



## LATENIGHT

Jimmy Fallon takes over for Conan.

## PERSPECTIVES *He Said/She Said...*

A&E Britney's troubles continue.

## FEATURES *'Crackberry' mania.*



March 5, 2009 Volume 25 Issue 17

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## Storm hits SHU

Shannon Ianni  
Assistant News Editor

On Monday March 2, Sacred Heart University students were prepared to be knee-deep in their books as they prepared for midterms. But rather than their books, students found themselves knee-deep in something else—snow.

As of 5:40 a.m. on March 2, all day and evening classes were cancelled on all campuses at Sacred Heart. Though the storm may have caused some trouble with the scheduling of midterm exams, students around the Sacred Heart campus were able to say two words that always make them happy, "snow day."

According to forecasters, the late winter snow storm was said to be the biggest of the season, including freezing rain and harsh winds up to 30 mph.

The storm grounded hundreds of flights, causing spinouts on highways, delaying trains and buses and closing school for over a million children from South Carolina to Maine, according to the Associated Press.

Classes were cancelled, cars were stuck, and students prepared for a day dedicated to shoveling and making snow angels. Conveniently located behind Seton and Merton Hall, many students took a trip to the golf course to go sledding. All over campus, snow-day activities could be seen.

A few hours after the inclement weather announcement was sent to all members of the Sacred Heart community, another e-mail was sent in regards to the emergency notification system. Sent from Paul J. Healy, executive director of emergency management and the department of public safety, the e-mail read, "A snow day is an oppor-



Snow piles up outside the Ryan Matura Library after the noreaster on March 2. Students woke up to find that the campus was covered in snow.

The Spectrum/ Nicole Giglia

tunity to catch up on some important matters, such as signing up for the SHU/EAS – Emergency Alert System. Once you have joined, in the event of an emergency you will receive a text message identified as SHU/EAS with specific emergency instructions."

In the event that the storm caused an emergency on

or around campus, the alert system would notify students through their cellular phones.

Classes resumed on all campuses the next day, and despite the amount of snow still able to be seen around campus, students got right back into the swing of things at Sacred Heart.

## MARCH MADNESS



The Spectrum/Lacey Gilleran

Freshman guard Shane Gibson dribbles the ball in the Feb. 28 at the SHU vs. Bryant University game. March Madness kicks off today at 7:05 p.m. in the William H. Pitt Center.

## Illnesses sweep SHU campus

Therese O'Shea  
Staff Reporter

Don't catch the SHU fever.

This fever isn't the latest gossip or the hottest trend. Recently, several students at Sacred Heart have come down with the common cold, influenza (flu), and stomach bug.

"We have been seeing a great many cases of influenza, many more than in previous years," said Courtney Davis, nurse practitioner for health services at Sacred Heart. "We're also seeing a lot of upper respiratory viruses with cough, sore throat, fatigue, stuffy nose."

So should students be concerned if they start feeling

unwell?

"Symptoms are sudden onset of headache, body aches, chills and fever, often as high as 104, as well as profound weakness and cough, which can be severe. If it's the flu, it can last from a few days to 10 days," said Davis.

Many students have noticed that they have developed these symptoms, and have seen similar signs in their friends, roommates, and classmates.

"I was sick with an extremely bad cold that lasted about two weeks," said freshman Sara Graziosi. "Most of my friends were also sick with basically the same thing, and some of them developed a cough as well."

Aside from the popular cold

and flu bugs going around, several students also have found themselves sick to their stomachs.

"I didn't even know I was sick until I woke up extremely nauseas around six in the morning," said junior Serena Cecere. "I heard that a stomach bug is going around, and I'm assuming that's what I caught."

Some attribute living in close quarters with a large group of people to how easy it is to get sick on campus.

"When you live with a bunch of people and your roommate or suitemate gets sick it's hard not to catch what they have," said sophomore Toni King.

According to an article in USA Today, young adults in this

See SICK on page 4...

## INDEX

NEWS.....1-5  
PERSPECTIVES.....6  
A & E.....8

FEATURES.....10  
SPORTS.....12-16

## CONTENT

CROSSWORD.....5  
HE/SHE SAID.....7  
HEATH LEDGER.....9

FMYLIFE.COM.....11  
SCOREBOARD.....12



# News

## Stamford to be first in Conn. to ban Trans fats

Mallory Berko  
Staff Reporter

You are what you eat.

Americans today are being called obese, overweight, unhealthy – fat.

Some will blame it on portion control or America's fascination with food, but others are blaming it on trans fats; fats that are typically found in fried foods.

As more restaurant owners and legislators are being informed about trans fats, many experts are finding that these oils can be linked to heart disease.

"Trans fat is created when a vegetable oil is pumped with hydrogen, and becomes a solid at room temperature," said Crum. "Trans fats in certain margarines and shortenings prolong the shelf life of cookies, cakes and frying oils."

A Web site dedicated to banning trans-fats, "Ban Trans Fats," notes that trans-fats increase LDL, or what is known as "bad" cholesterol, and decrease the "good" cholesterol, known as HDL.

At Sacred Heart University, the dining services have also had to make some changes in their menus.

Compass Group, the company that owns Chartwells Dining Services, provides Sacred Heart with their daily

meals, and has made some changes in the menus, in order to comply with the trans fat ban.

"We are not able to purchase products that have trans fats," said Walter Ward, food service manager for Chartwells. "The fry oil we use has zero trans fat; we use a product called NUTRA-CLEAR."

According to the Food and Drug Administration, it is estimated that Americans eat nearly 5 pounds of trans fat each year.

"Two years after New York City banned partially hydrogenated oil, local governments around the region are considering and imposing similar measures," said Stowe.

Stamford is the first city, and so far the only city, in Connecticut that has banned trans fats in restaurants.

In the New York Times article, "Stamford Restaurants Face Ban on Trans Fats," written by Jeff Holtz, Stamford Mayor Dannel Malloy proposed the ban in the city of Stamford because many national restaurant chains had already stopped using trans fats, while smaller establishments have yet to follow suit.

"I think banning trans fats are a good idea because they are not healthy, and banning them can help lower heart attacks," said senior Stephanie Ciccone.

While some feel that the ban is a good decision in attempt to make Americans healthier, others feel that what Americans eat should be left up to the individuals themselves.

Stowe quotes Republican Joseph Coppola Jr., of the Stamford, Conn. Board of Representatives in her article, noting his opinion on the trans-fat ban.

The "government has to stay out of our lives. It's about choice. If people are stupid enough to fill their diet with trans fats, they're just stupid," said Coppola.

Sacred Heart students seem to see both sides to this issue. Some feel that it's one's personal decision to eat what they want, and that we as individuals should solely be responsible for our own health and not point fingers at others.

"I think the government should monitor and make society aware of what is in their food, but not ban them," said senior Ashley Stearns. "It's up to people to decide what they eat, but it is important that we are informed of health risks and the ingredients in our foods."

Others feel that the government should be getting involved, as the obesity problem in America is a rising problem.

"I agree, only because it's starting to become a problem," said Ciccone. "We are the fattest country."

Veronica DeVillegas, assistant catering director for



AP Photo/Rich Kareckas

As of 2002, McDonald's planned to use new cooking oil for its french fries in order to lower the use of trans fats and increase the use of polyunsaturated fats.

Chartwells Higher Education at Sacred Heart, quoted the Compass Group in noting that back in April 2006, "all accounts were required to transition to trans fat free soy oil immediately." Since then, Sacred Heart hasn't and does not offer any trans fats on their menus.

Yet students seem to have similar feelings about whom or what is to blame for America's obesity problem; food and self-responsibility and self-control seem to be the most common.

"I think it's a combo of both trans-fats and all the fast food people are eating on the go," said Ciccone.

"There are many factors leading to obesity. But to single out one factor is not going to solve the problem," said Stearns. "People need to do things in moderation and that consists of working out and eating well."

### TRANS-FAT FACTS FROM THE FDA

- Trans fat is made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.
- Trans fat can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils.
- Trans fat raises the LDL cholesterol, or bad cholesterol; that increases one's risk for CHD, or coronary heart disease.
- As of January 2006, manufacturers are required to list trans fats on the Nutrition Facts panel, directly under the line for saturated fat.

## SCP felines on Fairfield University campus

Kate Poole  
Associate Copy Editor

For the past two weeks the Spectrum has lead the feline fundraiser on-campus for the Stratford Cat Project (SCP). Already, over 100 cans of wet food, over 40 pounds of dry food, and various wish list items have been donated. Keep up the good work Sacred Heart.

Although Sacred Heart's campus may see the occasional turkey flying around, it doesn't seem to have a stray cat issue. However, this issue does exist at a neighboring campus, Fairfield University.

At Fairfield, there has been a collection of stray and feral cats living on campus for quite some time now. Throughout the years various cats have come and gone, but currently there are five friendly feral felines that grace the campus with their presence.

"We have a stray colony that lives actually by a couple of dorms in a wooded area where there's a pond. There are now five cats there and there is a group of people that are assigned to feed them and provide the food for them," said Francine Mendelssohn, Fairfield University operations assistant. "Recently they were trapped by FeralCare Inc. in Stratford, spayed, nurtured and returned. One of the six was very friendly and a student here and his family

adopted him, his name was Big Noisy."

Mendelssohn has been a member and volunteer of the Stratford Cat Project since July 2005. Since she works at Fairfield she has helped some of the cats on campus get proper vet treatment, and some receive new homes.

She does not work alone however; campus carpenter George Lisi has done his part as well. He keeps a close eye on the cats on campus, and he even adopted a cat that was found there.

"Somebody moved a truck and at first they thought the cat was dead, and they called me. He was alive but he was dehydrated, so I went to the health center and got him a syringe with water and brought him back to health. I brought him back up to my office and George ended up adopting him," said Mendelssohn.

This past November four white kittens were spotted on the campus. They were taken in and the SCP took them to be socialized and vetted. On Dec. 21 at Petco in Stratford, all four of them were adopted.

"I named them Christmas names, Rudy Snowball Kris and Noelle," said Mendelssohn.

Another kitten was found with those four. She was a tiny orange kitten who was named Angelica because Mendelssohn said that she was a little angel. Angelica was taken to the vet and it was learned that she has a broken

pelvis.

Angelica has been in foster care with the SCP for the past few months and has made a full recovery. She has been hoping to find her forever home. Angelica is a perfect example of the SCP's efforts to help local cats. She has made a full recovery and has learned to trust people again.

As far as the cats on Fairfield's campus go, they have been the farthest thing from a problem.

"I don't think we've ever had any trouble with them as far as any cat being aggressive. They pretty much keep to themselves. My Boss told me that they had a problem with a lot of feral cats years back," said Lisi. "I think there have even been a couple of times when some of the townhouse students picked up a couple of the strays. Over the years there's been a lot adopted out of here when you think about it."

Now, members of the Fairfield University community are going about the situation in a better way, and making sure that the cats are vetted properly and that their potential adopters are screened to ensure the best homes.

The Stratford Cat Project fundraiser is well on its way. Don't forget to keep donating and watching out for our cat of the week, and thank you to all who have already contributed.



# NYU students protest to have their voices heard

Stephanie Sakellarides  
Staff Reporter

On Feb. 19, 18 New York University students were suspended for protesting on school property and occupying the Kimmel Center cafeteria on campus to draw attention to a list of demands issued by the students.

The students who stayed through the night of Feb. 19 were suspended after rejecting the university's offer to leave the building. No students were arrested by the New York Police Department, but they were banned from NYU school property until further notice.

"I feel ashamed in a way to be associated with them," said David Brody, a sophomore at NYU. "They sort of support the reputation that NYU students have of being 'neo-liberal, melodramatic,' which isn't me."

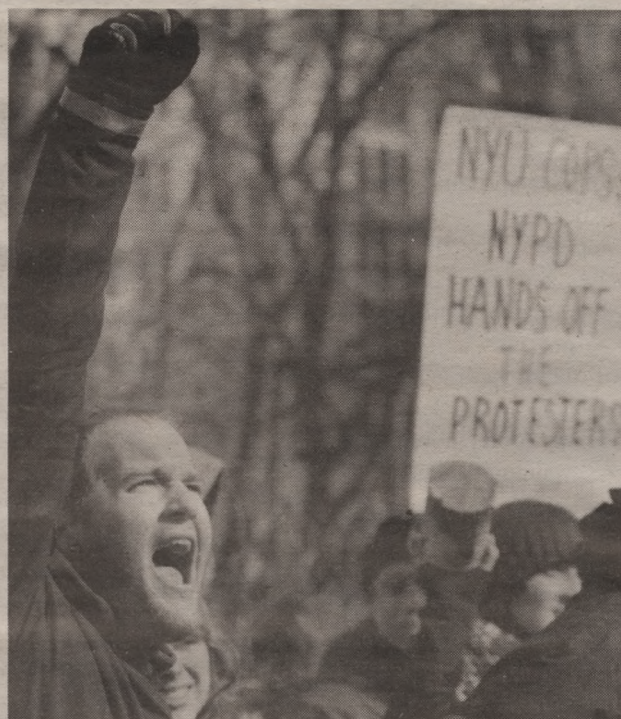
According to Brody, the group of student protesters was called "Take Back NYU," an on-campus coalition comprised of students and non-NYU students, organized to increase transparency and accountability by the university and more support for Palestinian causes.

"Take Back NYU compiled a list of demands which included, but wasn't limited to, disclosure of the university budget and endowment, student empowerment, sending school supplies and education tools to schools in Gaza, and grant scholarships to Palestinian students to come to NYU," said Brody.

Though Sacred Heart University hasn't experienced protests of this caliber, there have been instances of students trying various ways to express themselves, without going to extremes.

According to Julie Savino, dean of financial aid, and Jim Barquinero, vice president of enrollment planning and student affairs, there was a protest when Barquinero was hired in 1991. At the time, students gathered "wall to wall" in the faculty lounge to protest Barquinero's ideas for bringing change to the university. They didn't leave the room until their concerns were addressed.

"An underground school paper was formed and was being distributed and written by the students," said Savino. "People were hiding it and pretending not to pay attention to it because they were interested in knowing the student's thoughts."



AP Photo/Robert Mecca

**NYU students protest on Feb. 20. Roughly 60 students staged a protest at NYU by taking over the Center on Wednesday evening, Feb. 18.**

Also, during the 1970s, Savino was in high school but she remembers that there were low-key community protests about the Vietnam War; however this was occurring all across the U.S.

She considered these protests to be casual and low-profiled because Sacred Heart is a Catholic institution. She added that they were always peaceful and no police had to be involved since students were only looking to be heard and make a statement.

"If any protests did occur on Sacred Heart's campus, the university would handle it the best of their ability without bringing outside law enforcements," said Larry Wielk, dean of students. "That would be a last resort."

According to Newsday, the lockdown in the NYU cafeteria began the night of Wednesday, Feb. 18., when

students barricaded themselves in the building, pushing all the cafeteria's tables and chairs in front of the two entrances.

Outside the building, crowds of people gathered to cheer on the protesters.

Some students at NYU said that the points that the protesters were trying to make were important, but the actions they took were unnecessary.

"The students were protesting for better rights for employees of NYU and for the school to reveal where our tuition money goes to," said Annamaria Sofilas, a junior at NYU. "That's really important, but they didn't have to take it to that level."

Others agreed that the methods were too extreme.

"It was really crazy too see," said Brody. "I personally was against the protest. While some of their ideals and demands were warranted and just, they went about it the completely wrong way."

During the protests, some students at NYU said they were baffled by the situation but continued to go along with their regular activities. Some, who disagreed with the protestors, formed their own group, which may have caused even more controversy.

"There wasn't that much tension between students not involved, however, on Thursday night an 'anti-protestors' section formed on the street next to the 'pro-protestors'," said Brody. "An NYU public safety officer had to go to the hospital after students who tried to gain access into Kimmel stamped him."

Dr. Thomas Forget, vice president of academic affairs at Sacred Heart, said that the university should work hard to hear each stakeholder group in the community, as well as each individual member of the community.

"My sense is that Sacred Heart is a relatively small community in which students have the opportunity to be in active relationships with their student life staff, their faculty members, and members of the university administration," said Forget. "And I think that students use those relationships as the primary means by which they make their voices heard at the University."

Shannon Ianni and Carli-Rae Panny contributed to this article.



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# News

## Students surrender their personal info on Facebook

Alyssa Scott  
Staff Reporter

You can't focus on your work so you give into the temptation and log on to the computer. Instead of doing your initial project, you are now taking the time to share your perks and quirks with the world. Sound familiar?

*"Monopoly is my least favorite game, and I will always refuse to play it."*

If it does, you have joined the hundreds of members on Facebook who share their life with everybody else through "The List of 25 Random Facts about Me." Consuming our time and infringing on our privacy, the note has become one of the latest crazes in the digital world.

Working like a chain letter, someone "tags" you in their note of 25 random facts about him or herself. After reading the list, the instructions tell you to muster up your own list and tag 25 friends including the one who tagged you. Once it has been

*"Breakfast is by far my favorite meal of the day, and I would substitute it for any meal."*

completed you post your note for anyone to see.

As simple as it is, many admit that it is pointless. So why do it?

"Facebook appears to be the perfect medium through which we can market ourselves to relative strangers," said Stephen J. Lilley, associate professor of sociology and chairman of the department. "And the '25 Random Thoughts on Facebook' provides a surefire way for an individual to come across as being unique and sophisticated."

Having completed this list themselves, some students at Sacred Heart University feel it is a worthwhile exercise.

"It's a different way to get yourself out there; especially in college where it can be intimidating to meet people, it's a good icebreaker," said sophomore Kim Pizzoferrato.

*"I hate chocolate and ice cream."*

However, others feel that it is impractical to reveal yourself on the internet. Being a fan of the old fashioned way of talking in person, some find this list unnecessary.

"I didn't do it. I'm friends with a lot of people on Facebook, but I'm not close to all of them. I'd rather people get to know me in person than through Facebook," said sophomore Allison Santaniello.

Prior to Facebook, MySpace was the popular social networking Web site. Evolving from exercises posted on their

blogs, other students find the list to be redundant.

"I was tagged in some, but I didn't make one myself. It's too similar to the kind of thing MySpace used to do," said freshman Jun Hardart.

Regardless, this fad has prompted millions of people to share random thoughts with their friends and complete strangers in order to stand out.

*"One of my favorite things to do is run on the boardwalk in the summer when the sun is coming up and watch the morning surfers."*

"The irony is that if many send forth their 25 random thoughts then they [and their thoughts] will simply be part of the noisy crowd," said Lilley.

Being conformists in present day society, it is hard to be heard individually, but somehow this technology serves a more comfortable mode of communication.

"These thoughts aren't usually things

*"I used to play the flute and the jazz guitar in grammar school. This past month I finally sold my flute on ebay."*

*"I cannot whistle. Don't try to teach me, I've tried to learn every trick in the book. It's just not happening."*

you just tell people. It is easier to list these random facts on a computer rather than to tell people to their face," said Pizzoferrato.

Even if people do not notice, sharing these unique facts opens doors to revealing yourself without being too forward. Many people may be willing to expose this information in hopes that other people will find commonalities with their list.

Like all other fads, some refuse to

*"I almost always sing in the shower."*

write a list while the majority cannot get enough of them. Having been quite the craze lately, the New York Times reveals that a Google search for "25 Random Things About Me" yields 35,700 pages of results.

Despite its popularity now, "The List of 25 Random Facts about Me" will eventually fade into the background. As said by sophomore Heather Swarts, "It's just another fad."

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## Sick: health professionals suggest staying active

...CONTINUED from page 1.

day and age are not any healthier than 10 to 15 years ago, and in some cases they are significantly less so. At Sacred Heart, this could be due to the fact that many students do not know when to stop going about their daily routines to take some time off to recover.

"It takes a lot for me to be too sick to do something," said Graziosi. "If I feel too sick to get out of bed, if I feel dizzy, or if I have a temperature, that's when I don't go out to do normal everyday things. Other than that I just deal with it."

Many, however, are aware of the fact that they need to take a step back from their normal schedules.

"I think there's no real big remedy for what's going around except for catching up on sleep and taking a few days off from everything," said King.

An article in The New York Times (NYT) says that many people, even some health professionals, suggest that one way to shake a cold is to exercise and continue being active.

Even though many students at Sacred Heart wish to carry on with their regular routines, some are skeptical of this concept.

"I usually stay away from exercising while I'm sick, especially away from the gym," said sophomore Caitlin Moser. "It's definitely easy to spread germs, being so close to other people and using the machines in a gym. Most people do not

sanitize the machines after they use them, so germs probably spread really easily."

NYT cites a study in the journal of Medicine & Science in Sports & Exercise, which showed that results were so much in favor of exercise that researchers themselves were surprised. They were surprised their lung function and overall exercise performance were not impaired, even though they reported feeling fatigued.

The study showed that there is no difference in symptoms between those that exercise and those that rest, as well as no difference in the time it took for them to recover from their colds. Those that exercised even reported feeling okay and in some cases, they actually felt better.

Health services recommended tackling what's going around Sacred Heart with classic treatment methods.

"Treatment is bed rest, Tylenol or Advil for the fever, lots of fluids and cough medicine to help control the coughing," said Davis.

As spring approaches, health services is hopeful that students will do their part to prevent another outbreak of the common cold and flu, the infamous "SHU fever," from going around next winter.

"I hope next year we will see an increase in the number of students who come in the fall for a flu shot, which is the only thing that might help prevent this illness," said Davis. "That of course and good hand washing!"



# Professors and students weigh in on grades

Mari Brown  
Staff Reporter

What is it about receiving an 'A' in a class that has students so driven to receive it? A recent study at the University of California, Irvine dug up some answers.

According to an article from the New York Times, the study "found that a third of students surveyed said that they expected 'B's' just for attending lectures, and 40 percent said they deserved a 'B' for completing the required reading."

Most professors disagree with this grading scale, and often create a syllabus for their course to map out how students will be graded throughout the course, and rubrics distributed throughout the year for specific assignments.

While many students strive for A's at Sacred Heart University, the grade is not always received. Yet disputes between students and professors over grades at Sacred Heart aren't very common.

"Students rarely object to their grades in my experience," said Matthew Semel, associate professor of criminal justice at Sacred Heart. "I try to create a rubric for each assignment so the grading process is as objective as possible."

Michael Bozzone, dean of the College of Arts and Sciences, who also teaches a class at Sacred Heart, has the same experi-

ence with complaints about grades.

"I do get a small number of complaints each year about individual grades, but it's not an avalanche at the end of every semester," said Bozzone.

If students want an "A" on an assignment or in a class, it requires meeting the criteria for the grade. The question is, what constitutes an "A?"

Student and professor opinions appear to be similar at Sacred Heart.

"What constitutes an 'A' for me is when I take the time and effort to do my assignment, meaning I don't rush through it," said sophomore Mike Oberlander. "I make sure that my work fits the requirements of the professor. If I do this then I know there is no reason for me to not receive an 'A.'"

Another student, sophomore Beth Messina, thinks if a student hands in work that meets the standards of the professor, an "A" is appropriate.

For professors, assignments that deserve an "A" must be exceptional.

"A" means excellent work in all aspects of the assignment, or all aspects of the course," said Dr. Christel Manning, associate professor of religious studies.

Bozzone has his own way of determining what 'A' work is. "I always use the word 'excellent' when I think about an 'A' grade," said Bozzone. "Obviously, the

work fulfills all the requirements of the class but does it in a way that marks it as much more than just competent."

Some students feel like they need "A's" in classes in order to find a job after college.

"Getting an 'A' on your transcript may set you apart from other applicants who are applying for the same jobs you will be," said Messina.

If students work hard for "A's" and don't always receive them, why is it that so few students complain to their professors at Sacred Heart?

"I rarely complain to my professors about my grades," said Oberlander. "I've been lucky that most professors have been very fair graders."

Messina said that she never complains about the grades she receives on tests and quizzes also. "However, if I put a lot of work into a paper and don't think I deserved the grade I received," Messina said, "I definitely say something."

At other universities, students are more vocal about receiving low grades.

According to The New York Times, senior Jason Greenwood, a kinesiology major at the University of Maryland said, "I think putting in a lot of effort should merit a high grade. What else is there really than the effort that you put in?"

Another student, an English major at

the University of Vermont, junior Sarah Kinn said, "I feel that if I do all of the readings and attend class regularly that I should be able to achieve a grade of at least a 'B,'" as stated in the New York Times.

Professors at Sacred Heart say that a complaint that has legitimate reasoning doesn't bother them, and they are usually willing to reconsider grades if students present a valid point.

"I do not mind if a student wants to discuss his or her grade," said Semel. "It is a student's right to question a grade if he or she believes the grade does not fairly reflect her work. I make mistakes; I probably change two or three grades each semester after considering a student's points."

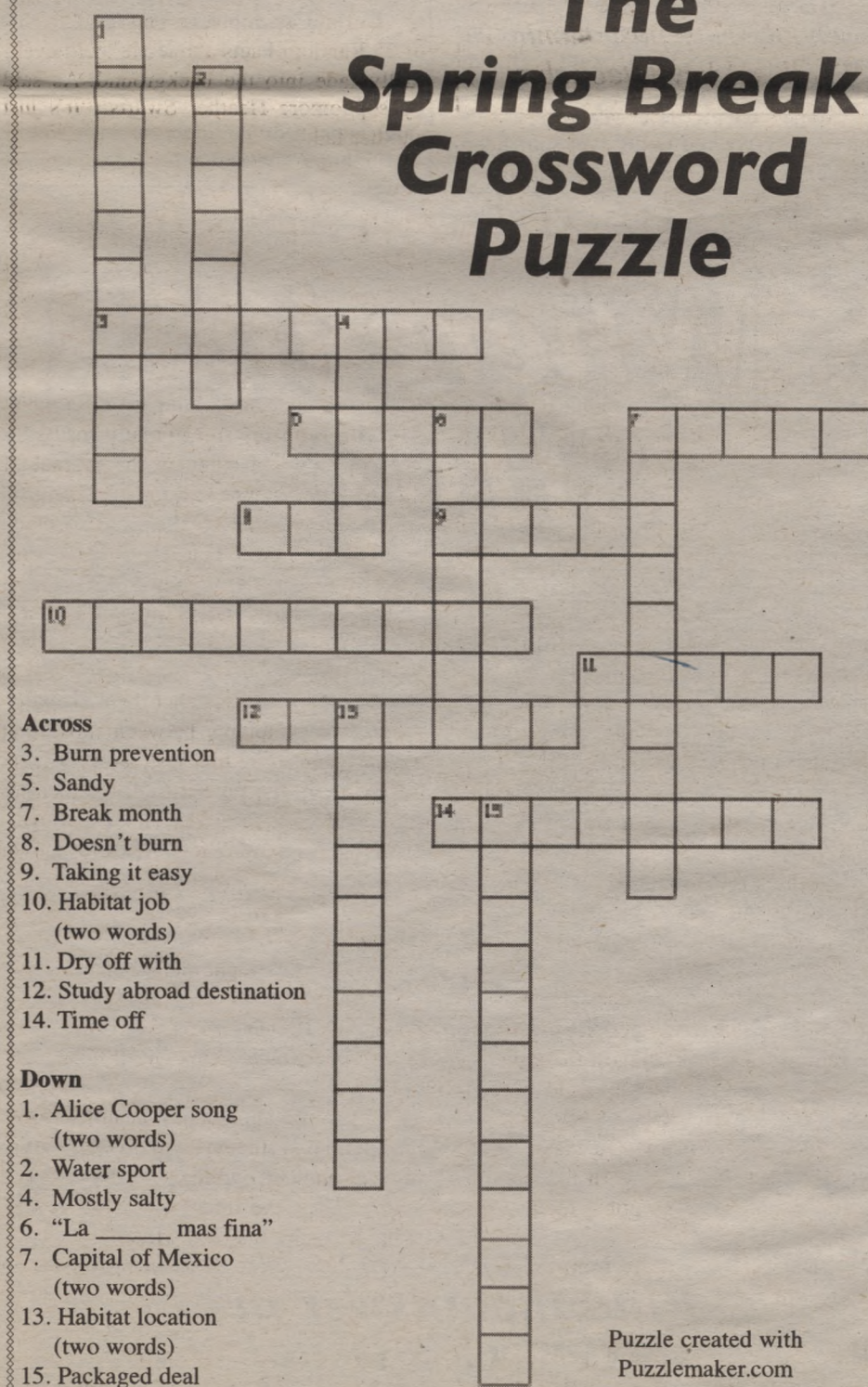
Other professors at Sacred Heart have similar viewpoints.

"I am willing to change my mind on a grade if a student can clearly articulate why the answer they gave to an exam question might be correct," said Manning. "However, I am not willing to change a grade just because the student claimed they 'worked really hard on this.'"

Even though some students think they deserve to get "A's" and don't always receive them, the communication between professors and students is clear.

"An earned grade is an earned grade," said Bozzone.

## The Spring Break Crossword Puzzle



### Across

3. Burn prevention
5. Sandy
7. Break month
8. Doesn't burn
9. Taking it easy
10. Habitat job (two words)
11. Dry off with
12. Study abroad destination
14. Time off

### Down

1. Alice Cooper song (two words)
2. Water sport
4. Mostly salty
6. "La \_\_\_\_\_ mas fina"
7. Capital of Mexico (two words)
13. Habitat location (two words)
15. Packaged deal (two words)

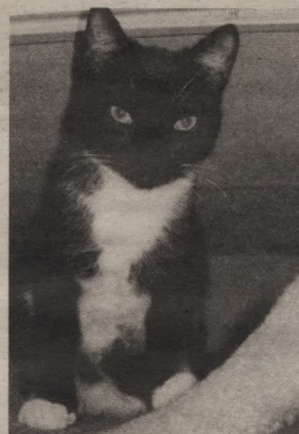
Puzzle created with  
Puzzlemaker.com

Look for the answers in the following issue of the Spectrum!

## THE CAT CORNER



### CATS FOR ADOPTION FROM THE STRATFORD CAT PROJECT



THIS WEEK'S CATS ARE BUBBA AND LUKE. THEY ARE A HANDSOME PAIR OF BLACK/WHITE MALES APPROXIMATELY 8 MONTHS OLD. BUBBA'S START IN LIFE WAS TRAUMATIC. AT EIGHT WEEKS OLD, HE WAS ATTACKED BY A DOG AND FELL INTO A SEWER DRAIN. THANKS TO THE HELP OF SOME CONCERNED PEOPLE AND ANOTHER RESCUER, THEY GOT BUBBA OUT OF THE SEWER DRAIN AND TO SHORELINE EMERGENCY HOSPITAL. UNFORTUNATELY, ONE OF HIS BACK PAWS WAS MANGLED AND HAD TO BE AMPUTATED. THIS HANDICAP DOESN'T STOP THIS GUY, HE GETS AROUND WITH NO PROBLEMS. LUKE CAN BE A

LITTLE SHY, HE WAS FOUND IN A POOL HALL IN MILFORD. HE LOVES TO PLAY WITH TOYS. BOTH HAVE BEEN NEUTERED AND ARE UP TO DATE ON THEIR SHOTS. THE PERFECT HOME FOR THEM WILL BE A QUIETER ONE. IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN ADOPTING THESE BOYS, PLEASE CONTACT THE STRATFORD CAT PROJECT AT SCP4CATS@YAHOO.COM OR CALL (203) 375-7009.

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# Perspectives

## Senior Mystery Trip ranks well with seniors *Fourth-year students gather together for a night of entertainment*

Joe Mazza  
Staff Reporter

About 350 seniors attended the Senior Mystery Trip on Monday night, which took place at "BAR" in New Haven.

The trip included transportation with buses running to and from Sacred Heart.

The class of 2009 president Brian Germain chose the location. Assisting him was Amy Ricci, head of Student Life.

"The Mystery Trip has been taking place for many years and has been a very successful and fun event for the graduating seniors," said Ricci. "We take the same approach every year and choose a place that fits our requirements."

Those involved in the planning paid

most attention to price and enjoyment value.

"When choosing the location, we looked at the capacity that the venue could hold, what type of entertainment they would be able to provide, and how much it would cost," Ricci said.

"BAR" provided us with a private party reservation, a DJ, drink specials, and food."

The bar also provided food for those who attended.

"I think 'BAR' was a great place. The pizza that they served was amazing and there were enough rooms allowing people to enjoy different settings," said chaperone

*"I saw everybody at this bar that I wouldn't normally see in one place."*

-Jimmy Laudette

Timothy Holcomb, assistant director of bands. "If you like to dance, they had a club, and if you want to sit and have a quiet drink, you could do that in another room."

Some students that went on the trip were expecting a different destination.

"I was surprised because I thought we were going to go to 'Playwright,'" said senior Timothy Greening.

The fact that the trip was only for seniors made it more enjoyable for some students.

"I saw everybody at this bar that I wouldn't normally see in one place," said senior Jimmy Laudette. "The people that I've known since I was a freshman were

there and I got back in touch with them."

Some students felt that having the place reserved only for seniors and keeping out the general public was also good.

"I liked it because there were no creepers," said Allison O'Leary.

Other students, however, didn't see the point in the trip.

"Why should I pay 15 dollars for a bus ride to my car? It is a lot cheaper for me to drive myself to a bar," said Chris Mason.

Mason added that there wasn't much mystery behind the "Mystery Trip."

"I knew it was going to be a club, and I hate clubs, including the kind of music that would be playing, said Mason. "There is no point in ending up at a place I don't like, with music I don't like."

## Students offer suggestions for future SHU speakers

James Kearns  
Staff Reporter

From star athletes like Joba Chamberlain and Jon Lester to politicians like Rudy Giuliani, Sacred Heart University has had a variety of famous speakers. Students weigh in on their favorites.

"So far I've only seen two but I preferred Mitch Albom," said freshman Kate Blaha. "He really opened up to everyone he was speaking to and put a lot of emphasis on things. It really makes you think about the relationships you have with all the people you encounter."

Blaha wasn't alone in thinking that Albom was the best speaker to come to Sacred Heart.

"I saw [him] and really liked him," said freshman Michelle Hevey. "He talked about his books and was very informative."

Catarina Andrade, a freshman who just transferred into Sacred Heart this semester from Lusofona University in Portugal, said she has not yet had a chance to see any of the speakers here, but offered a suggestion for a future one.

"I'm a psychology major, so I hope that we have a psychologist come here to talk about school violence and how kids are today," said Andrade.

Some students are looking forward to upcoming speaking events at Sacred Heart.

"I am planning to go to the 'Holocaust by Bullets' speech," said Hevey, "I have been excited since I first heard about it."

Others aren't as thrilled. Blaha is instead hoping for a few specific people to come to campus.

"Jerry Seinfeld [would be a good speaker] because what he says is true and he does it in a way in which he doesn't have to use profanity or sexuality," said Blaha. "I admire that he doesn't have to rely on that stuff to be funny."

The student's list also includes comedian Alan Alda.

"He is a genius when it comes to comedy, matters of the mind, and he was in 'M.A.S.H.'" said Blaha, "He wrote for a lot of the episodes."

Some students prefer outside speakers that come to Sacred Heart over scheduled speakers who are members of the university.

"I'd like to see more outside people than the colloquies because the colloquies are short and I'd much rather hear people speak on a higher level," said Hevey.

Students who would like to recommend a certain speaker are encouraged to submit a request on the SHU Web site.

### Recent speakers at SHU:

Majora Carter-Feb. 11, 2009  
Rudy Giuliani-Oct. 1, 2008

### Coming soon to SHU:

Jean Kilbourne-  
March 23, 2009

For more on speakers, descriptions, and dates from the Edgerton, visit Web site <http://www.edgertoncenter.org>.

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

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

## Where in SHU?



The Spectrum/Nicole Giglia

*Find the answer in  
next week's issue!*



## Rave of the week: 'Twilight' book series considered to be a must-read

### Rants & Raves

Allie Pohevitz

Columnist



I've never been one of those people who gets carried away very easily.

I didn't wait on line for seven hours to watch "Star Wars," and I didn't care much for the made-up words in "Harry Potter." But Edward Cullen? Sign me up.

No, I'm not talking about the movie "Twilight" (though Robert Pattinson is quite possibly the most beautiful person I have ever laid my eyes on).

I'm talking about the new series of four books by Stephanie Meyers: "Twilight," "New Moon," "Eclipse," and "Breaking Dawn."

If you haven't picked up any of these books because you think they will be lame and/or ridiculous, I dare you to read just the first chapter alone and tell me you still feel that way.

It starts out as your average chick-lit novel, girl from Phoenix moves to the middle of nowhere, only to find herself falling for the oddly attractive and seemingly unattainable doctor's son.

The twist comes in when the boy, Edward Cullen, learns of the aforementioned new girl, Isabella (Bella) Swan, to find that he is irrevocably and head over heels in love with her.

As you may have figured out from the posters and constant magazine titles, Edward isn't exactly the boy-next-door.

This heartthrob vampire has to fight with all his will to not kill Bella in some horribly tragic accident.

It sounds crazy, but the way their relationship grows, and fails, and then grows again, is unlike any stories that I have heard in a long time.

As the tale continues through the other novels, we learn that there is much more out there than vampires.

Werewolves also lurk around the corners, with the soul purpose of destroying all the "blood-suckers."

Later, after Edward's disappearance, Bella finds herself becoming closer and closer to Jacob Black, her father's best friend's son.

What Bella doesn't know is that Jacob and Edward are mortal enemies.

I agree, it sounds like an episode of the most ridiculous soap-opera you can conjure up.

Even as I write this, I am shaking my head at how unbelievable it sounds.

Yet, the way it is written makes you really appreciate the relationships you have with the people in your own life.

What if you found out the person you love was not the same species as you, how would you handle that?

What if everything you knew about life, death, humans, and animals was all a figment of your imagination?

That nothing was really as it always seemed to be?

Even if you have seen the movie, I urge you to read the books.

The pretty faces of Pattinson (Edward) and Kristen Stewart (Bella), only briefly cover all of the amazement you will feel from this novel.

I'll admit, these vampires have me wrapped around their icy cold fingers, but it is definitely more of a "girl thing."

So ladies, try not to compare your current boy to these characters, because clearly he will be no match, there's no need to make him sad.

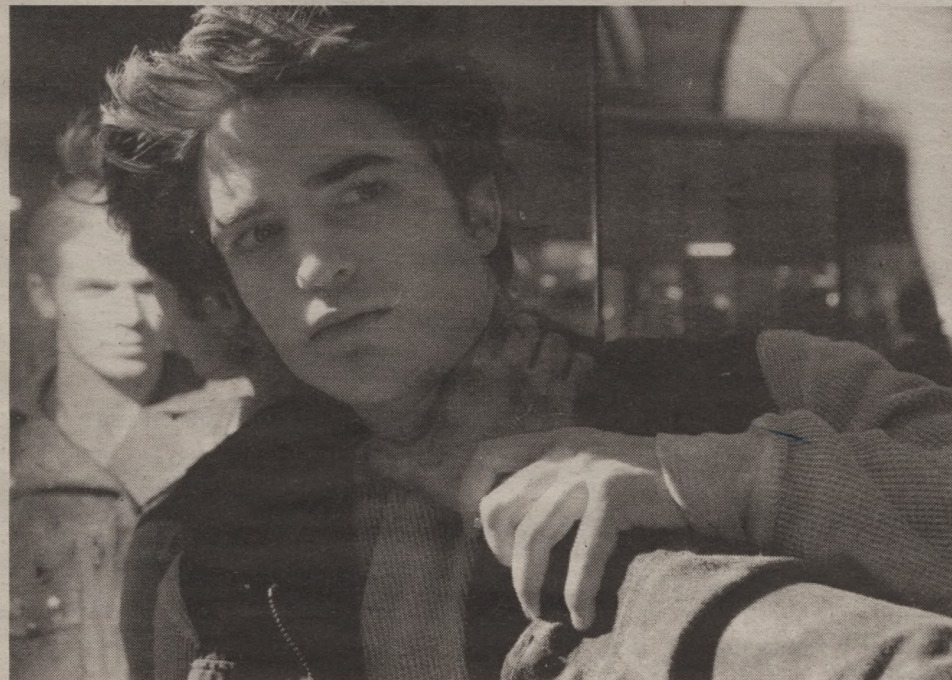


Photo courtesy of AP

Edward Cullen, the most talked about vampire from Stephanie Meyers' book series, "Twilight."

## He Said/ She Said...

### Should Facebook impact your relationship?

Brian Germain

He said



Liz Warren

She said



Facebook ruins lives. Everyone that is at least a semester into college can attest to this. If Facebook is your homepage or if you spend more time checking your "wall" than you spend doing homework, you have a problem.

Sure, Facebook is great for finding old friends from childhood, or keeping in touch with people you don't talk to on a regular basis. But your girlfriend is someone you see regularly and/or talk to on the phone often, so Facebook should be an obsolete technology for staying in touch.

The only worthwhile feature of contact with your girlfriend through the good ole' Fb is bumper stickers. There's nothing that says "I love you" quite like a bumper sticker some random human made that you've never met, that applies perfectly to an inside joke or memory you have with your girlfriend. Other than this, Facebook is pure evil.

Facebook can be worse than a drug addiction. One's eyes become glazed over as they stare at the screen for hours and click through pictures of people they have never even talked to in person. And what happens if you're clicking through photos and you see your girlfriend in the background with another guy, doing something that gets you heated?

This age of technology and growing peer to peer information is creating problems for relationships. The jealousy factor is agitated by many of Facebook's features. Wall posts just add to this problem. They are publicly viewable comments from a wide range of people.

So what happens when you go to write an innocent post on your girlfriend's wall and you see a bunch of flirty comments from other guys? Well of course you're going to assume the worst and get heated.

Even worse is if you're going out with someone in real life, but it's not posted on Facebook. People will say that the relationship isn't "Facebook official" until you update your status. Then any boundaries by a third party would be eliminated. People can't be expected to know about the relationship, so the people in it may still appear to be fair game.

The legitimacy of relationships on Facebook is questionable. Girls are married to other girls, guys are engaged to their best friends, it's hard to spot a relationship stated on Facebook that is the real thing. Furthermore, couples may just be reluctant to establish their relationship on the web because of that pesky news feed.

When you break up, all of your Internet using friends will be notified. A break up is a hard enough period of time to go through without 9 million people asking you what happened because they saw the breakup of Facebook. It is times like these when you realize that Facebook really sucks.

Everyone knows that love makes people crazy. Well, in my opinion, Facebook also makes people slightly deranged.

When you combine the two, the product is a hot, steaming pile of obsession and jealousy over something as innocent as a friend request. Even the most down-to-earth girl can turn into a raging lunatic upon learning that her guy is now friends with an attractive girl from class.

Most of the blame for this insanity can be placed on the concept of "the wall." While stalking your boyfriend's wall like the psycho you have become, you discover that a girl with whom he went to junior high left him a comment.

You immediately put aside your 10 page paper that's due tomorrow and begin investigating—this is obviously more important than passing Shakespeare 101.

You attempt to click the "wall-to-wall" to get to the bottom of things. But there's one problem: you aren't friends with the girl, so you can't track their conversation.

If you had his password, you could really see what's going on. That would banish all of your insecurities, right?

No. Don't do it. Don't even think of it. If you trust him, there's absolutely no need to exchange passwords. And if you don't trust him, there's absolutely no reason to stay with him.

Besides, we all have that one friend who constantly logs onto her boyfriend's page to see if she can catch him cheating. Do you really want to turn into her?

And couples aren't the only ones who experience this Facebook-related insanity. Everyone eventually gets sucked into the epidemic. Actually, some of the craziest stuff happens before you're even in an official relationship.

For example, I've never been the type of person that needs to put a title on my relationship with a guy. I used to avoid the word "boyfriend" like it was a new strand of the plague. But when I started dating this guy, I couldn't help but wonder when we were going to change our relationship status on Facebook.

And I know I'm not the only one who has done this. Nowadays, you're not truly in a relationship until it's Facebook-official. It's ridiculous, I know. But it's also a fact of college life.

However, as much as I'm bashing Facebook, it's not purely evil. While it is a breeding ground for jealousy, those who get sucked into this way of thinking must understand that their obsessive thoughts are completely irrational. It doesn't mean your boyfriend is cheating if someone writes on his wall saying she misses him.

Basically, don't let a simple friend request or wall post be the reason why your status goes from "in a relationship" to "it's complicated."

# Girls & Sports





# —Arts & Entertainment—

## New NBC lineup features some familiar faces

Liz Brombacker  
Staff Reporter

Late night TV is about to change, not only is Jay Leno stepping down from "The Tonight Show", but a familiar late night face is going to replace him.

Jay Leno is set to leave "The Tonight Show" later this year and fellow NBC host Conan O'Brien will be leaving "Late Night" and taking over Leno's spot.

But who is taking over O'Brien's spot?

Jimmy Fallon, a Saturday Night Live (SNL) alumni, is soon going to hit a new type of late night TV when he takes over O'Brien's spot on March 2, with his new show, "Late Night with Jimmy Fallon."

According to NBC.com "Late Night" will be starting the show off right with the house band, "The Roots"; a band that has been named one of the "20 Greatest Live Acts in the World," by Rolling Stone Magazine.

The new band as well as other information has been shared with viewers on Fallon's webisodes, which can be viewed at [www.NBC.com](http://www.NBC.com). The webisodes are leading up to Fallon's premiere.

As for Leno, his last "Tonight Show" will be later this year on May 29 and then on June 1, O'Brien will have his show in Leno's old spot.



AP Photo/Diane Bondareff

**Jimmy Fallon, who is replacing fellow Saturday Night Live alum Conan O'Brien as the host of NBC's "Late Night" talk show, now known as "Late Night with Jimmy Fallon," poses for a photograph in his Rockefeller Center office Feb. 23.**

According to an article on CNN.com, this decision has been in the works since late 2004, when Leno said that he had planned to retire in four years from "The Tonight Show" and said, "I felt that the timing was right to plan for my successor and there is no one more qualified than Conan."

Though Leno feels O'Brien is qualified, some students on the Sacred Heart campus don't believe O'Brien will fare as well as Leno.

"I think Conan O'Brien is the man, but at the same time I think Leno is more popular than Conan," said junior Theresa Campbell.

Some believe that O'Brien is the man to bring "The Tonight Show" exactly what it needs.

"I have always found Conan O'Brien funnier than Jay Leno," said sophomore Anthony Mazza. "So I think Conan will do a better job."

However when it comes to Fallon taking over for O'Brien students have mixed feelings.

"Conan is a great pick to replace the legendary Jay Leno," said sophomore Daniel Graziano. "As for Jimmy Fallon, let's just say I won't be watching 'Late Night' anymore."

Fallon may not have been the first pick for some students, but Leno was not picked to succeed when he first started his late night talk show.

According to the Web site [www.Newsday.com](http://www.Newsday.com), Leno was predicted to fail when he first started. "When Jay Leno took over 'Tonight,' he was deemed a dead duck - as in 'cold.'"

Leno succeeded as a late night TV host, but "The Tonight Show" is not the end of the road for him. According to The New York Times, Leno will be staying with NBC and switching from late night to prime time.

His new show "The Jay Leno Show" will air on NBC every weeknight at 10 p.m. starting in September.

## The 'Girls Next Door' bunnies bounce out

Sarah Prial  
Staff Reporter

After years of living together, the trio of blonde bunnies sharing Hugh Hefner's affection moved out of the Playboy Mansion.

Holly Madison, Bridget Marquadt, and Kendra Wilkinson, who made up, "The Girls Next Door" on the E! network, have parted and gone their separate ways.

While there is always the possibility of fading into post-fame obscurity, this does not look to be the case for youngest bunny, Wilkinson, 23. Not only has she landed herself a fiancé, football player Hank Baskett of the Philadelphia Eagles, but a new reality show on the network that shot her into the public eye.

According to the Access Hollywood Web site, the new show, "Kendra," will center on the former bunny's "post-'Girls' career." It has yet to be announced whether fiancé Baskett, who proposed to Wilkinson in November 2008, will be featured on the show.

Wilkinson's male fans from Sacred Heart University are looking forward to seeing the blonde on television in the future. "I will most likely watch Kendra's new show because I'm curious what she's up to. If the show is good I'll keep watching," said senior Eric Johnson.

With Wilkinson and Baskett's marriage in the future, there is a possibility that the show may take a more serious tone than "The Girls Next Door." This is increased by the fact that the couple are looking forward to expanding their family with children.

"We always talk about having kids," said Wilkinson to People Magazine, "he wants kids [so badly] and I do, too."

Wilkinson is happy to be leaving the mansion, though told the magazine that she "changed in positive ways" through the experience. In her five years with Hefner, she abandoned her "party girl" ways and is ready to settle down.

"I think Kendra getting married was inevitable," said Johnson, "She's getting older and probably wants normal things besides being a side girlfriend to Hef. Holly seemed the only one Hef was really serious about anyway, so I'm not surprised."

However, Madison, widely considered to be Hefner's favorite girlfriend, has moved out as well.

Soon after the split with Hefner, Madison began a relationship with illusionist Criss Angel. The relationship did not last as long as Madison's with Hefner, and the two split last week.

Marquadt is also staying in the television business. Starting on Mar. 12, Bridget will host and star in "Bridget's Sexiest Beaches" on the Travel Channel. She has not yet settled down into a relationship as her former housemates have.

Fans of the show are saying their goodbyes. "I will very much miss the show and all three girls being together, I liked the inside scoop we got into the mansion and the three girls made it even more interesting" said Johnson.

"The Girls Next Door" ended its five-season run on Mar. 1, but can still be seen in reruns.

## Trouble continues for Britney Spears

Michelle Munden  
Staff Reporter

"Here we go again," you might be saying to yourself. Yes, Britney Spears is at it again and making headlines once more. Let's face it, this probably will not be the last we hear from her and with Spears' most recent drama against Sam Lutfi, her ex-manager, it doesn't seem promising that the drama will be over anytime soon.

According to [www.people.com](http://www.people.com), Osama "Sam" Lutfi filed lawsuit on Feb. 3 against Britney Spears and her parents, accusing them of battery and defamation. Lutfi, who was once a friend and manager to Spears, explained in his court documents that he urged the pop star to reconcile with her parents and acted on her behalf.

Meanwhile, Spears has obtained a restraining order against Lutfi on the grounds that he has been trying to "disrupt" the conservatorship she has been under, which gives her father control of her affairs. Her family has also accused Lutfi of drugging the singer to maintain power over her.

A Los Angeles judge has just renewed the restraining order, which was made temporary at first. The restraining order forbid Lutfi from getting within 250 yards of Spears, her homes and her family's homes.

Students raised very valid points on the issue.

"If this guy really did those things to Britney then she has the right to sue. It just takes away from a strong case because it's yet another negative part of her life that's

publicized," said junior Jackie Massella.

According to [www.people.com](http://www.people.com), at the time the restraining order was sought, Spears' family had been locked in a "power struggle" with Lutfi, who had been her constant companion as her behavior became increasingly bizarre.

On Friday, Feb. 20, Lutfi admitted in court documents that he's passed messages on to her through her hairdresser and others, including her ex-boyfriend, Adnan Ghalib. But Lutfi argues that the messages weren't harmful in any way.

Lutfi not only denies he's been harassing Spears, but claims that it's been Spears reaching out to him, not the other way around.

"I don't think anyone would want to have on public record allegations of behavior that weren't committed," Lutfi's lawyer Bryan Freedman told People Magazine. "A restraining order is to protect someone against stalkers and people who want to commit violence, and that description doesn't fit my client."

"I just think it's ridiculous how people follow her every day, said junior Wayne Morgan. "She's a normal human being who loves to have fun and be herself but she can't and people have to destroy her life."

Circles are spinning around Spears' life and unfortunately this is nothing new.

"Didn't Britney just have a 'come back' and get her \*\*\*\* together?" asked Massella.

What a coincidence that Spears' own song lyrics should reflect her life: "Just like a circus."



# Oscar certainly proves to be man of the hour

## Post-humous award and increased number of viewers create big buzz

Lacey Gilleran  
Staff Reporter

Like most actors, Kate Winslet always dreamed of winning an Oscar. When she was little, around 8 years old, she used to practice her acceptance speech in the bathroom mirror while holding a shampoo bottle.

"Well, it's not a shampoo bottle now," she said.

Kate Winslet was among several other actors to be graced with the presence of the little gold man with the name Oscar.

The Oscars coordinators were worried in the weeks prior to the airing of the award show, because they were unable to get support from major sponsors they had used in the past.

According to [www.nbcnewyork.com](http://www.nbcnewyork.com), "There [was] a lot of ad time left to sell for the award show. Last year, L'Oreal bought 180 seconds of airtime. That's the second largest investment, behind GM of \$1.7 million. So far, it doesn't look like they have found a replacement for the beauty line."

So why was there major issues with advertising? Perhaps it is because of the age of the majority of the audience that watches the Oscars.

The cosmetic companies did not want to pay for their normal advertising spot because they advertise to younger women, and the median age for a viewer is

in their 40s.

Sacred Heart University students proved the lack of younger viewers statistics correct and did not tune in to the Oscars.

"I just had better things to do then watch them," said freshman Jesus Martinez.

Senior Chris Mason shared similar emotions and said, "The Oscars are just boring."

However, L'Oreal might be kicking themselves for not getting airtime, because many younger viewers did in fact tune in for the big event.

According to [www.eonline.com](http://www.eonline.com), "The show's ratings among teens 12-17 and kids 2-11 zoomed, up 25 percent and 33 percent, respectively, from last year," ABC said, citing Nielsen stats. So what sparked this boost in ratings with young people?

Perhaps it was the appearances made by Zach Effron and Vanessa Hudgens from "High School Musical," and Robert Pattinson from the blockbuster tween hit, "Twilight."

This helped to bring in a total of 36.3 million viewers, up from the record low the award show received last year.

Now the Oscars are not about money or advertising, but truly about actors, actresses, and the glamorous Hollywood movies. All the big names were in attendance with their beautiful gowns and dapper looking tuxedos.



AP Photo/Jennifer Graylock

Family of Heath Ledger in the Press Room during the 81st Annual Academy Awards, held at the Kodak Theater, Feb 22., in Hollywood.

# Sellout bands disappoint dedicated fans

## Long-time listeners lose out on intimate live performances

Genevieve Manna  
Staff Reporter

Why when bands sell out, do fans bail out?

If you went into sophomore Andrew Orlandi's room, the first thing you'd see are the posters of bands hung along the walls. Ticket stubs crowd his drawers from recent shows, and he's proud to state that he never leaves the room without his iPod. And what an impressive iTunes collection it is. His knowledge of bands in the indie, pop-punk, and "emo" genre could educate any uninformed.

Orlandi is what you could call a dedicated fan. But what happens when that underground band you've dedicated yourself to, sells out? Now your favorite band that you supported since day one is now getting radio play on 'pop' radio station, Z100 leaving you feeling abandoned.

"I know a lot of artists always dream big - I just hope that the bands I love don't dream too big and turn into a nightmare. It's a common event seeing bands I have dedicated myself to sell their souls to mainstream America," said Orlandi.

So what's the deal with "selling out"? From start to finish now, a band gets together, and creates music that people will pick up on bit by bit. These listeners turn into impressed and committed fans who take the artists music to heart.

The band's dreams are finally coming true. The big break comes, along with a solid fan base, and a flashy record deal. However, what about those fans who were there from the beginning? Some fans may



AP Photo/Rob Griffith

Members of American rock band Fall Out Boy from left to right, Andy Hurley, Joe Trohman, Pete Wentz, and Patrick Stump arrive for a performance onboard the Australian Warship HMAS Tobruk in Sydney, Australia, Sun. Feb. 22.

feel that as soon as bands make a live appearance on MTV, it's all over.

You don't see Britney Spears fans feeling duped when she's all over the radio. Why is it that in this specific genre of alternative rock people are so territorial?

"There's nothing better than connecting with a band's music. It's the feeling of relating to others that are saying what you've been dying to in song. It's about being the first one to listen, and being part of that intimate live performance," said

Orlandi

Is it the feeling of accessibility to everyone now that drives these fans to turn the opposite direction? In a band's early days, the limited number of fans get to enjoy the feeling of being accepted when you attend a local show around the block, helping move in the band's equipment to the backroom, and watching over the merchandize table. These are the kinds of jobs that fans are pleased to take.

When a band graduates into the big league, these kinds of things don't happen

anymore. Most groups fall into a stereotype, and the hardest part of all is hearing their sound morph into an overproduced melody of what corporate record companies think the band should sound like.

While having drinks with friends, junior Philip Farrelly reminisced about a band he used to love, Celtic punk rockers, the Dropkick Murphys.

"I was 14 years old and saw them live, and I loved it. But now they turned into this gimmick to sell shirts on the basis of 'being Irish', which only then the original lead singer was. It's a perfect example," said Farrelly.

For fans, when a well-loved indie band goes mainstream, it's a negative label for them. It's not the gain of popularity that drives fans away; it's the change in sound, appearance, and attitude. The idea of getting too big destroys relationships and makes people who once idolized a group to turn away.

Typically, larger venues equal higher ticket prices. The bands merchandise prices are raised and their communication with fans drops to a blog post almost once every two months. These could be some of the reasons for the sellout stereotype that fans pin on their once favored artists.

Bands like Green Day and Fall Out Boy are just two examples that roll out of mouths during sellout talk. The bands may have met their dreams, but it's the original fans that now feel left out and alienated. The band H2O sums it up perfectly, "Don't forget the struggle, don't forget the streets, don't forget your roots, don't sell out."



# Features

goes  
digital

## 'Pandora' offers a box full of musical surprises

Nicole Giglia  
Staff Reporter

Curiosity led junior Karen Mahnken to open Pandora's box, but unlike the ancient Greek myth, what she unleashed was far from evil.

Day in and day out, Mahnken would put her iTunes on shuffle and go about her business.

With a 400- song library the random mix was getting to be "pretty predictable," said Mahnken. "I wanted to find new music, but I wasn't sure how. Then I found Pandora."

Pandora is a Web site that hosts a free internet radio music player.

A user can type in a song or artist they like and Pandora creates a "station" that plays other songs and artists that match the same musical characteristics.

"I really enjoy how Pandora can predict my musical favorites," said junior Dan Colascione.

"It also offers memory so I can save the new songs and artists that I like."

Licensing prevents Pandora from playing a specific request. However, their music analysis program allows them to play songs similar to what users like.

Skipping a song is only allowed six times in an hour, however a user is free to create another station if they wish to hear something else.

They also offer links to the iTunes and Amazon stores if you wish to purchase the song you just heard.

"It's a great way to listen to a variety of music," said junior Tom Herles.

"I like to listen to an artist on Pandora before I go out and buy their CD."

Listeners can rate the songs either "thumbs up" or "thumbs down," which influences what Pandora will play next.

Through the Music Genome Project, the musical analysis program, Pandora is able to provide listeners with new and different songs based on what they already like.

According to their Web site, the project involves the analysis of a song's "genes," for example a song's melody, harmony, and lyrics.



Photo Courtesy of Michele Husak/Pandora.com

**Pandora.com researchers, creating the latest playlists delivered to your computer.**

The company employs music theorists to study this musical DNA to provide stations to best match what people want to hear.

"I've discovered a lot of great artists who aren't signed yet," said Mahnken.

"I'm always hearing someone new on Pandora, not like the iTunes 'genius' playlist where it just plays what I already have."

Aside from Pandora's unique ability to personalize the listener's experience, many are attracted to fact that Pandora is free and legal.

Advertisers and donations fund Pandora, which makes it free for users who don't mind some advertisements.

If someone rather not have ads on their Pandora page they can purchase a year subscription for \$36.

According to Inc. Magazine, in 2007 when "federal regulators issued a ruling that more than doubled royalty rates for Web radio," Pandora was almost shut down.

Tim Westergren, founder of Pandora, told Inc.

Magazine that "we asked our listeners to call Congress on our behalf. Over the course of a year and a half, more than two million people contacted Congress, and about 1.7 million of them were Pandora users."

No longer in trouble, Pandora was rated one of the seven best internet radio stations by the San Francisco Examiner and according to a Tech Crunch article by Jason Kincaid, Pandora's future is looking brighter.

The service was "too inconvenient" being "tied to computers," said Kincaid, "but with the 'launch' of Pandora's new iPhone app... it looks like the service is about to hit a critical mass."

To download the iPhone application, visit the "mobile" section of the Pandora Web site.

"A lot of my friends are catching on to Pandora and loving it," said Mahnken.

"For anyone who hasn't checked it out yet, let your curiosity get the best of you, you won't regret it."

## F\*\*\* My Life: My life sucks but I don't give a f\*\*\*

*New blog site takes laughing at yourself to a whole new level*

Dan Nevanpera  
Staff Reporter

With the accumulation of the every day stresses and problems, there is a new way to escape from your issues at FMyLife.com.

From funny anecdotes, to top and flop personal comments, the stories at FMyLife.com give the public an opportunity to share their not so happy moments with others.

Though questions have been raised as to the validity of the site's content, it's growing popularity proves that in this case, honesty doesn't matter.

"The blogs are hilarious. At first I thought it was just a phrase that everyone was using, then I found out that it's an actual Web site, with actual situations, which made it even funnier," said junior Marianna Rubio.

Each post is required to start with "Today" and end with "FML."

The blogs go from personal situations in the bedroom, to what was said today in the office. All blogs are anonymous.

"Today I received my passport in the

mail. They got my birthday wrong. Then I picked up my birth certificate that I had sent in with my application. Turns out my parents have been celebrating my birthday on the wrong day for 16 years. FML," said an anonymous blogger on Feb. 26.

The site ultimately sends the message of "you're not alone" to the public.

Those who are in the worst situations can feel better knowing there are others in worse ones.

At the same time people vote on whether your life is f\*\*\*ed or that you truly deserve it.

Three Frenchmen, Maxim Valette, Guillaume Passaglia and Julien Azarian created the site.

These men also have a group of administrators that overlook the content of each post, choosing which will make the site.

"As soon as your story is online, visitors can vote in two different ways: 'I agree, your life is f\*\*\*ed when they agree, or 'you deserve that one' when they think you put yourself into that situation on your own."

"These votes allow us to rank your

stories in two categories. "Top" and "Flop." Both categories can be found in the top page menu." (www.fmylife.com)

The site allows everyone the chance to post.

There is no login or account verification. Anyone can post at FmyLife.com at anytime. There is no specific age aimed for by the creators.

"I haven't posted on the site yet because I just discovered it a week or two ago. But now I tend to look at it everyday. It makes me feel better about myself. Every time I think these somewhat horrible things happen to me, I go on the site and realize there are so many worse things out there," said junior Nicholas Haynes.

Though the popularity of the site appears to be increasing, the site has yet to be approved due to the skepticism by the public. It remains a simple blog site.

When asked about the site's veracity, creator Julien Azarian said "Remember that we can't underestimate each visitor's bad luck potential. A story, which can appear to you as unbearable just because it didn't happen to you is not necessarily

fake, even the most absurd ones. This is why it is impossible to objectively rule on the veracity of a FML. There is no point in persisting in claiming that every post on FML is a fake one."

Whether it be a hard day at work or school, just an ordinarily bad day or coping with the country's economic problems, just know that you can always be in a worse situation.

At the end of the day you can be one of these two people...

"Today, I was sleeping because I had been sick. The closest bathroom to mine is the one in my parent's room. I wake up and feel like I have to throw up, I run into my parent's room to go to the bathroom. I walk in on my parents having sex. Shocked, I gasp for air then throw up all over their bed. FML"

"Today, I walked through my college dorm and a freshman was watching some overly dramatic show on her laptop. I smiled and asked if it was a new episode of 'Gossip Girl.' She was on a video chat with her boyfriend. They were about to break up. FML"



# CampusLIVE.com refreshes home page

Amanda Kaufold  
Staff Reporter

CampusLIVE.com, "The Home page for College Students," has recently relaunched its Sacred Heart University page.

Though Sacred Heart has had a small presence on the Web site for about a year, the original page was only a crude first version set-up to see if there would be a student interest in the site.

According to the Web site's "About Us" page, the mission of CampusLIVE is "to introduce you to your online college community."

The mission statement continues by explaining that though the Web site was "originally shaped to serve as a gateway to local restaurants, bars, and business, CampusLIVE has become your access point to anything academic, athletic, social and everything YOU in your online college community."

"Our campus specific home pages serve as the one-stop-shop for college students. It's everything a college student needs," said Sasha Grosman, director of marketing for CampusLIVE Inc.

"Our goal is to improve students lives by simplifying them. As a student there are so many resources you need to be aware of, and many more that could help," said Grossman.

"Instead of having to browse the internet to get your



Photo Courtesy of the CampusLive, Inc.

## CampusLive.com team.

life together, we've put it all together for you."

Jared Stenquist, Boris Revsin, and Jeff Cassidy founded the Web site in 2006 out of a University of Massachusetts dorm room.

What started as a private experiment began getting a lot of attention from both students and advertisers.

Grosman said that was when they realized this was something "worth sharing with more than one campus" and made the decision to expand.

"The Web site is widely used at 60 different college campuses around the country and is planning on an additional 500 in the upcoming months," said sophomore Brian Flumere, who is an intern for CampusLIVE.

Since its expansion, the

Web site has achieved high recognition, including it's founders being recently named third in Business Week's "2008's Best Entrepreneurs 25 and Under."

Although it's new to campus, the site is getting positive reviews from both students and staff.

"I think the Web site is cool; it's an easy and modern compare to Blackboard, because it's appealing to the eye," said junior Jessica Giat, an intern for CampusLIVE.

Nancy Boudreau, director of web content management at Sacred Heart feels that the recent addition of CampusLIVE to the "MYSHU" page of Sacred Heart's Web site is complimentary.

"We think the CampusLIVE Web site com-

plements our existing site by providing us with a place for information that students want, or might be interested in, but that doesn't necessarily belong on Sacredheart.edu," said Boudreau.

"At the present time, we have a basic page but there's a lot of potential to expand."

Boudreau said they've spoken to the developers at CampusLIVE about seeing how other schools are using campusLIVE to keep students, prospective students and alumni connected and informed. They are also interested in adding the athletics schedule to the Web site.

Currently the CampusLIVE team is working in conjunction with their two interns at Sacred Heart to set up a link from their home page.

This link will serve as an online directory of every club and organization on campus.

"Our goal with this new platform will be to help all the different groups on campus effectively promote their events via a useful online presence. It's launching over the next few weeks," said Grosman.

Those working on CampusLIVE are hopeful that it will become a useful tool to Sacred Heart students in the coming months.

"CampusLIVE has had a great deal of success at many other schools across the country and I feel that they will have the same success here at Sacred Heart," said Flumere.



Photo courtesy of Dan Falanga

Mr. SHU 2008, Dan Falanga.

## ARE YOU THE NEXT MR. SHU?!?

## MAKE SURE TO PICK UP NEXT WEEK'S ISSUE OF THE SPECTRUM FOR DETAILS ABOUT HOW YOU CAN BE THE NEXT MR. SHU!

# 'Crackberries' invade the digital world

Juliana Brittis  
Assistant Features Editor

Could you be addicted to your cell phone?

Walking down the halls of Sacred Heart University, it seems like everyone has their cell phone glued to their ears or their fingers are busy typing away a text or e-mail to their friend.

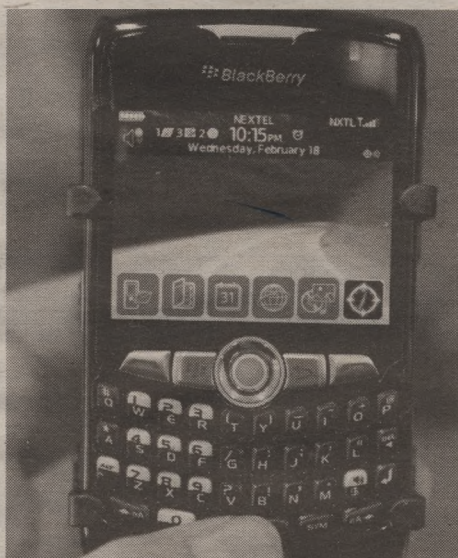
With the many different types of cellular devices on the market, users are offered an array of different features.

The BlackBerry, deemed the "leading smart phone" by their Web site seemingly has to have become a "must have" item for not only the working man, but the busy student.

The BlackBerry has now been commonly referred to as the "crackberry" because of the addictive nature of its user to constantly be connected to their cell at all times.

"I honestly don't go anywhere without my BlackBerry," said senior Mike L'Homme. "If I leave it at home, I feel like I'm walking around with a missing limb. Not only am I constantly checking to see if I have new e-mails but I've become even more addicted to Facebook."

The BlackBerry allows users to have e-mails sent directly to the palm of your



AP Photo/Paul Sakuma

## The popular model, the BlackBerry Bold.

hand, in text message form.

Not only is e-mail offered on the device, but an internet browser is included in the payment plan.

BlackBerry also offers an "instant messaging" system, called "BlackBerry messaging" or "BBM" which instantly connects BlackBerry users to each other.

With easy access to any Web site and their Facebooks, some BlackBerry users are finding their laptops to be obsolete.

"Honestly, I rarely go on my school laptop anymore," said junior Mark Galletta.

"My phone has Facebook, a word processor, the Internet and instant messaging. Not to mention the addicting game brick breaker," said Galletta.

But does the BlackBerry live up to all its hype from users?

This year, BlackBerry was the recipient of the GSMA Chairman's award, said in their press release to be the "association's most prestigious award."

The award "recognizes outstanding contribution to the growth and development of mobile communications around the world."

In addition to the GSMA award, the BlackBerry bold was named one of the top five cell phones by cnet.com and called a "powerful and well-rounded smartphone."

The popularity of the BlackBerry has opened the door for other Web sites to develop that focus on the phone, including crackberry.com, a site for blackberry addicts.

Calling itself "the number one site for BlackBerry users and abusers," the site offers accessories, reviews, ringtones and applications for the phone.

In addition to the hype and popularity of the phone, many users see their

BlackBerry as their favorite piece of technology.

"I think it's just an overall genius idea. The company has come out with so many different types of BlackBerrys and now that they're available for Verizon users," said junior Robert Stegmeier.

"I don't see the craze stopping anytime soon."

When asked if they were addicted to their BlackBerrys, many students seemed reluctant to admit to their problem.

"I mean, I've been told that I have a problem since I'm always on it, but I wouldn't call it an 'addiction,'" said L'Homme.

"I think I'd prefer the phrase 'active user' instead of addict."

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# Sports

## Scoreboard

Thursday, February 26

**M. Basketball**

SHU- 76

SFNY- 73

Friday, February 27

**M. Volleyball**

Rutgers-Newark- 2

SHU- 3

**M. Ice Hockey**

SHU- 2

Holy Cross- 5

Saturday, February 28

**Baseball**

SHU- 13

So. La.- 8

**M. Lacrosse**

SHU- 8

Denver- 15

**W. Basketball**

Bryant- 50

SHU- 64

**M. Basketball**

Bryant- 60

SHU- 90

**M. Ice Hockey**

Holy Cross- 3

SHU- 4 (OT)

**W. Ice Hockey**

SHU- 6

St. Anselm- 3

Sunday, March 1

**M. Lacrosse**

SHU- 5

Air Force- 15

**M. Volleyball**

New Haven- 0

SHU- 3

**W. Ice Hockey**

SHU- 2

Holy Cross- 4

Monday, March 2

**W. Basketball**

SHU- 61

SFNY- 50

## On Deck

**Tonight**

M. Basketball vs. CCSU

7:05 p.m.

Saturday, March 7

W. Basketball vs. MSMU

12 p.m.

## Pioneers poised to make run at NCAA tourney March Madness is already in full swing at SHU

Rob Morgan  
Sports Editor

Minutes after the Sacred Heart University men's basketball team defeated Bryant University, 90-60, on Saturday, Feb. 28, the focus of both the team and coaching staff quickly turned to their opponent in the opening round of the Northeast Conference Tournament.

"We've got Central [Connecticut State University]," cried out a lone voice from the Pioneer locker room followed by a loud roar.

Under normal circumstances, head coach Dave Bike and his team would have enjoyed the win over Bryant a little longer than they did (roughly ten minutes or so by my count) before getting back to practice the next day.

But it's now the month of March and with it comes the madness and hysteria that consumes every college basketball player, coach, and fan around the country.

"It's a brand new season," said Bike after his team's win over Bryant. "The NBA has 82 games to prepare [for the postseason] and we have 29. We just have to go out there and do what we've been doing and take it one game at a time."

But by no means will it be easy.

Sure the Pioneers have won eight of their last ten games and are shooting lights-out but, as we all know, you might as well throw out all of the regular season statistics and accomplishments because it's a whole new ballgame come tournament time.

Sacred Heart has defeated Central Connecticut twice this season – most recently eclipsing the 100-point plateau while coasting to an easy 34-point victory in New Britain.

The key to tonight's game for the Pioneers is containing CCSU leading scorers Ken Horton and Shemik Thompson. They also need to continue their hot shooting. We need to look no further than last year's NEC championship game to see how a poor shooting performance can be deadly, especially when one off-night in the tournament can mean the end of your season.

With graduate student Joey Henley providing a strong presence down low and an arsenal of dangerous shooters in the likes of Corey Hassan, Ryan Litke, and Chauncey Hardy, the Pioneers have a solid chance of advancing deep into the tournament.

If the Pioneers can get past CCSU tonight, a rematch of last year's NEC championship game against Mount St. Mary's University looms on Sunday. Only

this time, it would take place in Emmitsburg, MD and not in the friendly confines of the William H. Pitt Center.

But first things first as Bike and his coaching staff will do everything in their power to keep the team from looking too far ahead because one misstep could mean the end of the season.

The Pioneers have reached the NEC title game in each of the past two seasons but have come up short both times.

When reminded that the last two seasons have ended in great disappointment for Sacred Heart, Bike smiled and quickly responded, "I hope to have another opportunity [to be disappointed]."

On the women's side, tournament expectations are even higher as the Pioneers finished the regular season with an impressive 22-7 overall record, including running the table in conference play with a perfect 18-0 record en route to securing the top seed in the tournament.

Not since the 2005-06 season

have the Pioneers reached the NEC championship game in which they beat Quinnipiac University to earn their first ever trip to the NCAA tournament where they lost to the second ranked University of Maryland Terrapins.

Led by the dynamic duo of 6'4" senior center Kaitlin Sowinski and sophomore guard Alisa Apo, the Pioneers overcame a 0-5 start to the season and have steam-rolled their way through virtually every NEC opponent in convincing fashion.

As if securing the top seed in the tournament isn't enough of an advantage for head coach Ed Swanson and his team, the Pioneers will compete for the NEC title on their home court, since the Pitt Center is the host site for this year's women's tournament.

The Pioneers will face eighth seeded Mount St. Mary's on Saturday, March 7 at noon. The Mountaineers are led by Brianna Gauthier and Hassanah Oliver who are averaging 12.4 and 10.4 points per game, respectively. Gauthier

and Lauren Howell are a threat from 3-point range, shooting close to 40 percent from behind the arc.

The key to Saturday's game for the Pioneers is whether Sowinski can stay out of foul trouble early on. If she picks up a couple of quick fouls in the game's opening minutes and is forced to the bench, the game could be a lot closer than the Pioneers would like.

Look for Apo, senior Khalia Cain, and freshman Callan Taylor to play some important minutes throughout the tournament. If the Pioneers can get past the Mount, they will face the winner of Quinnipiac/Monmouth in the semifinal round.

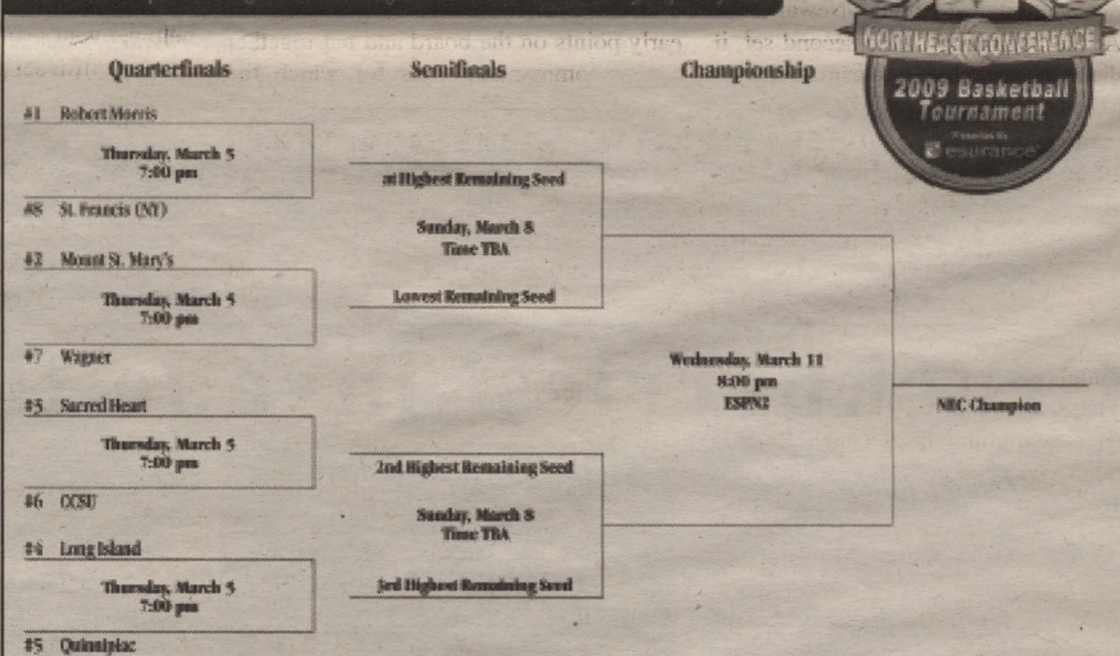
Any way you look at it, both Pioneer squads have a great chance of going deep into the tournament and competing for the NEC title.

March Madness is already in full swing at Sacred Heart and the intensity is only going to pick up in the coming weeks.

Fasten your seatbelts. It's going to be a wild ride.

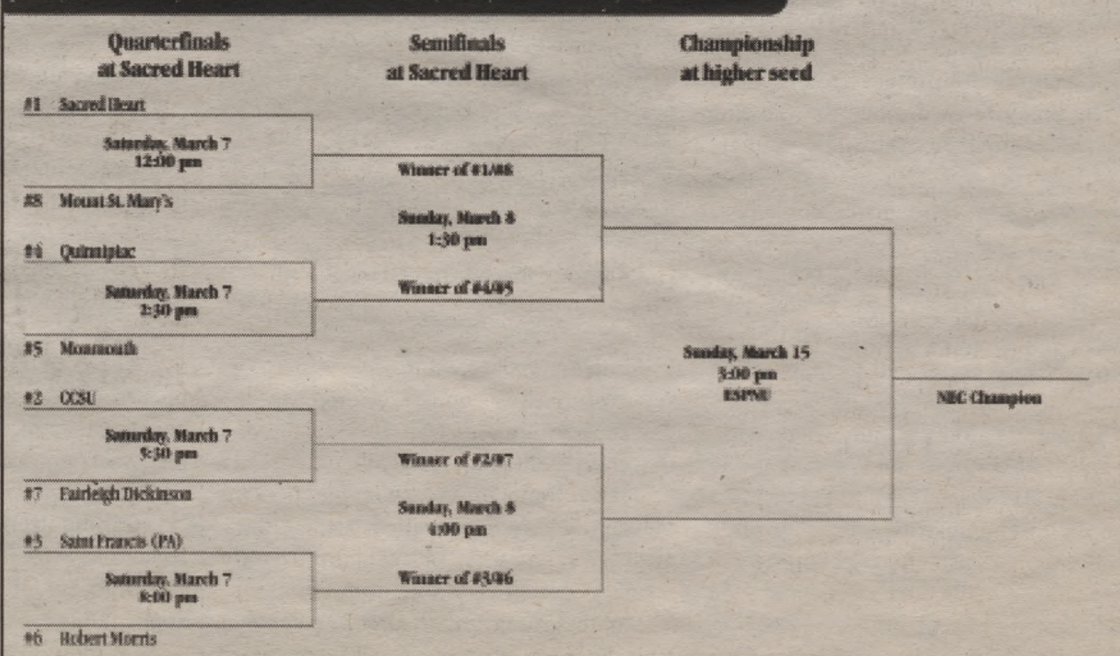
### 2009 NEC Men's Basketball Tournament

Games held at campus sites. Higher seed hosts all games. Games will be rescheduled after quarterfinals.



### 2009 NEC Women's Basketball Tournament

Quarterfinals and Semifinals held at Sacred Heart. Championship held at home of higher seed.





# Efstathiou leads M. Volleyball to weekend split

## Drop five set match to Rutgers-Newark, top New Haven

Dan Repetti  
Staff Reporter

The Sacred Heart University men's volleyball team lost to the University of Rutgers-Newark, 3-2, on Friday, Feb. 27 and swept the University of New Haven, 3-0, on Sunday, March 1. Both games were held at the William H. Pitt Center.

"Rutgers-Newark is one of the better teams we have to play this season," said sophomore Tim Sadowski. "We knew if we practiced hard and matched the intensity that they were playing with, we could play just as good, if not better."

From the beginning of the first set on Friday night, you could tell that it was going to be a close match as Sacred Heart came out unleashing some fury on the Scarlet Raiders.

The two teams went spike for spike and dig for dig but it was the Pioneers who went into the first intermission with a 1-0 lead over Rutgers-Newark after defeating them 30-23 in the first set.

It was just the kind of start that the Pioneers were looking for.

"Our game plan was to come out strong and play with a lot of confidence," said junior Kalani Efstathiou. "We wanted to work together and focus on avoiding any errors. We knew if we stuck to our game plan we could defeat Rutgers-Newark."

At the beginning of the second set, it was the Scarlet Raiders who came out with

an edge.

The Pioneers made a few costly mistakes as Rutgers-Newark went on to rally their way to a 30-21 victory in the second set.

With the match tied at 1-1, both teams were looking to capture the third set so that the other would have to win two consecutive sets in order to have a chance of winning the match.

Serves were hit harder, players began diving in all directions to prevent the ball from hitting the floor, and it was the Pioneers who emerged victorious, 30-28, taking a 2-1 lead.

"Our game plan was to come out strong and play with a lot of confidence...We wanted to work together and focus on avoiding any errors..."

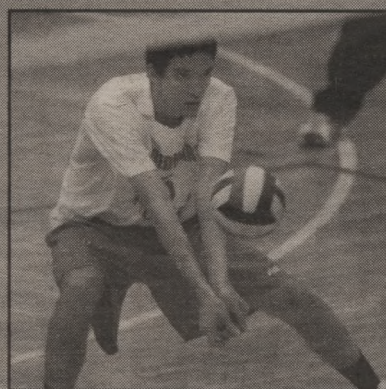
-Junior Kalani Efstathiou

The Pioneers had the Scarlet Raiders backed into a corner and needed just one more win to take home the match.

But the Scarlet Raiders had other plans as they came out in the fourth set looking to force the match to a fifth and deciding set.

The Scarlet Raiders racked up some early points on the board and put together a few commanding runs for which the

Eastern Intercollegiate Volleyball  
Association Hay Division Player of the Week



Kalani Efstathiou

Class: Junior  
Hometown: Beaverton, Ore.

vs. Rutgers-Newark: .321, 13 kills, 7 digs  
vs. New Haven: 16 kills, 9 digs, 4 aces

Pioneers had no answer. At the end of the fourth set, the Scarlet Raiders ran away with a 30-20 win, forcing a fifth set.

The momentum clearly shifted in the Scarlet Raiders' favor and in the fifth set of a collegiate match, the first team to 15 points takes home the match.

"We focus on one point at a time," said Efstathiou. "We are looking to see who can step up and get that one point to help get your team out of a deficit."

The fifth set proved to be another nail

biter for both teams as the Pioneers would score a point which was quickly followed by a Scarlet Raider point.

The Pioneers kept trying to get into a rhythm and piece together a run, but the Raiders wouldn't let it happen. Rutgers eventually won the final set – and match – on a kill.

Efstathiou led the Pioneers' attack on Friday by hitting .321 with 13 kills and seven digs.

The Pioneers then hosted the University of New Haven on Sunday, March 1. New Haven proved to be no match for the Pioneers as they coasted to a three-set sweep: 30-20, 30-24, 30-15.

Once again, Efstathiou led the way for the Pioneers, racking up 16 kills, four aces, and nine digs against New Haven.

"I think the team played better in the Rutgers game," said head coach Rob Machan. "They still need to work on a few things such as getting the middle-blockers more involved and eliminating hitting errors. We need to generate the energy that our opponent is playing with in order to win games."

The men's volleyball team will travel to the University of New Haven for a rematch of last Sunday's game on Thursday, March 4 at 7 p.m.

After that, the team will return home on March 12 to take on Quincy University at 7 p.m.

# Eight swimmers compete in ECACs at Harvard

Stephanie Reyes  
Staff Reporter

Sunglasses.

That's what Sacred Heart University women's swimming head coach Richard Ludeman said he is going to buy his team because of the bright future they have ahead of them.

The Pioneers held their own at the ECAC Championships by coming in 16<sup>th</sup> place and picking up 48 points during the three-day event at Harvard University on March 1.

"Being at ECACs and participating with all those other big DI programs shows we have what it takes and belong there just as much as they do," said sophomore Molly McDonald.

The 400-yard medley relay team consisting of freshmen Allison Thurston and Laurie Casado and sophomores McDonald and Katie Marshall set a new school record with a time of 4:06.50.

Soon after, in the 200-yard medley relay, Casado, Marshall, McDonald and freshman Taylor Sullivan broke the school record with a time of 1:54.70.

That didn't last long though as they broke the same record again during finals with a time of 1:54.31.

Marshall took fifth place in the women's 200-yard butterfly with a final time of 2:04.61, earning 14 points for her team.

"Katie Marshall only proves to be the gifted athlete she is over and over again," said Ludeman. "She broke her personal

best in NEC in the 200 Fly only to redo it again two weeks later at ECAC."

Sophomore Jaclyn Balder came in 17<sup>th</sup> with a time of 18:05.67 in the 1650-yard freestyle.

"We push ourselves past the limits that anyone has ever done here on the Sacred Heart swim team," said Balder. "We are proving to both ourselves and our school that this is what we do, and we are here to do it well."

Four Pioneer women qualified for last year's ECAC's, however this year the number doubled and almost tripled in individual medleys.

"The records that were broken this season just go to show how much work and effort we put into our sport. More than most realize," said Balder.

The Pioneers finished the season with an impressive 13 records broken which has made Ludeman very pleased.

"Words do not and cannot express how we did this season," said Ludeman. "All one has to do if they know anything about the sport is look at our team records broken this season and the amount of personal team best performances."

Despite their successful season, the Pioneers are facing a challenge greater than any competition: finding a pool to swim in.

"We are sincerely plagued by not having a home, or at this time, any training facility," said Ludeman. "This is a huge problem...especially when it comes to recruiting new incoming freshman."



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# Sports

## W. Hoops escapes with win over Bryant, now 18-0

Matt Jarvis  
Staff Reporter

The Sacred Heart University women's basketball team defeated the Bryant University Bulldogs, 64-50, on Saturday, Feb. 28 at the William H. Pitt Center.

The win, followed by another victory over St. Francis (N.Y.) on Monday, March 2, improved the Pioneers' record to a perfect 18-0 in the Northeast Conference and 22-7 overall.

A pre-game ceremony at half court on Saturday honored the Pioneers' four graduating seniors Kaitlin Sowinski, Khalia Cain, Liz Gruber, and Stephanie Ryan as well as their families.

For a game with little meaning for the Pioneers, who already secured the top seed in the postseason, head coach Ed Swanson was not pleased with the win.

"I think this time of year you have to take steps forward and I don't think we took any steps forward," said Swanson.

The team wasn't satisfied with their overall performance either.

The Pioneers never let Bryant take the lead in the game, but nonetheless, there was a growing feeling of concern when the Bulldogs trimmed the Pioneer lead to six points in the second half.

"This game kind of woke us up that we're not going to shoot lights-out every game," said Apo. "We have to show up focused and ready."

A jumper by freshman Callan Taylor in the game's opening seconds started the Pioneers off on a positive note, but the team hit a cold streak after that and put just nine points on the scoreboard in the

first eight minutes. Sacred Heart shot just 1-12 from 3-point range in the game's first ten minutes.

But a 14-3 run by the Pioneers brought their lead to 30-14 at the 5:27 mark in the first half.

A layup by Apo forced Bryant to take a timeout with about five minutes left in the half and a 3-pointer by Bryant just before the end of the first half cut Sacred Heart's lead to 38-24 as the teams headed to the locker rooms.

Sacred Heart was able to stay afloat thanks to 17 turnovers in the first half as well as picking up 12 steals.

"We got a lot of steals today and we were able to run the floor, especially in the first [half]," said Apo. "I thought we rebounded well and played pretty good defense today."

But the second half was anything but smooth sailing for the Pioneers.

Bryant came out of the locker rooms ready to play and started the second half with a 10-2 run, pulling them to within six points of the Pioneers, 40-34.

Two made foul shots by Taylor temporarily broke the Bulldogs' momentum and the Pioneers tried to pull away with a layup by Apo.

But Bryant was quick to respond with another 3-pointer by O'Keefe who scored the team's first eight points of this half.

Sacred Heart was quick to answer with back-to-back layups by senior Kaitlin Sowinski giving the Pioneers a double-digit lead, 49-37.

O'Keefe's effort did not go unnoticed, however, and the Pioneers knew that she was making it difficult to pull away.

"We let O'Keefe get too many touches and open looks and that just goes down to



The Spectrum/Lacey Gilleran

**Sacred Heart's Alisa Apo (#35) dribbles up court against Bryant University on Feb 28 at the William H. Pitt Center.**

lack of focus," said Swanson.

Once again, Bryant was able to cut the lead down to eight with two made foul shots by O'Keefe followed by a quick 3-pointer.

The Pioneers found themselves trying to hold onto their 51-43 lead with just six minutes to play.

A three point play by senior Khalia Cain with an assist by sophomore Maggie Cosgrove gave the Pioneers an 11-point lead on the Bulldogs.

On the next possession, Cain blocked Bryant's Kristin Mraz's 3-point attempt.

Cosgrove then nailed a 3-pointer on an assist from Taylor and Cain followed

with a jumper to put the Pioneers ahead 61-43 with 3:47 left to play.

The Bulldogs were able to score seven more points over the last three minutes on foul shots by Courtney Schermerhorn and a 3-pointer by Cara Johnson.

The game ended with a 3-pointer by freshman Alexis Campbell and, with seven seconds remaining, Bryant's Schermerhorn scored the final two points of the game.

"Bryant outplayed us, especially in the second half," said Swanson. "I thought we played hard; I just didn't think we played good. We didn't execute. We didn't control the tempo as much I'd like."

Bryant had 26 turnovers in the game, which led to 31 Pioneer points. Cain recorded five blocks and 10 points to contribute to the win.

Sowinski added 13 points to the scoreboard and picked up five steals and Apo led the team once again with 15 points on the day.

Despite the win, shooting 30.6 percent from the floor and seven of 28 from 3-point range, the Pioneers know what went wrong.

"It took us a while to get into a rhythm," said Taylor. "It probably had something to do with [Bryant's] odd defense that we haven't played against."

The Pioneers will return to the court on Saturday, March 7 at 12 p.m. when they take on Mount Saint Mary's University in the opening round of the NEC tournament.

"...Sometimes the other team just plays better and Bryant definitely outplayed us," said Swanson. "Hopefully it's a lesson learned, because if that happens Saturday, you go home."

## Pioneers close out season with win over Bryant

### Hassan and Howard each score 18 points to help pace Pioneers

Chris Whittemore  
Staff Reporter

The Sacred Heart University men's basketball team finished their regular season with a win over the Bryant University Bulldogs in front of a crowd of 1,507 at the William H. Pitt Center on Saturday, Feb. 28.

The Pioneers finished the regular season with an overall record of 16-13. In conference play, the Pioneers finished with a 12-6 record including a home record of 9-4.

With the win, the Pioneers secured the number three seed in the Northeast Conference tournament which begins tonight.

Senior forward Ryon Howard scored 18 points in the season finale. He shot six of 11 from field goal range and finished with three rebounds and three blocked shots. He finished the season averaging 10.7 points per game.

Junior guard Corey Hassan finished with 18 points also. He grabbed seven rebounds and six assists. He was a stel-

lar six of nine from 3-point range. He finished the season averaging almost 12 points per game and contributed a team-best 94 assists on the year.

"When me, Ryon (Howard), Corey, and Ryan (Litke) are all playing our best, it's hard to beat us," said graduate student Joe Henley.

Henley finished with just 13 points on the day and grabbed four rebounds. He finished five of eight from the field. He finished the season averaging almost 16 points per game and 17.2 points per game in conference play.

Sophomore guard, Jerrell Thompson added 11 points to the mix. He also added five assists and was a perfect three for three perfect from 3-point range.

"We hit the open man and took good shots," said head coach Dave Bike.

Junior guard Ryan Litke added eight points and five assists.

The Pioneers never had trouble with the Bulldogs, a Hassan 3-pointer seven minutes into the game gave the men a 17-15 lead.

The Pioneers caught fire right after, scoring 12 of the next 18 to lead 29-18 with 8:17 left in the first half.



The Spectrum/Lacey Gilleran

**Sacred Heart's Corey Hassan (#4) looks to pass against Bryant on Feb. 28 at the William H. Pitt Center.**

The Pioneers went into the half with a 43-31 lead.

"We're shooting lights-out right now and it's the perfect time of year to be firing on all cylinders," said Henley.

Henley couldn't be more right.

The Pioneers have shot 60 percent (33-55) in three out of the past seven games.

"We've been shooting real good but I would like us to tighten up on defense and attack from all angles. That's what it's going to take in order to advance," said Bike.

Henley knows this is his last go-around to try and win the NEC tournament.

"When I was a freshman, I told myself that when I get to my senior year, I want to go out on top and we have a good chance to do that," said Henley.

The Pioneers have been playing good basketball lately and Bike thinks it's a confidence boost.

In the playoffs, it's not always the best team that wins but it's the team that puts it all together at the end of the season. That's the mentality the Pioneers needs to have to advance to the next round in the NEC tournament.

The Pioneers will host the number six seed Central Connecticut State Blue Devils tonight at 7 p.m. at the William H. Pitt Center.



# Giosa's OT heroics propel Pioneers over Holy Cross

Dan Cofiniotis  
Staff Reporter

The Sacred Heart University men's ice hockey team closed out the regular season in exciting fashion as they split their weekend series with the College of the Holy Cross.

The second game of the series was Senior Night and the Pioneer seniors did not disappoint as Eric Giosa scored two goals, including the game-winner in overtime to secure the 4-3 win for Sacred Heart.

The first game of the weekend series took place on Friday, Feb. 27 at the Hart Center in Worcester, Mass., where the Crusaders defeated the Pioneers 5-2.

The loss dropped the Pioneers into the eighth seed for this weekend's Atlantic Hockey Association playoffs.

Junior Dave Jarman helped get the Pioneers on the scoreboard first on Friday as he notched his ninth goal of the season. Jarman picked off a pass on his own blue line which he brought down into the Crusader zone and got off an accurate shot from the right face-off zone to beat Crusader goaltender Ian Dams for the goal.

Holy Cross would not let Jarman's goal go unanswered, however, as they scored two goals late in the first period to help them regain the lead.

"It was surreal scoring in overtime on Senior Night...with 20 seconds left and with my pops right there on the glass, I couldn't script it any better."

-Senior Eric Giosa

Luke Miller stood behind the Pioneer net with 7:11 remaining in the first period and as he brought the puck around in front of the net, he was hit hard by a Pioneer defender and fell to the ice. As he fell, he somehow lifted the puck over Pioneer goaltender Olivier St. Onge for the goal which was his third of the season.

Brodie Seahan scored the second Crusader goal with 1:02 left in the period, converting on a loose puck that ricocheted off the boards for the score, giving the Crusaders a 2-1 lead.

The Crusaders carried their momentum into the second period as they again scored two more goals to extend their lead to 4-1.

Freshman Matt Gingera kept the game within two goals as he backhanded a centering pass that came from sophomore Dave Berube at the 5:46 mark. The backhanded shot went around Dams to make the score 4-2.

Miller scored his second goal of the night late in the second period when he beat St. Onge on a shot that came off the boards, leaving St. Onge with no time to react. Jay Silvia notched the final goal of the game to make the score 5-2.

The third period was an ongoing trip to the penalty box for both teams as 10-minors were called in the final period. With solid penalty-killing and goaltending, neither team could tack on a short-handed goal.

The second game of the series was the final regular season home game for the

Pioneers and in many ways a tribute to the departing seniors.

Giosa and fellow senior Bear Trapp both had big games as they contributed to a 4-3 win for the Pioneers in a rollercoaster game that went into overtime.

"We played confident and tough for 60 minutes and converted on some power play chances," said Giosa. "We've been working hard on that and it seems to be coming together at the right time; playoff time."

Just 8:05 into the game, Giosa scored his first goal on a power play to give the Pioneers a 1-0 lead. The goal came as fellow senior Dave Grimson took a shot from the point which Giosa deflect into the net.

Four minutes later, junior Mike Rosata redirected a rebound from a shot by Trapp which beat Dams to give the Pioneers the 2-0 lead. The redirected shot from Trapp was one of three assists he had in the game.

The Crusaders, however, would not bow down just yet as they scored two late first-period goals to tie the game at 2-2.

Jordan Cyr scored his team-leading 17<sup>th</sup> goal of the year on a power play with just 4:34 left to play in the first.

Four minutes later, with just 31 seconds left in the period, Miller beat Pioneer senior goaltender Stefan Drew on yet another power play to tie the game up going into the second period.

The second period was a defensive struggle as both teams fought hard to keep one another from scoring and neither found the back of the net.

After the scoreless second period, it was only fitting that the Pioneer seniors determined the game's outcome.

The Pioneers capitalized on the power play as junior Erik Boisvert sent a perfect centering pass to Trapp across the crease which Trapp then one-timed into the net, beating Dams for the goal which gave the Pioneers a 3-2 lead.

Wasting no time, the Crusaders tied the game up at 3-3 just 22 seconds later as Miller recorded his second goal of the night. This goal was the final one of regulation, sending the game into overtime.

Trapp and Giosa thrilled the home crowd one more time as they hooked up in overtime to seal the victory for the Pioneers.

Trapp sent a pass up ice to a skating Giosa who then carried the puck into the Crusader offensive zone. As he skated down the ice, the crowd cheered as he approached the net. With just 20 seconds remaining in overtime, Giosa then wristed a back-handed shot which went high over Dams' shoulder and into the goal.

"It was surreal scoring in overtime on Senior Night," said Giosa. "Just the way it happened...with 20 seconds left and with my pops right there on the glass, I couldn't script it any better."

Drew made 30 saves to earn the victory which helped keep the Pioneer morale alive heading into the playoffs. Dams stopped 34 saves for Holy Cross in the loss.

"I think this win and the way we won can propel us to make a good run through the playoffs," said Giosa. "The slate is clean; everyone is 0-0. All we can do is give it 100 percent and good things will happen."

The Pioneers will host The University of Connecticut Huskies in the opening round of the playoffs on Saturday night. The puck will drop at 7:05 p.m.

# Hanson's bat helps SHU pick up first win of year

Emily Gumbs  
Asst. Sports Editor

This past weekend the Sacred Heart Pioneers Baseball team traveled to Hammond, La. to take on the Southeastern Louisiana Lions.

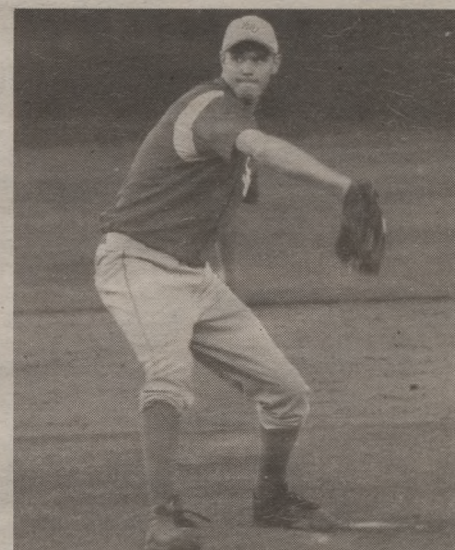
The Pioneers went 1-2 in the three game series. In the first game on Friday, the team dropped a 10-9 decision, after holding a lead of 8-3 for most of the game. Despite the loss, the Pioneer bats were hot as senior Jeff Heppner, graduate student Frank Bainer, graduate student Jeff Hanson, senior Tyler Santos, and senior Paul Schmidt all blasted home runs.

The second game on Saturday was a 13-8 victory for the Pioneers. Sophomore pitcher Matt Fitton worked the first five innings and picked up the first win of the year. Hanson led the Pioneer offense with four hits and seven runs batted in. The highlight of the game was a Hanson grand slam in the fifth inning that put the Pioneers up 12-2 at the time.

In the final game on the series on Sunday the Pioneers lost 22-4, making five errors and allowing the Lions the score nine runs in the first inning. Hanson was the hitting start again with a pair of hits, a homer, and three runs batted in.

"The team has really come together," said Heppner. "There was a lot of excitement about coming here and getting a win down south," said Heppner.

For his efforts on the weekend, Hanson was named the Akademia/Northeast Conference baseball Player of the Week



The Spectrum/Emily Gumbs

**Sacred Heart's Matt Fitton pitching during a game last season.**

on March 3. He was 8-for-12 at the plate with 13 RBI and seven runs scored during the three games at Southeastern Louisiana. In 14 plate appearances, he struck out just once.

"I'm scared for opposing pitchers facing Hanson," said Heppner. "He's the kind of hitter when you make a mistake, he jumps on it."

It wasn't an easy trip home for the Pioneers after the series. Due to the snowstorm in the Northeast, the flight home was cancelled and the team was forced to stay in Louisiana until it could get a flight back to Connecticut on Tuesday.

The Pioneers will next play when the travel to Florida to play eight games between March 7-15.

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# SPORTS

The Spectrum  
<http://spectrum.sacredheart.edu>

## NEC tournament kicks off tonight as Pioneers host Blue Devils



## START THE MADNESS

Sacred Heart's Corey Hassan (#4) goes up for a shot against Central Connecticut State University on Feb. 19 in New Britain.

The Spectrum/ Emily Gumbs



The Spectrum/Dan Repetti

### ON THE ATTACK

Volleyball splits weekend series  
page 13

### SUDDEN DEATH

Men's hockey wins in overtime  
page 15



The Spectrum/ Stephanie Reyes