



FASHIONFORWARD

'Shopaholic' rings up well with fans.

PERSPECTIVES

He Said/She Said...

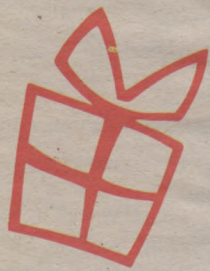
A&E

And the Oscar goes to...

FEATURES

Friend Request from Grandma?

February 26, 2009 Volume 25 Issue 16



SPECTRUM

Sacred Heart University, Fairfield, CT 203-371-7966 www.sacredheartspectrum.com

celebrating
25
years

Help comes 'Straight from the Heart'

Mallory Berko
Staff Reporter

Have you ever done something for the greater good and felt really good afterwards?

Sacred Heart University offers many opportunities for students to get involved with the local community, through a program called "Straight from the Heart."

The program's intention is to, "get freshman involved with a very important part of Sacred Heart's mission statement—Helping others and contributing to a larger community," said Sean Heffron, freshman mentor and adjunct professor.

More importantly, the program is about getting involved. It is "a freshman day of service primarily in the Bridgeport area," said Heather McKillop, student mentor. "This is a chance for freshman to work with staff and faculty members who also volunteer on this day."

To help get students involved, the student mentor office sends global emails to all students, targeting the freshman in particular, and puts posters throughout the academic buildings. Students also encourage their fellow peers by sharing information related to the program by word of mouth.

"I heard about it through friends and numerous emails," said sophomore Danielle Adler.

There are many options of services which students can choose from. Some services include read-aloud at the Columbus and Bryant Schools, helping out at the



(From left) Students Adam Lupo, Dan Shaw, Brittany Naile, Krishna Patel, Marissa Grippe, and Prof. Tim Speicher pose with a local resident.

Merton Center soup kitchen, after-school program assistance at the Maplewood Annex and Winthrop School, clean-up groundwork in the Bridgeport area, and Habitat for Humanity.

Dr. Reid, a professor of anthropology at Sacred Heart, first got involved with the program last year. He said that the program is intended to encourage freshman to volunteer for community service and to learn about social issues in the larger community of which we are a part of.

Not only does the program help fac-

ulty, staff, and freshman unite by working together through these services, but "it helps promote their understanding of how community agencies are working to deal with those issues," said Reid.

Students who participated in last year's services really got a sense of unity within the community and took away great experience from the work.

Amanda Favretto, now a sophomore, participated in one of the programs last year, by helping to assist in the clean-up at the Beardsley Zoo in Bridgeport.

See SACRED HEART on page 5...

SHU housing VS. Eckart Street Apartments

Kate Poole
Associate Copy Editor

Decisions. decisions.

It's that time again. Where will you be living next year? Park Ridge? Taft? Or... the Eckart Street Apartments?

While Sacred Heart University has a large number of students who utilize campus housing, there are always students that decide to move off on their own and find private housing.

This year it seems there is a buzz surrounding the Eckart Street Apartments, which are located on Eckart Street near Sacred Heart's Oakwood Apartments on Madison Avenue.

From the street it looks as though the apartments are well on their way to being finished, but is living there such a good idea? Some students are wondering if everything that the apartments offer is too good to be true.

"I'm really excited to live in a non-shu housing because we won't have to worry about RA's and drinking policies," said junior Noelle Saulnier. "With the way the lease was made, we only have to pay electric and cable bill so it's a way of giving us some responsibility, without putting us in a situation like a house where we are fully responsible. Plus I will get my own room for a semester."

According to Eckart Street Apartments property owner, Phil DiGennaro, his Company, Sound Development, has been in business since 1992 and over the past 17 years it has developed several different projects such as office, residential, and industrial offices throughout the state of Connecticut.

With the current distressed state of the economy, DiGennaro stated that Sound Development is using a philosophy he refers to as "better of less." In partnership with this concept, he said that Sound Development is "extremely conservative" when it comes to development practice.

"We are providing high quality, fully furnished new apartments in close proximity to the school and other services for close to \$2,500 less per student than any other student housing available," said DiGennaro. "While it is true we are in the middle of very touch economic times, the

See SOME SKIP on page 5...

Pres. Cernera addresses University

Mari Brown
Staff Reporter

America is in an economic crisis, and no one is exempt from its consequences, said Dr. Anthony Cernera, president of Sacred Heart University. Budget cuts and funding deficits have hit Sacred Heart, just as they have hit most schools across the country.

On Feb. 18, Cernera gave a State of the University address on the economic situation. Matt Telvi, president

of student government which sponsored the event, gave the opening remarks.

Cernera talked about financial statistics that changed at Sacred Heart, and compared them to the past. Sacred Heart has done "relatively okay, losing 22 percent of our funds," Cernera said, and "we are right on track with our capital campaign."

At the beginning of this fiscal year, there was \$75 million in university reserve funds. However, with the economy failing, the funds have dropped

to \$58.8 million. The fund was budgeted for \$121 million for the fiscal year, which ends June 30.

Some students said they were concerned about the funding issues. "I have expected that SHU would be cutting down on certain things," said junior Alex Vicchio. "I thought tuition would rise, as it has been. Everything that was spoken reinforces all our fears, but we all know the situation is grim and unfortunate."

Cernera addressed the faculty and roughly 30 students

and offered to answer questions from the audience. Some of the questions students raised included: What is the financial standing of the university and is it going forward? What are the effects of the crisis going to be on tuition? And lastly, is Sacred Heart going to help us get through the hard times and learn how to deal with it?

Cernera promised to answer these questions throughout his speech, and began the presentation with a personal story about his grandmother's situation during the

See CERNERA on page 5...

INDEX

NEWS	1-5
PERSPECTIVES	6
A & E	8

FEATURES	10
SPORTS	12-16

CONTENT

NEW HOUSING	5	FACEBOOK	11
HE/SHE SAID	7	SCOREBOARD	12
BRAND NEW	9		

News

Web site redefines the way the world reads news

Mari Brown
Staff Reporter

Birds aren't the only things twittering around anymore. There is a new Web site with a logo of a bird, Twitter.com, which has people talking.

According to Twitter.com, it is a free social networking service that started in San Francisco, Cal. in March of 2006 and launched in August of 2007. Its use has travelled from everywhere from California to India, stopping by Fairfield at Sacred Heart University.

Sacred Heart has its own Twitter account, which can be accessed on the Sacred Heart home page. The Sacred Heart Public Relations Department started the Sacred Heart Twitter account as another way to share and update news and events at Sacred Heart.

"Technology is enabling us to stay connected and engage with our community in so many great new ways—from SHUz, the University's weekly e-newsletter and the new Sacred Heart University iTunesU page to the many social media tools like Twitter and Facebook," said Funda Alp, director of communications.

The link is new to the Sacred Heart Web site, but "since its debut, the SHU Twitter account has seen steady increases

in 'followers,'" said Alp, "and the link on the homepage is definitely helping to let people know that this new social media tool is available to them."

However, many students haven't tried it yet. "I don't have a Twitter account, but if I did, I may follow SHU's blog, just to see what's going on on campus," said sophomore Emma Levine. "I have noticed the link on Sacred Heart's Web site though."

Twitter is unlike other social networks such as Facebook, Myspace, and Skype.

"We ask one question, 'What are you doing?'" said the Twitter Web site. Jack Dorsey, the man behind the Web site, "had grown interested in the simple idea of being able to know what his friends were doing" and "wondered if there might be an opportunity to build something compelling around this simple status concept."

Sophomore Paul Carrier thinks that people like Twitter because of a feature that can send Facebook style status updates to their phone. Still, there is only space available for 140 characters per post, otherwise known as 'tweets' on Twitter.

"The small space doesn't bother me. Anything more than that would be too much for me to care about for a 'tweet,'" said Carrier. "I need to be able to read it the update in like five seconds or it's not

worth my time."

There are several questions about Twitter that consumers like to have answers to before setting up an account.

Twitter is a free Web site that makes money off connecting people with each other. According to the Web site, it "has many appealing opportunities for generating revenue," but they haven't implemented them because "we don't want to distract ourselves from the more important work at hand which is to create a compelling service and great user experience for millions of people around the world."

Twitter gives its users the opportunity to use privacy tools so that only friends of the person's account can read updates. However, if an account holder doesn't specify his or her privacy settings, anyone can search and find that person's account.

In order to use Twitter, all you need "is an internet connection or a mobile phone," said the Web site. You can join with a username, password, and email address, and then start updating what you are doing.

Several organizations are using Twitter, not just Sacred Heart University. Some businesses such as JetBlue, Comcast, Dell, General Motors, H&R Block, Kodak, and Whole Foods Market are currently using Twitter.

twitter

Photo courtesy of twitter.com

"JetBlue keeps tabs on what Twitter users say about it, using a scanning tool, to find customers who might need information, say, on flight delays or cancellations," said JetBlue employee Morgan Johnston to the BusinessWeek.com.

Businessweek.com estimates there are about 1 to 3 million people on Twitter. This popularity grabs attention from companies other than JetBlue.

Also on Twitter are "Comcast, Dell, General Motors, H&R Block, Kodak, and Whole Foods Market...to do everything from burnish brands to provide customer service," said the Business Week Web site.

While Twitter is used by people of all ages, many Sacred Heart students don't think the Web site is an adult oriented network.

"I wouldn't think mainstream companies would have Twitter, but maybe they want to market themselves differently to a younger demographic," Levine said. "It makes me look at companies like GM and H&R Block differently; I feel like they are less formal now."

Wall street rock star to speak of his stock sham

Shannon Ianni
Asst. News Editor

The "Wolf of Wall Street" is set to attack Sacred Heart University.

On Wednesday March 4 at 7 p.m. in the University Commons the John F. Welch college of business is hosting "Building a Business Ethically – From Idea to Empire – without Sacrificing Honesty and Integrity," a lecture by former stock brokerage owner Jordan Belfort.

Belfort was the founder and CEO of Stratton Oakmont, a brokerage in Long Island. Training his brokers personally, some still in high school, Belfort and his brokers hyped stocks and sold them to investors at inflated prices. The business was not legitimate, though the brokers still became rich. The millions of dollars that poured into Stratton Oakmont were based by fraud. Rather than earning the money, the brokers were actually stealing it, through what is called a "pump and dump" scheme.

"Jordan Belfort is less important as a person than he is as a metaphor for the greed that has existed on Wall Street and helped cause the current financial crisis," said John Gerlach, associate professor in the department of economics and finance.

According to U.S. Securities and Exchange Commission, a pump and dump scheme is when brokers artificially inflate the price of owned stocks to investors, and therefore sell cheaply purchased stocks at a higher price. After the brokers "dump" the overpriced shares, the price of the stocks fall, and investors lose their money.

"We are the future business leaders of this great country. My generation, if not trained or prepared properly, will fall into the same greedy, unethical, and lustrous mistakes that the 'big boys' on Wall Street made," said junior Karlyn Grasso. "Jordan was a thief – it's as simple as that, he made immoral judgments, spent cash like it was going out of style, and enjoyed all of life's most pleasurable things."

Belfort will be discussing his two books, "The Wolf of Wall Street" and "Catching the Wolf of Wall Street" in

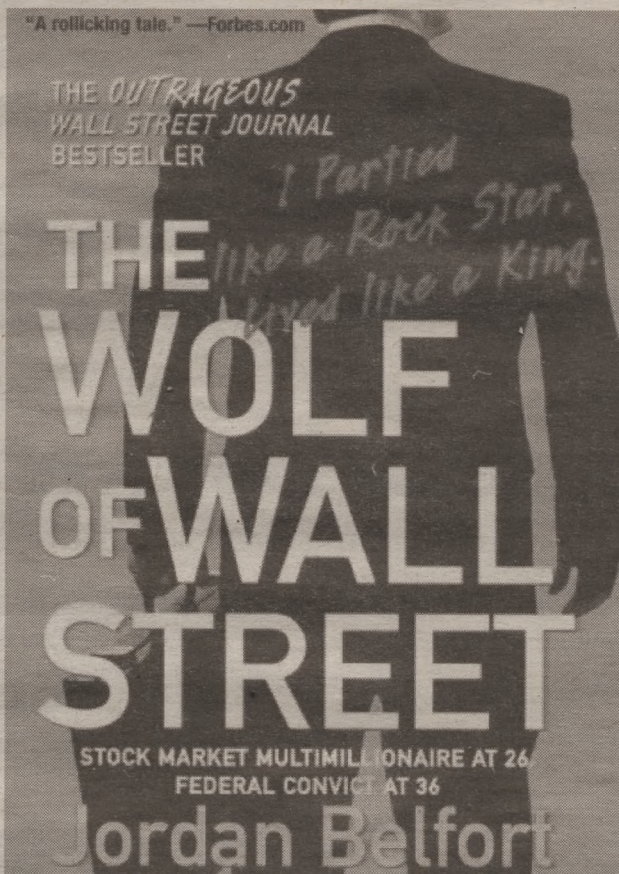


Photo courtesy of Random House Inc.

Belfort will discuss his two books, "The Wolf of Wall Street" and "Catching the Wolf of Wall Street" at Sacred Heart University on Weds. March 4.

his lecture on Wednesday. In these, he discusses the havoc that was caused by his schemes, and the consequences that he endured because of them.

"Having Jordan speak about his experiences and the price that he paid, jail time, a huge fine and his reputation, will give students a first-hand exposure as to why he not only engaged in illegal business practices but encouraged other to do so," said Gerlach.

Belfort's books do include the wild side aspect of his life, but they also were written to inform readers of the trials and tribulations he underwent.

"His books are not to just glorify his party life—in fact, if you really get a hold of it, the real purpose behind his book is to educate, and show the dark side of his plastic life. Nothing was real, it was all temporary. He lived a lie. His two books mention his wild side, but it's a lesson to be learned," said Grasso.

With the current status of our nation's economic crisis, Belfort's message is vital to those both already in and entering into the industry.

"It is so [important] for Jordan to share the message of his rise and fall to all young entrepreneurs just waiting to make it big in this world. It's evident that our country is in turmoil, and the major contributor toward this is the unethical decisions made on every level of business. Without making rational decisions, and understanding the consequences behind them, we will be lead this country into a state of disaster," said Grasso.

According to the Sacred Heart Web site, Belfort served 22 months in prison and paid fines totaling over \$110 million for the transgressions committed by his firms whose clients lost over \$200 million.

Belfort's story also served for the plot of the movie, "Boiler Room."

"The brokerage firm that he headed was the model for the movie 'Boiler Room' which I have showing to my investment class for the past several years. I use it to illustrate how greed overcomes good judgment and the consequences of that greed," said Gerlach.

For students that are about to embark on the trip into the "real world," Belfort's experiences and message could be of some interest.

"Despite his criminal background, Belfort knows what it takes to run a business, and do it the right way—the ethical way, the way that gives you the best return on your investment. What sets Belfort apart from most people [is that] he speaks the college language," said Grasso. "People will listen to him, I have no doubt about that."

Wildfires burn down under, students still safe abroad

Alyssa Scott
Staff Reporter

Violent fires swept across the state of Victoria in southern Australia killing 200 people. Beginning on Feb. 7, authorities reported the fires to be the largest in the nation's history and rescue units continue to clean up the mess, discovering more dead bodies.

As this tragedy struck southern Australia, Sacred Heart University students arrived to study abroad. Located in a different part of the country, they were unharmed by the fires.

Marylou Roof, the coordinator of the study abroad program, says that the fires have not affected the program, and students may still turn in applications for future terms. Being a scary time for Australia, she does not know if the fires will discourage students from signing up for future semesters.

"They are studying at the University of Notre Dame Australia in Fremantle which is near Perth in Western Australia," said Roof. "Fortunately, they are not near the site of the fires which I understand is in and around Melbourne in the southern state of Victoria."

Having just arrived in Australia, students entered a chaotic state for the country. Even though they were not directly harmed by the fires, some students still shared the sadness and apprehension that has spread throughout Australia.

"I was here while everything was going on with the fires. Luckily I wasn't anywhere near them or my family. It was still pretty scary," said junior Nicole Pepin.

As one of the few who were not affected, many report to be facing hard times.



AP Photo/ Mark Pardew

Australian CFA firefighter, David Tree, shares his water with an injured and thirsty Australian koala bear at Mirboo North on Monday, Feb. 9.

According to the Boston Globe, "The tally of homes destroyed in the wave of wildfires that swept Victoria state a week ago jumped to more than 1,800. The Victorian government also raised the number of people left homeless, to 7,000."

Although many Australians remain unscathed, many of them now carry other burdens. MSNBC states that "These survivors are now living in tents, caravans, borrowed houses or with friends and family. They want to go home."

Those who were able to help have begun to take action.

"I was most impressed about was how every Australian seemed to be donating to the cause. Every store was collecting money for the victims and was extremely concerned about the people. It was amazing to see the Australians pull together so well," said Pepin.

Knowing people are left homeless, rescue crews continue to work hard to speed up the rebuilding process.

According to MSNBC, "The process of rebuilding lost homes is unlikely to begin for months and will take many years, but survivors want to feel that the process is moving forward and they need tools to help clear the rubble from their land and sift through the wreckage."

To help the cause, many local charities have donated considerable amounts to speed up the process.

MSNBC states "the nation had pledged more than 75 million Australian dollars (\$50 million) in donations to various charities for survivors. Rudd ordered military bases to be opened to house some of the homeless".

As a traumatic event, the news of Australia's suffering has spread around

the world.

"The Australians were all surprised when I told them that the Americans were concerned. They didn't think the world would even have heard about them to that extent," said Pepin.

Reaching a record-breaking heat wave, some of the fires occurred naturally; however, the other fires were found to have been set intentionally. Recently arrested for starting one of the larger fires, Brendan Sokaluk is the first to be accused of arson.

According to the New York Times, he has been convicted "of setting a fire near Churchill, in the Gippsland region east of Melbourne, that killed at least 10 people and destroyed 200 homes."

The way in which the fire was started leaves reason to believe this dangerous fire was intentionally set to add to the fires destroying mass numbers of people.

The Boston Globe states that the "flames hit a patch of extra-dry timber in a valley about 2 miles (3 kilometers) from Healesville, flaring up and sending embers and smoke over the town."

For committing such a heinous crime, Melbourne will face severe punishment.

MSNBC states that the man will face "a maximum penalty of 25 years in prison for the deadly arson charge, and a maximum of 15 years on the second arson charge."

Being arrested for contributing to hundreds of deaths, Australians demand nothing less than retribution for the suspected arsonist. Outraged at his unlawful actions, Australians responded offensively to Sokaluk.

The New York Times said "shortly after his name was published on Monday, thousands of messages appeared on Facebook calling for him to be tortured and killed."

NEW CUSTOMER SPECIAL

UNLIMITED TANNING

\$14.95
BRONZE LEVEL

30 DAYS

New customers only. Must show valid I.D. Bronze level only. Upgrades available. Consecutive day tanning. One tan per day. One offer per customer. Cannot be combined with any other offer. No sharing of packages/memberships. Manhattan prices slightly higher. Surcharges apply. © 2008 Beach Bum Tanning.

BEACH BUM TANNING
FAIRFIELD

1330 Post Road
Fairfield, CT 06824

(203) 292-6888



beachbumtanning.com

1 888 SUN TANNING

OVER 50 LOCATIONS

CONNECTICUT • LONG ISLAND • MANHATTAN • NEW JERSEY • QUEENS • ROCKLAND • STATEN ISLAND • VIRGINIA • WESTCHESTER

News

Student Safety: Alert system keeps SHU at ease

Therese O'Shea
Staff Reporter

Imagine sitting in class when suddenly the entire class looks down at their cell phone to see an emergency alert text message.

Suddenly everyone bursts out of their seats to evacuate the building, and soon enough the whole campus is abuzz with the news of some type of danger.

This was the case in classrooms throughout Washington High School in Phoenix, A.Z. on Feb. 12, when students were made aware of a bomb threat on campus.

Students were immediately evacuated to the football field, and the bomb squad and police were notified to investigate the strange looking object spotted attached to a light pole.

As soon as authorities determined that the device was in fact two small metal cylinders with wires and a ticking watch attached, students were allowed back into the building to resume their school day.

At Washington High School, an emergency caller system had recently been put in place, which notified parents of about 1,400 students about the situation in less than 30 minutes. After the threats

were alleviated, a second call was sent out to inform parents that the lock-down was lifted.

At Sacred Heart, a similar alert system has been established.

"If Sacred Heart received a bomb threat the assessment team would investigate the situation and determine the validity of the threat," said Jack Fernandez, director of public safety.

"It could happen anywhere, but I think that it's doubtful that something like that would ever actually occur at Sacred Heart,"

said Winard.

Sacred Heart's department of public safety has set up an elaborate emergency management system in order to organize, coordinate, and direct available resources toward the control of an emergency.

According to the public safety Web site, the goal of this

plan is to "limit the loss of life and property" in case of an emergency that would affect the operations of the university.

Public Safety said that if the campus was put in a potentially dangerous situation everyone would be evacuated from the buildings and the proper authorities, such as the police or bomb squad, would be notified immediately.

The public safety Web site identifies four levels of an emergency incident in order to define the magnitude of the incident and its potential impact on Sacred Heart. Depending on the level of the incident, students are notified through several forms of communication, such as text message and e-mail.

However, when a gas leak occurred last semester, students were not notified via text message, as many suspected they would be. E-mails were sent out after the incident cleared, and classes resumed as scheduled.

"The gas leak was considered a level one emergency incident," said Fernandez, "which by Sacred Heart guidelines requires a general notice via e-mail, depending on the duration of the situation."

Many students, however,

say that they are not even aware of any type of alert system.

"I had never heard about the text messaging system," said sophomore Alex Longo. "I'm sure a lot of people don't even know about it."

Others who are aware about the alert system feel that it is a step in the right direction for the safety of students and faculty.

"I think the text messaging system is definitely beneficial," said sophomore Annette Aligo. "No matter what level the situation is, Public Safety should definitely send out some type of notification to students."

With all of these precautionary measures, how safe do students really feel on campus?

"I think that our campus is overall pretty safe," said Aligo. "But it might not necessarily be the safest place at night, to be walking across the street to your dorm for example."

Some students are not as satisfied with the security on campus.

"I think public safety has their priorities set on certain things," said junior Steve Winard. "It seems like they spend more time worrying about parking and drinking violations than the overall safety of students."

While public safety says they are doing what they can for the welfare of Sacred Heart students and administration, many students agree that it is possible for a similar situation to that of Washington High School to occur on our own campus.

"I think that a dangerous situation like a bomb threat could definitely happen here," said senior Justin Playdon. "You always have the type of kids who have the potential for doing something out of line like that."

Others feel that Sacred Heart is not necessarily a campus where we should have to worry about a life-threatening situation taking place.

"It could happen anywhere, but I think that it's doubtful that something like that would ever actually occur at Sacred Heart," said Winard. "We're off the grid as far as a school that would be targeted by any outsiders, and most of the kids who don't like it here end up transferring out."

Yet public safety seems to be determined to convince students that they have nothing to worry about while on campus.

"The department of public safety emergency management team is always looking to enhance our system," said Fernandez.

**Voted Best in
Fairfield County 2005, 2006 & 2007**

**Look Great
in a
Hollywood Tan**

**GREAT
STUDENT
SPECIALS**

**UNLIMITED
TANNING**

starting at
\$19.99*
per month



HOLLYWOOD TANS

TANNING SALON

*See Salon for Details.

STRATFORD
1345 Barnum Ave.
Stratford, CT
203-385-8555

FAIRFIELD
2173 Black Rock Turnpike
Fairfield, CT
203-336-8267

NORWALK
440 Westport Ave.
Norwalk, CT
203-847-7755

Registered Nurses Graduate Nurses Student Nurses

**Open House
& CE Day**

Saturday, February 21st

10am-11am: Attend Our CE Seminar
11am-12pm: Enjoy a Delicious Lunch
12pm-3pm: Open House
Come Meet Our Leadership Team!

10am-11am | CE Seminar

given by Daria C. Ruffolo, RN, MSN-CS, CCRN ACNP
Location: ETC on Level 3, past library on left-hand side

Shock: The Death of A Cell

This session will present an overview of shock states including cardiogenic, hypovolemic, distributive, and neurogenic shock. An evidenced-based and practical approach to the care and management of these patients will be provided.

Daria C. Ruffolo, RN, MSN-CS, CCRN ACNP, spent nearly 20 years as a bedside nurse in the surgical/trauma intensive care venue before taking on the role as an Acute Care Nurse Practitioner, with the trauma team at a busy urban level one trauma center located in Chicago, IL. She holds undergraduate degrees in both nursing and biology. Daria has adjunct appointments in two collegiate nursing programs and has spoken at over 200 national conferences including NTI, Trends and the Midwest conference. In addition she has a number of publications to her credit in journals such as The International Journal of Trauma Nursing, AACN Clinical Issues, Journal of Trauma Nursing and Nursing Ethics.

Earn one contact hour! FREE

To register call (800) 866-0919,
e-mail ce@gannettthg.com or visit
<http://events.nursingspectrum.com/Seminar>

Bring this ad to our
Open House and be
entered to win a
special Gift Basket!

NursingSpectrum
CONTINUING EDUCATION
Nursing Spectrum Division of Continuing Education
is accredited as a provider of continuing nursing
education by the American Nurses Credentialing
Center's Commission on Accreditation.

11am-12pm | Lunch



at St. Vincent's Medical Center
2800 Main Street
Bridgeport, CT 06606

12pm-3pm | Open House

Come meet our Leadership Team!

Learn about: Flexible Scheduling • Shared Governance • Learning Opportunities • Certification Reimbursement • Multi-disciplinary Training • Sign-on Bonuses • And More!

Excellent Full time, Part time & Per diem opportunities!

St. Vincent's Medical Center, a trusted, 397-bed acute care hospital with a tradition of clinical excellence, depends on the collaborative efforts of our highly skilled nursing team to ensure the continuous delivery of quality, compassionate health care to our patients. As an employer, we value all of our nurses and have a strong commitment to development, diversity, and work-life balance.

At the open house, you'll also discover Psychiatric Nursing opportunities at Hall-Brooke Behavioral Health Services, working with children, adolescents, adults, or in the Women's Specialty Unit.

SVMC is an equal opportunity employer committed to building a diverse and supportive workplace.

Conveniently located, St. Vincent's is accessible from the Merritt Parkway and I-95. If you're unable to attend our open house, please email your resume to dgregorio@stvincents.org or apply online at our dedicated CE/Open House microsite:

www.saintvincentsCEOpenhouse.com

St. Vincent's
Medical Center



ASCENSION
HEALTH

Trust St. Vincent's with your career. EOE

www.stvincents.org

Some skip housing lotto for non-shu rentals

...CONTINUED from page 1.

'better for less' philosophy positions our project succeed in the current economic climate.

He went on to say that he considers the company's financing to be secure and that over three quarters of the 44 units have already received deposits. DiGennaro expects the apartments to be fully leased by the end of February.

It seems that since the beginning of the construction of the apartments, rumors have spread about a possible partnership between Sacred Heart and Eckart Street Apartments. According to DiGennaro, Sacred Heart is not at all involved with the new apartments.

"At the onset of the project, we tried to work with SHU in any way which the university felt comfortable to be involved with the project," said DiGennaro.

According to DiGennaro, he had contacted Dr. Anthony Cernera, president of Sacred Heart, and proposed working together on the project. He said that he was referred to Dr. Michael Kinney, vice-president of finance and administration, who said that the project's location was ideal for the students of Sacred Heart but that they had no interest in the property.

"They had contacted us about a year and a half ago, the original developer contacted us, and he sold to the current owners who contacted us about six months

ago," said Dean Wielk, dean of students. "Part of the problem is that we don't have the need for the additional housing right now. We are locked into leases, and those leases provide us with enough beds for what we project out student needs to be in the coming year."

There is obviously the question of the behavior that will be presented by the student in these apartments. Anyone who has lived in a college dormitory would know that some people are bound to act out.

"Individuals over the age of 18 are responsible for their behavior," said DiGennaro. "While we will not have student RAs that live on each floor, we will have on-site professional security personnel as well as on-site maintenance people to make sure that all the rules are followed and to handle any issues that arise during the course of the year."

He explained that the buildings will be patrolled by "the policy department" and it will be monitored as necessary. Residents will have an "electric card swipe system" which will allow only the cardholders to enter the property. Additionally, onsite parking is for apartment residents only and there will be security cameras in the parking lot and hallways and common areas.

Since Sacred Heart has recently been expanding its authority



The Spectrum/Zack Lane

A single bedroom in Eckart Street Apartments is set up for potential residents to view.

in many off campus areas, some students are wondering who will have jurisdiction within the Eckart Street Apartments.

"Those facilities will pose a problem potentially, however in this case the owner is responsible for the student behavior. We the university will only intervene in the event that there is some type of police action. We will not be staffing these facilities," said Wielk.

Although the university has decided against collaborating with the apartments, they are not necessarily against the idea of students living in them.

"If it serves to take some of our students who normally would look to rent in some of the various neighborhoods in the north end, and move them into these facilities that are closer to campus, then

that is somewhat of a positive," said Wielk.

With more and more students attending Sacred Heart each year, there is bound to be a demand for more student housing. Even students who don't plan to move off campus have no need to worry, they will be accommodated for.

"Our plan right now is to build another resident hall on campus somewhere in the near future. Part of that will be driven by the enrollment which in these days will be driven by the economy," said Wielk.

With students locking in to leases and getting hyped up for next year, time will tell how well the Eckart Street Apartments accommodate to students and the Bridgeport community as well.

Sacred Heart volunteers reach out to community

...CONTINUED from page 1.

"It was an amazing experience. I felt really proud when I looked back at the zoo and saw how much we had cleaned up. The workers at the zoo were really appreciative," said Favretto.

Not only are the students taking away a sense of pride and accomplishment from these services, but the faculty and staff are as well.

"I continue to do it because the night I go to bed after volunteering, I do so with a huge smile on my face, a story to tell, and the feeling that I contributed to the happiness of another human being," said Heffron.

With over 100 freshmen who volunteered their time for a day of service last year, some students who have participated in the past feel that the same opportunity should be shared with upperclassman.

"Sacred Heart should make this available to all students because I know a lot of people who want to participate but are unable to, due to the fact that they are now upperclassmen," said Favretto.

Cernera discusses the financial future of SHU

...CONTINUED from page 1.

Great Depression.

"In 1928, what was happening to the stock market?" Cernera asked. "It was going up and up, and then it went way down and crashed and fell apart." The moral of the story was that no one was expecting the stock market to crash.

Sacred Heart doesn't want its students to be unprepared for a situation like this, should it occur again, he said. "If our education here is worth anything at the end of the day, it is at a fundamental level," said Cernera. "It is because we are giving you the skills to deal with what lies ahead in the future."

Larry Wielk, dean of students, also attended the university address and thought the speech was informative and that it brought light to critical issues that are important to students.

"My biggest disappointment was there weren't more students here to hear it," said Wielk.

After Cernera spoke about the need for students to keep themselves informed about their personal financial situations and to understand their credit scores, he moved on to the issues of the university.

The budget Cernera spoke of was used for several university improvements such as the new football field, the completion of the skybox in the Pitt Center, the renovations of Curtis Hall, Hawley Lounge, the dining hall, the mahogany room, the

bookstore, and the new chapel.

If the reserve funds hadn't been dropped this fiscal year, plans to renovate the Schine auditorium may possibly be further along. In the future, if funds replenish, Sacred Heart is looking at purchasing land that is close campus to expand the size of the school in the relatively near future, said Cernera.

Cernera finished his speech by giving advice to the students of Sacred Heart.

"Find that deep deep place inside of you where God is," said Cernera, "and stay rooted in that place. And then all the badgerings and the bad things that lay ahead, that none of us can predict, you will get through it."

In addition, Cernera gave some practical advice. He said the students should get their free application for Federal Student Aid (FAFSA) forms in and take advantage of the career center and financial aid offices for internships and federal funding.

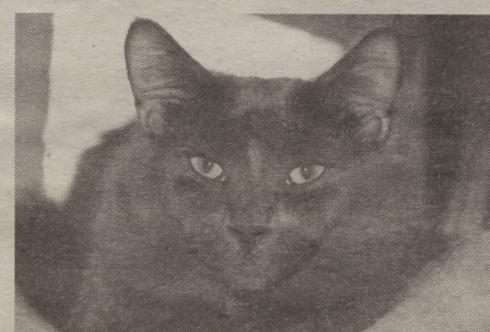
"President Cernera answered all the general questions," said junior Frank McGovern, "and he gave a hopeful look for the future and put some of our minds at rest."

As a last impression, Cernera left the students and faculty members with these words: "Don't lose hope, don't lose focus, and support one another. This crisis is real, but it's not impossible."

THE CAT CORNER



CATS FOR ADOPTION FROM THE STRATFORD CAT PROJECT



THIS WEEK'S CAT IS WINDSOR. HE IS A 2 1/2 YEAR OLD VERY FLUFFY GRAY CAT. HE ALSO HAS A BROTHER CAMDEN IF YOU ARE LOOKING TO ADOPT A PAIR. IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN ADOPTING WINDSOR OR HIS BROTHER, PLEASE CONTACT THE STRATFORD CAT PROJECT AT SCP4CATS@YAHOO.COM OR CALL (203) 375-7009.

STRATFORD CAT PROJECT'S WISH LIST FOR DONATIONS

THESE ITEMS CAN ALWAYS BE USED AND APPRECIATED BY THE SPC. PLEASE LEAVE ANY DONATIONS IN THE BOXES OUTSIDE OF THE SPECTRUM OFFICE AND OUTSIDE ADMINISTRATION ROOM 210

- FRISKIES CANNED CAT FOOD
- SCOOPABLE CAT LITTER
- TEMPTATIONS CAT TREATS
- DRY CAT FOOD - FRISKIES FELINE FAVORITES OR MEOW MIX WHOLESOME GOODNESS
- BJ'S GIFT CARDS

FOR MORE INFORMATION ABOUT THE STRATFORD CAT PROJECT VISIT THEIR WEB SITE AT WWW.STRATFORDCATPROJECT.ORG

Perspectives

Master's degree to be offered in nutrition, fall 2009

Joe Mazza
Staff Reporter

Sacred Heart University will add a master's degree program in nutrition to its Human Movement and Sports Science department this coming fall.

"The new nutrition program is making our health science professions department expand to new limits," said senior Nadia Najm.

This program will teach Sacred Heart students to help themselves and others have healthy lives.

"This is not solely a nutrition program. It is a degree program in human performance that is affected, we recognize increasingly, by nutrition," said Michael Emery, associate professor of physical therapy.

Some feel that nutrition is an over-

looked aspect of everyday life.

"The US is spending in excess of a trillion dollars in health care and the amount is growing so much so, that it is a crisis," said Kon S. Chen, affiliate of chemistry. "The amount we spend in this area can be lowered substantially if we pay more attention to prevention rather than to treat disease and organ and system failures."

Emery agreed, and added that nutrition improves even the slightest form of activity.

"Human performance is, obviously, affected by the exercise physiology, but the other huge factor is the nutritional component to performance," said Emery.

"For example, athletic performance these days is really at a razor's edge. Very small things make relatively small, but significant, improvement. Nutrition

becomes important because if you don't have the correct nutritional components to performance, you can have the best physical capacity but you are not providing the fuel for the engine the best way that you can."

In addition to athletic performance, nutrition has a variety of additional benefits.

"When you think about someone returning from a big wound injury, part of what makes them physically perform better and heal during that process is right nutritional components," said Emery.

Another important factor is the increasing need for nutritionists. The field is expected to be a growing market.

"There will be a lot of jobs opening up in the future because people want to be healthy, but they do not know what to do," said Chen. "Right now, many people go to their physicians for help in

the area of nutrition. Physicians now have nutritionists on staff to educate clients on how to change their lifestyles and return to health. There are not enough nutritionists around to handle the demand."

Some students see this new master's program as a big step forward and realize the importance of it.

"I think it is great that we have a nutrition program here. We are learning what is needed for healthy living," said junior Christina Pecoraro. "There are so many people that need to know what nutrients are good for them."

Not only is knowledge of nutrition beneficial to one's health, but it is also the foundation of learning.

"Education is the key, and nutrition is in the middle of it," said Chen.

Chapel's construction works towards completion

James Kearns
Staff Reporter

At two months behind schedule, will the chapel's construction ever be finished?

Construction broke ground on Dec. 5, 2006 and, despite being delayed, is nearing completion.

"It's important to note that construction delays are common and typical in projects of this magnitude," said Dr. Anthony J. Cernera, university president. "There are many artisans working on this chapel, from the artists in Italy to the architects in Massachusetts, for instance, in addition to the local contractors."

Although Sacred Heart's top offi-

cial is enthusiastic about the chapel, some students hold reservations about it.

"It's a waste of money in times when money is not plentiful," said senior Jocelyn Brickett. "I think it will add a more Catholic look to our school, but I think the quad made our school look much nicer and welcoming."

However, Cernera explained that the chapel is vital to the university.

"Practically speaking, Sacred Heart's amazing growth has created a need for a larger, more centrally-located chapel. Philosophically, it is both a visible symbol of the school's rich Catholic intellectual tradition and a venue for building on that tradition in the future," said Cernera.

"We want to be serious about the Catholic identity of our campus. All great Catholic universities have a place of worship that has integrity, which is what our campus needs as well."

Despite the positive benefits cited by the president, some students felt that there are other things that Sacred Heart should be spending time and funding on instead.

"I think they should have made housing a bigger priority," said sophomore Brittany MacVittie.

Other students, however, welcome the new building.

"I think it's better than having the indoor chapel that we have in the academic building now," said MacVittie.

Cernera assures students that the building will be worth it.

"One national magazine, 'America,' recently said that walking into this sacred space is like entering a dazzling icon, and described it as 'a jewel,'" said Cernera.

He also encouraged students to be involved with the new chapel and keep an eye out for updates about it in the near future.

"There will be another community meeting on the Chapel next month, and I encourage students to go to that meeting for the latest news and to ask any questions they'd like," said Cernera. "In the meanwhile, I hope they will continue to pray for its successful completion."

The SPECTRUM

Editor-in-Chief
Shelley Thomas

Associate Editor
Olivia Soriano

Photography Editor
Zack Lane

Assistant Photography Editor
Nicole Giglia

News Editor
Carli-Rae Panny

Assistant News Editor
Shannon Ianni

Advertising Manager
Leah Gallagher

Asst. Advertising Manager
Kristine Duker

Sports Editor
Robert Morgan

Assistant Sports Editor
Emily Gumbs

Features Editor
Samantha Selvaggio

Assistant Features Editor
Juliana Brittis

A&E Editor
Allie Pohevitz

Assistant A&E Editor
Kaitlin O'Reilly

Perspectives Editor
Liz Warren

Assistant Perspectives Editor
Angela Salerno

Chief Copy Editor/
Web Editor
Laura Smith

Asst. Copy Editors
Courtney Perlee
Kate Poole

Advisor
Dr. Debbie Danowski



The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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

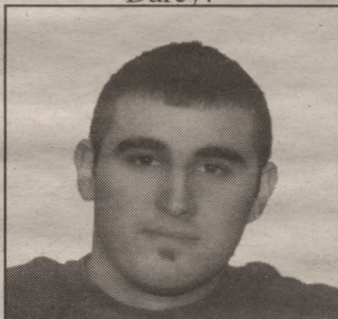
Kristen Toffales
Staff Photographer

Which movie character would you be for a day?



Ashley Roemer
Sophomore

"Elizabeth Bennett from 'Pride and Prejudice' because she gets Mr. Darcy!"



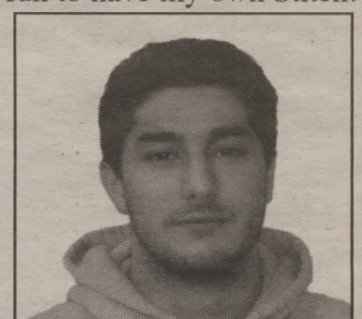
Chris Caccia
Junior

"Billy Costigan in 'The Departed' because I like the undercover aspect of his character."



Alex Gatten
Freshman

"Lilo from 'Lilo and Stitch' because Stitch is cute and it would be fun to have my own Stitch."



Michael Brancato
Senior

"Frank the Tank from 'Old School' because he's utterly ridiculous."

Answer for last week's "Where in SHU?"
In lobby of the Library

LETTER TO THE EDITOR

To the editor of the Spectrum,

I have just received a copy of Paul Colford's response to the article that appears in this week's Spectrum regarding Shepard Fairey's poster of President, then candidate, Obama. Mr. Colford is the Director of Media Relations for The Associated Press.

I am in agreement with Mr. Colford's contention that the article was poorly researched and edited.

After receiving the request for a quote from the Spectrum regarding the issue of the AP suing Mr. Fairey, I went to the little known publication The New York Times and learned that the facts were completely the opposite of what was in the email from the student reporter. However, I wrongly assumed this was a typographical error or that either the reporter or the editor would catch this inexcusable mistake. I was wrong, and the AP deserves an apology and a correction.

In addition, the editing work done by the Spectrum on the quote that I provided as hard copy also presents either more inexcusable errors, or a lack of understanding of editing on the part of

the Spectrum. As written in the Spectrum, and a copy was graciously provided to me by the AP in an email disputing my alleged quote, one would assume that the quote I provided was in complete support of Mr. Fairey's side of the dispute.

I think you will see that the editing dramatically changed the intent of what I had to say. My quote addresses the need for revised intellectual property laws that reflect 21st century technology and that offer protection for copyright owners while leaving room for legitimate artistic expression. Nowhere in my quote do I make any judgment as to validity of the claims by either party in this dispute. Here is the unedited quote:

"I think it shows just how far out of date our intellectual property laws really are. Despite the fact that personal computing arrived almost 30 years ago (I am assuming that a computer was used to help create this illustration), media of all sorts are being taken by surprise when [sic] its abilities are applied to their particular area. The music industry was blind sided by Napster, the movie industry was totally unprepared for bit torrents, and now an image company finds itself confronting the same issues. If they believe they have a case, then they have twenty-five other works to sue over at <http://www.villagevoice.com/slideshow/>

view/165211/1.

All of these pieces are based on existing images as well. The owners of intellectual property do deserve a level of protection, but we also need room in the law for intellectual growth and artistic expression. I think it is a fantastic poster and expresses something that is not within the original photograph. However, whether that is legal or not requires a 21st century interpretation of copyright laws that were devised in previous centuries."

I think you can see the edited quote is a complete misrepresentation of what I had provided to the reporter.

I think the AP has a legitimate issue with the editorial staff of the Spectrum and I think the AP and I deserve corrections in print. I have responded to the AP by providing the complete quote so that they can see where the mistakes were made.

However, through this shoddy work in the Spectrum, your publication has put me in a very uncomfortable position with a source of information I have used in the past for my professional work. It may also have compromised any working relationship I would like to have in the future. Having my professional

credibility brought into question with The Associated Press by your publication is inexcusable.

Because of these errors I would expect the Spectrum to show some integrity by printing my response to the article in the Letters to the Editor section, that a correction be printed in the exact same area of the paper as the article appeared, and that a letter of apology be sent to Mr. Colford for two reasons: the absence of fact checking by the Spectrum completely misrepresented the position of the AP, and the shoddy editing of my quote completely misrepresented my position on the matter and falsely made it appear that a member of the faculty had taken a public stand against the AP in this important matter of intellectual property rights in the 21st century, thereby calling into question the credibility of the entire faculty at Sacred Heart University.

To view the printed correction, turn to the Art and Entertainment section in this issue of the Spectrum.

He Said/ She Said...

Is it required to attend an event as a couple?

Brian
Germain

He said



Liz
Warren

She said



Love is suffering, love is pain. These are a couple cliché slogans that compel one to pal around with their significant other at events they hate. These are the couples that don't make it.

The second you feel like you have to take part in something your girlfriend likes just to please her, you can forecast a stormy relationship up ahead.

The ideal would be a couple that enjoys doing things together just because they take interest in the likes of one another. This means if your girlfriend likes something that you think might not be appealing to you, give it a shot anyway.

For example, your girlfriend really likes musicals and her favorite motion picture production is "Newsies." You think that Christian Bale prancing around with a bunch of other boys and singing about selling newspapers will ruin your masculine view of Batman, so you're hesitant to watch.

Well, cast that inhibition aside and dive into the things your girlfriend loves.

There should be no pain or suffering involved. You should voluntarily want to take part in the things loved by the one you love. These are the relationships that do make it.

Sacred Heart University's spring concert is the issue at hand. Mr. Curtis Jackson, also known as 50 Cent, seems to be a man that people either love or hate with very little grey area. His explicit lyrics either appeal to you and draw you in or make you cringe and run for the hills. It's quite the dynamic magnetism.

So, what to do if your girlfriend loves him and you hate him? Hopefully, by this paragraph you already have the answer, but if you don't, I have another quick tip.

If you're not a fan of his music, focus on what you are a fan of: the girl you came with.

Take pleasure in seeing her face light up every time she screams out the words to her favorite song.

Hopefully you love her like a "fat kid loves cake" and the joy she's having will be contagious.

The concert is an experience. It's not just music and noise and agoraphobic nightmares. There are many other aspects to it.

You will be standing in line for far too long, mingling in the Pitt Center for a bit, and taking part in various other activities throughout the night where the musical stylings of 50 Cent will not be present.

Also, keep in mind that relationships are a two-way street.

If you are involved in one, I pray you already know that you get what you give. A healthy relationship has a hearty sampling of each other's interests.

So here's the scenario: your boyfriend excitedly approaches you with "awesome" news and tells you to close your eyes.

Instantly, a thousand thoughts pop into your mind. Did he get you that bag you told him you wanted last month? Or could it be the first three seasons of "Scrubs" that you had asked for on your birthday?

When you finally open your eyes, you see that it's neither that nor the new Luis Vuitton you've had your eye on, but rather two tickets to Talib Kweli.

What's the problem here?

You aren't sure if he's a performer, or if Talib Kweli is some ethnic restaurant that just opened up in the city.

This kind of thing happens all the time. People tend to feel obligated to bring their significant other to concerts and other big occasions regardless of whether or not that person shares an interest in the event.

Some feel that, as a couple, these things need to be experienced together, even if it means one person is less than thrilled.

So what should you do?

It's tempting to take the tickets from his hand and jump for joy out of courtesy.

After all, he went through a lot of trouble to get those tickets, and he wanted you to be the one with whom he shares the experience. You plan to just suck it up and go with him.

But picture this: at the concert, while he's buying tee shirts and singing along to his favorite song, "Get by," you're just sitting next to him with a polite smile and bobbing your head like an idiot.

Are you really willing to sacrifice your dignity like this to make him happy?

My advice is to spare yourself the agony, and give him back your ticket. While it's always difficult to decline a gift, it will be better for the both of you if you don't waste his money and ruin his time by being lame and boring.

Instead, advise him to bring his Talib Kweli-obsessed friend. The two would have a much better time with each other reciting the lyrics and painting 'I love T.K.' on their chests. Who knows, maybe he had originally planned on inviting his friend, but changed his mind because he felt obligated to go with you.

In that case, declining the ticket would be liberating for him as well. Plus, you'd get bonus points for being so laid back and not expecting to spend every waking hour together. You'd be seen as the cool girlfriend and you'd be able to skip a concert that you never wanted to attend in the first place.

It's a perfect plan. Just make sure to keep all of this in mind the next time the Spice Girls have a reunion tour.

Girls & Sports



—Arts & Entertainment—

Grammy's leave audience buzzing weeks later

Michelle Munden
Staff Reporter

With so much talk circulating after the Grammy Awards, it can be hard to keep up. Gossip about everything from who wore what, to who didn't attend is considered fair game in this industry.

The 51st Annual Grammy's appeared live on CBS Sunday, Feb. 8. The event took place for the sixth year in a row from the Staples Center in Los Angeles.

This year was certainly a performance packed ceremony that featured acts by Radiohead, U2, M.I.A. with Kanye West, Coldplay with Jay-Z, Robert Plant and Allison Krauss, Lil Wayne and a handful of other talented artists.

But why exactly didn't some people tune in to this star-studded yearly event? "With everything else that is going on in the world, the Grammy's don't seem important anymore," said junior Randi Sassone.

So if this Sunday was spent in other ways, did you miss any memorable moments? It is decidedly so.

The night was stocked with A-list collaborations, and none was bigger than Paul McCartney and Dave Grohl taking on the Beatles' "I Saw Her Standing There." Taylor Swift and Miley Cyrus sang the former's "Fifteen," and the Jonas Brothers and Stevie Wonder teamed together to perform, "Burnin' Up," and "Superstition."

On the award front, the big winners were Robert Plant and Alison Krauss, Lil Wayne, and Coldplay. Plant and Krauss grabbed five Grammy's, including the night's biggest award, Album of the Year for *Raising Sand*. "In the old days we



AP Photo/ Mark J. Terrill

M.I.A. posing backstage at the 51st annual Grammy Awards.

would have called this selling out, but it's a good way to spend a Sunday," Plant said while accepting the show's final honor.

Lil Wayne, the man with the most nominations, cleaned up very nicely and won four out of the eight awards that he

was nominated for, including Best Rap Solo Performance and Best Rap Album.

Additionally, M.I.A. strutted around the stage with an overwhelmingly pregnant belly that looked ready to burst at any moment. In fact, she was actually sched-

uled to deliver her baby that night.

"I'm a big fan of M.I.A. and the song she performed that night. I thought her performance was really good especially with all the other rappers in it," said junior Julianna Hatjgeorge.

Blink-182 announced that they are indeed reuniting, all the while mouths moved as Chris Brown and Rihanna were no-shows for unclear reasons at the time.

On the fashion front, Katy Perry spent her time not kissing girls, but looking elegant in a Hollywood glamour style light pink dress. And what was perhaps the least bit of a shock was Paris Hilton's Versace mini dress that showed off her lengthy legs.

Paula Abdul made an attempt at being fashionable by donning a dress from a new designer, Basil Soda. However, her canary yellow outfit adorned with what almost looked like a tacky chandelier on her shoulder, should have been voted off a long time ago.

"I thought her dress was ugly with all the chains and stuff hanging off her," said Hatjgeorge.

By the end of the night, viewer's emotions could have run all across the page. Maybe you were confused by the bail of Rihanna and Chris Brown's performance, excited because Blink-182 is reuniting, or in tears from Jennifer Hudson's touching performance after her family's devastating tragedy. Whatever your reason for tuning in, the show did not disappoint.

However, if you missed out on this year's Grammy Awards, don't worry—the show will go on. You certainly have time to schedule in the 52nd annual Grammy Awards that are a year away.

Joaquin Pheonix checks out on the set of Letterman

Actor turned hip-hop star leaves audience of 'Late Show' confused

Sarah Prial
Staff Reporter

What is wrong with Joaquin Phoenix? Viewers of "The Late Show with David Letterman," were shocked and confused on Feb. 11 by the actor's unusual and unresponsive behavior, as well as his disheveled clothes, dark sunglasses and overgrown beard.

Phoenix responded to Letterman's questions with one word answers often delayed by a few seconds. Is this a joke? Was he on drugs? Is it all a big hoax?

"I don't think he was high, crazy or playing games with the audience," said junior Krista Bacci. "[He] has reached a stage in his life where he needs to redefine himself and how he behaved on the show was an expression of that desire."

In the five-minute interview, Letterman tried unsuccessfully to stimulate conversation with the actor. He received no response aside from mumbled sentences and fidgeting. Letterman began to tease the actor, going so far as to compare his disheveled look and odd behavior with that of the Unabomber.

The audience laughed at Letterman's teasing of Phoenix, but they also laughed at Phoenix's awkward answers, strange reactions and long silences.

The audience "didn't understand why



AP Photo/ CBS, J.P. Flio

Joaquin Pheonix waves to the audience on the set of "The Late Show with David Letterman," in New York, Wednesday, Feb. 11, 2009.

[he] was acting as strangely as he did, and without any other recourse, laughed," said Bacci.

Phoenix, however, became very defensive and seemed agitated in response

to Letterman's teasing. "Relax," said Letterman, "We're having fun."

Had Phoenix been high or drunk during his appearance, perhaps it made him more upset by the audience's laughter.

Despite what students such as Bacci believe, that Phoenix's behavior was unrelated to any drugs or alcohol, there is a history of substance abuse in his family.

Phoenix's older brother, River, died of a drug overdose at the age of 23. Phoenix himself denied being an alcoholic, despite checking himself into rehab in 2005 after filming "Walk the Line" according to www.contactmusic.com.

Phoenix is quoted by the Web site www.IMDB.com saying that it "took him over a year to get [his] life back" after the death of his brother.

That statement, however, was made almost three years ago. Phoenix recently announced that he was retiring from making films to pursue a career as a hip-hop music artist.

The only questions to which he responded with full and clear sentences on Letterman were in regard to his music career. "I'd love to come on the show and perform," he said.

At the end of the painful interview, Letterman said, "Joaquin, I'm sorry you couldn't be here tonight." It was a joke, but frighteningly appropriate. Phoenix may have been sitting in Letterman's interview chair, but there was something missing: words, emotion, and personality.

'Shopaholic' rings up well with fans

New romantic comedy leaves audiences with a smile

Liz Brombacker
Staff Reporter

Declined. This is the worst thing a shopper can hear when all but one of their credit cards are maxed out. This is the life of Rebecca Bloomwood (Isla Fisher); shopaholic.

The movie "Confessions of a Shopaholic," based on the book by Sophie Kinsella opened in theaters on Feb. 13.

"Confessions of a Shopaholic," follows the life of Bloomwood from shopping sprees, bills, new jobs, debt collectors, and Shopaholics Anonymous meetings.

After losing her job and getting a bill that put her even more into debt than she already was, Bloomwood goes out to seek the perfect new job, writing about fashion.

However, in an ironic twist, Bloomwood lands a job as a columnist, giving advice for a finance magazine, rather than writing about fashion.

"Confessions of a Shopaholic," is full of humor, but also provides the audience with a little bit of romance on the side.

Some Sacred Heart students were excited for the release of this romantic comedy.

"I thought it was a really good movie," said senior Kathleen Henry. "My suitemates and I really enjoyed it; we'd recommend it as a good girl's night out movie, a fun chick flick."

The movie had a good line up of actresses and actors. There were the familiar names including, Joan Cusack, John Goodman, and John Lithgow, all of whom lived up to their expectations.

However, it was the newer names that really made the movie complete.

Fisher, most commonly known for her role in "Wedding Crashers" and Hugh Dancy, who can be seen in "Ella



AP Photo/Robert Zuckerman

Isla Fisher in a scene from "Confessions of a Shopaholic."

Enchanted," delivered great performances.

Fisher's character is a bit quirky, but this is what makes the audience love her, rooting for her the whole time with her new job, and love interest.

"I thought Fisher did a great job, she was very convincing and played her role well," said sophomore Melissa Santoro. "She even made wearing high heels look like fun!"

The critics' reviews range from good to bad, some however found the movie to be worthwhile, though not the best movie they have ever seen.

"Confessions of a Shopaholic" is no masterpiece. But it's funny, Isla Fisher is a joy, and of supreme importance," said critic Roger Ebert. "Also, no movie

can be all bad where the heroine attends a Shopaholics Anonymous meeting and meets a former Chicago Bulls star."

Though the movie only came in fifth in the box office during its opening weekend, there are many people who still are excited to see this movie.

"I can't wait to go see 'Confessions of a Shopaholic,'" said freshman Katherine Ramsey. "I love to shop, so this movie is right up my alley."

The audience is bound to be full of people who can relate to Bloomwood's love of fashion and shopping, but hopefully not her debt.

Overall Rating: B

And the Academy Award goes to:

Best Picture:
Slumdog Millionaire

Actor in a Leading Role:
Sean Penn, Milk

Actress in a Leading Role:
Kate Winslet, The Reader

Supporting Actor:
Heath Ledger, The Dark Knight

Supporting Actress:
Penelope Cruz, Vicky Cristina Barcelona

Achievement in Directing:
Slumdog Millionaire

Achievement in Film Editing:
Slumdog Millionaire

Best Documentary Feature:
Man on Wire

Achievement in Cinematography:
Slumdog Millionaire

Achievement in Makeup:
The Curious Case of Benjamin Button

Achievement in Costume Design:
The Duchess

Best Animated Feature Film of the Year:
Wall-E

Adapted Screenplay:
Slumdog Millionaire

Original Screenplay:
Milk

Best Animated Short Film:
La Maison en Petits Cubes

Best Foreign Language Film of the Year:
Departures

Best Original Score:
Slumdog Millionaire

Best Original Song:
Slumdog Millionaire

Brand New rumors leave fans talking

Long Island band hints summer release for fourth album

Genevieve Manna
Staff Reporter

Information is scarce, fans are anxious, and the revolutionary Long Island rockers, Brand New, have become a little too comfortable in the recording studio. The hype has undoubtedly begun.

The telephone game has Brand New wrapped around its fingers. With gossip scattered about album release dates, possible shows and tours, and myths of a band members leaving, Garret Tierney and Brian Lane have set the record straight with a new blog on the band's Web site.

Recently released information announces that a possible summer release is in store for their fourth album. With roughly fifteen tracks to play with, the foursome has been recording since March of 2008 and plan to tour after the debut.

This 10-year-old band made up of Jesse Lacey (vocals/guitar), Vin Accardi (guitarist), Tierney (bassist) and Lane (drummer) need to get out of the dungeon, and give us a fourth album to rid of this Long Island scene nostalgia.

To say the least, Brand New has made their way around the block. Their faces have been scattered across magazines ranging from Seventeen to Rolling Stone, they've sold out shows worldwide, and

they've helped open the door to a whole new form of music. No big deal, right?

College fans are certainly in for a treat. Three universities have been chosen to have the band grace their grounds and perform live. These three shows are all that the group will allow due to recording responsibilities being first on their list of things to do.

Also, with Lacey touring solo alongside close friend, singer-songwriter Kevin Devine, getting together to tour with the rest of the band would be quite time consuming.

Fans' opinions range from album to album and show to show. Some are pleased with the pace of the band, but some have let the pace of releases set them back.

"I started listening to Brand New around 2002; I was obsessed with the song 'Seventy Times Seven' and 'Play Crack the Sky', even though I haven't listened to them much since senior year in high school, I'd be interested in seeing if they stayed with the same sound and style," said junior Randi Sassone.

Lyrical and musically, it may be easy to stereotype Brand New into the "emo" pitfalls. But what it really comes down to is what the boys were feeling at that time, place, and age while writing.

"This is the music where we talk

about how we've been wronged and got our hearts broken and nobody understands," said Lacey during an interview with Rolling Stone magazine. "Some of that's true, but I've hurt people just as often as I've been hurt. I'm trying to be honest about the kind of person I am underneath it all."

For musical artists, a radical transformation could go either way, good or bad. In Brand New's case, it has worked out for them perfectly. Setting themselves apart from their "emo" reputation has allowed for their maturity as musicians to shine.

The band's discography consists of three albums which each represent a different time in the band's life. The albums are known to be a chronological representation of the boys growing into men. When listening to their albums, an obvious difference is presented from their first album, Your Favorite Weapon, to their third album The Devil and God Are Raging Inside Me.

Trash talk is better than no talk; frustrated fans are waiting for Brand New to do what they do best, and the more hype, the higher the standards. It will be interesting to see if the summer release will bring the heat.

Correction: In the Feb. 19 issue of the Spectrum, an article regarding Shepard Fairey's presidential poster mistakenly stated that the Associated Press has sued him. Fairey is suing AP.

Features

Kappa Kappa Psi's Lambda Nu chapter 'unite's at heart'

Gina Cerniglia
Staff Reporter

While many students were out with their sweethearts on Valentine's Day, there was quite a ruckus erupting at Sacred Heart University.

The Lambda Nu chapter of Kappa Kappa Psi, a national honorary fraternity established in 2005 for members of college marching bands, hosted the 2009 precinct meeting at Sacred Heart; "Brothers and Sisters Unite at Heart."

So what is a precinct, you may wonder? It is a mini convention. Once you find out how many people attended this convention, mini probably isn't the right word of choice.

Starting Friday night at 5:30 p.m., about 60 brothers of Kappa Kappa Psi and sisters of Tau Beta Sigma met in the University Commons to check in for the weekend of events planned.

Members spent the night inside the William H. Pitt Center, and more people came and joined in at 8 a.m. the next morning. Around 250 students attended the event.

"When you walk into the UC and see 250 of your brothers and sisters, it is the most incredible feeling. And to know that you were the one that brought them together, is unbelievable," said Lambda Nu committee chair and sophomore, Emily Stack.

Students came from the University of Maine, University of Rhode Island, University of New Hampshire, University of Massachusetts at Amherst, University of Connecticut, Marist College, and West Chester University, just to name a few.

After the greeting, students separated into different break-out sessions where certain topics were discussed such as "Fundraising in the Digital Age," "Preserving Your Chapter History," "Membership Candidate Q&A," and "Promoting Kappa Kappa Psi to Your Band Program."

Individual chapter meetings with national officers and brothers from different chapters met to pool together ideas and get acquainted.

Being known as the smallest chapter, and the smallest band, for students at Sacred Heart to be able to share their band program and their university with brothers and sisters from all over was a significant accomplishment.



The Spectrum/Zack Lane

Marcus Wyche, left, President of the Northeast District Alumni Association (NEDAA) of Kappa Kappa Psi, spoke to all in attendance at the band convention.

"Obviously when you get a group of college students together there is a social element involved, and especially when you get a bunch of band members together it's a lot of fun. But the social aspect is not the primary purpose of Kappa Kappa Psi," said Keith Johnston, director of bands.

When you hear national band fraternity, normally one would associate the word fraternity with Greek life. The Lambda Nu chapter of Kappa Kappa Psi is not associated with Greek life, however.

According to the Kappa Kappa Psi Web site, "The Fraternity is presently located in over 150 colleges and universities. Since 1919 more than 50,000 interested band members have devoted their efforts to strengthening their bands through group and individual service projects."

"It is a co-educational fraternity that exists to promote the university band through service and support," said Johnston "and in order to be eligible for consideration in the fraternity you must be active in the college band

program."

The brothers of Lambda Nu have done many activities to benefit both the band and the university.

Some of these service projects include carrying equipment back and forth during band camp, providing water for the band during football games, and organizing receptions after formal concerts, said Johnston.

The fraternity members are also advocates for helping the community.

Kappa Kappa Psi performs at area hospitals and senior citizen centers, as well as working with disadvantaged students at Bridgeport's Music and Arts Center for the Humanities.

The band utilizes their talent by instructing children in playing musical instruments.

In addition, they work with Bridgeport's PAL Buccaneers Junior Drum and Bugle Corps.

This is where they teach students how to play brass, percussion, and spin flags.

This October they were able to bring the PAL Buccaneers to Sacred Heart's Friday night Halloween televised football game. The corps performed "Main Street America" with the SHU marching band on the field for pre-game, and joined the SHU band again at halftime for the "Time Warp," said Johnston.

"One of the many things that Sacred Heart can be proud of is fostering an atmosphere that encourages our students to be responsible citizens of the world; to be active and engaged learners; and to help each student to utilize his/her individual gifts, talents, and skills for the betterment of society," said Johnston.

According to Johnston, the national officers were astounded by how such a young chapter was able to organize this event so well.

"The chapters stepped it up. The entire precinct was impressed with us," said Stack.

What's more, holding a meeting of that size establishes the fraternity in their district.

"Personally I'm a firm believer in the idea of national college organizations that bring students together from all corners of the world. Kappa Kappa Psi does just this, while also promoting the college band program, and providing educational, leadership, and opportunities for musical growth."

Students 'buzzing' about alcohol awareness group

Nicole Giglia
Staff Reporter

Many believe that being in college is an automatic right to party, underage or not, but when does the party turn into a problem?

Janice Kessler, the alcohol and drug counselor at Sacred Heart University, has created a student support group, called Buzz Lite, for those who are "more at-risk" and "bordering alcoholism."

"About 75 percent of the students I see drink more than they should, 20 percent meet the criteria for addiction and five percent were involved in an isolated incident such as a transport," says Kessler. "Buzz Lite is a group for those students who fall in the 75 percent category."

On Friday mornings at 9:30 a.m. Kessler meets with the group of five students to discuss "harm reduction strategies." Discussion will be led by the students themselves and they will work on learning how to set limits and abstain from drinking.

"Drinking under the age of 21 is illegal, but we're being realistic," says Kessler. "The students will learn how to

drink responsibly or not at all. If they are having a problem setting limits then they will have to be reevaluated."

According to the harm reduction strategies list created by the counseling center, some strategies include "setting a limit before you go out or pre-game, eating before you drink and not engaging in drinking games."

The list of strategies goes on and includes alternative activities such as going to the movies and having a potluck dinner.

"There are definitely healthier alternative activities for the students here," said junior Scott Grandpre, a resident assistant in Scholars Commons.

Then arises the issue of underage drinking. Is underage drinking too effortless for Sacred Heart students?

"The bars and clubs in the surrounding area make it way too easy for freshmen to drink illegally," says Jes Perille, a senior and Resident Assistant in Merton Hall. "I've even heard of one place accepting the SHU card as an ID."

Often students are coerced into drinking more by their friends who Kessler says want to "normalize their drinking."

The group also address issues with peer-pressure situations when they are out with friends who are not setting limits.

"I've seen it many times when I worked in the freshmen halls as an R.A.," said Grandpre. "A lot of students put on an act just because they think they're 'supposed' to be big partiers like their friends, who also probably putting on an act."

The group is not limited to students living on-campus. Kessler also says that there are a number of students who live off-campus who have chosen to abstain from drinking.

"[Buzz Lite] faces the realities that are there and it takes the step to lessen it rather than stop it which would be unrealistic," said Perille.

The counseling center has conducted several surveys as part of their "Social Norming" campaign to find statistics on the specific drinking behavior of Sacred Heart students.

"Even though some students at Sacred Heart have a problem, most do not," says Kessler.

If you suspect that you or someone you know may have an issue with alcohol a free screening test is available online

on the wellness center page of the Sacred Heart Web site.

Also if you are affected in any way by alcohol addiction or generally interested in the group you can contact Janice Kessler at kesslerj@sacredheart.edu.

"Many students aren't aware they have a problem," said Kessler.

"Then they begin to recognize their drinking is effecting life in a variety of ways. In the group, the students will be able to see that they're all sharing the same struggle, they're not alone."

Spring Break 2009. Sell Trips,
Earn Cash and Go! Free Call
for Group Discounts. Best
Prices Guaranteed! Best Parties!
Jamaica, Cancun, Acapulco,
Bahamas, S. Padre, Florida.
Information/Reservations 1-800-
648-4849
or www.ststravel.com

Accept Friend Request from Grandma?

Students share mixed feelings on younger and older family members using Facebook

Juliana Brittis &
Assistant Features Editor
Dan Nevanpera
Staff Reporter

"More than 175 million people use Facebook. If it were a country, it would be the sixth most populated country in the world," said Facebook CEO, Mark Zuckerberg.

With its early beginnings in February 2004 as a social networking site for college students, Facebook has grown colossally to become a global phenomenon.

The website was created by Zuckerberg, a student at Harvard University.

To some, Facebook is a way to communicate with relatives and friends, to others it is a way to make new friends.

Facebook originally began as a selective social network just for students in certain schools.

"When I graduated high school I was so excited to get a Facebook because it was only allowed for college students," said junior Robert Stegmeier.

"But now, it's completely different. My brother had a Facebook before he even left high school. It's kind of unfair."

According to Facebook.com, the site became available to the public, not just college students, in September 2006.

This switch allowed anyone to build a Facebook profile based on workplace, school, or city.

"It was first made strictly for college students, so I don't understand why high school students and parents can't just use MySpace or something," said junior Anthony Rovelli.

Since the site expanded to allow access to all users, many Sacred Heart University Facebook users have been encountering

their older and younger family members friend requesting them.

"A few months ago I received a friend request from my cousin—he's 14," said junior Scott Romano. "I don't have anything to hide from him but I do feel like it's inappropriate that he's been given so much power on the Internet through Facebook."

This seems to be a shared feeling by some students on campus.

"Both of my parents and my aunt are on Facebook, so I have to watch what is displayed on my page, which is something I never had to do freshman year," said Rovelli.

Some companies have used Facebook to investigate potential student employees.

Just as employers are checking up on students, some feel that this is the same concept as parents and relatives also having Facebook.

"Even though I'm 21 and my mom knows what I do at school, it's a lot different when she's looking at pictures of me out at bars than me talking to her about it," said junior Michelle Lord. "I feel like it's just an invasion of privacy for my parents to be looking at my personal pictures without me there with them."

Now that parents have access to Facebook, they have gained the ability to "snoop" around their sons/daughters Facebook pages.

Therefore, some students have been altering their privacy settings so that they cannot be reached.

"I sort of blocked my parents," said Stegmeier. "I changed my privacy settings so that they can't see my photos, videos or wall posts. It's nice to at least have the option of making my page a little more private."

While some students see having their family members on Facebook as an annoy-



Photo Courtesy of the Associated Press

Mark Zuckerberg, CEO of popular site Facebook.com.

ance, others are utilizing it as a way to stay in touch.

"I look at it a lot differently than a lot of other students," said junior Dan Glum. "I think it's a great way to communicate with my family because they all live far away, plus, if I don't put up anything I wouldn't want the public to see."

Facebook.com's press room states that the goal of the site is to be "a social utility that helps people communicate more efficiently with their friends, family and coworkers" in a "trusted environment."

In a recent New York Times article, Lisa Belkin discusses how parents using Facebook has become a new topic across the nation.

Belkin also discusses a new course being offered in Stanford University called "Facebook for Parents" where parents are taught the best ways to approach using Facebook.

"The classes will be hands-on, and the goals are to help parents navigate the site, create their own page, learn about

threats and safety and examine ways that Facebook can teach kids life lessons and social skills," said Belkin.

The rise of adults on Facebook leave some wondering if the site will change more to accommodate the older generation.

"I'm curious to see if Facebook is going to make its layout more simple and less trendy looking because of all the adults getting Facebooks," said Lord. "A lot of the applications are more appealing to a younger crowd so it'd be crazy if they started to delete these apps."

With the addition of parents and students not yet in college, the future of Facebook has yet to be determined.

"I think that because of the 'friending' of so many older family members, a lot of students are going to get rid of their Facebooks," said Lord. "It seems like the entire original mission of Facebook has become lost in the confusion of adults on the site."

Sacred Heart University hosts siblings weekend

Amanda Kaufold
Staff Reporter

You might have noticed Sacred Heart University buzzing with some big city excitement lately.

This past weekend concluded this year's installment of Siblings Weekend at Sacred Heart.

The weekend, sponsored by the Student Events Team, is an annual event during which residential students are given the opportunity to have their 8 to 18-year-old siblings spend a themed weekend on campus with them.

This year's theme, "Winter in the City," brought a New York City-styled atmosphere to the Fairfield campus.

"It was a very fun and exciting weekend for all students and their sibling's to enjoy. Everyone had a lot of fun and had smiles on their faces the whole weekend. It was definitely our biggest Sibling's Weekend and a great success," said junior Kristen McCarthy, S.E.T. theme chair.

"The 'Winter in the City'

theme really came together. Each student and their sibling received a 'welcome' bag with assorted goodies and an I <3 SHU t-shirt to go with the 'Winter in the City' theme," said McCarthy.

The weekend kicked off Friday with registration in the afternoon followed by "A Night in Little Italy" themed dinner featuring a classic Italian dinner of spaghetti and meatballs in the Mahogany Room.

Adding to the mood were candles, flowers, music, an assortment of breads, and decorations.

Dinner was followed by a game of "Big Apple Bingo." Students played for a variety of prizes including the grand prize of a portable DVD player.

After bingo was the "Late Night with Rob Rasner" magic show.

Saturday's festivities began with a "Breakfast at Tiffany's" brunch, followed by a "Brooklyn Street Fair."

"The midday Brooklyn Street Fair was a hit with caricature drawings and airbrushed tattoos," said junior Lisa Henselder.

After the street fair were men and women's basketball games at the Pitt Center in an event called "The Pioneers at 'The Garden.'" Basketball was followed by the "Carnegie Deli" dinner in the Mahogany Room. The dinner featured a menu of assorted sandwiches and cupcakes along with sports memorabilia decorations.

After dinner was the "Ice Rink at Rockefeller Center" event. For this event the faculty parking lot was transformed into an ice skating rink for the evening.

Saturday night ended with the "Night out in the City Dance Party." The party featured music, dancing, and glow-sticks to add an authentic city feel.

Sunday concluded the weekend's events with "Sibling's Weekend Mass" and a "Central Park Brunch."

Mass was followed by a brunch of bagels, various cream cheeses, donuts, and fruit.

In retrospect the weekend appears to have been an all-around success for those involved.

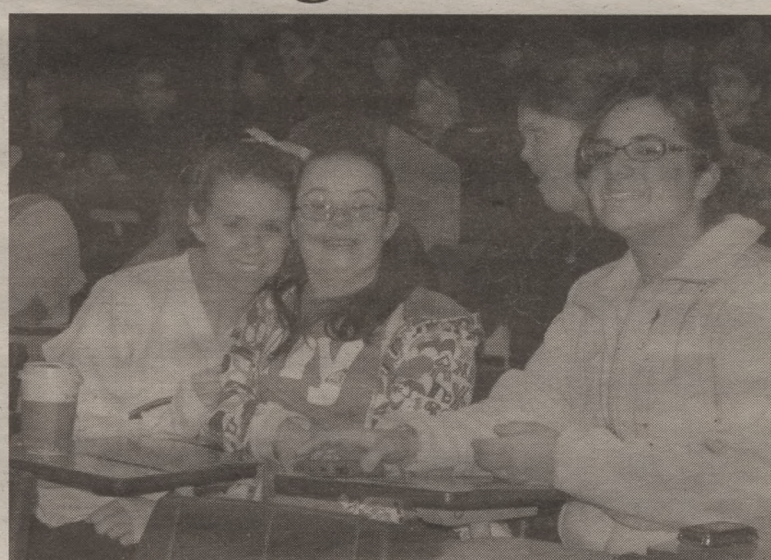


Photo Courtesy of Rob Gilmore

Sophomores Jaclyn Bellino and Allyson Colucco at bingo night.

"The weekend was a lot of work, between setting up everything and making sure that all the siblings were happy. But it definitely paid off in the end," said freshman Kelly Moulton.

Junior Eileen McGarry, a third-year veteran of the Sibling's Weekend planning committee said of her experience this year, "This weekend was, by far, the

best siblings weekend we I have ever been a part of."

"We have definitely come a long way since petting zoos and photo-booths. I think that this year's Sibling's Weekend has definitely set a new standard for Sibling's Weekends to come and I can't wait to start planning next year's extravaganza!" said McGarry.

Sports

Scoreboard

Thursday, February 19

M. Basketball

SHU- 101

CCSU- 67

Friday, February 20

M. Hockey

AIC- 3

SHU- 6

Saturday, February 21

M. Volleyball

SHU- 3

Ramapo- 0

W. Ice Hockey

URI- 2

SHU- 4

W. Basketball

Monmouth- 50

SHU- 70

M. Basketball

Monmouth- 61

SHU- 83

Sunday, February 22

M. Volleyball

ESU- 3

SHU- 2

M. Lacrosse

Bryant- 22

SHU- 8

Monday, February 23

W. Basketball

SHU- 81

CCSU- 62

On Deck

Tonight

M. Basketball @ SFNY

7 p.m.

Tomorrow

M. Hockey @ Holy Cross

7:05 p.m.

M. Volleyball vs. Rutgers

7 p.m.

Saturday, February 28

W. Basketball vs. Bryant

2 p.m.

M. Basketball vs. Bryant

4 p.m.

M. Hockey vs. Holy Cross

7:05 p.m.

Saturday, March 1

M. Volleyball vs. New

Haven

1 p.m.



The Spectrum/Zack Lane

The Spectrum/Zack Lane

The Spectrum/Lacey Gilleran

Sacred Heart's Alisa Apo (left), Kaitlin Sowinski (center), and Lindsey Greenlee (right) during the Pioneers' game against Monmouth University on Feb. 21 at the William H. Pitt Center.

W. Hoops claims NEC regular season title

Matt Jarvis
Staff Reporter

The Sacred Heart University women's basketball team captured the Northeast Conference regular season championship after defeating the Monmouth University Hawks, 70-50, on Feb. 21 at the William H. Pitt Center.

The win also improved the Pioneers' record to 19-7 overall and 16-0 in the NEC. The Pioneers also tied the school record for conference wins with 16 and extended their winning streak to 15.

"It definitely feels good to be 16-0, but more so because we secured the regular season NEC championship," said sophomore Maggie Cosgrove. "I think we have done a good job of taking it one game at a time and focusing on our goals of winning the conference championship instead of focusing on our record."

Monmouth came out swinging in the opening minutes of the first half on Saturday behind back-to-back 3-pointers by Monmouth seniors Marbely Montas and Jennifer Bender, giving the Hawks a 6-4 lead. This was Monmouth's only lead of the game as they simply did not have an answer to combat the Pioneers' heavy pressure throughout the game.

"I think one of our biggest advantages over Monmouth was our attitude going into the game," said Sowinski. "We realize that every game is critical at this point and never think for one second

that there's no chance of us losing. It also didn't hurt that Monmouth came into our game raging and screaming and yelling acting like they had already won. That's just the fuel our team feeds off of to get the adrenaline pumping."

Sowinski sunk a pair of free throws to tie the score 6-6 then a steal and jump shot by senior Stephanie Ryan began a 19-2 run by the Pioneers. Cosgrove, freshman Callan Taylor and senior Khalia Cain all knocked down 3-pointers during the spurt and with ten minutes to play in the first half, the score was 23-8 in favor of Sacred Heart.

Sacred Heart continued to dominate the first half by only allowing Monmouth two layups while a layup and free throw by sophomore Alisa Apo as well as two free throws by Sowinski kept the Pioneers ahead 28-14. However, a foul against Sowinski forced her to the bench and gave the Hawks two points on free throws followed by a layup from Bender which tightened Sacred Heart's lead to 28-18.

The Pioneers finished the first half with a 13-4 run which began on a jumper by Cosgrove. Apo also led the charge with three layups and a free throw of her own. She scored 12 of her 14 points in the first half as the Pioneers headed to the locker room with a 41-22 lead over the Hawks.

"In the first half we were able to take a big lead because we were beating them to loose balls, crashing the offensive boards, and forcing them to play fast which they don't like to do," said Apo.

Monmouth started the second half just as they did the first with back-to-back 3-pointers. This time, however, Sacred Heart was quick to answer as the combination of Cosgrove and Cain led to six points which gave the Pioneers a 47-30 lead.

"What it comes down to is who wants it most and I have absolutely no doubt that we have more desire than any other team out there..."

- Kaitlin Sowinski

A foul against Apo followed by a layup by Montas helped the Hawks cut the Pioneer lead to 13 points, 49-36.

With 12:53 left in the half, a 3-pointer by Cosgrove and layups by Sowinski, Taylor, and junior Lindsey Gibson brought the score to 64-50 with about three minutes left to play.

The Hawks seemed broken and beaten in the game's final minutes. With three minutes to play, Apo was able to get two steals with one resulting in a layup and the other in a jumper by Sowinski - all in the span of less than a minute.

Less than 30 seconds later, a steal by Cosgrove gave Taylor the final basket of the game, making the score 70-50 in favor of Sacred Heart.

Again, a humble attitude and simple approach is what Sowinski

attributes the team's successful performance.

"I think our strongest asset is our ability to take the court with the intention of nothing less than handling business," said Sowinski. "We don't underestimate any teams, whether they are the tenth or second place team. We put aside everything but the task at hand and work together for 40 hard minutes and win."

Sacred Heart had five players reach double digits in scoring against Monmouth. Apo and Taylor each scored 14 points while Cosgrove added 13 and Sowinski chipped in 12. In 32 minutes of play, Cain came off the bench to score a season high 11 points.

With just three games left in the regular season, the Pioneers will continue to take it one game at a time and are looking to head into the NEC playoffs on a high note.

"What it comes down to is who wants it most and I have absolutely no doubt that we have more desire than any other team out there and that's what it takes to win it all," said Sowinski.

On Monday, Feb. 23, the Pioneers defeated Central Connecticut State University 81-62, improving their record to 20-7 overall and 17-0 in NEC play. Apo had 19 points, Cosgrove had 14 points, and Taylor had 15 points.

The Pioneers will take on the Bryant University Bulldogs on Saturday, Feb. 28 in the William H. Pitt Center. The Bulldogs are 3-13 in away games and 10-16 overall. Tip off is at 2 p.m.

M. Ice Hockey salvages weekend split with AIC

Dan Cofiniotis
Staff Reporter

Riding a three-game losing streak coming into the weekend series against American International College (AIC), the Sacred Heart University Pioneers rallied behind their home fans to earn a win as they split the home-and-home series with AIC.

The Pioneers used their home ice advantage in style, as they outscored AIC 6-3 at the Milford Ice Pavilion Friday night.

Junior Dave Jarman led the Pioneer attack by scoring two goals and adding an assist. The 6-3 score also tied the Pioneers' season high of six goals scored in a game.

The action started early in the first period with the Pioneers scoring two goals within the first four minutes. Jarman got the home crowd going early by scoring at the 1:50 mark with a wraparound goal, beating AIC goaltender Dan Ramirez.

"Playing at home is awesome for us," said junior Matt Gordon. "We have a small arena and when it is packed with our fans we play at our best. We get very excited and feel we play better hockey in front of our fans."

With the crowd and momentum on the Pioneers' side, another goal shortly followed.

Just two minutes after Jarman's wrap-around goal, freshman Ryan Miniaci one-timed a centering pass by junior Erik Boisvert to put Sacred Heart up 2-0.

The Yellow Jackets answered the Pioneers' two-goal lead by banking home a goal at the 7:23 mark in the first period. Chris Campanale scored by converting an assist from the stick of Michael Penny.

The Pioneers then re-established their two-goal lead when sophomore Evan Mladenoff got a scoring opportunity which turned into a shorthanded breakaway goal. This goal gave the Pioneers a 3-1 lead heading into the second period.

Campanale cut the lead back to one just four minutes into the period with a shot that Pioneer goaltender Stefan Drew just couldn't seem to keep in his pads. The puck just got past the goal line, resulting in the goal.

Looking to avoid another second period meltdown as was the case last weekend, the Pioneers went on the offensive.

Senior Anthony Barela gave a high pass to sophomore Ryan Warsofsky who caught the pass and scored his first collegiate goal. The high slap shot beat Ramirez and gave the Pioneers the two-goal lead, making the score 4-2.

The Yellow Jackets cut the lead to one goal again in the third period as the Pioneers found themselves in more penalty trouble.

David Turco scored on a rebound shot with a 5-on-3 power play advantage. The goal gave AIC the momentum and made the score 4-3.

"We need to make sure we play our game and stay out of the box," said Gordon. "We just need to play physical and capitalize on our chances."

The Pioneers did just that only two minutes after the AIC goal.

The crowd erupted when senior Eric Giosa stole the puck near his own blue-line, skated down the ice, and beat Ramirez



The Spectrum/Dan Repetti

Sacred Heart's Ryan Miniaci waits for the puck to be dropped against AIC on Feb. 20 at the Milford Ice Pavilion.

by sliding a dribbler into the net for his team-leading 12th goal of the season.

Jarman scored an empty-net goal with one second left in the game to seal the victory for the Pioneers.

Drew was actively busy in the win and managed to save 28 shots. Ramirez made 19 saves for AIC in the losing effort.

The second game of the weekend series was held at the Olympia Ice Center in West Springfield, Mass. The Pioneers lost that game 2-1, thus splitting the weekend series with AIC.

Mladenoff scored the lone Pioneer goal of the game on Saturday at the 4:17 mark in the first period. Jarman and freshman Matt Gingera both assisted Mladenoff's goal.

After the Pioneer goal, AIC then controlled the puck for most of the game and outshot the Pioneers 17-5 in the first period alone.

Steve McLeod capitalized on the shot opportunities as he scored two goals in the first period which ended up being the only two AIC goals of the game.

McLeod scored at the 12:33 mark when Matt Woodard and Dean Yakura both assisted a wrist shot that found the back of the net, tying the score at 1-1. Lightning struck again for McLeod at the end of the first period when he scored his second and game-winning goal.

The second and third periods were physically draining as both teams fought and dug hard for the puck all over the ice.

Drew kept the game close in both the second and third periods with several acrobatic saves. Drew finished the game with 30 stopped shots for the Pioneers while Tom Fenton made 14 saves to gain the win for AIC.

With the regular season's final weekend approaching, the Pioneers are still looking to hit a groove going into the playoffs.

"It would be really nice to go into the playoffs with some confidence for the first round," said senior Bear Trapp. "We are using this weekend to find our stride."

The Pioneers' last two regular season games are against Holy Cross in another home-and-home series. The first game is on Friday night at the Hart Center in Worcester, Mass. while the second game is Saturday night at the Milford Ice Pavilion. Face-off is scheduled for 7:05 p.m.

M. Volleyball falls to ESU in home opener

Dennis Conrad
Staff Reporter

The Sacred Heart University men's volleyball team lost their home opener in a tough match against East Stroudsburg University 26-30, 31-33, 30-21, 30-28, 11-15 on Sunday, Feb. 22 at the William H. Pitt Center.

The Pioneers overcame a 2-0 deficit to tie the match up at 2-2 but fell short in the fifth and final game by the score of 15-11.

"The guys have worked hard and improved so much...I can't fault their effort for today's game," said head coach Rob Machan.

In game two, the Pioneers rallied from a seven-point deficit to tie the score at 28 only to fall short in the end, 30-28.

After that, the momentum shifted in Sacred Heart's favor as the Pioneers pieced together a comeback attempt.

The Pioneers won the next two games in convincing fashion by the scores of 30-21 and 30-28 to even up the match at 2-2.

"Our rally from a seven-point deficit in game two definitely helped us out in games three and four," said junior Kalani Efstathiou. "The momentum and confidence that game gave us carried over into the next two games and put us in position to win the match."

Good execution and discipline also played a large role in the two Sacred Heart victories.

"We minimized our errors and [East Stroudsburg] committed more errors," said

Machan.

Despite coming back from a 2-0 deficit, the Pioneers could not keep their momentum going as they lost the fifth and final game by the score of 15-11.

"The effort was definitely solid throughout each game, but our execution and communication was a little off and that hurt us in that game five," said Efstathiou.

Efstathiou led the Sacred Heart assault with 32 kills while racking up a .448 percentage for the match. Senior Barry Smith added 16 kills as well. Sophomore Roger Parent chipped in with 10 kills of his own and senior Dan Donohue had a match-high 16 digs.

Despite a solid team effort, the Pioneers have much to improve on going forward.

"Overall we need to minimize our mistakes and have a better understanding of what's going on," said Machan. "We can't allow an easy point with errant serves or net violations; we have to make our opponents earn their points."

While the loss was a tough pill for the Pioneers to swallow, they will focus is now on the next opponent.

"We have to just simply get back to work and get better," said Efstathiou.

Having a short memory is a vital ingredient for success in most sports, and that's exactly what the Pioneers' philosophy is this season.

"We will not dwell on this game, we will continue to work hard and get better and put this one behind us," said Machan.

The Pioneers will return to the court tomorrow night when they take on Rutgers-Newark at 7 p.m. at the Pitt Center.



"AFTERNOON DELIGHT WITH ERIN"
WEDNESDAYS 11AM TO 2PM

"ELECTRO PREGAME SHOW"
THURSDAYS 9PM TO 1AM



**WRITE, SHOOT, EDIT
AIR**

**MEETING TIMES ARE
THURSDAYS 3:30PM
TO 5:00PM**

**WEBSITE COMING
SOON!**

FOR MORE INFO CONTACT

MANNY SANTIAGO - SANTIAGOM1124@SACREDHEART.EDU

LACEY GILLERAN - GILLERANL@SACREDHEART.EDU

Sports

Pioneer Baseball ready to take on the season *Veteran players hoping to lead team back into playoffs*

Emily Gumbs
Asst. Sports Editor

The 2009 baseball season gets underway tomorrow night, Feb. 27, in Hammond, La. against Southeastern Louisiana University in the opener of a three-game weekend series. The Pioneers will be led again by head coach Nick Giaquinto, who is starting his 21st season at SHU and has almost 400 career victories.

The Pioneers were picked to finish seventh in the Northeast Conference pre-season poll, after finishing in sixth last year with a 10-18 record. Sacred Heart is looking to capture its first NEC tournament berth since 2006 and enter the season much healthier than a year ago.

"A big part of the reason we will be successful is from the return of key veteran players who were injured last year," said graduate student Jeff Hanson. "I also think that the injuries did give other players some good experience that will hopefully carry over to this season."

Hanson was one player whose season was cut short by an injury. After leading the team with a .376 average and being named First Team All-NEC at the end of the 2007 season, Hanson was limited to just 11 games last season.

Team co-captain and starting catcher Frank Bainer missed the entire 2008 season due to an elbow injury and is looking

forward to helping the Pioneers surprise some people this season. "It's exciting to be back for one more year with a competitive team," he said. "Hopefully we'll be able to come out with championship rings."

Another big loss for the Pioneers last season was starting outfielder and third baseman Steve Tedesco. He batted leadoff in the 2007 season and finished with a .285 average, while leading the team in stolen bases. Tedesco returns to the field this season as a junior.

The Pioneers have a team of strong veteran players in addition to Hanson, Bainer, and Tedesco. Senior shortstop Phill Tantilillo was one of the best bats on the team last season with a .303 batting average and is one of two Pioneers who started all 53 games.

Senior Tyler Santos returns and will likely play first base and see time at designated hitter. Santos led the Pioneers with five homers and 26 RBI last season while hitting a solid .280. Junior JJ Edwards hit a team-high .316 last season while playing a steady third base.

In his rookie season last year, sophomore Chris Whittemore showed versatility and played multiple positions, while hitting .315 in 32 games.

"I think he is going to be a strong presence in the lineup this year," said Bainer. "His power at the plate will have a huge impact on the team's success."

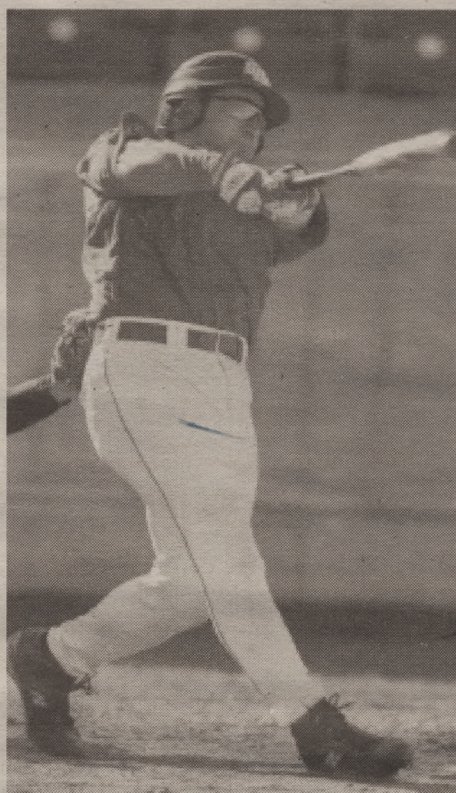


Photo courtesy of Athletic Communications

Sacred Heart's Frank Bainer will be coming back from an elbow injury which forced him to miss the entire season last year.

The pitching staff will be anchored by seniors Ryan Lynch, Chris Barthel and junior lefty Jared Balbach. Balbach won four games as a sophomore and Barthel

split his time between the starting rotation and the bullpen.

Lynch had a 4.42 ERA on the mound last season but had his time limited at the end of the year with arm trouble. He is a double threat, however, as he led the team with a .324 batting average. He was named First Team All-NEC at the end of the season.

"We've prepared better than we ever have in the past, with a strong commitment from team members," said Hanson. "It should be exciting, being a fifth-year player, watching the younger players go through what I did my first year in collegiate baseball."

Two of freshmen who could make an impact this year are Mike Olszyk and Hunter Phillips. Olszyk, who can pitch and play first base, has impressed the coaching staff with his arm and bat. Phillips, a steady defensive player, will likely see time at shortstop and second base.

"I don't know if any one player is going to be the difference," says Barthel. "I feel we all need to play our best to be successful. I think we need contributions from everyone every game."

After this weekend's road trip the Pioneers will return down south during Spring Break for eight games.

The Pioneers will return to Connecticut March 17 to take on the University of Connecticut Huskies in West Hartford.

M. Lax suffers 22-8 drubbing in rainy home opener *Former Duke standout Zack Greer racks up 11 points*

Dan Repetti
Staff Reporter

The Sacred Heart University men's lacrosse team lost their home opener to the Bryant University Bulldogs, 22-8 on Sunday, Feb. 22 at Campus Field.

The Pioneers returned back home after losing their season opener to the University of Massachusetts, 15-6, on Feb. 14.

Sunday's game marked Bryant's first as a Division I competitor and with former Duke University all-star Zack Greer aboard the team after being granted an extra year of eligibility by the NCAA, the Bulldogs came out with the objective of utilizing him to their fullest potential.

"We came up with a very specific game plan at practice designed around keeping the ball out of his stick," said junior goaltender Zach Frank. "As far as the goalies, we practice at seeing the shots we thought Greer would be shooting at us, but his shot is unlike anything any of us have ever seen."

Despite the poor weather conditions, fans still packed the stands at Campus Field to watch the Pioneers take on Bryant.

From the opening minute of play, a sense of urgency was evident on the Bryant sideline.

Just a few minutes into the game, the Bulldogs got on the scoreboard first, but it wasn't long until the Pioneers answered right back with a goal of their own from

senior Bobby Karl with just over 10 minutes left in the first quarter.

The Bulldogs then picked up five unanswered goals which made the score 6-1 at the end of the first quarter.

After another score by the Bulldogs, junior Timmy Katz scored two quick goals to temporarily end Bryant's momentum.

Following Katz's scores, senior Dan Casciano scored to make the score 6-3.

But it was the closest the Pioneers would get, as the former Duke star picked up his first career goal as a Bulldog, which was then quickly followed by another.

The Pioneers found themselves having to climb out of another hole as the first half came to end, trailing 8-3.

"We knew their team relied on their attack to lead the offense, so we knew we had to come out in the second half and shut them down and try to make them a nonfactor," said freshman Dennis Gannon.

The Bulldogs started the second half with another series of goals and it wasn't until Katz and senior Bobby Rushton scored back-to-back goals when the Pioneers put an end to the Bulldog's run. The score was now 11-6.

The Pioneers kept getting opportunities to score on offense, but just couldn't find the back of the net whereas Bryant capitalized on the majority of their scoring opportunities.

As for the Pioneer defense, they turned in a strong effort but simply could not find an answer for Greer and the Bulldog

attack.

Bryant went on a 6-0 run in the third quarter to take a commanding lead heading into the fourth.

Three of the six goals came from Greer who also recorded an assist on the fourth.

The Pioneers ended the game with two more scores from junior Jon Flood and Gannon, making the final score 22-8.

"Our defense played [Greer] real tough," said Gannon. "He eventually was able to wear them down and get his hands free. He's the leading scorer in college history so he's definitely used to being guarded real tight, yet still knows how to get shots off," said Gannon.

Greer finished the game with six scores and five assists for the Bulldogs, single handedly accounting for a half of the Bulldogs' total points.

"I think we all learned a valuable lesson," said Frank. "We just need to learn to play more together. We're a great team with good skills and athleticism. If we play more like the good team we are, we will be



The Spectrum/Nicole Giglia

Sacred Heart's Billy Skelos (#20) controls the ball during the Pioneers' home opener against Bryant University on Feb. 22.

much better off in the future."

Despite the one-sided final score, the Pioneers will use the game as a learning experience.

"The loss really hit the team hard," said Gannon. "I think it was an early season wake-up call. We have a tough schedule and after two rough losses, we know what it takes and we need to come together and turn it around."

The men's lacrosse team will be flying out to Denver, Co. on Saturday to take on Denver University at 1:30 p.m. MT. After that, they will take on Air Force on Sunday, March 1 at 11:30 a.m. MT.

M. Hoops move into third place after win over Hawks

Pioneers gaining momentum as postseason approaches

Chris Whittemore
Staff Reporter

The Sacred Heart University men's basketball team defeated the Monmouth University Hawks 83-61 in front of a crowd of 1,332 at the William H. Pitt Center on Saturday, Feb. 21.

With the win and a Long Island University (LIU) loss, the Pioneers moved into third place in the Northeast conference standings.

It was the third-straight win for the Pioneers who are now one game over .500 with a 14-13 record overall and are 11-6 in conference play.

"We played great today overall," said junior Ryan Litke. "Our offense was moving with flow, we were getting Joey touches and shooters were knocking down shots."

Getting graduate student Joey Henley the right amount of touches was the key to Saturday's game.

Henley led the Pioneers with 21 points and five rebounds. He was a perfect nine of nine shooting. He is shooting almost 65 percent in conference play and nearly 61 percent for the season.

"It feels great shooting nine for nine, but all the credit should go to my teammates because I can't pass the ball to myself and they are the ones that find me for those high percentage shots," said Henley.

With his nine-for-nine performance, Henley has made 16 consecutive field goals over the past three games.

"Joey is playing unreal right now," said junior Corey Hassan. "He hasn't missed one shot in the past two games and has the highest shooting percentage in the conference. He definitely came ready to play Saturday and made good decisions."

Litke contributed with eight points, five assists and three rebounds. He was three of six from field goal range and two of four from 3-point range.

"It feels great shooting 9 for 9, but all the credit should go to my teammates because I can't pass the ball to myself and they are the ones that find me for those high percentage shots."

- Joey Henley

"Joey is fun to play with. He is one of the toughest guys I have ever played with. He is a huge key to our success," said Litke.

Hassan had another big day, netting 18 points and grabbing seven rebounds. He was seven of 12 from field goal range and four of eight from 3-point range.

"He's a great shooter so teams have no chance of stopping him when he gets going," said freshman guard Shane Gibson.

Hassan is now averaging almost 13 points a game in conference play. He was named Hotels NEC Player of the Week along with Quinnipiac University's Justin Rutty.

"His jump shot is on which makes it easy for me to go one on one...as opposed to two on one. He is finding guys and has a good assist to turnover ratio. He's playing good basketball at the time of the year when you need to be," said Henley.

Gibson added seven points and three rebounds. He made his only attempted 3-pointer of the game and finished one of three from field goal range.

The Pioneers got off to another fast start. They went on a 13-4 run in the first 4:30 of the game. They used that scoring spree to take a 42-32 lead at halftime.

"We played a good team game," said Henley. "We were clicking on all cylinders and finding each other in the right spots."

To start the second half, Litke and Hassan each landed a pair of threes in the first six minutes of play to help extend the lead to 62-42.

A Hassan jumper with 11:40 left in the game put the Pioneers up by a commanding 26 points.

"I think that as long as we keep playing together and hitting the open man and crashing the boards we have a good chance," said Hassan.

Senior Ryon Howard and junior Chauncey Hardy each contributed to the win by adding eight points apiece.

"If our team keeps this type of play up, we will bring home the gold," said Gibson. "We have the most talented team in the conference, period."

With the loss, Monmouth University dropped to 7-22 overall and 5-11 in the Northeast Conference.

Freshman guard Will Campbell led



The Spectrum/Lacey Gilleran

Sacred Heart's Corey Hassan (#4) plays defense against Monmouth University on Feb. 21 at the William H. Pitt Center.

the Hawks with 20 points while Alex Nunner netted 13 points and Mike Myers Keitt had 12 points.

The Pioneers wrap up their regular season schedule tonight with a Northeast Conference game against St. Francis (N.Y.) in Brooklyn, N.Y. at 7 p.m.

The Pioneers will return home to take on Bryant University on Saturday, Feb. 28 at 4 p.m.

W. Ice Hockey captures season finale vs. URI

Stephanie Reyes
Staff Reporter

The Sacred Heart University women's ice hockey team beat the University of Rhode Island 4-2 on Saturday, Feb. 21 at the Wonderland of Ice on Senior Day.

The game started off with a small ceremony for the six graduating seniors: Jaclyn Rideout, Kristina Feltz, Whitney Dziama, Gina Arnone, Maria Lascala, and Allie Gillman.

"The senior ceremony was perfect," said Arnone. "Coach O'Malley did a great job."

Sacred Heart sophomore Taryn Lapierre started off the first period with a short-handed goal on an assist from Feltz, putting the Pioneers ahead 1-0 just six minutes into the game.

The Pioneers began the second period with a goal a little over two minutes in by Arnone on assists from Feltz and sophomore Lauren Fontaine.

Lascala scored the third goal of the night on an assist by Lapierre, making the score 3-0 in favor of the Pioneers.

The final goal made by Sacred Heart came a little over six minutes into the third period on a shot by Rideout which found the back of the net. Lascala and freshman Nicole Palazzo assisted Rideout.

The Pioneers kept the score at 4-0 for the remainder of the period until URI's

Jolene Rambone scored an unassisted goal, putting the visitors on the board with just under five minutes left in the game.

URI's Kate Garica scored the final goal of the day with three minutes left in the game on an assist by Johanna Leskinen, putting the final score at 4-2.

Despite the win, the women believe that they could have played a better last game.

"It was an emotional day for us all," said Arnone. "Especially the seniors, so we all could have played better but we came out with the win so that's all that really matters."

The Pioneers have had a successful regular season and finished up with a record of 15-15-2.

"The season has had its ups and downs so far," said Arnone. "We upset teams that nobody ever thought was possible and that right there, is a success in my eyes."

Next up for the Pioneers is preparing for the Eastern College Athletics Conference (ECAC) open tournament on Saturday, Feb. 28.

"We are going to prepare for this upcoming weekend of games, just like we prepare for any opponent," said coach Thomas O'Malley. "We are going to review, break-down and fix anything that we need to improve on. We are also going to fine tune and continually get better in every zone and in every facet that is incorporated into our game and systems."

HEATWAVE TANNING STUDIO
1871 Black Rock Turnpike (In Shaw's Plaza)
Fairfield, CT 06825
203.367.8540



OPEN 7 DAYS

Monday thru Friday - 9:00 a.m. - 8:00 p.m.
Saturday - 11:00 a.m. - 5:00 p.m.
Sunday - 12:00 p.m. - 4:00 p.m.

*NO MEMBERSHIP FEES
*NEW "HOT" BULBS
*10 PRO-TANNING SYSTEMS
*1 VERSA SPA SPRAY TAN BOOTH

VOTED FAIRFIELD COUNTY'S #1 TANNING STUDIO

Printable Coupon



1871 Black Rock Turnpike
Fairfield, CT
203.367.8540

ONE MONTH UNLIMITED TANNING
\$24.99

Coupon must be presented at time of purchase
Cannot be combined with any other offer

Printable Coupon



1871 Black Rock Turnpike
Fairfield, CT
203.367.8540

5 TANS FOR \$15.00

Coupon must be presented at time of purchase
Cannot be combined with any other offer

Printable Coupon



1871 Black Rock Turnpike
Fairfield, CT
203.367.8540

BUY ONE TAN GET ONE FREE
-Level One Beds Only-

Coupon must be presented at time of purchase
Cannot be combined with any other offer

Printable Coupon



1871 Black Rock Turnpike
Fairfield, CT
203.367.8540

BUY ONE VERSA SPA SPRAY TAN
GET ONE FREE

Coupon must be presented at time of purchase
Cannot be combined with any other offer

SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

Women's hoops
claims NEC regular
season title, extends
win streak to 16



SWEET 16

Sacred Heart's Maggie Cosgrove (#4) has been a major contributor to the Pioneers' success this season.

The Spectrum/ Zack Lane



The Spectrum/Lacey Gilleran

PARTY OF THREE

Men's hoops wins third straight, now in third place

page 15

FEVERPITCH

Baseball set to begin season down south

page 14



Photo courtesy of Athletic Communications