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SACRED HEART UNIVERSITY
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SPECTRUM

AMY BLOOM SPEAKS AT SACRED HEART

Lindsay Caiati
Asst. PR Manager

On Jan. 27 WSHU Public Radio welcomed New York Times Best Selling Author, Amy Bloom to speak as a part of their "Join the Conversation" lecture series. Bloom, a graduate of Wesleyan University teamed up with WSHU to promote her new book, "Where the God of Love Hangs Out" a collection of fictional short stories.

"We've had very limited exposure to her and this is our way of starting to become familiar with her," said Westport resident Carol Malone.

Bloom began by reading "Between Here and Here" one of the short stories from her new book. Bloom resides in Connecticut, and is also a professor of creative writing at Yale University.

"Well she's a colorful and candid speaker that's for sure, but I do admire her storytelling ability," said Malone.

According to The New York Times, "She writes about characters who are stunning in their verisimilitude but never really predictable in their behavior."

Ron Malone, an audience member (husband of Carol) and also new to Bloom's writing agrees, "I particularly admire short story writers that

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Six more weeks of winter blues Phil sees his shadow



Ben Hughes holds the groundhog, Punxsutawney Phil.

AP Photo



AP Photo

Obama speaks about new plans for the future in his State of the Union Address

Obama presents new plans

Alyssa Scott
News Editor

During his first State of the Union Address, President Obama discussed the domestic and international turbulence that has been the heart of political debate since his election.

Opening his speech, he spoke confidently about the direction he has taken thus far.

"One year ago, I took office amid two wars, an economy rocked by a severe recession, a financial system on the verge of collapse, and a government deeply in debt... And one year later, the worst of the storm has passed," said Obama.

In his second year in office, he sets out in a new direction to economically revive those who have taken a hit as a result of the economic recession.

Already he claims to have "extended or increased unemployment benefits for more than 18 million Americans; made health insurance 65 percent cheaper for families who get their coverage through COBRA; and passed 25 different tax cuts," said Obama.

In addition to recovering jobs for the unemployed, he also plans to aid small businesses that were smothered by the suffering economic conditions.

"I'm proposing that we take \$30 billion of the money Wall Street banks have repaid and use it to

help community banks give small businesses the credit they need to stay afloat," said Obama.

While the Republican party responded negatively to the stimulus bill, they agree that the changes Obama looks to make this year appear promising.

Responding to the nation's unstable economy, Obama spent 1 trillion dollars on a recovery plan on top of the deficit that accumulated to over 1 trillion dollars by the time Obama took office.

To begin earning back the nation's debt, Obama introduced an idea that had both parties on their feet.

"The President's partial freeze on discretionary spending is a laudable step, but a small one," said Republican Gov. Robert F. McDonnell of Virginia in the Republican response to the state of the union.

He also commented on the points Obama made about the country's school systems.

"The President and I agree on expanding the number of high-quality charter schools, and rewarding teachers for excellent performance. More school choices for parents and students mean more accountability and greater achievement."

However, not all of Obama's ideas appealed to the Republican party. Infamously Obama's idea for health care has caused great political rifts in the past year.

Considering the dwindling popularity of the Democratic Party, Obama spoke on this issue with

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Pres. focuses attention on economy, health care

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confidence and determination. According to the Associated Press, he partially utilized this speech "to reiterate his commitment to an ambitious remake of the nation's health care system, similar to the call he issued last September."

Even with the pending chance of Republicans taking the 60th seat in the senate, Obama stands by his plan to reform the system.

"I took on health care because of the stories I've heard from Americans with preexisting conditions whose lives depend on getting coverage; patients who've been denied coverage; families — even those with insurance — who are just one illness away from financial ruin," said President Obama.

However, Republicans feel as though his program too heavily involves the funding of the federal government. They have a different idea of how health care should be altered.

According to McDonnell, "Republicans in Congress have offered legislation to reform health care, without shifting Medicaid costs to the states, without cutting Medicare, and without raising your taxes."

Although Obama recognized the clashing party views, he emphasized that collaboration would pave the road to the national government's success.

"What the American people hope — what they deserve — is for all of us, Democrats and Republicans, to work through our differences; to overcome the numbing weight of our politics."

State of the Union Address Facts

The Constitution says that the President of the U.S. delivers the State of the Union Address on Capitol Hill.

Article II, Section 3: President shall "from time-to-time give to the Congress information of the State of the Union, and recommend to their consideration such measures as he shall judge necessary and expedient."

It can be in the form of written remarks or a formal speech.

Technological debut of the State of the Union Address:
1923: First radio broadcast of President Coolidge
1947: First television broadcast of President Truman
2003: First Webcast of George W. Bush

— Courtesy of the New York Times

STUDENTS FIND CHEAPER ALTERNATIVE MEANS TO AFFORD PRICEY TEXTBOOKS

Elizabeth Fish
Staff Reporter

Buying textbooks at Sacred Heart University has proven to be a very expensive task. Some students are considering alternatives with purchasing their books because of the expensive campus bookstore prices.

Recently, it's become a trend for students to rent or buy their books from sources other than the campus bookstore.

Chegg.com or half.com are Web sites that have been used to save money on college books, according to the College News Web site.

"When you buy books online, you usually get them for a fraction of the price that's in the school bookstore," said senior Melissa Lott.

Renting books has become a popular trend among students and seems to be growing. An advertisement from Sallie Mae said, "Success by Sallie Mae has partnered with Chegg.com to offer 10 percent savings on book rentals for you to make your semester a success."

This advertisement depicts the growing popularity of Web sites such as Chegg.com by showing that a popular student loan company is willing to partner with it.

Junior Ed Aliaga at one point considered renting his textbooks.

"Why would I pay hundreds of dollars for books that the teacher barely uses?" said Aliaga.

This competition of where students buy their books has affected Sacred Heart by creating the possibility of changing policies.

"Recently, Follett, who manages our bookstore, announced the large-scale expansion of textbook rental, impacting over 400 bookstores for Fall 2010," said Sacred Heart bookstore manager Ramona Strang.

"This decision may impact Sacred Heart directly. Our campus will be a part of that consideration."

The Follett Web site explains further details about

ideas such as textbook rentals, virtual bookstores, and free digital books.

Aside from renting books, there is a number of methods for students to use in order to save money on textbooks.

"I stopped buying books in the bookstore because of the prices. Instead, I usually share books with other students and split the price," said junior Paul Iacullo.

Students share their books, borrow older books from other students, or buy books in used condition to save money.

On the other hand, some students do find a kind of security in buying their textbooks from the Sacred Heart bookstore.

"Things change. Students add and drop courses. The campus bookstore can remedy those situations while online retailers might not," said Strang.

She also argues that the campus bookstore offers decent prices for those students who prefer to keep their books at the end of the semester.

"In many cases, students may want to keep a book as part of their personal library. In these cases, used books are the best price option," said Strang.

The campus bookstore is also a convenient place to buy books because it is guaranteed to carry every course material for every class, according to Strang.

This offers comfort to many students because they may like the fact that they do not have to look very far for their textbooks.

Buying textbooks from the campus bookstore also has added bonuses, according to some students because they don't typically have to wait for the books to be shipped or pay any extra fees for shipping.

Whether students prefer to shop in their own school bookstore or buy their textbooks online, there is still a wide array of choices.

New and possible upcoming options may help students financially, and improvements are subject to be made for the benefit of Sacred Heart students.

COPPOLA APPOINTED VP OF STRATEGIC PLANNING AND ADMINISTRATION

Michele Tymann
Staff Reporter

On Dec. 22, Michael J. Kinney, senior VP for finance and administration, announced to the Sacred Heart University staff the appointment of Dr. David Coppola to the position of Vice President for Strategic Planning and Administration.

In his new expanded role to the university, Coppola still maintains his old responsibilities as Vice President for Administration, such as assisting the president with planning and implementation.

Some of the new responsibilities he acquired as Vice President for Strategic Planning include maintaining the buildings and grounds, dealing with new acquisitions to the university, preserving already acquired assets, and finding ways to best serve students.

His vision for Sacred Heart expands from these old and new responsibilities.

"The vision always is a premiere Catholic comprehensive university that has a national reputation and a particular expression in the Northeast," he said.

Coppola strives to make this vision a reality, and while doing so, improve the student body's experience at Sacred Heart.

"I think that learning happens all the time, whether one's in the res halls or eating, in the classroom, sitting outside the chapel, sitting on the hill on a nice May day. So one of my ideas is how do we allow all of the buildings and all of the grounds to teach?" said Coppola.

The recent renovations to the Mahogany Room and the science wing were all part of the strategic plan set in place for the improvement of Sacred Heart and its ability to teach its students. Some future renovations planned to enhance the student body's experience at the university include new classrooms and offices at the Cambridge cam-

pus and a "face-lift" for the first floor of the library.

Coppola talked about his vision for the library.

"I hope it can become a resource center for those seeking truth or knowledge, or even companionship in the common search for truth," he said.

Coppola believes that Sacred Heart has a chance to create an environment that can be significant to students and prepare them for life after Sacred Heart, and teach them to give back to the community and the people around them.

"In real life many people live their days without reflecting on their lives, so if we can somehow inculcate this sense that if we just take a breath, look around, look for the opportunity, we can lead meaningful lives that contribute to the common good," said Coppola.

The renovations and constant changes at Sacred Heart coincide with the changes in the student body and what is necessary to their education at the time. Coppola thinks that while college students maintain the same basic search for themselves as when he was in college, the advancements in technology have changed student's experience at school and how they learn.

"Essentially young adults are searching for meaning and ways they can make a difference in the world. That's the same. The way we communicate is the biggest difference I see," said Coppola. "I think there is a lot of opportunity in the use and access to technology," he said.

While this may seem like a full time job, Coppola still finds time to spend with his children, time to play sports and time to relax.

"A lot of my time is spent shared with them and their interests," he said.

This doesn't prevent him from finding free time to spend on his other hobbies.

"I play basketball, I swim and ski, and I read a lot. I also have a real love for art and the arts. I'm a musician.



The Spectrum/ Michele Tymann

Coppola poses with map of Sacred Heart's campus.

I play several instruments, primarily guitar and piano," he said.

He brings his interests and knowledge from his personal life into his work at Sacred Heart making him multidimensional.

"I think the great thing about this job is the many ways to share my talents and my energy," said Coppola.

Bloom inspires young writers at Sacred Heart

...CONTINUED from page 1.

are successful at conveying life stories in a brief in entertaining manner," he said. "She seems to have a handle on human nature and relationships."

Relationships and human nature are something Bloom is extremely familiar with. Before becoming a writer, Bloom was on the path to becoming a psychoanalyst. "I grew up very interested in how people encountered each other and where the journey of their life took them," she said during the discussion. "Language and character and the events in which people are revealed is what's interesting to me," said Bloom.

The New York Times also takes notice of Bloom's ability to create characters; "Ms. Bloom is as interested in the forces that rupture bonds as in the ones that, against all odds and sometimes at terrible risk, manage to create them. The subtle, stirring title story ably illustrates Ms. Bloom's tremendous gift for imagining life as a series of choices, with the paths not taken as vivid as the ones that are."

Bloom, who started writing at the age of 35, says her advice to young writers is simple, "You have to sit down and write,

but you don't need someone else to tell you how to write, if you do than you're not a writer."

During the lecture Bloom, answered questions from the audience with sincerity and honesty, revealing her process of writing.

"My writing process is one that probably makes other writers feel better about themselves," she said. "If I'm lucky the characters begin to take shape which means I can start to hear their voices. When I hear their voices it's a good day."

Bloom books are a mixture of fiction and non-fiction. She claims that non-fiction is by far easier to write: "I like writing non-fiction more because it's easier for me. God has already given you the characters and the dialogue which I enjoy doing," she said. "Anything is easier than fiction. It is the hardest thing."

While answering questions from the audience, Bloom reflected on her childhood and from where she drew her inspiration. "When I was a young girl I would sit in the library and read everything," said Bloom. "I was the girl at recess reading on the playground."

"Now it's a little different since I'm a writer, but I don't read as a writer. I read as a reader," she said. "I don't think I could



The Spectrum/ Zack Lane

Bloom reads a chapter from her book.

bear to take that away from myself."

WSHU Public Radio along with IKEA has made the "Join the Conversation Lecture Series" possible to invite a new writer once every month. For further infor-

mation please visit their Web site at wshu.org. Wesleyan University teamed up with WSHU to promote her new book, "Where the God of Love Hangs Out" a collection of fictional short stories.

Plans to reform health care come to a halt

Democrats return to the drawing board for health care

Erin Murtagh
Staff Reporter

In his first State of the Union Address, President Obama saved his primary attempt at domestic reform until the tail end of his speech. Due to the recent election in the Senate, it is not surprising that health care has been put on the back burner.

Massachusetts made history last week when voters from the heavily Democratic state elected Republican candidate, Scott Brown, to fill the late Ted Kennedy's seat in the Senate.

This recent event portends trouble for the Obama administration, as well as for the other Democratic seats, whose hope to pass the proposed health care bill rested in the hands of Brown's opponent, Mass. Attorney General Martha Coakley.

"The Democrats need 60 votes to pass the bill and prevent a Republican filibuster," said Dr. Gary Rose, professor and chair of the Department of Government and Politics at Sacred Heart.

If Democrats cannot obtain another vote, they will be one short of the necessary 60, and Republicans will be successful in stopping the initiative.

With this, the Obama administration is coming to terms with the likelihood of having to alter the bill's original format.

According to the Associated Press (AP), Speaker of the House Nancy Pelosi did not consider the termination of the health care reform as an option. However, "the changes recommended by Ms. Pelosi could add \$300 billion to the cost of the legislation, which already carries a 10-year price tag of nearly \$1 trillion," said NYT.

Considering the recent threat to the health care reform, many have commented on how Obama addressed the nation on the issue.

"The president is a strong persuader, as they say, and I think it makes an awful lot of difference, and I think he will bring everybody together," said Rep. John Larson (D-Conn.) to AP.

However, others wished he confronted Americans with a stronger approach. Rep. Jason Altmire (D-Pa.) told AP "I think he has to acknowledge that the well has been poisoned, that the debate has been lost, and tell the American people again why this is part of the economic strategy moving forward."

Regardless of how Obama delivered the news, all Democrats confront the idea that Senate votes are in jeopardy. It will therefore require bargaining to keep the bill alive.

This will result in the alteration of the payment plan, in terms of on whom the financial burden will fall, the elimination of public option, and a reformation of abortion restrictions.

"Several factors must be taken into consideration if the bill's supporters hope to gain another vote," said Rose. "But the biggest concession to be made involves the payment method."

President Obama himself, however, is not content with changing the bill.

"I will not walk away from these Americans and neither should the people in this chamber," said Obama during his first State of the Union Address.

When he explained his desire to pass the original form of the bill, his approach preserved the right of every American to keep their doctors, reduce premiums, and would, as Obama put it, "protect Americans from the ugly practices of insurance agencies."

There is no question that Brown's election proposes a large threat to the original health care reform, but even more so, it is forcing the government to take note of a greater issue.

"You have to wonder if the tide is turning in the nation against the Obama adminis-

tration," said Rose. "Incumbents of both parties should look at what happened in Mass. and be mindful of the fact that voters are dissatisfied."

Considering this, the party now confronts options that might earn back the strength they need to move forward.

"Democratic leaders have taken health care legislation off the fast track as they try to find a path forward acceptable to rank-and-file Democrats wary of unhappy midterm election voters," said AP.

Contributed to by Alyssa Scott, News Editor.

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BIDEN DISMISSES BLACKWATER CASE

Vice President announces that the government will appeal court ruling

Gina Cerniglia
Assistant News Editor

United States Vice President Joe Biden announced on Jan. 23 to the Iraqis that the U.S. government will appeal a court ruling which dismissed manslaughter charges against five of the Blackwater security contractors.

"I personally think that it is a welcome announcement," said Alka Jauhari, assistant professor of government and politics.

"It will be good to reinvent the lost confidence of the Iraqi people and also of the government of Iraq against the U.S."

According to the Associated Press: "Blackwater security contractors were guarding U.S. diplomats when the guards opened fire in Nisoor Square, a crowded Baghdad intersection, on Sept. 16, 2007. Seventeen people were killed, including women and children, in a shooting that inflamed anti-American sentiment in Iraq."

The Iraqi government wanted the guards to face trial in Iraq, however the

case was tried in the United States. In 2007, the case was dismissed due to the way the evidence for the case was obtained.

First, the statements given by the prosecutors "had been given under a promise of immunity," said USA Today. Also, the government's explanations lacked credibility, so the U.S. District Judge Ricardo Urbina dismissed the charges.

Despite this, the charges against the men still stand.

As CNN said, "Each of the now-former guards -- Paul Slough, Evan Liberty, Dustin Heard, Donald Ball and Nicholas Slatten -- faced 14 counts of manslaughter, 20 counts of attempted manslaughter and one count of using a firearm in the commission of a violent crime."

Biden expressed regret at the dismissal of the case, while the Iraqis were outraged because "it showed that the Americans considered themselves above the law," said the Associated Press.

Three years later, the case is still a sensitive issue in diplomatic affairs be-

tween the United States and Iraq. Not only does Biden want to lessen the Anti-American sentiment in Iraq, but it is also important that the case gets settled because Iraq is supposed to hold parliamentary elections on March 7.

This is also the date when 65,000 U.S. troops will be sent home from the area.

A victim in the shooting, Abdel-Amir Jihan was astounded by Mr. Biden's choice to re-open the case.

"The court was not fair to us. We felt great injustice when we heard the verdict," Jihan said to the New York Times. "It was not right to drop the charges against them."

The United Nations has also stepped into the situation to make sure the case is prosecuted. The human rights experts say that if punishment is not executed on the Blackwater contractors, "it underscores the need for credible oversight of private security companies working for governments in war zones," said Reuters.

Biden, however, wants to make sure this case follows through.



AP photo

Biden makes his speech.

As he said to Politico, "The United States is determined - determined to hold accountable anyone who commits crimes against the Iraqi people."

US MEDIATES TWO CONFLICTING NATIONS

Kaitlin O'Reilly
Contributing Writer

Will there ever be peace between Palestine and Israel? U.S. Envoy George Mitchell is hopeful. For the past few weeks Mitchell has been meeting with Palestinian and Israeli officials in an attempt to set up grounds for a negotiation between the two conflicting bodies, according to the Associated Press.

"This is a really complex issue. It goes back centuries. But at the same time, I think both sides understand that the time has arrived for peace," said Dr. Gary Rose, professor and chair of the Department of Government and Politics at Sacred Heart.

The Department of Government and Politics Peace negotiations mostly reside over the concept of creating a two-state solution in which the Palestinians would have an independent state.

However, great tension and disagreement has upheld any plans. It is Mitchell's goal to work with leaders and initiate peace talks that would hopefully lead to such a resolution.

"I would say that, in recent memory, if there is any one president that has the potential of bridging the chasm between the Israelis and the Palestinians, it's probably Barack Obama. I do think that he, more than previous presidents, understands better the plight of the Palestinian people," said Rose.

Although President Obama is very passionate about resolving the issues that exist within the Middle East, he has shown doubt as to whether or not a solution will be reached.

"Both sides -- the Israelis and the Palestinians -- have found that the political environment, the nature of their coalitions or the divisions within their societies, were such that it was very hard for them to start engaging in a meaningful conversation. And I think that we overestimated our ability to persuade them to do so when their politics ran contrary to that," said President Obama in an interview with Time Magazine.

Most feel that it is Obama's great un-

derstanding and knowledge of the people that has made him rethink the steps taken by the United States.

"I think that the best solution for the Palestinian and the Jewish State, the two-state solution is going to require some involvement on our part, but I think in the end it has to come from the people there. And Obama, I think, understands that," said Rose.

"Bush had the Bush doctrine, in which his plan was to transform the Middle East in our image and I think the Obama realizes that that's not realistic. Withdrawing from Iraq I think is evidence of that."

Time magazine quoted Mitchell in saying that "Obama remains committed to trying to broker a Mideast deal, but it's unclear what he could try next."

Obama's thoughts seem to concur with that of Palestinian Prime Minister Salam Fayyad.

According to the Associated Press, Fayyad was quoted in saying "Conditions aren't yet right to return to peace talks with Israel." However, in an attempt to reconstruct peace, the Palestinians are working with Mitchell to create some sort of bridge on common grounds.

It is believed that Palestinian officials have confidence in President Obama and are, therefore, more willing than before to attempt to work with the United States in order to resolve issues.

"We do know that there is far more trust in Obama among the Palestinian people than there was with the previous president because of the wars that were going on. So, I do think there is an opportunity to get something very substantive here," said Rose.

Mitchell is determined to bring about a resolution for Israel and Palestine. The envoy was previously a Senate majority leader and assisted in the peace deal negotiations in Northern Ireland.

"If they are able to establish a really meaningful two-state solution, I'm going to go out on the limb and say today's youth may see peace between Israel and Palestine in their lifetime," said Rose.

Obama demands new banking regulations

Mari Brown
Contributing Writer

In attempt to help the American economy, President Barack Obama recently proposed new banking regulations for Wall Street.

According to The Wall Street Journal, Obama wants to grant the government the power to limit the power big banks currently have. He wants to limit their ability to make high-risk trades that affect the American economy. The President doesn't think big banks should have the same rules and regulations that small banks have, as it gives them too much power.

Sacred Heart University has several students that have different views on this new policy.

"I can see where Obama is coming from with this idea," said junior Ryan Filippi, "and I think in time his plan might be effective. But I also think Obama needs to realize that it's going to take time."

This plan that Obama is working on is to "restrict proprietary trading by commercial banks," said The Huffington Post. "That would separate commercial banks from investment banks, a line blurred a decade ago by the repeal of the Depression-era Glass-Steagall Act."

This restriction will affect Bank of America, Citigroup, and other big banks of America. Over all, the plan is to help America get out of debt.

Senior Sarah Prial also shared her thoughts on the new banking regulations Obama is instating.

"I think it will take far more than a few new rules to get America out of debt," Prial said. "As 'liberal-hippie' as this may sound, if the amount of money spent on war and weaponry were to be turned inwardly, I think we would find ourselves out of debt far more quickly."

Obama is also trying to help America out of debt by applying fees to big bank corporations. According to The Huffington Post, he is doing this in order to "recover every last dime" lost by big banks during the financial crisis.

Obama also said that the government's goal is "to strengthen capital and liquidity requirements to make the system more stable; and to ensure that the failure of any large firm does not take the entire economy down with it. Never again will the American taxpayer be held hostage by a bank that is 'too big to fail,'" said The Wall Street Journal.

In response to Obama's goals, some students aren't sure if these new rules will be effective.

"I feel that Obama has the right intentions to try and prevent another financial crisis, but I'm not sure it's wise to use the last of our reserve in order to enact these rules on this bailout," Filippi said, claiming a moderate political position.

As a Democrat, Prial said, "I don't want to make a decision on Obama's new plans until I see them in affect. Ideas can often work in theory but when put into action can be ineffective or fail."

Obama promised the country that the reform is "simple and common-sense." According to this "Volcker Rule," named after former Federal Reserve Chairman Paul Volcker, "banks will no longer be allowed to own, invest, or sponsor hedge funds, private equity funds, or proprietary trading operations for their own profit, unrelated to serving their customers."

Obama is still encouraging these banks to trade for profit since this will benefit the economy, but running the hedge and private equity funds is out of the question; banks are essentially run by the money of the American people and it would be wrong of banks to pursue their own interests when their main focus should be the interests of the American people.

Obama's plans are currently being put into action, and the American people have to sit back and see wait. As the country's recession has yet to subside, Obama's new plan is the biggest hope he has for the country since he was elected into the Presidency.

Whether the plan works or not, "only time will tell, but I do hope for the best," said Prial.

Groundhog Day: Why isn't it considered a national holiday?



Carli-Rae Panny
Editor-in-Chief

Groundhog Day, or Feb. 2, is an actual holiday. It's on the calendars, it's covered by the news, and it's thought to be a weather predicting tradition. Wait, really?

When I told everyone in the Spectrum office that I'd be writing this editorial mostly I received looks of confusion and that oh-so-Sacred Heart, "excuse me?" face (eyebrows raised and pushed together, mouth slightly opened in a mixture of disgust and confusion)...you know what I'm talking about. So I guess the amount of people with knowledge about G-hog Day is limited, but that's okay because if you read on, you'll soon be enlightened into the inner workings of a Groundhog Day aficionado.

Let me back up a little bit, maybe I'm a tad biased on the subject. You see, I was born on Feb. 2 and therefore, each year I am forced to celebrate my birthday with Punxsutawney Phil, and let me tell you, he's a huge atten-

tion hog (honestly, there is absolutely no pun intended).

In fourth grade, I'll never forget, my teacher asked me if upon waking up on my birthday, did I reenact the groundhog's activity of popping my head out of the ground and predicting the length of the winter season. Yes, we were in elementary school and yes, I probably giggled at the thought of this, but in reality isn't this one of the silliest holidays?

If you go to groundhog.org, the official fan site of Punxsutawney Phil, you'll see that the people of Pennsylvania really take their G-hog Day very seriously; and Punxsutawney Phil, is the most legit of the groundhogs – apparently all others are just imposters. According to the site, Phil has been alive for over 120 years and every longer/shorter winter prediction he's ever made has been true 100 percent of the time.

Phil is the local celebrity of Punxsutawney, Penn. where he lives in "Gobbler's Knob" and is taken care of by the "Groundhog Club's Inner Circle," a group of 15 top-hat and tuxedo-wearing men.



AP Photo

Punxsutawney Phil pleases the media and his devoted fans on Feb. 2 during his special holiday.

This year, when Phil popped out of the ground and saw his shadow, got scared, and ran back into his hole, he was actually telling us that we're in for six more weeks of winter.

Thanks a lot, Phil, you're a real gem.

What most people don't know is that when Phil ran back into his cozy underground, he was actually running to grab his cell so that he could text his mailing list about his prediction. He is so fervent, in fact, that before being pulled back into the light by the president of the top-hat wearers,

he tweeted about his experience.

That's right, Phil is more hip than I am; he has a Twitter account with over 900 followers. He tweeted the following message, "Eek! A horrifying shadow! I'm going back to bed. Guess that's 6 more weeks of winter, chumps!"

G-hog Day originated among early German Pennsylvania settlers. The groundhog.org Web site tells the legendary tale of how these settlers thought groundhogs resembled the European hedgehog, which is thought to be very intelligent. They de-

cided that if the sun shines on Feb. 2, the groundhog would see its shadow and scurry back into his underground home for another six weeks of winter. But if the day were cloudy, the groundhog would assume spring is on its way and hang out above ground.

For traditions sake, Phil is considered the official groundhog of G-hogs Day, but in reality, hundreds of groundhogs all over the U.S. are sought after to be tormented into posing for photo shoots, tweeting, texting, and subjecting themselves to scrutiny by meteorologists.

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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Zack Lane
Photography Editor

I took this picture while at SeaWorld over the winter break. I like this picture because I didn't expect to find this when I was walking through the park. It was hidden through the trees and the shot came out very nice.

Limited printing is here to stay

Sam Dowd
Staff Reporter

A full year and a half has passed since students have gotten over the shock of losing their unlimited printing at Sacred Heart University's 24-hour print lab.

Initial reactions were that of confusion and annoyance with the sudden change, but after three semesters with a new page quota, emotions have mellowed and the results have proved beneficial.

"When the limit first came into play, I think a lot of people didn't realize that they were going to get 400 free pages, and that's why they all seemed to get overly annoyed with the situation," said junior Michelle Bostley.

Not all students were hit equally by the new rule. Students in the College of Education and Health Professions were particularly affected.

"We run out of our print quota before half of the semester is over," said senior Allison Nassar, a nursing student.

She went on to explain that each lesson's presentation has about 50-60 slides, which comes out as 10-15 pages and that is just for one class.

On the other hand, a motivation on the part of IT was to conserve paper, and to reduce the waste that came from students printing long, "unnecessary" documents.

"It has certainly reduced the useless printing jobs and forced students to think more carefully about the need to press print," said junior Paul Carrier.

Carrier, an RA in Roncalli Hall, also mentioned that he has seen a significant drop in the posted ads all over the residence halls. Students think carefully now before deciding to print the flyers.

According to Bryan Palmer, Academic Computing Systems Support Manager, the number of prints has declined significantly from 2007. In 2007, from Sept. 1 to Dec. 31, 1,141,392 pages were printed from the computer labs on campus and at Cambridge.

After it was instituted, 550,473 pages were printed during that same period of time. In just its first semester, the number of pages printed was cut by 52 percent. This significant decrease led the IT department to continue with the print quota.

In its second year during the same period, the number of pages printed declined even further to 363,601, or 34 percent. The latest total represents a decrease of 69 percent in printing.

By reducing the amount of prints by 777,791, the school saved thousands of dollars in maintenance costs, including toner and paper.

That's just the fiscally responsible facts, not to mention the amount of paper that was saved.

The print quota has been in effect for two years now. This



The Spectrum/Sam Dowd

Student uses printer over a year after the rule was put into effect. means that freshmen and sophomores have not had the experience of unlimited free printing.

They came to Sacred Heart in the middle of a debate over why the unlimited free printing had disappeared.

"I don't mind the print quota because I never had the luxury of printing whatever I wanted. I think it's a great way to make sure students are being responsible about what they are printing," said sophomore Bill Haug.

Some upperclassmen, like junior Amanda Francini, think "for Sacred Heart to have taken it away from us so suddenly was unfair. For the students who take science classes, we can't just stop printing. There should have been more collaboration with faculty to reduce the printing for our classes," she said.

This sentiment is shared by many, but with the undeniable fact that printing was cut by 69 percent, IT is not likely to remove the quota anytime soon.

"The goal was to reduce waste and promote the responsible use of the university's resources. The numbers indicate that the quota has been successful," said Palmer. "And we will continue to fine tune it based on the data that we collect."

SHU students fight to stay in good health

Marie Leila Douaihi
Contributing Writer

Breaks and weekends provide students a short break from their chaotic academic schedule that includes classes, assignments, study time, internships, work, sports, and socializing. Many use the time to rest and be fed home-cooked, nutritional meals.

But during the hectic work week, is there any way to stay healthy in a college environment?

Patrice Klein, director of Sacred Heart's Health Services, suggests that, to do so, you need good nutrition and good health behaviors. "The key to success," said Klein, "is organization. Put everything in a plan and stick with it."

Health Services and Public Safety links through the school's Web site include HINI statistics and other healthy tips.

"All the resources that we utilize, we place on those sites. Staying healthy on campus is an ongoing process of self-preservation in maintaining optimal health," said Klein.

Residing in such tight quarters like dorm rooms makes it hard to remain germ-free. Thorough hand washing, fluid intake and a full eight, or at the very least, six hours of sleep nightly, are essential aspects in remaining alert and healthy.

However, practicing basic hygiene tactics sometimes is not enough. There are always moments when students crash.

The college environment allows students the freedom to fend for themselves and control multiple aspects of their lives and can sometimes contribute to poor eating habits.

Some students use supplements to balance their daily intake. "My diet at school doesn't provide me with enough of the vitamins I need to stay healthy," said sophomore Melissa Cole.

Others have a more in depth routine to stay healthy and fit. Senior Chris Gradilone schedules five-time weekly routines in the gym. "I also make sure to eat the proper amount of calories daily, that these calories come from the right sources, and that intake of red meat is kept to a minimum," he said.

The university provides students with an array of food options including sandwiches, sushi, a salad bar as well as items that might not be health conscious, like fried food so it is upon the discretion of the student to choose the best meals for themselves.

"I stay healthy by watching the amount of calories I intake and I run on the treadmills at the Pitt center every day," said senior Eric Doherty.

Instead of adhering to a steady diet consisting of the Merritt Canteen, he suggests going food shopping and purchasing fresh fruits and vegetables. In the long run, these items become less expensive and healthier alternatives allowing more money that would be allotted to fast food runs.

"I tend to eat healthy, I don't eat a lot of red meat or chicken, and I try to stay away from processed foods. I also work out for an hour and a half every day," said senior Monica DaSilva.

"As for not getting sick, I am obsessed with hand sanitizer and as soon as I start to feel sick I am in bed with a cup of tea," said DaSilva.

Where in SHU?



Is it in the
Pitt Center?



Is it in
Hawley
Lounge?

Is it in the
chapel?

Is it in the
library?

The Spectrum/Michele Tymann

Find the answer in our next issue!



Students Katie Thorner, Jen Burke, and Amanda Francini on spring break in 2009.

SPRING BREAK MEANS WINTER PLANNING

Serena Cecere
Staff Reporter

With spring break approaching in less than a month, some Sacred Heart University students are beginning to talk about popular vacation spots and places to party. Others have been planning this for months, anticipating the excitement and freedom that the week will hold.

A main concern for this party time is money. The expenses of a week-long vacation can add up quickly, especially for students who have a restricted budget.

Some students started early. "We started planning for spring break after Halloween and before Thanksgiving," said senior Michelle Munden. "We made a final decision around the second week of December."

A spring break event planner, junior Dana Givens agrees that early planning is the way to go.

"The earlier, the better. EF College Tours offers great trips and anyone can afford it if you're smart about the payment schedule. The earlier you start the payment plan, the more time you have to pay on the trip which means smaller monthly payments."

While paying in increments is beneficial, some students still can't afford to pay it on their own.

"I'm paying for part of my spring break and my parents are paying for other parts," said Munden.

However, if you have your parents help with the cost, they also may help with the planning. This could be helpful or harmful, depending on your stance.

"Some parents don't want their child going on spring break because of all the dangers," said Givens. He added that sometimes, parents will offer to pay, and then take control over the whole trip.

Now the question remains: How do students even go about booking such an expensive trip?

"My roommate went through a travel agent and so we all went through her and the travel agent," said Munden. "Also, my parents helped us book the airfare because we found a better rate and flight on our own."

Givens, who is a campus manager of EF College, said, "With EF, they always have campus managers that you should book through. Their position is to know everything about the trips and help you with any problems. Always check the company that the person is representing and ask for a number to call to make sure they're legit."

Spring break requires effort and planning to not only ensure you have a great time, but also to ensure that you don't get scammed.

"A lot of Web sites have good deals, but a lot are scams too," said Givens. "EF College is a reputable company with an extremely good track record when it comes to taking care of their students. All trips are all-inclusive no matter the time of the year. They have a great variety of trips that go all over the world."

Munden, on the other hand, prefers going through someone you know.

"I've never used a Web site to book, but my best suggestion is to find a travel agent, family friend, or relative who deals with booking hotels and flights. It's way more trusted and you can guarantee more that they won't inflate the price," said Munden.

These are some helpful Spring Break planning sites recommended by SHU students, and do not represent the suggestions of the University.

EF College Break:
<http://www.efcollegebreak.com>

Cancun at great prices:
<http://www.springbreak.bookit.com>

Student Price Packages:
<http://www.ststravel.com>

Guaranteed lowest prices on Caribbean & Mexico:
<http://www.breaknow.com>

HE SAID/SHE SAID

When do you introduce your significant other to your family?

Alex Atkinson
He said



Your mind is racing as you pull up to her house for the first time. Your heart begins to thump and a knot swells in your throat. Your mouth starts to dry up as you raise your hand to knock the door. What if you don't shake the old man's hand hard enough? What if you don't like her mother's cooking? What if?

Call me old-fashioned, but it is my own personal belief that it is important to meet the family early in a relationship. I understand you might not be "going out" or "dating," but that first time you arrive to pick someone up, get the hell out of the car and walk up to the door.

Why, you ask? It's simple; how do you know what lies on the other side of that door? Yeah, she likes you and you like her, but how do you know you're going to like her baggage.

We all say that it won't matter if you like the person, but we all know that is ludicrous. Meet the family as early as you can and find out what you're in for.

Although I think that it is polite and right for the guy to meet the parents, I know it does not happen the way it once did. So let's get back to modern times and think about how it is done now.

We are in college. That option to meet the family early might not be available, but that right there changes the scenario completely. We are in an environment that provides us with many places to rest our heads.

So, that being said, are you going to you know where you are in the morning? Are you going to know her name? Do you get up and book it out of there or do you stay and try to make something work?

In layman's terms: we meet, we hook up, we date, and then over time we find the right moment to introduce our significant other to our families. So many options and so much time to waste, how do you know they will be there long enough to meet the parents?

Now I might sound hypocritical but hear me out. When it comes to the girl meeting my parents, I approach the situation a lot differently than meeting hers.

In my own personal experience I wait about a month. Not because I don't want her to meet my parents, but for the fact that I don't know if I will still have as much interest in that same person after a month.

Look around. There are so many people in the world. Who can honestly say they know what they want to do in life, or where life is going to take them? I don't. Chances are, many of us don't.

As you might notice dating is not my forte, but I can honestly say I know what is right for me and what just doesn't matter.

Life will bring many trips and adventures that will bring us crazy places. We have to see the world for ourselves and be willing to open our minds to endless possibilities.

As for meeting someone's parents for the first time I say, go slow and do what feels right. For guys, why not take that extra step and make a good first impression. It might just be lasting, and it might even win you some brownie points too.

Adrian Fitzsimon
She said



You don't. Is that an option? That's one situation I insist on putting off for as long as possible. An introduction with my family wouldn't exactly be a walk in the park.

Lucky for me, mom and dad live 3,000 miles away so that provides plenty of time to postpone the awkwardness for as long as possible. But I suppose the day will eventually come when I have to stuff him in my luggage and haul him home for an introduction.

Unfortunately for you locals, that day may come sooner than preferred. Mom's bound to show up at any minute with happy smiles that can quickly transform into wide eyes filled with horror and surprise if you aren't prepared.

So before you think it's a good idea to just get the damn thing over with, I suggest you stop. Even though you may think he's picture perfect, mom and dad will always think otherwise. Be in denial all you want, girlfriend, but mom will find something wrong with him. From hygiene to fashion - he just won't be good enough.

My suggestion: start early! Going over a few details with the boy will hopefully alleviate a vast majority of the awkwardness everyone in the vicinity of the introduction will be exposed to. You know what mom likes and dislikes so be a peach and get him ready for one of the most terrifying moments of his life.

Obviously the first thing mom and dad will see is his physical appearance. I'm not saying you can only bring home a Jude Law, of equal or greater value, but at least make sure he showers.

In regards to the wardrobe, make sure there are more than just "Beer Pong Champion" and "I Facebooked Your Mom" shirts in his closet. I'm not saying you have to torture the poor kid by forcing him to wear Banana Republic, but something other than screen T's would be nice.

Now, if your family is anything like mine, it's crucial you prepare him mentally. I'm sure we all think we have the craziest parents and the most absurd brothers and sisters, but until you've taken a trip to the Fitzsimon household, you ain't seen nothin' yet. (If you've ever met me, multiply me by six and add a pack of dogs--that might give you an idea.)

That is why I feel this is the most important part of the preparation process. He needs to know everything about you first! Who knows if your sister will tell him about your childhood crush on Aladdin or if your mom will whip out photos from your most humiliating days of wearing headgear to school?

So for your own sake, get it all out early. And if you have any doubt childhood stories or family baggage will drive him away, it's best you get rid of him sooner rather than later anyway.

So when will the time be right? When you both feel it's right. You've done your best to prepare him, now the rest is up to him. As you pull up to your house, your minds will be racing, your hearts will be pounding and knots will swell in your throats, but if the boy is worth introducing, the nerves will be worth enduring.

I wish you luck.

ARTS & ENTERTAINMENT

Celebrity telethon promotes 'Hope for Haiti'

Stars step up and speak out to raise money and awareness for earthquake victims

Mike Oberlander
Staff Reporter

On Jan. 12, the earthquake heard around the world devastated the small country of Haiti and sent shockwaves through the rest of the world.

In response to the quake, many relief efforts have been created to help save the suffering Caribbean Island, but aid organizations are not the only ones lending a helping hand.

Hollywood mogul George Clooney recently organized a telethon called "Hope for Haiti Now: A Global Benefit for Earthquake Relief." Hosted by Clooney and Haitian musical artist Wyclef Jean, the telethon was presented by MTV on Jan. 22.

Groups such as the Red Cross have been fundraising to send food, water, blankets, and any other supplies to help out the millions in need, yet Clooney's telethon seemed to bring widespread attention to the suffering country.

"I liked the music and performances that were a part of the show," said senior Charise Jackson. "It's what drew me in."

The "Hope for Haiti Now" fundraiser has been one of the most successful since the earthquake hit. According to the Rolling Stone Web site and multiple other sources, the telethon has raised at least \$61 million.

The telethon not only raised millions of dollars, but it also grasped the attention of millions of viewers. According to Entertainment Weekly magazine, the program raked in 83 million viewers to watch performances, hear personal stories, and to call in to make donations.

Another 5.8 million people logged on and watched the fundraiser on online video streams. With all the high-profile celebrities crammed into one show, there wasn't much surprise that the

event was so successful.

The telethon drew in some big names and familiar faces in Hollywood. There were performances by Jay-Z, U2, and Rihanna who performed a new track "Stranded (Haiti Mon Amour)".

Yet what seemed to trump Rihanna's performance was Justin Timberlake and Matt Morris' duet performance of Leonard Cohen's "Hallelujah," which became the most charitable download on iTunes, according to the Rolling Stone Web site.

Throughout the star-studded event the true underlining cause seemed to never fade.

"Participate, help out whatever way you can," said Clooney during an interview with MTV. "Whether it's clothing or five bucks, whatever you can help."

Clooney's request was answered. Included in the \$61 million raised was the help of other big name celebrities. According to People magazine, actress Jennifer Aniston donated \$500 thousand, almost as soon as the event had started.

"All you hear lately is bad news about celebrities," said Jackson referring to recent news about Brittany Murphy's death, and the drama created by Kanye West at the MTV Video Music Awards. "But it's great to hear about them helping out... and that celebrities are using their fame to help."

With the future of Haiti still uncertain, there seems to be some hope for the country with the efforts of groups such as the Red Cross and Clooney's "Hope for Haiti Now."

Even students who had only heard about the relief effort and had not watched the event seemed to have been impressed.

"[The fact] that George Clooney put together the entire event is very impressive," said junior Ryan Filippi. "If people keep giving this kind of support I think Haiti will get back on its feet."



AP Photo

Actor George Clooney organized the "Hope For Haiti Now" telethon, which aired on MTV, ABC, NBC, HBO, and CNN and several other networks on Jan. 22.



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'Idol' season nine brings new judges, fresh talent, sour notes

Kristi Troccoli
Staff Reporter

"American Idol" returned for its ninth season in the beginning of January to decide who will be America's next superstar.

Singers had to impress several guest judges during auditions as well, including Victoria Beckham, Mary J. Blige, Kristin Chenoweth, Neil Patrick Harris, Joe Jonas, Avril Lavigne, Katy Perry and Shania Twain.

"With every season contestants seem to bring something new to the table," said junior Brianna Neff.

Sixty-three-year-old "American Idol" auditioner Larry Platt became an Internet sensation after his audition.

According to the MSNBC Web site, Platt's audition hit "Pants on the Ground" had been clicked and tweeted into one of the Internet's most popular topics.

With the new season and new contestants came a new judge.

Emmy award-winning talk show host Ellen DeGeneres will join the judge's panel after the auditions. She will take the place of former judge Paula Abdul.

"I've always been a huge fan, so getting this job is a dream come true," said DeGeneres on the "Idol" Web site. "And think of all the money I'll save from not having to text my vote!"

According to the Web site, "Idol" creator and executive producer, Simon Fuller, is equally as thrilled to have DeGeneres as a new judge this season.

"[She] has been a fan of the show for many years, and her love of music and understanding of the American public will bring a unique human touch to our judging panel," said Fuller.

However, some fans seem to be disappointed with the new addition to the judges' panel.

"I think they should have done everything possible to keep Paula on the show," said Neff. "Changing the judges changes the original vibe of the show."

That "original vibe" might be changing in more ways than one.

Cowell will reportedly leave his "American Idol" judging position at the end of season nine.

His popular British talent show, "The X Factor," will be coming to the United States in fall 2011.

"[I] didn't think it was right to do two shows in America at the same time," said Cowell on the CNN Web site.

According to television experts, Fox stands to lose ratings after Simon Cowell leaves Idol.

"For most viewers, when you think of 'Idol,' you think of some of the winners, some of the runners-up, and Simon Cowell," said television expert Bill Carroll of the NY Daily News.

Despite the show's criticisms, the Fox network still has high hopes for the show.

"The new season promises to deliver amazing, undiscovered talent with plenty surprises along the way," said executives on "Idol's" Web site.

GET REEL

Don't go to 'Extraordinary Measures' to see this one

Mike Frank
Contributing Writer

Ok. I'm a dude. Guys don't go see movies like *Extraordinary Measures*. So I was a little apprehensive when I was told to review this film. However, I am a movie reviewer so I sucked up my pride, grabbed a box of tissues from *Outtakes*, and headed out.

Pessimistically I drove to the theater, bought my ticket and popcorn and slumped down in my seat. I shoveled fistfuls of popcorn and watched the upcoming trailers, believing that this would be the best part of my movie going experience.

The movie kicked off like every other tear-jerker. First introducing John Crowley, hero of the film, (Brendan Frasier of the *Mummy* Trilogy) and explains his hopeless plight. Two of his small children have Pompe, a serious illness that effects how sugar is broken down in the body. This disease has led his daughter and youngest son to be wheelchair-bound and with major respiratory problems. Doctors give his children less than a year to live.

John's choice is simple. Enjoy the time he has remaining with his children, or look for the miracle... or rather make a miracle. He chooses the latter, and his searches lead him to Robert Stonehill (Harrison Ford of *The Fugitive*, *Indiana Jones* Series) an eccentric but brilliant scientist on the verge of a breakthrough on the Pompe ailment. Stonehill has the brains and Crowley the ambition but neither has the money to fund such research, hence the dilemma.

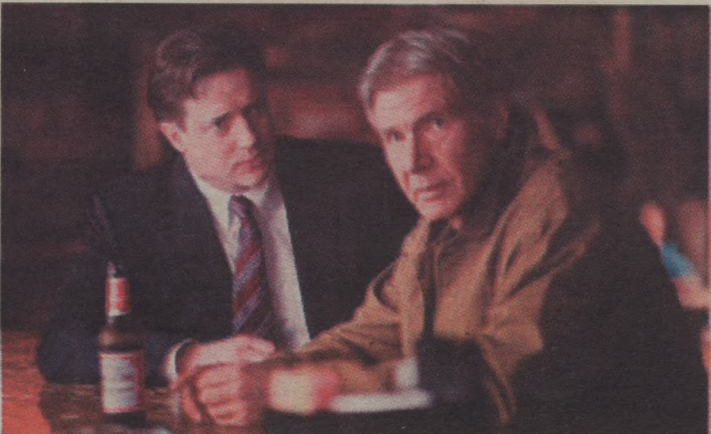
Surprisingly, by the time the credits began to roll I had a different opinion of this movie. While the subject of the movie (medicine and business) isn't actually thrilling, the director and the script keep the movie moving nicely throughout.

Moreover, the film beautifully mixed humor into a somewhat sober film. One wouldn't think Harrison Ford in a footrace with a girl in an electric wheelchair would be tasteful let alone comical, but it was both.

Speaking of Ford, Harrison takes the second billing for the first time since the *Star Wars* films and completely delivers as a solid supporting character. He was able to successfully express the various emotions needed to play the abnormal Doctor Stonehill. Perhaps this is a new age of Ford, one where he doesn't need to play the lead role and is able to star in good films again.

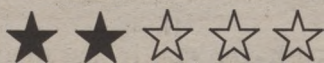
Ultimately, *Extraordinary Measures* is good movie but isn't anything special. My suggestion is to see this movie only if happens to be on television. It isn't worth the price of a movie ticket. It leaves you feeling uplifted and satisfied, however there are better movies out there that complete this task.

In the end, I was glad that I saw it... but I was also glad that I am getting reimbursed for the ticket.



AP Photo

Get Reel give *Extraordinary Measures*



2010 Grammy Recap

Did you see...?

- Lady Gaga's performance with surprise guest Elton John
- Pink swinging from the rafters "Cirque de Soleil" style
- The Michael Jackson tribute
- Taylor Swift's surprising win for Album of the Year



AP Photo

And the big winners were...

- **Taylor Swift:** Album of the Year, Best Country Album, Best Country Song, Female Country Vocal Performance
- **Beyonce:** Song of the Year, Best Female R&B Vocal Performance, Best Traditional R&B Vocal Performance, Best Female Pop Vocal Performance, Best R&B Song, Contemporary R&B Album
- **Black Eyed Peas:** Best Pop Performance by a Duo of Group with Vocals, Best Pop Vocal Album
- **Jason Mraz:** Best Pop Collaboration with Vocals (with Colbie Caillat), Best Male Pop Vocal Performance
- **Lady Gaga:** Best Dance Recording, Best Electronic/Dance Album

GO 'BAREFOOT' OR GO HOME

Exclusive interview with local indie group 'Barefoot Truth'

Jaclyn Henricks
Staff Reporter

Be honest, what is the first thing that pops into your mind when hearing the words "Barefoot Truth?"

"I think they're a rebellious group because they're not wearing any shoes," said senior Mike Casazza.

For those who are confused, "Barefoot Truth" is not a group of shoe-less rebels. They are an up-and-coming five-member indie band that is quickly on the rise and spotlighting the stage at the Fairfield Theater on Feb. 22. The band will be promoting their new CD "Threads," due out Feb. 16.

Hailing from Mystic, Conn., "Barefoot Truth" is a quintet made up of band members Jay Driscoll, Garrett Duffy, Will Evans, Andy Wrba, and Wayno.

So how did this group of friends find fame and success? Like many great success stories, it all began at school.

"The 'Barefoot Truth' started as an acoustic duo during college with Will Evans and myself," said Driscoll, one of the founding members. "We recorded a demo and had a surprising well response. We went on to record a full CD and again had great response."

As the fan base of the group began to grow, so did the band's members.

"Over the past couple years, we've added new friends to the band, and recorded new music," said Driscoll. "Eventually we developed into the five-piece group that 'Barefoot Truth' is today."

Fans seem to be using new outlets to listen to the band. One way fans have discovered 'Truth' is via the Internet, as opposed to the old-fashioned radio.

According to a recent press release, "The band 'Barefoot Truth' has raked in 4.5 million spins on Pandora Radio (compared to the Dave Matthews Band's 10 million spins alone for 'Where Are You Going')."

According to the press release, the band credits "The Pandora Effect" for helping create a fan base

for their band. Listeners tuning into the Internet radio can stream "Barefoot Truth" for free.

With "Threads" hitting shelves in the coming weeks many new listeners are curious to see what music genre the band fits.

"[They are] part Jason Mraz, part Sublime, with a little bit of Rob Thomas thrown in," said Shawn Kilmurray, the executive director of the environmentally conscious Web site "Rock the Earth."

Being compared to the soulful, mellow, and edgy sounds of artists before them, the "Barefoot Truth" is unique in their own right. The band wishes to spread a particular, yet passionate message beyond the simple lyrics expressed in a typical song.

"I think our music aims to inspire the listener to take a look at themselves, humankind, and the environment we all share, and notice that we have a lot to celebrate, but also a lot of responsibility," said Driscoll.

It is based on this idea that not only ignited the band's expression of environmental awareness, but the basis behind their upcoming CD release, "Threads."

"That notion inspired Will's (the other founding member of 'Barefoot Truth') idea of 'Threads.' The concept [is] that we are all connected by a universal 'thread of life' and we all need to pick up our own piece to make it work," said Driscoll.

According to the band's Web site, their previous works, "Wake the Mountain EP," "Changes in the Weather," "Club House Session," and "Walk Softly" are all available online.

Yet the question remains, will Sacred Heart students check them out?

"After hearing their song 'Roll if Ya Fall,' I would definitely check them out," said junior Marley Anderson. "If I can't seem them live I would at least try to pick up or download their CD."

With a seemingly catchy melody and a noteworthy cause that drives the rhythm of the music, in the end, the members of the band just wish to spread their positive message to all who are willing to listen.

"We are genuinely happy people, and I hope that if anything, that is what is passed on to anybody who listens to our music," said Driscoll.

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Let me call you 'S.W.E.E.T.' heart

Brittany Foy
Staff Reporter

"Everyone understands how damaging to health smoking can be, but sometimes it's the perfect release... particularly for college students," said sophomore Jessica Luby.

As stated in a New York Times article, 18 percent of student populations smoke on college campuses. These numbers have significantly decreased from 31 percent in 1998. Nonetheless, smoking has become one of the ways students deals with stress.

Instead of resorting to smoking, there are groups on campus dedicated to helping students cope with stress and life's speed bumps along the way.

S.W.E.E.T. peer educators is an organization that does just this.

According to the bottom of the "Stall Street Journal" (a monthly newsletter posted on the doors of restroom stalls at Sacred Heart), the group is "SHU students equipped with information and resources to help lower the risk of eating disorders, alcohol poisoning, depression, and other wellness-related issues, and to promote a safer, healthier, happier campus community through various fun and educational programs."

Throughout the year, S.W.E.E.T. holds Stress-Free Zone events according to the season. During fall semester's midterms and finals, they hosted coloring, play-doh, and Christmas cookie events.

For spring, they provide tie-dye and dogs for students to play with, conveniently hosted on the Flik patio.

Sophomore Lindsay Hubbell enjoys the Stress-Free Zone events.

"They're just a good way to unwind from the tension, especially around finals and midterms," said Hubbell. "You go, relax, and clear your head so you can go back and study without feeling overwhelmed."

In the month of February, S.W.E.E.T. peer educators are assisting St. Vincent's Hospital in Bridgeport with The Smoke Stoppers program. On Feb. 3 and 10 at 2 p.m., students can attend an informational meeting about the program.

"Our mission is to promote a safe and healthy campus by providing students with resources, programs, and information so that they can make good decisions regard-



Photo courtesy of Stefanie DiGeronimo

The S.W.E.E.T. team dedicated to promoting a safer campus community.

ing their lifestyle," said junior Tara Ilamathi, S.W.E.E.T. educator.

This event is free to all Sacred Heart students. Those who want to sign up should contact Cheryl Carlson at the Wellness Center. Essentially, the group will be assisting St. Vincent's employees to help students and others quit smoking or dipping tobacco.

The benefit of both peers and professionals helping students comes with experience. As the program will be led by "two ex-smokers who are very familiar, from personal experience, with the psychological and physiological effects of nicotine addiction. They provide support and education to students to help them resist cravings until they reach the four day mark when all the nicotine has left the bloodstream," said junior Eric Place.

"S.W.E.E.T. is acting as the intermediary between Smoke Stoppers and the SHU community," he said.

This enables smokers to be surrounded by the necessary help but also supported by peers and friends.

Students have varying opinions on whether or not

they would be interested in partaking in the program to quit smoking.

Luby currently smokes nearly one half of a pack per day.

"It sounds like a helpful program for those interested in quitting. Personally, smoking helps me de-stress from a hectic schedule, so I like those five minutes to myself. If I decide to quit, I'd rather do it on my own," said Luby.

"The hardest thing about quitting for me was that everyone I knew still smoked. My parents, coworkers, and boyfriend all smoke, so it's difficult because they're the people I'm constantly surrounded by," she said.

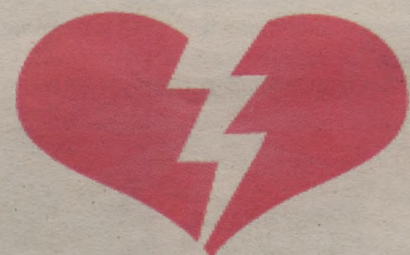
"If everyone close to me quit too it would definitely be easier," she said.

As people use cigarettes and tobacco to escape, they feel helpless unable to resort to its use.

Quitting cold turkey is difficult and so S.W.E.E.T. and St. Vincent's is trying to provide students with the tips and support they need to make healthier choices.

HOW TO ...break up with your beau

Michael Ohrenberger
Staff Reporter



Photoshop brush courtesy of brusheezy.com

Romeo oh Romeo, how do I ditch thou Romeo. As we quickly approach the most romantic day of the year, some people have something other than flowers, chocolates and Hallmark cards on their mind: how to break up with that significant other.

Breaking up is never the easiest thing in the world to do. There are many wrong ways to go about doing the deed that if avoided, will make this task much more pleasant for all parties involved.

Here are a few guidelines for both men and women to help avoid a complicated break up.

With a better break up in mind, follow these simple steps to avoid the mess during what can potentially be a rough conversation.

1. First and foremost, do it IN-PERSON. If I have learned nothing else from Joe Jonas (and trust me, I haven't) it is that the so called text message approach to severing ties is not the best career move. Nobody deserves to be dumped via text message, instant message, e-mail, phone call or even homing pigeon. If you don't want your ex writing songs about how much of a loser you are, have the decency to break up in person.
2. Be strategic when choosing location. There is nothing worse than a sobbing 20-something sitting at the corner table at Red Lobster. Don't think just because it is in public, he/she won't make a scene. The last thing anybody needs is mall security aiding them in their break up. It is your business, be private about it.
3. Be quick, be honest. Nobody likes a long, drawn out explanation about why their character will not be returning for another season.
4. Take the hint. The break up conversation is a very emotionally driven thing; refrain from asking every hard question about why you are currently being ditched. Take your now ex's explanation and be done with it, because sometimes, she's just not that into you, Bradley Cooper.
5. Finally, who says you can't be friends. At first it may be difficult, but don't burn the bridge entirely Brad Pitt. Somewhere down the road it may be nice to have a conversation with Jen again.

'GREEN IS THE NEW BLACK'

When people 'go green' for the wrong reasons

Ashley Monaco
Staff Reporter

Lately, it seems that green has become the new black.

Well, "going green" that is.

Whether it is something as simple as turning off a light, buying a reusable water bottle, or throwing your soda can in a recycling bin to more expensive moves like buying a hybrid car, it seems like people everywhere are jumping on the bandwagon and going green.

The urge to save the earth is also very prominent in fashion with many stores making clothes out of organic materials or selling trendy tee shirts with slogans such as "Go Green or Go Home" written on them.

But is it all just a fad?

"I think going green is definitely just a trend," said sophomore Valentina Szlasha. "People just see all the cute little bags, jewelry, perfumes and whatnot that are all eco-friendly and supposedly good for the environment."

"If it's just buying cute eco-friendly products then everyone considers themselves to be "going green," she said.

Others recognized that people might go green simply to feel better about themselves.

"A lot of products today use going green slogans and symbols that attract people to buy it because they feel good that they are helping the environment," said sophomore Ali Kowalsick.

Dr. Richard Magee, an assistant professor in the English department, with a passion for the environment, had mixed feelings on the motivation that many may

have to go green.

"On the individual scale, I think the green movement can be reduced, at times, to something that makes a nice slogan on a t-shirt," said Magee.

"On the other hand, my experience here at Sacred Heart University has shown me that, while the students are not necessarily leaders of any green movement, they are more generally aware of environmental issues than college students were 25 years ago, when I started college," said Magee.

"This does not always translate into action, but change cannot happen without awareness, so it is a start," he said.

Junior Jess McDonnell, also believed that there was a mixture of intentions among recent green goers.

"I'm sure there are some people who join the cause to be 'in' and definitely some who genuinely care regardless if it's a trend or not," said McDonnell. "Those who join it to be 'in' will most likely gain some sort of passion for it."

Even celebrities have joined the fight to save the earth. Leonardo DiCaprio and Brad Pitt have become prominent leaders.

John Mayer, another celebrity activist, made his Battle Studies World Tour have paperless tickets to help conserve trees.

Some believe that it is smart to have celebrities endorse the campaign to save the earth because of their strong influence on society.

"I think making celebrities the face of going green is an extremely wise strategy," said Kowalsick.

"There is no doubt that society is greatly influenced by what their favorite celebrity does."

"So in my opinion, having a celeb-



Spectrum/Ashley Monaco

Purchase recyclable bags like this one, from Forever 21, to help eliminate the overuse of plastic bags.

rity promote taking care of the environment will make more people opt to do the same," she said.

Although some may view the cause to simply be a trend while others believe that whether or not it is a trend, the motivation behind the actions doesn't matter as long

as it results in a good deed.

"While the cool factor will almost certainly fade, a lot of the habits that have started now may linger," said Magee.

"If nothing else, the green movement is now a part of our cultural vocabulary in ways it was not previously."

Post-relationship: to let go or not to let go?

Chris Corrigan
Staff Reporter

We've all been there. The best friend of the opposite sex, the one you tell everything. The stuff your other closest girl or guy friends don't know.

The one you playfully name call or casually have lunch with.

Then disaster strikes. You realize you like them, but are you in too deep to the friendship?

For some, this is just the beginning of a blossoming relationship. For others, it can mean the total destruction of any relationship whatsoever.

Senior Farra Coppola has been in a similar situation.

She experienced a spark with one of her guy friends and the tension was building. This eventually evolved into a one-night "hook-up," where things went to a "more than friends" level.

"We talked about it and decided it would be best to remain close friends," said Coppola.

This grey area between friends and more can be a common occurrence in friendships—so common that it has been given its own word and definition.

Web site getoutofthefriendzone.com has dedicated its cause to defining and fighting the friend zone: "...You're good friends with a woman, but over time developed feelings for her. Now you're wondering what you can do to get her to like you and accomplish the unthinkable: get out of the friend zone."

Senior Jillian Powley said she personally believes that any serious male/female friendship has the potential to go in either direction.

"That is why we have to be extremely careful," said Powley. "You have to be very up-front with you feeling and intentions in order to protect what you already have."

If you've come to terms with having "more than just friend" feelings, the next step can determine the future of the relationship.

To approach the situation, we turn to the experts at getoutofthefriendzone.com.

"I'm going to tell you something and you need to wrap your mind around this: by trying to "make" a woman like you, all you will accomplish to is to create resistance instead of attract. With almost everything in this world, if the desire for someone (or something) isn't already there, you'll be fighting an uphill battle trying to get them to want him," said the Web site.

But not all friend zone situations can end in catastro-

phe.

Senior Katy Guest and her current boyfriend have been friends since middle school, but did not start dating until recently.

After a difficult break-up with a previous boyfriend, he was there for her.

"I couldn't believe how patient and kind he was to me," said Guest.

This "patience" and long friendship resulted in the end of the friend zone and start of a new relationship for Guest.

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Scoreboard

Thursday, January 28

M. Basketball

SHU- 52

MSMU- 64

W. Basketball

SHU- 51

MSMU- 47

M. Volleyball

SHU- 1

Springfield- 3

Friday, January 29

M. Hockey

SHU- 4

UConn- 3

W. Swimming

SHU- 120

WCSU- 71

Saturday, January 30

M. Basketball

SHU- 73

Wagner- 74

W. Basketball

SHU- 71

Wagner- 64

M. Hockey

SHU- 3

UConn- 2

W. Equestrian

SHU- 3

South Dakota St.- 13

Sunday, January 24

W. Equestrian

SHU- 1

South Dakota St.- 6

On Deck

Tonight

W. Basketball vs.

Quinnipiac

5 p.m.

M. Basketball vs.

Quinnipiac

7:30 p.m.

Tomorrow

M. Volleyball @

New Haven

7 p.m.

M. Hockey vs. RIT

7:05 p.m.

Saturday, January 30

W. Basketball @ Quinnipiac

Noon

M. Basketball @ Quinnipiac

3 p.m.

W. Hockey @ Wesleyan

3 p.m.

M. Hockey vs. RIT

4:05 p.m.



The Spectrum/Michele Tymann

Sacred Heart's Dave Jarman (#25) wins a face-off in a recent game against Canisius College at the Milford Ice Pavilion. Jarman and the men's ice hockey team are currently riding a 12-game unbeaten streak after sweeping UConn.

Hockey extends unbeaten streak to 12

Antonino Mannino

Staff Reporter

The Sacred Heart University men's ice hockey team swept the University of Connecticut in a weekend series on Jan 29 and 30.

The sweep extended their winning streak to 12 straight games.

On Friday night, Jan. 29, the Huskies struck first with 8:39 left in the first period when Justin Hernandez put in the game's opening goal.

Four minutes later, Sacred Heart's Patrick Knowlton went top shelf and scored the equalizer goal at the middle mark through the first period.

Pioneers- 4 3
Huskies- 3 2

No more than two minutes later, Sacred Heart's Nick Johnson placed the puck barely under the crossbar, which extended the Pioneers' lead to 2-1.

That goal was Johnson's 20th of the season, which places him atop the nation in goals scored.

After the Huskies found the net once again in the middle of the second period, the Pioneers' Matt Gingera received a pass from behind the net from teammate Eric Delong and stuck it in the back of the net to give the Pioneers a 3-2 lead.

But in the third period, UConn caught a break as the puck went off Sacred Heart defenseman Chris Watersstradt and hit the back of the net.

However, regulation time was not enough for these two teams, as the game went into overtime.

Just one minute into the overtime period, Sacred Heart's Erik Boisvert took a powering slap shot that went off the UConn goalie's shoulder and into the net which sealed the victory for the Pioneers.

"Pack the MIP"
Pioneers vs. RIT Tigers



When: Tonight
7:05 p.m.
Where: Milford Ice Pavilion

Pioneer goaltender Steven Legatto had 22 saves during the game while UConn's goaltender, Garrett Bartus, finished the game with 26.

The teams combined for seven penalties in the game.

The next night, the Pioneers earned their second victory in as many days after David Berube scored the game-winning goal in the third period.

The game was a back-and-forth battle, but the Pioneers made the one goal that counted at the end.

Sacred Heart was whistled for eight penalties in the game while UConn was called for nine.

Boisvert, who scored the game-winning goal the night before, kicked off the game with the opening goal, which came on a Pioneer power play.

That goal gave Sacred Heart's Dave Jarman his team-leading 27th assist of the year.

Although Johnson was brought down to the ice on a delayed hooking penalty later in the period, he still found a way to sneak it past

UConn's goaltender and give the Pioneers the lead, with 1:09 left in the second period and pick up his 21st goal of the year.

In the third period, Berube found the back of the net for his tenth goal of the season.

Legatto finished the game with 24 saves, including fending off a fury of UConn shots in the closing seconds.

For their performances against UConn, Legatto and Berube earned Atlantic Hockey awards on Feb. 1.

Berube was named Co-Player of the Week while Legatto earned Goaltender of the Week.

The Pioneers will face the first place Rochester Institute of Technology tomorrow night and Saturday afternoon in another weekend series at the Milford Ice Pavilion.

Face-off is scheduled for 7:05 p.m. tomorrow night and 4:05 p.m. on Saturday afternoon.

Friday night is also "Pack the MIP" night with a special fan bus and seat cushion giveaway being provided to fans who attend the game.

Cosgrove's record-setting day lifts Pioneers

Point guard now SHU's all-time 3-point leader

Andrew Owens
Contributing Writer

On Saturday, Jan. 27, the Sacred Heart University women's basketball team won their 30th Northeast Conference game out of their last 31 (dating back to last season) at Wagner College.

The win improved their record to 16-5 overall and 9-1 in the NEC which is tied with Robert Morris University for first place.

The Pioneers' 71-64 victory over the Seahawks was primarily led by their starting backcourt, which scored a combined 55 points.

Pioneers- 71
Wagner- 64

Freshman Kiley Evans was the leading scorer for the Pioneers with 20 points, including shooting 7-12 from the field.

Evans has been in the Pioneers' starting lineup since day one this season and has far exceeded anyone's expectations.

"Kiley has fit in right from the first day of pick-up," said junior Maggie Cosgrove. "She picked up right away on plays and the style of play of the rest of the team. She is

a quiet scorer and a lot of fun to play with because of her athleticism."

The Pioneers took a quick 9-3 lead on Saturday and never looked back. They maintained the lead for the whole game and went into the locker room at halftime with a 36-29 lead.

"Kiley [Evans] has fit right in from the first day of pick-up...She is a quiet scorer and a lot of fun to play with because of her athleticism."

-Maggie Cosgrove
SHU Women's Basketball

Cosgrove finished the first half with 14 points, including 12 from behind the 3-point arc. On her second 3-pointer of the game, Cosgrove set the Sacred Heart record for 3-pointers in a career.

When asked if she even knew she had broken the record, Cosgrove responded, "No I didn't know until Coach Swanson told me after the game."

The second half was dominated by Evans, who scored 17 points, and junior Alisa Apo, who scored 14 of her 19 points in the second half. Apo also added seven



The Spectrum/Zack Lane

Sacred Heart's Maggie Cosgrove dribbles the ball in a recent game against Manhattan College at the William H. Pitt Center. Cosgrove set the Sacred Heart women's basketball record for career 3-pointers with 176 against Wagner College on Jan. 30.

assists in the Pioneers' third-straight win.

Sophomore forward Callan Taylor also added seven points and 13 rebounds in the winning effort.

The win against Wagner wrapped up a two-game road trip for the Pioneers which began with a 51-47 victory at Mount St. Mary's University on Thursday.

In that game, the Pioneers won despite being short-handed for much of the night.

Lindsey Gibson left the game with a back injury and sophomore Emily Hyncik was recovering from an illness.

With junior Mo Reilly already out for the year with a knee injury, the Pioneers were forced to dig deep and get contributions from their bench.

"Obviously those two injuries really had an impact on our team but instead of making excuses for ourselves, I think the rest of the team has really been motivated by those injuries and have taken the opportunity and stepped up," said Cosgrove.

The Pioneers are back in action tonight when they host in-state rival Quinnipiac University at 5 p.m.

The game, which will be televised on Fox College Sports, is also "Pack the Pitt Night."

The Pioneers will then head to Hamden on Saturday to take on the Bobcats at the TD Banknorth Center at noon.

PHOTO OF THE WEEK



The Spectrum/Courtney Perlee

Sacred Heart's Ethan Patterson bouts with a member of the Duke University fencing team on Jan. 10 in Philadelphia, Pa. The Pioneers also competed against NJIT, the University of Pennsylvania, and the University of North Carolina. On Jan. 30, the men's fencing team lost to Yale University, 16-11, despite strong performances from sophomores Justin Dion and Nick Negron.

"Pack the Pitt"

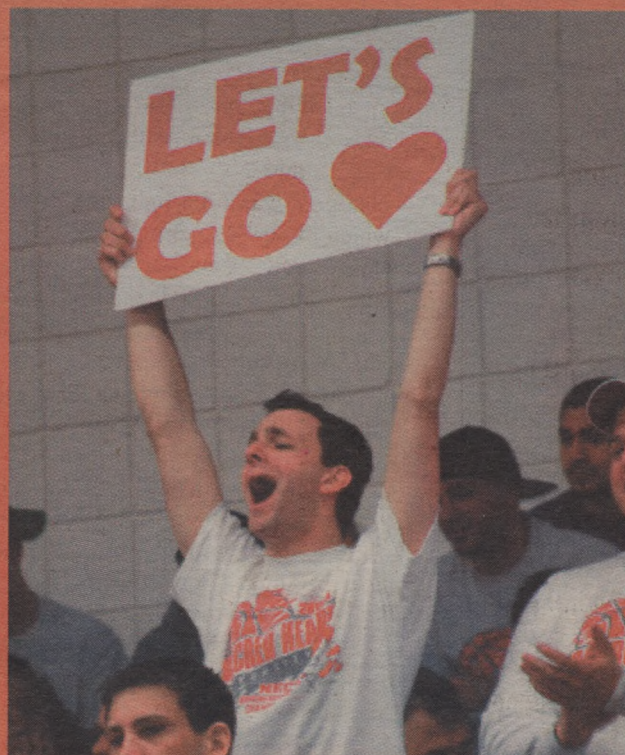
Pioneers vs. Quinnipiac



Tonight

Women's Basketball: 5 p.m.

Men's Basketball: 7:30 p.m.



The Spectrum/Stephanie Reyes

After 25 years, CBS' Nantz still living 'boyhood dream'

Legendary sportscaster reflects on career, offers advice to students

Rob Morgan
Sports Editor

With the kickoff to Super Bowl XLIV just three days away, the man who will be calling all the action for the big game is celebrating a milestone of his own this year.

Jim Nantz, a former Westport native and longtime voice of the NFL, Masters, and Final Four on CBS, is currently marking his 25th year with the network.

To commemorate Nantz's silver anniversary with CBS, the network is in the process of putting together a list of his 25 greatest moments over the course of his broadcasting career.

According to Nantz, a four-time National Sportscaster of the Year, the task of choosing the single best moment from a pool that includes Jack Nicklaus' dramatic 1986 Masters victory, Devin Hester's opening kickoff return for a touchdown in Super Bowl XLI, and Mario Chalmers' 3-pointer which sent the 2008 National Championship Game into overtime is not an easy one.

"I have hundreds of games and moments that stand out and I'm having a hard time trying to whittle the list down to the single best moment," said Nantz.

Nantz, who majored in radio/television at the University of Houston, began his broadcasting career as an anchor at KSL-TV in Salt Lake City – a CBS affiliate – before eventually joining CBS Sports in 1985 as a college football studio host.

He quickly rose through the ranks and by the early 1990's became the network's top play-by-play announcer for the NFL, college basketball, and golf.

"I live with my words," said Nantz. "That's the toolkit I bring to the office every week and every day."

While Nantz has had arguably the best seat in the house for some of the greatest

sporting events in history, he feels even more fortunate to be living out his 'boyhood dream'.

"Listening to guys like Jim McKay, Dick Enberg, Pat Summerall, and Frank Gifford was really what drew me in when I was a kid," said Nantz. "I loved the way they told stories and it became bigger for me to listen to them than to watch the event. They were heroes to me."

In 2007, Nantz made history by becoming the first commentator to call the Super Bowl, the Final Four, and the Masters in the same calendar year.

"I consider it all a blessing," said Nantz. "I really had this childhood dream that [commentating] was what I wanted to do when I grew up. I don't take any of it for granted."

Two years ago, he co-authored a New York Times best selling book, "Always by My Side," in which he recounts his own stories from the various sports he has covered over the years while reflecting on the impact that his father, who suffered from Alzheimer's Disease, had on him throughout his life.

"I consider it all a blessing. I really had this childhood dream that [commentating] was what I wanted to do when I grew up. I don't take any of it for granted."

- Jim Nantz
CBS Sports

The book was an instant success – at one point climbing to No. 3 on the New York Times best selling list and remaining there for seven weeks.

"The great thing was that it wasn't really a sports book – it was a relationships book," said Nantz. "It told the story of a family coping with a loved one who has



AP Photo

Jim Nantz, shown above presenting the AFC Championship Trophy to Peyton Manning and Jim Caldwell on Jan. 24, is celebrating his 25th year with CBS.

Alzheimer's."

When he's not in front of the camera or behind the microphone, Nantz is actively involved with various charities and foundations that raise money for Alzheimer's research and awareness.

With the sports broadcasting field experiencing unprecedented growth and popularity in recent years, Nantz reminded those looking to follow in his footsteps the importance of sticking to the basics.

"I get letters from people all the time saying, 'my son wants to be in your field and he knows all the stats; what should he do?'" said Nantz. "The first thing I tell them is to lose the stats and learn how to tell the story with a beginning, middle, and an end. Find out things that make people interesting and learn how to tell it."

An easy way to do this, according to Nantz, is by studying the language and learning from those who have the gift of capturing an audience by their word of

mouth.

"Pay attention to people who you are enchanted by who are able to turn a phrase or spin a story – whether it's a person of faith who delivers a sermon that reaches you or whether it's someone you see on television or a speaker you go out and listen to," he said. "Listen to the way they tell a story in a riveting fashion and attract an audience."

Nantz will continue his milestone year when he returns to the microphone this spring for his 25th year of covering the NCAA Men's Division I National Championship for CBS. After that, he will once again serve as the network's lead commentator for the Masters in April.

Twenty-five years after he first broke into the industry, Nantz's ability to so eloquently and accurately paint the picture of a touchdown pass, 3-pointer, or made putt on the 18th hole at Augusta remains unlike any other.

PROF. BRIAN THORNE BRINGS SHU TO SUPER BOWL

Tom Herles
Staff Reporter

When the Indianapolis Colts and New Orleans Saints take the field in Miami on Sunday for Super Bowl XLIV, one member of the Sacred Heart University community will be there in person – and he won't just be a spectator.

Brian Thorne, an adjunct professor of media studies at Sacred Heart and a 2005 graduate of the university, will be working the event as a member of the NFL Films World Feed Core Group. He arrived in Miami last week to begin preparations with the rest of his crew.

"My family is in the business," said Thorne. "My oldest brother, Duke, has done 12 Super Bowls. My other brother, Greg, has done six. There was an opening in the Core Group three years ago in Phoenix and my brother helped get me in. Networking is absolutely the most important part of this business."

This year will mark the third-straight Super Bowl that Thorne has been a part of. He also worked last year's Super Bowl in Tampa, Fla. and Super Bowl XLII in Glendale, Ariz.

According to Thorne, the Super Bowl is an event that takes the crew awhile to prepare for.

"As far as our collective preparation, it is unbelievable," said Thorne. "Core Group arrives two and a half weeks before

the game. We work a minimum ten-hour day, seven days a week. It is a four-hour game that is the single most watched event in the world so we try to make sure that everything functions properly. We only have one chance."

While the days and weeks leading up to the Super Bowl can be hectic for Thorne and the rest of the crew, when it comes to the actual game day, Thorne said that there is little preparation that takes place.

"There really isn't much personal preparation for game day besides being well-rested and as sharp as possible," he said.

For the first time in NFL history, this year's Pro Bowl – which has always been held in Hawaii after the season is over – was played this past Sunday in Miami, giving Thorne the opportunity to work at his first Pro Bowl.

"This year I am working through NFL Films for ESPN for the Pro Bowl," said Thorne before the game. "I will be on the sideline with a hand-held camera during the game."

His other duties for the events include doing a set show for Inside the NFL on Super Bowl Media Day, and filming behind one end zone for NHK Japanese Television during the Super Bowl. The group will also be filming for NFL Network and NFL Films in the other days leading up to the main event.

"I remember we clocked a 17.5 hour day in Phoenix. Super Bowl day is the lon-



Photo courtesy of Brian Thorne

Sacred Heart media studies professor Brian Thorne will be working the sidelines during Super Bowl XLIV in Miami on Sunday.

gest and greatest day of the year for me."

This semester, Thorne instructs students in Television Studio Production and Television Sports Broadcasting, a field that he is quite familiar with.

According to Dr. Andrew Miller, media studies department chair at Sacred Heart, Thorne's involvement in the Super Bowl is a perfect example of the department's ability to provide students with instructors who have direct experience in the field.

"The foundation of our department is

to combine theory and practice, and therefore we are thrilled that our students are able to have an instructor teaching Sports Broadcasting and Television Production who is also a media professional working the biggest event in broadcasting," said Miller.

Miller, who taught Thorne when he went to Sacred Heart, witnessed his transition from student to teacher first-hand.

"Brian was a student who immediately displayed an enthusiasm for media production, as well as the natural maturity that comes to someone who comes back to school as an older student," said Miller. "After graduation, he founded his own successful media production company, and he has also discovered a passion for teaching."

Thorne will be returning to Sacred Heart after the big game with another Super Sunday experience under his belt as well as his first Pro Bowl experience to share with his students.

Last fall, Thorne also worked at the World Series to add to his already impressive resume.

"Generally, we have all watched plenty of sports on televisions, but rarely do we think of the amount of work that goes into creating such productions," said Thorne. "I hope I can provide insight as to what my students can expect if they decide to pursue a career in the world of television production."

Giaquinto cherishes Super Bowl experience

Baseball coach was member of Super Bowl XVII Champs

Eddie Kuspiel
Staff Reporter

As Feb. 7 approaches, the focus of American conversation will inevitably be centered on the Super Bowl.

For Sacred Heart University baseball coach Nick Giaquinto, however, Sunday's big game between the Indianapolis Colts

and New Orleans Saints will bring back memories of his own Super Bowl experiences.

Even though Giaquinto was only in the NFL for four years, he still had a very productive career, making two Super Bowl appearances.

"I have wonderful memories of the playoffs, the Super Bowl, and all the hoopla of being on a championship team.

- Nick Giaquinto
SHU baseball head coach

Giaquinto was a member of the Washington Redskins Super Bowl XVII championship team in 1982 which was coached by Joe Gibbs.

In his 1982 Super Bowl appearance, Giaquinto faced the Miami Dolphins - the team that signed him to his first NFL contract just two years earlier in 1980.

Giaquinto played a large part in the Redskins' Super Bowl victory by making a key block on the Dolphins' Bob Brudzinski, resulting in a touchdown pass for Washington.

In 1983, he was the Redskins' fourth leading receiver with 27 receptions to accompany his 372 yards.

However, Giaquinto's football success goes a lot farther back than just his NFL achievements.

Giaquinto attended the University of Bridgeport for two years before deciding to transfer because of the loss of UB's football program.

He transferred to the University of Connecticut where he set a record with 277 rushing yards against Holy Cross in 1976 which still stands to this day.

Giaquinto's four-year NFL career began in 1980, until he took a position as assistant baseball coach at George Mason University, where he earned his master's degree in physical education. He was hired by Sacred Heart in 1988.

Along with his record runs and Super Bowl championship, Giaquinto has helped the Sacred Heart baseball program achieve success during his tenure as head coach, and he has established himself as a respected coach and educator in the Sacred Heart community.

He has also been instrumental in helping the team make the transition from Division II to Division I.

In 2006, the Pioneers won their first Division I Northeast Conference championship with Giaquinto at the helm, and he has also been named "Coach of the Year" by the New Haven Diamond Club.

While Giaquinto has had numerous athletic accomplishments and recognitions throughout his career, including a Super Bowl championship and Coach of the Year honors, he takes more pride in being a coach and educator.

"I have wonderful memories of the playoffs, the Super Bowl and the hoopla, of being on a championship team," Giaquinto said in an interview with the



The Spectrum/Emily Gumbs

Sacred Heart baseball coach and former Washington Redskins running back Nick Giaquinto played in two Super Bowls during his four-year NFL career.

Waterbury Republican. "It's fun as long as you distance yourself from it when you have to."

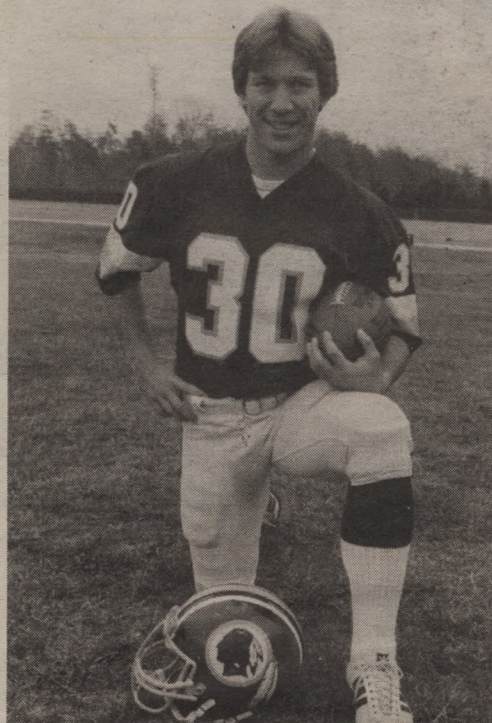


Photo courtesy of Athletic Communications

Sacred Heart baseball coach and former Washington Redskins running back Nick Giaquinto played in two Super Bowls during his four-year NFL career.

NFL STUDY RAISES CONCERN OVER CONCUSSIONS

Mike Leboff
Staff Reporter

According to a recent study conducted by the National Football League, former NFL players are far likely to be diagnosed with Alzheimer's disease and other memory-related ailments than the rest of the population in the United States.

The study found that the rate of former pro football players developing such conditions is 19 times higher than the normal rate for men between the ages of 30-49.

Using data collected from 1,063 retired NFL players, the study was conducted by a research team from the University of Michigan.

Other health issues, like kidney and prostate problems, were found at normal rates in the former football players while heart attacks and ulcers were found to be at lower rates in the former players.

According to the New York Times, the NFL previously denied any correlation between the sport and memory-loss diseases.

With this recent report, however, many associated with the sport are more concerned than ever that their health could be at risk.

The spotlight on these injuries has gotten a lot brighter in the past three years with recent developments in technology, as well as more former players going public with information on their current conditions and ailments.

Dr. Ira Casson, a neurosurgeon from New York, had always been adamant in denying any evidence that connects former players with dementia.

But with this recent study, he began to retract those statements in a recent New York Times article and called for more



The Spectrum/Zack Lane

Mike Devito (#70) of the New York Jets tackles Jason Snelling (#44) of the Atlanta Falcons on Dec. 20, 2009 at Giants Stadium. A recent NFL study has raised concerns over mental-related illnesses that players suffer from as a result of hard hits and concussions.

research on the subject.

"What I take from this report is there's a need for further studies to see whether or not this finding is going to pan out, if it's really there or not," said Casson in the New York Times article.

"I can see that the respondents believe they have been diagnosed. But the next step is to determine whether that is so."

Andrew Soltish, an athletic training major at Sacred Heart University, shared his input on the issue.

"You need to take every injury seriously, but with concussions, even more

care is needed," said Soltish.

While there is more focus on the NFL, this issue is not one that is confined to the professional level.

When asked if he felt comfortable in the hands of the athletic trainers here at Sacred Heart if he were to sustain an injury during a practice or game, redshirt freshman Desmond Mighty said, "they do a real good job."

Chris Hazelton, a football player for Southern Connecticut State University, felt that although there is a risk in playing such a contact-filled sport, he has full



AP Photo

"...There's a need for further studies to see whether or not this finding is going to pan out..."

- Dr. Ira Casson
N.Y. neurosurgeon

confidence in the training staff to diagnose and treat any injuries.

"There are a lot of student athletic trainers, but they're under the guidance of our head trainers who do a really good job," he said. "I feel safer playing with them on the sidelines."

Other football players feel that with the development of more padded helmets, which are designed to cushion the blow of head to head hits.

Luke Nawrocki, a tight end for the University of Pennsylvania, said that while the issue raises some concerns, injuries are part of sports.

"There are going to be risks in any sport you play," he said. "I bet if the NBA did any research they would see that there were common recurring injuries in former basketball players, too. The love of the game outweighs the risk of injury, for me at least."

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ATTACK MODE



Pioneers' unbeaten
streak reaches 12

Sacred Heart's Dave Jarman (#25) controls the puck during a recent game at the Milford Ice Pavilion.

The Spectrum/Michele Tymann