



COURTNEY UNLOVED

Notorious starlet is in trouble again.

PERSPECTIVES *He Said/She Said: Match-making*

A&E *Summer festivals for all.*

FEATURES *The bikini body countdown.*

April 23, 2009 Volume 25 Issue 21



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BUDGET TO BE EXPANDED FOR INCREASE IN FINANCIAL AID

Therese O'Shea
Staff Reporter

In the tough economic climate that is affecting schools and colleges across the country, Sacred Heart University is looking to put more of its money where it may count the most: financial aid to students.

"Our single most important objective right now is to figure out how we can provide as much financial resources as possible, so that students are able to complete their education here, and prospective students are able to make the numbers work in order to attend Sacred Heart in the years to come," said Dr. Anthony Cernera, president of Sacred Heart.

He said that as the budget is being prepared for next year, the university expects to spend an additional \$2.5 to \$3 million on financial aid, a significant increase from what has been given in the past.

"This has been the single biggest challenge for the university, as it had not been fit into the budget in the beginning of the year," said Cernera.

However, Cernera said that the overall financial condition of the university is sound.

"Like everybody else, we took a loss to our reserve funds, partially because we had a great deal of money invested in the stock market. But as bad as the economy is, we probably have not been hit as hard as many other places," said Cernera.

This loss is between 21 to 22 percent. Many other universities, he said, lost as much as 30 to 45 percent.

"Despite the difficulties we are facing in this current economic climate, it is important to remember that as a university community, we are strong," said Phillip McCabe, vice president of finance.

In response to these challenges, how are faculty and staff being affected?

According to McCabe it is difficult to determine the process by which faculty will be hired in the future in this rapidly changing economic climate.

"However," said McCabe, "our starting place is always that our students' education is our top concern, and that there be no negative impact on the daily lives of students, their education or extra-curricular activities."

According to Cernera, Sacred Heart has declared a partial hiring freeze on new hires, and positions will not immediately be filled unless they are considered essential.

Funda Alp, director of communications, said the number of full-time undergraduate students registered at Sacred Heart directly affects the number of faculty and staff positions needed for the upcoming year.

See ECONOMY on page 2...



The Spectrum/Lacey Gilleran

Students playing tug-of-war at the 4th annual Pioneer Pull on Sat. April 4 at Sacred Heart University.

Tug o' war

On Sat. April 4 a number of Sacred Heart University students could be seen flexing their muscles and holding the red tug of war rope for dear life.

The 4th annual Pioneer Pull, held by the student senate, took place on the grassy area across from the HC wing. The tug-of-war competition consisted of 12 teams of six students each that participated in the event to raise money for a charitable cause that the senate decided upon.

For past Pioneer Pulls, the money raised was donated to children that are struggling with life-altering diseases and disorders. This year the money raised was for Ali's Angels, and organization started for Sacred Heart sophomore Allison Cubbellotti, who was diagnosed with Primary Sclerosing Cholangitis (PSC) at a young age. PSC is a disease of the liver, currently without a cure aside from a liver transplant. Ali's Angels seeks to raise awareness about PSC and raise money for the cause.

Participants, along with Allison and her family, raised several hundred dollars for Ali's Angels. The student senate saw the event as a huge success.

Popular prof departs from honors program Controversy ensues

Shelley Thomas
Editor-in-Chief

Dr. Steven Michels, associate professor of political science, said in a letter to Spectrum that he offered his resignation from his position as director of the Thomas More Honors Program in September 2008. That offer was accepted on March 22 by the administration, effective immediately, according to Michels.

The acceptance of his resignation came within four days after an article was published by Michels in the Harford Courant in which he criticized in strong language the recent comment by Pope Benedict regarding how to address the AIDS crisis in Africa.

According to Dr. Thomas Forget, vice president for academic affairs at Sacred Heart University, the two events were not connected.

"I can tell you that the issue is not one of free speech on campus, the church, or church doctrine," said Forget.

Members in the honors program expressed support for Michels after losing him as the head of the program.

"The honors student council is very dismayed with the University's decision to fire Dr. Michels, and is also quite offended that we were not consulted, in keeping with the mission statement of the Thomas More Honors Program, in the placement of a new director of the program," said a statement released by Michael Fazzino on behalf of the honors council.

The administration said in a message to Spectrum that it was unable to comment regarding the specifics of Michels' situation due to confidentiality on personnel issues, university policy, and legal constraints.

However, on April 5, Dr. Anthony Cernera, president of Sacred Heart, wrote a response to Michels' article in the Courant about how he "strenuously object[s] to both the content and the tone of that article, especially because the writer is identified as an associate professor of political science at Sacred Heart University."

In Cernera's letter to the Courant he said, "Michels' article seems designed simply to provoke rather than enlighten or even to invite discussion. [Michels] calls the church's position both 'shoddy science' and 'immoral.' [Michels] condemns the church as 'preying on the world' and calls the pope a 'preacher of death.'"

Cernera also wrote in his letter that, "[Michels] shows a startling misunderstanding of Catholic theol-

See CONTROVERSY on page 3...

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News

SHU awareness of STDs

Alyssa Scott
Staff Reporter

Are you positive you're negative?

Sexually transmitted diseases have become a growing problem among young people.

According to the College News Web site, the Health Services at Columbia University said 20 to 25 percent of college students are carriers of or have been infected with an STD. Nearly 65 percent of all STDs occur in people younger than 25.

"The statistics don't really surprise me," said sophomore Sarah Pelletier, "it seems like it's more common than it used to be."

Because the numbers are growing, Sacred Heart University has taken action to promote prevention. Each year, the State Department of Public Health joins the student wellness education and empowerment team (s.w.e.e.t.) and the wellness center in sponsoring a free and confidential STD screening on campus. This year's screening happened recently on March 29.

"It was great to see so many students being proactive and taking responsibility for their health," said Karen Flanagan, coordinator of peer education.

Students who knew about the screening responded positively to the university's efforts.

"It is nice to know that the school is making an effort to protect our health," said junior Danielle Cocks.

In addition to the screening, the Wellness Center and s.w.e.e.t. provide programs and information to inform students of the various diseases. At the wellness center, students can always make an appointment to be checked individually and there are always pamphlets on the various diseases.

In some cases, students may feel more comfortable turning to their peers for information. The s.w.e.e.t. peer educators offer a program called "Safe Is Sexy" that informs students about sexually transmitted diseases and infections.

Flanagan said that the team members are available to come in to the residence halls to present this program to students who are interested in learning more about STD prevention. Also, they are available to give students information about resources for testing in the local area.

Promoting awareness, these campaigns want to make people conscious of the facts presented by the Center of Disease Control (CDC).

According to the CDC Web site, STDs do not always present recognizable symptoms so even if your partner may not show any signs of illness they still may be infected. Tests are quick and easy to do for the most commonly appearing STDs.

Economy causes only limited cutbacks

...CONTINUED from page 1.

"Every year, some faculty contracts are added, and some are not renewed, depending on student enrollment in specific academic areas," said Alp. "For the next fiscal year, both are happening, which is typical."

The mobile computing program is not continuing to provide laptops to students as of fall 2010, and students have generally assumed that this cutback is a direct effect of the economic crisis at hand.

However, Cerna says that the changes in the laptop program are not related to the economy.

"As the laptop program is

constantly changing, there is no connection to the decline in the economy," he said.

In addition, the building of the Chapel has not been delayed by the economic recession.

"Fundraising for the building of the chapel was put in place before construction started," said Cerna.

Many students voiced that are surprised to learn that Sacred Heart is not suffering as much as other institutions.

"I would expect that there would be more cutbacks, considering the current state of the economy," said sophomore Toni King. "But it's reassuring

to know that Sacred Heart is getting by financially."

What can students do in order to deal with their financial struggles?

"The most important advice I can give is to remain positive," said McCabe. "As students, you are doing just what you should be doing: preparing yourselves for the future."

"If you have concerns relative to your personal situation, be sure to call on the proper people here at the university – such as Financial Aid to make sure you are out in front of the loan process, for example, or the counseling office."

SHU SKATE SESSION FUNDRASIER

Kate Poole
Associate Copy Editor

This Saturday April 25, the Club Figure Skating and Club Hockey Teams will be hosting a skate session at the Wonderland of Ice in Bridgeport from 2:30 p.m. until 4:30 p.m.

The event costs \$10 per participant and covers admission and rental skates. A shuttle will be running from campus to the arena for those who do not have transportation.

This fundrasier is essential to the teams seeing as club sports need to earn most of their own money in order to operate.

The Club Ice Hockey team just finished

their first full season as a club team, because they were previously known as the JV team. The team participates in the division 2 of the ACHA hockey league.

The Club Figure Skating team is in their first year as a club sport. They recently participated in the ISI District 3 championships in Little Falls, NJ. They are a member of the United States Figure Skating Association as well as the Ice Skating Institute.

Come out and support your Sacred Heart ice teams to help them raise money for their upcoming seasons.

Contact Steve Antonson at antonsons@sacredheart.edu for more information.

SPECIAL CELEBRATION EARTH DAY '09

Carli-Rae Panny
News Editor

"I recognize the right and duty of this generation to develop and use our natural resources, but I do not recognize the right to waste them, or rob by wasteful use, the generations that come after us," said Theodore Roosevelt in 1910.

Circa 60 years later, the current President Nixon created the Environmental Protection Society (EPA) in an effort to protect and preserve the environment.

According to the EPA Web site, the EPA began in Washington D.C. in December of 1970 as an agency of "a variety of federal research, monitoring, standard-setting and enforcement activities to ensure environmental protection." During that same year, thanks to the efforts of EPA, two million people celebrated the first official Earth Day.

"EPA was born in 1970 – a time when rivers caught fire and cities were hidden under dense clouds of smoke," said the site. "We've made remarkable progress since then in protecting human health and safeguarding the natural environment."

After nearly 40 years, Earth Day is still celebrated around the world and this year several organizations on the Sacred Heart University campus took action to make sure

the day received special recognition.

This year, the Marketing Club, Environmental Club, Campus Operations, along with a number of other interested clubs wanted to raise Earth Day awareness campus-wide. They've worked together to create a full day of Earth Day related events, which ranged from a carbon footprint demonstration, a Smart Car exhibit, and a "Campus Wide Sweep."

"While Earth Day is designated as a symbol or a reflection point, it is also meant to act as a catalyst for individual and household behavioral change and action," said Prof. Enda McGovern, associate professor and advisor of the Marketing Club.

"We would encourage every constituent of the Sacred Heart community to reflect upon behaviors they can influence and to engage the dialogue positively. We only hope that Earth Day activities on campus can positively help to achieve this quicker."

Both McGovern and the club's founder and president, sophomore Robert Napolitano, felt very passionately about making this into a big event. For Napolitano, the most important part of the day's events was the planting of the "Giving Tree," a dogwood tree outside of Seton and Merton Halls.

"Additionally, I thought that the idea of the "Giving Tree" planting would be an

See ADMINISTRATION on page 3...

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Freedom of speech perhaps lies in the eye of beholder

...CONTINUED from page 1.

ogy and practice" and he "belittles the church's traditional understanding of the complementary roles of faith and reason, suggesting that he understands neither."

Michels said in his message to the Spectrum that he believes his article is in keeping with freedom of speech, and that it is something of value in this country.

"My comments were in no way to be interpreted as the views of my employer," said Michels. "I don't claim to speak for the University any more than it claims to speak for me."

While the University values freedom of speech as well, Cernera said that there are additional issues to consider.

"Sacred Heart University proudly supports freedom of expression and a lively discourse among its community of learners – both students and faculty," said Cernera in his letter to the Courant. "But with that freedom must come a respect for opinions that are not our own and a hope to learn even from such differing points of view."

We have a right to expect as much from those who will educate our young people and help the conversation on the critical issues we now face."

According to Michels, he chose to teach at Sacred Heart because he supports the messages from the mission statement of compassion, social responsibility, the dignity of each person, and the commitment to truth.

"Commitment to truth sometimes means taking unpopular positions and saying things that are uncomfortable," said Michels. "But I believe students are served by such examples. And as a professor at a Catholic institution, I feel more compelled to speak out against injustice, especially those perpetuated by the members of the church."

Sacred Heart's mission statement also encourages academic freedom.

"The goal of my courses is always objective balance," said Michels. "My courses are based not on what I want, but on what the students need."

According to Fazzino, speaking on his own experience with having Michels as a teacher, Michels was a great role model and an outstanding professor. He added that Michels is the reason he got involved with the honors program and "has led me to embrace a lot of great opportunities."

"His critical review of many political thinkers have led to great class discussion and have facilitated learning, and his classes have quickly become among my favorites," said Fazzino. "His door is always open and I've certainly taken advantage of that."

Although the honors program is going through some changes, the program will continue to be go on as planned.

"I can also assure you of the strong and continuing support of the University for the Thomas More Honors program, which continues to have active events through the close of the year, including hosting honors programs from other institutions," said Forget.

Administration and students focus on getting green

...CONTINUED from page 2.

amazing way to commemorate the day, and to provide a sense of hope for the future," he said.

While this is a one-day event, Campus Operations has been working all year long to maintain a greener campus. One of their main focuses has been on recycling. The department has been upgrading the systems across campus to be much more energy efficient.

According to Floyd Young, director of Campus Operations, and Ed Dobransky, manager of support services, they are trying to keep Sacred Heart's carbon footprint as low as possible. Recently many students have voiced a concern with energy conservation and recycling on campus.

few years that I hadn't seen previously – a sensitivity to the environment," said Dobransky.

Since the beginning of Young's career at Sacred Heart, many of the buildings and residence halls have been renovated to have "Energy Management Systems." Among these renovations is the use of energy efficient lighting, air-conditioning, and heating systems.

Last summer, HVAC (heating ventilation and air-conditioning) was converted to a computerized system in Scholars Commons – these will continue to be converted on a case-by-case basis. This system allows Young and other Campus Operations managers to address temperature problems immediately from anywhere

with computer access.

Currently, Roncalli Hall and Taft Commons have recycling programs in place; Merton and Seton Halls are in the initial stages of developing a program. These programs rely heavily upon student interest and involvement.

Dobransky said he had wanted to have a campus sweep for some time now – in which students and faculty participants will scale the campus and pick up pieces of trash. Students looking to help develop more recycling and "going green" programs should contact their residence hall directors or Campus Operations.

Based on the department's estimates, much of Sacred Heart's energy use will be lowered significantly as a result of

their efforts. For example, the basement of the William H. Pitt Center, specifically, used 110,503 kwh over the entirety of last year. The estimated project savings for the future would be 52,979 kwh, a saving of nearly 57,524 kwh.

"Recycling is getting more and more successful and within the last two and a half years we've have had a very high level of interest. We're moving in a gradual direction," said Dobransky.

*Issue on campus? Exciting events?
Notice anything newsworthy?
If so, please contact News Editor:
pannyc@sacredheart.edu*



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News

Sorority helps all girls feel like princesses

Delta Phi Kappa holds prom dress drive for less fortunate local high school girls

Stephanie Sakellarides
Staff Reporter

As Kasey Kellerman gazed in the mirror she was tickled pink, covered head to toe in prom attire. After finding the perfect dress, she could not believe that she was going to have the prom that she has always dreamed of.

On April 5, the members of Delta Phi Kappa created a prom happily-ever-after for less fortunate high school students.

"I'm sad to see my prom dress go, but I'm happy that someone else will have a perfect prom because of it, it's bittersweet," said junior Elyse Mannino of Delta Phi Kappa.

Originally named the "Fairy Godmother Prom Dress Drive Initiative," Delta Phi Kappa collected many donations for the high school students to pick from. They assembled prom dresses, shoes, and accessories from Sacred Heart students, faculty, and even gathered generous donations from local dress boutiques.

"This is our first year hosting the event, but it will not be our last; we plan to make this an annual thing at SHU," said senior Jennifer Guzman of Delta Phi Kappa. "I think that the sisters have a common feeling of anticipation for this event and we just hope that it turns out well."

Many high schools girls from Bridgeport and other local areas came to try on the wide variety of dresses and shoes to find the perfect fit for them.

"It's a really great opportunity for a lot of girls who can't really spend a lot of money on prom," said high school senior Haley Firmender.

The organization was first discovered by Jean Segalla, a member of the Delta sisters, who worked with the organization alongside her mother at their previous location at Laurelton High School.

"After participating in the event with my mother, I thought this would be a great thing for us to do, since our



The Spectrum/Jennifer Guzman

Girls in the local community gather in the University Commons for Delta Phi Kappa's prom dress drive on Sun. April 5.

cause is women empowerment," said Segalla. "I donated all my dresses last year and they all went."

Not only do these students get to feel excited and satisfied with their prom looks, but they are also helping contribute to the other two organizations that Delta works with.

"Any high school student can come and pick up a dress and shoes, all they have to do is bring 3 non-perishable items or baby products," said Guzman. "Delta is then going to take these products and donate them to the Bethel Center and Greater Bridgeport Adolescent Pregnancy Program (GBAPP)."

All the items that are not chosen by the high school students will also go to the women's shelters.

The parents were filled with joy to see their daughters' faces of excitement and happiness, as they twirled around in their new dresses.

ters' faces of excitement and happiness, as they twirled around in their new dresses.

Karen Williams, mother of two daughters, one of which has recently been accepted to attend Sacred Heart in the fall said, "This is a great cause for people who can't afford prom attire, especially with the economy the way it is today. It's better to have a dress than no dress at all," said Williams.

The sisters of Delta Phi Kappa are pleased with the turnout of the event.

"I think this is a great cause, especially in Bridgeport, not a lot of kids are fortunate to have the things that Sacred Heart kids do," said senior Victoria Lassek of Delta Phi Kappa. "This organization shows these kids that there are people who do care and want to help them."

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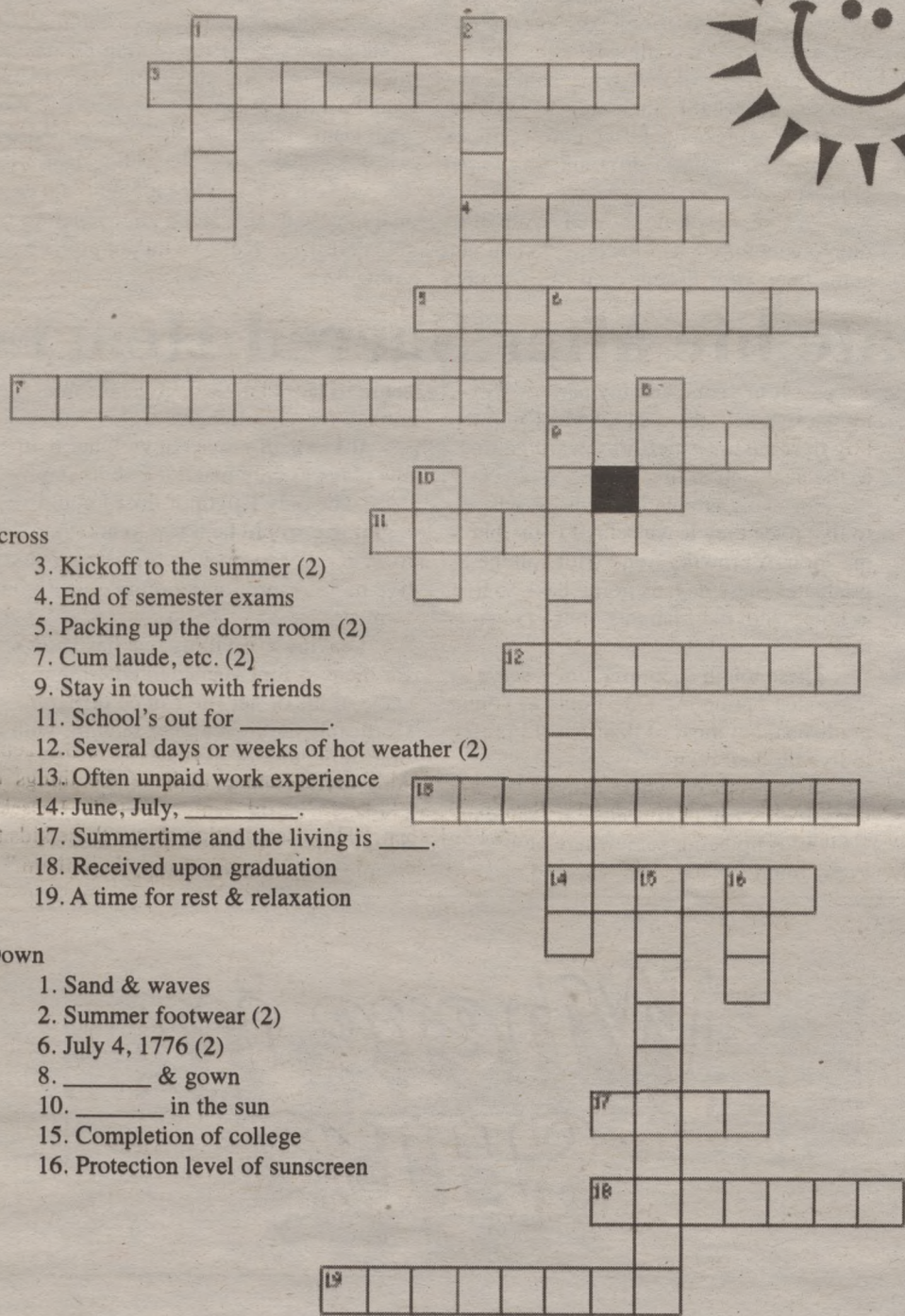
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Summer Countdown Crossword Puzzle



Across

3. Kickoff to the summer (2)
4. End of semester exams
5. Packing up the dorm room (2)
7. Cum laude, etc. (2)
9. Stay in touch with friends
11. School's out for _____
12. Several days or weeks of hot weather (2)
13. Often unpaid work experience
14. June, July, _____
17. Summertime and the living is ____
18. Received upon graduation
19. A time for rest & relaxation

Down

1. Sand & waves
2. Summer footwear (2)
6. July 4, 1776 (2)
8. _____ & gown
10. _____ in the sun
15. Completion of college
16. Protection level of sunscreen

Number Block

19

2				3	7	21
5	8	0	4		4	23
4	6	0	4	5		20
	8	1			9	34
6		1		0	1	14
0	0	2	2	3	9	16

Try to fill in the missing numbers.

The missing numbers are integers between 0 and 9.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

SHU-PER WORD SEARCH

E C S Q A T N P H F C U U C D
H H H G U U H T A C U N U I E
T A U T V E U M H G I N C L A
Z R T G S O S A U V E D O O N
R T T E S E P A E R E S B H K
H W L M T E W R D R T H O T U
N E E S L I S U S I S C B A G
U L C W G I H E N X L J E C E
N L L C T H K W A D H L F P H
L S P Y E A S K C U B R A T S
L H B K T R K L I E W R E H P
I F U T L X N O R T H E Q I U
H N U P I O N E E R T C T L X
J O W E B Q B M R R E T S A E
K T B W D O C O Y A P Q G H W

CATHOLIC
CERNERA
CHAPEL
CHARTWELLS
DEAN
EAST
JHILL
NORTH

OUTTAKES
PAGE
PIONEER
PITT
QUESADILLA
RED
SHUTTLE
SOUTH

SPECTRUM
STARBUCKS
UNIVERSITY
WIELK
WEST
WHITE

Last Issue's April Fool's Crossword Answers:

Across:

1. Around
2. Gag
6. Proof
8. Shame on Me
10. Practical

Down:

1. April Fools Day
3. Gullible
4. Scotland
5. Who's There
7. Prank Call
9. Fall in Love

Sacred Heart 5-Day Forecast

Thursday



Partly sunny and windy

▲ 55° ▼ 40°

Friday



Partly sunny and warmer

▲ 65° ▼ 50°

Saturday



Sunny to partly cloudy and warm

▲ 73° ▼ 53°

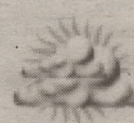
Sunday



Brilliant sunshine and breezy

▲ 74° ▼ 53°

Monday



Mostly cloudy with a shower or t-storm

▲ 65° ▼ 48°

AccuWeather.com

Perspectives

Are college reunions becoming an event of the past? *Facebook and other forms of technology may eliminate the need for gatherings*

Joe Mazza

Going to high school and college reunions are one way to get back in touch with friends from the past, but some prefer a more convenient, less awkward alternative: Facebook.

"I think Facebook plays a role in having less of a need to go to a reunion," said third year graduate student Lisa Bondi. "The people that I am not in active communication with are on Facebook, and I'm able to find out what they are up to in their daily lives and in their education."

But can Facebook replace reunions? Prof. John Michniewicz, director of the academic music program, said that he feels Facebook would never be able to replace

the face-to-face relations people can have when meeting in person.

"I think Facebook is a great tool, but I personally don't think it will replace personal interaction with your friends," said Michniewicz. "I am not going to be able to have the relationship that I had with my friends in college through Facebook."

Even if Facebook may not be the best personal way to reach friends, it can be a simple way to keep in touch.

"I moved during high school when I was 15, and when I got a Facebook a year later, I found people on it that I hadn't seen in a while," said freshman Alex Gatten. "I have also been invited to events on Facebook that I didn't know about beforehand like a friends Christmas party and events on campus."

Kristy M. Pacelli, director of alumni relations, said that she sees Facebook as both a good and a bad thing towards keeping alumni in touch with one another.

"We're finding that Facebook is good because it allows us to get in touch with people to set up events more easily, but sometimes they feel like they don't need to come to an event because they are already talking to people on Facebook," said Pacelli. "They already know who's gotten married, who's having babies, and who's doing what in their career."

Besides Facebook, alumni relations at Sacred Heart has a different way to get graduates together.

"We've never done well with class reunions before," said Pacelli. "When you come here, your friends aren't just seniors

if you are a senior, so they are more interested in meeting with a wide range of people that covers the people they hung out with at Sacred Heart. [For example,] if you were a part of the lacrosse team, there would be a lacrosse reunion."

Pacelli also said that Facebook has helped in gathering Sacred Heart alumni for reunions.

"It allows us to keep alumni connected, not just for the alumni events, but for what is going on in the university," said Pacelli. "When the women's basketball team made the NCAA tournament, we were able to use Facebook to inform everyone. It is a way for alumni who don't live locally to still feel a connection to the university and feel like they know what is going on."

Graduating seniors anticipate life after Sacred Heart

James Kearns
Staff Reporter

Who doesn't remember saying they couldn't wait until they were all done with school forever when they were in kindergarten?

Well, some 17 years later, the graduating seniors of Sacred Heart University's class of '09 are almost there.

Many of the graduates have mixed feelings, but share a general sense of anticipation.

"I am extremely excited to graduate," said senior Jocelyn Brickett. "I have worked very hard these past four years in hopes of getting into veterinary school, which I have."

Others were not as enthusiastic about leaving their school behind.

"It's good to be done, but it's sad that it's over already," said senior Heather Fumiatti. "Four years go by so fast. It feels like yesterday was freshman year."

Many seniors, like Fumiatti and Gorneault, are ready to pursue a higher level education in grad school. Some, however, like senior Alexandra Digiorgi, are considering going straight into the job market.

"My father's employer liked me, but they have to wait for the department of defense's budget to come out to see if they can take new hires," said Digiorgi. "We'll see how it plays out. If not, I have some part time work I have been doing

the past four years, and my parents will let me live with them as long as I'm putting in some honest effort toward getting to the next step in life."

For many graduating seniors, where to live once they leave school is the big question. A growing trend with college graduates these days is going back to live at home with their parents after graduation.

These tough economic times serve to make that option more desirable to young graduates, but most of them would prefer to live on their own.

"It depends on where I find a teaching job after my fifth year," said Fumiatti. "If it ends up being somewhere close to my mom's place, then it would make

sense to live there and save up some money for a while."

If Fumiatti moves in with her mother, she plans to only make it a short stay.

"The only length of time I could legitimize would be a few years, like 2 to 3, in order to save up for being able to live more comfortably on my own," said Fumiatti.

Leaving everything one has known for the past four years and entering a new stage of his or her life can be difficult. Gorneault summed up her feelings with a brief reflection of the past.

"It has been a challenge for the past few years, but it was all worth it. I wish all the other graduates lots of luck and happiness," said Gorneault.

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Where in SHU?



The Spectrum/Zack Lane

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

Rant of the week: Viewers of reality show misjudge family

Rants & Raves

Allie Pohevitz

Columnist



To say I have an obsession with the Gosselin clan would be a major understatement.

For those of you who don't know who I am referring to, I am talking about the stars of "Jon & Kate Plus 8."

Parents Jon and Kate have one set of twins, Cara and Mady, who will turn nine in October, and a group of sextuplets: Alexis, Hannah, Aaden, Collin, Leah, and Joel (in their birth order), who will be turning five in just a few short weeks on May 10.

Their show can be seen on TLC on Monday nights, and is a favorite to many different people. They have two books under their belt and three DVD sets out in stores with the fourth to debut May 5.

What frustrates me, however, is that no matter how nice these people can be, how adorable the episodes are, or how much love they show between family members, there will always be those who feel the need to criticize.

With "octomom" Nadia Suleman bursting onto the scene earlier this past year, there has been tons of speculation on families with large amounts of children.

Are they having more kids to get money from the taxpayers?

Have they done this to get their own two-hour special on NBC?

"And my personal favorite, did Suleman have eight children at once to help her get into a career in movies?"

Explain to me how a woman who has eight children at once is in any shape to be on the big screen any time in the near future.

While yes, I think having eight kids at once with another six at home was

probably not the best of choices, I do not see how this relates to other families currently on television with large numbers of children.

As of late, there has been much debate over whether or not Jon and Kate Gosselin are still in love or whether they are just sticking around because the cameras are rolling.

There have been newspaper and magazine articles calling them "money hungry," and exclaiming that they are ruining their children's lives.

Had "octomom" never been on the scene, I feel that these accusations would never have come to the surface.

As a fan of the show, I would be happy to tell you that sometimes things do seem one-sided for Kate's benefit.

With that being said, I don't think it is the business of everyone who feels they should get a say just because they think a kid or two is adorable.

As if all of the nasty rumors about Jon and Kate's personal life weren't more than enough, there are blogs devoted to ripping the entire family apart. Many claim that Jon and Kate force the children to work as one site labeled them, as "slaves," but in reality, these kids are not forced to do anything they don't want to be part of.

If you watch the show continuously, you would know that if one of the Gosselin's are having a bad day, they are not on camera if they don't want to be.

They are also not being shot seven days a week as many people imply. Filming is around three to four days a week and runs off of the children's schedule and when they are feeling up to it.

I love to speculate just as much as the next person, but when it comes to real families, not single Hollywood actors and actresses, maybe we should keep our opinions to ourselves.

If you love Jon and Kate, then enjoy the show. If not, keep your comments to yourself. There are enough people cheering for them, anyway.



AP Photo/Bradley C. Bower

While they could be wonderful parents, the stars of the hit reality show "Jon & Kate Plus 8" get scrutiny for being on television.

He Said/ She Said...

Is it beneficial to have a matchmaker?

Brian Germain

He said



Liz Warren

She said



So Britney Spears has a problem. It's not what you're thinking...or maybe it is. She has a lifelong friend whose advice she trusts blindly because of the trusting relationship they have.

This friend is always trying to hook Britney up with different guys that she thinks are perfect for her. If you read the tabloids, you know these hookups never work out. There is an initial moment of joy, immediately followed by a long period of regret and gloom. But don't feel too bad. She went from dating duds and saying "oops I did it again," to now where she just says "gimme more."

Some people ask for the misfortune that comes from misguided advice. Others just get suckered into an awful situation of circumstance by trusting their friends.

The problem lies in the pseudoscience of matchmaking. Matchmakers are like cockroaches. You can try to extinguish them over and over, but they're going to keep doing what they're doing.

It doesn't matter that you're a broken record and constantly say no, they will keep suggesting people who they are convinced are perfect for you.

If you are persuaded to take the advice of a matchmaker, you deserve your destiny. I believe in taking the advice of others into consideration, but by no means should you be completely compelled to go after a girl just because your friend suggests it.

If the scarecrow from the "Wizard of Oz" didn't teach it to you, college should have taught you the importance of having a brain of your own and furthermore a heart of your own.

Who you date is your prerogative. The thing that makes me especially mad is that friend who has a girlfriend, so he wants to see everyone else have a girlfriend. Maybe he needs people to go on couple dates with, or maybe he's trapped in a world of misery and needs some company.

Either way, I hate unsolicited advice. If you have ideas about whom you think I should date, that's well and fine. Present them if I ask you.

Otherwise just do with them what you did with your Spanish homework in high school...forget about it! Let's take into account the past failures of matchmaking. How bad do the matchmakers of Paul McCartney, Michael Jordon, Harrison Ford, and Madonna feel?

They led their friends into marriages that ended in divorces costing millions of dollars in split assets and priceless levels of public harassment.

Matchmakers are about as successful as recent economic stimulus and bailout packages. They seek to offer help to others and may sound like a good idea at a time, but in the end, it's just a big fail.

There's always that one friend in a group who is the self-proclaimed matchmaker. Well, back in high school, her name was Meg, and she thought she was cupid himself. But she wasn't the cute baby cupid who adorably takes out his bow and arrow and clumsily shoots. She was the G.I. Jane cupid who hunts down all of her single friends and forces them to go on a date, or else.

She set up Linda with Ryan on the sole basis that they were both single which, surprisingly, wasn't enough common grounds on which to build a relationship. Danielle had also been a victim of her unsuccessful matchmaking, as did Lisa. I knew I was next in her line of fire. And sure enough, Meg soon called me and told me to meet her outside because she was with someone she wanted me to meet.

With that phone call, I became her project. So began a series of awkward conversations with Michael, my "match." I was then forced to endure Meg's hour-long interrogation regarding what I liked and disliked about him. Later, I was told that I was going on a date with him the following weekend.

Let me tell you, there's nothing more awkward than being forced into a date. What happened over dinner with Michael is a blur of staged questions (think: "what do you like to do in your free time?" and "what's your favorite food?") and weird silences. Before the date, I was already well-informed of his life story, and he of mine, courtesy of Meg. There wasn't much first date conversation to have that we didn't already know about each other. So thanks, Meg!

Basically, set ups are always more successful on paper than they are in reality. They're a nice way of saying that you're so pathetic that someone else needs to step in and save you from your miserable, lonely self. While they are a product of good intentions, they're usually unsuccessful and only produce awkward moments.

And it's not just awkward for people like me who are thrown into them against their wills. Nowadays with online dating, people know their dates long before the first face-to-face introduction. When they finally do meet, there's little left to talk about that stays within the confines of first date material.

Whatever happened to just meeting someone on your own? The couple who met when they went to pick up the same piece of fruit at the grocery store is a lot cuter than the couple who met through their friend Jenny.

So when it comes to meeting the man of your dreams, tell those like Meg to stay far away. Let little baby cupid work his magic without any accomplices.

Girls & Sports



—Arts & Entertainment—

Haunting in Connecticut not the true story *Hollywood sets out to scare viewers and exaggerates Southington myth*

Sarah Prial
Staff Reporter

Have you ever put a flashlight beneath your chin, and in a creepy voice, told a horror story to your friends about the house down the street?

With "The Haunting in Connecticut," Hollywood has done just that for local Sacred Heart students.

According to the Yahoo! News Web site, the true story behind "The Haunting in Connecticut" is about the Snedeker family.

Upon moving into their Southington home, claimed to be haunted by ghosts and visions "The water suddenly turned blood red and smelled of



AP Photo/Jessica Hill

The "haunted" Southington, Conn. home that inspired the blockbuster hit "The Haunting in Connecticut."

decaying flesh," said Benjamin Radford of Livescience.com in the Yahoo! article.

The filmmakers changed the names of the characters and a few of the minor details, but advertisements and trailers ran the words "based on true events."

If a movie is "based on a true story," does that make it better? Sacred Heart junior Mark Zanghi lives in Southington, and said that everyone in his town can tell you exactly where the house is.

Despite residents knowing the location of the house, Zanghi said "The myth around town barely exists. I have only heard bits and pieces of the haunting story from friends basically passing on rumors, which were very general."

Zanghi said that the story was "sensationalized" and "enhanced to many levels." Knowing that the movie is based on his town and knowing that it is a "Hollywood-fabricated story" affected his opinion of the film.

"I found myself critiquing how unlike Southington the town in the movie was and how completely different the production team made the house and environment appear," said Zanghi.

He does however, give the film credit for keeping many of the facts accurate to the stories that he heard.



AP Photo/Lionsgate, Rebecca Sandulak

Actors Virginia Madsen, left, and Kyle Gallner, deliver a riveting performance.

"They were extremely accurate when they spoke of the house's location 'right near the hospital.' Anyone from Southington would describe the location of the house if asked if it exists as 'Oh yeah! It is right up there by Bradley Memorial Hospital on Meriden Avenue,'" said Zanghi.

"The Haunting in Connecticut" is not the first time that the Snedeker's story has been told.

According to Yahoo! News, the story was first introduced by Ray Garton's

book "In a Dark Place: The Story of a True Haunting" in 1992.

10 years later it was made into a television movie titled "A Haunting in Connecticut."

The Snedeker family have also appeared on the Discovery Channel as well as multiple talk shows to share their story.

The film opened Mar. 27 and stayed within the top three films during its first few weeks.

SUMMER FESTIVALS FOR ALL MUSIC LOVERS

Andrew McCoy
Contributing Writer

Wish you were as cool as the Europeans, but don't have the money to afford the trip across the pond? Then be like many other Americans, and attend one of the many music festivals offered this summer to up your hipster status.

Though music festivals have been quite popular in Europe for quite some time, they represent a relatively new phenomenon here in the states, as more and more are popping up offering a musical haven for even the most obscure of genres. Whether you love rock, rap, country, or techno, the summer of 2009's festival lineup proves to have something to fit your taste, and budget.

Bonnaroo

Where: Manchester, TN
When: June 12-15
Cost: \$249.50

Now in its 8th year, and after being named Rolling Stone Magazine's top 50 moments that changed rock, Bonnaroo proves once again why so it has been so popular.

Known for its diverse line-up of musicians, artists, comedians, and activities, Bonnaroo offers something for everyone. Featuring such break out acts as MGMT, Girl Talk, and Band of Horses Bonnaroo will leave even the most pretentious music lover satisfied. And if rap is what you desire, artists like Public Enemy and Snoop Dogg have already verified their appearance at the concert.

Even classic rock fans will be pleased to know that this year Bruce Springsteen and Elvis Costello plan to make an appearance. With so many acts on the bill, and even more slotted to sign up, Bonnaroo is shaping up to be the must see festival.

Movement: Detroit Electronic Music Festival

Where: Detroit, MI
When: May 23-25
Cost: \$50.00 (Presale)/\$150.00 (VIP)

Feel like clubbing this summer? Then check out the 10th annual Movement Festival which features enough techno and electronica music to keep you dancing with glow-sticks till the summer's end.

With such acts as DJ Z-Trip, and rap legend Afrika Bambaataa, Movement is ready to start the party off right this summer. Even more enticing is the fact that always great live performance of RJD2 is slotted for this year. And with prices well below what one would expect to pay for a three-day event, consider movement the VIP club in the city that you can finally afford to be at.

Essence Music Festival

Where: New Orleans, LA
When: July 3-5
Cost: \$300+ (Depending on seating)

Even as one of the smallest festivals, Essence is still the place to be this summer for any true fan of hip-hop, R&B, and soul. Call it an underdog for the summer, but Essence is quickly selling out, making tickets harder and harder to come by as the weeks go by. But this should come as no surprise considering the New

Orleans based event features such superstars as John Legend, Beyonce, and Robin Thicke.

Even more incredible is the addition of legends like Al Greene and Lionel Ritchie. And for the more underground fans, Essence even offers up and coming acts like the exciting group, The Knux. Though tickets are more on the expensive side, the artist line-up, and charm of New Orleans, is more than enough to make up for the dent made in your pocket.

New England Country Music Festival

Where: Foxboro, MA
When: August 15
Cost: \$44.50-\$99.50 (Presale)

Grab those leather cowboy boots, and straw hats because for the 6th year running, Gillette Stadium will be host to New England's biggest country music event of the year.

It may not be as long as the other festivals this summer, and the line-up is far from being as long, but for anyone who has attended the show in the past, the atmosphere makes up for that.

Boasting the country music acts of Kenney Chesney, Sugarland, Montgomery Gentry, Miranda Lambert & Lady Antebellum it is easy to see why the concert has become the place to be for any country music fan. Known for its extensive cookout, some of the most interesting people, and one of the largest tailgates known to man, Country Fest is enjoyable even if you cannot stand the genre.

But concert goers beware, it is almost a guarantee that the concert will occur on the hottest day of the year, so be

prepared to sweat more than you consume. But even in the heat, Country Fest could be one the cheapest and coolest events of the summer.

Rocklahoma

Where: Pryor, OK
When: July 9-12
Cost: \$120.00 (Reserved) /\$400.00 (VIP)

Have you ever felt like frayed acid washed jeans should never have gone out of style? Do you consider guy-liner to be the definition of tough? Do you have a bandanna to match any outfit you decide to put on?

Even though the 80's have passed, and hair metal has fallen by the waist side, Oklahoma has the perfect festival for you to embrace your muscle car driving, cheap beer drinking, rock-lifestyle; Rocklahoma.

Revered as the biggest and best reunion of 80's metal bands, Rocklahoma brings life back to the debauchery that defined the late 80's style of rock. Bands like Twisted Sister, Nelson, Warrant, Great White, and The LA Guns have already signed on for the three day party which promises to rock hard. Say what you will about the style of music it features, the debauchery that is certain to ensue this summer is reason enough to fray some jeans, and embrace the androgynous atmosphere.

With the summer fast approaching, ticket prices will continuously increase as availability becomes more limited. So grab some friends, scrape together some cash and plan a road trip to experience something you won't soon forget.

Courtney UnLoved as incident is publicized

Unruly celebrity requests Simorangkir designer wardrobe, refuses to pay

Michelle Munden
Staff Reporter

Courtney Love, who is more notorious for her out-of-control mouth and outrageous behavior than for her talent, has landed herself in big trouble yet again.

On Thursday, March 26 Dawn Simorangkir filed a lawsuit against Love with charges of libel, invasion of privacy, intentional infliction of distress and breach of contract.

This will not be Love's first court appearance as she has previously been called into the courthouse for custody trials over her daughter, as well as for a fight with a woman in a bar, which led to an assault with a liquor bottle.

The woman suing in this case, Simorangkir, runs a sportswear line called Boudoir Queen, and according to www.nypost.com, the designer claims that Love asked her to create a wardrobe for her, but then got angry when the designer sent her an invoice. She is suing Love over the money she was never paid and now for all of the things being said about her over the Internet.

This apparently did not go over well with Love. According to the www.nypost.com article, Love then hatched a plot to destroy Simorangkir, writing malicious and false statements on the Internet, claiming the designer "sold drugs, is a drug addict, has a history of selling cocaine, has a history of assault and battery, has a record of prostitution, has committed grand theft ... was deemed an unfit parent, lost custody of her child, is a racist and homophobe ... [and] is a danger to society," the suit states.



AP Photo/Joel Ryan

Courtney Love poses for the camera at the 2009 Elle Style Awards at Big Sky studios in north London.

Simorangkir added in her lawsuit that Love spread lies about her on her Twitter Web site account as well as her Myspace.

"I am not surprised to hear of Courtney Love being

sued because she is very well known for being outspoken and sometimes the things she says are very harsh and inappropriate," said junior Lynn Tomasz.

According to www.eonline.com, the lawsuit said that Love called Simorangkir a "vile horrible lying bitch" in the feedback section of the designer's Etsy.com page. Also on the Etsy site, she referred to Simorangkir as a, "nasty lying hosebag thief." Comments about Simorangkir being a cocaine dealer, a thief, an embezzler, a racist and a homophobe were also among the smears.

"Everyone does not have to like each other but they don't have to go around and shout it everywhere," said Tomasz.

Love is infamous for public displays of shocking, lewd conduct and according to Rolling Stone the magazine has called Love, "The most controversial woman in the history of rock."

"I think Simorangkir has every right to sue Courtney Love," said junior David Hellreigel. "Even if it is only a Web site, it is still an act of defamation which is illegal. I think Love was totally out of line."

Love was once married to Nirvana's lead singer, Kurt Cobaine and was the lead singer of the band Hole. She has a history of health and drug abuse issues and in 2005 she admitted to using drugs in violation of her probation and was ordered to a 28-day treatment program.

She then went on to violate her program and was sentenced to six months in lockdown rehab. In 2007 she admitted to having an eating disorder after pictures emerged of an emancipated-looking Love.

Will this rocker chick ever learn her lesson and get her act together? Only time will tell.

Boulder band 3OH!3 sets eyes on the prize

Genevieve Manna
Staff Reporter

Mixing hip-hop, emo, and electro rock - is that possible?

Other artists may have tried, but none have made an impact like the up and coming duo, 3OH!3. Heavy hitting beats, emo whines, and electro rock synths combined with hip thrusting infused dance parties are what these guys are all about.

Being recently named "Artists to Watch" by Rolling Stone, 3OH!3 is hogging all the hype. Formed straight from a Colorado University physics class, comes the crunk creators Sean Foreman and Nathaniel Motte.

3OH!3, pronounced, three oh! three, said they named themselves after their home area code in Colorado. It's not common that a small hip hop group from Boulder stars in MTV's Spring Break concert series and lands a 42 spot on the Billboard charts.

Hip-Hop group Physcha P member and Sacred Heart alumnus, Arman Dixon, who's interests involve a lot of hip-hop, thinks that 3OH!3 is opening doors to something different. "I usually give every new artist I hear a chance, but I never really expect much. When I heard 3OH!3 for the first time, I was really impressed," he said. "It's hard to break through the mold of today's hyped artists, these guys really created something new."

Their infectious sound is putting Boulder on the map and making a spot of their own in the new music scene. With influences such as Lil' Wayne and MGMT, their sound is a mixture of the multiple genres.

New single, "Don't Trust Me" is an attention grabbing track that pushes the envelope with it's lyrics and contagious beat. Listeners have the choice to decide whether the twosome is witty and clever, or just crude and obnoxious. Listeners decide for themselves as choruses include lyrics such as, "Hush girl, shut your lips/ Do the Hellen Keller and talk with your hips."

When Reax Music Magazine reporter, Justin Amidonand confronted Foreman in an interview about the infamous line, Foreman responded suggestively with his body, "You know ... to talk with your hips ... you know, like, dance."

Foreman and Motte have the image of everyday hipsters, and could possibly pose as new members of Fall Out Boy. But it's their hip-hop infused sound that adds for an unexpected thrill.

Their live performances thrive off of their quirky attitudes and focus on exciting fans and extending a hand to the not so typical fan

What's next? After being such a hit at last summer's Warped Tour, including some onstage dance parties, the duo has signed up for a second consecutive Warped Tour for 2009. Until then, they are currently headlining the AP Tour, featuring other artists such as Hit the Lights and The Maine.

Foreman and Motte have combined genres of music that normally don't go together. Their success is pushing them up the charts and leaving listeners in love or disgust. To love, or to loath, that is the question. Whether or not to trust this duo is up to you.

TIARAS, DRESSES, AND MANICURES: A LOOK INTO "DRAG RACE"

Liz Brombacker
Staff Reporter

Each contestant must have charisma, uniqueness, nerve and talent. These are the requirements for a typical beauty pageant and the show "Drag Queen." However, those trying out for this series aren't your average pageant contestants.

The show "Drag Queen" hosted by RuPaul which airs on the LOGO network (a network geared towards gays, lesbians, bisexuals, and transgenders) has been approved for a second season and will air in early 2010.

On the show, nine drag queens will compete to become the nation's top and most glamorous drag superstar.

The contestants are lead and mentored by the host and judge RuPaul, the popular drag queen who became famous in the 1990's with his song "Supermodel."

The show has even been dubbed by some as a mix of the CW's "America's Next Top Model" and Bravo's "Project Runway."

Though the show is already on its way to entering its second season, there are a small number of students on campus who have even heard of the show.

"I saw a commercial for "Drag Race" a few weeks ago. I didn't think much of it when I saw it and nothing about the show really provoked me to want to watch it," said freshman Sara Pollock.

Regardless of the fact that not many students know about the show, those who heard about it were not surprised when

they heard the premises of "Drag Race."

"I've never heard of the show and even though I wouldn't watch it personally, there are people who would," said sophomore Eric Place. "As a marketing major I can see that we've gotten to the point as a society where there's something for every interest group, anything goes as long as it's marketable."

For the second season, writers at Entertainment Weekly have come up with some new ideas they feel will help the show stay on top.

Some suggestions in the article include: show more of the early auditions instead of just the final nine, have more photo shoots throughout the show, and hire a runway coach to help out the 'queens.'

Even though the show is trying to create equal opportunities for all, some here on campus feel that the show might not draw the right kind of attention.

"I think that the show exploits transvestites/transsexuals and portrays them under a very stereotypical image; i.e. flamboyant, superficial, etc," said Pollock. "Although I guess it's a good thing that they are being recognized in the media because before cross-dressers were seen as a pretty taboo group of people."

However, despite what students on campus feel, according to an article in the Los Angeles Times "Drag Race" did well in its first season said the LOGO network and will rerun on VH1.

Full episodes of "Drag Race" will be posted online in the VH1 blog for anyone wanting to tune in.

Dieters turn to drastic measures to get thin by 'detoxing'

Nicole Giglia
Staff Reporter

Today's breakfast, lunch, and dinner special: lemon juice, water, maple syrup, and cayenne pepper. Sound appetizing? Imagine drinking that concoction in place of every meal, every day for two weeks.

Recently dieters have turned to "detox cleansing" as a way to lose weight.

According to DietChannel.com, "the theory behind the diet is that as these toxins build up, we begin to see outward effects such as bloating, cellulite, wrinkles and weight gain."

When a person goes through any detox process they are ridding their body of toxins. Commonly used as part of the alcohol and drug rehabilitation process, detoxing

can also be done to clear out the body of toxins from certain food additives.

Some detox diets begin with a three day water or lemon juice fast followed by a monotrophic diet.

"A monotrophic diet is when you eat only one type of fruit at each meal," said author of Practical Hints for a Detoxifying Regime, Dr. Kiki Sidhwa.

As the diet process progresses, participants begin to add more food into their diet. However the menu is still restricted to "raw" foods such as fruits, vegetables and grains.

These types of cleanses, according to Chaniga Vorasarun from Forbes.com, can leave a person eating "only 690 calories daily, compared with the 1,800 daily calories most women need to maintain their

weight."

Aside from all liquid and fruit diets, colonics are also used as a detox method. Typically preformed by licensed professionals, colonics involve the irrigation of the gastrointestinal tract.

Though detoxing is designed to rid the body of harmful substances, the process comes with its own health affects.

"It is possible that some of you may feel some reactions, like light headedness, nausea at times, a little listlessness and feeling of tiredness and mental irritability," said Sidhwa.

Are these symptoms caused by the cleansing process or lack of nutrition? According to the DietChannel what you're feeling is malnutrition.

"Even if you are able to meet your

body's calorie requirements, the absence of sufficient protein, essential fats, and minerals will cause your body to become less healthy as you begin to break down muscle tissue."

These diets have been proven to help people lose weight fast, however since most of the loss is water weight, the pounds can easily be put right back on.

"Entirely avoiding these foods can make some people feel deprived, causing them to overindulge once the diet is over," said Vorasarun.

For DietChannel.com, detoxing registers as another dangerous trend diet.

"There are many other diets available that will deliver far healthier, more sustainable results than the detox diet," said Vorasarun.

Is vegetarianism the link to a healthy living? *Sacred Heart student explores benefits and burdens of a vegetarian diet*

Juliana Brittis
Assistant Features Editor

Living in our beauty obsessed society can be overwhelming.

From diet pills to "quick fix" diet plans, getting fat is stressed to be one of our biggest concerns.

We are consumed by the thought of what we consume.

As a college student, food has become a central part of my life. I meet up with friends for lunch and dinner, cook dinner with my boyfriend and snack during late night study sessions.

The lesson we learn from this college eating routine comes in the form of the "freshmen fifteen" and unwanted weight gain through our college years.

The best way to deal with the constant bombardment of food and snacks, is to find your own personal way of eating healthy.

Mine is vegetarianism.

Since junior year of high school, I have opted out of eating most meats. Unlike vegans, who do not eat anything that has eyes, I still eat fish, dairy, and egg products.

I've always felt that being a vegetarian has made me a healthier person.

I don't go to McDonalds for a big mac or grab a slice of pepperoni pizza.

But am I right?

Is being a veg all that it's cracked up to be?

Is it the healthiest choice?

I decided to do some research to see if, in fact, my way is the best way.

I started my search through WebMD, the Web site that allows me to search by body part, any ailment that I think I may have.

I'm shocked to discover that I fit under a certain eating type—a lacto-ovo vegetarian.

These "types" of vegetarianism and veganism continue and cover a spectrum of different eating styles.

According to WebMD, "There are also pescatarians, vegetarians who eat fish and seafood, and lacto-vegetarians, who

eat dairy products but not eggs. Fruitarians follow a diet that includes fruits, nuts, seeds, and other plant food."

With the many types of "tarians" in front of me, I still wondered if these lifestyles were healthy.

Could eating a diet of just plant food really give you all the nutrition your body needs?

The answers were abundant and full of good news about the health status of my body and heart.

"Most doctors and nutritionists agree that a low-fat diet high in fruits, vegetables, and nuts can be a boon to health. There is also widespread acknowledgment that reducing or eliminating red meat from the diet cuts the risk of heart disease," said WebMD.

Besides the perks of lowered risk of heart disease and an overall healthier life, I learn that there is also some speculation about vegetarians having a lesser risk of getting cancer.

Studies linking cancer and vegetarianism tell us that if you practice a diet rich in fibers, carotenoids (which includes carrots, sweet potatoes, and spinach) minerals, vitamins, and beans, you are better protected from getting diseases, including cancer.

The good news about this health find concerning cancer is that it still holds true if you are a carnivore.

Adding these foods into your diet, can promote a more healthy and disease fighting way of life.

But before I go around preaching my vegetarianism, there are some downfalls to the meat-free diet.

Nutrients and vitamins, especially calcium, iron, and vitamin B12 are lacking in a vegetarian diet and can cause more serious health problems.

Vegetarians are encouraged to take supplements to make sure they are getting these essential nutrients.

Without them, anemia, blindness and muscle weakness may occur.

But does being a vegetarian make you less susceptible to gaining weight?

Not necessarily.



AP Photo/Volker Viciok

Demonstrators in Germany against using animals for food.

The United States department of agriculture offers a plethora of information regarding the healthiest ways to be a vegetarian on their site mypyramid.gov.

"Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice. Don't overload meals with high-fat cheeses to replace the meat," said the mypyramid.gov web site.

It's also recommended to avoid substituting pizza, pasta, and more carbs for a piece of meat.

In addition to the health benefits of being a vegetarian, many people in the veg community do it for the animals.

"I've been a vegetarian for over five years," said sophomore Olivia Lucas. "I just think that it's cruel to eat meat and that it takes away the value of a life, no matter what kind of animal it comes from."

But has being a vegetarian helped Olivia's health?

"Actually, besides the occasional slip-up with fries at McDonalds, I find myself eating much healthier. My doctor even told me that my cholesterol level was better than any of her other patients," said Lucas.

Like Lucas, opting out of meat dishes because of personal morals is the reason

for many other vegetarians.

PETA, a well-known animal rights group is a huge promoter for vegans and veterinarians and provides a lot of information regarding this diet on their Web site.

Although it can be said that PETA has done a lot of positive things for the rights of animals, their methods have been said to be fanatical.

According to the AP, protestors in Germany set to the streets to let their views about the killing of animals for food be publicly displayed.

"The demonstrators [are] only wearing their underwear and are painted with mock blood to admonish humans to limit their meat consumption," said photographer of the above photo Volker Viciok.

Whether you're an animal lover or just don't like meat, being a vegetarian does promote certain health benefits that can help you in the long run as long as your conscious about what you eat.

If you're thinking about making the switch to a meat-free diet, there are tons of resources to check out online.

It's also recommended to let your physician know about your change in diet so that he/she may help you better create a diet plan.

The bikini body countdown

Gina Cerniglia
Staff Reporter

Summer is going to be here before you know it, and you've seen the bathing suits on the racks at your favorite stores. Some Sacred Heart University students are saying they've already started preparing.

"For Lent, I decided to do crunches four times a week so I could be in shape for summer," said sophomore Caitlin Moser.

Other students seem to have the same idea about starting to get their bodies in shape for bikini season.

"To get in shape for summer, I decided to start a healthy workout plan," said sophomore and current nursing student, Danielle Dorey. "I go to the gym a couple of times a week, and started cutting down on sweets and fried foods."

As for sticking to good techniques, the health Web site Netdoctor.com says that it is not healthy to start crash dieting or over-exercising. The best way to lose weight is to start slowly changing the foods you eat and the amount of exercise you do throughout the day, it reports.

It's advice that some students said they understand.

"I don't believe in crash dieting, and I feel that anyone can lose weight with the proper amount of exercise and cutting down on treats," said sophomore Megan Kalus.

Other tips from the site are to start changing your meal and workout plan. The most effectual and healthy way to lose weight is to focus on reducing the amount of calories in your diet and increasing exercise, says netdoctor.com.

You can start by focusing on drinking water. At breakfast, orange juice is okay, but start substituting juice and soda with water throughout the day, according to an article on a health web-site, readersdigest.com.

"The average American consumes an extra 245 calories a day from soft drinks. That's nearly 90,000 calories a year -- or 25 pounds," says readersdigest.com. Although there are many calories in these drinks, juice and soda do not make you full in the same way food does. The article said another mistake that people may make, especially students, is skipping breakfast.

"The last time I ate breakfast before class was in grade school," said freshman Jaqui Duda.

Surprisingly, according to studies, eating breakfast can actually help you lose weight.

"People skip breakfast thinking they're cutting calories, but by mid-morning and lunch, that person is starved," says Milton



The Spectrum/ Nicole Giglia
Stokes, RD, MPH, chief dietitian for St. Barnabas Hospital in New York City on webmd.com.

"I always eat breakfast in the morning," said junior Sara Karwoski. "I can't imagine starting my day without it."

Neither can the experts.

"Breakfast skippers replace calories during the day with mindless nibbling, bingeing at lunch and dinner. They set themselves up for failure," said Stokes.

Now that you've eaten breakfast, do not wait until lunch for your next meal. Instead of eating a big breakfast, lunch, and dinner, readersdigest.com suggests to eat five or six small meals a day.

Studies show that even if you eat the same number of calories distributed this way, your body releases less insulin, which keeps blood sugar steady and helps control hunger," says readersdigest.com.

What next? If you follow the advice of the experts, drop that burger and head to the salad bar before you drop your pants and throw on that bikini. Start exercising a bit more, and make sure you eat breakfast. After all, if you look at the calendar, summer '09 is just around the corner.

Staying Fit Tips and Tricks

How To Keep Exercise Fun

After a while, trips to the gym can get boring and too routine. Here are some tips to help put a kick in your workout.

1. Cardio Striptease
2. Spinning
3. Yogalates
4. Wii Fit
5. "Hot" Yoga
6. Dance Classes
7. Horseback Riding
8. Hiking
9. Rollerblading
10. Bowling



How to keep a healthy mind

Steps to eliminating stress and enhancing serenity

Amanda Kaufold
Staff Reporter

Stress is something that each student faces every year at every college. However, Dr. Shirley Pavone, a psychology professor at Sacred Heart University, said, "the stressors this year seem to be greater than they have in years past."

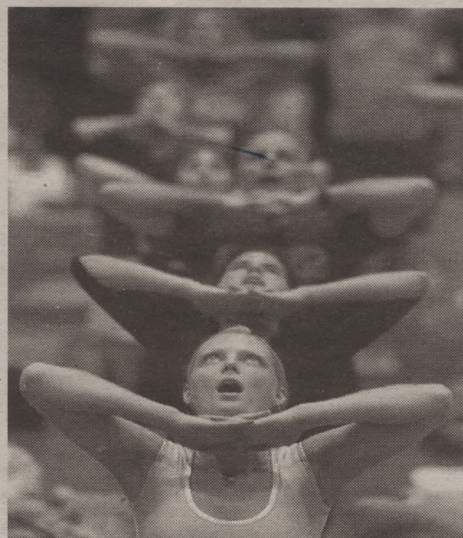
Pavone cites the state of the economy as a new element affecting the stress levels of students.

"For graduating seniors, the job market looks grim. The economy has forced other students to consider transferring to other schools closer to home. [And] the state schools have reached their application limits so changing schools may be more difficult than was expected," said Pavone.

Junior Jordan Malizia said the state of the economy, "has definitely been weighing on my mind."

"Thankfully I have a year to go before I enter the job market but that doesn't mean I'm not worried about where economy will be a year from now," said Malizia.

Along with dealing with these more recent economic stressors, students continue to face the ordinary stresses that come



AP Photo/Reed Saxon

Yoga is commonly used as a stress reliever.

with being a student.

Melissa Barnes, a freshman, said, "I'm getting really nervous about finals week being right around the corner. Being a freshman, I've only had to deal with one finals week so far and it definitely wasn't fun."

Barnes will be working on incorporating different stress coping into her routine over the next few weeks to keep from

becoming overwhelmed. One important method of dealing with stress is to "keep things in perspective," said Pavone.

Maintaining a strong support network of friends and family, taking time to relax, exercising, eating a low carbohydrate diet, and sleeping seven - eight hours per night each contribute as stress relievers.

The campus counseling center is also available to help students who want to talk their concerns out with a professional.

As far as dealing with the economy, Pavone suggests being proactive in your job search. She said, one should "approach job hunting as a job."

Pavone also recommends seeking out the help of career development and attending the on campus job fairs, along with speaking to financial aid if you are having problems paying for college.

Regardless of how great your stress is, Pavone warns that you should not try to deal with it using alcohol or illegal drugs.

"Those are not only unhealthy, but they can make your stress worse," she said.

As a final word of advice to offer comfort to those students dealing with major stress, Pavone said, "no matter what happens remember that this too shall pass."

Join
RELAY FOR LIFE
&
**help raise
money for the
American Cancer
Society**

**Saturday
April 25th 5
p.m.**

- until -

**Sunday
April 26th 5
a.m.**

**at the Pitt
Center**

Sports

Scoreboard

Friday, April 17

M. Tennis

SHU- 4

SFPA- 0

W. Tennis

SHU- 4

MSMU- 0

Baseball

LIU- 15

SHU- 11

W. Lacrosse

SHU- 12

CCSU- 4

Saturday, April 18

W. Tennis

SHU- 1

Quinnipiac- 4

Baseball

LIU- 4 4

SHU- 10 5

Softball

SHU- 0 5

MSMU- 1 6

M. Tennis

SHU-4

Quinnipiac- 2

M. Volleyball

SHU- 0

E. Stroudsburg- 3

M. Lacrosse

Drexel- 10

SHU- 4

Sunday, April 19

W. Lacrosse

Wagner- 9

SHU- 10 (OT)

M. Tennis

SHU- 4

Monmouth- 2

Baseball

LIU- 9

SHU- 13

Softball

SHU- 4

Monmouth- 3

On Deck

Today

W. Lacrosse vs. Monmouth

12 p.m.

Tomorrow

Softball vs. FDU

1 p.m.



The Spectrum/Stephanie Reyes

Sacred Heart's Mary Lagrassa (#5) and Cori Horelik (#24) pursue a Wagner player during the Pioneers' 10-9 win on Sunday.

W. Lacrosse secures top seed in playoffs

Dan Repetti
Staff Reporter

Heading into their final two games of the season, the Sacred Heart University women's lacrosse team needed two wins to clinch the Northeast Conference regular season title.

The Pioneers traveled to New Britain on Friday, April 17 to take on the Central Connecticut State University Blue Devils and won 12-4, setting up a pivotal game against Wagner University on Sunday at Campus Field.

"During the week we focused on one team at a time in order to prepare for each game," said junior Farra Cappola. "At practice we worked on things we knew needed work and put the time in to do so, in order to be ready for the big weekend."

The Blue Devils got on the board first in Friday's game just seconds into the first quarter but Pioneer senior Mary Montesarchio answered right back a minute later with a goal of her own.

Shortly after that, Montesarchio picked up a loose ball and set up senior Amanda Williams for an open shot which soared right past the Blue Devils' goalie, making the score 2-1 in favor of the Pioneers.

But Central Connecticut wouldn't let the Pioneers escape that easily.

Eight minutes later, Michele Conway scored an unassisted goal to tie up the score at 2-2.

But the goal was short lived as the Pioneers scored three unanswered goals. Junior Carissa Hauser, Montesarchio, and Williams each found the back of the net during the spurt.

The Blue Devils scored one more time before the end of the half to make it 5-3.

Coming out of the locker room, the Pioneers put the game away within the first 15 minutes of the second half as they went on a six-goal tear.

Montesarchio and Williams each added

two more goals as junior Cori Horelik and freshman Alicia Fuchs also added a goal apiece.

Central Connecticut's Stephanie John ended the run as she slid one past the Pioneer goalie Chelsea Wagner in the final minutes of play.

Fuchs contributed to the Pioneer scoring effort one last time as she picked up her second goal of the day in the final minute of play, making the final score 12-4.

On Sunday, the Pioneers returned home to host Wagner College in a must-win game to capture the NEC regular season title.

Sunday was also "Senior Day" as Sacred Heart's three seniors, Montesarchio, Williams, and Erika Spadafora, were all honored before the game.

"After winning on Friday, we were further enthused to play Wagner on Sunday, firstly because it was Senior Day and, secondly, because everyone was anxious to finally play the last conference game, which ultimately meant getting closer to our goal of making the NEC Tournament," said Cappola.

With the regular season title at stake, the Pioneers gave the home crowd at Campus Field a real show on Sunday.

Wagner scored first, but the Pioneers answered with three goals of their own. Montesarchio, Hauser, and freshman Kate Kmietek all found the back of the net.

With the score 3-1, Wagner's Carolyn Clark and Cara Gonzalez both fired shots past Wagner to tie the score at 3-3.

The Pioneers continued the back-and-forth battle as they began a three-goal run. Hauser started the run with her second goal of the day as Fuchs and Williams also scored goals to increase the Pioneer lead to 6-3.

Wagner ended the run a minute after, but it was Williams who would notch her second goal of the day with only 15 seconds remaining in the first half, sending the Pioneers into the locker room with a 7-4 lead.

"Wagner was a huge game for us to

ensure we would host the NEC tournament for the first time in history," said junior Heather Jones. "Everyone from the starters down the side line was really excited and wanted to get into the game and contribute."

After ten minutes of scoreless play in the second half, Wagner found the net three times to tie the score up at 7-7. Goals were scored by Clark, Melanie Garces, and Karen Vitkus.

With 15:28 left in the game, Hauser picked up a loose ball and buried it past the Wagner goalie to regain the lead for the Pioneers.

Once again, the Seahawks would not be outdone by the Pioneers as Janine Bright caught a pass, raced to open territory, and fired a shot past Wagner to tie the score at 8-8 with 6:21 left in regulation.

Both teams fought to get shots off in the closing minutes of regulation, but could not capitalize as the game went into overtime.

Just 1:28 into overtime, Bright put one past Wagner to give the Seahawks the potential game-winning goal.

But the Pioneers were determined to not let this be the game's deciding goal.

With 1:49 left in overtime, Williams delivered her 50th goal of the season to even up the score once again at 9-9. The goal sent the game into sudden death overtime.

The sudden death overtime was nothing short of a battle as both the Pioneers and the Seahawks were fighting desperately for the game-winning goal.

With time winding down, Williams scored her fourth goal of the game on a breakaway to give the Pioneers the dramatic win.

"We wanted to win and play hard, but that game was really about the seniors and how much hard work and dedication they have contributed to the team over their years," said Jones.

With the win, the Pioneers clinched the NEC regular season title and will host Monmouth tomorrow at noon at Campus Field in the opening round of the playoffs.

Men's Tennis team captures NEC title

Emily Gumbs
Asst. Sports Editor

The Sacred Heart University men's tennis team competed in the Northeast Conference Championship match on April 19 against the Monmouth University Hawks at the Mercer County Tennis Center in West Windsor, N.J. The Pioneers defeated the Hawks, 4-2, to win the Conference's automatic NCAA tournament berth.

It is the first-ever men's tennis title for Sacred Heart and head coach Paul Gagliardi.

The Pioneers lost the doubles point but came back in the singles.

Sophomore Kirill Kasyanov, who has an NEC-best 23 singles victories, was at match point when MU's Ben Evenden had to retire due to an injury at the number one singles position.

Junior Adam Gart improved his record to 21-11 after defeating Corey Forrest in the number three position while fellow junior Jinal Shah took the win in the number five slot.

Sophomore Chris Ujkic played in the deciding match at number two singles, winning the deciding third set convincingly, 6-0.

To get to the title match, the Pioneers easily defeated Saint Francis (PA) 4-0 in the quarterfinals on Friday.

SHU came back to beat Quinnipiac



Photo courtesy of Athletic Communications

Members of the Sacred Heart University men's tennis team pose with the championship banner after capturing the 2009 Northeast Conference Championship on Sunday April 19 in West Windsor, N.J.

4-2 in the semifinals on Saturday.

The Pioneers, now 14-8 this season, will compete in the first round of the NCAA Tournament May 8 at a place and time to be determined.

Teams from the Northeast Conference are traditionally seeded low in the tournament, meaning a first-round meeting with possibly Virginia, Ohio State or Mississippi, currently the top three ranked teams in Division I.

M. Lacrosse sees playoff hopes crushed by Drexel

Matt Jarvis
Staff Reporter

The Sacred Heart University men's lacrosse team lost to the Drexel University Dragons, 10-4, in a "Senior Night" match on April 18 under the lights at Campus Field.

The loss eliminated the Pioneers from Colonial Athletic Association (CAA) playoff contention.

"It was the first time we have lost on Senior Day in awhile," said head coach Thomas Mariano. "It was disappointing for our seniors to finish their last home game in that manner."

Drexel outshot Sacred Heart 42-27 on the night and controlled the time of possession for most of the 60-minute contest.

Sophomore goaltender Zach Frank guarded the net most of the game for the Pioneers, making eight saves in 40 minutes.

Junior Tom Trgo made six saves during his 20 minutes in goal for the Pioneers.

A slow start to the first quarter quickly changed in the final five minutes of the period when the Dragons scored three goals to take a 3-0 lead heading into the second quarter.

Drexel attacker Joe Wojciechowski added to the lead with 10:25 left in the second quarter.

"Drexel came out and capitalized on our mistakes," said senior Bobby Rushton. "We handed them the first two goals and our offense at times played well, but our shot selection was poor and their goalie was good in between the pipes."

Senior Bobby Karl got Sacred Heart on the board with a goal off an assist from fellow senior Dan Casciano.

But Drexel answered quickly and maintained their four-goal lead over the Pioneers, 5-1, as the teams headed into the locker room.

"They did a good job of sticking to their game plan and executing in key moments," said Mariano. "We had opportunities and didn't capitalize on them."

Sacred Heart started off the third period with a goal from Casciano which tightened Drexel's lead.

However, Drexel again found the back of the net to keep a four-point lead.

The Dragons then added two more goals to take an 8-2 lead and slowly pull away from the Pioneers with 1:16 left in the third quarter.

Junior Evan Morgan tried to regain the momentum for the Pioneers as he squeezed the ball past Drexel goaltender, Mark Manos, with 44 seconds left in the third quarter.

Morgan opened the final quarter with another unassisted goal to keep Sacred Heart's bid for a comeback alive.

But Drexel proved to be too much for the Pioneers as they scored two more goals en route to their 10-4 win.

With their playoff hopes crushed, the Pioneers will close out the season Saturday at Robert Morris University in Moon Township, Penn. Face-off is at noon.

"We want to finish the season with our best effort and get a hard fought win," said Mariano.

Drowne, Phillips lead baseball against LIU

Dan Cofiniotis
Staff Reporter

After being outslugged by Long Island University on Friday by the score of 15-11, the Sacred Heart University Pioneers responded to the loss by winning the final three games of the series against the Blackbirds, including both games of a doubleheader on Saturday and taking the third-straight game on Sunday to give the Pioneers a combined 15-19-1 overall record on the season.

Game one was a hard-fought battle in which both teams came out swinging their bats in impressive fashion.

Junior Mike Drowne tallied four hits, two of which were doubles to go along with two RBIs on the day.

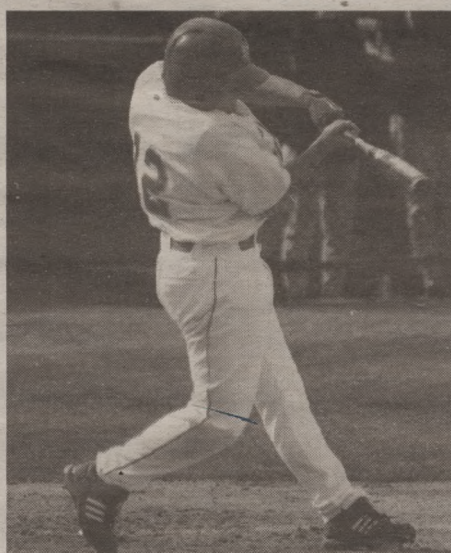
Senior Jeff Hanson also had a strong day, going 3-6 which resulted in two RBIs as well.

Much of game one was a back-and-forth chess match between the Pioneer and Blackbird offenses, and with the stellar play of James Jones for LIU who recorded five RBIs in the contest, it was hard for the Pioneers to pull out the win.

Along with Jones, four of his fellow teammates each tallied two RBIs at the plate.

With run support abundant for the Blackbirds, they sealed game one after the Pioneers fought back from being down 9-0 after the first inning.

With the loss fresh in their minds, the Pioneers had a knack for revenge as they



The Spectrum/Emily Gumbs

Sacred Heart's Hunter Phillips (#12) takes a swing during the Pioneers' game against LIU on April 17.

came out swinging in the nightcap of the doubleheader.

The Blackbirds got one run in the first inning off of senior right hander Chris Barthel but the Pioneers answered right back in the bottom of the inning.

"This weekend our offense kept us in all of our games," said sophomore Matt Fitton.

The Pioneers tied the game in the first inning when Drowne singled to lead off the game.

He then stole second base and advanced to third base on a wild pitch.

See BASEBALL on Page 15...



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Sports

Ex-Yank Williams enjoying life after baseball

Rob Morgan
Sports Editor

It's never easy letting go of something you love.

But for Bernie Williams, letting go of one successful career has led to the pursuit of another, more satisfying one.

While best known as the longtime centerfielder for the New York Yankees, Williams is also making a name for himself as a critically acclaimed guitarist with two hit albums already in stores.

"I'm enjoying the transition into a full-time musician," said Williams.

Williams made a special appearance at FYE in the Milford Mall on April 15 to promote his newly released album *Moving Forward*. The five-time All-Star turned musician signed copies of his CD for fans of all ages — many of which waited patiently in a line that snaked around the perimeter of the store just for a chance to meet the former Yankee great.

One of the people who lined up to get Williams' autograph was Sacred Heart University senior Nicholas Mahmood.

"I was surprised at how many people were there," said Mahmood. "I didn't even know about it until I was walking through the mall the day before and saw the sign. I got there shortly before it started and jumped right in line."

Calling music his "true passion," Williams first took up the hobby at age 13 and eventually released his first album, *The Journey Within*, in 2003 when he was still chasing down fly balls in centerfield for the Bombers.

Yankees fans might remember Williams and teammate Paul O'Neill forming their own band during the late 1990's in which Williams played the guitar while

O'Neill banged on the drums. The duo often set up shop in the Yankee clubhouse and, on occasion, the right centerfield bleachers at the old Yankee Stadium.

While the days of Williams patrolling the Yankee outfield and smacking home runs are over, Williams is clearly enjoying his new career in the music business.

"I'm living out my second dream and enjoying every minute of it," said Williams.

Williams' record company, Reform Records, also couldn't be more pleased with his success.

"It's rare that you find someone who is a master in sports *and* music," said Reform Director of Label Operations Chris Hower. "In terms of the quality of musicianship that Bernie brings to the table, he's an amazing person to work with. You couldn't ask for a nicer guy."

According to Hower, Reform had followed Williams' music career dating back to when he was with Verve Records before signing him to a contract last June.

"When we found out he was choosing to leave his former label, we thought it was a great opportunity to step in and offer him a deal," said Hower.

Judging from the large turnout at FYE last week, Hower and Reform are sure glad they swooped in and grabbed him when they did.

In addition to achieving a great deal of individual success, Williams has paired up with the likes of Bruce Springsteen and James Taylor in *Moving Forward*.

Williams played the guitar while "The Boss" and his wife sang "Glory Days" at Joe Torre's Safe at Home Foundation dinner two years ago.

The song was recorded live and Springsteen and his manager were more than happy to allow Williams to feature the

song on *Moving Forward*.

Another one of the album's songs is a rendition of "Take Me Out to the Ballgame" in which the voice of legendary Yankees Public Address Announcer Bob Sheppard can be heard introducing Williams the same way he did for 15 years at Yankee Stadium.

Williams is also no stranger to the Connecticut area. He performed at a benefit concert at Faith Church in New Milford on Feb. 10, 2007 along with Chynna Phillips.

The day before the performance, Williams notified the Yankees that he would not accept their minor league contract offer and invitation to spring training.

Speaking to a group of reporters before the concert, Williams all but cut ties with the Yankees — at one point referring to them as "that team" and appearing hurt by the fact that he was not in their future plans.

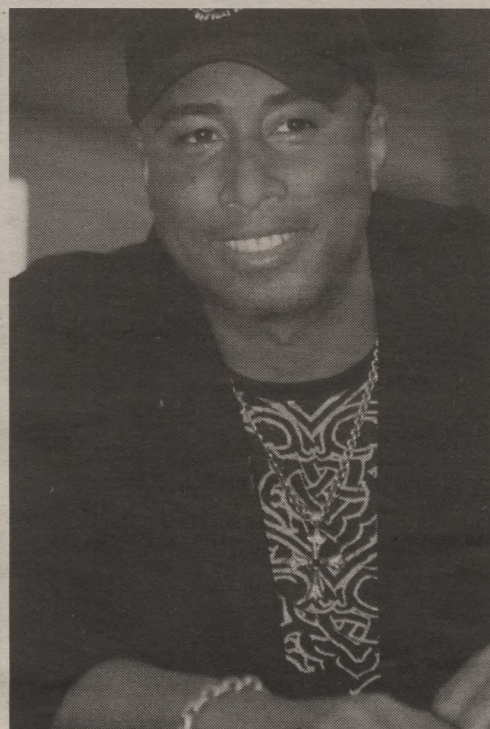
"If they wanted me on the team, they would have signed me already," Williams said at the time. "They have a responsibility to do what's best for the team and I have to do what's best for my family."

Williams continued working out at his home in White Plains, N.Y., hoping that he would somehow get another opportunity to continue his playing career.

But Williams' phone never rang and his only taste of competition during the last three years was when he suited up for his native Puerto Rico in the last two World Baseball Classics.

In the 2006 Classic, Williams went 6-24 with two home runs and 5 RBIs but went 0-5 with two walks in the most recent WBC.

"It was great," said Williams of representing his country. "It made me want to



The Spectrum / Zack Lane

Former New York Yankee Bernie Williams signed copies of his new album *Moving Forward* at FYE in the Milford Mall on April 15.

play again."

But chances are, the 2009 WBC was the last time we'll see Williams on a baseball field, except, of course, for the annual Old Timers' games at Yankee Stadium.

He also didn't rule out the possibility of returning to baseball someday as a manager or coach but, for now, his only focus is on his music career.

Having already solidified himself as one of the greatest Yankees of all-time, Williams is now fully engulfed in his music career.

Bernie Williams is *Moving Forward* and this time, it's a whole new ballgame.

Crew team places fifth in MAAC Championships

Stephanie Reyes
Staff Reporter

Competing in the 2009 Metro Atlantic Athletic Conference Championships on Sunday, April 19, the Sacred Heart University women's rowing team came in fifth place with 107 points.

The Pioneers beat Manhattan College (15 points) but came in behind Loyola College (174 points), Marist College (170 points), Fairfield University (154 points), and Iona College (131 points).

"We had a great race," said sophomore Nicole Settembrino. "Some rows were rougher than others because of the heavy winds. We rowed with heart as always and regardless of winning or losing, we gave it our all."

The day started with the women's varsity 8 taking to the water first.

Marist finished first with a time of 7:40.9, giving them 40 points and Loyola followed with a time of 7:45.5.

The Pioneers placed third with a time of 7:56.2, and earning 32 points.

Iona came in fourth at 8:06.1, followed by Fairfield at 8:08.0.

"We came to the MAAC [Championships] this year unsure of what

to expect," said senior co-captain Katharine Schlosser. "Last year was our first year at this race and it wasn't our best, but we've been training harder, getting stronger, and faster with each practice. Overall, we improved and made great strides from last year."

In the women's novice 8, Fairfield's A-boat took first place with a time of 7:55.2, earning 30 points.

Loyola placed second with a time of 8:04.3, followed by Marist with a time of 8:10.4.

Sacred Heart came in fourth place with a time of 8:20.9, giving them 21 points.

Iona followed shortly after with a time of 8:35.4 and Fairfield's B-boat finished in sixth place at the 9:04.2 mark.

Sacred Heart was up next in the women's novice 4.

Loyola took first in the event with a time of 8:43.5, earning 15 points. Fairfield's A-boat came in ten seconds later to finish second. Marist followed with a time of 9:00.6, and then Iona crossed the line with a time of 9:13.9.

The Pioneers finished in fifth place with a time of 9:15.3, gaining seven points. Fairfield's B-boat came in sixth with a time of 10:04.2.

The ninth event of the day was the women's varsity lightweight 4.

Loyola took first again in this event with a time of 8:52.9, gaining them 25 points. Marist followed in second with a time of 9:04.2 and Fairfield finished with a time of 9:26.6.

Sacred Heart took fourth place with a time of 9:26.6, followed by Iona with a time of 11:14.1.

"This season is going great," said sophomore Kelsey Mullaney. "We have new coaches and we have had a complete change and I feel our team is handling the changes well. I feel as though we are only getting better and each race will only get better than the previous race."

The women's junior varsity 4 event was next on the schedule.

Loyola placed first, yet again, with a time of 8:45.4, giving them another 25 points.

Marist followed at the 8:52.0 mark, then Iona finished at the 9:19.8 mark.

Sacred Heart came in fourth with a time of 9:35.3 gaining them 19 points, followed by Fairfield almost 40 seconds later.

"The outcome of my race was not what I expected," said Mullaney. "I wasn't expecting my boat to do as well as it did,

but we came together and had an amazing race against Iona and killing Fairfield."

The last event of the day that the Pioneers participated in was the women's varsity 4.

Loyola came in first yet again with a time of 8:42.9, awarding them 25 points.

Marist placed second with a time of 8:45.1, followed by Fairfield with a time of 8:58.6.

Sacred Heart came in fourth with a time of 9:11.1, giving them 19 points. Iona placed fifth with a time of 9:28.0, followed by Manhattan in sixth place with a time of 10:21.2.

"I'm proud of the team and the things we've accomplished this year," said Schlosser. "As the season winds down, I know that we will only continue to keep improving."

The Pioneers hit the water again on Saturday for the Met championships at Iona College in New Rochelle, N.Y.

"For [Saturday's] race, we need to work on getting our heads in the right place," said Settembrino. "We have been training hard all winter; our strength gains are already there. We need to focus and put our heads in the boat and encourage one another."

Softball team goes 2-2 in weekend road trip

Pioneers' playoff hopes hanging on by a thread

Chris Whittemore
Staff Reporter

The Sacred Heart University softball team was swept by the Mount St. Mary's Mountaineers in Emmitsburg Md. in a doubleheader on Saturday, April 18.

The Pioneers lost two one-run ball-games, 1-0 and 6-5. The softball team is currently 15-26 overall and 9-7 in the Northeast Conference.

"...we just came into those games with the mentality that we had to leave everything on the field and that's exactly what we did."

- Sophomore Courtney Lee

Mount St. Mary's (10-27 overall, 5-6 NEC) struggled against sophomore pitcher Jen Russell.

Russell pitched a combined 12.1 innings over both games, allowing just two runs, but received two losses on the day.

"Jen is really the epitome of a hard worker and she leads us day in and day out with her performances on the mound," said senior infielder Betsy Harvey. "She has an incredible will to win."

Russell is 10-14 with a 1.77 ERA this season. She has thrown 158 innings and has given up just 116 hits while collecting 132 strikeouts.

"Jen's performance was awesome all weekend," said sophomore outfielder Taylor Froelich.

Froelich is leading the team in average (.311), doubles (seven), home runs (six), and slugging percentage (.511).

The Pioneers salvaged a split on their weekend road trip by defeating the Monmouth University Hawks, 5-4 and 4-3, respectively, in a doubleheader on April 19 in Monmouth, N.J.

Senior infielder Amanda Bradley had game-winning RBIs in both games to secure the wins against the Hawks.

Bradley is hitting .272 with nine RBI and has an on-base percentage of .349 for the season.

"I think we just came into those games with the mentality that we had to leave everything on the field and that's exactly what we did," said sophomore infielder Courtney Lee. "We came up with clutch hits and plays at the right times. We came together as a team and it definitely showed."

The Hawks jumped out to an early 1-0 lead in the first inning after Russell gave up three consecutive singles.

Russell bounced back in the second inning by striking out the side en route to striking out 11 batters in the first game.

The Pioneers finally broke through in the fifth inning when Adrian Fitzsimon and Alyssa Garza both singled to put runners on the corners with one out.

Froelich and Jessica Perez then knocked back-to-back RBI singles to give the Pioneers the lead.

The Hawks loaded the bases in the sev-



The Spectrum /Zack Lane

Sacred Heart's Shannon McCoy (#22) waits for the pitch during the Pioneers' recent game against Central Connecticut State University on March 31 at Pioneer Park.

enth inning of game one to put the winning run at the plate, but the final out was made at the plate on a perfectly executed relay throw from first baseman Courtney Lee to sophomore catcher Shannon McCoy, securing the 5-4 victory for the Pioneers.

"We spoke about how we needed to play as a team and not as a bunch of individuals," said Froelich. "We played as a

team on Sunday."

In the second game of the doubleheader, Russell again gave up a run in the first inning but the Pioneers battled back in the fourth when Jill Timmer and Adrian Fitzsimon each added RBI singles.

Lee extended the lead to 3-1 with an RBI single in the fifth.

The Hawks scored two runs in the bottom half of the fifth inning to tie the score at 3-3.

Sacred Heart would regain the lead in the seventh on a single from Bradley, who went 2-4 on the day.

"Bradley had a big day at the plate, she had two huge hits today," said Harvey.

Russell finished with two wins in her 14 innings of work and struck out 15 batters on the day.

Sacred Heart was scheduled to take on Siena on Tuesday, April 21, but the doubleheader was canceled due to inclement weather.

The Pioneers play host to cross-town rival Fairfield University today at 3 p.m. at Pioneer Park.

The team will finish up conference play with a home doubleheader on Saturday, April 25 against the Fairleigh Dickinson University Knights and will need to win both games in order to secure a spot in the NEC playoffs.

"In order for us to get a bid for the tournament, we're going to have to do the same thing we did to Monmouth," said McCoy. "We need to come out with fire and passion and sweep Fairleigh Dickinson."

Baseball takes three of four

...Continued from Page 13

Two batters later, Hanson drove in Drowne with a single to record his only RBI of the game.

The Pioneers then broke open the game with a five-run third inning. Drowne continued his hot hitting along with senior Tyler Santos, who each drove in runs with RBI triples. Senior Jeff Heppner also sparked the prolific Pioneer offense when he launched his eighth home run of the year which happened to be a two-run shot to left center.

Barthel pitched great down the stretch which led to a complete game victory. The Pioneers ended up tallying ten runs to make the final score 10-4.

"We definitely needed to come out and have a big weekend," said junior Jared Balbach. "The way the conference is this year, every game is a grind and every win we can get is just going to help us down the road."

In game two, the Blackbirds got on the board in the first inning when Jones sparked the LIU offense with a leadoff single and was later driven in by Greg DiSantis, giving the Blackbirds the lead.

The Pioneers then scored three runs on five hits in the bottom of the third, giving them the 3-2 lead.

Santos gave Sacred Heart starter Balbach a 4-2 lead going in the fifth inning by scoring Drowne on a sacrifice fly. Drowne advanced to third as a result of a double by senior Phil Tantillo.

The Blackbirds tied the game at 4-4 in the top of the sixth by playing small ball and bunting runners into position to set up runs.

The Pioneers, however, used the home field advantage in their favor as they fought

to drive in some runs in the bottom of the sixth inning to give them the lead and the victory.

Drowne got on base via a walk and Tantillo was hit by a pitch. Hanson hit a frozen rope to third which was knocked down by LIU third baseman Stupski to hold the runners and load the bases. Santos came up big in the clutch for the Pioneers by hitting a deep fly ball which ended up one-hopping off the wall to give SHU the lead which they held on to for good.

The series finale was a display of pure hitting as the Pioneers topped LIU with a final score of 13-9.

Freshman Hunter Phillips had three hits and six RBIs to help the Pioneers to a big win in a difficult Northeast Conference.

Fitton took the mound on Sunday after a rough outing in game one to earn the win as he put in four innings of solid work, only allowing one unearned run.

"Today was a good start for me from bouncing back from the disaster first game," said Fitton. "I just went back to basics and pitched."

With the bats cooking for the Pioneers, they look to take the momentum into this weekend's series.

"The hitters this weekend deserve all the credit," said Balbach. "We scored 39, 40 runs in four games. You're not going to lose too many games with that kind of production."

The Pioneers will face Monmouth University this weekend with the first game taking place tomorrow, a doubleheader on Saturday, and then a game on Sunday.

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SPORTS

The Spectrum

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SUDDEN DEATH

W. Lacrosse
edges Wagner



The Spectrum/Stephanie Reyes

Sacred Heart's Erika Spadafora (#9) carries the ball upfield during the Pioneers' game against Wagner on April 19 at Campus Field.



The Spectrum/Emily Gumbs

BIRDHUNTING

Hunter Phillips' six RBIs lead Pioneers over Blackbirds
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Photo courtesy of Athletic
Communications

MATCHPOINT

Men's tennis wins NEC title
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