on Canisius College on Jan 30 and 31. Puck-drop is set for 7:05 p.m.

Pioneer fencing squads outduel trio of opponents

Matt Jarvis
Staff Reporter

The Sacred Heart University men's and women's fencing teams prevailed against Yeshiva University, New Jersey Institute of Technology, and the University of New Hampshire at the William H. Pitt Center on Sunday, Jan. 25.

"I think we did really well as a team," said junior foilist Nick Bentley. "We all worked together and supported each other throughout the entire day to pull off the win in the end."

Both the Pioneer men's and women's teams coasted to easy first-round victories against Yeshiva, winning 25-2.

The following rounds also saw Sacred Heart emerge victorious as the Pioneers picked up a 26-1 win against New Jersey Institute of Technology. There were a total of 81 bouts on the day.

Although the sport of fencing consists of two players dueling at a time, it seems that for the Pioneers, everything is a team effort.

"The dynamic of the team really clicked and we all supported each other and our efforts resulted in three victories," said sophomore captain Jim Roberts. "The visiting schools had great efforts and seemed to be impressed with the way the venue ran smoothly."

The Pioneers' convincing home wins on Sunday strengthened the team's goal of

becoming one of the top fencing programs in the country.

"Our goal is to become one of the top 15 fencing programs in the country," said coach Dr. Thomas Vrabel. "We are still a very young team with only one senior and two juniors on the roster."

Vrabel continued by explaining that the extremely concentrated talent in fencing makes it difficult for teams to break into the top 15.

"The teams are coming together well and this is the best year out of the four years I have worked with the team," said Vrabel. "Word is getting out about our team's potential. The quality of the players is getting better every year as interest spreads. This not only supplies the team with new recruits, but motivates current players to fine-tune their skills."

Freshman Marty Williams proved again on Sunday to be a notable addition to the team; picking up multiple wins in the sabre squad.

"The entire team has shown great improvement and are very strong this year," said Vrabel. "Many players have a chance of qualifying for the regional meet."

Among them, Roberts, Williams, freshman Justin Dion, epee, and senior Dan Convery-Zupan, foil, are expected to qualify, pending their performance the rest of this season.

The team will compete again on Saturday, Jan. 31 against Yale University in New Haven, Conn.

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SPORTS

The Spectrum

**Men's hoops outlasts
Wagner; move into
fourth place tie**

GAINING GROUND

The Spectrum/Zack Lane

Sacred Heart's Josh Marshall (#23) puts up a shot in a recent game against Fairfield University at the Arena at Harbor Yard.



Photo courtesy of Athletic Communications

ON A ROLL

Women's hoops tames Bobcats; now 9-0 in NEC

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TO THE WIRE

Pioneers split with Bentley in thrilling fashion

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The Spectrum/Emily Gumbs