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SACRED HEART UNIVERSITY  
FAIRFIELD, CT

# SPECTRUM

## Vancouver hosts 2010 Winter Games

Rob Coloney  
Staff Reporter

With over 80 nations, 5,500 athletes, 86 events, and seven sports, the 2010 Winter Olympics are in full force and have captivated the world. The Olympics opened in Vancouver, Canada, on Feb. 12 and will close on Feb. 28.

Already, several events have taken place, marking a memorable start to the Vancouver winter games.

Tragedy struck during a fatal luge run prior to the opening ceremonies. According to the Vancouver Sun, Georgian Nodar Kumaritashvili crashed into a pole at 90 mph after falling off of his sled while taking a corner at Whistler Olympic Park. Found unconscious at the scene, he died an hour after being rushed to the hospital.

Having meticulously designed the track, designer Urdo Gurgel told Sport-Bild magazine's online edition "We've already designed six Olympic courses. No one has been thrown from the track before."

Despite this, he immediately decided to alter the track by adding a wall to protect the lugers so that they will fall back onto the ice rather than into the poles.

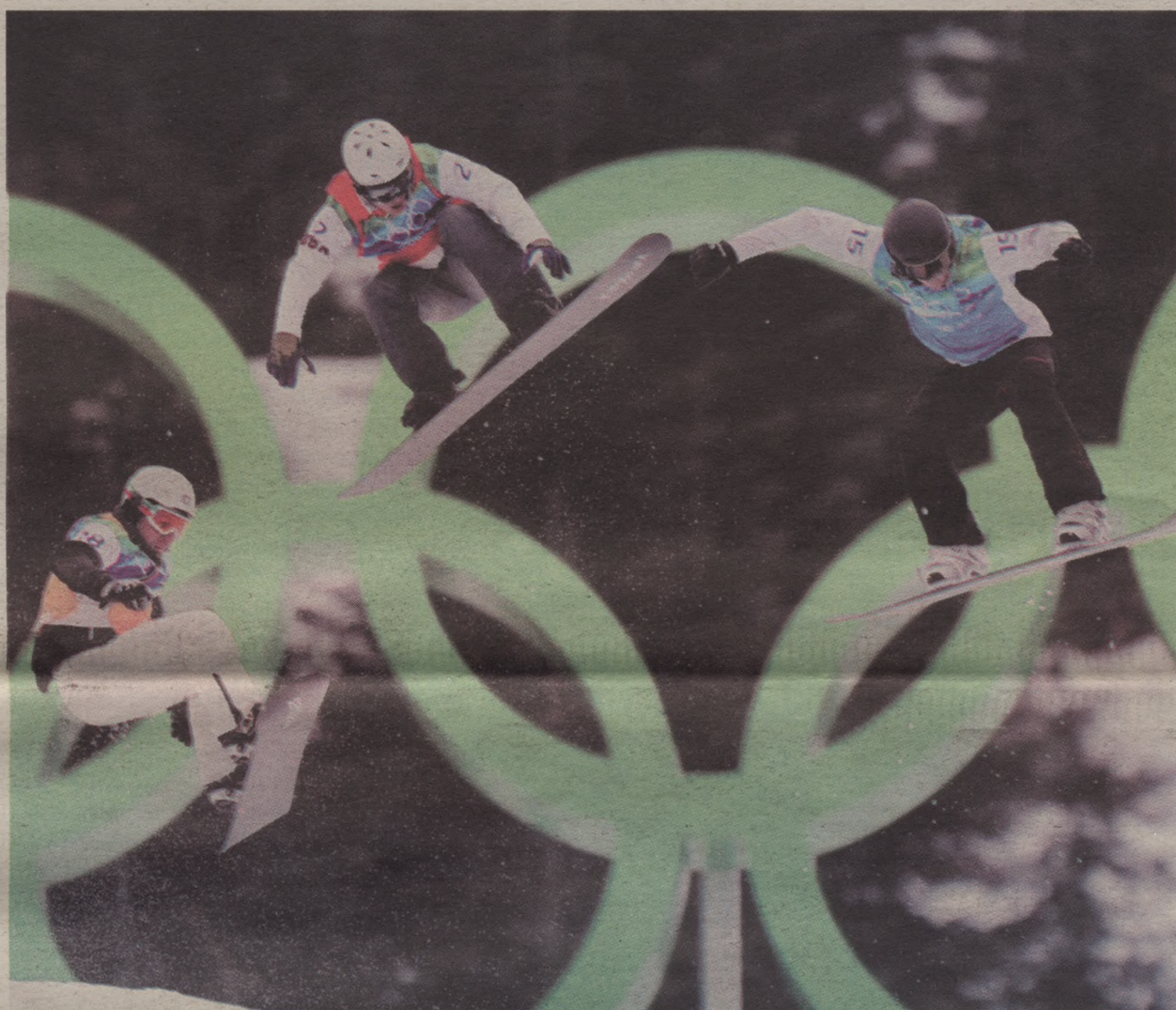
While the track is faster than most others, Georg Hackl, Germany's former three-time luge champion, told AP the crash ultimately happened because of a slight error in driving the sled that could not have been predicted.

However, some participants made headlines in a more positive light during the first Olympic events.

American speed skater Apolo Ohno sped past two South Koreans to obtain a second place victory. Having won his sixth medal, he is now tied with Bonnie Blair for the most medals won by a U.S. Olympian in the Winter Olympics.

Along with speed skating, other U.S. Olympians have also dominated in their events. Winning the first gold medal for the United States, Hannah Kearney from New Hamp-

See SHOCKING on page 2...



AP Photo

Olympic snowboarders (left to right), Stefano Pozzolino of Italy, Graham Watanabe of the USA, and Francois Boivin of France, during the 8th final snowboard cross run at the Vancouver 2010 Olympics on Feb. 15.

## PROFESSOR OPENS FIRE AT UNIVERSITY OF ALABAMA

Alyssa Scott  
News Editor

A biology department faculty meeting at the University of Alabama went awry when faculty member Amy Bishop pulled out a gun and shot six of her coworkers on Friday. According to the Associated Press (AP), three were killed and another three were wounded.

Associate professor Joseph Ng, one of the 12 staff members to attend the meeting, told AP that Bishop "got up suddenly, took out a gun, and started shooting at each one of us. She started with the one closest

to her and went down the row shooting her targets in the head."

While the incident arose quickly, Ng told AP it ended suddenly when the gun jammed and biochemistry professor Deborah Moriarty pushed her way toward Bishop to rush her out of the room. Following her exit, all of the remaining faculty worked together to barricade the door.

He told the AP that "Moriarty was probably the one that saved our lives. She was the one that initiated the rush. It took a lot of guts just to go up to her."

Arrested at the scene of the incident, CNN states that Bishop, a mother of four,

used a 9 mm handgun found on the second floor of the Shelby Center.

According to WHNT 19 News, police arrived at the university's campus at approximately 4:01 p.m. Upon arrival, the authorities called for a lockdown to prevent further issues from happening. By 5:30 p.m., the building was secured and cleared.

The New York Times (NYT) said the Bishop was charged with capitol murder for the shooting.

As a repercussion for the incident, the university said Bishop will not be granted tenure. Despite the crime committed she

still fought for it to be granted.

After the shooting at the university, her husband Jim told the AP that she had practiced at a shooting range prior to the incident. However, he said there was no unusual behavior before the shooting.

Despite this, after further investigation of Bishop, authorities uncovered her dark past that she kept secret from her fellow colleagues.

In 1986, she shot her 18-year-old brother at her home in Braintree, MA, which the police released as a tragic accident. Now, they claim to have mishandled the situation by not filing charges.

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## SHOCKING EVENTS KICK OFF OLYMPICS

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shire beat Jennifer Heil of Canada skiing down the moguls Saturday night.

"I know Canada hasn't won a gold medal on their home turf, but I have a feeling they'll do it these games," Kearney said to the Associate Press (AP). "But I'm pleased that I could stop that for now."

As has been customary, the Olympic host has traditionally been under a microscope feeling the need to succeed.

The Olympics are becoming so essential to everyday life in Canada, that Coca-Cola is running an advertisement in Canada reminding citizens to "make sure everyone knows whose game they're playing."

Canadian-born students on campus have acknowledged the importance of the games taking place in their homeland.



Team USA pairs figure skaters, Caydee Denney and Jeremy Barrett perform their free program on Feb. 15.

"It is a huge honor to host the games," said hockey player Corey Laurysen. "I went to Vancouver last summer and could not believe how much the city is growing."

Vancouver was awarded the 2010 Games in 2003. Laurysen has since noticed the growing pressure put on the Canadians to defend their homeland against other countries, especially the U.S.

"The rivalry between Canada and the U.S. is very big in any sport. The Olympics are a way for the rest of the world to see our rivalry," said Laurysen. "Overall, we are extremely excited to be hosting and hope that Canada wins a lot of medals."

Of the many events, more anticipated ones include alpine, freestyle and speed skiing, bobsledding, figure skating, ice hockey and snowboarding.

World-class skiers, figure skaters and other rarely televised athletes are being given the opportunity to showcase their talents in front of a worldwide audience, perhaps for the first time.

The National Hockey League (NHL), which features participants from all over the world, put their season on hold entirely for the Olympic Games.

According to NBC, the Olympics are so important to the world, and the participants, that this break in the NHL's season is no "vacation."

Mike Babcock, Team Canada hockey head coach told NHL.com that the pressure is a good thing.

"What pressure means is there are expectations and the reason there are expectations is because you have a chance. Isn't that all you can ever ask for?" coach Mike Babcock told NHL.com. "To me, that's fantastic. That your country is all fired up. Isn't that a great thing? I can't see anything negative in it."

While it may be his job to be positive, participants on his team can see the pressure mounting.

"Everybody in Canada expects gold and nothing else," said Fleury. "I guess that's what we have to get."

United States speed skiing head coach Derek Parra is using unusual methods to ensure his team is 110 percent ready to fight for the gold on unfamiliar soil. Preparation has been so intense as to involve a Volkswagen motor vehicle.

According to NBC, Parra said, "We've actually been having them pulling a Volkswagen Beetle behind us. It makes you work hard. You decelerate the way you would at sea level. So when you put your normal suit on, it gets a little bit easier."



AP Photo

Georgia's Kumaritashvili races his sled down the Vancouver luge course on Feb. 12 during a trial run moments before his death.

While the pressure seems to be on Canada in the Olympics, there are over 80 other countries vying to upset the homeland. "Players' careers will be judged forever in their homelands by how they perform in these games, and there can be no letting up," says NBC.

The Olympics are going to be in full force until Feb. 28, at which time the closing ceremonies will commence. The Games can be seen throughout the day on various television networks, including NBC, CNBC, and MSNBC. They will also be simulcast and able-to-be-tracked online, at NBCOlympics.com.

This article was contributed to by News Editor Alyssa Scott.

For more on the USA hockey team, see page 13...

## UN forces changes in Israel to salvage citizens

Kaitlin O'Reilly  
Contributing Writer

Israel is facing serious charges by the U.N. in regard to actions taken by their soldiers during war last year.

The country is accused of failing to investigate and prosecute those responsible for crimes committed during combat last winter.

According to the Associated Press (AP), "Israel launched a three-week campaign after Gaza militants barraged southern Israel with thousands of rockets for years."

Among those killed in the fighting were about 1,400 Gazans and 13 Israelis. The AP article also reported that hundreds of those 1,400 Gazans were civilians.

The U.N. found these civilian deaths to be in violation of the laws of war and initiated investigations last year.

"A team of U.N. investigators, headed by veteran war crimes prosecutor Richard Goldstone, said it found evidence that both sides violated the laws of war. The team said Israel used disproportionate force and deliberately targeted civilians, while Hamas indiscriminately fired rockets at Israeli civilians," according to AP.

Although Israel denied the allegations, the country was told by the U.N. General Assembly in November that they would face possible Security Council ac-

tion, such as a referral to the International Criminal Court if they did not launch credible investigations into the events that occurred.

"The New York-based Human Rights Watch said inquiries by Israel's military have largely focused on possible wrongdoing by individual soldiers without looking into high-level decisions that led to large numbers of civilian casualties, such as artillery fire into populated areas," according to AP.

One incident, where Israel had bombed Gaza's only flour mill in an air-attack is considered highly skeptical, despite the fact that Israel denied that it was done intentionally.

"Israeli Foreign Ministry spokesman Yigal Palmor dismissed the group's findings, saying that the military is investigating 'in full transparency everything that needs to be investigated,'" said The New York Times in an article on Feb. 7.

The Human Rights Watch, a non-governmental organization "dedicated to defending and protecting human rights," is closely monitoring the situation, however, and has been conducting research and taking photographs in an attempt to properly inform the U.N.

Joe Stork, deputy director of Human Rights Watch's Middle East and North Africa division, said "an independent investigation should look into the high-level decisions that led to civilian casualties, such as

firing heavy artillery and white phosphorus shells in populated areas," according to AP.

"For those decisions and policies, senior military and political decision-makers should be held responsible," said Stork.

The Human rights watched describes their purpose as "focusing international attention where human rights are violated, we give voice to the oppressed and hold oppressors accountable for their crimes."

Our rigorous, objective investigations and strategic, targeted advocacy build intense pressure for action and raise the cost of human rights abuse."

"For 30 years, Human Rights Watch has worked tenaciously to lay the legal and moral groundwork for deep-rooted change and has fought to bring greater justice and security to people around the world."

The organization has declared that the investigations that Israel has conducted are in no way sufficient and action needs to be taken by the

U.N. in order to ensure that the rights of the people are met.

Israel stated that it investigated more than 140 inquiries into accusations of war crimes during the Gaza war.

However, only one resulted in a conviction, a small case of credit card theft by a soldier. It can be noted that 29 cases still remain open.

"Israel and Hamas submitted reports about their efforts last week, but U.N. Secretary General Ban Ki-moon said he could not determine whether the investigations were credible. It's unclear what the U.N.'s next move will be," said the Washington Post in a report on the situation.

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# Bishop may face death penalty for murder



Bishop is escorted off the premise after the shooting.

...CONTINUED from page 1.

"The release of Ms. Bishop did not sit well with the police officers," said Chief Frazier in a statement. "And I can assure you that this would not happen in this day and age."

However, this was not her only prior offense. Uncovered by the Boston Globe, in 1993 she sent two pipe bombs to Harvard Medical School professor Dr. Paul Rosenberg.

At the time, the Globe said that

she had been working as a postdoctoral fellow in the Children's Hospital's human biochemistry lab while he had been a doctor in the same hospital.

Commenting on the incident, her Jim told CNN that although authorities gathered "a dozen subjects" in the attempted bombing, "there were never any suspects. Never anyone charged, never anyone arrested. Then five years later, we got a letter

from the ATF saying, 'You are in the clear.'"

While there has not yet been a court date set, Bishop is on suicide watch, which is typical for this type of incident.

Although she has not been proven guilty for her past offenses, she is now charged for murder and if she is convicted she may be sentenced to the death penalty in the state of Alabama.

## Slumping economy causes loss of college endowments

Michele Tymann  
Staff Reporter

The recent economic slump has caused investors to rethink their strategies, including those in charge of university endowments. Investing that originally produced high returns on university endowments, has suffered over the past 18 months.

Many colleges achieved significant returns during the past decade by taking chances on unpredictable investments such as commodities, hedge funds, and secretive equity deals.

"University endowments like Harvard and Yale, about 20 years ago, started to invest in more risky types of assets in order to try and get a higher return," said assistant professor John Gerlach, senior business executive in residence. "All the other universities saw what they were doing and decided that they should jump on the same bandwagon."

While this proved to be beneficial to universities for almost two decades, the benefits weren't as favorable the past year. According to U.S. News and World Report, the average percentage loss of college endowments during the fiscal year ending June 30, 2009 was 18.7 percent – the worst loss since the Great Depression.

For Sacred Heart University, the loss of endowments did not hit the university hard or affect its students, as it did in older and larger universities. Sacred Heart was insulated from economic loss due to his smaller size and conservative fiscal policies.

"For us, when it dropped below the water mark, we looked at it and said what are the things we have to maintain, can we afford them in the budget," said Philip McCabe, vice president for finance. "It wasn't a crippling experience for us. For us the endowment is a little more important in that it is our financial reserves for the future."

Sacred Heart avoided chancy investments.

"We were not invested in overly risky securities," said McCabe.

The Associated Press (AP) reported that smaller endowments outperformed large ones, in large part because of their reliance on fixed-income investments.

Sacred Heart maintained the necessary functions of the university that are essential for the students to learn and grow.

"The Jandrisevits Learning Center is supported by the Jandrisevits endowment which was a gift of several million dollars years back," said McCabe. "And that's an example where the university looked at that and said, okay that's a critical function for our students."

McCabe expected the lack of endowments for the year and while working on the budget made sure there was room to support the learning center for the students.

A good chunk of endowment spending goes to the Jandrisevits Learning Center. This provides tutoring and academic services to Sacred Heart students. Much of the remaining funds go towards endowed scholarships.

"We have worked with donors who have worked with the people who administer the scholarships internally," said McCabe. "And tried to minimize the impact of not

having that endowed payout on whoever the recipients are."

The loss of investments affected larger universities with well-established endowments much worse than smaller universities whose endowments are a much smaller percentage of their operating budget.

"When you get down into the ones that are half a billion the endowment, while meaningful to the operations, is not as important as enrollments, tuition and financial aid," said McCabe.

The AP reported that charitable donations to colleges fell an average 11.9 percent nationwide in 2009 – the steepest drop in at least three decades according to a new report.

"An endowment comes about because alumni for the most part and friends of the university make contributions to the university as a gift," said Gerlach. When these individuals aren't contributing to the university, the loss in endowments is even greater.

Funds appear to be headed up again, similar to trends in the stock market and other investments according to the AP. Duke's endowment grew 8.5 percent in the 2009 calendar year, and Georgetown's grew 8 percent, they reported.

Universities are learning from their risky investments and are planning for the future.

According to U.S. News and World Report, many colleges have started changing their investment strategies to protect themselves against the potential impact of another great loss.

It's not out in the open, but  
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## STUDENTS SHOP THRIFTY FOR GOOD CAUSE THRIFT STORE SHARES \$2000 EARNINGS WITH BRIDGEPORT COMMUNITY

Elizabeth Fish  
Staff Reporter

Some students may think that college costs are endless, but the Sacred Heart University campus thrift store helps lessen that financial damage, while simultaneously boosting the Sacred Heart and Bridgeport communities.

The Sacred Heart thrift store raised over \$2,000 since it opened in September 2009 and donated the money to Bridgeport organizations, along with some Sacred Heart causes.

"It's great that they're helping Bridgeport become a safer, better city," said senior Josh Bowlby.

The thrift store was created by the Core Commitments Initiative of the Association of American Colleges and Universities, according to the Sacred Heart Web site. Senior Mike Fazzino was chosen to work with this project.

Among the charities that benefited from the campus thrift store profits are the St. Charles Urban Center and Food Pantry, the Connecticut Center for Childhood Development, and the

Sacred Heart turkey drive and Christmas baskets.

This month's profits will be donated to Habitat for Humanity of Fairfield County, according to Fazzino. Each month, the proceeds will be donated to a different beneficiary.

"The various charities have used the money to help stock the food pantries, renovate classrooms, and help those most in need," said Fazzino.

The thrift store's profits have also extended further than the Bridgeport and Sacred Heart communities. In the past, funds have been donated to Project Haiti in response to the earthquake.

"While the thrift store's purpose is to help the Bridgeport area, we recognize that there are people in need all around the world," said Fazzino.

Most items in the store are between 50 cents and \$3, and all items can be purchased with cash or coupons, according to the Sacred Heart Web site. These prices pique the interest of students at times, because shoppers might have a hard time matching these prices elsewhere.

"The articles I have found in

the thrift store have been not only a bargain, but useful. I would definitely go there again," said senior Carrington Gerli.

The items sold in the thrift store include a large selection of clothing, electronics, books, kitchen and dorm supplies, appliances, furniture, and other products.

"I think that students are definitely more willing to shop [at the thrift store] since it goes to charity because not only are they getting a great product at a great price, but they're able to in-effect help someone in need," said Fazzino. "It's a great principle and it's been very effective so far."

The thrift store is easily accessible, and located in the main academic building on campus in room SC 123b. The location is convenient for students, many of whom may have their classes in the same building.

News of the thrift store's opening in September traveled quickly by word of mouth, and several students took advantage of the opportunity.

Junior William Grant summarized the way several students



The Spectrum/Michael Oberlander

Senior Mike Fazzino runs the thrift store which donates its earnings to different causes.

feel about the idea.

"The thrift store offers cheap prices for students and it's an added bonus that the money goes towards good causes," said Grant.

Fazzino encourages students to consider stopping by the thrift

store for the double benefit.

"It's important for students and staff alike to remember that every little bit helps—even just a dollar spent in the store can go a long way," said Fazzino.

## Media Poll suggests people lack faith in media

Erin Murtagh  
Staff Reporter

As of December 2009, 35 percent of Americans claimed to read newspapers or listen to the radio as their main source of news, 40 percent turned to the Internet, and 70 percent relied on cable, local and network television according to the Annual Report on American Journalism published by journalism.org.

Conversely, a poll conducted by Sacred Heart from Sept. 8 through Sept. 11, 2009, entitled "Trust and Satisfaction in the National News Media," reported only 23.4 percent of these news savvy Americans claimed to believe all or most of what was being reported.

"I am always surprised at how little Americans trust the news media to give them accurate and unbiased information," said Jim Castonguay, associate professor of media studies and digital culture, and member of the SHU Polling Institute's advisory committee. "It also suggests that American citizens are not passive consumers of news but approach the information they receive with a healthy skepticism."

The poll was given to a sample of 800 American residents, and all who participated were asked various questions about their news intake, as well as their perceptions of contemporary media outlets.

The outcome received much attention from domestic news sources such as the Connecticut Post, Business Week, the Wall Street Journal, Wisconsin Public Radio, Fox News and CNN.

The poll also received a lot of international consideration. "Stories or parts about the SHU Media Poll have appeared in hundreds of media outlets around the world, including Europe and China," said Castonguay.

Most importantly, the results gave journalists useful insight into the minds of their audiences.

Many specific news outlets were viewed in the poll as notoriously biased. The cable news channel MSNBC was found to provide information with a liberal predisposition, as compared to Fox News, which was believed to be conservative.

In terms of print journalism, the poll cited "The New York Times" as a liberal publication as compared to "The Wall Street Journal" which is believed to be predominantly conservative. This information was particularly useful in studying the recent trends in newspaper consumption. Jerry Lindsley, director of the polling institute, was quoted in an article featured in the Connecticut Post saying, "We were just concerned about all these newspapers reporting declining numbers."

And the 38.1 percent of those polled who admitted to reading newspapers less often than they did five years ago continues to add to the plight of print journalists.

With results reaching the Congressional floor in Washington, the poll proved to capture the attention of politicians as well.

Most specifically, the 86.6 percent of Americans who believe news media to have its own political and public policy agendas is something for candidates to be weary of. On top of that, these participants also believe news sources attempt to use their positions to influence public opinion.

"The founders of the United States knew that journalism was important enough to a healthy democracy to include a free press in the 1st Amendment," said Castonguay. "Because our current major news media seek to give us what they say or think we want, and our poll suggests that they often are not even doing that, rather than giving us the information we need, our democracy is in crisis as a result."

Regardless, a trend is emerging as the public continues to seek out sources that cater to their specific beliefs. In an industry focused on monetary gain, these sources do not preserve the traditional foundation

of news media- to report facts without bias and with integrity.

"Journalism and news media are supposed to inform us as citizens about the important issues and events that we need

to know about to be good citizens," said Castonguay. "Unfortunately, many news outlets see us as consumers to sell stuff to or deliver to advertisers rather than as citizens who need to be informed."

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## You decide: Black History Month honored with 'traditional' food for 'Themed Thursday'



Juliana Brittis  
Features Editor

When Chartwells sent out its "Themed Thursdays" lunch menu for Feb. 10, a buzz began among students at Sacred Heart University. Featuring a menu of fried chicken, spicy collard greens, five-cheese macaroni, corn bread, grits, and BBQ pulled pork sandwiches, the titled "African-American" theme seemed mildly offensive to some.

"Although many African-Americans may enjoy these foods, I think that the African-American community has made many more positive contributions to American history than just good fried chicken and grits," said senior Megan Liguori. "I think this doesn't increase the awareness and positive aspects of Black History Month, but only increases the negative stereotypes of how society views blacks in America today."

Although this type of cuisine is traditional southern cuisine, better known as "soul food," is it be the proper way to honor Black

History Month?

Of course there are offensive and stereotypical jokes against all groups and cultures, but to me, this seems a little different. In fact, this menu not only sparked outrage in students, but it fueled even more racial remarks of "where is the watermelon and kool-aid."

"I think it could be taken that way [as racist] because people are obsessed with being politically correct but I do appreciate Chartwells trying to recognize other cultures," said senior Allison Roach.

Sacred Heart students are apparently not the only group concerned by the Black History Month menu—a cafeteria lunch featured at NBC, with almost the same menu as Chartwells, had the world a-tweeting when Questlove from The Roots snapped a picture and posted it on his Twitter. Since the picture hit the Internet, there has been a stream of debates over whether or not this could be considered racist.

In order to fully wrap my brain around this situation, I played the devil's advocate—do I feel offended when it's Italian night with spaghetti and meatballs or Irish themed with corned beef

and soda bread? Honestly, not really. But I do find offense in remarks such as "guido," "guinea," and "Mick."

Because any topic on race should be handled with care, I decided some research would give me what is considered politically correct. According to the Associated Press, there is a difference between the terms "black" and "African-American." "Black [is] acceptable for a person of the black race. African-American is acceptable for an American black person of African descent."

Chartwells director of operations, Mark Giannetta, discussed how they came to the decision of running the theme. "We go by corporate—they offer ideas and recipes under a broad category or theme and from there, we decide what works," said Giannetta. "We did get one complaint from a professor via e-mail from Sacred Heart."

So was African-American themed Thursday really racist? Personally, I don't find it flat-out racist but I do see it as racially insensitive. Chartwells should feature soul-food all the time, but they shouldn't slap the label of "Black History Month" on it.

## Global SHUmail: Annoying, unwarranted, goodbye, deleted



Carli-Rae Panny  
Editor-in-Chief

Among the many serious issues currently ailing Sacred Heart University students, e-mail OCD is way up on the list of insanities.

Okay, maybe that's an exaggeration and you can't necessarily be diagnosed with such an illness, but as a result of attending this school for the past three-and-a-half years, I've become a chronic e-mail checker.

I often wonder if the senders of these electronic messages realize what a nuisance they've become. Perhaps the students who leave their inboxes full and are therefore considered "undeliverable" are actually pretty smart. It takes an obnoxious amount of time to manage a Sacred Heart e-mail account.

Each morning I wake up and walk directly across my bedroom towards my computer. It is there that I filter through to see if there's anything worth reading. Hardly anything ever is, but after red-flagging the class, work, and personal related e-mails, I select

all the stragglers and simply hit delete.

As the day goes on, I keep Entourage (the MacBook version of Outlook, for those of you that have a PC) open on the desktop and as the icon bounces I go through and delete the junk.

Now, I know most people have access to e-mail via BlackBerry or iPhone, but call me old fashioned, I use a computer. Thank God for this because if I had something that notified me of every incoming e-mail every second of the day, I'd lose my mind.

As of 5 p.m. on Tuesday, my inbox reached 63 messages, only three of which were worth saving.

Although I understand that clubs are open to any and all students, it's unnecessary to send global e-mails to everyone, every time a club decides to hold a meeting. If I wanted to join the ASL club, fashion club, social work club, the ONE Campaign, or the accounting club, I would have long ago.

To those of you who hold the power to send out those globals, please think twice before hitting send.

## SPECTRUM

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*Favorite photos taken by your Spectrum staff*



Michele Tymann  
Asst. Photography Editor

This is the bridge over the lagoon in the Boston Public Garden. I like this picture because it's a unique view of the bridge taken from the middle of the frozen over pond.



## Leadership roles lead to effective peer-managing skills

Lacey Gilleran  
Contributing Writer

Many people are taught growing up that "if you have nothing nice to say, then don't say anything at all." Well, what if what you have to say is constructive and could help the person in the long run?

Managing other people is never an easy task, especially if they are your peers. Sacred Heart University offers many jobs to students that place them in a position to lead other students. From student government and Greek life to sports teams, hundreds of students are taking on roles of leadership.

Senior Michelle Rodriguez is captain of the women's rugby team and knows the pressures of being leader but does not think of the job as a chance to control anyone.

"I think you need to treat everyone with respect," said Rodriguez. "I don't try to control anyone, I just show them that we are all equal. I am just the one that needs to set the example."

A similar philosophy of leadership is shown on the

men's rugby team. Senior Nelson Joyce believes that it does not mean bossing people around.

"You need to make sure that it is all about 'us' and 'we', not 'you do this' and 'you do that,'" said Joyce.

According to helium.com, some easy steps to make managing others both easy and effective are to "be fair, be a role model, welcome feedback, and admit mistakes."

It is easy to boss people around and tell them what to do, but the way you go about doing so can either make or break your peers' dedication to your leadership role.

Senior Kristen Toffales often finds herself giving feedback in her classes with other students' work.

"I don't mind giving peers criticism. It's for their own good," said Toffales. "as long as you're polite about it and it's not to just insult them."

However the question is, when is criticism beneficial and when is it not working?

"If people ask for your opinion it's up to you to be honest and open," said Toffales. "It doesn't work when the person you're speaking with doesn't have an open mind."

An open mind can help any difficult situation, and

when faced with a conflict of managing other people, it is no different. An open mind allows them to not only see that "there are two sides to every story," but also adapt to changes they weren't expecting and make decisions that benefit all parties involved.

Senior Will Garcia believes that giving criticism is generally a good idea. "I just give my opinion whether they want it or not," he said. "Whether or not the person likes the answer or chooses to alter their decision is up to them." However he does recognize that there are times when criticism does not come in handy.

"I think it's tough when it comes to matters that require emotional insight into the situation," said Garcia. "Like family matters or matters of the heart."

Managing your peers means you are managing people that could be your friends so sometimes consulting with a supervisor can provide an outside view.

Regardless of the situations one might be placed in, having a leadership role can be beneficial to your future.

"We're going to be doing it for the rest of our lives, so we have to get used to it," said Toffales.

## Off-campus homes house cuddly pets

Serena Cecere  
Staff Reporter

If there is one thing some students miss about being at home, it's the comfort of having a pet. If you're a responsible adult living off campus, why not just get one?

"I think it all depends on the individual," said senior Rachel Riva. "If they are responsible enough to take care of a pet, it can be a great thing to have while you're at college."

While pets do require a lot of time and maintenance, the amount of effort that needs to be put into taking care of them can vary, depending on the type of animal.

"Cats are a lot easier to take care of than dogs because dogs need more attention and training," said Riva, a cat owner.

This does not stop others from getting a dog though.

"Our dog has been a great addition to our household and everyone loves him," said senior Julia LaRosa about her dog, Harley.

Her housemate, senior Dana DeGeorge, agrees.

"The only main responsibility is making sure he has somewhere to go during school breaks. Other than that he is pretty low maintenance," said DeGeorge.

Not all students have the money to spend on a pet

though. In a time where some can barely afford to feed themselves, having an additional belly to feed can get pricey.

"We all split food costs," said DeGeorge. "A lot of the time our parents pick up food for him too. But it isn't too much money—it's only about four or five dollars a month for each of us to feed him."

But food isn't the only expense when you have a pet. The cost of actually purchasing a dog or cat is what holds some students back. Pet stores charge hundreds of dollars for dogs, and most students do not have that kind of money. However, getting a pet from a shelter is usually a fraction of the price, and can be very rewarding.

"We saved Harley from the Bridgeport pound, and if we didn't take him when we did, they were going to put him to sleep," said LaRosa.

Pet owners should make room in their budget for unforeseen expenses. You'd have to dish out extra money if the pet gets sick, if you have to travel with it on an airplane, or, as in Harley's case, if it gets sprayed by a skunk.

The girls agree that having a dog makes them feel protected in their off-campus house.

"I definitely recommend having a pet off campus," said DeGeorge. "There is always someone home, and I feel so safe."

## WHAT DRIVES STUDENTS TO PERFORM IN THE CLASSROOM?

Sam Dowd  
Staff Reporter

Sacred Heart University is beginning to develop a competitive reputation in its Division I athletics. Hockey, Women's Basketball, and Golf are among the best in the conference, and Sacred Heart has been awarded the NEC Commissioner's cup two years in a row. Does this competitive spirit spill over into the classroom?

According to Dr. Sally Ross, assistant professor of media studies, "If students are competitive in class, I haven't seen it. If anything, I sometimes find it challenging to get them to offer critical comments to one another on their work."

For a university that excels in competing athletically, the competition academically is a different story.

For Dr. Amy Van Buren, associate professor of psychology, academic competition is an interesting topic.

"I see very little competition in the classroom," said Van Buren. "There are a few students who speak up and volunteer comments, but they are in the minority and I would not say their behavior is driven by any kind of competition."

In high school, students are all taking the same classes—math, social studies, English, history. While there may be electives, curricula are the same across the board, and students don't usually have the options they have in college to choose their classes.

"I would be interested to see if this is different in different disciplines. In English, there are often no wrong answers (or perhaps a better way to put it would be to say that there are many right answers) to some questions, so students do not need to feel that they must compete to get to the right answer first," said Dr. Rick Magee, associate professor of English.

Van Buren sees a pattern in the demographic of students who tend to participate more.

"If I had to generalize about those who speaks up, I'd say they fit one of several of the following profiles: they are genuinely interested in the subject, they are highly motivated, and they are more extraverted in general. Sometimes they are a bit older than average and may be paying a good chunk of their own education," he said.

Sophomore Amanda Smith agrees with the faculty.

"I don't feel like I see much competition in my classes," she said. "There are definitely students in my classes that choose to participate more than others, but I don't really see it as competing for the professor's attention."

Smith went on to say that while competition in participation is low, she notices competition when students are comparing the grades they got when an exam is passed back.

The desire to succeed comes from the need to make tuition payments worth it, drive up the GPA, or impress the parents. This success doesn't come from competition.

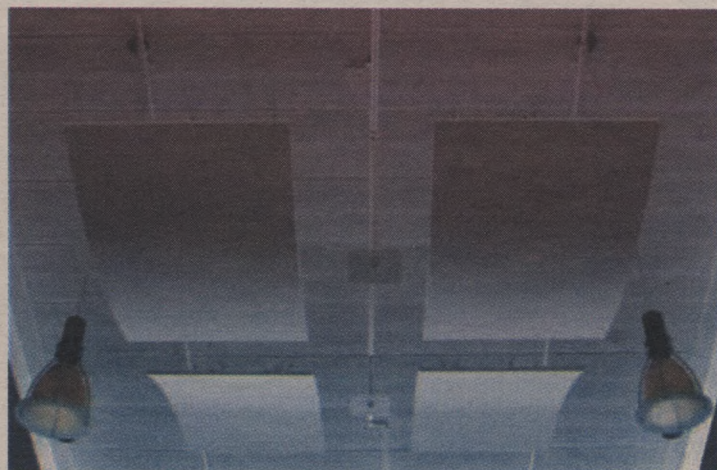
"I don't really feel the need to do better than everyone else in my classes. I just try and study the best I can in order to receive good grades on exams," said Smith.



### Where in SHU?



Is it in the  
Pitt Center?



The Spectrum/Zack Lane

Is it in  
Hawley  
Lounge?

Is it in the  
chapel?

Is it in the  
library?

### Find the answer in our next issue!

Last issue's answer: The media lab





The Spectrum/Alex Atkinson

Sophomore Bill Haug goes to the Chapel of the Holy Spirit to reflect and de-stress.

## SHU community turns to faith to cope with stress

Sam Dowd  
Staff Reporter

It's 3:00 a.m. One by one your peers get up and leave their table in the Mahogany Room. You still have eight pages to go. It's going to be a long night.

More and more, students are taking on activities or commitments in addition to their studies that force them to stay up late to fit everything into a 24-hour day.

Does it have to be that way?

Junior Caitlyn Groh says it doesn't.

"I make to-do lists and plan out my week so that I know what I have to do and when, so that it doesn't creep up on me or cause any extra or unnecessary stress," said Groh. "I balance my work and leisure time by planning everything out, so that I know what I have to do and make sure I get them all done."

Sacred Heart University offers over 100 clubs or activities to get involved in, whether through student life's councils, clubs, campus ministry, or club sports. How does a student involved in so much find the time to maintain a decent GPA? When it's the end of the day and you're tired, how do you focus on that economics paper that needs to be written?

"For me, it's all about enjoying the misery," said junior Brian Place. "When you have a horrible paper to write, watch movies while you do it...movies you've seen a million times and can quote every line. This way you don't have to give your full attention to it."

Still, others say the key is faith.

"When I feel like life is getting to be too much, I take a step back and remember that the same God who created the universe knows me and has a plan for my life," said junior Jo-Marie Kasinak.

Even those who don't consider themselves to be religious turn to a higher power for help when they feel stressed.

"Sometimes when I get overwhelmed with work, I have to take a minute to breathe, say a short prayer and re-center myself so that I don't let my stress get the better of me," said Groh.

According to Sarah Heiman, campus minister for education and spiritual life, some take it even one step further.

"The Chapel of the Holy Spirit is available as a peaceful place for meditation and prayer," said Heiman. "I frequently see students, faculty, and staff stopping in at various points during the day to find God in the stillness and to celebrate our communal prayer."

Dr. Matthew Kenney, executive assistant to the president, said connecting stress and spirituality is key to handling stress.

"It can give us a built in perspective-keeper, and helps us focus on things that are most important," said Kenney. "If our work can be connected to the achievement of some greater good, it can give even the drudgery of some homework a purpose."

Whether it's visiting with the campus ministry staff, or your professors, sometimes the best thing to do is confront your stress head on.

"One thing I notice about stressed out students is they sometimes stop showing up to class," said Sean Heffron, director of first year enrollment and student engagement.

"The best way to reduce any academic stress isn't to avoid the classroom, it's to extend it. Go to see the professor in his or her office and talk about it. Let them assist you," said Heffron.

If you're seeking a deeper spiritual connection, Heiman suggests going on a religious trip sponsored by the school.

"Retreats are a great way to step back in the midst of stress...The Busy Person's Retreat is specifically designed to help you make time in your busy, stressful life for prayer and spirituality, and would be a great opportunity for anyone who wants to find a bit more balance in their life."

## HE SAID/SHE SAID

*Who is the more guilty gossiper?*

Alex Atkinson  
*He said*



Gossip – what a funny issue. No matter what, guys and girls are guilty of gossiping, and probably the victim of it also.

I mean gossip could, on the rare occasion be about good things, but let's be honest, it is usually to hurt the person being talked about. Is gossip any different than a rumor? In my opinion, not really. The only difference is that a rumor probably starts as a joke and someone over hears, at which point it turns into gossip.

Which, brings me to a good point – people are too nosey. I couldn't tell you how many times I've been sitting in the Mohog and have overheard someone's juicy conversation. For me that conversation goes in one ear and out the other, but I couldn't tell you how many times the people I am with take it for what it is and obsess over every word. Is your life that boring that you must listen to others' problems and make opinions about them and their issues?

Now I'm not saying I've never gossiped, but I can assure you that whatever I have gossiped about was worthless information or, the worse case, just a slip-up. I couldn't honestly tell you the last thing I gossiped about, but whether I intended to, or not, I'm sure it did have the possibility of hurting someone.

What's the difference between guys and girls? Do they talk about different issues or are they always centered on the same ones? The opposite sex? Clothing? Money? Weight? Hmmm, all sound like boring things to talk about anyway. But as I guy I can tell you this: guys don't talk about anything useful.

I can remember every single day I would go out to hang out with my friends, I would come home and get the same question from my parents: "How are your friends?" Of course my answer every time was, "They're good." "Well what have they been up to?" they would ask me. "I don't know," I would reply, simply.

This points out the obvious to me – today guys don't communicate that much, at least when we are in groups. And let's be clear. It's not like we sit there in silence but we don't talk about anything important. We sit around, watch TV, talk about random hookups, and then we watch some more. Yup, it's a pretty hard life. This is why men can fight and be best friends the next day; there is no emotion in our conversation, just pleasure.

Since I'm not a girl, I can't really say what they talk about for sure, but whenever a friend of mine gives me a little insight into their world, I can't say I'm always that intrigued. A simple nod to make it look like I pay attention and some awful words of advice, and then the conversation is over.

Personally speaking, I hate gossip, I hate rumors and I hate caring about other people's problems. Do you not have enough problems in your own that you have to be obsessed over others? Or are you just so bored with your life that you feel better listening to others talk?

Whatever it is, remember gossip and rumors can hurt and can cause people trouble. Fix your own life before you care about others.

Adrian Fitzsimon  
*She said*



When it comes to gossip, we're all guilty – girls and guys. It's part of human nature to share our feelings about the girl in math class with greasy hair. Maybe Grease Girl isn't the topic of discussion for everyone, but the fact of the matter is that everyone has something to say about somebody else. The sad part is that it's hardly ever nice.

Whatever happened to the old saying, "If you don't have anything nice to say, don't say anything at all?" I guess it was a unanimous decision that the silence wasn't worth it.

I don't want to make too broad of a generalization and say that everyone gossips, but I am going to. Everyone gossips. At some point in your life you have definitely said something negative about somebody else when they weren't around to backhand you in the face. Admit it.

It's understandable why you wouldn't want to though. You are probably reading this with your "best friend" and you could never admit to her what you've been saying behind her back about her new haircut (that you absolutely love it, of course!). Totally understandable.

I'll admit it though. I gossip. It's rarely intentional and I always try to bite my tongue before something negative slips out. But Cady from "Mean Girls" is right; sometimes it just comes out like word vomit. By then it's too late though and the damage is done. Now some other gossip will take what I said and run with it and before you know it, everyone is gossiping about how I always gossip. That's probably my favorite gossip topic: gossiping about how somebody else is a gossip.

Back in high school my best friends and I tried to legitimize our gossip sessions. We honestly felt bad talking about our other friends and people from school that we pretended to like. So we decided that it wasn't gossiping we were engaging in. We were "analyzing and evaluating." For some reason we thought that by renaming our conversation, we wouldn't feel so bad talking about everyone behind their backs.

We were wrong though. Even though we felt like we were productively venting and philosophizing about human nature, "analyzing and evaluating" was in fact the exact same thing as gossiping and we still felt like garbage afterwards.

Since then I have really tried to make a conscious effort to avoid talking about other people. I actually realized that I am far more interesting than anyone else, so I just talk about myself now. It's great – no hurt feelings if I ever found out and I don't need to check over my shoulder to see if I'm near by.

In all seriousness, gossiping really is something I try to avoid. But some people can't help it. They are clearly too bored with their own lives. Anytime I find out that I was the topic of discussion during a "gossip sesh," I am truly flattered. Of all the people in the world, those individuals chose to waste priceless minutes of their time talking about me!

I know that I think I'm more interesting than anyone else, but I'm always surprised to find out somebody else agrees.



## INDIE FLICK PREMIERES IN FAIRFIELD

Emma Levine  
Asst. A&E Editor

If you think downtown Fairfield doesn't seem like a Hollywood hot spot, think again.

On Thursday, Feb. 11, the local Fairfield Community Theatre hosted the East Coast premiere of indie flick "The Vicious Kind," directed and written by Lee Toland Krieger and starring Adam Scott of "Step Brothers," Brittany Snow, J.K. Simmons of "Juno," and newcomer Alex Frost.

The viewing of "The Vicious Kind" was sponsored by the Fairfield Community Theatre Foundation, a non-profit organization that strives to bring affordable entertainment to the community.

The premiere began with a viewing of the film followed by a Q&A with Krieger and Scott. Although the film is still gaining recognition, the theater filled quickly with members of the Foundation and other fans, including some Sacred Heart University students.

The film had a special draw to audiences around the area because it was shot entirely in Connecticut.

"I love New England, I really do...I always felt more at home here," said Krieger during the Q&A. "Connecticut is welcoming, they want the work, the tax incentive was nice, and it was just finding a neighborhood that would fit."

"Vicious" is the story of a father and his two sons' dysfunctional relationship that only becomes more strained when the younger of the two, Peter, played by Frost, brings his college girlfriend home, played by Snow.

Scott's character, Caleb, the older of the two brothers, becomes infatuated with the dark-haired beauty and struggles throughout the entire film to not act on his feelings.

Amidst the drama of the film, Scott delivers a star-making performance as a hurt, bitter, sarcastic man struggling with the love for his brother and his brother's girlfriend.

When asked what was so special about the film, Krieger said, "As the audience is figuring out what is happening with Caleb, so is Caleb."

Although the film is still unfamiliar to most, many critics have recognized it. According to a flyer handed out at the premiere, "The Vicious Kind" was an official selection at the 2009 Sundance Film Festival, it was nominated for two Spirit Awards, one for Scott's performance, and the other for Krieger's screenplay, and won other awards at the New Orleans Film Festival, the Denver Starz Film Festival, the Sidewalk Film Festival, and the Strasbourg Film Festival.

When asked what Scott's first thoughts of the script were he said, "It's scaring me, that's usually a good reason for doing something, if it seems insurmountable." This seemed to be the attitude of both the Krieger and Scott. With Krieger, a new and promising film maker, and Scott on the brink of stardom, it seemed they both knew they had created something special, whether or not the audience was receptive to their work.

"Everything for me has come from just going out and doing it with a 'f\*\*\* it' attitude," said Krieger when asked for filmmaking advice. "You're going to do some stuff that's not great, and some that's wonderful."

Answering the same question, Scott said, "Just keep doing it. My main kind of weapon in my arsenal is that I never left. I never gave up."

"The Vicious Kind" will be playing in New York City and Connecticut. Check for local movie listings online.

## GET REEL: MOVIE REVIEW OF THE WEEK

Michelle Munden  
Contributing Writer

Step aside, "Avatar."

"Dear John," which hit theaters Friday Feb. 5, knocked "Avatar" off its No. 1 box-office perch. According to the Associated Press, "Dear John" debuted with \$30.5 million, nudging "Avatar" to second-place with \$23.6 million.

This love story is an adaptation to the king of tear-jerkers author Nicholas Sparks' book of the same name.

Two weeks is all it took for Army Special Forces guy John Tyree, (Channing Tatum) and idealistic girl Savannah Curtis (Amanda Seyfried) to fall in love. Their performances were sharply better than expected, and I was impressed at how easy it was for me to feel profoundly connected to the characters.

John is an enchanting, debonair man who seems to have had a rough and tough past, while Savannah is an innocent-enough girl who doesn't drink, smoke, or curse. The couple instantly hit it off, and after their two weeks

of blissful swooning, it was time again for John to return overseas while Savannah went back to school.

Their love inspires a flurry of letters between the separated sweethearts and they make a promise to tell each other everything. From their reliable "I'll see you soon then" whenever they part each other to their passionate or playful affection shared, "Dear John" is a powerful film. However, like most dramas, nothing goes quite as planned.

Because of military code, John is not allowed to tell Savannah specifically where he is. After the events of 9/11 and increased deployment, John is prompted with a hard decision. Does he return home to the love of his life like he promised, or extend his contract with the army and fight for his country?

Much like any other romance film, the couple faces hardship. Ladies, get out your tissues. And although "Dear John" has close similarities to Sparks' other novels-turned-film like "The Notebook," there was no deficiency of anxiousness. Both films involve their main characters falling in love, being separated, and then a fateful heart-ache.

Tatum and Seyfried share the deepest heartfelt, moving emotions and the goose bumps that persistently trickled up and down my arms had me yearning for the inevitable happy-ever-after.

Perhaps the movie's ending is the most gut-wrenching part; it allows the audience to create their own conclusion. So whether or not you as a viewer feel this is a positive or negative, I would definitely recommend "Dear John" as a film worth seeing. Just don't forget your tissues.

Get Reel gives Dear John



AP Photo

Channing Tatum and Amanda Seyfried heat things up in "Dear John," now playing in theaters everywhere.

## Sacred Heart's own star

Music professor Dr. Joe Utterback shares his Tony's experience

Mike Oberlander  
Staff Reporter

Between a Doctorate degree in piano performance, ten years performing at the Tony Awards, and 330 composed pieces, Dr. Joe Utterback is more than just a part-time professor and personal tutor at Sacred Heart University. He is a world-renowned composer and pianist.

While school was closed last Wednesday due to the "blizzard," Spectrum got the opportunity to have a phone interview with the infamous "Dr. Joe" (as he prefers to be called) about his broad career.

**What made you interested in playing the piano?**

"I grew up in a church out in the Midwest as a child. I grew up around gospel, spiritual, and jazz music. From there I began to play the piano and even had my first gig at 17 years old, playing jazz with a large Indian man."

**What are some of your biggest accomplishments?**

"I've done many things, I've been composing for 20-25 years and have heard my music performed all over the place. I've toured the U.S. and Europe; some of the biggest things were that I have played for the Tony's (award show for Broadway), composed 330 pieces, and I have even won a Grammy for my CD "Blues and Ballads at the Movies."

**So you said you have played for the Tony's, how was that and how did you end up with the gig?**

"One of my favorite accomplishments was playing in Radio City Music Hall for the Tony's... I have been playing there each year for the past 10 years. When I came out to New York I began to play a lot in bars and clubs and got to meet lots of people."

"You just have to get out there and work hard to be

able to get recognized. Playing about six or seven days a week, I met many people even including Broadway star Kerry White. And after meeting a few others I was invited to play at the Radio City Music Hall."

**Why, with so much success did you decide to come teach at Sacred Heart and what have you gotten out of teaching?**

"Well, I have always been teaching piano and have been teaching since I was 20, I also used to teach a "Union of Arts" course at Iowa, and even taught at San Francisco State... In the early 90s I met Sacred Heart's music director at the time Leeland Roberts and began to teach a few music history classes."

"My greatest joy from teaching though is seeing students learn something, relating music to it, and seeing their faces light up."

**What do you think you would be doing if you had not pursued music?**

"I would probably do science or something, I am very interested in Darwinism, astronomy, physics etc... I would probably teach history too, which is probably why during my music classes I focus on what society was like that influenced the music of the time."

Since the start of his career, Dr. Joe has been busy filling his days with composing, touring the country, and educating his students in music history. After 16 years of teaching at Sacred Heart, Dr. Joe has no intention to slow down anytime soon, and even showed a bit of humor about his future.

"I plan on starting new courses, compose more pieces, tour Europe, and try to re-read through my expansive library before I turn into a ghost and have to haunt the house."

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# New Jersey musician trades in goals for groupies

Jaclyn Hendricks  
Staff Reporter

"High Heels and a Mini Skirt" may not be as infamous as "Baby One More Time" or "Thriller," but the voice behind the song, Phil Bensen, has plans to change that.

Having already toured with the Jonas Brothers and Blues Travelers, the singer/songwriter is concentrating heavily on the year ahead, and even near future.

"I just recorded my album and hope to put together a CD with 11 or 12 of the best tracks recorded," said Bensen. "Finishing the album is most important."

Already hard at work on his sophomore album, the follow up to his 2006 LP "Not Good Enough," Bensen is just like any other new artist looking to break out in to the music scene, concentrating on signing with the right label.

"I want to get the right record deal this year," said Bensen. "I want to make sure it's with the right label, as success is important to me, not the money."

In an industry where commercial success is of high importance, Bensen has retained his humility and appreciation for his humble beginnings.

Growing up in Hazlet N.J., the soccer player had music in his genes, but admits he didn't want to break into the business until later on in his life.

"My grandpa was a child star in Norway and my family on my father's side all sang, but I always just played soccer. It wasn't until I turned 18 and learned to play guitar that I knew I wanted to get into the business," said Bensen.

During his college years, Bensen started playing at



Photo courtesy of Emily Gumbs

**Phil Bensen stops for a photo-op with eight-year-old fan Allison Venditti at show in Boston.**

coffee houses as well as open mic nights at local hot spots, but it wasn't until a chance encounter at the infamous The Stone Pony venue in Asbury Park, N.J.

"The guy who books the talent [at the Stone Pony] got me in contact with a manager, but once [I had] a stable manager, you get a lawyer and agent willing to take on a

project," said Bensen.

From there, Bensen's career began to rise. According to the Web site philbensenfan.com, "Bensen has opened for Pete Dinklage and Lifehouse, among others." As his career steadily progresses, Bensen still appreciates those who have helped his career prosper, his fans.

"I remember this one performance and I was talking to a fan and they were saying 'you have a 45-minute line of people waiting to meet you,' and I remember thinking how crazy and amazing it was," said Bensen, "I have and will always remember it and I really appreciate it."

While continuing to put the finishing touches on his sophomore release, Bensen is getting help from one of the music industry's most prominent figures, Matt Wallace. According to the Web site Mcdman.com, "Wallace has worked with such notable artists like O.A.R., Maroon 5 and Sugarcult, to name a few."

The upcoming release, currently without a set date, promises to offer a new sound for fans, both old and new to savor over.

"It's sort of retro soul or funky," said Bensen, "with a groovy pop feel."

Although his second release has taken up most of his time and focus, Bensen has aspirations ten years down the line.

"I hope to be married with kids and have a few radio hits under my belt," said Bensen. But as for his career, "I'm not sure what I'll be doing with music."

For now, Bensen is focusing on the present, yet he continues to inspire those wishing to launch a music career with a few final words of wisdom.

"Work hard, make connections with anyone and everyone and write great songs."

## 3-D TV: RIDICULOUS REVOLUTION OR REALITY?

Alyssa Collier  
Staff Reporter

When high-definition television hit the scene, people were blown away seeing their favorite stars in such intricate detail. But imagine seeing the nightly news not only in clear definition, but coming out of the screen, practically surrounding you?

While a number of movies in the past used 3-D, it seems that television may be approaching a new horizon.

According to Variety, enthusiasm for 3-D television has taken off in just the last few months, with such giants as Discovery, SONY, and ESPN announcing commitments to advance the form with new channels or ventures.

The huge success of "Avatar" has fueled some of the belief that 3-D TV's time has come, Variety also said.

Panasonic even featured two 103-inch 3-D televisions in their "Full HD 3-D Theatre" at the Olympic Winter Games in Vancouver, where viewers can watch the games and ceremonies with the new 3-D technology.

Junior Kaitlyn Rossitto said she would consider buying one in the future, "if it became more popular and went down in price. I would also want to know more details about the 3-D effects."

Some are waiting to see if the idea of 3-D TV really takes off.

"I might consider getting one," said sophomore Geor-

gina Rose. "Depending on the reviews it gets."

When it comes down to the overall viewing experience, students felt that while the use of 3-D technology has enhanced films they have seen, it all comes down to viewer comfort and the type of film being shown.

"It affected the experience," said sophomore Christian Hart. "The film looked different and I found it fun and enjoyable, but I'm not sure if it's something I would want to watch every single day."

According to the CNET Web, there are three main reasons why bringing 3-D into the home might be a challenge.

The first, is the actual lack of 3-D content. Hollywood is making more 3-D films, but even if all new movies were produced in 3-D, there would still be not enough content to watch in the new format. Studios are starting to "retrofit" older movies to 3-D, but the process takes time.

The second challenge is the hassle of upgrades, said the Web site. Many of the people who upgraded to HDTV in the past decade have no desire to spend any more money for the latest, newest features for their system.



AP Photo

**UK fans wear 3-D glasses while watching the special broadcast of the English Premier League soccer match between Manchester United and Arsenal on Jan. 31.**

The third challenge is the glasses. Newer 3-D processes, although they may exceed what was offered in earlier decades, still require the viewer to wear some type of glasses or goggles.

"I saw a 3-D movie back in 1999," said Rose. "I didn't really see a big difference between 3-D and 2-D format. I thought it was kind of annoying because you can't view a 3-D movie without those glasses."

## Bottom of the bottle, top of the charts

*Breakout hit Ke\$ha provides no-brainer hits for 'late nights and mornings-after'*

Kristi Troccoli  
Staff Reporter

"When the weekend arrives and me and my girlfriends get in the car to head out for the night, it's a no brainer what song will be put on repeat," said junior Erika Scheetz. "TiK ToK by Ke\$ha."

The New York Times (NYT), calls the popular tune "a zippy and salacious celebration of late nights and mornings-after."

Who is this strangely-named newcomer with one of the, "Most successful white-girl song" since Blondie's 1981 hit "Rapture?"

Ke\$ha, whose real name is Kesha Rose Sebert, dropped out of Brentwood High School at age 17 after being con-

vinced to move to Los Angeles to pursue her a music career. She caught her first break singing the hook on the Flo Rida single "Right Round."

The Daily Record said that Ke\$ha wished for musical icon Prince to produce her music. She even reportedly broke into the Purple Rain star's house to give him a demo CD.

"I did actually crawl under a fence to get into Prince's house," admitted Ke\$ha to the Daily Record. "I know I could have gone to jail but how amazing would that be if that was on my record? That would be the best thing to get arrested for in the entire world."

Some feel Ke\$ha has only become famous for her party-girl reckless image.

"She definitely gives off the impression that she is a party-girl," said junior

Alison Serpico. "She doesn't really seem to have very much going on besides partying and drinking."

The party-girl popstar is often compared to her fellow chart-topper, Lady Gaga.

"If anyone should feel fleeced by 'TIK TOK,' it's Lady Gaga, who probably hears significant chunks of her hit 'Just Dance' in its melody and subject matter," said the NYT.

Despite her crazy hijinks and image, students are still intrigued by the bad girl's good music.

"I love her music, it's so catchy," said junior Nicole Belfiore. "It's so weird how one day she just came out of nowhere and immediately her music was at the top of the charts."



AP Photo

**Singer Ke\$ha poses in France at the Cannes festival palace to attend the NRJ Music awards on Jan 23.**



## 'STUMBLE-R UPON TUMBLR' New social networking site shows promise

Ashley Monaco  
Staff Reporter

Imagine you're on the dream vacation you've always wanted.

You've taken hundreds of pictures, videos of local musicians, and have more stories to tell that if you wrote them down, you feel like you'd make "War and Peace" look like a pamphlet.

Instead of spending money on costly overseas phone charges, you decide to post all your adventures online to keep your friends updated.

But when Twitter cuts your story short at 140 characters and Facebook doesn't organize all your documentation the way you wish, where do you turn?

One answer is Tumblr.com, the newest social networking site to hit the market.

"This site is different than other social networking sites due to the fact that it incorporates them all into one basically," said freshman Scott Polis. "You have the ability to tweet whenever you post, post from AIM, publish your updates and posts to Facebook, create your own domain name for your site, and even call a number to put a voice recording on your blog."

Tumblr was founded almost three years ago by two men with a dream to revolutionize blogging, or as they coined it, tumblogging.

The interface allows users to share whatever information they want with just a few clicks of the mouse.

The site also offers features such as search engines, third-party apps, and custom theme creators. According to PC World, it's even made President Obama's top five tech tools.

But has the site made its way into the lives of Sacred Heart University students?



Photo courtesy of Tumblr.com

Tumblr offers a free social networking site combing the best of the best.

"I've never heard of Tumblr," said junior Kristie Deccechi. "But if I would use it if it gained popularity, like MySpace, Facebook and Twitter all did."

Once they investigated the site, others said it isn't the popularity, but simplicity and convenience that made it appealing.

"I think I might give it a try it seems like it has a pretty simple interface," said junior Lauren Stoeckel. "I also like that it is synced with Facebook and Twitter."

With Facebook and Twitter being vastly popular, Tumblr needed to have differences that would set them apart from the rest.

Christopher Brennan, a computer science professor, said that although there are similarities between the sites, Tumblr might surpass at what others have started.

"Tumblr is going to be a very useful for generating sites for the general public," said Brennan. "If anything connects them, it'd be a comparison to Facebook groups."

"It has the same idea of fans/followers and being good for an organization to advertise," he said. "Tumblr looks like it'd do what Facebook groups do only better."

These aren't the only advantages the site has to offer.

"It's easy access and it is relatively easy to get started, along with linking some of the most used web pages of today in one nice compact completely made to custom web site," said Polis.

But whether or not the site will catch on is still an open question.

"It's hard for a single site to corner a market the way Facebook does," said Brennan. "Facebook succeeds because its product is user based, it needs everyone to be using the same site."

That's not to say it can't succeed as a popular program, if it has a good user interface," he said.

Others believe it is only a matter of time before Tumblr becomes the new fad.

"I think it will catch on," said Stoeckel. "It has a lot of great features and is easy to use."

Plus, people tend to get very bored of things easily," she said. "First Myspace was huge, then Facebook, then Twitter, and now maybe this is next."

## HOW TO

### ...deal with a demon roommate



Michael Ohrenberger  
Staff Reporter

You walk into your room. It smells. There are clothes everywhere, and you are still tired from last night when you were kept awake past 3 a.m. from your roommate refusing to turn down Rage Against The Machine.

Sounds like a bad afternoon. Sounds like a terrible roommate.

There are many ways to deal with a bad roommate. For some, this can be a very civil and rather painless process. For others, it can mean war. Here are a few steps students have to guide you in dealing with that nuisance of a roomie.

1. To deal with that late-night partying roommate trying to sleep in, make noise. "You could make a lot of noise when you wake up early in the morning, such as when I would wake up for football. Make them wake up early with you. You should leave your stuff around the room and make it a mess," said junior Ray Sheehan. "Make them want to move out."
2. "I guess just try to ignore it and do your own thing," said junior Heather Delsole. "When it comes down to it, you're still going to have to live with the person so try to make it as enjoyable as possible."
3. If annoying or ignoring the bad roommate is not enough, senior Amanda Rowe, R.A. in Christian Witness Commons, explains how you can get help from the residence hall staff. "I've actually had a lot of experience with roommate conflicts," said Rowe. "If you get stuck with a bad roomie you could go to your R.A. and have a little mediation session with your roommate and R.A. I've done this before with my residents and at the end we signed a type of 'roommate contract' so both roommates would agree and follow through with everything that was discussed in the meeting. If you find things still aren't working after that you can talk to your roommate again who can then talk to the hall director to see if there is a possibility of a room change."

**If these steps don't work, the next best thing to do is hose them down with Holy Water and keep your fingers crossed.**



# 2012: The true end of the world?

Brittany Foy  
Staff Reporter

Despite the anticlimactic release and disappointing ratings surrounding 2009's "2012," it has served one purpose – putting an ancient prediction to the forefront of many minds.

Some have dubbed it "Armageddon," others have said it's "the apocalypse," but to most it's simply "doom's day." Whatever one may call it, the words each express an idea that's taking hold: the world could end in just 1039 short days.

This prediction originally stems from the ancient Mayans, whose calendar ends Dec. 21, 2012 at precisely 11:11 a.m. Although it is not entirely understood what will occur, many believe it portends some kind of change in the universal cycle that cannot yet be predicted.

"No one exactly knows what is going to happen, but I definitely think something will. Even if it's not the end of life, I think something major is going to happen," said sophomore Brittany Sawyer.

Since the Mayans, other similar predictions have seemed to reinforce the forecast. One, for example, was from Nostradamus who lived in the early 16th century. Some believe that he predicted the attacks of Princess Diana's death, Sept. 11, Hurricane Katrina, and the Iraq War.

However, belief and predictions and a foretelling of the end of the world is nothing new, and many who study such phenomena say that it is just part of life – a life that goes on.

"A belief in the end of the world or in the inauguration of a dramatic new era has been strongly held by some religious movements," said Dr. Brian Stiltner, associate professor of religious studies. "For example, The Lubavitchers, a specific group of Orthodox Jews in New York City, believed that their Rabbi was the messiah, but he died in 1994 and nothing happened."

Over time, many different religions have made predictions regarding the impending year.

"The idea of the world coming to an end (often followed by God's judgment and then some kind of utopian, better existence) is found in various religions; today, it is perhaps most pronounced in more evangelical or fundamentalist branches of Christianity," said religious studies professor Christel Manning.

In this latest fear around whether a prediction is true or not, students have varying opinions on whether or not Dec. 21, 2012 means the apocalypse or not.

"I group polled my suite about this topic and we all came up with the same answer...false. How much evidence is there to support this? Ignoring Mayan calendars, there aren't any cold, hard facts, just theories," said sophomore Sarah Gedney.

Other students agree with Gedney that the 2012 prediction is merely speculation.

"I personally don't believe the hype. People have thought the end of the world was going to come much earlier than 2012 and that clearly didn't happen," said sophomore Samantha Antonietti.

While Manning said that she believes 2012 will not bring the end of the world, there are other concerns.

"If humanity continues in its current habit of war and environmental destruction," she said. "We probably will destroy ourselves eventually."



AP Photo

Super Bowl fans cheer on their favorite team and place their bets during the game.

## 'GENTLEMEN, PLEASE PLACE YOUR BETS'

Michael Prate  
Staff Reporter

How often do you find yourself sitting and watching an entire sporting event during the regular season?

A lot of true fans will admit that the games just aren't as exciting during the regular season, but betting on the game will keep them glued to the television. Betting on sports is an easy way to win some extra cash, but just as easy to lose.

In any gambling, you're betting on the odds, but anything can happen in sports games and luck can play a large part in it.

"There are some people out there that know all the games, and all the odds, they know everything there is to know about betting on sports but they still lose. The truth is no one knows the outcome of a game not even Vegas. It's a stressful thing to get involved in," said sophomore Dennis Gannon.

College kids in particular get involved with betting on sports very easily. Whether they are using legal online betting techniques or betting through a bookmaker, a person that takes bets on games at agreed upon odds, which is illegal.

"Sports betting is dangerous and could get you in a lot of trouble financially, as for college kids they should definitely stay away from it because it could interfere with school work and most college kids can't afford to blow away money gambling," said media studies professor Brian Thorne.

Getting involved with a bookmaker could be sketchy business and so could online betting, so some students opt to make bets with personal friends

who are "bookies."

"All my guy friends bet on sports, some bet online and some bet through a bookmaker who is a close friend of everyone so its not somebody that will pull some kind of scam and they all trust him," said senior Kara Courtney. "I like to watch how excited the boys get when their bet hits, sometimes it makes me want to bet also."

In the pre-internet era, around 30 percent of college students said they bet on sports in the past year according to an article by Tyeesha Dixon. With the use of the Internet, sports betting has skyrocketed.

The Super Bowl is one of the biggest sporting venues to bet on each year where fans can join pools or bet on boxes.

"Everyone I know enters a betting pool for Super Bowl, in most cases its innocent betting and a social event with some fun competition with your buddies at work," said senior AJ Lewis. "I like to get involved in fantasy sports betting with my friends year round as well."

"I will typically find myself betting on my favorite team here and there, sometimes I'll even bet for a team I don't like; money doesn't have a favorite team," he said.

While some students see sports betting and fantasy teams as a year-round way of life, others stay far away from the scene.

"I don't really get involved with betting on sports," said senior Brian Fusaro. "I've seen a lot of my friends lose a lot of money betting online or through bookmakers and to me its just not worth it, It takes away from the natural excitement of watching the game especially when betting on the over under score of the game."

# A life or death 'to-do' list: What students plan to do before they 'kick the bucket'

Chris Corrigan  
Staff Reporter

Chase your dreams, be sporadic, follow your heart. These are all themes that MTV's "The Buried Life," which airs Monday's at 10 p.m., encourages its viewers to do. The plot? "1 question. 4 guys. 100 things to do before you die."

With the routines college students can fall into, some question if there really is enough time to fulfill all of their dreams.

"There's always time. You make time," said sophomore Erika Petillo. "I'd like to be a dancer, but I have to think realistically. So maybe at some point I can open my own dance studio."

All of our dreams and aspirations vary. From senior Wayne Morgan's dream to travel to Antarctica to junior John Capotorto's dream to play in the PGA tour. Some are more realistic than others, but we all have an inner drive to do the things we love before we lose the opportunity.

"My sense is that these days when people talk about their dreams and their lists of things to be done, the focus

is on very personal things," said professor Sid Gottlieb. "The people that I most admire, though, are admirable to me in large part because their daily work and their long-term dreams involve more than seeing the Grand Canyon...eating the perfect pizza, having an audience with the pope, etc."

The issue of time is a concern for many of those who have a bucket list as they wonder if they will have enough time in life to focus on what they truly want to do.

Is it realistic to think we'll have time "travel to the end of the world in search of the perfect wave," like senior Dan Repetti would like to do?

"Everyone seems to be so focused on rushing through life," said senior Kelly Martin. "If we rush, we won't have time to focus on our goals, let alone figure out what they really are. Many students seemed to be unsure of what they really wanted out of life."

Professor Gottlieb's dream is simple.

"I should end honestly by saying that I'm not sure what my bucket list would be. Recently I seem to be focusing more on getting through the day. Maybe first on my list should be: find the time to focus more on dreams, of all kinds."

## Best of SHU's Bucket Lists

"Fly in a helicopter"  
--senior Mark Galletta

"Learn sign language"  
--senior Kathryn LaGrassa

"Learn to ice skate well"  
--junior Stephanie Fazio

"Live outside of the U.S. for at least a year"  
--senior Katie Higgins

"Win a competitive eating contest"  
--senior Lindsey Scierka

"Ride a gondola in Venice"  
--senior Carolyn Brudner

"Meet and date Robert Pattinson"  
--senior Christina Mamzellis



## Scoreboard

Thursday, February 11

## M. Basketball

LIU- 81

SHU- 75

## W. Basketball

LIU- 66

SHU- 56

Friday, February 12

## M. Hockey

SHU- 4

AIC- 1

## M. Volleyball

Endicott- 3

SHU- 2

## M. Lacrosse

UMass- 15

SHU- 12

## M. Tennis

SHU- 0

Dartmouth- 7

## W. Hockey

Salve Regina- 0

SHU- 5

## Wrestling

SHU- 30

Millersville- 15

Saturday, February 13

## M. Basketball

SFNY- 50

SHU- 62

## W. Basketball

SFNY- 64

SHU- 63

## M. Hockey

AIC- 3

SHU- 4

## M. Volleyball

Hunter- 0

SHU- 3

## On Deck

Tonight

W. Basketball @ RMU

5 p.m.

M. Basketball @ RMU

7:30 p.m.

Tomorrow

W. Lacrosse @ Louisville

3 p.m.

W. Hockey vs. URI

7 p.m.

M. Volleyball @ NJIT

7 p.m.

M. Hockey vs. Holy Cross

7:05 p.m.

Saturday, February 20

W. Hockey vs. URI

2 p.m.



The Spectrum/Michele Tymann

Sacred Heart's Eric Delong (#21) controls the puck against the RIT Tigers on Friday, Feb. 5 at the Milford Ice Pavilion. Delong and the Pioneers moved into second place in the Atlantic Hockey Association after sweeping AIC last weekend.

## Pioneers sweep AIC, move into second place

Mike Leboff  
Staff Reporter

The Sacred Heart University men's ice hockey team continued its climb in the Atlantic Hockey Association standings after defeating the American International College Yellow Jackets 4-3 on Feb. 13.

Building off their 4-1 victory over AIC the previous night, the Pioneers continued their winning ways at the Milford Ice Pavilion — improving their record to 9-3-2 at home this season.

The sweep of AIC puts the surging Pioneers in second place in the Atlantic Hockey Association standings, six points behind first place RIT.

AIC-	1	3
Pioneers-	4	4

The team came out of the gates rather slowly as AIC took the early lead at the 13:53 mark of the first period when Steve Mele took the puck from his brother Tom Mele and put the Yellow Jackets on the board 1-0.

Adam Pleskach put AIC up by two goals when he beat Pioneer goalie Olivier St. Onge only ten seconds into the second stanza. The AIC forward broke away for a 2 on 1 opportunity and converted on a pass from teammate Nielsson Arcibal.

Six minutes later, the Pioneers got on the board when junior Patrick Knowlton scored a goal to cut the AIC lead to 2-1.

Just one minute later, sophomore Matt Gingera knotted the game up at 2-2 with his eighth goal of the year. The sophomore from Winnipeg threw the puck to the net and it caromed off an AIC defender to tie the game up going into the second intermission.

Knowlton put home his second goal of the night on a wrap around shot less than three

minutes into the final period.

Six minutes later, the nation's leading goal scorer, Nick Johnson, put home his 23rd goal of the season to give the Pioneers a comfortable two-goal lead.

The Yellow Jackets would not go away quietly, however, as they cut the lead in half just 28 seconds later when Steve McLeod went top shelf on St. Onge.

As the game went on, the Pioneers defensive unit stood tall, making several big stops and blocking a number of AIC shots.

St. Onge made a few big saves down the stretch to preserve the victory for the Pioneers. He finished with 30 saves on the night.

"It was a great come-from-behind win," said Gingera. "Moving into second place came from hard work and now we have to work even harder to remain in second."

The Pioneers are now 13-1-2 in their last sixteen games, making them one of the hottest teams in the nation.

The team has also started to build a significant buzz around campus.

"I never really got into hockey much, but after being to a few games during the hot streak, I plan on supporting the team a lot more," said sophomore Chris Gallagher.

The Pioneers return to action tomorrow to begin a home and home series with the Holy Cross Crusaders.

Tomorrow night's game will be the last home game of the regular season for the Pioneers as the team's seniors will be honored before the opening face-off.

The game will also be 'Pink the Rink' night in support of breast cancer awareness.

The team will then close out its regular season schedule by traveling to Colorado to take on the Air Force Falcons on Feb. 26.

"We must finish out the season strong to keep that second spot and home ice advantage throughout the majority of playoffs," said Gingera.

## Terriers escape with 64-63 win over Pioneers

Antonino Mannino  
Staff Reporter

The Sacred Heart University women's basketball team suffered a 64-63 defeat at the hands of the St. Francis (N.Y.) Terriers on Feb. 13 at the William H. Pitt Center.

Trailing for most of the game, the Pioneers came back and took the lead late in the second half, but could not hold on as junior Alisa Apo missed a layup in the closing seconds that would have given the Pioneers the one-point win.

The loss to St. Francis (N.Y.), which entered Saturday's game with a record of 1-23 overall, was the Pioneers' second loss in a row to a Northeast Conference opponent after they fell to the Long Island University Blackbirds on Feb. 11.

According to the Sacred Heart athletic Web site, it was the first time the Pioneers lost two-straight NEC games since the 2005-06 season.

## Terriers- 64 Pioneers- 63

The Pioneers were led by their two captains, Apo and Maggie Cosgrove, who finished the game with 25 points and 19 points, respectively.

"We've got to tip our hats off to St. Francis — they out played us, they out executed us, they had to make the plays when they had to," said head coach Ed Swanson. "We just didn't get the job done."

Sacred Heart came out cold shooting the ball in the first half and St. Francis took advantage, as the Terriers shot 50 percent from the field, including outscoring the Pioneers 30-7 in the paint.

While the outcome of Saturday's game was disappointing for the team, the Pioneers played without their starting forward, Callan Taylor, who had to sit out with a foot injury.

"Any time you lose an all-conference player it will affect the way you play, but that gives someone else [the opportunity] to set up and seize the moment," said Swanson. "We just did not do that today."

Continued on Page 13...



The Spectrum/Michael Oberlander

Sacred Heart's Alexis Campbell takes a foul shot during the Pioneers' 64-63 loss to St. Francis (N.Y.) on Saturday.



# Olympic hockey tournament has everything but favorite

Tom Herles  
Staff Reporter

On Tuesday, Feb. 16, the 2010 Winter Olympics men's hockey tournament got underway in Vancouver and features 12 of the highest-ranking national teams in the world.

Included in the lineup are the reigning world champions, Team Russia, and the 2006 gold medalists, Team Sweden.

Many hockey fans, including those at Sacred Heart University, are looking forward to the level of competition in this year's Olympic Games.

"It's some of the best hockey a fan can watch, next to the Stanley Cup Final," said senior Dave Jarman, a member of the Sacred Heart men's hockey team.

This year will mark the fourth-straight Olympic tournament that the NHL will suspend its season for — doing so for two weeks so that their top caliber players are eligible to play for their home country without missing any regular season games.

The allegiance of hockey fans does not always stay with birth country however. The favorite NHL team of fans often provides multiple rallying points.

"I always cheer for the U.S. team before others, but since I grew up in Boston, I'll cheer for the Olympians on the Bruins roster as well," said senior Matt Gordon, who also plays for the Pioneers hockey team.

The top seed in the tournament is the host nation, Canada, which enters the competition with a roster of 23 of the most well-known players in the NHL. The team will look to repeat the success they had in 2002 when they won gold in Sat Lake City.

In an interview for CTV Olympics, presented on NBCOlympics.com, Canadian alternate captain Sidney Crosby said that the team has a very clear focus.

"If you want to be known as the best, you have to prove it consistently and winning gold is what you have to do to prove

you're the best," said Crosby. "I don't think anything is acceptable besides gold."

In addition to Crosby, some of Team Canada's key players include goalie Martin Brodeur of the New Jersey Devils and defenseman Scott Niedermayer of the Anaheim Ducks, who will act as the team's captain.

Russia is seeded second in the tournament and is expected to advance with help from two-time defending NHL MVP Alexander Ovechkin of the Washington Capitals.

The Russians missed out on the medals in Torino with a loss to the Czech Republic in the bronze medal game.

With the success of Ovechkin factored in, the Russians are a legitimate threat for gold in Vancouver.

Other players chosen for the team include forwards Evgeni Malkin, Ilya Kovalchuk and Pavel Datsyuk.

Sweden, the defending gold medalists, will be hoping for a repeat of their Torino success. However, they will have the higher seeded Canadians and Russians to overcome if they hope to do so.

The Swedes are led by all-star goaltender Henrik Lundqvist of the New York Rangers, who has built his resume considerably in the four years since his Olympic and NHL debut.

The team from the United States has many question marks going into the games, including a roster with much less "star power" than the Canadians and Russians.

Using younger talent as the foundation of the team could end with disaster for the stars and stripes, but general manager Brian Burke opted for talent over experience, with the help of a few seasoned veterans.

One such example is Trumbull, Conn. native Chris Drury.

In his third Olympics, the New York Rangers team captain will provide leadership to a team whose average age is 26 years old. Jamie Langenbrunner and Brian



AP Photo

USA's Ryan Callahan participates in a scoring drill during practice at the Vancouver 2010 Olympics on Monday, Feb. 15.

Rafalski are among the other elder statesmen on the team.

This year's tournament is full of past Olympic success in addition to the aforementioned world powers.

Finland and the Czech Republic are returning to the games with some Torino hardware. They won silver and bronze, respectively, four years ago and both countries have rosters full of veterans in an attempt to improve on their previous outings.

With only 12 teams in the tournament, there are opportunities for some of the less decorated nations to compete for medals.

The other participating countries are

Switzerland, Slovakia, Belarus, Germany, Latvia and Norway.

Some hockey fans look forward to the Olympics as not only a means of entertainment but also an outlet for inspiration.

"The tournament does inspire me to get on the ice," said Gordon. "The excitement for the tournament is so high that when you see so many stars on the ice competing for the gold medal, it makes you want to do your best."

Others have a more specific outlook.

"It was always a lifelong dream to play for Team Canada in the gold medal game," said Jarman.

## Pioneers in midst of two-game losing streak after loss to Terriers

...Continued from Page 12

Despite trailing for most of the first half, the Pioneers showed some life towards the end of the first half as they went on a 9-1 run to cut the lead to 26-22 with 1:32 to play.

Terrier freshman Autumn Lau snapped a 7:30 scoring drought before halftime with a layup to increase their lead to 28-22.

In the second half, Sacred Heart came out of the locker room with more life as the jump shots started falling.

Using a stifling full-court press, the Pioneers closed the gap before Apo drove to the basket and completed a three-point play after being fouled, which tied the game with 7:45 left in the second half.

Just a couple seconds later, it was Apo again who hit a huge 3-pointer which gave Sacred Heart their first lead in the second half.

The Pioneers then went on a 14-0 run over a two and a half minute span which gave Sacred Heart their biggest lead of the game with 6:34 to play, 58-50.

But the defense down the stretch could not put an end to the hot shooting of St. Francis.

Missed free throws proved to be the Pioneers' downfall in the second half as they had numerous chances from the line but only finished 18-29.

With 1:07 left in the game, St. Francis freshman Shannon Gant made a layup which gave the Terriers the lead once again



The Spectrum/Michael Oberlander

Sacred Heart's Maggie Cosgrove dribbles upcourt during the Pioneers 64-63 loss to St. Francis (N.Y.) on Feb. 13.

in the closing seconds.

Despite Gant stealing the ball from Apo with 37 seconds left, Sacred Heart had a golden opportunity to escape with a win, but came up just short as Apo could not convert on the layup.

The Pioneers will head to Pennsylvania to face Robert Morris University tonight at 5 p.m. and Saint Francis (Pa.) on Saturday at noon.

## PHOTO OF THE WEEK



The Spectrum/Zack Lane

Sacred Heart's Callan Taylor (#20) goes up for a layup during the Pioneers' 66-56 loss to Long Island University on Feb. 11 at the Pitt Center.



# Men's basketball tops St. Francis (N.Y.), 62-50

## Game briefly interrupted by pulled fire alarm at Pitt Center

Andrew Owens

Contributing Reporter

After losing their last five games, that Sacred Heart men's basketball team put on a solid performance on Saturday afternoon at the Pitt Center against the Terriers of St. Francis (N.Y.).

After giving up an average of 79 points during the losing streak, the Pioneer defense rose to the occasion against the Terriers as they forced 14 turnovers and only allowed 50 points in their 62-50 victory.

<b>Terriers-</b>	<b>50</b>
<b>Pioneers-</b>	<b>62</b>

Perhaps the most impressive defensive statistic of the game, however, was that St. Francis only shot 33.3 percent from the field and were held off the scoreboard for the first 4:50 of the game.

Defense was not the only thing the Pioneers did as a team on Saturday, as they had four players finish in double figures, led by Corey Hassan with 14 points.

"I think it's important for everyone to contribute on offense, defense, and rebounding," said Hassan who was honored at halftime along with teammates Ryan Litke, Chauncey Hardy, and members of the all-time Pioneers men's basketball 1,000 point club.

Liam Potter also had a big game

with his eighth double-double of the season, scoring 10 points and snatching 10 rebounds.

"I think that having the year off last year definitely helped me develop as a player," said Potter. "I worked very hard last year and into this past summer. I concentrated a lot on developing my offensive moves and footwork as well as trying to become an efficient shot blocker and rebounder. I not only worked on my game but also made sure I got my body into the best shape I could."

Potter's work ethic has clearly shown this season, as the redshirt senior captain is averaging 9.7 points and 7.9 rebounds per game — both career highs.

Mehmet Sahan and Jerrell Thompson also contributed offensively on Saturday against the Terriers with 10 and 12 points, respectively.

"We have a tough game [tonight], but we are confident that we can come out with a win."

-Liam Potter

Sacred Heart men's basketball

The game was briefly interrupted in the second half when a fire alarm at the Pitt Center was pulled, however the teams kept playing through the alarm and flashing lights after being notified by security and administrative officials that it was a false alarm.



The Spectrum/Alex Atkinson

Sacred Heart's Jerrell Thompson dribbles the ball during the Pioneers 62-50 win over St. Francis (N.Y.) at the William H. Pitt Center on Saturday, Feb. 13.

This week the Pioneers will be making a road trip to Pennsylvania to play Robert Morris University tonight and St. Francis (Pa.) on Saturday afternoon.

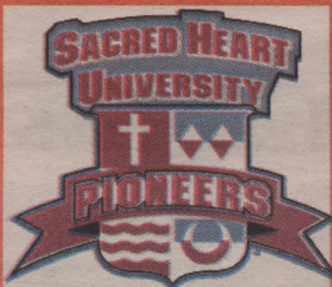
Robert Morris is currently in first place in the Northeast Conference with a 13-1 record. A win for the Pioneers against the Colonials would significantly help the Pioneers' playoff chances as they currently sit in ninth place in the standings.

"We have a tough game [tonight], but we are confident that we can come out with a win," said Potter. "As long as we

play the way we can, step up on defense and believe and trust ourselves and our teammates, we should be fine."

"Robert Morris is a tough defensive team so it will definitely be a 40 minute battle. I think if we can come out with a win it will definitely give us that spurt of energy for the final 3 games of the season going into the playoffs."

Andrew Owens is a manager for the Sacred Heart men's basketball team



## Q and A

with

## Joey Henley

Former SHU men's basketball player

**Team: SVD Dortmund 49ers**

**Country: Germany**

**Position: Forward**

Q: Do you still follow Sacred Heart athletics?

A: "Always. I keep in touch with some guys on the team and around school to see how SHU is doing."

Q: What is the most challenging thing about being away from home?

A: "The nine-hour time difference is crazy. It's very hard to talk to my friends and loved ones."

Q: What are the similarities and differences of playing basketball in Germany?

A: "If you're American they call you more for traveling and three-second violations. Also, you can get away with a little more fouling, but for the most part the game is similar."

-Emily Gumbs



The Spectrum

Former Sacred Heart men's basketball player Joey Henley is currently playing professionally in Germany.



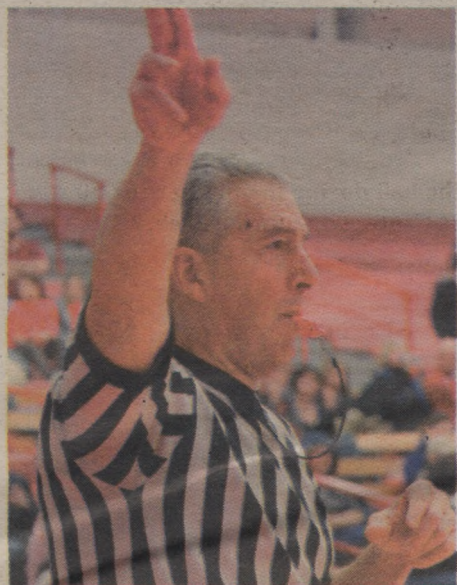
# 'THINK PINK DAY' MARKS CANCER AWARENESS PIONEERS SPORT PINK WARM-UPS, SHOELACES

Lacey Gilleran  
Contributing Reporter

Pink was more than just a color last Saturday at the Sacred Heart University women's basketball game; it represented a symbol of awareness for breast cancer.

During pre-game warm-ups on Saturday, the women's basketball team donned pink t-shirts with the phrase "Pioneer Pink" on them as well as pink shoelaces throughout the game to show their support for the cause.

For the past couple of years, the Sacred Heart athletic department has dedicated a gameday in February to bring awareness to the community through various promotions.



The Spectrum/Michael Oberlander  
**Referees used pink whistles during Saturday's women's basketball game to commemorate "Think Pink Day" at the William H. Pitt Center.**

Senior administrators including Mark Adzigian, associate athletic director for external affairs, have worked closely with the Norma F. Pfriem Breast Care Center from Bridgeport Hospital as well as the sisters of the Sacred Heart chapter of the sorority Zeta Tau Alpha. They involve the basketball team to make it a fun, yet informative event.

Even though sophomore forward Callan Taylor sat out Saturday's game due to a foot injury, she still wore her pink gear proudly.

"It felt good to raise breast cancer awareness to the SHU campus and community," said Taylor. "I always enjoy participating in this event and it's something that means a lot to me."

Throughout the game, female fans were handed bags with pamphlets and information on the disease, including ways to check for it. Fans who attended the game also received pink mini-basketballs, pink t-shirts, and pink bracelets.

The Northeast Conference also showed their support for "Think Pink Day" by having the three referees for Saturday's women's game use pink whistles.

Sacred Heart executive athletic director Don Cook said he always encourages this promotion due to its importance and impact on so many people across the world.

"Any time we have an opportunity to raise the level of awareness of breast cancer, the more it triggers a response to be a part of the effort to help address, and eventually cure it," said Cook. "I can't think of many more causes more worthy, especially in light of the number of women who suffer and succumb to it."

Many of the attendees of the game included breast cancer survivors and people that have family affected by the dis-



The Spectrum/Michael Oberlander

**Members of the Sacred Heart University women's basketball team wore pink shoe laces during Saturday's game against St. Francis (N.Y.) to raise awareness for breast cancer on "Think Pink Day" at the William H. Pitt Center.**

ease. One of them included Elizabeth Luckie, coach of the SHU women's softball team.

"Any time we have an opportunity to raise the level of awareness of breast cancer, the more it triggers a response to be a part of the effort to help address, and eventually cure it."

-Don Cook  
Sacred Heart athletic director

ily who have suffered and succumbed to breast cancer," said Cook. "It doesn't get any closer than that, not to mention close personal friends and colleagues who have been challenged and survived, like Bippie Luckie"

The athletics department, including the basketball players, hopes that the Sacred Heart community gains awareness to this disease. Through events like this they hope that people walk away with more knowledge to prevent it early.

"I think it is very important that people are aware of this disease since it is so apparent in women these days," said Taylor. "Even if it was just one piece of information, I hope the SHU community took something away from this event; because awareness is the first step to change."

"I have members of my own fam-

## Volleyball earns split, now 4-5

Eddie Kuspiel  
Staff Reporter

The Sacred Heart University men's volleyball team settled for a weekend split after falling to Endicott College on Friday, Feb. 12 and beating Hunter College on Saturday, Feb. 13.

In Friday's game, Endicott was trailing Sacred Heart from the beginning after losing the first and second sets, but stormed back to take the match.

Mike Komlanc helped the Pioneers win the first two sets with a stellar defensive effort that included 10 blocks.

However, the Pioneers could not close out the match as the Gulls won the next three sets.

"Friday, we hit a mental block," said freshman Garrett Minyard. "After we won the first two games, we just put on the auto pilot, and that wasn't enough to do it."

A.J. Witkofsky led the Gulls with a match-high 24 kills and a .412 hitting percentage.

Sacred Heart senior Kalani Efstathiou gave Witkofsky a battle with 23 kills of his own while juniors Craig Harvey and Tim Sadowski had 11 and 10 kills, respectively during Friday's match.

On Saturday, the Pioneers faced Hunter College and used an inspirational pre-game talk from head coach Rob Machan to emerge victorious.

"We talked a lot about our team trust and our ability to compete to the very end and that really helped change our mindset," said Minyard.



Mike Komlanc led the Pioneers on Saturday night with 16 kills to go along with five blocks and three-service aces.

"Mike Komlanc is only a sophomore, but has without a doubt been our biggest physical and emotional leader on the court," said Minyard.

Efstathiou once again paced the Pioneers' first set 30-23 victory with eight kills.

During the second set, Sacred Heart started to fall behind Hunter College until junior Rodger Parent bulletted the volleyball onto Hunter's half of the court for nine straight points in succession.

Junior Craig Harvey also contributed to the victory with six digs, six kills, and no errors.

Komlanc and Parent each picked up five more kills in the set to make the final score 30-17.

The weekend split improved the Pioneers record to 4-5 on the season.

The Pioneers return to the court tomorrow night when they travel to Newark to take on the New Jersey Institute of Technology at 7 p.m.

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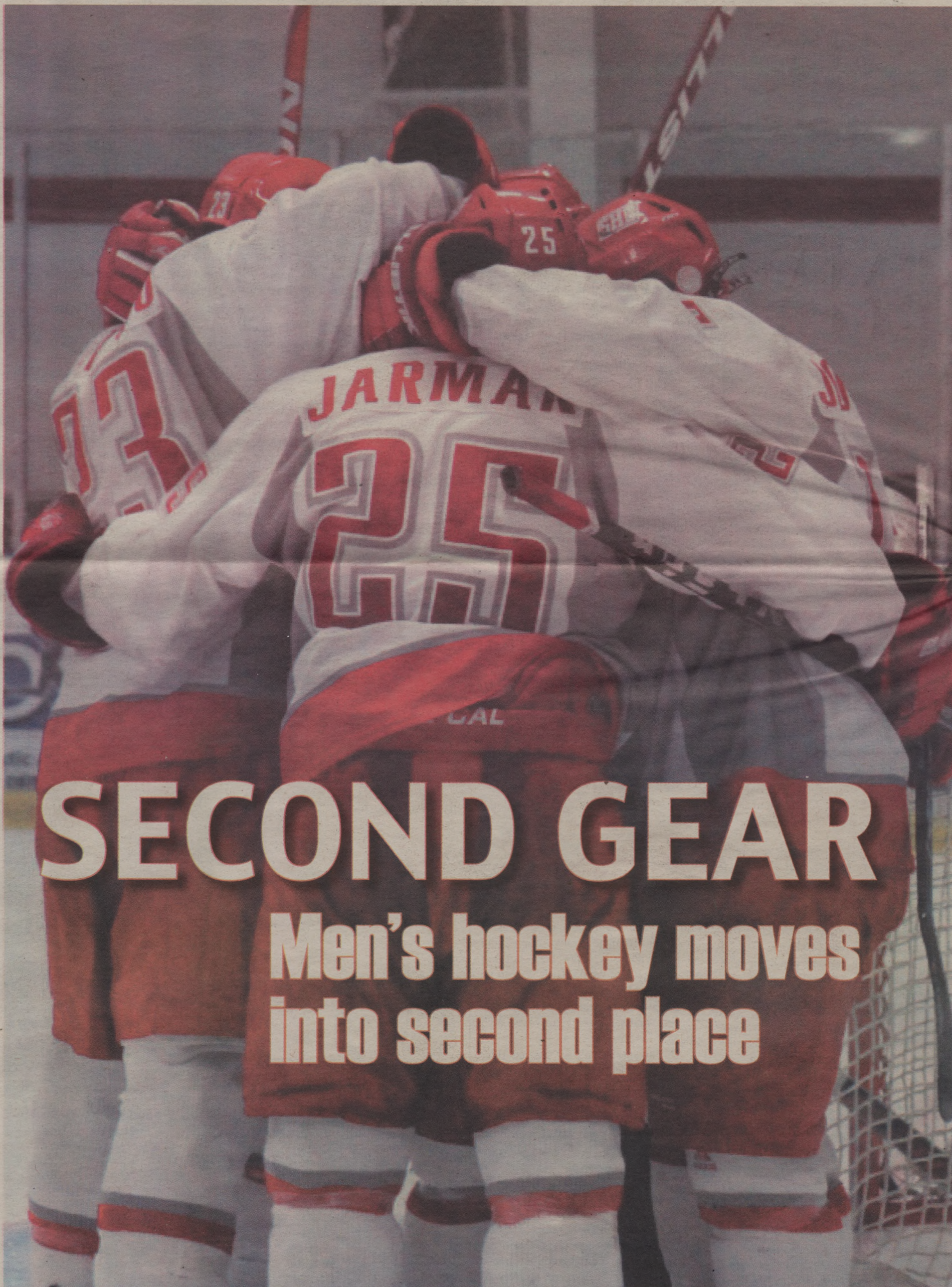
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# SPORTS

THE SPECTRUM

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## SECOND GEAR

Men's hockey moves  
into second place

The Spectrum/Michele Tymann

Members of the Sacred Heart men's ice hockey team celebrate a goal against RIT on Feb. 5 at the Milford Ice Pavilion.