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FEATURES *Should marijuana be legal?*

April 30, 2009 Volume 25 Issue 22



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The Spectrum/Stephanie Reyes

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See A&E for more
details on page 9...

Jack Zider
was crowned Mr.
SHU on April 24
in the Edgerton
Theatre.



New common core grant

Alyssa Scott
Staff Reporter

More heads have always been better than one. On Saturday morning ten professors, gathered together with coffee and breakfast for their weekly meeting to discuss the Common Core Curriculum.

Acknowledging their work, the Davis Educational Foundation granted Sacred Heart University \$80,000 to provide stipends for the professors teaching the new curriculum. As of now, ten members of the faculty from various disciplines come together each week to develop an innovative multidisciplinary curriculum, and in the fall of 2009, an additional ten faculty

members will be added.

"The work they are doing is unique, distinctive, and challenging because it asks each faculty member to reach beyond his or her own discipline to learn and study material from their colleague's discipline," said Dr. Michelle Loris, professor and associate dean of the College of Arts and Sciences.

Forming this new curriculum, the team of professors hope to offer their students an invaluable experience that can apply to their life after college. Based on the Essential Learning Outcomes research, students need an education that challenges them to answer philosophical dialogue in all subjects.

See Curriculum on page 2...

[Top left to
bottom right]
Jason Serule
Zack Zider
Mike Cassaza
Anthony
Santos
JT Strosnick
Eric Pine
Danny O'Connor



Free Printing gets cut by IT department

Therese O'Shea
Staff Reporter

On Tuesday, April 28, the executive board of the student government arranged a meeting with heads of the Information Technology (IT) department, regarding a surprising change for the upcoming fall semester: no more free printing.

The student government (SG) was only made aware of this change when student ambassadors were advised to no longer mention free printing on their tours with prospective students. They received an e-mail on April 2, stating that "students will still have access to printers and copiers...but will be charged for printing, just like they are now if they go over their 400 page quota."

As several students who are student ambassadors also hold positions on student government, they were caught off guard as to where this change came from, why it was happening, and why student government was not

consulted.

The meeting allowed the SG, backed by select administrators, to directly confront the IT department, as well as give the heads of IT a chance to explain themselves.

"It's just money," said Mike Trimble, VP for Info Tech and Security. "My budget has not increased, yet operational requirements have steadily increased each year. There is no other reason but economics."

The SG's main concern was that the current student body, the majority of prospective students, and the student government board themselves were not made aware of these changes.

"The administration is seen through us, and this is our business: the concerns of the students," said Kelly Leather, president-elect of the student government.

When a quota was set in fall 2008 on how many pages of free printing students could have per year, student government was concerned that they were not notified until late in the summer of 2008. Dean of students Larry Wielk

pointed out that SG is not fully functioning during the summer months.

"We waited until the summer to tell students, and it looked like that was going to happen again this year," said Wielk. "And that is wrong."

Trimble said that the IT department was trying to get word out to students before they left for the summer, but the change would also be announced in an official university letter regarding a tuition increase.

The student government did not find this to be a sufficient way to notify students.

"I just don't understand how you can go about this and expect that one letter at the end of the summer can do it," said Matthew Choiniere, student government VP of finance. "We are the governing body about the students. If you are going to do what you are trying to do, then come to us and we can work to improve the damage. I can respect that there is a reason behind everything, it is just confusing that we and administration were not consulted."

See IT on page 2...

INDEX	NEWS.....	1-4	A & E.....	8
	STUDY BREAK.....	5	FEATURES.....	10
	PERSPECTIVES.....	6	SPORTS.....	12-16

CONTENT	INTERNSHIPS.....	5	STUDENT DEBT.....	11
	HE/SHE SAID.....	7	SCOREBOARD.....	12
	MR. S.H.U.....	9		

News

Curriculum enhancements due to new funding increase

...CONTINUED from page 1.

"The Core has really allowed these kinds of conversations to take place, and the Davis Fellows are especially lucky to have time set aside specifically to develop these integrative models of thinking and learning," said history professor Jennifer McLaughlin.

However, it has not just provided a rigorous program for students but a new challenge for faculty as well.

"As a Davis fellow, I have really appreciated the chance for intellectual dialogue with my colleagues from other departments. I have a deeper understanding of some of their disciplinary perspectives and a broader sense of what teaching in the Core can and should be," said Jennie-Rebecca Falcetta, an assistant professor of English.

Through their joint efforts, the professors have had the opportunity to more thoroughly explore different subjects of knowledge and communicate their own.

We rarely get to work so closely together to develop curriculum in such a collaborative way. It's a pleasure to be able to throw ideas to the group to see what kinds of connections we can make and think about the

ways in which each of our disciplines informs the others, said McLaughlin.

Others have found it a better way to delve into the larger philosophical questions of the curriculum.

"It's been a great experience to interact with my colleagues in other departments in this way, and to discuss diverse disciplinary perspectives to exploring these 'big questions'," said Dr. Geoffrey F. Stopper, an assistant professor of Biology.

Like Sacred Heart, many other schools receive grants from the foundation in support of rigorous educational programs.

According to the Davis Foundation's Web site, "the foundation is an expression of the [Davis] couple's shared support and value for higher education and has provided over \$75.8 million in grants to more than 139 institutions."

As the core develops at Sacred Heart, some students believe that it will enhance the quality of education.

"I have taken a few core classes, and they have been interesting. As it develops, it will be an appealing program for future students," said junior Julie Giononi.

Fall semester brings new changes to Spectrum staff

Beginning in the fall 2009, the Spectrum staff will be as follows:

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Features Editor

Julianna Brittis

Asst. Features Editor

Marisa Graniela

Farewell and good luck to our senior editorial staff members!

The Spectrum graduates:

Shelley Thomas,

Leah Gallagher,

Allie Pohevitz,

Shannon Ianni,

Samatha Selvaggio,

Olivia Soriano,

and Nicole Giglia.

Also, the Spectrum would like acknowledge that after 10 years, Debbie Danowski will be stepping down from the advisor position.

Joanne Kabak will be the new advisor.

THE SPECTRUM IS STILL LOOKING FOR FREELANCE WRITERS & PHOTOGRAPHERS.

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IT waits to release printing 411

...CONTINUED from page 1.

Jaclyn Bellino, president of the class of 2011 pointed out that students in the school of health professions such as herself are often assigned to print out close to a hundred PowerPoint slides for their classes. Putting a fee on printing means these students will constantly be paying a fee, just to do their homework.

"We made a point of saying that that is an issue with the students who take classes at Cambridge, the school of health professions," said Trimble. "We will communicate with the faculty, but I don't have a lot of sway. I can tell them that every page you ask them to print, that they will have to pay for."

According to the IT, despite the quota, students

on average were individually using 176 prints per year. Only 380 students out of 5,744 total students (both undergraduate and graduate,) exceeded their quota for the year. Almost 1,000,100 prints this past year were considered "waste."

"If there's a limit, you're going to be more conscientious," said Trimble.

At 6 cents per page, students will be expected to use money from their general account on their SHU card to pay for printing.

The SG pointed out that nine out of the ten twelve schools that Sacred Heart University is most often compared to offer either free unlimited printing, or a quota on prints per semester. These schools include

Fairfield and Quinnipiac University.

"We have accepted the print quota, but now that is being taken away from us. All of these universities that we are competing with have this over us now," said Leather.

Leather concluded the meeting by requesting that the IT go back and review the student government's request to keep at least some form of free printing for students.

"We want this reviewed, we need it reviewed," said Katie Higgins, president of the class of 2010. "I think that would be a step in the right direction."

Trimble agreed on behalf of the IT department to review the student government's requests and reconsider.



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Video games pose as possible addiction for students

Mari Brown
Staff Reporter

Do you like to play video games? If so, be careful, these games can be addicting.

According to USA Today, a study shows that "nearly one in 10 children and teens who play video games show behavioral signs that may indicate addiction."

Symptoms include "skipping chores and homework for video games, poor test or homework performance and playing games to escape problems."

Many students at Sacred Heart University have been affected by video game addictions.

"I've definitely put doing homework off in order to invest hours into playing video games," said senior Gregory Chase. "Like the new Super Smash Brothers, when it came out I didn't stop playing for at least 12 hours."

To invest this much time in front of a TV with a controller is not uncommon on campus, according to student mentor Sean Heffron.

"I have had many students identify [playing too many video games] as an issue after receiving failing grades," said Heffron. "I have also personally had to track down at-risk students in their rooms, and upon entering, found their rooms to look more like an EB Games store than a residence hall room, and the students are playing video games."

A question posed about if whether or not an addiction to video games correlates to gambling. According to USA Today, "the survey does not end the debate over whether gaming can be addictive in the way gambling...can be."

When asked, several Sacred Heart students said they don't think video games have anything to do with gambling.

"I don't believe that video games have anything of a significant influence on the outward behavior of an individual in his daily life," said Chase.

"So I don't think that playing too many video games can lead to an addiction like gambling."

Heffron agrees with the students.

"Although it is addicting, it's fantasy," said Heffron.

"It's an escape, and that is why most students don't equate it to hurting them in 'real life.' Most gamers would never risk something of actual value and gamble, in my opinion."

While sophomore Evan Jacobs doesn't think he personally is addicted to video games, he admits that "everyone has those friends who sit and play video games all day, and don't go outside. So there are definitely people that have addictions to video games."

If anyone at Sacred Heart does have an addiction to video games, Heffron has advice for them.

"It can be treated like any other addiction, and that begins at the Counseling Center," he said.

Accepting the reality of an addiction to video games may be difficult for some, but in the grand scheme of things, to have this addiction is better than others, according to Heffron.

"I personally think video games are a part of the culture on most college campuses, and can be a great social tool, an outlet for stress, and a healthy, inexpensive alternative to drinking and drugs," he said.

DARFUR SURVIVOR TELLS HIS STORY AT SHU

Stephanie Sakellarides
Staff Reporter

El Fadel Arbab escaped the horrors of Darfur by climbing in a tree to hide from the militia.

Many people are unaware of the war that is going on in Darfur, Sudan. For six years, the people of the Sudanese desert have been attacking one another in hopes of eliminating the other.

Tonight at 7 p.m. in the Schine Auditorium, the students of the Multicultural Education class and Residential Life will help spread awareness on the effects of the war on Darfur by telling Arbab's story.

"I hope students will be more aware of the genocide in Darfur after hearing

[El-Fadel] a survivor of the genocide," said Kempton. "I hope students will talk and organize to support relief efforts for Darfur."

As a young boy of twelve, Arbab's village was attacked and he was separated from his family. He escaped from the militia and for the next 10 years traveled all over Sudan, grabbing food and shelter wherever he could find.

"El Fadel's story is so unbelievable, inspiring and profound," said junior Danielle M. Chacra, one of the event's organizers.

Now living in Portland, Maine, Arbab has learned to speak English, works two jobs to support his family, and is taking his story on the road to share with everyone.

Still worried about his father and other siblings who still remain in Darfur, Arbab hopes to spread awareness of the war to save them and others in Darfur.

According to most news reports, about 450,000 people have been killed and 3,000,000 have been relocated to other villages.

"It's mind-blowing to believe that someone could live through these hard times and live to tell the tale," said junior Kelly Martin, a psychology major. "I can't imagine all the emotional, psychological damage it must have caused him."

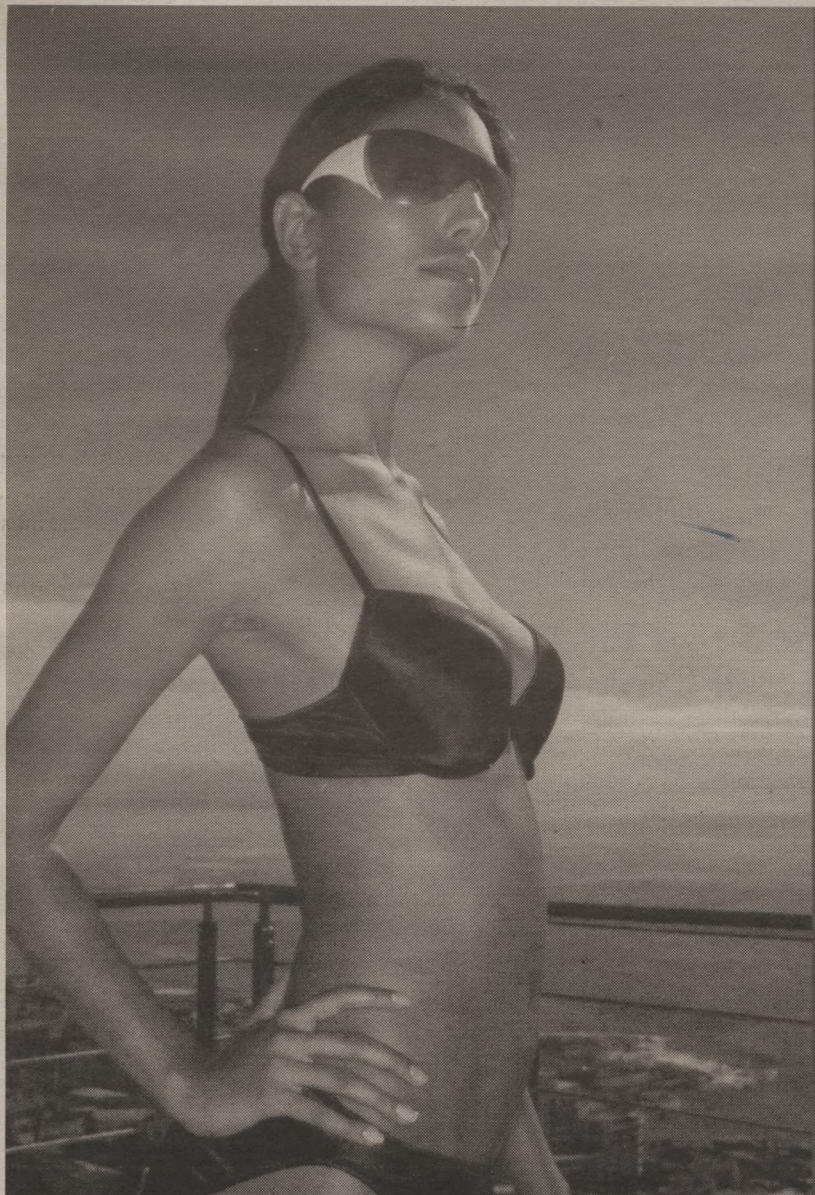
According to Dr. Lauren Kempton, a multicultural professor who has organized this event, the war in Darfur started as a conflict between rival groups the

Janjaweed (the devil on horseback) and the black African tribes, such as El-Fadel Arbab's tribe, the Fur tribe.

"The genocide is very complicated, but it is mostly about land and resources," said Kempton.

Kempton encourages students to get involved and help by organizing a letter writing to Obama, organize a solar cooker fundraiser, join a local Darfur Facebook or MySpace group, and support relief efforts. Last year Kempton's class raised \$1,000 to purchase solar cookers for Darfur.

"The war on Darfur is still going on," says Chacra, "and I think it is important to spread awareness on what is actually going on right now as well as share with Sacred Heart El Fadel's incredible story."



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The Internship Section

Andrew McCoy &
Dennis Conrad
Contributing Writers

SACRED HEART STUDENTS GET THE JOB DONE

With the recession ever looming on the mind of students as graduation is coming closer and closer, the thought of finding a job in this turbulent market seems hard to imagine.

What can a student do in order to not only prepare themselves for the entrance into the work force, but also for building a resume strong enough to give them a fighting chance in the competitive job market? For many the answer is quite simple. Get an internship.

Not only do internships provide students with hands on experience within one's given major, but they also serve as aid to putting the student one step ahead of their peers when applying for a job. In addition, a student may also use the internship as a way to weed out potential professions by providing them with a view as to what the work may entail.

Often times, students find that what they had wanted to do, is not as glamorous as they had

thought, forcing them to reconsider their future.

"I had wanted to be a teacher," said junior Tom Jessie, "but after working within a school district I realized it wasn't the job for me."

For many, this realization provided by the internship comes just soon enough to look otherwise, and allows students the ability to look into other careers before ever committing to one. The internship thus serves as a test run in most instances.

But with the benefits, comes the fears associated with internships. Many students picture an internship as they are often depicted on televisions and movies.

"To be honest, I really haven't looked for an internship because I don't feel like spending my day getting my boss coffee or a sandwich," said junior Kristen McCarthy.

Many students assume what they do is menial,

mindless work and for that reason, see no point in working to set up the internship seeing as they think nothing is to be gained from said internships. Add the fact that many students have no idea where the internships are found, and for that matter how one goes about setting one up, and it is easy to see why so many students have not been a part of one yet.

But fret no more students. The writers of the spectrum have interviewed multiple students, all recommended by the Career center, and chairs of their respective majors, to show you that many times internships can be exciting and interesting opportunities.

Take a look at the following students from all different majors, to better help you understand the importance of an internship, how to get one, and how in most cases they can be a worthwhile and meaningful experience.

***"It's not every day an inexperienced person gets to work for a top firm, walk with the 'big dogs,' and use their resources."* - Polina Markovich**

Name: Polina Markovich
Class: Junior (2010)
Major: Accounting and Finance
Internship: Ernst & Young



Due to the scarcity of jobs during these harsh economic times, on-the-job experience is a critical step for many college students pursuing careers.

Junior Polina Markovich understands the importance of job experience and feels that internships are the best way to go about it.

"I believe internships are vital to the success of one's career. It's not every day an inexperienced person gets to work for a top firm, walk with the "big dogs", and use their resources."

Markovich is a double major of accounting and finance, and will be working as an accounting intern at Ernst & Young this coming summer.

"I will be interning in Ernst & Young's Stamford, Connecticut office five days a week, full time and will be monetarily compensated," said Markovich.

Part of her internship experience will be responsibility as well as working with others.

Markovich's job will involve being on team audits where she will interact with

clients. This will allow her to gain a better understanding of the in's and out's of the audit profession.

Not only does Markovich hope to gain useful job experience, she also wants to make sure that she chose the right profession in which she can thrive in.

"With this internship, I hope I become secure in the fact that I selected the right career choice and will be able to gain great success in the field."

So how did she go about getting her internship?

"I went through the Career Center, who helped me write my resume and apply for the internship online using e-recruiting," said Markovich.

While creating your resume, there are a few things you should consider to keep yourself out of trouble as well as making it appealing.

According to Markovich, honesty is the best policy. While making your resume, you often elaborate on details, and if you lie that lie might become bigger and bigger. A thesaurus can be useful as well in that it might jazz your resume up with a few fancy words.

Landing an interview is one of the first main steps in getting a job and the more prepared you are, the better.

"If you land an interview, make sure you practice and are ready for any questions that may be posed to you. You should also go in with interesting questions, make the interviewer think a little.

Remember there is no need to be nervous, walk in confident but not cocky. The interviewers are average everyday people," said Markovich.

Finding an internship is not an easy task especially during these tough economic times, that's why the sooner you start, the sooner you'll see results.

"I would advise you start early and not wait until the last minute. Talk to the career center, they help with internships year after year so they know what they're doing," said Markovich.

Name: Melissa Bruce
Class: Senior (2009)
Major: Criminal Justice
Internship: Security and Crisis Management Department at General Electric

If you think interns are not given any sort of responsibility, you might want to talk to Melissa Bruce, a senior at the university who is used to seeing nearly 30 hours of work in a single week.

For Bruce interning with the security at General Electric is quite demanding.

"You cannot just sit around and study for your test you might have that night," noted Bruce. "its crazy to see how many emails or calls I will receive regarding work."

On a given day Bruce can be expected to deal with international, national, and regional security directors, all within GE's companies. Though the responsibilities vary on a given day, the internship has Bruce and one other student process mapping, setting up conferences, keeping track of GE employees keeping files on risk countries.

"The main thing I learned is to balance my time with work, school, friends, and the gym," remarked Bruce.

But don't let the workload overshadow the merit of the program.

Not only is Bruce gaining real world experience within her field of study, but

it has also opened many doors for the future through the connections she has made in at GE.

Bruce has also taken away lessons which only work experience can provide.

"I wasn't always good at getting along with people i worked with but GE has taught me to have patience with others and just focus on my work and do it well," said Bruce

And though strenuous at times, Bruce explains that her bosses are quite helpful with her future aspirations.

Not only have they helped with writing recommendations for her applications to graduate schools, but they are also quite understanding of the fact that she is a student first and foremost.

"They are understanding that some days I can't make work because I do have a lot of tests that week or just exhausted."

But how does one go about gaining such an intensive internship?

According to Bruce, the best thing a student can do is go to the Career Development department to look over your resume, and if interviewing, it's best to be yourself above all else.

And with all the positive attributes of working with GE, for Bruce there is always the one that will stand out above the rest.

"It's looking pretty damn good on my resume."

The 5 Best Pieces of Job/Internship Advice You Will Ever Get from Cornell University

1. Know What You're Getting Into and Speak Up From the Start

It is important to not be afraid to ask questions. There is nothing too little or stupid to ask about. You are better off knowing every little detail about your job, and what is expected of you, than to guess. Don't be afraid too, to let your boss know what you want out of it all.

2. Be Proactive

Simply put, always ask yourself "what else can I do to help out?"

3. Do your Homework

Research your company, and its products (if applicable). Though tedious, it is far better than being embarrassed when you are unable to answer a question asked of you.

4. It's the Little Things that Count

It is all about relationships. Be nice to anyone and everyone, whether it is the secretary, or the cleaning service worker, it is a good reprieve around the office that could mean a great future.

5. Network, Network, Network.

Shake as many hands as you can. Who knows how that person could help you in your future. It is not a matter of bragging, but make sure they understand the work you are doing and the skills you are gaining. People talk, and who knows who they could be talking to.

Name: Stephanie Cummings
Major: Political Science and History [Minor in Global Studies]
Class: Senior (2009)
Internship: Representatives D'Amelio and Tony Hwang with the Connecticut General Assembly at the Connecticut State Capitol

After filing out an application based on the recommendation of the head of her major Dr. Gary Rose, Stephanie was chosen along with 120 other students to participate in the interview process to work at the State Capitol. She would be one of 80 students picked to participate in the program which takes place over the course of a students spring semester.

"An average day at the LOB is very fast paced," said Cummings, "there are always letters to be written and phone calls to be made!"

Though Cummings noted it is quite hectic throughout the seven hours she spends at the capitol two days a week, it is the work experience that makes it all worth while. "This is a hands-on experience which teaches so much more than simply listening to a lecture in a class."

Students accepted into the internship can expect to attend public hearings, work

to resolve constituent cases, and even sit in on much of the legislative process such as debates and committee meetings.

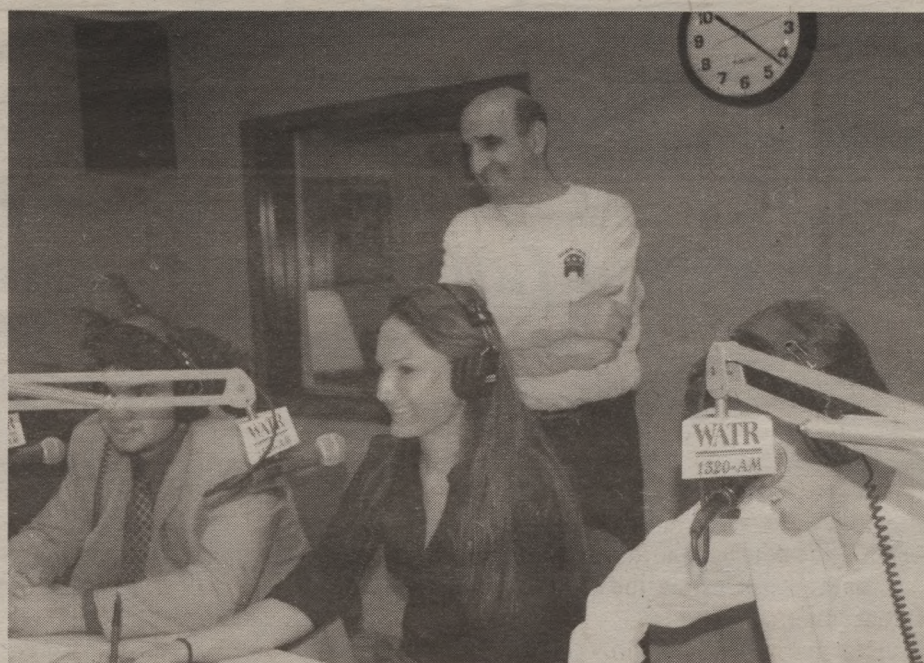
But don't think this effort goes unnoticed. Students working at the capitol can earn up to 12 credits, if they decide to work full time, or 6 credits for two days a week. A nice incentive for the real world experience the internship offers.

Because Where classes can only go so far, work at the capitol has not only taught Cummings the inner workings of the legislative process, but has also given her the chance to make contacts with people to aid her in her future. At the capitol, Cummings meets many legislators as well as lobbyists whom have the ability to help make her future aspirations possible; contacts many students can only dream of making.

"There are many different opportunities that arise from interning. Many people have moved on to become legislative aids or lobbyists. Some people are inspired by the work that the Representatives and Senators do leading them to run for office," noted Cummings.

And though the internship is unpaid, students are given a gas stipend which covers the commute and usually a little bit more for your pockets which.

Students interested in applying for



the internship can look to apply towards the middle of the fall semester with Dr. Gary Rose. An essay is required with the application, but as Stephanie noted, "the application process is not hard, and worth the effort."

When asked what she would recommend to students apply for this, and other internships, Cummings said, "Before your interview do your research on the people you will be working for so that you are

not caught off guard by a particular question; Knowing background information shows that you are dedicated to obtaining [an] internship."

For Cummings, it was just a matter of taking the chance.

"[you should] always apply, even if you don't think you have a shot at being selected."

"There are many different opportunities that arise from interning. Many people have moved on to become legislative aids or lobbyists."

- Stephanie Cummings

Name: Kristina Dolan
Class: Senior (2009)
Major: Media Studies
Internship: MTV/VH1 in New York City, Entertainment Tonight in Los Angeles California, and Insidehockey.com

The thought of having one internship with a popular entertainment based television channel is enough to make anyone excited, but for senior Kristina Dolan she'd rather have three.

"The first two I just get emailing people's contacts that I found on their websites and kept talking to people who worked there," said Dolan.

And the hard work paid off. Dolan was given an opportunity to work with the wardrobe department for the popular television show, "Entertainment Tonight," as well as the production team for the show "Best Week Ever."

What made the internship even more exciting was the fact that on any given day Dolan could be given any number of tasks.

"[my daily responsibilities could be] anything from keeping people updated on the schedule/changes for the day to sitting in on filming and helping whenever needed," said Dolan.

But don't let the relaxed work environment let you think she didn't work hard for the job.

Dolan worked nearly 40 hours a week at each of the internships, working from 9-3:30 Monday through Friday just

like any other full-time job, but without the perks of having a paycheck.

"It was unpaid, but I received credits for both internships."

And Dolan would not opposed to continuing work at either of the internships, explaining that the excitement of the hustle and bustle at Entertainment Tonight would definitely be something she would love to spend the rest of her life doing.

Plus it did help that Dolan even had the chance to meet the one and only Paula Abdul and see that in real life she is completely different than how the media portrays her.

But two once and a lifetime internships were not enough for Dolan.

After speaking with Professor Kabak at the University, Dolan was set up with an internship freelance writing for the online website Insidehockey.com

Within the internship, Dolan is given the responsibility of writing and reporting on each of Sacred Heart's men's hockey games for the website.

Added together, Dolan has created herself quite an impressive resume, and all with internships which were extremely exhilarating. By simply taking the initiative to talk to professors and contact companies was Dolan able to set up a grouping of dream internships which not only helped with her future, but ones which she will remember forever.

"They were great experiences and gave me a good insight into what I would like to pursue as a career."

"[my daily responsibilities could be] anything from keeping people updated on the schedule/changes for the day to sitting in on filming and helping whenever needed."

- Kristina Dolan

Name: Brian Flumere
Class: Sophomore (2011)
Major: Marketing
Internship: CampusLIVE

Internships come in all shapes and sizes. Some are paid and some are unpaid. Some last the summer, while others continue through the school year. Some are local but others offer employment from out of state.

Sacred Heart university sophomore Brian Flumere is a marketing major, whose internship allows him to work right here at the university, even though it is based out of Amherst, Massachusetts.

"I have a business internship with CampusLIVE.com. Because it is based out of Amherst, Massachusetts, I spread the work load out over the course of the week," said Flumere.

Because this internship is done from afar, tight communication and scheduling is crucial.

"The internship hours are conducted with the director of marketing for the site, Sasha Grossman. I have a scheduled time to meet on the phone with him to discuss future projects. I work with him to find the best ways to implement the web site here on campus," said Flumere.

The job may seem lenient, but it requires as much thinking and responsibility as any other internship.

On a given day, Flumere is expected to use various different techniques to get the web site widely used here on campus.

Currently the web site is working on a link that will actually give all organizations in the school their own section of the site.

"This will allow clubs and organiza-

tions to keep students informed on news and events," said Flumere.

Similar to many students, he got the internship through career development. It is a non-paying internship, but he does receive three credits for it.

Flumere may not be in an intense business atmosphere for his internship, but he still feels this job has a lot to offer.

"I have become extremely interested in the marketing field during my time here at Sacred Heart. This job gives me a better understanding of the techniques that need to be used to successfully market a product," said Flumere.

This experience has been an enjoyable one for him so far, and could result in future jobs.

"CampusLIVE has given me the opportunity to interact with staff and students to get the web site going at Sacred Heart. After the internship is completed, I could see myself continuing to work marketing for them. This web site has had unbelievable success at colleges across the country," said Flumere.

He emphasizes the enormous impact and success the web site has on on Sacred Heart during the spring semester, and how it only continues to grow to all schools across the country.

According to Flumere, the web site is widely used at 60 different college campuses around the country and is planning on an additional 500 in the upcoming months.

"It was recently ranked third in BusinessWeek's 'America's Best Young Entrepreneurs of 2008.' This web site provides the most widely used college resources with just the click of a mouse," said Flumere.

Perspectives

School year comes to an end, summer brings possibilities *Even with a full schedule, students leave time for summer fun*

James Kearns
Staff Reporter

It's almost summer time, and you know what that means—finding a job; working at your internship; maybe taking a few summer classes to bring your GPA up and get a few credits closer to graduation. But what happened to the fun summers that students used to have in high school?

Those times have not passed for some Sacred Heart University students who have found ways to balance work and having fun over break.

"This summer, I am taking my best friend back home to Texas with me for a week," said freshman Andrew Aleman. "We are going to explore the great city

of San Antonio, go to Six Flags and SeaWorld, and then explore several other areas of Texas, like some of the historical sites around the area."

As if his plans weren't already enough to fill an entire summer vacation, Aleman added another trip to the list.

"Also, hopefully, we will be able to go to 'Schlitterbahn,' the No. 1 water park in America," said Aleman.

After that fun-filled week, Aleman plans to buckle down and get some serious work done.

"I plan to get a job and attend community college to get a class out of the way, but I have no idea where I will be working yet," said Aleman.

Sophomore Ashley Roemer also has

big plans for the summer.

"I will be studying abroad in Ireland before I spend a week in Paris with my friend," said Roemer. "I hope to find a job when I get back."

While these students have their summer fun planned out before their summer jobs, some are working the other way around.

"I will be working for a local landscaping company doing simple maintenance during the day and then I will work at Target as a cashier at night," said sophomore Samantha Latulippe.

Although Latulippe will be working two jobs, she does still have some fun activities planned.

Like Latulippe, not all Sacred Heart

students need to go away on trips to have a good summer vacation. Some are lucky enough to live in spots that are tourist attractions.

"I live in a vacation spot, Boothbay Harbor, Maine," said sophomore Sarah Tatlock.

Tatlock enjoys taking her summers slow. She does things like "going for walks, going to the movies, swimming, watching the sunset, and stargazing," said Tatlock.

One thing that almost everyone looks forward to over summer break is the food.

"Cheeseburgers fresh off the grill are the best," said Roemer. "[Nothing beats] having a big meal outside eating burgers, like at a barbeque."

Advice gets passed along from seniors to incoming freshmen

Joe Mazza
Staff Reporter

For the most part, seniors loved their years here at Sacred Heart University. However, there are some things they would have changed.

Recognizing what these things are, they hope to steer freshmen in the right direction.

"When you make mistakes, you learn from them," said senior Emily Humbert. "I try to pass on my knowledge personally."

The most important thing that seniors wanted to get across to freshmen was to make the most out of every situation. Senior Vanessa Bush said she wished she would have been more active in her early years.

"As a freshman, I didn't involve myself in many clubs, which I regret," said Bush. "As the years progressed, I fully immersed myself in the school and became very active."

Seniors wish they used their time more wisely by being more social.

As a freshman, senior Sam Colletto said he was "stressed and nervous because of being in the new college environment."

Although four years may have seemed like a long time for senior Lauren Tilton when she was a freshman, she now understands what the seniors were telling her four years ago.

"I wish I knew how quickly it was going to fly by," said Tilton. "You hear all the older people say that it flies by and

whatnot, but until you actually experience it, you don't realize how right they are. I can still remember my first day of freshman year, and it seems like it was yesterday."

While the social aspect of the college experience is important, seniors wouldn't say that constant partying is the way to go. Ryan Mongillo said he should have put more of his time towards schoolwork and hopes freshmen don't do the same thing he did.

"Work hard and manage your time very well, because that is one of the hardest, but most important, things in college," said Mongillo. "The more you party, the less likely you are to get up in the morning for class."

Not getting your work done may be detrimental to your grades, so planning ahead can count as a real advantage.

Another advantage would be to join as many clubs as possible.

"I encourage freshmen to get involved with clubs and lectures because you learn a lot about yourself and life your freshman year," said Humbert.

"There is nothing wrong with trying everything." Then again, if something goes wrong, it is important to not stay hung up on it, because it won't matter in the long run, according to Tilton.

"I wish I had known not to sweat the small things as a freshman," said Tilton. "Looking back, I notice that those things really didn't matter."

The SPECTRUM

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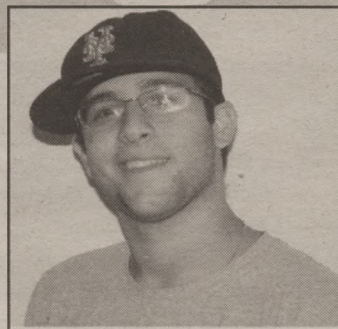


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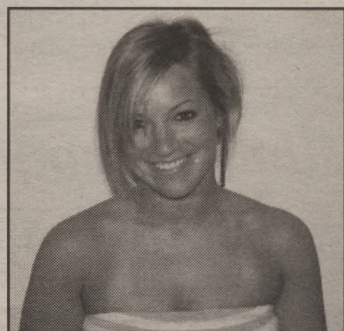
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SHU Voices
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"4-Stepping Dance Class."



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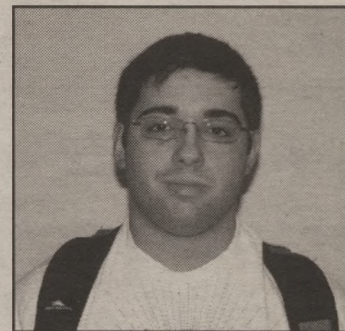
"Forensics Psychology."

What course do you wish
SHU offered?



Katherine Morales
Sophomore

"Black & White Photography."



Ryan Fionda
Sophomore

"Freestyling 101."

Rave of the week: Spectrum staff reflect on their past four years

Rants & Raves

Allie Pohevitz
Columnist



Graduation is always an exciting time in a person's life. Whether it is from kindergarten, middle school, or college, they are all milestones that we have been looking forward to for quite some time.

With graduation slowly creeping up on me, I have been thinking lately of all the time I have spent here at Sacred Heart University.

As cheesy as it may sound, SHU is a home away from home for so many of the people that attend this school. Not only do we share the same classrooms, but we also share our lives with one another, and that is going to be hard for me to let go.

There's no reason to deny it, the economy has been in a downward spiral for quite some time. Though that may be the case, Sacred Heart really has prepared us for the "real world."

I have learned through my four years that if there is something I really want, I need to go for it, no matter how scary that may seem. Some of the other Spectrum Editors share my feelings and wanted to share their experiences with you:

"I am currently a senior and will be graduating this coming December. I am actually really glad I have another semester before I graduate because time has gone so fast and I am not ready for the so-called 'real world' or to leave SHU yet," said Assistant Perspectives Editor, Angela Salerno.

"I'm actually very excited for my future. Coming into this year I was nothing short of terrified, but now that I finally have my career goal, I'm ready to head into the

next phase of my life. I'm absolutely sure that my four years here at Sacred Heart have prepared me for whatever is going to come my way. Four years fly by a lot faster than you think," said Assistant News Editor, Shannon Ianni.

"It has been quite a ride getting to this point in my life as a graduating senior, but I wouldn't trade any of my experiences and all the knowledge I have obtained throughout the years for anything," said Features Editor, Samantha Selvaggio.

"I am excited for graduation because it's my opportunity to start a new chapter in my life. I'll be attending The New School University this fall to pursue my Master's Degree. I'm so excited to be living and going to school in New York City," said Assistant Photography Editor, Nicole Giglia.

"Instead of searching for a job right away, I have an alternate plan for after graduation. I was accepted into an internship program through the University of Dreams so this summer I am going to live in Los Angeles and intern at Dick Clark Productions full-time," said Editor-in-Chief, Shelley Thomas.

"I actually graduated in December and have been working outside of Boston at a rebate center. No, it's not exactly muckraking journalism. But I'm also working on a couple of articles that I'm freelancing and I won't stop until I'm in a job where my main duties are writing and editing. It's what I love and, as the economy gets better, we'll all have a good chance at doing what we enjoy out in the real world," said former Arts and Entertainment Editor, Alex Prim.

So, whether you are a senior like me, or at any point in your ride through college, it is important to remember that you decide where this life will take you.

Thank you, Sacred Heart, for making us who we are today. We will all miss you!

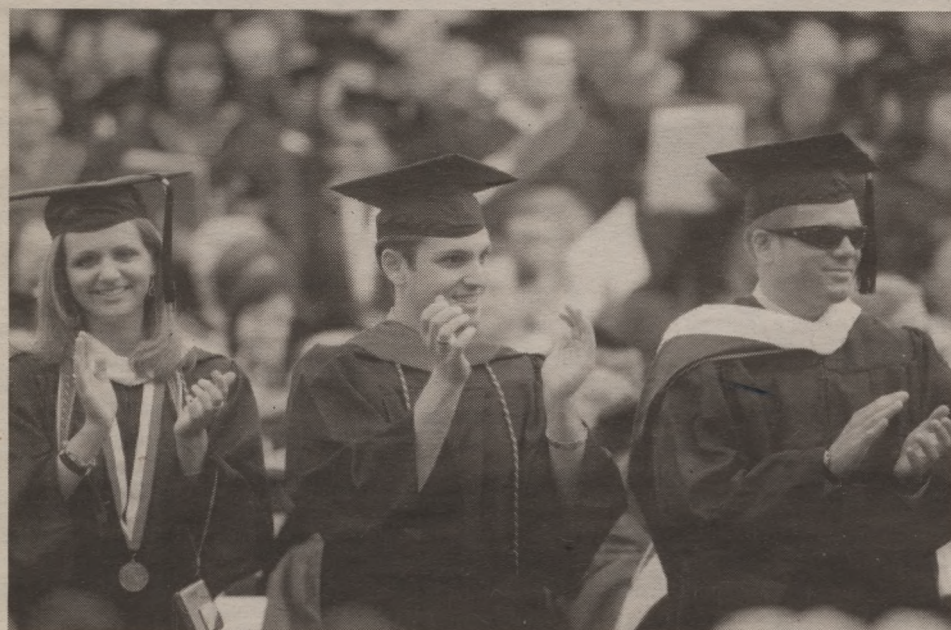


Photo courtesy of John Galayda

Wearing their caps and gowns, graduates cheer and applaud during their graduation ceremony in 2008.

He Said/ She Said...

How do you feel about the 'manning' epidemic?

Brian Germain
He said



There are very few things in this world that grind my gears in the very same way someone that is fake does. My main beef is with those who have a fake personality. You know, those people who pretend to be all nice and cheery to your face, but they're really a demon behind closed doors.

I don't like to put up with acts like that. I appreciate a genuine person who is confident in themselves to express their true personality. The same too holds true for physical appearance. I can't stand when people go out of their way to alter their natural appearance.

This goes for cosmetic surgery, excessive makeup, and fake tanning. I know a lot of physical alterations have to do with the media. People want to emulate what they see in magazines and on television.

There is a growing breed of a cookie-cutter generations, where all kids have a model of the exact way they want to look. This is going to produce a gross society of unoriginal people in the future because the problem is only getting worse.

The tanning industry has grown from marketers of oils to increase one's bronzing glow, to hundred thousand dollar beds of heat and light people spend their time in on a regular basis.

Tanning salons gross billions of dollars across the United States appealing to a desperate and often addictive attempt for males and females alike to maximize the pigmentation in their skin.

This is the 21 century. We still shouldn't pretend not to know basic scientific knowledge regarding the power of the sun and potential danger of the sun. But, we want to pretend to be negligent as we can and create a device that showers one in a tag team of UVA and UVB light.

Melanoma and other skin cancers have a positive correlation with the rise of tanning salons, and the increase in documented medical cases that have been going through the roof. So people stand in these cancer boxes all for the end results of a little tint to their skin.

Excuse me for saying this, although I'm not ashamed at all, tanning is one of the dumbest things a person can do. It doesn't matter if you're a guy or girl, the results are the same. Your fake skin color just makes you look silly.

Do you really think anyone is impressed by an unnatural color that you keep through the middle of a New England winter that makes you look like you were dipped in a pool of dark oak lacquer?

My advice is, be bold to cast aside such tempting augmentations and display the natural beauty that is you.

Liz Warren
She said



It's true, everyone looks better with a tan. It clears up your skin, helps you appear more awake, and makes you look great in brightly colored clothing.

Like many girls, I am automatically attracted to a guy with bronze, glowing skin. But once I take a second to think of how he got a tan in the middle of December, I become slightly disgusted.

Let's face it: tanning is not a very masculine activity. It's somewhat comical to picture a 240 pound man purchasing a bottle of "Ocean Potion Xtreme" for his session at "Totally Tan Salon." I don't even want to imagine what he looks like when he's helplessly lying in the bed wearing nothing but hot pink goggles over his eyes. Gross.

Despite the disturbing picture I just painted, society is becoming more and more accepting of men who do this. I blame the semi-new "metro sexual" fad, which made it popular for men to participate in everything from eyebrow waxing, to wearing skinny jeans.

I understand that it's important to fill in the gender gap, but is it really necessary for both a man and a woman to have perfectly sculpted eyebrows? I think not.

In today's twisted society, both men and women are too focused on appearances. We are expected to be in perfect shape, have perfect hair (but only in certain places), and we must always be tan. People develop eating disorders and risk getting skin cancer all in the name of beauty. We should take a step back from the tanning beds and ask ourselves, 'Is it all really worth it?'

Throughout high school, I was completely against tanning—not just for guys, but also for girls. When I saw a group of 'orange' students traveling down the hallways, I thought it looked unattractive and made them seem fake. I told myself I'd never step foot in a tanning salon.

But then came prom season, and I was finally acquainted with the tropical paradise that is fake tanning. After that, I decided that I would go no more than one month out of every year. I realized that fake tanning is not the enemy—the abuse of fake tanning is what's evil.

So, if I accept the occasional trip to a tanning bed for girls, I must also accept it for men. While it does put me off a little bit, it's really not the most repulsive thing a guy can do.

But guys, when you do decide to make your way to a tanning salon, be discreet about it. I'll simply turn a blind eye to how it's possible that you have a ridiculously golden glow in the middle of a cold, sunless winter.

Girls & Sports



—Arts & Entertainment—

MAX Exhibition bigger, better than ever before

Mallory Berko
Staff Reporter

What are you doing on Saturday May 2 at 4 p.m.?

If you answered nothing, you might want to check out this year's MAX Exhibit.

The MAX is a showcase that represents students' work from courses in Communication and Technology Studies, as well as Media Studies. The MAX, which stands for the Media Arts Exhibition, is hosted by the Department of Media Students and Digital Culture, and the Students Association of Sacred Heart University.

According to Gregory J. Golda, Clinical Instructor of Media Studies at Sacred Heart, the MAX is not "just your average film festival." Other areas that are covered are radio, movie, television and photography productions. Also included are advertising, screenwriting, and critical writing from the previous year.

"Students from Sacred Heart University have gone on to some exciting and influential jobs in media around the country," said Golda.

The Media Students Association, or the MSA, which is in charge of the exhibit, is a student organization dedicated to media literacy and the democratization of media technology.

Golda notes that the MSA brings together current students, alumni, and

industry professionals, to create a network of resources for students interested in pursuing a career in Media.

To get involved, faculty members of various departments are encouraged to submit students' work. Some faculty however, tend to take the lead in submitting students' work.

Associate Professor of Media Studies, James Castonguay, has been at Sacred Heart for eight years and has watched the program grow from a small gathering in a classroom, to a significant campus-wide event. He gives a lot of the credit to Professor Golda.

"Professor Golda has done an excellent job developing and organizing the end-of-the-year showcase for several years now," said Castonguay.

But he's not alone. Several students have taken the initiative to ensure that this year's exhibit is bigger and better, and runs smoothly.

Take Jacqueline Sweeney for example. Sweeney is a senior and is this year's MAX coordinator. She is in charge of making sure all the posters and programs get printed and displayed correctly, that the food is ordered, the UC and the Edgerton center are booked and set up for the show, and she assigns jobs to people in Channel 3 to ensure that there are no glitches the evening of the exhibit.

This year's exhibit is expected to be much bigger.

"We are trying to get more people to

the
MAX
media arts exhibition

Come enjoy the best works from the students of the Communication Technology & Media Studies majors: photography, radio, video, magazine, television, video game design, screenwriting & much more!

Saturday, May 2, 2009

4pm reception in the University Commons

5pm movies in the Edgerton Theatre

know about it and come," said Sweeney. "We've invited alumni, parents, and local residents to come as well."

Castonguay said that this year will be bigger because it seems that students have invested more time into it, and they are making a great effort to really promote the event.

"I am proud to see this kind of initiative from our majors," said Castonguay. "The MAX has been successful because our students consistently make it a successful event through their own work and efforts."

The exhibit will open at 4 pm on May 2, beginning in the University Commons. At 5 pm people will move into the Edgerton Center where they will view students works of film. 6 pm will be the start of the award ceremony.

"I think the MAX is a good way for students to come see the Media Studies students work," said Sweeney. "The Media Studies kids are responsible for many of the videos and television shows seen on campus for the various clubs and sports, so I think it is a nice way to showcase their own work and creativity."

LiLo, looking for love on eHarmony.com?



AP Photo/Evan Agostin

Genevieve Manna
Staff Reporter

Do ankle-monitoring bracelets turn you on? What about a history for DWI arrests, car chases, or multiple trips to rehab? If those things get you hot, Lindsey Lohan is your girl.

With sites like eHarmony, cyberdating is a fad of our time. Many find their soul mates, best friends, and sometimes, if you get lucky, a tabloid princess such as Lindsay Lohan.

The "Mean Girls" star has leaped into the pool of online dating. A fake eHarmony testimonial of LiLo has been released on the popular Web site funnyordie.com.

Due to the recent break up with her girlfriend, Samantha Ronson, Lohan is hitting the press harder than ever. Reports of her broken heart have dominated gossip columns all over the entertainment media.

The April 8 issue of US Weekly features the 22-year-old and titles the arti-

cle, "I'm So Alone." Then again, Lohan appears to be on the rebound and ready to love again.

Or at least ready to laugh about it.

"Hi, my name is Lindsay, and I'm searching for love. I'm recently single... I think...and I'm looking for someone to spend the rest of my life with. Or at least to the end of my probation period."

Throughout the video, Lohan pokes fun at herself with no remorse. She addresses her probation, drug abuse, and jokes about her current financial situation, "To put those rumors to rest, I am not broke." She then continues to state, she has over \$400 in the bank, and 20,000 Marlboro Miles...what else could she possibly need?

"I think it's witty how she makes fun of herself rather than fighting back against the press for their comments regarding her irrational behaviors," said junior Jillian Powely.

It seems as though the video is a jab at tabloid enemies. However, some feel that is purely a publicity stunt and that the video could very well be a public relations move that is desperately trying to boost her image. Press reports say that she is virtually uninsurable as an actress.

Despite all of Lohan's jokes and smiles in the video, she hasn't necessarily been the happiest person since her break up. LiLo, obviously down in the dumps, posted on Twitter, "So you win, you broke my heart, now go away. I loved you," which was directed towards Rohnson.

It seems as though the eHarmony skit may serve Lohan well. She might just find what she's looking for with some of her key turn-ons.

"We'll crash a few parties, a car or two, but at the end of the day I promise you," Lohan says in her video. "I never lose my google hits...just my underwear."

INDIE FOLK DUO CHRIS AND THOMAS SET TOUR PLANS FOR NEW ALBUM

Genevieve Manna
Staff Reporter

A strong live performance is key for any artist. Sounding great on a record is easy with the right equipment, but sounding great live is the real test of a groups talent.

Indie folk duo Chris and Thomas, provide an intimate experience live, as well as through headphones.

Based out of Los Angeles, Chris Anderson and Thomas Hien have always had the intention of pleasing an audience.

Beginning with a traveling cooking show based out of a utility van, the duo soon came to be signed to Defend Music, and create an album "Land of Sea". The indie-folk 12 track record holds a sunny side touch with a soothing rhythm.

With comparisons to Simon and Garfunkel, the two provide heartfelt harmonies, alongside their gentle voices. The tunes are uplifting and offer a listening experience that satisfies the ears and soul.

If a choice had to be made, "Broken Chair," and "You're the One I Want," are definitely the favorite tracks. The hopeful sing-a-long, "Broken Chair," is lyrically moving, while "You're the One I Want" is doused in tasteful harmony.

Chris and Thomas have recently announced their East Coast tour dates for the month of May. Starting off in North Carolina, the duo will make their way up the coast and make a stop in Connecticut.

Stopping close to SHU, Chris and Thomas will be playing two shows in

Fairfield, and one in South Norwalk.

Their first Connecticut stop will be at SoNo Caffeine in South Norwalk. The second performance will take place at Chef's Table, right on Post Rd. in Fairfield. Lastly, they will be making one last spot at the Fairfield Community Theatre, known as Stage 1.

If you are looking for a relaxing and enjoyable experience to kick off your summer vacation right, one of Chris and Thomas' shows would be the perfect solution.

Catch them while you can, for in June the gentlemen will head back to the UK to share their sound with hungry fans all over Europe.

Said best by Defend Music, "Chris and Thomas' woven harmonies and sparse instrumentation will make you think of big blue skies with small clouds."



Photo courtesy of Wendy Brynford-Jones

Jack Zider crowned winner of Mr. SHU 2009

SHU senior beats out other contestants during male beauty pageant

Michelle Munden
Staff Reporter

Stripping? Yes. Pelvic thrusts? Yes. Great music? Yes. Roller-skating around the stage in a sequined jump suit? Yes. All of these were consistent components of the Mr. SHU 2009 contest.

Mr. SHU is Sacred Heart University's version of a male beauty pageant. That means the contestants all had to participate in the swimwear, talent, and formal wear sections amongst others, for the contest that took place Friday, April 24.

There were also three judges- a professor, a resident hall director and another that is a well known and beloved Chartwells worker.

Here at Sacred Heart, not just anyone can participate in this annual event. Nominations began around the end of February and tryouts took place shortly thereafter.

It was then that the Mr. SHU hopefuls had to prove they have what it takes. Once on stage, these men surely proved they were not about to hold back.

The show began by introducing each of the contestants individually with a short, filmed skit played on the large projector screen.

However, although Zach Johnston



The Spectrum/Stephanie Reyes
The winner of Mr. SHU 2009- Jack Zider after being crowned at the event.

did not have his own video, his on stage performance featuring a memorable scene from the Step Brothers movie still seemed to catch the audience's seal of approval.

Remaking popular television shows or songs was a popular theme for this section; and it was certainly not without laughs.

Jack Zider remade the theme song introduction to "The Fresh Prince of Bel-Air." Mike Casazza filmed his own rendition of MTV's hit show "Cribs," and Danny O'Connor adapted his own eharmony.com commercial that were all hysterical and witty.

The group dance that followed was a crowd pleaser. These eight men had the moves down pat. The dance included a popular mix of songs with flamboyant twists and shaking rear-ends.

"My favorite portion of the night was the talent section," said junior Joseph Borchetta. "No one was afraid to dance like a fool or bare it all."

From Soule's provocative aerobic workout on stage to Johnston's air guitar performance of "I Believe in a Thing Called Love" by The Darkness, it was clear that no dance move was off limits.

The contestants dipped low, performed splits, back flips, hula danced, attempted the infamous robot move and even a valiant effort at a triple axel on roller skates by Casazza.

"I thought Anthony Santos had the best talent because he played the piano,"

said junior Kevin Moore. "The others just danced around stage for most of their talent and it was funny but not original."

By the end of the night it was a four-way tie for the elimination round between Soule, Casazza, Johnston, and Zider. Next, the remaining contestants had to participate in the question and answer section.

"Why should you be Mr. SHU?" was the first question asked. The pressure was on as the contestants were immediately put on the spot.

"I think it was a really tight choice between the remaining contestants but I definitely think Jack's answer won over the judges," said junior Kelly McKeown.

When Zider was asked why he thinks he should be Mr. SHU he proclaimed that he was the only senior remaining on stage and has done so much for his four years at Sacred Heart, his college experience would be complete if he was crowned Mr. SHU.

So regardless of what exactly it was that won over the judges, finally it was time to crown the king. In the end, Casazza received the first-runner-up award, and Jack Zider was crowned Mr. SHU 2009.

From the exceptional enthusiasm and spirit the audience displayed all night, those eight men should pat themselves on the back.

Unique band 46ink hit with Sacred Heart students

Interesting instruments and dedication make up this Long Island band

The Spectrum/Zack Lane

From top left to bottom right: Matt Gelfer, Elijah Navarro, Sam Gelfer, Nick Orifici and Mike Vuoso.



Sarah Prial
Staff Reporter

On April 2, Sacred Heart University students crowded into the Outpost to see and hear the up and coming band 46ink. Sponsored by Kappa Kappa Psi, the concert drew older fans and found new ones.

46ink recently formed from the band Burning Down Rome. According to the band's lead singer, Matthew Gelfer, the first band "was representative of our classical roots, and our desire to do something outside of the traditional roles training commonly associated with our instruments."

With the addition of new members, each getting to know one another as musicians, Burning Down Rome shed their more instrumentally-based sound and became the more pop-structured 46ink.

Despite the fact that 46ink's music is less instrumentally sound-based, it is the instruments the band plays that make them unique. While guitar and bass are typical string instruments expected in a rock band, 46ink raises the musical bar with different kinds of strings.

"Our instrumentation is one of a

kind," said Gelfer, "Incorporating strings into a rock band may not be new, but in our band a viola and cello function more as a rhythm guitar or keyboard would."

It is the band's unique sound that inspired Kappa Kappa Psi to sponsor them at Sacred Heart. Sacred Heart senior and member of the band fraternity, Meghan Polis, said that by bringing 46ink to Sacred Heart they showed that "not only do we care about the Pioneer bands, but also that we care about music and the furthering of individual musicianship."

The fraternity continued to show their dedication to the development of encouragement and understanding of music at Sacred Heart by sponsoring a Master Class with the band prior to the concert.

Gelfer, the band's lead singer, was present at the Master Class. Educated at Berklee College of Music, he said that he has had an instrument in his hand since he was four years old.

His training arcs over multiple musical disciplines, including composition, songwriting, musical arrangement, vocal harmonies, and musical instruments.

"We felt that their mission to develop musical abilities coincided perfectly with

ours," said Polis, and that the musicians were able to share their experience in using "typical classical instruments in a non-typical manner."

Sophomore and Kappa Kappa Psi member Chelsea Rees attended the concert. She had listened to songs on the band's MySpace page prior to attending, but found them even better live.

"They are such great musicians and their passion for music really showed during their performance. The guys in the band are awesome. They were friendly, funny and so appreciative," said Rees.

The band was equally appreciative of the Sacred Heart students. "People have been very receptive to us so far," said Gelfer, "they seem to appreciate something organic."

In addition to wanting to go tour and record their music, the band wants to give back. "We're very interested in doing more outreach stuff, teaching young kids who are string players how to improvise and play in alternative styles," said Gelfer.

Students interested in watching 46ink perform can attend their concert at the Maguire Theater at SUNY Old Westbury on Sat. May 9 at 8 p.m.



Features

'The dopest dope, I eva smoked'

Nicole Giglia
Staff Reporter

Cannabis, marijuana, weed, pot, grass, reefer.

No matter what you call it, it's still an illegal recreational drug. However, recently there has been increased attention on the possibilities of making marijuana legal.

Some students at Sacred Heart University have mixed emotions about the idea.

"I'm not really sure if they should legalize it or not," said junior Alexandra Bavasi. "I'm not sure it would make a difference."

Junior Cory Emilia disagrees with the idea.

"I'm against it," said Emilia. "Not because it's a drug and drugs are bad but because I think it will end up being abused by companies like cigarettes are."

According to the New York Times with the current economic situation, many government officials have tossed around the idea of legalizing and taxing marijuana.

The government would be making money by taxing the drug, but also they would be regulating it and hopefully be creating millions of new jobs for the new market.

"I don't think there is any effective way to tax sales of marijuana since there is such a big underground business," said junior Katie Henshaw. "People will just continue to do what they already do to avoid the taxes: grow it illegally, sell it illegally, and smoke it illegally."

Emilia suspects that some corruption might occur if marijuana was to become a part of big business.

"They could put nicotine in the marijuana and the people would get addicted to it like cigarettes," said Emilia. "It will become another problem."

However, the questions surrounding the legalization of marijuana go beyond taxes and addictive issues.

The current demand for drugs has resulted in drug violence that has "claimed thousands of lives in Mexico," said New York Times reporter, Jesse McKinley.

This has been an issue for the government's war on drugs for years.

"I would imagine the demand for the drug would be higher for a few years if they legalized it," said Bavasi. "After a while I would bet it would be less of a big deal, like alcohol."

Supporters of the legalization movement realize that they need to take the process one step at a time.

First on the list of goals for groups like The



Photo Courtesy of Associated Press/ The Daily Camera, Mark Leffingwell

An unidentified student at the University of Colorado's unofficial 4/20 celebration.

National Organization for the Reform of Marijuana Laws Foundation, also known as NORML, is decriminalization of the current marijuana laws.

In an article for National Public Radio the executive director of NORML, Allen St.Pierre, advocates for marijuana as it is a less threatening drug.

"As compared to alcohol, pharmacologically speaking, it is a remarkably safe and nontoxic drug," said St. Pierre.

With their motto "Yes We Cannabis!" the foundation is calling for "the removal of all criminal penalties for the private possession and responsible use of marijuana by adults, including the cultivation for personal use, and the casual nonprofit transfers of small amounts."

NORML released a public service announcement on April 20, the unofficial "stoner" holiday, in support of the relaxing of marijuana laws.

The ad, which is available for viewing on the

NORML.org Web site, portrays various individuals from lawyers to doctors to teachers, who explain how they lost everything, because "laws are more dangerous than the drug itself."

NORML argues thousands of people have lost their jobs due to their involvement with marijuana even though they are responsible smokers.

"I don't think the laws are too strict," said Bavasi. "Right now the drug is illegal and if you possess it you should have to pay the consequences."

The organization also attributes the overcrowding of prisons to the unnecessary imprisonment of "non-violent offenders" and advises President Obama that marijuana can save our economy.

"Our economy isn't going to turn around over night with the legalization of marijuana," said Bavasi. "Though it would be interesting to see what kind of effect it would have if it were legalized."

Dining Out: Joe's American Grill

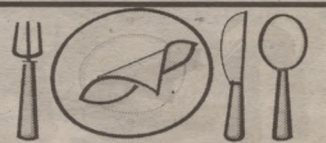


Photo Courtesy of Microsoft Clip Art

Gina Cerniglia
Staff Reporter

It's Wednesday night, you just got out of your late class, and you're starving. You are relieved that it's all over with, but your stomach is still rumbling. You walk past Chartwells and nothing appeals to you. Instead of settling for something on campus, try something new—go out to dinner.

Fairfield has its fair share of restaurants, but you want to go somewhere that's close and will satisfy your taste buds after a long week's worth of work. So what'll it be? Italian, Mexican, diner?

How about trying something different for a change. Drive that extra 10 minutes and try out Joe's American Bar and Grill.

I've been going to Joe's for years now, since I have one close to my town in New Jersey. I was ecstatic to find that there was one located in Fairfield, on 750 Post Road. Although it may be a little further than your usual Merritt Canteen or Red Lobster, it is definitely worth the

drive.

Being from Jersey, I personally feel that we have the best food there is. New Yorkers feel the same, especially those from Long Island that rave about their "Long Island Pizza" and those from Brooklyn that swear they have the best bagels on earth.

So instead of going for pizza and leaving with the phrase "It's not as good as the pizza from home" try out Joe's American Bar and Grill, and from my experience, I know you will leave satisfied.

Sacred Heart students seem to agree. "As a Long Islander I will always favor our pizza and bagels," said sophomore Michele Borriello. "But when it comes to Joe's I must hand it to them, their food is delicious."

What's more, the overall atmosphere of Joe's is very warm and friendly.

"They have a great wait staff. I take my mom there every time," said junior Stephanie Merabet. "They are so friendly and helpful. Not to mention, they have fabulous mashed potatoes!"

So what kind of food is at Joe's? They have American cuisine and serve lunch, dinner, and weekend brunch. Their menu includes soups, salads, sandwiches, grilled pizzas, steak, chicken, seafood, and, most importantly, burgers. Joe's is famous for its burgers, as they like to say on their menu.

"Joe's is just known for their burgers" said sophomore Rob Cali. He described it as "a taste of heaven in between a bun."

My friends and I decided to have dinner at Joe's this week in honor of my friend's birthday.

The restaurant had that smell of fresh cooking and the atmosphere was upbeat. Even if you've been there before, you're likely to need time to figure out what you want because there are so many options to choose from.

My friends and I got our usual appetizer, the original nachos, which was crisp tortilla chips covered with melted jack and cheddar cheeses, green onions and spicy salsa.

When I went for my main course, I decided to get the chicken club, roasted

breast of chicken, bacon, lettuce and tomato, on toasted multi-grain bread with mayonnaise. It also came with steak fries, onion rings, and a pickle and the price was \$8.99.

Afterwards, in honor of my friend's birthday, the group of us ordered a dessert to share: warm apple walnut crisp which had apples, cinnamon and walnuts topped with brown sugar and served with vanilla ice cream. It was to die for.

The check came to \$11.84 – not too bad for a three course meal. The service was very attentive, as the waiter was willing to do anything, no matter how many times we asked for beverage re-fills.

Joe's is a solid recommendation to any Sacred Heart student. It's a great way to take a break from campus yet while still not spending too much money.

So, if you're hungry, hop in the car, and hit up Joe's.

**OVERALL
GRADE: B+**

Cut up those cards: Student debt on the rise

Amanda Kaufold
Staff Reporter

Credit card maxed out lately? If you answered yes, you're not alone—according to an article published in USA Today, student credit card debt is on the rise.

The article reports that, "the average undergraduate carried \$3,173 in credit card debt last year, the highest level since Sallie Mae began collecting this data in 1998. In 2004, the last time the study was done, students carried an average of \$2,169 in card debt."

The article cites the rising cost of education alongside the fact that many private lenders are giving out fewer loans, resulting in students turning to their cards to pay for college expenses, as a possible cause behind this surge.

Katherine Fico, a Sacred Heart University junior, said she has been experiencing the strain of debt due to educational expenses recently.

"With the cost of textbooks and other general supplies alone, I've been having to cut back a lot on other things just so I can keep my card's balance down as low as possible," said Fico.

The report also finds that not only is credit card debt in general on the rise, but the higher the grade level of the student, the higher his or her debt.

Senior Kristen Walsh, affirms this finding with her personal experiences as a cardholder.

"I've definitely found that it's been harder and harder to keep my credit card balance down since freshmen year. I think that when people start college, they usually have some money saved up so, for awhile, they use that to pay off their cards, but that eventually runs out so then it turns into a

game of catch up," said Walsh.

Julie Savino, Sacred Heart's dean of financial assistance, said in response to this report, "students and their families should think twice before pulling out a credit card to cover educational expenses.

In fact, students should think hard before using credit cards for anything except an emergency.

"Students and their families have been using credit cards to pay educational expenses for 'convenience' or because expenses happened to sneak up on them.

Students have been using credit cards (easy access by lenders) for more than a decade," said Savino.

She admits though that the current environment has made things more difficult with higher interest rates and stipulations on credit cards and, of course, the fact that there have been fewer loans being approved by private lenders.

And most of us are well aware of what happens when massive credit cards debt meets undergraduate student.

"There are far too many cases of maxed out credit limits, poor credit ratings, and unapproved educational loans for students before they even have the chance to walk across the stage and accept their degrees," said Savino.

There are options for Sacred Heart students to help them avoid finding themselves in this situation.

Savino encourages students and their families to consider government loans for educational expenses, as both the state and the federal governments "are making them more widely available."

She also encourages undergraduates and their families to get in touch with those private lenders who are dedicated to financing education and hence more likely



The Spectrum/Nicole Giglia

to grant a student loan.

The best advice Savino has for Sacred Heart students is to seek out the help of the school's financial assistance department.

"The Office of Student Financial Assistance wants to help you get through an often overwhelming, web of applications and approvals," said Savino.

She sends out a reminder to students saying, "If you have not filed your FAFSA, do it."

There are options, but we cannot get them to you unless you get us your paperwork."

Savino also suggests that students should meet with financial assistance to discuss any private loans they might be

considering before they commit themselves to one. She believes that it is important that students are aware of how a credit rating can affect their ability to borrow before they attempt to do so.

Taking advantage of the university's work-study program along with getting a summer job are both good ways to help students secure money to pay for books, supplies, transportation and other minor personal needs.

In addition, Savino suggests that students research and apply for academic and merit based scholarships which can also help to lessen the burden of college expenses.

What's wrong with S-H-U?

Dan Nevanpera
Staff Reporter

With the school year drawing to a close, seniors are preparing to venture out into the real world, but other students returning to Sacred Heart University next year are hoping for some major changes.

Anthony Rovelli wakes up every day for class hoping that there will be a parking spot somewhere close to the campus's main building. Every time he is disappointed with what he finds.

"It makes no sense that commuters like myself can't find a parking spot in the entire lot, unless we wait 20 minutes for someone to move," said Rovelli. But is parking availability the real issue?

Other students have complained about unnecessary work vehicles parking in student-available spots, making it an obstacle for students to maneuver their cars in order to park. Also, complaints have been made about the condition of the parking lot.

"Parking is definitely a huge problem that the university has to acknowledge, but they also have to get the workers they higher to get out of the way," said junior Kara Courtney.

"I feel like every time I pull into campus I have to be ridiculously extra careful that I'm not going to hit one of those work trucks or mess my car up by hitting one of the many potholes in the parking lot," said Courtney.

Others find that the problems lie in the lack of entrances available at school, not in the parking lot.

The main entrance to the campus is on Park Avenue.

Then again, the only entrance to the school is on Park Avenue.

Some students are finding it difficult to get to school on time because of the traffic lights, which cause a cluster of cars that come piling in every morning.

"They need to make it easier for us to get on and off of campus. Either make the back exit near Old Town Road and entrance and exit or at least make the driveway through the Jewish center open for those of us going to the Pitt or who live in the J Hill dorms," said sophomore Lyndsey Balog.

To other students, the problem lies in the financial decision making of the schools higher officials.

"They can spend millions of dollars on a new chapel for a school where barely anyone goes to church, but not once has the thought of lowering our tuition popped into their heads," said junior Joe Carillo.

Though the issue of the new chapel seems to be on every student's mind, it only adds to the frustration that has built up among the student body.

In 2006, the new university chapel began construction. It was said to have been ready by the fall of 2008. It is now the spring of 2009 and the chapel is still



The Spectrum/Manny Santiago

North parking lot at Sacred Heart University, filled to the capacity.

not finished.

The end of the school year can be the most hectic for students. Some may not know how well they've done in their classes, others may not have secured jobs for the summer, but the biggest and most strenuous issue at Sacred Heart University this year is securing a place to live for the fall semester.

7,300 students applied to Sacred Heart University for the freshman class of 2011. 950 of these students will be selected into the student body, but with the limited amount of dorms, what happens to the students who have flourished as Sacred Heart students for the past two or three years?

More and more students have had to

step their real estate skills up in order to find a place to live next year.

"I heard they're not guaranteeing anyone housing outside of freshman and sophomores," said junior Dan Glum. "It seems like the college dream is to have your own house with your friends, but sometimes staying on campus works out better for others," said Glum.

The majority of the student's interviewed showed little hope in thinking that any of these problems will actually be addressed. They believe by still being enrolled as passing students, they've held up their end of the so-called bargain and now it's time for the administration to do their part.

Sports

Scoreboard

Thursday, April 23

Softball

Fairfield- 0

SHU- 3

Friday, April 24

W. Lacrosse

Monmouth- 7

SHU- 13

Baseball

SHU- 19

Monmouth- 11

Saturday, April 25

M. Lacrosse

SHU- 12

RMU- 13

Baseball

SHU- 4

Monmouth- 10

Baseball

SHU- 10

Monmouth- 3

Softball

FDU- 1 1

SHU- 9 9

Sunday, April 26

W. Lacrosse

Quinnipiac- 6

SHU- 11

Baseball

SHU- 15

Monmouth- 6

On Deck

Today

Softball vs. Fairfield

3:30 p.m.

Tomorrow

Baseball @ Quinnipiac

3 p.m.

Saturday, May 2

Baseball @ Quinnipiac

12 p.m.

W. Lacrosse @ Fairfield

3 p.m.

Sunday, May 3

Baseball @ Quinnipiac

12 p.m.

Friday, May 8

Baseball vs. Wagner

7 p.m.

Saturday, May 9

Baseball vs. Wagner

1 p.m.



The Spectrum/Dan Repetti

Sacred Heart's Carissa Hauser (#26) attacks the goal during the NEC Championship Game at Campus Field on April 26.

W. Lacrosse wins second-straight title

Dan Repetti
Staff Reporter

In the Northeast Conference Tournament, where one bad game can mean the end of the season, the Sacred Heart University women's lacrosse team was determined to leave it all on the field.

And with a 13-7 victory over Monmouth University and an 11-6 win over Quinnipiac University, the Pioneers did just that as they were crowned NEC champions for the second time in two years.

On Friday, April 24, the top-seeded Pioneers took on the #4 seeded Monmouth Hawks at Campus Field.

"The team prepared for the tournament by knowing hard work and determination is needed to win it," said junior Cori Horelik. "We were here last year and we had the skill and heart to win the championship then and were looking to do it again this year."

It was the Hawks who struck first on Friday when junior Megan Brennan scored a goal from 8 meters out.

It didn't take long for the Pioneers to strike back, however, as seniors Mary Montesarchio and Amanda Williams both found the back of the net, making the score 2-1.

The Hawks returned the favor and tied the score when junior Shawn Evans capitalized, followed by a goal from junior Carissa Franzi to make the score 3-2 in favor of Monmouth.

Just 32 seconds later, Williams found Montesarchio open who then fired a shot past Monmouth's goalkeeper tying the score.

Freshman teammates Alicia Fuchs and Kate Kmiotek both capitalized in the open field extending the Pioneers' lead to 5-3.

With 15:15 left in the first half, Monmouth ended the Pioneer run when Brennan tacked on her second goal of the day.

The Pioneers went on the attack in the final minutes of the half and scored four-straight goals. Junior Cori Horelik started the rally followed by Williams, Hauser, and Montesarchio who tacked on her third goal of

the day. The score was 9-4 at the half.

"We had a plan and we were following it point for point which allowed us to be even more successful scoring wise and gave us more of a cushion which was a good feeling," said junior Heather Jones.

From the start of the second half, Monmouth put pressure on the Pioneer defense as the duo of Brennan and Evans each found the net and cut the lead to 9-6.

With 16:00 left in the game, the Pioneers answered back to end the Hawks' run. Hauser ripped a shot from 8 meters that soared past the Hawks' goalkeeper.

Shortly after, Williams found open field and tacked on an unassisted goal to increase the lead to 11-6.

Before the game ended, Hauser made sure to put the nails in the coffin by adding two more goals, giving the Pioneers a 13-7 win.

The win propelled the Pioneers into the NEC Championship Game that would take place on Sunday at Campus Field. The Pioneers were to face the #2 seed Quinnipiac in the title tilt.

"We weren't more excited because of them being our rival, but more so because we played them last year in the finals and we knew we had to get fired up to beat them because they were going to be even more fired up to play us for revenge," said junior Farra Coppola.

As the game began, each team was playing aggressively on offense and defense. But a few costly errors by the Pioneers allowed the Bobcats to get on the board first when Quinnipiac senior Ashley Valentine fired a shot past junior goalkeeper Chelsea Wagner just ten minutes into the game.

With the Bobcats applying constant pressure on Williams and Montesarchio, this allowed an opportunity for Horelik who scored the first Pioneer goal of the day.

In the following three minutes, the Pioneers scored three more times to increase their lead to 4-1. Among the scorers were Hauser, Horelik, and Williams.

"Knowing how fired up [Quinnipiac] was

to beat us after last year's championship game, there was naturally a higher level of intensity on their side and we knew we had to match it," said Jones.

Though Quinnipiac got on the scoreboard first in the second half with a goal from Brittany Hauser, the Pioneers did not allow the Bobcats to score for 18 minutes and began capitalizing on their opportunities.

Montesarchio was the first to strike and started a five-goal rally for the Pioneers. Along with Montesarchio, Williams added two goals and Horelik collected her third of the day, before Montesarchio ended the rally with another goal of her own. This gave the Pioneers a commanding 9-3 lead.

"The fact that it was the championship game really made me feel like I had to step up to score more because the defense was more worried about other key players," said Horelik. "They were not expecting me to come up with the most goals for this game," said Horelik.

Valentine ended the rally by adding her third goal of the game the 9:03 mark, but it was Horelik who took over from here. She added two more goals in the final minutes of the game to put the Bobcats out of contention, making the final score 11-6.

"Winning the championship was for these three seniors," said Horelik. "They are role models and incredible players that we couldn't have won two championships without."

Horelik ended the game with a career-high five goals which earned her a spot on the NEC All-Tournament Team. Joining her were Williams, Wagner, and junior Jackie Pierce. Montesarchio was named the NEC Tournament's MVP.

"Winning the championship was an awesome feeling," said Jones. "Just knowing all the hard work and sacrifice that you put in from September until this point makes the victory that much sweeter."

The Pioneers advance to the NCAA Play-In Game against the MAAC champions Fairfield University Stags. The game will take place on Saturday at 3 p.m. at Fairfield University.

Schmidt's three homers, ten RBIs lift Pioneers

Dan Cofiniotis
Staff Reporter

The Sacred Heart University baseball team had quite the impressive weekend against Monmouth University as the Pioneers took three out of four in the weekend series.

Senior Paul Schmidt set a new school record on Sunday by going a perfect 5-5 at the plate, hitting three homers, and setting the single game record for RBIs by driving in 10.

Much of the offensive help can be credited to a lineup of veterans who drove in a total of 48 runs in four games.

Along with Schmidt, junior Jeff Heppner was named the Akadema/Northeast Conference Player of the Week.

Heppner hit .500 (9-18) for the week, including two doubles, two homers, and eight runs batted in within five games.

He leads the team with ten homers to go along with his Northeast Conference best 47 RBIs. Heppner also is four RBIs away from tying the single season record set by Bill Packer in 1982 with 51.

"This weekend was a huge series for us," said sophomore Matt Fitton, "Being able to take 3 of 4 from Monmouth at their field was a huge confident booster."

The first game of the weekend series between Sacred Heart and Monmouth was a hard fought battle in which the Pioneers came out on top by a score of 19-11.

Senior Frank Bainer had four hits and five RBIs along with junior Mike Drowne who also drove in five runs on three hits to give the Pioneers the edge.

For much of the game, it was a back and forth matchup where both teams answered each other after establishing a lead within the first six innings.

The seventh inning was when the Pioneer offense clicked and broke the game wide open.

Heppner hit his ninth homer of the year - a two-run shot after a walk by senior Tyler Santos which gave the Pioneers a 10-8 lead.

Schmidt singled with two outs and went to second on a wild pitch, which put him in scoring position. Bainer drove him in with a single, making the score 11-8.

Freshman Hunter Phillips followed Schmidt with a single and both he and Bainer scored on another single by Drowne to increase the Pioneer lead to 13-8.

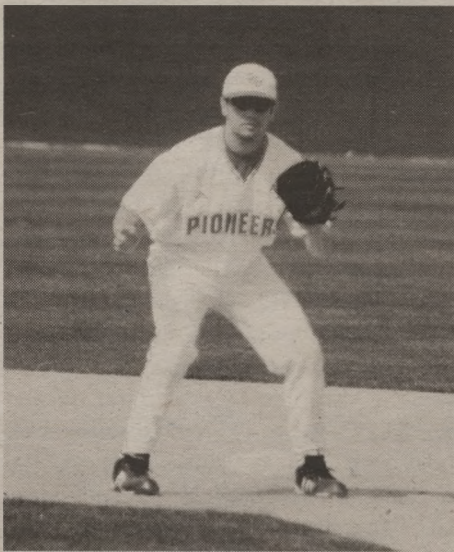
Junior Chris Zaccherio came on in relief of starter Chris Barthel and locked down the win for the Pioneers, improving his record to 2-3 on the season.

The first game of a double-header on Saturday was once again a hard fought game but Monmouth came out victorious with a 10-4 score.

Monmouth used a six-run second inning to take command of the game and much of the Pioneer comeback effort was shot down when Monmouth put up four more runs in the bottom of the sixth inning to seal the game for the Hawks.

In game three, junior Jared Balbach earned his sixth win of the season on the mound for the Pioneers with a little help from Heppner as he had three hits and three RBIs to secure the score at 10-3.

"Everything was working for me on Saturday," said Balbach. "When you get a big lead early in the game it makes it a lot easier to pitch. You can just attack the hit-



The Spectrum/Emily Gumbs

Sacred Heart's Phil Tantillo (#7) waits for a throw to second base during the Pioneers' game against LIU on April 17 at Harbor Yard.

ters and let them try and beat you."

The Pioneers jumped out to a 7-0 lead in just four innings which gave Balbach a comfortable lead to work with.

It was more than enough for Balbach as he pitched seven strong innings, allowing three runs on four hits. He struck out six and only walked one batter.

Game four against Monmouth was a record-setting game for Schmidt as he was perfect at the plate, going 5-5 and driving in a record 10 RBIs to give the Pioneers a 15-6 win.

"Having three homeruns and ten RBI's in one game is such an accomplishment because it rarely ever happens," said Schmidt. "The fact that I broke the record is an amazing feeling because it feels like four years of hard work has finally started to pay off."

The Pioneers loaded the bases in the first inning with singles from fellow seniors Phil Tantillo and Jeff Hanson.

Heppner reached base on a catcher's interference call and freshman Mike Olszyk walked to force in a run.

Schmidt then came up to the plate and blasted his first homer of the game which also happened to be a grand slam, setting his RBI mark at four.

"Schmidt had an unreal game on Sunday," said Fitton. "That is the most impressive performance I've seen. He's worked hard and yesterday he showed what he had and came through big."

The five-run lead that was established in the first inning gave the Pioneers the lead for good as Monmouth could not seem to keep the Pioneers from scoring.

In the fifth inning, both Heppner and Schmidt hit a pair of two-run homers to extend the Pioneer lead to 12-4. Schmidt completed his homerun hat-trick in the seventh inning with yet another two-run blast over the center field wall.

"Every at bat, I was given the opportunity to help my team win," said Schmidt. "My teammates were able to get on base, which was the reason why I was able to break the record. So I can only thank my teammates for helping me achieve this record."

Junior Corey Corcoran pitched the first seven innings of the series finale to earn the win which evened his record at 1-1 this season.

The Pioneers have another four game weekend series against Quinnipiac University in Hamden.

Men's lacrosse concludes season with 13-12 loss

Matt Jarvis
Staff Reporter

The Sacred Heart University men's lacrosse team concluded their season with a trip to Robert Morris University on Saturday, April 25, which resulted in a 13-12 loss to the Colonials.

Although Sacred Heart out-shot Robert Morris 53-38, a strong second period helped give the Colonials the win. Robert Morris scored five goals on 11 shots in the period while allowing Sacred Heart just five shots and one goal.

"We had opportunities at the end, we worked hard to create those opportunities," said head coach Thomas Mariano. "Their goalie made a couple of very good saves at the end. This was our best offensive production of the year and it came down to couple of plays missing by inches."

The Colonials took the upper hand by scoring the first goal of the game just 11 seconds into the first quarter. A mere 15 seconds later, the Colonials scored their second goal which put the Pioneers in an early hole.

Sophomore Tim Russo started a four-point run for the Pioneers, followed by goals from sophomore Billy Skelos, senior Nicholas Russo, and junior Joe Caridi.

But Robert Morris answered quickly with back-to-back goals to even up the score at 4-4 as the first quarter came to a close.

The second quarter began with Robert Morris scoring three goals in the first five minutes. An extra-man opportunity gave junior Evan Morgan the Pioneers' only

goal in the second.

The Colonials, however, would get two more past goalie Zach Frank, closing out the first half with a four point lead, 9-5.

The Pioneers were bruised, but not broken, as they scored three goals in three minutes to cut the Colonial lead to 10-8 with six minutes left in the third quarter. Goals were scored by Caridi, freshman Dennis Gannon, and junior Jon Flood.

The Colonials interrupted the Pioneers' scoring streak by finding the back of the net with 4:48 left in the third. Flood and Morgan both scored their second goals of the game with a minute left to make the score 11-10 going into the final quarter.

The Colonials found the net twice in the first five minutes of the final quarter, giving them a three-point lead, 13-10.

In an effort to push the game into overtime, junior Timmy Katz scored twice for the Pioneers in the final 10 minutes.

But it was too little, too late as the Colonials defeated the Pioneers, 13-12.

"In one-goal games it comes down to making the little plays which lead to game winning plays," said Mariano.

Despite the loss and not qualifying for the playoffs, the Pioneers will take away many positives from the game and the season.

"This game, in a way, mirrored our season," said Mariano. "We play very well at times and other times we make mistakes that cost us. I am proud of the fact that we fought till the very end."

The men's lacrosse team closed out the season with a 4-10 overall record and 1-5 in the Northeast Conference.

OFF CAMPUS HOUSING

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This house is in a very nice area in the North end of Bridgeport with plenty of parking. If you have any questions please call me at the numbers listed below.

Thanks,

Joe Iannelli

203-540-5400 x 204

407-301-3940 Cell

Sports

NFL's Wintergrass shares insight, experience

Rob Morgan
Sports Editor

David Wintergrass, NFL Senior Director of Events and Creator of NFL On Location, delivered a presentation to a group of about 50 students in the William H. Pitt Center Board Room on the campus of Sacred Heart University on April 22.

The hour-long presentation covered everything from marketing the NFL brand to the requirements of starting a new business.

Wintergrass is entering his 30th season with the NFL, having spent his first twelve seasons with the New England Patriots organization before making the jump to the league office in 1993.

"I've been very fortunate to be part of arguably the most popular sport in the United States," said Wintergrass. "It's not an easy business to get into, but once you're in, it's very rewarding."

Among Wintergrass' main responsibilities are putting together packages for fans and corporate groups to come to the NFL's major events including the Super Bowl, Pro Bowl, Draft, and the International Series Game in London. Included in these packages are tickets, hotel accommodations, gift baskets, and parties.

"Everybody has going to some of these events on their bucket list," he said. "We do it all to make it simple one-stop shopping."

Some of the benefits for fans obtaining these packages directly from the NFL, according to Wintergrass, are the "unique

access, authenticity, and peace of mind" which other broker companies can't offer.

One of the challenges that Wintergrass and his department are facing, is coping with the current global financial crisis.

"[The NFL] just like every other person and corporation in the United States has to adjust," said Wintergrass. "People are being wise about spending their dollars and we have to be creative about how to get those folks great value for what they spend."

According to Wintergrass, despite the poor economy, all of the packages were sold last year and there are already "many renewals" for this season.

"It's not an easy business to get into, but once you're in, it's very rewarding."

- David Wintergrass
NFL Senior Director of Events

In fact, the NFL Draft was held at Radio City Music Hall last Saturday and roughly 3,000 people were in attendance.

"It's our biggest offseason event; it's the kick-off to our season," said Wintergrass of the draft. "Every team is 0-0 and they're ready to go. [The draftees] are the guys that are going to be the stars of the future."

In the days leading up to the draft, Wintergrass and his crew transform Radio City from a music hall into a television set which audiences see on ESPN and the

NFL Network.

"There's a good four months of work that goes into it and a real concentrated effort the week before to build up the facility, credential the media, set up the television networks, and then it will unfold on Saturday," he said.

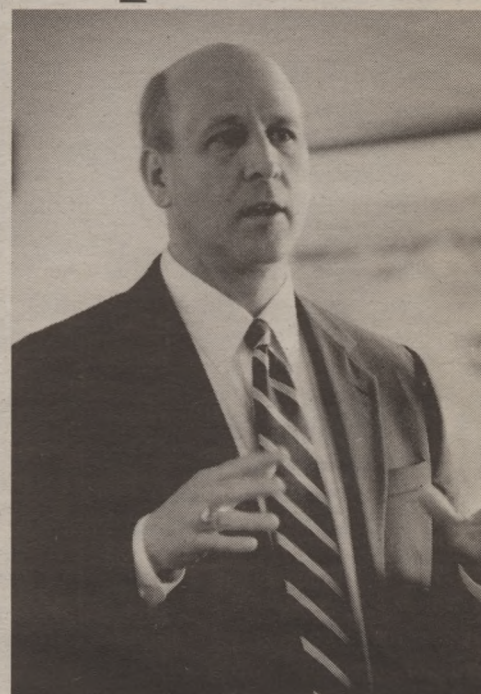
Wintergrass was also heavily involved in the NFL's decision to expand internationally by playing the first regular season games overseas in London's Wembley Stadium. He also said that there have been internal discussions about playing more games overseas. It has been reported that NFL executives are having discussions about playing the Super Bowl in London.

"It's been tremendous for our sport," said Wintergrass. "The folks in the UK have welcomed us with open arms. Wembley Stadium seats approximately 80,000 and we sell it out basically right when we put it on sale."

Although the Pro Bowl, which has been held in Hawaii for the past 30 years, will be held in South Florida this season, Wintergrass had nothing but good things to say about Hawaii as the game's host state and said that the Pro Bowl will return to Honolulu in the next year or two.

"Hawaii has been tremendous," he said. "It's been our home away from home. The players enjoy going there and it's been a great host for the game."

In addition to discussing his responsibilities and all that goes into marketing the NFL brand, Wintergrass also offered some valuable pieces of advice for those students interested in pursuing a similar career.



The Spectrum /Zack Lane

David Wintergrass, NFL Senior Director of Events and Creator of NFL On Location, delivers a presentation in the Pitt Center Board Room on April 22.

"Make sure it's something you really want to do and make sure you know what goes on behind the scenes," he said. "While you're in school, do other things that are related to the field to make yourself stand out on a resume."

"I got into this business because I answered three rejection letters for internships out of literally hundreds. I started to talk to the people and got offered internships at all three of those places. I wound up picking the Patriots and 30 seasons later, I'm still here."

Crew team has strong showing at Iona regatta

Stephanie Reyes
Staff Reporter

The Metropolitan Intercollegiate Rowing Association's Spring Championship Regatta was held at Iona College on Saturday, April 28.

It turned out to be a clear day at the Orchard Beach Lagoon, with blue skies and calm water at temperatures in the 60's and 70's. By all accounts, it was a perfect day to row.

The Sacred Heart University women's rowing team participated in the regatta on Saturday against schools such as Fairfield University, Army, Fordham University, Iona College, and many others.

"We had some great rowing," said sophomore Nicole Settembrino. "We made a lot of advances from last week and came into this race with the right attitude and idea of what we had to do."

The first boat put out by the Pioneers was the novice 4. The Iona A-boat took first place in the first heat of the race with Sacred Heart right on their heels with a time of 8:07.46.

The second heat of the novice 4 had another Fairfield boat taking first place, followed by the Iona-B, then Fordham soon after. Hofstra came in next and Sarah

Lawrence University rounded out the final 5 with a time of 8:46.5.

"We made a lot of advances from last week and came into this race with the right attitude and idea of what we had to do."

- Sophomore Nicole Settembrino

At the finals race, Fairfield took first, but right behind them was the Pioneers finishing in second place. The Iona A-boat took third, followed by Maritime in fourth, Fordham in fifth and the Iona B-boat in sixth.

The second boat racing for the Pioneers was the second Varsity 4. They came in third, with Fairfield taking first, followed by Fordham. Iona and NYU rounded out the fourth and fifth places.

The third and final race of the day for the Pioneers was the women's varsity 8. In the first heat, Army came in first place with a time of 7:12.6. They were followed soon after by the Binghamton A-boat, Iona, the Fordham B-boat, and Stony Brook.

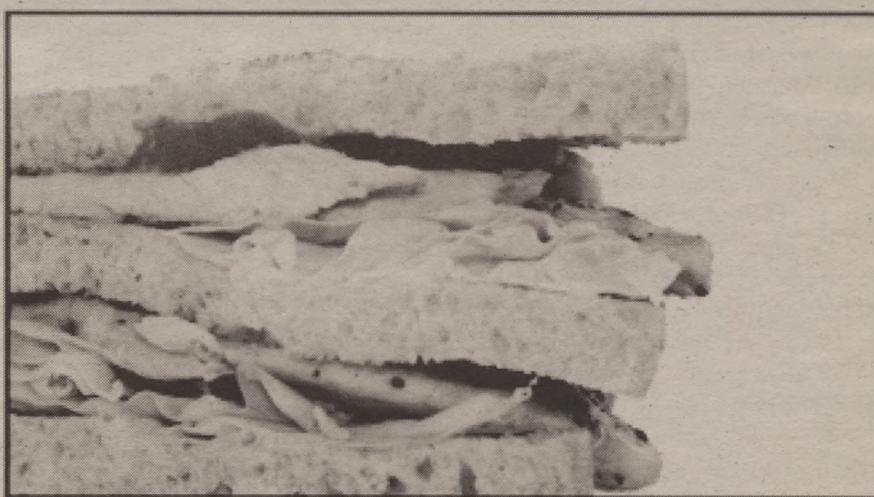
See PIONEER on Page 15...

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Softball sweeps FDU to clinch playoff berth

Pioneers heading to postseason for first time

Chris Whittemore
Staff Reporter

The Sacred Heart University's softball team defeated the Farleigh Dickinson Knights on Saturday, April 25 at Pioneer Park on Senior Day. With the double-header sweep, the women's softball team clinched a Northeast Conference playoff berth for the first time in the program's history.

"I think that we are going to do really well in the tournament especially if we keep playing like we have been."

- Sophomore Courtney Lee

The Pioneers are now 18-26 overall and 11-7 in the NEC. They are going into the tournament as either the third or fourth seed. Long Island University and Robert Morris University are ranked above them.

Both games finished with 9-1 victories for the Pioneers. Sophomore pitcher Jen Russell pitched both games giving up no earned runs in 10 innings and striking out 12 batters.

Russell is now 13-14 with a 1.60 ERA. She has pitched 175 innings and struck out 150 batters this season.

"I knew I was going to be pitching both games so I wanted to make sure that I was mixing pitches really well," said Russell.

Sophomore catcher Shannon McCoy went 3-5 with seven RBIs to lead the team.

"I didn't even know that I had 7 RBIs until after the game," said McCoy. "The only thing I thought of was that I need to drive these girls in."

The Pioneers erupted in the first inning of game one,

scoring five runs in the top of the first.

Centerfielder Taylor Froelich led off the game with a double to left-centerfield. She finished 5-8 on the day.

Senior outfielder Jessica Perez singled in Froelich to make the score 1-0. The Pioneers scored four more runs to extend the lead to 5-0.

"As a team we need to realize that it's in our grasp now to do something huge for our team and for the program," said senior infielder Betsy Harvey. "We are a strong team and have the capability to beat any team in the conference on any given day."

The Pioneers extended their lead in the second inning when sophomore infielder Courtney Lee led off with a walk and then stole second base.

Junior outfielder Adrian Fitzsimon singled her in to extend the Pioneer lead to 6-0. Fitzsimon is batting .255 with 15 RBI on the year.

"It was great for our team to get ahead, and it really made us come together as a team," said Lee.

Russell finished with seven strike outs in game one which ended in a mercy rule in the bottom half of the fifth inning. Russell leads the NEC in complete games as she picked up two more on Saturday.

"[Russell] always keeps her composure while she's pitching and has a certain presence about her," said Lee.

In the second game, the Knights struck first with a run in bottom half of the third. The Pioneers retaliated with seven runs in the bottom half of the inning to make the score 7-1.

The Pioneers never looked back as they added two more runs in the fourth with RBI singles from Harvey and Fitzsimon. Harvey went 3-5 on the day with an RBI.

"I felt really relaxed at the plate and I was seeing the ball really well," said Harvey. "I think the whole team came in ready to play and it really showed with our offensive performance."

The Pioneer offense exploded on Saturday, scoring 18 runs in ten innings. As a team, the Pioneers collected



The Spectrum /Zack Lane

Sacred Heart's Courtney Lee (#11) waits for the pitch during the Pioneers' recent game against Central Connecticut State University on March 31 at Pioneer Park.

25 hits with 14 hits in the first game and 11 in the second game.

The Pioneers wrap up their regular season against the Seton Hall University Pirates at 4 p.m. on Tuesday, April 28 in South Orange, N.J.

The NEC playoffs begin in two weeks at St. John's University in N.Y.

"I think that we are going to do really well in the tournament especially if we keep playing like we have been," said Lee.

Pioneer crew team set for Dad Vail Regatta

...Continued from Page 14

In the second heat, the Fordham A-boat took first with a time of 6:59.9. The Pioneers were close behind with a time of 7:15.3. Fairfield followed in third and the Binghamton B-boat came in fourth at the 7:42.6 mark.

The final heat of the women's varsity 8 was one of the most exciting races of the day.

"During the last few hundred meters it felt like a fire was lit under us."

- Senior Katharine Schollosser

The Pioneers were in third for a good amount of the race behind Army and Fordham but in the last few hundred meters, the tables turned.

"During the last few hundred meters it felt like a fire was lit under us," said senior Katharine Schollosser. "I have never been more proud of my boat, as well as my entire team."

Fordham took first place with a time of 8:10.3. Sacred Heart came in second with a time of 8:28.2, just over a second before Army. Binghamton placed fourth with a

time of 8:33.6. Iona followed with a time of 9:05.2 and Fairfield finished up in sixth place with a time of 9:36.8.

"As a freshman...I went into the races very apprehensive," said freshman Carolyn Holland. "In the end I realized I was going to do this for the girls who have been beside me these past few months and I found the confidence that I have been looking for, and the drive needed to pull ahead in such an intense race."

The Pioneers finished up with a total of 40 points, putting them in sixth place. Despite their successes in individual races, their lack of a men's team kept them from defeating the other major schools.

Fordham won the overall regatta with a total of 157 points. Army followed with a total 108 points, followed by Fairfield in third with 85.5 total points. Iona placed fourth with 60.5 points, followed by USMMA with 47 points.

The next race on the schedule for the Pioneers is the Dad Vail Regatta on May 8-9 in Philadelphia, Pa.

"The most important thing for our team now is so believe in ourselves," said Settembrino. "Now that we know what we can do, we need to push the limit and do even more. We have two full weeks to prepare for this race. We are hoping for good rowing conditions and strong focus for the rest of the practices leading up to this race."

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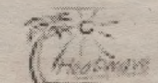


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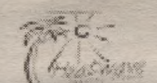


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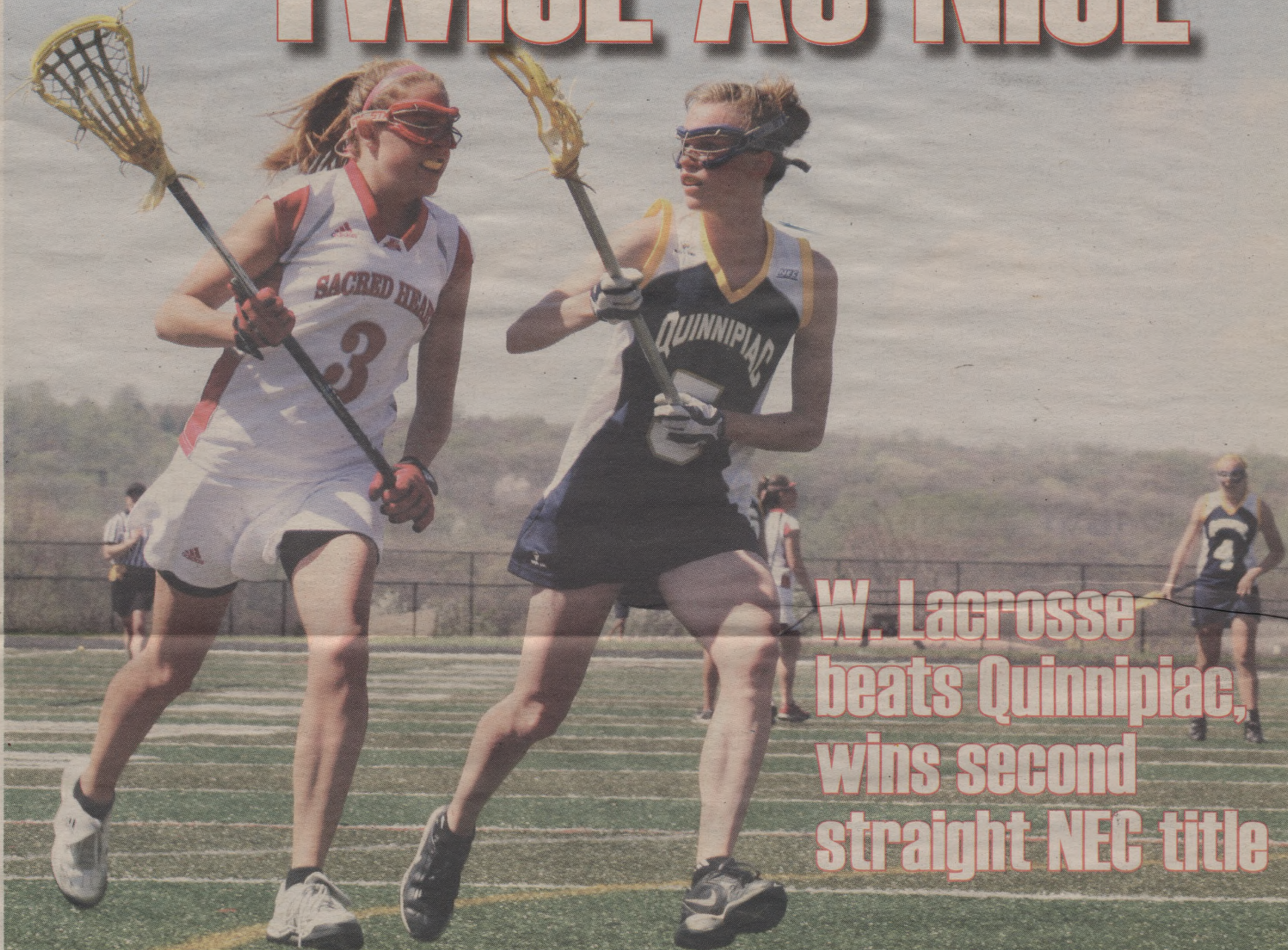
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SPORTS

The Spectrum

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TWICE AS NICE



W. Lacrosse
beats Quinpiac,
wins second
straight NEC title

Sacred Heart's Kate Kmlotek (#3) drives towards the goal during the Northeast Conference Championship game on April 26.

The Spectrum/Dan Repetti



The Spectrum/Zack Lane

PLAYOFFBOUND

Softball sweeps pair from Fairleigh Dickinson
page 13

BOMBSAWAY

Schmidt's big day lifts Pioneers
page 13



The Spectrum/Emily Gumbs