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SACRED HEART UNIVERSITY
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SPECTRUM

Nation strives to relieve Haiti from catastrophe

Michele Tymann
Staff Reporter

While most students spend the beginning of the semester worrying about their courses, the beginning of this semester has added another worry to the list: the dire situation in Haiti.

A devastating earthquake measuring 7.0 on the Richter scale struck Haiti on Jan. 12 causing an immense loss of life and damage to the island's main buildings. Haiti was already the poorest nation in the Western Hemisphere, but now they are worse off than ever.

However, the Sacred Heart University community is doing something to aid the starving, homeless population of Haiti. Students and professors alike are working together on a variety of relief efforts.

A message posted on the Sacred Heart Web site from President Anthony Cernera discussed the issues in Haiti and the university's plans to help those in need.

"On the chapel's exterior walls are carved the Corporal Works of Mercy, inviting the faithful to feed the hungry and give drink to the thirsty," Dr. Cernera said. "To help fulfill that mandate, we are forming a university-wide task force to determine the best ways for our community to be of service."

Keith Johnston, director of bands, spent the summer of 2008 in Haiti teaching music at the Holy Trinity School of Music. Last year he brought a professional trumpet player from Haiti to play with the band at Sacred Heart. The entire school he taught at was destroyed in the earthquake.

Johnston has been very active in relief efforts and rebuilding Haiti. "I'm flying to Appleton, Wisconsin on Feb. 6 for a benefit concert at Lawrence University. We hope to raise about \$50,000," he said.

Johnston is also involved in an organization based out of Boston called Instrumental Change Inc. "Our purpose is to raise funds and provide resources that will advance music education in Haiti," he said.

Johnston, however, is just one example of people involved in relief efforts amongst the Sacred Heart community.

The Campus Ministry kicked off the semester with a prayer vigil for Haiti in the Chapel of the Holy Spirit on Jan. 19. In a news bulletin, the Campus Ministry extended its prayers and support to members of the Sacred Heart community who have been affected by the earthquake and accepted donations for the Haiti relief effort.

Many different organizations across the university have also come together to form "Project Haiti." According to the news bulletin on the Sacred Heart Web site, "Project Haiti" is currently collecting baby supplies, water, canned food and warm climate clothing at various locations around the campus. Dawn Doucette-Kaplan, coordinator of volunteer programs, talked about the basic plans "Project Haiti" has for future Haiti relief efforts.

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AP Photo

Relief efforts from the United States aid refugees from the Haiti Earthquake on Jan. 12.

Chris Dodd's recent retirement leaves open seat in the senate

Ines Cenatiempo
Associate News Editor

After 35 years of service in Congress, Conn. Senator Christopher Dodd announced that he would not be seeking re-election in the upcoming election. Dodd announced his decision on Jan. 6, but the news did not seem to shock many in the Democratic Party. In fact, his resignation, to many, seemed to be more of a relief than anything else.

As said by ABC News, "Dodd faced a 40 percent job approval and his chance at re-election was written off by many Democrats. He was widely viewed as the most vulnerable statewide Democratic incumbent in the country and some say that by removing himself from the equation, he will provide a good opportunity for Democrats to hang onto that Senate seat."

Dodd did not give any sole reason for his decision; it rather seemed to be based on a variety of factors. He has been very much involved in the ongoing health care reform and financial regulation as chairman of the Senate

Banking Committee. Dealing with the politics of those issues, including his own personal battle with cancer and recent deaths in his family, have put him in the "toughest political shape" of his career, said Dodd.

"Strange as it may sound, I'm not confident that I would be standing here today making this announcement if these situations had not occurred," Dodd told ABC News. This major role in the Senate has caused the public to blame him for the current financial crisis, which in turn has lessened his popularity.

According to the Associated Press (AP), another event also made Dodd's role questionable. As was reported on Jan. 6, "His political stock fell after a controversy involving low-rate mortgages he received under a VIP program." Although a Senate ethics panel proved that he was not breaking any rules, they "scolded him for not doing more to avoid the appearance of sweetheart deals," said AP.

Dodd had also planned to run for President in 2008, but when he decided to not to, it "put a nail in his political coffin," said DailyFinance. Along with falling behind in the polls, he came to the realization that it was time for

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Sacred Heart aides with the relief efforts for Haiti



The Spectrum/Zack Lane

Sara Heiman, campus minister for education and spiritual life, shared a blog written by a friend involved in the tragedy.

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"The office is putting together an awareness and collection program right now- it will have Haitian music, updates on the disaster, more collections etc," she said.

Doucette-Kaplan also talked about future plans the university has for rebuilding Haiti. "Right now we are just trying to help outside resources and venues to get money and supplies to Haiti; we are looking into possibly doing a trip to Haiti for Fall 2010 or Spring 2011," she said.

Other organizations and people around campus are aiding with the relief efforts as well. "The ONE Campaign and many other organizations on campus are throwing their full weight behind these great projects. The SHU thrift store is also donating a large quantity of clothing and supplies to the cause," said senior Mike Fazzino.

According to the Associated Press (AP), the U.S. Geological Survey said that the earthquake that struck Haiti had a depth of five miles and was centered around 10 miles west of Port-au-Prince. A U.S. Geological Survey analyst, Dale Grant, said to the AP that it was the largest quake ever seen in the area, and the first major quake since one in 1984 that had a magnitude of 6.7.

Many buildings, including hospitals and schools, collapsed throughout the country leaving millions homeless and without food. This led to relief efforts from nations across the globe as well as across the U.S.

According to the AP, the United Nations Security Council unanimously approved 3,500 extra troops and police forces to aid the millions of Haitians without food and water.

The U.S. Air Force told the AP that it had raised the airport's daily capacity from 30 flights before the quake to 180 on Tuesday.

"The World Food Program said more than 250,000 ready-to-eat food rations had been distributed in Haiti by Tuesday, only a fraction of the 3 million people thought to be in desperate need," said the AP.

Celebrities across the country have contributed to relief efforts as well. The "Hope for Haiti Now" telethon featured Beyonce, Madonna, Justin Timberlake, Denzel Washington, Brad Pitt, Leonardo DiCaprio and former President Bill Clinton. According to MTV.com, 83 million people tuned into the live event broadcast on multiple networks and online.

As of Jan. 26, "Hope For Haiti Now" had raised more than \$61 million dollars, accepting donations by phone, online, and through text messages.

Though college students lack the resources and money that the wealthy and elite are contributing, Sacred Heart students are not entirely powerless in helping the Haitian people. "The most important thing to do right now is to support the people who are trying to help in the rescue efforts," said Fazzino.

SHU students aid in restoration of Hurricane Katrina Group travels down to Mississippi over winter break to repair the ruins

Robert Coloney
Staff Reporter

During the summer of 2005, Hurricane Katrina tore apart New Orleans. On Jan. 9, a group of 25 from Sacred Heart University set out to aid in its restoration:

While New Orleans gained a lot of attention from Hurricane Katrina, areas of Mississippi remain completely desolate and in dire need of assistance.

Some students having already experienced a trip to New Orleans brought knowledge from their previous ventures to Mississippi.

"I first went to Mississippi my freshman year, in January of 2008. It was one of the most incredible experiences of my life and the first time I had witnessed the devastation of a natural disaster," said junior Kelly Leather. "I knew upon leaving that I would return again, and this past trip was my second of many more to come."

Beginning with fundraising in fall of 2009, students displayed their commitment to the mission. However, some were unprepared for what was ahead.

"Visually," said sophomore Mario Valenti, "the infamous ninth ward's massive devastation and destruction really opened our eyes and prepared me and the group for the week ahead."

Upon arrival, students came together to face the mass destruction caused by the natural disaster.

"The sadness and destruction in New Orleans and Mississippi is unable to be put into words," said senior Katie Higgins.

Why, though, would college students abandon their well-deserved winter break?

"It's simple," Leather says. "I have been blessed with everything one could ever dream of, a place to call home, the school of my dreams, family, friends and faith. Trips like this are a time to share all that you have been blessed with and give back to those that need it most."

One of the first days of the trip was spent volunteering time at a local elementary school, in Mississippi, learning about how difficult life was during and after the natural disaster. This time allotted a first-hand account of the hurricane and enabled group participants to add extra motivation for their pending mission.

Teaming up with a local chapter of Habitat for Humanity, the Sacred Heart community built a house, which one family will eventually call a home—a family displaced because of Katrina.

"I have participated in Habitat for Humanity previously; however, I have never helped to rebuild after a natural disaster that wiped out part of our country," said sophomore Gail Gillespie.

The week long expedition offered ordinary people an extraordinary experience.

"For me, the shattered windows symbolized the thousands of broken hearts that are aching. You wouldn't believe your eyes if you saw it," Leather said.

Students not only learned to work hard by lending a hand, but to help in smaller ways as well.

"We interacted with many people and listened to their stories. Providing a listening ear and smile made their days a bit brighter and they impacted our lives more than they knew," said Gillespie.

Everybody affected by the hurricane appreciated the efforts made by the students to improve their situation.

"Every single person I met during the trip was extremely appreciative of our efforts," said Valenti. "One woman who had recently moved into a Habitat House invited all of us to come in and see her home, and you could tell that she greatly appreciated our work, and presence."

Returning from the trip, the group is earning attention from everyone.

"This trip has made me realize that service is much more than a college trip. The act of service is a life long

journey," said Valenti.

Leather seemed to agree.

"I came back to Sacred Heart feeling rejuvenated and on cloud nine. The people of the Gulf Coast taught me more in a week than I could have ever asked for; for their hospitality I am grateful," said Leather.

Trip participants are making it known how amazing the trip was, and the students are not the only ones talking.

"The kids literally went from strangers to best buddies, and their service was the main reason why. The trip was truly life altering for all involved," said advisor Professor Mike Giarratano.

Advisor Professor Jane Carlin comments on the attitude of the children.

"I was so impressed by that wonderful group of kids... their chemistry as a group and their positive attitude were incredible," said Carlin.

While speaking of the continued determination by students and staff to continue what they started, in Mississippi, Valenti re-quoted The Shawshank Redemption, saying, "Hope is a good thing, maybe the best of things — and no good thing ever dies."

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Democrats hope Blumenthal will replace Dodd in Senate

...CONTINUED from Page 1.

his four-decade career to end.

Dodd's decision to retire after the end of his term will now leave an open seat on the Senate. What does this mean for the Democratic Party? The future is unclear, but one possible candidate for Dodd's spot is Attorney General Richard Blumenthal who has already stated that he plans on running for Dodd's seat.

Some students in the Sacred Heart University community think that despite Dodd's faults, he still made a great impact during his many years in Congress. According to junior Chris LeBeau, vice president of College Democrats, "Dodd was a great Senator and had an incredible run of service to the people of Connecticut over the past thirty years. Although Richard Blumenthal will be a great candidate for Senate and should have no problem keeping Connecticut blue with a victory in 2010, he has some big shoes to fill by following Senator Dodd."

Blumenthal is a qualified candidate nonetheless. He has served as a Marine, as a federal prosecutor and as a state legislator. The Democratic party has high hopes that Blumenthal will win against the Republican candidates Rob Simmons and Linda McMahon. As said by the AP,

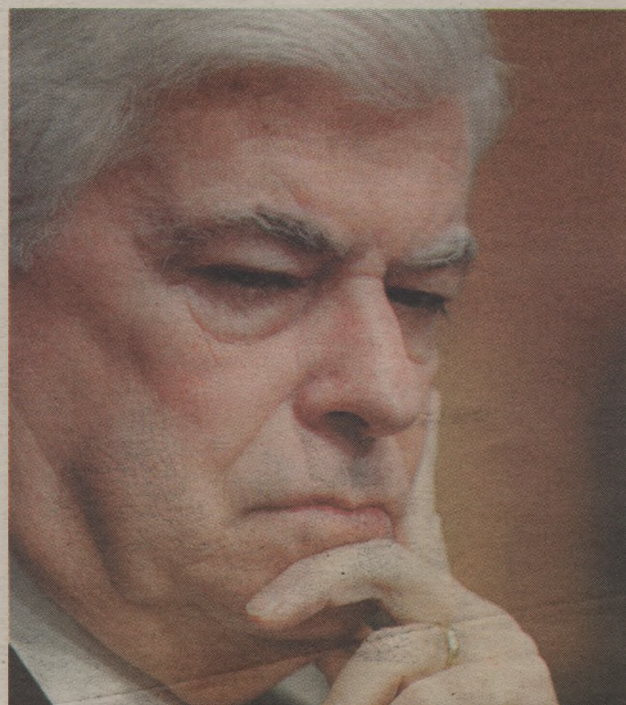
Blumenthal's "lowest job approval number since 2001 was 71 percent in November 2004. His highest was 81 percent in March 2009."

LeBeau also agrees that Blumenthal is a good candidate for the job. "I have no doubt in my mind that Blumenthal will not have trouble filling [Dodd's] shoes. Like Dodd, Blumenthal has fought extremely hard for the people of Connecticut as Attorney General and will continue to fight as Connecticut's next U.S. Senator," he said.

Yet, some Sacred Heart students think that the Republicans have just as good a chance to take the seat. As said by senior Mike Fazzino, "Connecticut voters, who traditionally vote Democratic, have shown an outpouring of opposition to Dodd throughout the economic collapse."

However, "I think it could be a welcome shift for the state to balance its view points by electing a Republican into the Senate," he said.

Either way, whether a Democrat or Republican takes the seat, Dodd saw this time coming for him and is willing to pass on the torch. As he stated in his announcement on C-Span 2: "...in the long sweep of American history, there are moments for each elected public servant to step aside and let someone else step up. This is my moment to step aside."



AP Photo

Senator Chris Dodd decides to step down from senate.

SHU students become educated through online courses

Erin Murtagh
Staff Reporter

It has been sophomore Emily Woods' dream to one day put on the white lab coat and don the name tag that reads, "nursing student."

Before this could become a reality, Woods had to meet a series of requirements in order to gain admission into the nursing program. "It was required that I have a decently high GPA and strong math and science skills," said Woods.

In addition, applicants must have also completed a rigorous freshman year of pre-requisite coursework to become qualified for the Bachelor of Science in Nursing degree (RN-BSN).

Each student who enters the RN-BSN program and completes the required four years leaves as a licensed nurse. This opens the door to various employment opportunities within the field, ranging from school systems to hospitals.

"The work is very challenging, but it's hands-on so I

learn a lot by doing rather than just reading and writing," said Woods. "And if I can tackle my classes and do well I will be adequately prepared for the future."

Not only is there an undergraduate nursing program, but the university also offers a comprehensive Masters of Science in Nursing (MSN) degree.

"We offer three different career tracks," said Dr. Susan DeNisco, associate professor and director of graduate nursing programs. "The Patient Care Service Administration Track, designed for the nurse who wants a career as a nursing executive, the Clinical Nurse Leader Track, designed for the nurse who wants to remain in the direct patient care role but will have the skills to manage groups of patients and nurses to improve health care outcomes, and the Family Nurse Practitioner Track, designed for the nurse who wants to gain advanced clinical skills and become licensed as an advance practice registered nurse in the state of CT."

The MSN program is predominantly online, which, according to Dr. Thomas V. Forget, provost and vice president for academic affairs, will prove to increase the number of perspective students. "This online initiative for

these programs is toward students from a larger geographic area than those who can study on campus. Therefore, we do anticipate a different and expanded applicant pool," said Forget.

The Nursing College is not the only program on campus to benefit from online courses. The John F. Welch College of Business is bringing its innovative MBA program online. This will allow students to become engaged in contemporary, real-world business management experiences without being restricted to studying on campus.

The online initiative will also prove to change the face of the typical student. "We anticipate these online programs will attract adult students who have professional work experience. Thus, they will be a different population from our current graduate students who are taking their programs of study on campus," said Forget.

Dr. Forget is optimistic about the outcome each program. "The students enrolled are the current student body," he said. "They are successfully completing study and making their contribution to our society as highly qualified professionals."

SENATOR BROWN'S VICTORY DELAYS DEMOCRAT HEALTH CARE Republicans gain momentum with Mass. win

Alyssa Scott
News Editor

When Edward M. Kennedy passed away, he left the state of Massachusetts to decide who would fill his seat. While Democratic voters predominantly represent the state, they elected Scott Brown, the Republican candidate, to replace Kennedy.

This nomination, which seemed surprising to the liberal population, kindled new problems for the Democratic Party. Now that Republicans have gained another seat in the Senate, plans to move forward with health care have come to a screeching halt.

According to the Associated Press, "Brown's election will restore the GOP's ability to use filibusters to block Democratic initiatives in the Senate, where Republicans will hold 41 of the 100 seats. It brought an abrupt halt to Obama's signature issue, overhauling health care, which now hangs in limbo."

Essentially, this democratic downward spiral stemmed from the people's lack of faith in the party.

Congressman Adam H. Putnam told the Washington Post "The American people have fallen out of love with the current direction, but they haven't fallen in love with Republicans," he said. "Last year was about picking up ourselves and dusting ourselves off. Now we need a direction and vision."

Even if Brown's opponent had won the votes of democratic voters, Brown successfully found his way into the hearts of independent voters.

The New York Times (NYT) states that, "Mr. Brown was able to appeal to independents who were anxious about the economy and concerned about the direction taken by Democrats, now that they control both Beacon Hill and Washington."

Now that Brown has taken the position as senator, he intends to aid the Republicans from preventing the passing of the bill that democrats designed to overhaul the nation's health care system.

Energized with a faith for the new senator, Republican National Chairman Michael S. Steele expressed his excitement for Brown's nomination in a fund raising e-mail printed in the Washington Post.

"Scott Brown's victory in the special election for the U.S. Senate in Massachusetts shows our party can win anywhere in the country when we have a principled, conservative candidate," he said.

Democrats, however, view his victory merely as an obstacle to reaching their goal as a party.

Jim Webb, a Democratic senator from Virginia told the NYT that "The election was a referendum on both health care and the integrity of the government process."

Nevertheless this election surely interrupted the Democratic ideals for the health care system.

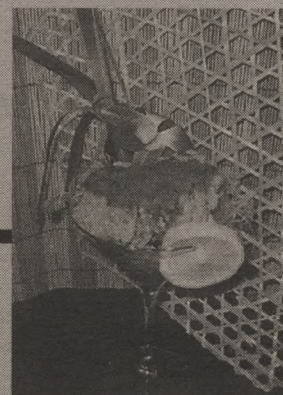
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SHU students learn urban behavior

Participants in CURTIS week travel into heart of Bridgeport to make a change



Photo contributed by Tracy Deer-Mirek

Sacred Heart University freshman Stephanie Montstream helped paint Bridgeport's Habitat for Humanity warehouse.

Kaitlin O'Reilly
Contributing Writer

Cooking, serving food to those in need, and building for Habitat For Humanity were all in a week's work for CURTIS Week volunteers this month.

The program, Community Understanding and Reflection Through Inner-city Service Week, was created in honor of the Most Reverend Walter W. Curtis, the founder of Sacred Heart University and second Bishop of Bridgeport.

It was designed to teach Sacred Heart students about urban issues while they volunteered throughout the Bridgeport community. This year, the program consisted of 19 student volunteers and ran from Jan 13 through Jan. 18.

"CURTIS Week is one of those rare opportunities in life to spend five days and have every single activity you participate in stick to your heart. There is never a wasted moment in CURTIS Week, and not just because it seemed like we never stayed still for more than five seconds," said freshmen Shawnee Zyskowski.

During CURTIS Week, students resided at the St. Charles Urban Center in Bridgeport, while they participated in a wide range of community service activities to benefit the area.

"I enjoy watching the participants do all of the activities, but it is probably the soup kitchens that were my favorite. The students were able to interact with so many

individuals they normally would never have," said Dawn Doucette-Kaplan, coordinator of volunteer programs at Sacred Heart.

Working together with the student leaders junior Grace Fulton, junior Kelsey Mullaney, and Kyle Lewis, along with the assistant coordinator of volunteer programs, Natasha Noel, and the Campus Minister, Sarah Heiman, Kaplan researched and sought out projects in the community that needed assistance and created the schedule for the week.

"We looked at the evaluations from the past year to see what students liked and didn't like. We kept the activities that were rated the highest and looked for new activities if there were ones with low ratings. We try to cover a majority of the service projects within the community that SHU students could continue to participate in if they choose," said Kaplan.

According to Kaplan, most students involved in the program do remain active contributors within the community.

"The memory that stands out in my mind is when I saw the participants asking the coordinators how they could continue working with the people that they spent the week with and wanting to change their work-study jobs so they can do more volunteering," said Mullaney.

Zyskowski said she wants to do as much community service as she can possibly fit into her schedule.

"You remember how grateful people are for a warm meal and some clothes, how eager all the kids were to climb into your lap and monopolize your attention, and you remember all the completely and utterly good people who try to help them everyday, while you're just a visitor. This stuff, it just stays with you," said Zyskowski.

This year, the theme of CURTIS Week focused on the

"We hope that every experience breaks down a cultural stereotype of some kind. We worked in urban schools, with the elderly, homeless, immigrants and bi-lingual, so that the participants could see them as individuals and not as a stereotype."

-- Dawn Doucette-Kaplan
Volunteer coordinator

topic of diversity in commemoration of Dr. Martin Luther King, Jr.

"We faced the prejudices that people often have but do not face," said sophomore Carolyn Holland.

According to the program description, "CURTIS Week's main theme is the discussion of stereotyping and prejudice."

"We hope that every experience breaks down a cultural stereotype of some kind. We worked in urban schools, with the elderly, homeless, immigrants and bi-lingual, so that the participants could see them as individuals and not as a stereotype," said Kaplan.

"We also attended a Taize service, Mosque, Synagogue, Spanish Catholic Mass and a Black Pride, Martin



Photo contributed by Tracy Deer-Mirek

Students carried shelving units into the Caroline House in Bridgeport during Sacred Heart University's annual CURTIS week.

Luther King Jr. Program at a Baptist Church to learn about different religions, practices, and to see that God is present in all."

It is through these unique activities that students were able to bond over their learning experience and really unite as a group.

"The teamwork that goes on is beyond words. The first van ride no one was talking and it was a lot of awkward silence, but by the end of the week no one wanted to leave and the van ride was anything but quiet. We all became a little family and leaving each other became very difficult," said Mullaney.

This program is just one of the multiple community service programs offered at Sacred Heart. Students can find many more listed on the school's Web site under student activities. Coordinators emphasize that these activities are not only benefitting the community, but the personal growth of the volunteers as well.

"I do believe that by the end of the week every participant and student leader has benefitted from the service projects, religious programs and interaction with the Bridgeport community," said Kaplan.

"In our final reflection there were numerous students that said they wanted to continue volunteering, others said that they want to find their faith path after the week. If we can open up avenues and help guide in service and faith for our participants, I believe we have reached our goals in the week."

Campus operations modify Mahogany Room over break

New changes around campus creates a more inviting scene to study

Janelle Cracco
Staff Reporter

Have you noticed the new changes made in the Mahogany Room? Sacred Heart students have been talking, and most have voiced that the changes to the popular hang-out/study room are impressive.

Prior to the changes made, students complained about not having enough outlets, tables or working space.

Over winter break, campus operations revamped the room to make it more accommodating for students.

"This project has been planned for over a year and will continue into next summer with additional needed upgrades and expansions," said Floyd Young, the director of campus operations.

"There has been a need for upgrades for many years and so we rescheduled them systematically over a two-year period,"

he said.

The changes that were made consist of a new dividing wall in the middle of the room and booths along sidewall, which provides more comfortable seating for Sacred Heart students. In addition to comfortable seating, more outlets have been added.

"I think the changes spice up the room and make it easier to work in groups," said sophomore Felicia Petrone.

While the change pleased the student body, the decision was also economically sound.

"The university has infrastructure accounts that we use for numerous projects, this account is used for improving the areas throughout the university to create a better living and learning environment," said Young.

Now that the room has changed, students find it to be accommodating.

"I think the changes made inside the Mahogany Room are great. They give

the room a warm and inviting feeling and hopefully students will be able to get more use out of it thanks to the addition of more outlets by the booths!" said sophomore Danielle Vuotto.

Before they renovated the room, the mahogany room consisted of only tables and chairs. Many students who gather there to study appreciate the change.

"Sacred Heart made many new renovations over the past year. I'm glad they finally fixed the Mahogany Room. It used to be too crowded," said senior Caitlin Mitchell.

Although the library may be a student's first choice of a place to study, Sacred Heart students are fortunate to have the Mahogany Room as well. Now with the many upgrades and additions, the library may no longer be a student's first choice.

"I like working in the Mahogany Room much better than the library. It's convenient that there are food and drinks

nearby and gives you a more social feel while you're doing work. Also the new booths give you a little more privacy," said junior Taylor Van Orden.

The university is always looking for ways to improve the campus to benefit Sacred Heart students and faculty. More changes will continue to be made over the upcoming summer.

"I like the new Mahogany Room. I'm happy there are now booths instead of just tables because that means there is going to be more seats available," said sophomore Michael Giaccio.

Even though much has changed on the campus, students still feel like more can be done to improve.

"It's nice to see changes on campus. It seems as though the next step might be to expand on parking," said sophomore Lauren Iervolino.

EDITORIALS

5

CONNECTICUT DRIVERS, NO SURVIVORS



Kate Poole
Managing Editor

Welcome back Sacred Heart! Over break, I found something so absolutely, ridiculously annoying that I knew I had to write about it once I got back: Connecticut drivers.

Now, I was born and raised in this incredibly vehicularly-challenged state and I'll be the first to admit that our drivers are less than talented when it comes to being behind the wheel.

I was a pretty horrible driver from the time I got my license at 16, but now having been around so many aggressive New York drivers for a few years I'd like to think I've gotten significantly better. Yes, this is absolutely playing into some serious stereotypes, but please just humor me for a moment.

In case you haven't noticed, there are some staples in the art of Connecticut driving.

1. Never use your signals.

First and foremost, signals. You may have noticed that most of the time people around here do not signal. This can cause confusion in many situations.

Sometimes the car in front of you just slows down, causing you to slow down as well, then out of nowhere, he turns right! This causes you to slam on your brakes and swear profusely.

Then sometimes, there isn't a left turning lane (another CT thing). Think about the close-to-campus corner of Madison Avenue and Old Town Road. The person in the



The Spectrum/Stephanie Kanner.

A driver texts while behind the wheel.

middle of the lane has no blinker, but when the light turns, he sits there. You are now stuck behind him, with cars behind you, so you are stuck sitting there until he is able to turn. Had he used his blinker, you could have easily pulled to the right of him and gone around.

2. Illegal cell phone use is an essential.

More times than not, the crappy driver next to you has a cell phone in his or her hand when you pass by. Yes, it is against the law in CT to hold your phone while driving but probably 1 percent of the population actually abides by it. Nevermind chatting while driving, but I've seen quite a few CT drivers texting behind the wheel as well. So the next time you see the car in front of you swerving, in the middle of two lanes, or running over curbs, chances are that a cell phone is involved.

3. Merging onto a highway or parkway means stopping in the middle of the lane and making sure no cars are in sight until you proceed.

Merging: such a simple concept but never done right. On the Merritt Parkway the entrance lanes are pretty short, but they are possible to deal with. In CT however, most people deal with these merges by simply stopping in that lane, and waiting for all cars to be out of sight. This then causes every car behind them to honk, swear, and rage because the driver of this car is indeed an idiot.

4. Waving after making a bad driving decision makes everything better.

My favorite part of CT driving, is the wave. Every time I almost get run off the road, someone blows a stop sign or red light, or someone runs straight through the traffic circle downtown Fairfield, the person waves to me. Yes, you are right, horrible driver, waving at me makes it all better that you almost smashed into my vehicle. More so, that wave would have made it so much better if I had crashed and broken my face. Really though, thank you for your consideration.

So that is my rant for this week. Not to rain all over Connecticut's parade, but seeing as Sacred Heart students are exposed to this craziness, I thought I'd bring it up. If you read this editorial and realize that you are guilty of any of these charges, maybe you should reevaluate your driving skills for all of our sakes.

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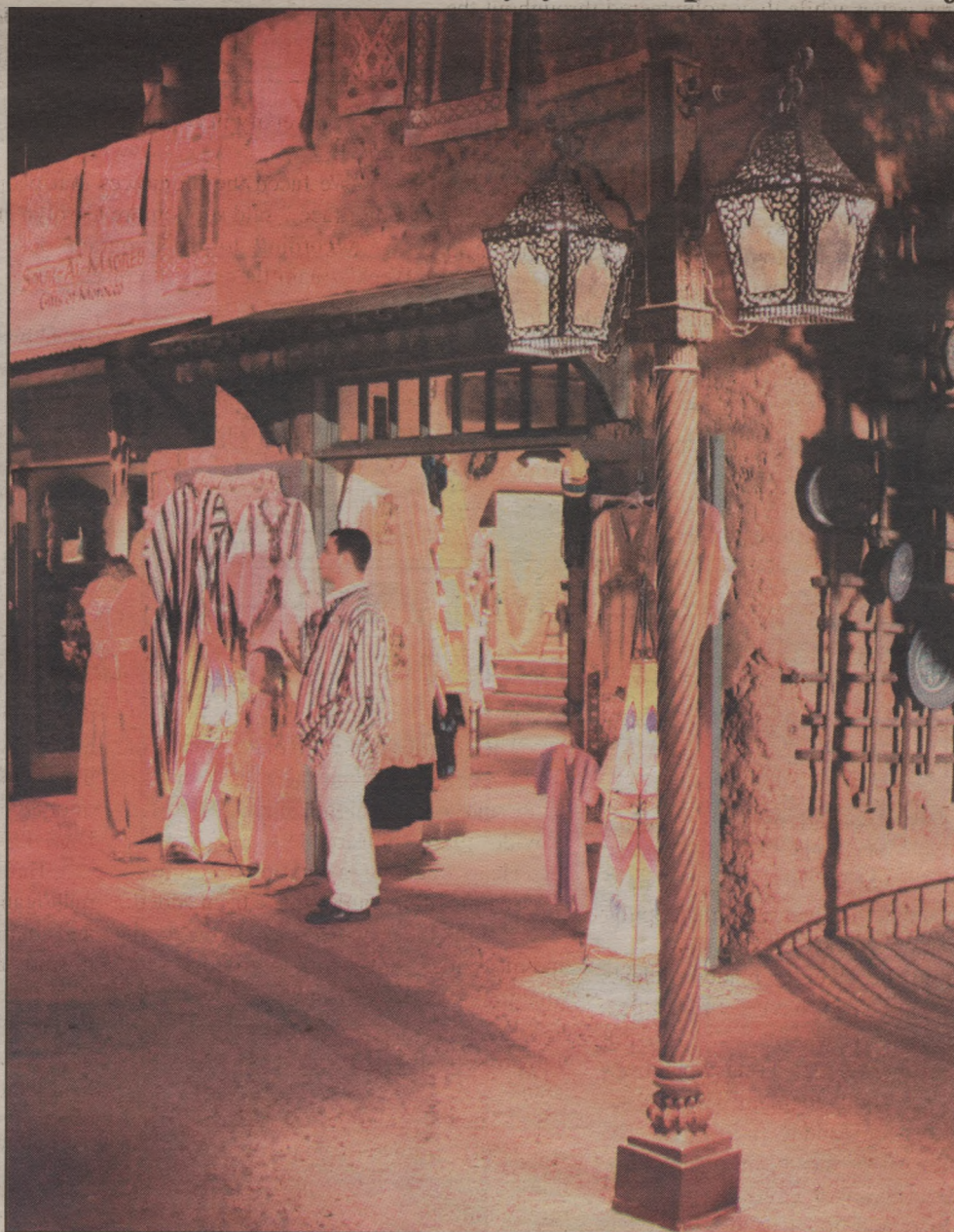
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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Zack Lane
Photography Editor

I took this picture while at Disney's Epcot over the winter break. I am proud of this picture because it looks like a painting. I like all of the warm colors and especially the texture of the lamp post.

“Jersey Shore” causes popular commotion *Negative stereotypes and bar fights stir controversy on TV*

Serena Cecere
Staff Reporter

In the past, when people heard the words, “Jersey Shore,” some things that would come to mind were the beach, tanning, boardwalks, and parties.

Not anymore – not after MTV’s controversial debut of “Jersey Shore,” a reality show that took place in Seaside Heights, N.J. and documented eight roommates living in a house together in Aug. 2009. The men and women, ages 21 – 28, spent four weeks there while they worked on the boardwalk and partied.

Now the only thing people can think of in regards to the Jersey Shore are hot tubs, bar fights, fist-pumping, and overly-tanned Italians.

“I think ‘Jersey Shore’ is very entertaining to a lot of people. There is a lot of drama and a lot of issues that keep the show interesting,” said senior Kerri Carroll. “I can see why people are getting upset over it, but the characters are not reflecting every person [of Italian descent].”

Interviews following the show brought up the question of stereotypes. After being asked how he felt about being a part of supporting the negative view of Italians, cast member Paul “Pauly D” Delvecchio said that he was only representing himself on the show, and not the entire Italian heritage.

Still, this was not enough. According to Time magazine, the controversy caused MTV to change its use of the “G-word,” as Time put it, to “roommates” in the show’s description. The negative hype also caused Domino’s to pull their advertisements from the show.

But was it really that controversial? What do viewers think of the show’s drama?

“I think the show is pretty mind-numbingly dumb,” said senior Sonny Bandack. “I hate the fact that the people on the show are now famous, because they have done nothing to earn fame.”

In fact, the “Jersey Shore” cast is being paid thousands of dollars to make appearances at clubs, bars and other venues. One of the show’s most popular cast members, Nicole “Snooki” Polizzi, had a very controversial appearance in one of the earlier episodes where a man punched her in the face. While the incident was pulled from the episode, the show explained what happened without showing



Four of the six controversial cast members of “Jersey Shore” pose for the cameras.

AP Photo

it. Many viewers had an opinion about the fight.

“I don’t understand why MTV couldn’t have shown her getting hit. If it were a fight between two guys or two girls, I don’t think it’d be as big of a deal,” said senior Caitlin Mitchell. “Even if it was a girl hitting a guy, it would probably still be aired.”

In fact, the show aired fights between two men, with cast member Ronnie being sent to jail. Similarly, cast member “J Wow” got into multiple fights with other women, which were shown on the show.

Violence in reality TV is generally acceptable. Many agree, however, that it is not acceptable when it involves a woman getting hit by a man, as with Snooki.

“Snooki didn’t deserve to get hit—especially not by a guy,” said sophomore Nicole Place. “She was just sticking up for her roommates. A man should never hit a woman, and MTV was absolutely right for cutting the scene.”

However, by not including the fight scene, is reality TV becoming less “real?”

“I don’t think so,” said Place. “MTV didn’t take it out

entirely. They included the events leading up to the fight, as well as the events following the fight. They just didn’t show her getting hit, and I think that was the right thing to do.”

Regardless, the fight may have helped Snooki more than it hurt her – she went from being paid about \$2,000 per appearance on the show to \$10,000.

According to the UK blog In Entertainment, a second season of “Jersey Shore” has been confirmed with all of the same cast members.

This is news that could upset you or excite you, depending on where you’re from.

“Get out of my state!” said senior Joshua Balby, a New Jersey native. “I hate that none of these people are from New Jersey, they’re all from [other states] and it makes us look like fist-pumping, hair-spiking idiots.”

This article was contributed to by Kelley Bligh and Liz Warren.

ShuVoices

What was your
favorite part of break?

Michele Tymann
Assistant Photography Editor



Theresa Mancey
Freshman

“Going to Florida”



Bill Haug
Sophomore

“Going on Curtis Week”



Sean Barret
Junior

“Hanging out with friends
on New Year’s Eve.”



Noelle Saulnier
Senior

“Going to Disney with
the band.”

LinkedIn helps find jobs

Sam Dowd
Staff Reporter

According to Yahoo!Finance, 10 percent of our country is currently unemployed. That means millions of people are looking for jobs, and the number of applicants for a single job has skyrocketed.

Thankfully for them, there is a new networking tool expanding in the business world: LinkedIn.com.

“LinkedIn is a fantastic online tool for professional networking,” said director of Career Placement Rick DelVecchio, in his blog “Career Corner.” This semester, Career Development is holding a number of LinkedIn workshops for students.

LinkedIn began in May 2003 and, according to the “About Us” section on its Web site, has over 55 million registered users spanning more than 200 countries all across the world.

The site is not just full of job seekers, but many recruiters as well. Executives from each of the Fortune 500 companies have LinkedIn accounts.

So how does LinkedIn work? You first have to sign up and provide information such as where you went to school, your employment history, and where you live. From there, LinkedIn matches your data to other people who you may have gone to school with, worked with, or lived near, and you can then “link” to them, as if adding them as a friend on Facebook.

As DelVecchio explains, “Once you

are connected to someone, you can see not only his or her profile, but the profiles of all their connections as well. This is what opens up the power of networking.”

LinkedIn also allows you to search through your connections to identify which ones will help you get the job you want. This allows you to skip the step of trying to analyze which of your friends might have connections in a specific company. If you type in a company, you will immediately know who in your network of connections is at that company.

Once you begin to build a network, you no longer have to apply to every job just because it fits your qualifications. Instead, you can focus on the ones where you have a connection, and your connection can put in a good word for you. A personal recommendation from a present employee at your desired company can help set you apart from the rest of the applicants.

While professionals advise others to set up an account, not everyone is convinced.

“I have definitely heard people talking about it, but I don’t have an account yet. I don’t feel like I need one,” said junior Chris Daly.

The next LinkedIn/Networking workshop for students is Feb. 9 at 4:00 p.m. in the Curtis Hall Theater. If you’re interested in attending, register on Career Development’s PioneerLink. For further information, contact Career Development at CareerDev@sacredheart.edu.



AP Photo

Plants of marijuana, which New Jersey legalized for medical purposes.

NEW JERSEY ALLOWS MEDICAL MARIJUANA

Chris Corrigan
Staff Reporter

Is New Jersey ready for medical marijuana dispensaries? The 14th state to pass laws legalizing medicinal marijuana, New Jersey residents who suffer from an array of illnesses will now have access to this new, legal drug.

The illnesses that qualify marijuana use in New Jersey range from cancer to severe nausea. Other states, like California, allow the drug's use for additional forms of severe pain.

Psychology lecturer Ron Hamel, a teacher with a certificate in addiction treatment from Southern Connecticut State University, questioned whether New Jersey will be faced with the same problems as other states that legalized the drug.

"There has been a debate about this for years. It is interesting that California is looking at their practices for medicinal marijuana seeking greater control of sales. Although they have provided this use of marijuana for the past 13 years, the state is questioning the number of dispensaries and their legality. How many of these 'storefronts' are being run by illicit groups?"

Many marijuana cultivators on the West Coast, where there is no state regulation for growing, do in fact claim to be growing for medical purposes and sell only to dispensaries.

But who is to determine the recreational growers and users from the legitimate medical marijuana growers?

According to the Drug Enforcement Agency, law enforcement has been unable to distinguish the two. Many "large-scale drug traffickers" are able to evade prosecution on "ridiculous" medical marijuana claims.

How dangerous is the drug? The FDA places it as a Schedule I Drug, "high potential for abuse."

According to Hamel, the product Marinol is easily accessible through prescription. The pill's active ingredient is synthetic THC—the same substance found in marijuana.

"Why isn't Marinol being prescribed instead of 'weed'?" said Hamel.

According to NORML.org, an organization that works to reform marijuana laws, there are many things marijuana does that Marinol simply cannot.

Marinol only contains THC, but not the natural cannabinoids that provide "numerous therapeutic benefits." Also, many patients who use Marinol describe the psychoactive effects to be far worse than marijuana. Lastly, Marinol is more expensive than the natural plant.

"The epidemic of drug use continues to be nicotine and alcohol, although, not controlled by the FDA, rather the BATF. If marijuana can be profited on the same way cigarettes and alcohol are, would the product create such a dilemma?"

-Psychology lecturer Ronald Hamel

However, the legalization of medicinal marijuana could have multiple negative effects.

First, there is no proven evidence that medical marijuana cures anything besides pain and nausea. It could potentially lead to easier access for kids. It can be a gateway drug to other, more addictive, drugs. It can also become addictive.

All of these are topics that need to be highlighted before making an educated decision on your stance.

"I feel that this is an issue of compassion," said senior Dan Repetti. "How could you deny something that cures someone's pain? If I have a headache, I take Tylenol. If I wasn't allowed to have it, I would be enraged."

Junior Jennifer Orelus shares a similar opinion. Her mother suffers from cancer so the new laws passing "don't bother me at all," said Orelus. "Whatever keeps my mother feeling better and alive longer."

HE SAID/SHE SAID

How has dating changed over time?

Alex Atkinson
He said



Is this question serious? Do people use the term "dating" anymore? Somewhere through the decades it seems that dating has lost its meaning and become something more. I mean, in theory the word is still there but what does it mean to the males of this generation?

It seems that when confronted with the issue of dating, one becomes frightened and nervous.

The fact is dating means commitment and this can bring on certain fears in everybody. Today we escape the feeling of commitment by using terms like "hooking up," and "we're talking." We use these code words to avoid the obvious: is there someone better?

Today in the new world of dating, technology has become a huge factor in the social norm. Unlike our grandparents and maybe some of our parents, we have been blessed with the advancement of communication. Or have we?

Have certain tools like the cell phone and the Internet destroyed the sanctity of dating?

Whatever happened to calling the house of the girl you liked, asking to speak to whomever's daughter you were summing, and ask her politely out to the movies or a school function? It's simple. Like everything, time changes formalities and traditions; people rebel and start new trends.

If we don't change with the times, the times will pass us by, and what I mean is in today's dating world it has become like fishing. One has to throw out multiple lines and see where it bites.

No longer do we go out to a movie or dinner alone. It involves a group of friends who provide us with support and comfort. It is obvious to see that one calms down and can talk if not pressured to be the center of attention.

After a while of talking you realize that you have a chance and that is where texting comes in, or maybe instant messenger.

The whole concept of texting eliminates the one-on-one confrontation. No longer can one see the reactions that would come in real life conversation.

As it seems, our generation has gained a huge benefit in the world of dating. Our society has opened the doors to so many options. A little self-conscious, getting old, or just looking for the best option?

Don't you worry, the Internet will provide your solution. Today you cannot flip through the channels without seeing commercial after commercial for one of today's top dating sites.

Just provide all your information for the whole world to see and promote yourself using the resources at hand. Well a few lies here and a few lies there, next thing you know you're staring into the eyes of a six-foot tall, 300 pound truck driver named Muffy.

It isn't crazy to believe in true love but it is pretty easy to see where the skepticism comes from. As we continue through college and life we will search for that someone who we cannot bear to miss a beat with. And then maybe you will find the true meaning of dating.

Adrian Fitzsimon
She said



OK, first of all, allow me to address my own personal issues with the term "dating." Bear with me, but I'm going to go back to freshman year when I met this cute boy who reintroduced me to the meaning of a homonym. After a few weeks of instant messaging (this was before my dad agreed to pay for unlimited texting) and hanging out, I eventually got tired of not knowing and daringly asked the "what are we" question.

His response: "Like, I dunno, like, I guess we're like dating." So we were "dating." Well, unfortunately, I was always under the impression that dating was the same as "going out," being in a "relationship," "boyfriend/girlfriend" type of situation. However, he thought otherwise. I guess it was more of a trial run for him, which I discovered not long after when I referred to him as my boyfriend. Needless to say, that "relationship" didn't last long. Since then I have diagnosed relationship statuses with extreme caution.

So with that being said, I still find myself wondering what exactly "dating" means. I honestly feel the term "dating" is outdated, sort of like "going steady." That's what our grandparents did. It's just not cool anymore. Nobody "goes steady." We "go out." And the way we go out is totally different.

I suppose the "dating" stage today is commonly referred to as "talking," even though most of this "talking" occurs within 200 character texts sent via satellite to a one-by-two inch LCD screen...that's so romantic. In the past, this "talking" would have been an actual exchange of voices over the telephone, or even farther in the past, through the exchange of hand-written letters which I would imagine drastically slowed down the dating process.

Today, the difference between having to approach a guy and speak words to suggest hanging out, much like the days of the past, is much different from typing obscure slang abbreviations leaving him to decipher what you actually mean. He can no longer see you blush and squirm whether it is from nerves or excitement. Overall, texting has completely eliminated the awkwardness involved in getting past that initial interaction — at least until you have to sit shoulder to shoulder in a dark movie theater.

The overwhelming popularity of the Internet has also offered us the opportunity to meet our soul mates without ever leaving the comfort of our homes, further creating an increasingly socially inept and introverted society. Match.com and eHarmony have been an answer to our prayers; well for me it's starting to look that way. Back in the day the only person that ever tried matching you up with someone was your own mom, and we all know how that goes. Today, with just a one-time membership fee, we leave it to an electronic database to search out our perfect match.

So I guess what I am trying to say is that without a doubt dating is much different now. As with everything else, dating has evolved, but that doesn't necessarily mean it's changed for the better.

Glitz and glamour at the Globes and Grammy's Awards show season brings unexpected winners in entertainment and fashion

Jaclyn Hendricks
Staff Reporter

What do Sherlock Holmes, the guys from "The Hangover" and the Na'vi of "Avatar" have in common? They were all winners at the 67th Annual Golden Globes ceremony held in Hollywood on Jan. 17.

Kicking off the 2010 award season with a bang, host Ricky Gervais of the HBO series "Extras," kept the jokes and jabs rolling, entertaining Tinseltown's elite. Though Gervais offered the comic relief for the three-hour ceremony, the real shock value seemed to come from who the Hollywood Foreign Press selected to win awards.

"I was surprised that those movies won," said junior Nicole Morelli. "Many people think 'The Hangover' is a joke movie that no one took seriously."

Although it may seem that the cast from "The Hangover" had the last laugh, as they took home the gold for best motion picture comedy or musical, many seem to feel the real winner of the night was director James Cameron. Not only did he take home the award for best director, but he also received best motion picture drama for the new box office titan, "Avatar."

Both Sandra Bullock and Robert Downey Jr. picked up awards as well, as Downey received the Golden Globe for best actor in a comedy or musical, for his portrayal as notorious British detective Sherlock Holmes. Bullock, who pulled double duty in terms of best actress nominations for both her roles in the comedy "The Proposal" and the drama "The Blind Side." Ultimately, Bullock won for her portrayal as Leigh Anne Tuohy in the drama.



AP Photo

Robert Downey Jr. makes the audience of stars laugh during his acceptance speech for his award-winning performance in "Sherlock Holmes."

Students at Sacred Heart University seemed to agree with the Hollywood Foreign Press's selection of Bullock winning the Golden Globe.

"Although I am a huge fan of Sandra Bullock anyway, I feel her portrayal in 'The Blind Side' was worthy of

her award," said junior Anthony Priore.

Though the film winners of the Golden Globes left people in awe, the Hollywood Foreign Press had Hollywood buzzing about the television winners at the Golden Globe as well. Showtime stars Toni Collette of "The United States of Tara" and Michael C. Hall of "Dexter," also picked up their first awards.

With the Golden Globes over and the Grammy awards just around the corner, has a trend started in upsetting the status quo of typical winners?

According to the Grammy awards' Web site, fan favorites such as Beyonce, the Black Eyed Peas, Lady Gaga and Taylor Swift all collected multiple nominations. This year it seems that Sacred Heart students will be tuning in to music's biggest night for several different reasons.

"I'm looking forward to seeing the performances throughout the show," said junior Brittany Brown. "Taylor Swift is my favorite artist, so I'm really excited to see her performance since she always puts on a good show."

Even though the stage is set for artists like Swift, Dave Matthews Band, Pink and even more to rock the house, another element draws viewership to these ceremonies... fashion.

"I believe fashion is a huge part of the award ceremonies," said Priore.

The stylish selections of both male and female artists especially, are the prime spectacle of all entertainment award shows. Fashion choices of celebrities also serves as a topic of conversation the following day.

To find out who wore what, who won what and keep up your award show savvy, tune into the 52nd Annual Grammy Awards airing Sunday Jan. 31 at 7 p.m. on CBS.

LENO VERSUS 'COCO' NBC hosts duke it out for late-night time slot

Elizabeth Fish
Staff Reporter



AP Photo

The NBC war between late-night talk show hosts Jay Leno and Conan O'Brien came to a head recently, when O'Brien agreed to leave NBC in a deal worth \$45 million after a dispute over who was to host "The Tonight Show."

O'Brien's last show aired last week on Jan. 22 and among his last guests were Will Ferrell and Tom Hanks. According to NBC, Leno will return to hosting "The Tonight Show" during his original 11:30 p.m. timeslot beginning March 1.

Since the news of O'Brien's removal, it seems America has been split between late night hosts.

"I'm with Coco," said senior Christopher DeHayes, who seemed to have set the tone for many people who are around his age (Coco is the term of endearment used by those who are in support of O'Brien).

A Facebook group of over 40 thousand members has even emerged, titled "I'm with Coco," which shows a large

number of the younger generation supports O'Brien staying at "The Tonight Show."

Of the \$45 million deal, \$12 million is going to O'Brien's staff, which exceeds 200 in number, according to the Lehigh Valley Live Web site.

The conflict originated four years ago when NBC signed a contract with O'Brien to replace Leno on "The Tonight Show," which is what caused O'Brien to be moved from 12:05 a.m. to 11:30 p.m. and Leno from 11:30 p.m. to 10 p.m. The network predicted the drop in Leno's ratings, according to the New York Times.

"I think it's good that NBC is moving Jay Leno back to 11:30," said sophomore Kimberlie Latulippe. "People have always associated him with that time, so this makes things a lot less complicated."

While some students side with Leno and others with O'Brien, some find the back-and-forth movement of the late-night talk shows too hard to follow.

"Late-night talk shows always put me to sleep. If I'm going to be up that late, I'd rather watch something else that would keep my attention, like a sitcom," said junior Caitlin Cofell.

There are also rumors revolving around the situation, which complicate the NBC ordeal even more. According to TV.com, O'Brien has signed a contract saying that he will not speak poorly about NBC after he has left the network.

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GET REEL 'BOOK OF ELI' PROVES A BEST SELLER

Chris O'Connell
Contributing Writer

Post-apocalypse America looks pretty bleak. Good thing Denzel Washington is still around. The Hughes brothers' vision of the end of the world is a dark journey into the anarchist nature of a culture dealing with the end of its humanity.

Borrowing heavily from "The Road," Cormac McCarthy's brilliant novel, "The Book of Eli" follows the basic apocalypse storyline by shrugging off any back-story with phrases like, "When the bombs fell..." or "We lived in the good days before the flash." Apparently no one remembers why the bombs fell or who dropped them.

So many bombs were dropped by unknown entities that it tore a hole in the sky, opening up the planet to the harshness of the sun, an event referred to by the survivors as "the flash." "The flash" burned everything on the Earth and blinded anyone who wasn't wearing a pair of cheap designer sunglasses (preferably aviators), which turns out to be approximately three people.

After the flash, the survivors pondered about why the whole war had started, and they decided it was books.

For some reason they didn't lay the blame on reality TV, and Jersey Shore remained on the air, while every book in

existence was burned to a crisp.

While everyone else in the world fell to killing each other over table scraps, Eli (Denzel Washington) is on a mission to safely transport a book across the country. If you haven't guessed what that book might be (spoiler alert!) it's the Bible. Eli felt he was told by God to bring it west until he came across the place he knew it belonged.

The Book of Eli is rated R for a reason. It's fairly action packed, including gory decapitations, and beautifully choreographed fight scenes (with Washington doing all his own stunts.) Washington and Gary Oldman give great performances and the scenery is as expansive and detailed as a wasteland can be.

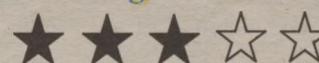
The only problem I have with this movie is Mila Kunis and her character Solara. The movie suffers terribly because of her. Eli explains to her character how Americans used to throw out things people kill each other for now, and in some brilliant dialogue Solara says, "Really?" Eli says, "yup" and in even better dialogue Solara says again, "Really?" only this time more exasperated. Oscar worthy stuff right there. The ending of the movie is almost completely ruined by a scene with just Solara.

For some great violent action, and a great story about keeping the faith, The Book of Eli is a good flick. Just try



AP Photo

Get Reel gives Book of Eli



Finale of Jersey Shore: Fist pumps no more?

Kristi Troccoli
Staff Reporter

Over the past two months, fans have waited and watched for the ongoing drama on the hit MTV television show, "Jersey Shore." Much to the despair of the show's loyal fanatics, the season finale aired on Jan. 21.

According to Entertainment Weekly, the show aired to a viewing audience of 4.8 million people. Fans were eager to see new drama unfold and to look back on the friendships, the hookups, and the altercations of the past episodes, according to E! Online.

Some fans of the series admitted they would miss the eight housemates as though they were their own friends.

"After tuning into the show for the past six weeks I'm going to miss watching them every Thursday," said junior Ashley Lubas.

While fans were heartbroken about the series' end, some critics and organizations felt the show was overly offensive to Italian Americans.

"We find this program alarming in that it attempts to make a direct connection



AP Photo

The Jersey Shore cast hangs out with Rachel Ray on the set of her show on Jan. 21.

between 'guido culture' and Italian-American identity," said National Italian American Foundation President Joseph Del Raso, according to the NY Daily News' Web site.

UNICO National, an Italian American service organization, even asked MTV to cancel the show. The organization's president Andre Dimino referred to the show as "trash television."

"I don't blame UNICO National for

finding the series offensive," said junior Erika Scheetz. "It's about time the insanity and foolishness came to an end."

Despite the controversy, MTV defended their network and their show.

"We understand that this show is not intended for every audience and depicts just one aspect of youth culture," said the network in a statement. "Our intention was never to stereotype, discriminate or of-

fend."

The series was not the only thing that came to an end. On the show's reunion special, which aired right after the finale, viewers witnessed Sammi "Sweetheart" and Ronnie break up.

During the reunion special, some never-before-seen footage was aired of Sammi "Sweetheart" having an intimate conversation with Mike "The Situation," setting the stage for Ronnie to dump Sammi on national television.

"I'm curious to see if there is going to be a second season of the series after watching the absurdity of this season," said Scheetz.

The fate of the show is uncertain for now. MTV has yet to release a decision of whether or not they will order a second season.

"I definitely think there will be a season two of Jersey Shore. It's the show everyone has been talking about lately," said junior Tracy Severe. "I think the show became a big hit, and if there isn't a season two, I'm sure Pauly D or Mike 'The Situation' will have their own reality show where they look for love."

Art historian Evelyn Cohen to refelect 'Art as a Mirror'

Mike Oberlander
Staff Reporter

Traveling through Europe, Israel, and now to Sacred Heart University, acclaimed historian Dr. Evelyn Cohen is scheduled to be a guest speaker in the upcoming colloquium "Art as a Mirror."

Cohen brings with her a long list of achievements and experience. She has a Ph.D. from Columbia University, and she has taught at Columbia, Brooklyn College, and the University of Pennsylvania.

According to a press release from Sacred Heart, Dr. Cohen was the first curator of Jewish art at the Jewish Theological

Seminary. Dr. Cohen has also received the National Jewish Book award from the Jewish book council.

With a broad background in art history, Dr. Cohen will bring her knowledge of Hebrew illuminated manuscripts to students. Cohen said that she would be making a presentation that follows the Vatican publication of a historic catalogue of all the Hebrew manuscripts in the Vatican Library, which includes 800 works.

"Hebrew illuminated manuscripts are important for many reasons because they are beautiful art in their own right, as people will see if they attend," said Dr. Brian Stiltner, associate professor of religious

studies. "Second, they are a historical record."

Stiltner also believes that through these manuscripts, students can understand how the two religions viewed each other, as well as how Christianity was created through Judaism.

The colloquium will be open to all students at Sacred Heart who are interested in attending.

"I find myself interested in the topic because I am an art major, and these manuscripts seem to be very important to art history," said junior Markie Schmidt. "Not only am I going to appreciate the artwork, but it will be interesting to see and under-

stand how people thought about their religion in that time."

One of the reasons that Sacred Heart and the Human Journey Colloquium series has brought Dr. Cohen to lecture here was due to the opening of the school's new chapel last semester.

"The art is an important means of communication for religious traditions," said Stiltner. "The same loving attention to symbolism and to beauty can be seen in the art of both the Chapel of the Holy Spirit and of the illuminated manuscripts."

The "Art as a Mirror" Colloquium will take place on Wednesday, Feb. 3 at 2:00 p.m. in the Schine Auditorium.

STUDENTS' ARTWORK ACCEPTED INTO LOS ANGELES EXHIBITION

Alyssa Collier
Staff Reporter

Four students from Sacred Heart University recently had their artwork accepted into an exhibition of the Society of Illustrators of Los Angeles exhibition called "WEST48." These students are Kelly Gilleran, Sam Touch, Paul Galipeau, and Amanda Wenger.

For some, their interest in art began at an early age.

"My mom has always really enjoyed doing artwork, and my dad used to doodle a lot when he was younger. When they noticed it was something I enjoyed doing they encouraged it," said sophomore Kelly Gilleran, a graphic design major.

Each of the students said they have worked very hard to achieve the honor of being accepted for WEST48.

While one artist might choose to focus on one particular type of project, another may prefer trying their hand at a variety of styles.

"I've often described myself as an artistic jack-of-all-trades," said junior Amanda Wenger, an art and design major. "Truthfully, I do a little bit of everything. From illustration, like the piece that was accepted, to drawing, painting, graphic design, digital illustration, jewelry making, crafting, knitting, costume design, and more."

According to the Web site of the

Society of Illustrators of Los Angeles (SOLA), the society was founded in 1953 by a handful of Southern California advertising artists and designers to promote the professional status of illustration art as well as foster both philanthropic and educational goals. They said they have a very productive membership whose work is seen locally and nationally by millions each year in printed media, television, films, Internet and gallery exhibitions.

SOLA currently has 200 members and describes itself the major professional art entity on the West coast. There is also a second exhibition on the east coast in New York.

Faculty members are also acknowledging these students for their work. Jack deGraffenried is an associate professor of art at Sacred Heart, as well as an illustration instructor. He is also a member of the Society of Illustrators in New York.

"It's a tremendous feeling," said deGraffenried. He said there have been 27 student acceptances since 2004.

Because they see their fellow classmates receiving such an accolade, other students have seemed to gain interest in having their work submitted to the exhibitions.

"It motivates them," said deGraffenried.

The students' work will be on exhibit in Los Angeles. The opening date is planned for late March or early April.



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Friend, foe, or frenemy?

Ashley Monaco
Staff Reporter

Frenemies are everywhere. For instance, Kim Cattrall and Sarah Jessica Parker. On screen they starred as best friends Samantha Jones and Carrie Bradshaw in the hit TV series "Sex in the City." Off screen, it's a different story.

"There's not a lot of love between the two actresses," said Cosmopolitan magazine.

It's a classic case of a common relationship these days — the "frenemy."

According to the Oxford English Dictionary, a frenemy is "a portmanteau of friend and enemy which can refer to either an

enemy disguised as a friend or a partner who is simultaneously a competitor."

Although the term became so widely used that it was given a spot in the OED in 2008, not all students at Sacred Heart University have heard it before.

"I have never heard the term frenemy," said junior Manny Acevedo, "but what I gather from the word composition is that it is basically someone you don't like or get along with but you tolerate and deal with them because you run in the same social circles or may have to work with them in the future."

Junior Michael Powers also said he had never previously heard the term, while Erin Finlay and Leah Richards, also juniors, said that they are familiar with the frenemy.

"I have some frenemies," said Finlay. "Sometimes you have no choice but to be nice to someone you don't get along with all the time. This tends to happen a lot during group projects or in situations where you are forced to work with someone you don't like."

However, some students believe forging a friendship would simply be an added stress in their already chaotic lives.

"I do not think that you can be fake friends with someone you actually hate because it will show in the long run and will cause unnecessary stress in your life," said Richards.

"It is one thing to be cordial with acquaintances that you dislike for certain qualities but if you

truly hate a person a fake front will not work out, nor should people even bother to try to be fake about it," she said.

No matter what their take on the term was, the four students agreed that frenemies are more common among females.

"They are definitely more common among girls," said Powers. "Boys usually care less about what people think."

As to why it would be less of an occurrence among them, "Boys tend to be more upfront about their thoughts about someone," said Finlay.

Grant Walker, a professor of sociology, had never heard of the frenemy before but was very certain about why this type of relationship exists.

"Love hate relationships exist because of the complex nature of the human individual and the inability of any individual to meet and satisfy all the needs of any other and the unpredictable dynamics of relationships," said Walker.

"No one remains the same forever, no relationship remains the same forever. I can love you for this and hate you for that, love you today and hate you tomorrow," he said.

Avoiding conflict is the main reason why the relationship with a frenemy is formed, said students.

"It's easier to be fake and pretend to be nice to someone than to have that constant tension and anger with someone that you will be constantly seeing," said Acevedo.

I love you, but I ... hate your boyfriend

Brittany Foy
Staff Reporter

Most students' schedules are jammed packed with endless amounts of school, homework, sports, and relationships.

As if that wasn't hectic enough, it becomes even more complicated when platonic and romantic relationships clash.

More often than not, when someone has to choose friends over their significant other, or vice-versa, feelings are hurt and ties are sometimes broken.

Sophomore Kelly Moulton has found herself in a similar triangle of balancing friendships and a relationship.

"When I began dating my boyfriend senior year, my friends would often get mad that I was not spending enough time with them," said Moulton. "Because of all that drama, I'm not even friends with some of them now."

Figuring out which relationship should take top priority is often a difficult decision. This sensitive choice can be even more frustrating depending on the longevity of a friendship.

Sophomore Adriana Rocca agrees that the decision becomes more difficult because, "It seems like a question of loyalty; who have you known longer?"

"Ultimately you don't want to upset anyone," said Rocca.

When someone does make the decision to choose his or her significant other over a friend, a

similar pattern can emerge.

After some time, people tend to lose friends and can become completely consumed with their new relationship. However these bonds often break leaving that person with nothing—no friends or relationship.

"It becomes a vicious cycle once people drop their friends," said sophomore Amy Rose Montaruli. "Their relationship will inevitably end, and being left with nothing isn't ideal."

"So people try to regain their friends, but the problem is they've already lost them," said Montaruli. "Then trying to make peace becomes another difficult situation to deal with altogether."

While girls are stressing over these problems, boys are barely even fazed. Girls tend to fixate on who will be more upset by the end result of their decision while boys some how find time for both parties.

"It's inconvenient if they don't like each other, but it's not life or death," said sophomore Dan Miller. "You'll see both eventually."

According to some, making time and effort to divide your free time between both groups can be the best and easiest solution.

"If you know the groups will not get along, it's easier to see them separately," said sophomore Jessica Luby.



AP Photo

Sarah Jessica Parker has a rumored "frenemy" relationship with co-star Kim Cattrall.

HOW TO ...expand your musical tastes

Juliana Brittis
Features Editor

Let's say you're sitting in your Shakespeare class and that Seth Cohen-ish boy you've had your eye on all semester finally works up the nerve to mutter a sentence to you. But that sentence is a question and you're totally unprepared: "In your opinion, who has better vocal stylings. Regina Spektor or Sufjan Stevens?" You're clueless. To you, Sufjan Stevens might as well be some random dress designer and the only Regina you know is Regina George from Mean Girls. In order to articulate a knowledgeable and impressive answer, you must expand your musical horizons.

Here is the best advice on how to branch off from listening to just Lady Gaga or Jay-Z:

1. Google it. Seriously, everything can be Googled so why not Google your music? Type in a music genre, for instance, "indie" and see what bands and artists come up. Then go from there and see which seem interesting and who you'll opt out of.
2. Lala it. This would be your next step after you've googled artists in a genre. This new music Web site allows you to listen to virtually any album from any artists in the world for free. This is no hoax, all you need to do is log on to lala.com and search for an artist and bam, there is your source for new music listening.
3. LastFM.com. Once you've discovered one or two artists that you are interested in, head to LastFM for an even easier to find more artists just like that. All you have to do is create a free account and type in your current music faves. From there, LastFM compiles a list of similar artists that you might be into.
4. Similar to LastFM.com, Pandora is a free music service that you can add to your iPhone, Blackberry, or simply use off of your laptop. You type in your artist of choice and Pandora creates a virtual "station" of your artist plus similar artists. You can vote "thumbs up" or "thumbs down" on music you love and hate. From here, you can narrow down your list of new musical interests.

Sample Musical Expansion Playlist

1. Chicago
-Sufjan Stevens
2. Lily Two
-Matt Pond PA
3. Marvelous Things
-Eisley
4. Quequ'un M'a Dit
-Carla Bruni
5. Us
-Regina Spektor
6. Don't Believe in Love
-Zox
7. Larva
-Georgia Anne Muldrow

Relay for Life proposes hope for survivors

Michael LeBoff
Staff Reporter

The Second Annual Sacred Heart University Relay for Life is scheduled to take place on April 16 and 17 in the William H. Pitt Center.

The American Cancer Society sponsors the relay to help raise money and awareness for cancer research.

Last year, the inaugural relay was a major success.

"It was one of the most rewarding experiences of my life," said sophomore Brianna Melilli.

Dr. Gordy Klatt started The Relay for Life in 1985.

He successfully walked around a track for 24 hours to help to raise money for the American Cancer Society.

According to the American Cancer Society, Relay has grown to be the world's largest movement to combat the disease.

In fact, Relay For Life is the largest non-profit movement in the world that uses funds raised to help those affected by cancer as well as educate the public.

Relay for Life was created to give local neighborhoods the opportunity to show their support for those who have been touched by cancer.

Roughly over 3.5 million people from over 5,000 communities relay each year.

"The event benefits and supports cancer survivors, their caregivers, families, and friends by showing the fight they have gone through together to fight cancer," said junior Caroline Slemp.

"Some win that fight so we celebrate with them, some are fighting currently so we fight with them, and some have lost the battle so we use the night to remember them."

Whether or not the disease directly affects the participant, it is still a rewarding and unique experience to take part in.

For most first timers, the end result is an extraordinary feeling.



Sacred Heart University students take part in last year's Relay for Life.

Photo contributed by Marie Riccio

"It was something I didn't know much about at first, and then when I took part [in the relay] I could see why it has become such a big success," said sophomore Billy Eckert.

"So many people have been touched by cancer that it has become almost a common theme."

"Being there with other people who were affected by the disease in one way, or another was truly a special feeling," said Eckert.

Every community has different traditions, but three things remain the same at each relay.

At each event, the participants celebrate the survivors, remember the lost, and fight back to stay alive.

Every relay starts off with a Survivors Lap.

This is an inspiring event where all those who have survived cancer are asked to circle the track together to celebrate the victories that we have achieved in their fight against cancer.

After the sunsets, the Luminaria Ceremony takes place.

This is the part of the relay where participants remember those who have lost their lives due to cancer.

During the ceremony candles are lit inside bags filled with sand, each one bearing the name of a person touched by cancer, and participants often walk a lap in silence.

Relay For Life is open to anyone who wants to participate.

"Here on campus friends, roommates, sports teams, sorority and fraternity members, professors, faculty etc. can participate

by forming teams to fundraise with," said Colleen Craffey, administrator of Relay For Life.

"By doing this, they're having fun doing something amazing like creating a world with more birthdays, a world where cancer can't claim another year of anyone's life," said Craffey.

A participant in last year's Relay sophomore Mario Valenti added, "The best part of the entire experience was knowing that you are taking part in this cause with the rest of the world."

"Fighting cancer is a cause that everyone in the world can relate to and support," said Valenti.

"It is definitely something I am looking forward to do again this year."

A NEW YEAR, A NEW YOU

With a new year comes resolutions, but will they fizzle out by February 1?

Michael Ohrenberger
Staff Reporter

You are now 28 days into the new year; have you made any drastic improvements on your life yet?

For some, New Year's resolutions are just something to talk about, while for others, they can be life changing.

The vast majority of resolutions seem to revolve around the idea of self-improvement, most commonly fitness.

Realizing this to be true, franchise Planet Fitness offered a deal on their Web site to join certain locations with a \$1 sign-up fee, and \$10 per month.

Wii Fit Plus also released a special bundle package for the holidays which has become a popular item to help with resolutions.

"I bought Wii Fit Plus so I could try and squeeze more exercising in between my classes," said senior Michelle Lord.

However, resolutions can be in other areas as well, such as helping the environment.

"I'm really trying hard this year to go green," said senior Kyle Bush. "I think it's incredibly important to take a look at the carbon footprint we all make, and try to decrease the effect we have on the environment, even if it is only individually."

Others choose to make personal changes without spending hours on the treadmill.

"I've decided to start using a planner to help organize my time better. It seems to be working out well," said junior Ashley Bathe.

However, some do not have such luck with their resolutions.



AP Photo

Wii Fit Plus has become a popular way for people to kick-start their New Year's resolutions from the comfort of their own home.

"My resolutions never last," said junior Jen Burke with a laugh.

Sean Heffron of Student Life explains "Everybody goes real intense for the first few weeks but by the time

February rolls around, there are just simply more important things going on."

Junior Liam Roecklein has had similar trouble in his past.

"New Year's resolutions are a seemingly futile effort for me. I have always tried to change this or improve that, but it seems that no matter what I do I can't get over the hump and keep my promises," said Roecklein.

This age old concept of making resolutions is something everybody is aware of, whether they have resolved something or not.

"I have made a resolution every year and done my best to fulfill it," said junior Chris Daly.

However, Daly does state that making resolutions is not necessarily just something to do in the new year.

"Making resolutions in general is a great thing to do. It is how we grow and get better," said Daly.

This classic tradition will live on as an outlet for people to officially set their goals for the new year and attempt to resolve what they consider flaws.

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Scoreboard

Thursday, January 21

M. Basketball

CCSU- 53

SHU- 71

W. Basketball

CCSU- 67

SHU- 64

Friday, January 22

W. Hockey

SHU- 2

Robert Morris- 10

M. Hockey

Canisius- 4

SHU- 2

M. Volleyball

SHU- 0

Philadelphia Biblical- 3

Saturday, January 23

M. Basketball

Bryant- 60

SHU- 84

W. Basketball

Bryant- 68

SHU- 77

W. Hockey

SHU- 4

Robert Morris- 13

M. Hockey

Canisius- 5

SHU- 5

M. Volleyball

SHU- 3

Ramapo- 1

Sunday, January 24

Wrestling

BU- 29

SHU- 16

On Deck

Tonight

W. Basketball @ MSMU

5 p.m.

M. Basketball @ MSMU

7:30 p.m.

M. Volleyball @ Springfield

7:05 p.m.

Tomorrow

M. Hockey @ UConn

7 p.m.

W. Swimming @ WCSU

4 p.m.

Saturday, January 30

W. Basketball @ Wagner

Noon

M. Basketball @ Wagner

3 p.m.

Fencing @ Yale

1 p.m.



The Spectrum/Zack Lane

Sacred Heart's Steve Zazuri (left), Ryan Litke (center), and Josh Marshall (right) each contributed to the Pioneers victory over Bryant University on Jan. 23 at the William H. Pitt Center.

Balanced offensive attack lifts Pioneers

Andrew Owens
Contributing Writer

If there was one word that could best describe the victory by the Sacred Heart University men's basketball team on Saturday afternoon, it would be togetherness.

Using a total team effort, the Pioneers took down the Bryant University Bulldogs 84-60 at the William H. Pitt Center to improve their record to 12-7 overall and 5-3 in the Northeast Conference. They are currently tied for fifth place in the NEC with Monmouth University who is also 5-3.

Bryant- 60
Pioneers- 84

The Pioneers got off to a quick start on Saturday, building a 20-9 in the first 8:20 of the game and they did not look back.

Senior captain Corey Hassan had nine of those 20 points and finished the game with 26 to lead all scorers.

He also pulled down five rebounds to earn NEC Player of the Week honors.

Hassan is averaging 20.7 points per game this season, which ranks him 26th in the nation in scoring.

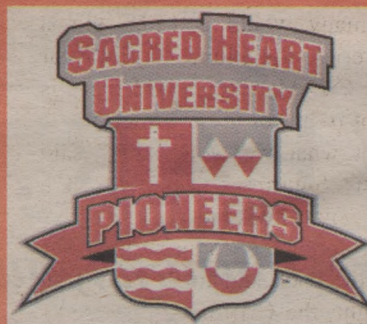
"It is something I definitely take pride in, but this year more than ever I am taking more pride in my defense," said Hassan. "Coming into college that was my weakness and I worked very hard in the offseason and I'm trying to lead by example on the defensive end."

The Pioneers closed out the first half with 25 more points, while committing just one turnover, to take a 45-29 lead into the locker room at halftime.

In his second consecutive start for the suspended Chauncey Hardy, senior Ryan Litke scored 13 of his 21 points in the first half. For the season, Litke is averaging 14.5 points per game.

Redshirt senior Liam Potter also had a solid first half with nine points.

Next Up Pioneers vs. Mount St. Mary's



When: Tonight
7:30 p.m.
Where: Emmitsburg, Md.

With a crowd of nearly 800 in attendance, the Pitt Center may have reached its loudest decibel at the 6:23 mark of the first half with an emphatic slam dunk by junior guard Jerrell Thompson who went coast to coast and slammed it home over the Bryant defenders.

"...This year more than ever I am taking more pride in my defense. I worked very hard in the offseason and I'm trying to lead by example on the defensive end."

-Corey Hassan
SHU Men's Basketball

In the first 3:54 of the second half, the Pioneers went on an 11-2 run, led by Hassan and Litke, to take a commanding 56-31 lead.

The starting lineup did most of the work offensively, but the Pioneers also showed their depth with strong defense and scoring off the bench by Nick Greenbacker who contributed

eight points in the win.

The Pioneers will travel to Emmitsburg, Md. tonight to take on Mount St. Mary's University at 7 p.m.

The game could be a monumental one for Hassan who is just four points away from eclipsing the 1,000 point mark at Sacred Heart. He would be the third Pioneer to reach the milestone this season, following Litke and Hardy.

When asked after Saturday's game about what the milestone would mean to him, Hassan didn't lose sight of the bigger picture.

"I am hoping for one thing at the end of this year and that is making it to the NCAA tournament for the first time in school history," he said.

Andrew Owens is manager of the Sacred Heart men's basketball team.

Women's hoops bounces back with 77-68 victory

Two days after win streak snapped, Pioneers come up big

Antonino Mannino
Staff Reporter

After having their 27-game Northeast Conference winning streak snapped on Jan. 21 by the Central Connecticut State University Blue Devils, the Sacred Heart University women's basketball team bounced back in a big way on Saturday afternoon as they defeated the Bryant University Bulldogs, 77-68, before 701 fans at the William H. Pitt Center.

The Pioneers were led by junior co-captains Alisa Apo and Maggie Cosgrove who finished with 17 points apiece. Apo was one assist and two rebounds away from a triple double.

Bryant- 68
Pioneers- 77

A strong shooting performance was key for the Pioneers who finished with a 47.2 field goal percentage including 71.4 percent from behind the 3-point arc.

Cosgrove and sophomore Callan Taylor, who finished the game with 15 points, led the 3-point attack as they went a combined 8-10 from behind the arc.

Looking to avenge the loss to Central

Connecticut, Apo came out of the gate strong as she scored 15 of her 17 points in the first half.

"It's my goal every day to come out and play harder," said Apo. "We're lucky we were able to play a couple days later and rebound because if we had to wait a whole week it would be frustrating."

With 7:04 left in the first half, the Pioneers received back-to-back 3-pointers from Taylor and Cosgrove which put them ahead, 30-20. It was their largest lead of the half.

Bryant kept the score close to start the second half using a strong inside game and contributions from their bench players.

Bryant outscored the Pioneers in the paint, 34-18, led by Kelsey O'Keefe's 22 points and Brittany Stahura's 15-point effort. They also outscored the Pioneers' bench 34-2.

"I think Bryant has the best post game in the conference," said Pioneer head coach Ed Swanson.

Bryant tied the game at 60-60 with 10:41 left in the second half, but after that the Pioneers went on an 11-0 run of their own.

Cosgrove made her fifth 3-pointer of the day, which was followed up by a jumper from Apo which increased the Pioneers lead to 73-62 with 5:40 left to play in the game.

"We had some big shots," said



The Spectrum/Zack Lane

Sacred Heart's Alisa Apo (#35) drives to the basket during the Pioneers' 67-64 loss to Central Connecticut State University at the William H. Pitt Center. The loss snapped a 27 game NEC winning streak for the Pioneers.

Swanson. "Shooting the basketball is our thing - when we're shooting the basketball well, we are in rhythm."

According to the Sacred Heart athletic Web site, Taylor finished with her third-straight double-double and fifth in the last six games with 15 points and 11 rebounds.

The Pioneers will begin a two-game road trip tonight when they travel to Emmitsburg, Md. to take on Mount Saint Mary's University.

After that, they will travel to Staten Island, N.Y. on Saturday to take on Wagner College.

Men's hockey picks up win, draw vs. Canisius

Team 'disappointed' after squandering three goal lead

Tom Herles
Staff Reporter

The Sacred Heart University men's ice hockey team stepped off their home ice on Saturday night after a weekend series with Canisius College as one of the hottest teams in the nation.

Despite a record of 7-0-2 in their last nine games, however, the feeling was not one of overwhelming success.

With 7:10 left in the third period, the Griffins tied the game at 5-5, erasing a comfortable lead the Pioneers held for almost two full periods.

Griffins- 2 5
Pioneers- 4 5

Saturday's tie came just one night after the same teams played to a 4-2 finish in favor of Sacred Heart.

The two games earned the Pioneers three out of a possible four points in

the standings as the team finished an eight-game homestand at the Milford Ice Pavilion.

While many would consider this a successful series, the Pioneers' first-year head coach, C.J. Marottolo, said there is still plenty of room for improvement.

"It's not what we were after," said Marottolo after Saturday's draw. "We were after a four-point weekend and the guys were very disappointed [Saturday]."

Before the back and forth contest on Saturday night, the Griffins and Pioneers played a lower scoring matchup on Friday night.

The Pioneers wasted multiple scoring chances in the opening minutes before surrendering the first goal of the game as Canisius capitalized on a deflection with 4:20 left in the first period.

But it did not take long for the Pioneers to answer back.

Two minutes before the horn sounded, senior Nick Johnson connected on a pass from junior Patrick Knowlton to level the score at 1-1. Freshman Mitchell Stretch had the secondary assist on the play.

The Pioneers tacked on the only goal of the second frame just 3:45 into the period and gained a lead they would keep for the rest of the night.



Senior Erik Bosivert had the tally with assists from junior Chris Brown and freshman Tommy Castonguay.

The third period also saw each side receive their fair share of scoring chances.

With the help of

Next Up

Pioneers vs. UConn

When: Tomorrow

7:05 p.m.

Where: Storrs, Conn.

key stops from freshman goalie Steven Legatto, Sacred Heart expanded their lead and finished with a 4-2 victory.

Legatto had 36 saves on the night while sophomore Anthony Yelovich and Johnson earned the final two tallies for the Pioneers.

When the teams returned to action on Saturday night in Milford, it did not take long for the scoring to resume.

Once again, Canisius put the first tally on the board a mere 20 seconds after the opening face off.

The Pioneers answered right back, however, when senior Dave Jarman leveled the score with a goal of his own just 13 seconds later.

The period was penalty filled as multiple roughing calls and other penalties enabled Sacred Heart to pull ahead with two power play tallies by Johnson and

graduate student Paul Ferraro.

The goal outburst continued for the rest of the first period and ended with Sacred Heart leading by the slim margin of 4-3. Jarman alone had a four-point first period, scoring two goals and assisting on two others.

The Griffins and Pioneers exchanged a goal each in the second period to keep the margin at one. Freshman Eric Delong had the score for the home side.

At the 7:10 mark of the third period, Canisius converted their third power play goal of the game to level the score at five, which was how the game ended.

Legatto stopped 26 of 31 shots in his second start of the weekend for the Pioneers.

See HOCKEY on Page 14...



The Spectrum/Michele Tyman

Sacred Heart's Corey Laurysen (#10) controls the puck during the Pioneers' 5-5 tie against Canisius College on Jan. 23 at the Milford Ice Pavilion.

Lione's legacy lives on with 8th annual fundraiser

Rob Morgan
Sports Editor

Eleven years ago, Bobby Valentine made a promise which he has still kept to this day.

Determined to do everything in his power to make sure that his longtime friend, Mickey Lione Jr., would not be forgotten even after his untimely passing in 1999, the former New York Mets manager and Stamford native established the Mickey Lione Jr. Fund in 2000 to help keep Lione's memory alive and recognize his efforts as one of Connecticut's finest youth sports coaches.

On Jan. 11, Valentine hosted the foundation's main fundraising event, the 8th Annual Bobby Valentine Celebrity Wine & Food Experience, at the Greenwich Hyatt Regency.

Over 900 guests and celebrities came out to support the cause, including former Brooklyn Dodgers pitcher Ralph Branca, New York Yankees general manager Brian Cashman, New York Mets general manager Omar Minaya, CBS sportscaster Jim Nantz, Sirius XM's Chris "Mad Dog" Russo, former New York Jets wide receiver Wesley Walker, and former major league pitcher Steve Trachsel.

"Bobby is a dear friend," said Cashman, a Darien native who also attended last year's fundraising event. "If he asks me to do anything I will try to do it."

Minaya, who was a member of the Texas Rangers scouting team when Valentine was the team's manager in 1985, said that he had gotten to know Lione well during that time and is more than happy to lend his support to the foundation whenever asked.

"I remember Mickey very well," said Minaya. "He used to be there when the games were over and to be here for Mickey and this foundation is very important to me."

According to the Fund's Web site, over \$395,000 has

Lyman, a junior at Stamford High School, was recognized by Valentine onstage along with the other recipients after they attended a private reception with several of the VIPs before the main event.

"It's a great event, especially walking around and meeting all of the celebrities," said Lyman. "What could be better?"

Lyman, a member of the baseball and cross country teams at Stamford High School, said he hopes to continue his baseball career at the collegiate level while working towards earning a business degree and eventually an MBA.

"I found out about [the scholarship opportunity] through my guidance counselors and previous winners," said Lyman. "It really means a lot to win this award because I'm following in Mickey's footsteps and modeling myself after him being that he was such a great person."

According to Jerry Lione, the foundation's commitment to providing financial support for local youth is something that his cousin would have been proud of.

"It wasn't because of Mickey's scholarship acumen," said Jerry Lione jokingly of the foundation's decision to award scholarships to local high school student-athletes. "It was because all his players graduated and you didn't play if you didn't get good grades."

Jerry Lione said that while his cousin was a very successful coach, he placed more of an emphasis on his players excelling off the field and in the classroom.

"Mickey's coaching wasn't just about teaching someone how to catch a ball - it was about the whole person," said Jerry Lione. "He believed that sports was a metaphor for life and the opportunity to learn."

In addition to awarding scholarships, a significant portion of the event's proceeds will be used to provide financial support to kids who can't afford to participate in youth sports in Stamford.

"It started out initially with scholarships and then we recognized another need: young people in our community not having the opportunity to participate in youth sports because their families weren't able to afford it," said Jerry Lione.

A lifelong resident of Stamford, Mickey Lione made a lasting impact on the Connecticut sports scene.

He was a member of three world championship teams as a player, including the 1951 Little League World Champions and the 1953 and 1954 Babe Ruth League Champions.

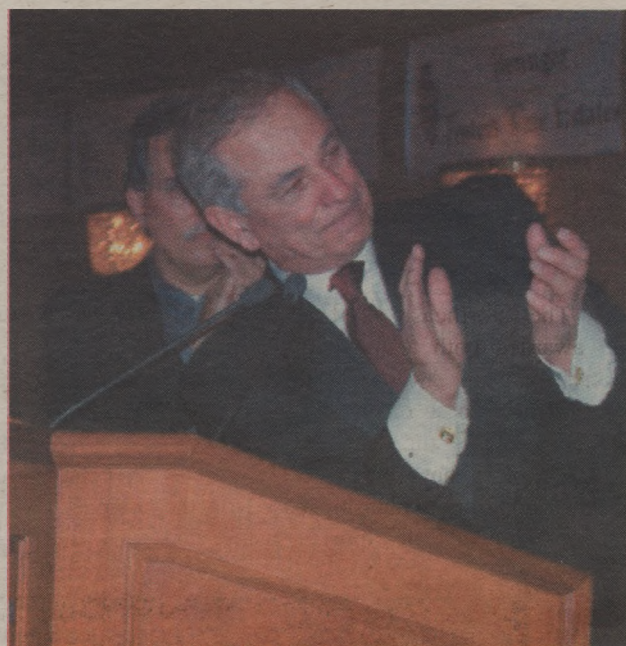
But it was as a coach where Lione left an even greater mark.

In his 37 year coaching career, Lione, a two-time

Connecticut Coach of the Year, compiled a 731-413 record in baseball and hockey at Trinity Catholic High School including six state championships.

In keeping with Lione's winning tradition both on and off the field, guests who attended the fundraiser had the opportunity to pose for pictures with the 2009 World Series trophy which made the trip to Greenwich along with Cashman and a white glove wearing Yankees security official.

The event also showcased some of the area's top restaurants and wineries as guests mingled through the Hyatt



The Spectrum/Rob Morgan

Bobby Valentine applauds the recipients of the Mickey Lione Jr. scholarship at the 8th Annual Bobby Valentine Celebrity Wine & Food Experience at the Greenwich Hyatt Regency on Jan. 11

ballroom while sampling a wide variety of wines and food throughout the night.

"I'm always happy to help if I can," said Nantz who attended the fundraiser in Greenwich after calling the AFC Wild Card game between the New England Patriots and Baltimore Ravens in Foxborough the previous day. "It's a wonderful event and it's really unlike anything I've ever seen for a fundraiser. People graze, mingle, and just have a good time. It's not filled with a bunch of stiff speeches - it's really nice."

Several items were auctioned off throughout the night including a BMW, sports memorabilia, trips to Yankee Stadium and Citi Field, and a private tour of ESPN studios in Bristol.

"Mickey's coaching wasn't just about teaching someone how to catch a ball - it was about the whole person. He believed that sports was a metaphor for life and the opportunity to learn."

- Jerry Lione
Chairman, Mickey Lione Jr. Fund

Sacred Heart University head baseball coach and former Washington Redskins running back Nick Giaquinto was among the many guests and celebrities in attendance for the fundraiser and had nothing but praise for Valentine's efforts to make the event a success.

"It's tremendous the work that he does," said Giaquinto. "He gives back so much not only with his time but also with fundraising and in so many other ways. Wherever he lands, he gives back to the community - whether it's in Japan, Texas, New York, or Connecticut. He's a giver."

While Giaquinto did not personally know Lione, he said that the support the fundraiser receives is a clear indication of the impact that Lione had on so many others.

"I thought the night went really well," said Giaquinto. "The raffle at the end was amazing - some of the things they were raffling off - tickets, tours, trips - and people were stepping up and contributing a lot of money. It was a tremendous success."



The Spectrum/Rob Morgan

Bobby Valentine (left), New York Mets general manager Omar Minaya (center), and New York Yankees general manager Brian Cashman (right) pose for pictures with the 2009 World Series trophy at the 8th Annual Bobby Valentine Celebrity Wine & Food Experience at the Greenwich Hyatt Regency on Jan. 11.

been raised since its creation, including \$227,000 which goes directly towards college scholarships for a handful of local high school student-athletes who demonstrate the same qualities that Lione exemplified during his life.

"We wanted to do something to memorialize what my cousin Mickey stood for and in doing that, give something back to Stamford," said Jerry Lione, Mickey's cousin and chairman of the Mickey Lione Jr. Fund. "Mickey was always involved with young people while coaching so that was the immediate thrust which led us to [awarding] scholarships."

One of this year's scholarship recipients, Zach

HOCKEY SQUAD LOOKS TO CONTINUE HOT STREAK

...Continued from Page 13.

"[Saturday] was a game where we had three two-goal leads and we didn't finish it out," said Marottolo. "That's a lesson we learned and hopefully we're going to apply that as we progress in the season. I'm very proud of [the team's] efforts."

For his performance against Canisius, Johnson was named Atlantic Hockey Association Player of the Week on Jan. 25 after scoring three goals and tallying two assists in the series. His 18 goals this season lead the conference and rank him second in the nation in scoring.

The Pioneers will travel to Storrs tomorrow night to take on their in-state rival, the University of Connecticut

Huskies. Face-off is scheduled for 7:05 p.m. The two teams will return to the ice the next night for a 7:35 p.m. face-off.

The Pioneers will then return home for a weekend series with Rochester Institute of Technology on Feb. 5 and 6 at the Milford Ice Pavilion with face-off set for 7:05 p.m. and 4:05 p.m., respectively.

Teams earn NEC sportsmanship awards

Women's volleyball, cross country teams pick up honors

Ryan Hannable
Contributing Reporter

While the Sacred Heart University women's volleyball and cross country teams both had successful seasons last fall, they were recently recognized for something other than their wins and losses.

The Northeast Conference recently awarded both teams with the annual Sportsmanship Award which, according to a press release on the NEC Web site, "acknowledges the team in each conference sport that...most closely demonstrates good sportsmanship based on the NEC Principles of Sportsmanship and

Standards of Conduct."

The women's volleyball team had a school record 23 wins and advanced to the NEC title game while the cross country team enjoyed a second place finish at the NEC meet but according to each coach, these accomplishments pale in comparison to being recognized for the way the teams conducted themselves during competitions and the way they treated their opponents.

"I told the team when they came back that of all the awards our team received last season, none of them means more to us than this one," said women's volleyball head coach Rob Machan. "It is an award that is not only for our team, but our administration, our training staff, and

everyone who helped make our events first rate."

According to the NEC, the award was established in 2008 and "voting is conducted at the conclusion of each season by each team and head coach who rank teams within the conference based on a set of criteria."

Women's cross country coach Christian Morrison shares the same feelings as Machan about winning the award.

"It validates that we have a group that dedicates themselves to being respectful and courteous," he said. "It's a reflection of the way the team conducted themselves in regards to officials and other competitors".

However, the satisfaction in receiving the award goes far beyond the coaches.

Sophomore Brittany Best of the women's volleyball team appreciates the recognition that her team received.

"I think it's very important that our peers in the conference recognized our hard work to create and build a positive program," she said. "It's a great award to get and shows that we are respected in the NEC."

Junior Kimberly DeLoreto of the women's cross country team also shares the same feeling of pride as Best.

"I think displaying good sportsmanship not only shows that you care about the performance and well being or your athletic endeavors, but also shows your commitment to the sport," she said. "I am honored to be a member of a team that was given this recognition."



Sportsmanship Awards

Men's Cross Country- Quinnipiac

Women's Cross Country- SHU

Field Hockey- Quinnipiac

Football- St. Francis (Pa.)

Men's Soccer- Quinnipiac

Women's Soccer- Monmouth

Women's Volleyball- SHU



The Spectrum/Stephanie Kanner

Members of the Sacred Heart women's cross country team compete in the Fairfield Invitational last fall. The team won the NEC Sportsmanship Award.

STEROID USE COMMON AT COLLEGIATE LEVEL

Eddie Kuspiel
Staff Reporter

With former Major League Baseball player Mark McGwire's recent steroid admission, the issue of performance-enhancing drugs (PEDs) is once again rearing its ugly head.

Although PEDs are mainly a problem in professional sports, steroid abuse is not uncommon among collegiate student-athletes across the country.

As much as the Sacred Heart University community strives for integrity in its athletic and academic endeavors, the pressure to excel during competition can drive an athlete to turn to steroids.

However, the Sacred Heart athletic program makes every effort to keep its athletes away from these PEDs including educating them on the negative side effects and providing valuable counseling resources to all athletes.

During the course of a student-athlete's career at Sacred Heart, he or she might not even have to be subject to testing.

At the start of every athletic season, however, anyone who is competing must sign a document agreeing to comply with the NCAA's rules and regulations regarding PEDs. After signing the contract, all student-athletes are then given a presentation on the dangers of steroid use.

Officials provide the student-athletes with examples of athletes from other colleges and universities who have gotten caught using steroids.

According to the Sacred Heart athletic Web site, "the use of performance enhancing drugs, and the use (except as prescribed by a physician) of other controlled substances by a SHU student-athlete (SA)

participating in intercollegiate athletics seriously damages the SA's physical and mental well-being, threatens the well-being of the SA's teammates, interferes with the performance of the SA as a student and as an athlete...and threatens the integrity of SHU's intercollegiate athletics program."

When asked if a Sacred Heart student-athlete has ever tested positive for PEDs, senior associate athletic director for compliance Alicia Alford declined to comment.

If a student-athlete tests positive for steroids, serious repercussions will follow, including the possibility of being cut from their respective teams.

But when an athlete makes a conscious decision to take steroids they are also seriously harming their team.

"A player getting caught using steroids devalues his own integrity, as well as the integrity of his coaches and the program, it's simply not worth the risk" said Will Kelleher, a junior on Sacred Heart's volleyball team.

Testing positive for steroids can potentially result in the NCAA forcing Sacred Heart to cut the entire program, in addition to forfeiting their wins and losses.

A player will also lose all of their scholarship money, as well as all of the team's scholarship money.

To avoid having to deal with such scenarios, coaches make it a point to recruit top quality players to ensure the integrity of the program.

"The department emphasizes recruiting quality athletes that are also quality people," said Chip Clark, a senior hammer thrower on the Sacred Heart track and field team.

PHOTO OF THE WEEK



The Spectrum/Michele Tymann

Sacred Heart's Eric DeLong (#21) pursues the puck during the Pioneers' 5-5 tie against Canisius College on Jan. 23 at the Milford Ice Pavilion.

SPORTS

THE SPECTRUM

<http://shuspectrum.wordpress.com>

Men, Women
stick it to
Bryant Bulldogs
in doubleheader

DOUBLE
TEAMED

The Spectrum/Zack Lane
Sacred Heart's Liam Potter (#32) dunks the ball during the Pioneers' 84-60 win over Bryant University on Jan. 23 at the Pitt Center.