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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

OLYMPICS CONCLUDE, US MEDAL COUNT 36

Erin Murtagh
Staff Reporter

The world came together on Feb. 12, to celebrate the opening ceremonies of the Winter Olympic games in Vancouver.

The United States, Germany, and Canada finished as the top three medal earning countries; the U.S. taking home 37, just above Germany's 30 and Canada's 26.

Big winners from the U.S. include Olympic favorite Lindsey Vonn in the ladies' downhill, superstar Shaun White for his work in the men's halfpipe, veteran Bode Miller in the men's super combined, and a surprise victory for Bill Demong in the individual 10km Nordic combined.

A big success story for the U.S. was the men's ice hockey team, which competed in the finals against Canada on Feb. 28.

"It's hard to pick my favorite event because they're all good in my opinion," said sophomore Emmett Manning. "But if I had to pick just one it would be ice hockey."

Manning's brother-in-law, Chris Drury, is Captain of the N.Y. Rangers and member of the U.S. Olympic ice hockey team.

"It's always fun watching Chris play, but when it's the Olympics there is more excitement," said Manning. "I've been to watch him compete in the Salt Lake City and Torino games. It's different when you're playing for your country and he takes a lot of pride in doing so."

After defeating Finland, who took home the Bronze, 6-1 in the semi-finals, the U.S. advanced to the final round when it lost to Canada 3-2.

Canada had a series of other big wins. The men's curling team defeated Norway to take the gold and the women's ice hockey team also prevailed over the U.S. to take a first place finish.

Tessa Virtue and Scott Moir, Canadian ice dancing partners, also found success in the realm of figure skating, taking home the gold for their country.

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Residents look at a collapsed building in Concepcion, Chile after the 8.8 magnitude earthquake. Concepcion is the second largest city in Chile.

Chile encounters seventh worst recorded earthquake

Carli-Rae Panny
Editor-in-Chief

On Feb. 27, one of the largest earthquakes ever recorded tore apart houses, bridges, and highways in central Chile. As of March 2, the death toll reached over 700, reported the Associated Press (AP).

"Some coastal towns were almost obliterated—first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others into piles of sticks," said AP.

The country's President Michelle Bachelet declared the country to be in a "state of catastrophe."

"Chile has always been considered Latin America's most earthquake-ready country," said The New York Times (NYT). "Children learn to run for cover during quake drills before learning to read. Its building codes are robust. Its disaster manual is thick, laying out all the scenarios for the temblors that are a regular part of life."

Still, the earthquake, measured at a magnitude of 8.8, according to MSNBC.com. The quake that hit Haiti last month recorded at a magnitude of 7.0.

CNN.com said, "The carnage from the 8.8-magnitude quake didn't begin to approach that unleashed by January's earthquake in Haiti, which left 212,000 people dead and more than a million homeless, even though it was considerably less

forceful, with a 7.0 magnitude.

"Saturday's quake was 700 to 800 times stronger, but at a greater depth...compared to the shallow 8.1-mile depth of the Haiti quake, which contributed to much of the damage there."

The damage in Chile includes a mess of destroyed buildings, roadways, bridges, and phone lines. Also, due to the nature of the situation, many citizens have resorted to looting and robbery.

President Bachelet claimed that nearly 14,000 army and navy troops had been deployed to control such lawless activity and distribute whatever aid was available.

"It's devastating to hear what has happened to Chile. I couldn't imagine anything like that happening. My friend's boyfriend and family live in Chile so it made everything a little more personal waiting to hear if they were okay. They are all okay," said senior Emily Kehoe.

Space.com detailed a NASA scientist's evaluation that said the earthquake, may have changed the entire Earth's rotation and shortened the length of a day on our planet.

"The quake, the seventh strongest earthquake in recorded history, hit Chile Saturday and should have shortened the length of an Earth day by 1.26 milliseconds," said Richard Gross, research scientist at NASA's Jet Propulsion Laboratory in Pasadena.

Gross, along with other NASA scientists determined that

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Park Royal no longer option, students wonder about housing

Elizabeth Fish
Staff Reporter

It's about that time of year again. Many Sacred Heart University students are starting to think about where they will be living next year and who they will be rooming with. This time around, housing options will be slightly different than in previous years.

Starting in the fall of 2010, non-commuting sophomores are required to live on campus, which is a concept that the campus has not yet seen before.

"The biggest change is to include sophomores as a part of the community," said Joel Quintong, director of Residential Life. "Most freshmen live on campus anyway, but now sophomores must also."

Other modifications are also being made to the housing options that students currently have. For example, Park Royal will no longer be a housing option through Sacred Heart.

"We have vacancies elsewhere to make up for the Park Royal loss. It's not necessary for us to keep it," said Quintong.

This change directly affects some students, especially those who plan to live in off-campus Sacred Heart housing.

"I live in Taft but was hoping to try to live in Park Royal next year with my friend Dom, so it highly affects my plans for living next year," said junior Michael Jalbert.

Jalbert isn't the only student who dislikes the elimination of Park Royal as an option.

"Personally, I'm pretty bummed about the whole change because I live in a really nice apartment," said junior Jenn McLain. "I know a couple people who are really upset about it because they were planning to

live at Park Royal again next year. Some people are considering renting out apartments at Park Royal instead of choosing a different housing location."

In order to compensate for the changes to housing, more availability will be offered in Scholars Commons.

This residential area had limited openings for juniors in recent years; however, next year, Scholars Commons will house half sophomores and half juniors. Augustine and Avila Halls (two buildings that make up the four buildings of Scholars Commons) will be reserved for juniors only starting in the Fall.

Quintong said, "Juniors will have more options. This will be the first time they can live within campus gates in a long time."

Ryan Greelish, residence hall director of Roncalli Hall said, "I believe that this will provide a positive response to the current desire that upperclassman have expressed to live on-campus."

Roncalli Hall will also be affected in this change because the residential hall will be housing more sophomores than it has in past years.

"By creating the opportunity for juniors to live in Scholars Commons, this allows upperclassman to live on-campus. Therefore more sophomores will be assigned to Roncalli Hall to make up for that difference," said Greelish.

Each of these changes will hopefully benefit Sacred Heart students as the offices of residential life work to improve the campus.

"The Office of Residential Life is making tremendous efforts to stay ahead of technology and upcoming needs," said Greelish.

Vancouver games come to a close

...CONTINUED from page 1.

"The skaters' technique seemed so effortless," said sophomore Laura Enriquez. "I come from the Midwest where figure skating is popular, so I love to follow all figure skating events."

China, the U.S., Japan, and Russia also found success in various figure skating events, taking home two medals each.

The U.S. dominated the alpine skiing events, taking home eight medals, followed by Norway and Austria, each taking home four.

"I heard a lot about Lindsey Vonn before the start of the games," said senior Stephanie Reyes. "I don't normally focus on the skiing events, but I made sure to watch her take home the gold in the downhill."

However, German skier Maria Reisch made her country proud, taking the gold in the ladies' slalom, and in the ladies' super combined.

The Closing Ceremony marked the end of the games on Feb. 28, after over two weeks of competition. It was held at the BC Place in Vancouver, and commenced as Canadian speed skater, Catriona Le May Doan, lit the Olympic Cauldron.

"The 2010 Olympic Winter Games have taught us that we are not 6 billion people. We are all members of the same family," said John Furlong, chief executive officer for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games, in his Closing Ceremony speech. "Over these remarkable 17 days we have together demonstrated the remarkable powers of sport to the human world."

The events to follow included performances by Canadian music stars, several presentations by hundreds of dancers, and the



AP Photo

Gregor Robinson, the mayor of Vancouver, waves Olympic flag at closing ceremonies in Vancouver.

traditional entry of each country's athletes.

A performance of the State Hymn of the Russian Federation by the Moscow State Academic Chamber Choir marked the passing of the Olympic torch to another city. Audiences were given a first look into the 2014 games to be held in Sochi, Russia.

Furlong concluded his speech with words of praise to the athletes. "You have set the course for the next generation of great champions," said Furlong. "You return to your homes as the best ambassadors we have for a better world, you are the future. The youth of the world await your leadership and your example."



AP Photo

Residents survey a destroyed house after an earthquake in Curanipe, Chile (about 240 miles South West of Santiago) on Feb. 28.

Seventh largest earthquake hits Chile, moves Earth's figure axis

...CONTINUED from page 1.

the Chile earthquake should have moved the Earth's figure axis (the axis around which the Earth's mass is balanced) by about 3 inches.

Not only did the quake affect the Earth's rotations, but it also left Chileans in disarray. For them, the damage was far from over.

"Early Sunday, a 6.1-magnitude aftershock, one of more than 100 that have followed the original quake, sent residents scrambling again for cover. With the earth still unsettled, many Chileans have opted to camp outside," said NYT.

Directly after the earthquake, President Barack Obama said that the U.S. has

resources to aid in Chile's relief. Three days later, Secretary of State Hillary Clinton stopped in Santiago and provided Bachelet with 25 satellite phones as well as a promise for additional assistance.

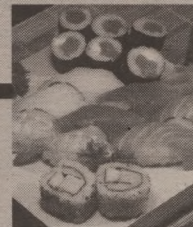
"Even in our most stressful college moments, we really take for granted how lucky we are," said junior Mark Theroux. "A few seconds of the earth shifting can create more destruction and heartache than we can comprehend, unless we experience it first-hand."

This article contributed to by Asst. News Editor Gina Cerniglia.

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Students spend spring break building houses

Janelle Cracco
Staff Reporter

Sunglasses, bathing suits, sunscreen, and a beach chair are the typical items a Sacred Heart University student would bring on their Spring break vacation. Some are trading in those standard spring break items for hard hats, hammers and nails.

Habitat for Humanity members will be heading south on their Spring break, working for a good cause and giving to those less fortunate.

Dividing up the group, they intend to travel to five different places: Georgia, Texas, Florida, Missouri and North Carolina.

"I'm going to Texas this year, and I just found out a couple days ago that we will be working on three different houses throughout the week and going to meet all three families," said sophomore Brian Casey. "I am really looking forward to my second Habitat trip."

Unlike a typical spring break, the Habitat crew will run on a strict schedule.

"Throughout the week, students will be working on building homes for those that most deserve it," said Monica Leisner, president of Habitat

for Humanity. "Students participate in five days of work on the worksite – including framing, putting in windows, door, putting up siding, doing roofing and all sorts of thing that will be a family closer to have their dream of owning a home become a reality."

According to Leisner, Habitat received over 110 applications this year from Habitat members, interested in going on the trip.

"It's not just that you go and build or repair houses, but I have met a lot of amazing people through the experience that enjoy doing the same thing that I do," said Casey. "I've been able to meet many of the families whose houses I've worked on. To know you've helped to actually put a roof over someone's head is one of the best feelings in the world."

According to Habitat for Humanity's Web site, they consider themselves "a non-profit, ecumenical Christian housing ministry, seeking to eliminate poverty housing and homelessness from the world and make decent shelter a matter of conscience and action."

To participate in the Habitat trip, one must already be a



Photo courtesy of Kelly Leather

Steph Valentino, Laura Enriquez, Bill Haug work together to build a house on a previous Habitat for Humanity excursion.

member of the club. Members have to apply and follow the requirements that are necessary, such as attending club meetings.

Students at Sacred Heart are all able to participate in Habitat for Humanity activities.

"We are more than willing to have any one join us at any event, meeting, activity, or fundraiser that interests the," said Leisner. "Something our club has been trying to do is work with other clubs to get more people involved and let more people on campus know

what our club does."

Of the 92 representatives, their interest in helping others and being a part of volunteer work is how they got started in Habitat.

"Having been apart of Habitat has given me such an appreciation for all the little things I take for granted in life," said junior, Veronica Gragnano. "This is actually going to be my first spring break trip and I am going to Columbus, G.A. I can't wait to get down there and get started."

Paris weathers storm Xynthia

Alyssa Scott
News Editor

During the early morning on Feb. 28, a dangerous storm struck the shore of France, demanding the attention to thousands of rescue workers.

According to the Associated Press (AP), the storm destroyed homes, leaving 1 million households without electricity and 62 people dead.

In response to the disaster, French President Nicolas Sarkozy reserved \$4 million dollars for emergency aid, said AP.

"It is a national disaster, a human drama with a terrible death toll," Sarkozy told AP. "The urgent thing is to support the families who have members missing or dead."

While the storm largely affected France, it also hit Belgium, Portugal, Spain, and parts of Germany.

Moving forcefully through Europe, this storm impacted commuting and travel throughout the continent which continued into the next day.

AP stated that all of the railways in France were delayed and a large airport in Frankfurt canceled flights through March 1.

Regional officials have called for France to replace the old sea walls that could have prevented many deaths in coastal towns.

US betrays China by meeting with Dalai Lama

Kaitlin O'Reilly
Contributing Writer

A meeting between President Obama and the Dalai Lama in the White House on Thursday, Feb. 25, aimed towards promoting "religious harmony" and "human value," has caused great upset and frustration from the Chinese Government.

Chinese Government officials reportedly warned the United States that the meeting violated their relationship. Tenzin Gyatso, the 14th Dalai Lama was exiled from China after being labeled a dangerous "separatist," promoting the separation of Tibet from China.

Obama still carried through with the meeting, despite China's aggravation. However, he did keep the get-together "off-camera and low-key," according to the Associated Press (AP), in an attempt to minimize China's outrage.

The Dalai Lama, who also met with Secretary of State Hillary Rodham Clinton at the State Department, discussed "democracy, human rights and the need to preserve Tibet's religious identity and culture" with the president, "all issues that, predictably, irritated Beijing," reported the New York Times (NYT).

"This was a good meeting for President Obama to hold, because the Dalai Lama is a respected leader for peace and human rights," said religious studies professor Brian Stiltner. "I believe Obama is trying to promote values of religious and cultural reconciliation in much of his foreign policy, so this meeting sends a good sign, even at the risk of upsetting China. I think there is no ethical reason for China to object, and although Obama needs to be diplomatic, it is just as well that he show China that America will not back down from recognizing those who advocate human rights."

The AP released a statement from spokesman Ma Zhaoxu saying that "The behavior of the U.S. side seriously interferes in China's internal politics and seriously hurts the national feelings of

the Chinese people." It was reported that China could react by cutting off political exchanges, but it is uncertain as to what action China will take, if they do decide to take action in light of their expressed anger.

According to CNN, "The Chinese side expresses strong dissatisfaction and resolute opposition to this meeting," a spokesman for China's Foreign Ministry said in a statement afterward. "China demands the U.S. seriously consider China's stance, immediately adopt measures to wipe out the adverse impact, [and] stop conniving and supporting anti-China separatist forces."

CNN also reported China's statement that "Obama's meeting with the Dalai Lama 'runs against the repeated commitments by the U.S. government that the U.S. recognizes Tibet as part of China and gives no support to 'Tibet independence,' according to Chinese Foreign Ministry spokesman Ma Zhaoxu."

This meeting comes after a series of failed relations with the China. Issues between the U.S. and China exist over currency and military disputes among others.

In addition, the Chinese government reportedly holds \$800 billion dollars of federal U.S. debt, giving Beijing increased power in the relationship with the United States.

Obama had declined to see the Dalai Lama during his visit to Washington in October because the president had been scheduled to visit China in November.

"Speaking to reporters on the White House driveway, the Dalai Lama said he spoke to the president about the promotion of human values, religious harmony, a greater leadership role for women around the world and the concerns of the Tibetan people, and that Obama was "very much supportive," said the AP.

Presidents have been meeting with the Dalai Lama since the first Bush Administration. Although they have always kept the meetings low-key, China has never created this much tension as a result of the situation.

Although it was reported that the fact that the meeting was held in the White House, and not a neutral meeting area such as a church, gave it the appearance of a political gathering between "two heads-of-state," which ignited concerns.

"The Dalai Lama has lived in exile in India since the Chinese Army crushed an

uprising in his homeland in 1959, and he is revered as the spiritual leader of Tibetan Buddhists. He has been pressing to return to China to advocate for greater cultural and religious freedoms for his followers. He has said he wants only genuine autonomy for Tibet, not independence," said NYT.

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Johnston recognizes talent abroad

SHU grants Haitian oboe player unique opportunity

Michele Tymann
Staff Reporter

Jean Gerald, an oboist from Haiti, was prepared to leave his home country to study the oboe at a major school of music in Brazil. However, his dream was put on hold on Jan. 12 when a massive earthquake struck the country.

When news of Gerald's failed trip reached the United States, his friends across the country and Kappa Kappa Psi, a national honorary band fraternity at Sacred Heart University, donated their time and money to make his dream come true.

Keith Johnston, director of bands at Sacred Heart, first met Jean Gerald at the Holy Trinity School of Music summer music camp in Haiti while he was teaching and conducting.

"I first heard Jean Gerald play the oboe in July 2008," said Johnston. "He was playing on a student model oboe. A plastic instrument that barely functioned. And yet he played it as though he was born to play the oboe."

He knew that for Gerald to fully hone his oboe skills he would need to leave Haiti.

"He has a wonderful musical sensitivity, a very good work ethic, and it was clear that he deserved the opportunity to develop his skills," said Johnston. "The only way that can happen is for him to leave Haiti and go elsewhere to study."

Johnston, along with his colleagues from Lawrence University, Ohio University and Bradley University worked together to bring Gerald to the U.S.

"On his last trip here to the U.S. in March 2009 I was able to host Jean Gerald,

have him play for David Schiffrin (a world-renowned clarinet soloist) at Yale, and for Olav van Hezewijk who is a talented oboist and teacher who plays with the New Haven Symphony Orchestra," said Johnston.

Though Gerald had been to the U.S. on multiple occasions, Johnston thought that Gerald should be surrounded by other aspiring musicians.

"He has been to the U.S. a few times to study, for as long as two to three months," said Johnston. "But what he really needs is to be immersed in an environment with other serious musicians who are all focused on developing their skills and growing as musicians."

"He was playing on a student model oboe. A plastic instrument that barely functioned. And yet he played it as though he was born to play the oboe."

Keith Johnston,
Director of Bands

Through his many contacts in the U.S., Gerald gained the attention of Alex Klein, former principal oboe with the Chicago Symphony and professor of oboe at the Oberlin Conservatory, according to the Sacred Heart Web site.

"Alex was able to secure a spot for Jean Gerald to study at the Conservatory of Music in Tatui, Brazil," said Johnston.

Everything was in place for Gerald to fly out of Haiti to Brazil when the earthquake hit Haiti destroying many buildings including the school of music at which Gerald studied.

Steve Huang, the director of orches-

tral studies at Ohio University and a conductor at the summer music camp in Haiti, was able to change Gerald's ticket to Feb. 16 departing from the Dominican Republic, and additional funds were collected for other necessary items according to the Sacred Heart Web site.

However, Gerald struggled to come up with the money to pay for his trip.

"The brothers of Kappa Kappa Psi had asked if there was any way to help, and I thought here was a great opportunity," said Johnston. "The money they raised would go directly to helping this young man literally get on the road to a better future."

The money they raised came from a variety of sources and continues to accumulate in a fundraiser they are currently having.

"Some of the money came from our fundraiser that we have going on right now," said junior Melissa Braun, treasurer of Kappa Kappa Psi.

The brothers took this opportunity to help Haiti in a way that would relate back to their musical backgrounds.

"When we started this fundraiser it was right when the earthquake in Haiti happened and we decided that 25 percent of our profits would go towards Haiti as long as it was music related," said Braun. "When Keith emailed all of us, we decided this would be the perfect opportunity for the money we raised to go to Haiti."

The members of Kappa Kappa Psi and its alumni contributed funds as well.

"We contacted our alumni," said sophomore Liz Platenyk, recording secretary of Kappa Kappa Psi. "I made contact with one of them, Lauren Tilton, and she made a deal with us saying that she would



Photo courtesy of Tracy Deer-Mirek

Gerald plays the oboe last March at the concert of Haitian Culture and Western Music

donate \$100.00 as long as the chapter came up with the rest."

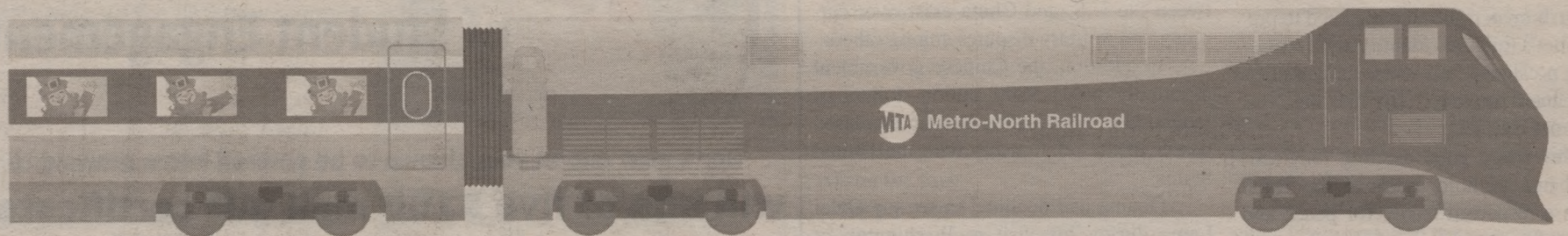
Their fundraising was both successful and timely.

"Within 24 hours, current members and alumni reached into their pockets to raise the funds, and on Friday, Feb. 12, Jean had his travel money," said Johnston.

Gerald's dream of practicing oboe at a major music conservatory was once again a reality.

"Kappa Kappa Psi is based on doing things for bands or helping out musically wherever needed," said Braun. "This was just a perfect time for us to give back for a cause we really wanted to be involved with."

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EDITORIALS

5

AS THE SAYING GOES, ATTITUDE IS EVERYTHING



Kate Poole
Managing Editor

A couple of weeks ago I was rushing through Walmart on my lunch break from work because I ran out of laundry detergent. I was totally stressed out and in a horrible mood so by the time I got to the check out area and saw that no self-check out counters were open, I was even more pissed that I now had to deal with a cashier seeing as in my personal experience, they're just as unhappy to see me as I am to see them.

I put my things on the belt and walked up to find that this particular day, I was not going to be dealing with any ordinary cashier. "Hi! Welcome to Wally World," she said to me and laughed. "How are you today?"

I have to say I was completely taken aback. I began to talk to her and she was probably one of the friendliest people I've ever met for five minutes. This woman was just so happy about life, her job, and getting able to work with customers.

Maybe it's shallow of me but her job is not one that I'd really ever want. If I were working at Walmart as a cashier I'd probably be the angriest most impatient person.

As I thanked her and left I really started to think about her attitude, and how really, like we hear growing up, attitude is everything. The fact that this woman had a fantastic attitude about herself and what she was doing made a not-so-desirable situation into a perfectly good one. She could have stood there and been quiet and rude but she wasn't, she had a great attitude.

This wasn't the only encounter I've had with an in-



Joannie Rochette reacts after her free skate at the Winter Olympics in Vancouver on Feb. 25.

AP Photo

spiring attitude lately. Last week during the Olympics, Canadian figure skater Joannie Rochette went through the ultimate tragedy. Her mother died suddenly of a massive heart attack when she arrived in Vancouver to watch her daughter compete. To my surprise, she stayed in the competition.

I guess I can't fully understand the mind-set and dedication of an Olympic athlete, but I feel like if I had to go through that situation, I would totally shut down. Joannie was at practice with her competition and fellow skaters that week, and ended up taking home the bronze medal on Thursday night. Through her performances she kept her emotions at bay, and shed some understandable tears while on the podium.

The newscaster on the TV pointed out numerous times that her father was there to support her. At the end of her long free skate program, she looked to him and blew him a kiss.

When she spoke with the press after she competed she maintained a positive attitude, and expressed her thanks to people worldwide for their support during her hard time. She spoke of her mother lovingly and instead of being about the negative about the situation; she was positive.

I was blown away with the attitude she and her father maintained throughout this situation, which again made me think back to how important attitude is. Had she let her emotions get the best of her and not had a winning attitude, she might not have taken home that medal for her country or for herself. She and her father leaned on one another to get through the difficult time, staying positive for the world to see.

Lately I've been stressed out and busy trying to plan my life after May 16 (graduation day). I've found that at times I let my nerves get the best of me and in turn my attitude is not the best. After seeing the amazing attitudes in both of these women, I've really taken the chance to step back and reevaluate my own.

If there's anything to take away from this, it's that not every situation has to be a bad one, in fact, based on your attitude alone no situation has to be that bad. It's all about how you approach it; it's all about your attitude.

SPECTRUM

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EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Michele Tymann
Asst. Photography Editor

This is a street off the side of the Boston Commons. I like this picture because of the brick sidewalks and buildings and the old fashion street lights.

Hobbies: worth making time for?

Serena Cecere
Staff Reporter

Remember when you were younger and had all of the time in the world to play sports or instruments, read, and engage in all of your favorite hobbies? Remember when it was OK to miss class to jam out with your band or catch up on some shopping?

Students everywhere are learning what it is like to manage their time the right way and make personal sacrifices in order to do well at school and at work.

Senior Marie Leila Douaihi, a writer who takes pride in her talent, has perfected her time management skills in order to pursue her hobby.

"Writing, especially creatively, has always piqued my interest. When I was younger I had the luxury of spending hours uninterrupted developing a story in a relaxed setting," said Douaihi. "But in college, my time is stretched between multiple classes, internships, homework as well as other activities. So, I schedule a time, usually once a week, to write creatively in order to unwind."

Douaihi decided she wanted to pursue a career in writing. "I declared English as my major because I wanted to cultivate those skills and that decision has benefited me greatly."

Other students prefer a hobby considered less academic.

Sophomore Dom Filicello enjoys songwriting, live performing and recording music in his free time.

"My main hobby is guitar," said Filicello. "I still do play guitar, write music and record music, though on a slightly more limited basis."

How can a college student balance a hobby that has nothing to do with his or her major?

Filicello, an exercise science major, now uses his guitar playing as a way to relax.

"Music is still an integral part of me, however, it has also become a great stress reliever since I've been in college," he said. "I set up my homework schedule so I do a little bit everyday. This not only enables me to get my work done, but also to get some guitar playing time in everyday as well."

For someone so passionate about guitar playing, it is far from a chore for him to manage his time.

"Maintaining a balance between guitar and school is not hard. While there are times I may go a few days without playing, I am always coming up with new ideas, from simple riffs to whole songs. So in a way, I take my hobby with me wherever I go."

Senior Derek Brown is known around Sacred Heart University for the marathon running that he does to support the cure for Neurofibromatosis, a condition that his brother has.

What is not so well known about him, however, is his passion for playing the piano. "I actually picked up playing the piano in college," said Brown. "It was something I dabbled with in high



The Spectrum/Zack Lane

Freshman Lora Street enjoys playing clarinet in her free time.

school, but began taking incredibly seriously once in college."

But how does he balance running marathons, playing piano, and going to school?

"I get all my academic work done during the day, then around 10 - 10:30 p.m. I begin practicing piano and probably call it quits around 3 or 4 in the morning. My classes are usually later in the afternoon, so I'm technically not losing too many hours of sleep. I'm just on a different sleep schedule than most others."

Brown stresses that when you love something, you must incorporate it into your schedule, no matter how jam-packed it may be.

"There is always time. You have to make it. Set up your priorities. In the end, it's all a matter of how serious you want to take this hobby and what you are willing to do or sacrifice in order to continue pursuing it."

Filicello agrees, and offers advice for any hobby-deprived, stressed out students.

"Always try to make time for something that's important to you, even if it means setting your schedule up differently. It will not only help to relieve the stresses of college life," he said, "but you'll also gain satisfaction from not having to give up something that makes you truly happy."

ENDING THE ROOMMATE RELATIONSHIP

Lacey Gilleran
Contributing Writer

When you go to college, you expect many things: harder classes, space away from the parents, and the first real experience of living with another person. Perhaps you are lucky and meet someone ahead of time, but chances are you could be surprised on the first day, like most college students.

That said, it is never easy living with someone else. Between different sleeping schedules and quirky habits, when people live together everything is put out on the table. Sometimes, everything works out, and some people are even lucky enough to meet some of their best friends.

Other times, people experience the dreaded bad roommate scenario.

"My first roommate [was difficult to sleep in the same room with]," said Senior Will Garcia.

No matter what you might do at home, college is where you need to reevaluate your habits. From tweaking your sleeping schedule to fixing poor hygienic habits, cleaning up both of your routines can sometimes fix roommate problems.

Basically, both roommates must remember that there is more than one person in the room. It is a shared living space, and both roommates must remember to show respect for the other.

According to an article on eHow entitled, "How to Deal With a Bad Roommate in College," there are tips to dealing with a pesky roommate. These tips include communicating with your roommate about the issues, avoiding each other if you have to, and, of course, getting help and moving out.

Sometimes avoiding the situation might work out, like for junior Catie Rose.

"From February on, I barely stayed in the room," said Rose. "Half the time, I didn't even sleep there. My clothes and stuff were there, but that was it."

If things get bad, the best thing to do would can be to move out, rather than constantly dealing with the stress of living with someone you can't get along with.

You can contact Residential Life about the issue.

However, breaking the news to a roommate and actually acknowledging the issue out loud can get a little tricky.

"I don't think I could ever tell someone I didn't want to live with them," said senior Kristen Toffales. "I'd feel too bad."

While it may seem rude, sometimes it needs to be done.

Garcia advises being straightforward with your roommate.

"I told him I wasn't living with him next year when I was talking about living with someone else for the following year," said Garcia.

Whether you stay friends or not, communication is the best plan when dealing with a roommate. Also, the best thing to remember is that no matter what, everyone is different.

Junior Michelle Bostley believes that this is the defining factor between people living together.

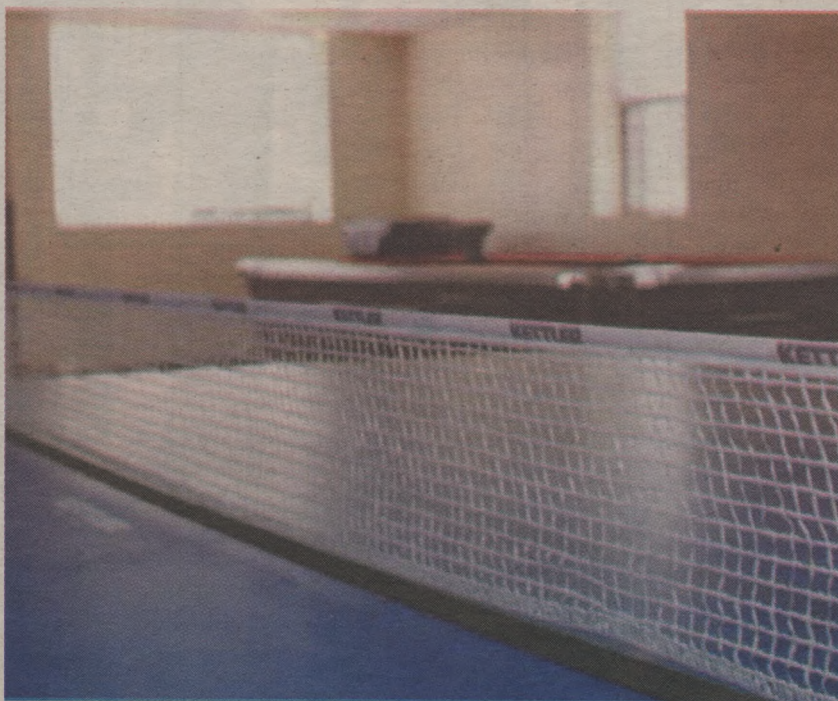
"I think when two people are very different, it's hard to live with them for a whole year," said Bostley. "It wasn't like the roommates I've had in the past were bad necessarily, just different from me."

Where in SHU?



Is it in the
Pitt Center?

Is it in
Hawley
Lounge?



The Spectrum/Zack Lane

Is it in the
chapel?

Is it in the
library?

Find the answer in our next issue!



Photo courtesy of Chris Daly

The mock crash from 2009 shows what could happen if you drive under the influence.

STUDENTS PUT SAFETY FIRST WHEN GOING OUT

Sam Dowd
Staff Reporter

You're at a bar and it's closing time. It's time to get home. But, you get all of your friends together, and no one is sober enough to drive, and the wait for a cab is almost an hour. How do you avoid a situation like this?

"The most important thing is to make a plan with your friends before going out," said Karen Flanagan, coordinator of peer education. "Designate a sober driver in your group, plan on using a cab, or have a sober friend you can call to come pick you up at the end of the night."

She added that a sober driver has additional benefits aside from a safe ride home.

"That person can also look out for the rest of his or her friends," said Flanagan.

Junior Heather Gambacorto, who assigns designated drivers with her friends, said that it is an effective way to go out.

"We never have to worry about having our lives in danger," said Gambacorto.

On the other hand, sophomore Christina Bologna is wary of those who are designated to stay sober.

"People will still drink anyway," she said.

For people like Bologna who don't trust the DD system, taking cabs is a way to lower the risk of riding with an intoxicated driver.

"I love taking taxis," said junior Alexa Mainella. "Then you don't have to worry about whether a friend is going to have just one drink, and then think they are OK to drive."

While taxis provide the alternative to a drunk driver, cost is an issue. Bologna said taxis are "too expensive," and added that it's not necessarily a guaranteed safe ride home.

For students like Bologna, some nightlife companies provide transportation in the form of buses to and from some of the clubs in New Haven. These buses are not sponsored by Sacred Heart University, and have no affiliation with the university

at all.

The buses allow students to travel in large groups. In fact, many students go out with groups larger than one or even two carloads.

However, some say that they always seem to fill up quickly, and a seat is usually considered a luxury.

"I hate the buses," said Gambacorto. "They are gross and a lot of the people on there are loud and obnoxious. Most of the time there is not enough room to even sit down."

Sophomore Lauren Flynn agrees that buses seem like a great idea, but are impractical.

"The buses are usually disgusting because they pack them, and it is miserable," she said.

The most common choice among students is to find a ride with a reliable friend. Whether this friend stays with the group, or simply comes back to pick them up later on, many consider it important to have a sober driver.

"It's important to use a DD to make sure you and your friends get home safely, and make sure you don't put yourself or other drivers on the road at risk," said Flanagan.

Quinnipiac University in Hamden, Conn. offers a shuttle into the city of New Haven, which, according to the university's Web site, "is only about 20 minutes away, where there are shops, restaurants and clubs." This shuttle offers a University regulated experience for travelers.

Many Sacred Heart students agreed that having a shuttle system from the University to bars and clubs in the area would be a good idea.

Flanagan and her group of S.W.E.E.T. Peer Educators have begun focusing on the issue of getting to and from parties and clubs.

"This year, we distributed 'cab cards' around campus with local cab companies and their numbers so students would have an easy reminder to get home safely," said Flanagan.

HE SAID/SHE SAID

Should you forgive and forget, or just forget?

Alex Atkinson
He said



What to say, what to say? On a topic that is so meaningless to me I might as well just ramble on for a while until I decide even for myself what the best solution is.

One of the best things that I can think of right now to relate this to topic came from a radio show that was discussing Tiger Woods. Well, this guy calls in and says, "The biggest mistake Tiger really made was getting married."

The host, a woman, sort of laughed, more like chuckled, and thought about it for a minute, but was in obvious disagreement with what this man said.

It really makes me think though; if Tiger did not get married he would still be in the spot light all the time. Not to generalize too much, but as people we love to see the downfall of celebrities. We need to see something that will provide our dull lives with some excitement and entertainment, no matter whose expense it's at—as long as it's not our own. Tiger certainly screwed up because he cheated on his wife, but if he wasn't married we'd all probably still love him just as much as before the scandal came out to the public.

So this brings me back to the main topic. Forgive and forget, or just forget? What does it matter? So when you are in a relationship, the only way it can survive is if you can get through whatever it is you are fighting about.

Me, I can tell you I won't cheat but I don't deny the fact that I will screw up. If she wants to be an uptight pain in the butt then the hell with her. I'm a pretty passive person so I won't deal with fights.

Since I've never actually been in a long-term relationship, I never really have to put myself into these positions. I can understand why some fights or acts are harder to forgive and forget about than others. But when I forget to call you or forget to text you, those are not good reasons to bite my head off. I don't cheat so I can't get yelled at for that, so what is left to really get upset about? The little things, the things that don't matter, are the things that will provide a little bit of entertainment and excitement for a brief period of time.

This topic makes me think to one of Andy Warhol's theories. It went something like if we all introduce ourselves and present our top three flaws or problems up front at the time of meeting, then who can get angry at us? You have already told them the worst things about yourself, so there are no surprises and now you know whether or not that person could be right for you.

So, to forgive and forget? What can I say—as long as I'm not getting cheated on then why not forgive? I'm not going to sit here and tell you how to deal with your relationship because honestly, I can't even sustain one myself. No one can tell you what is right for you. If you think that she has done something unacceptable or constantly does something that annoys then why stick around? It really doesn't matter if you can get past what the person did then.

Enjoy your time and continue to live easy.

Adrian Fitzsimon
She said



I suppose one of the most crucial aspects of a relationship is the forgiveness process. The key to all healthy relationships is the willingness to forgive and forget.

Honestly, I think that's a load of crap. All that does is allow for repeat offenses since there would never be any repercussions. I say this all depends on the situation at hand. Sometimes it's okay to be forgiving; other times, not so much. Let's review.

We'll start with the obvious: he cheats. First off, let's make sure we all understand one thing here: cheating is not an accident, regardless how intoxicated he claimed to be. There aren't magnetic forces attracting their lips to fuse together, and no body forced his hands to get fresh and cop a feelski. (Okay maybe she did, but I'm sure we'll go over how I feel about "her" in another "She Said.")

When it comes to cheating, there is never room for forgiveness and if the relationship even meant anything to you to begin with (clearly it didn't mean anything to him), then I doubt you'll be able to forget. Call me crazy, but there is no way I would ever take him back. If he is capable of cheating once, who's to say he won't do it again, no matter how many times he cries and begs for forgiveness?

However, there are times when it is okay to forgive, but for your own sake, you probably shouldn't forget. Let's say he's a fantastic kid, kind at heart and cute as a button, but he has a horrible addiction: gaming. Every night he stays up 'til at least 4 a.m. playing those ridiculous video games, blabbing in "gamer" lingo to 12 year-olds in Poland. Seems harmless, right? Maybe, until he's supposed to pick you up from the train station early the next morning. But sure enough, he was up too late playing video games and slept right through the alarm. In all fairness, I suppose this could be a forgivable situation—of course depending on how many times it has happened.

But if you too are suffering from nerdy boyfriend syndrome like I am, try to understand that he still means well and do your best to forgive him (as long as it's his first offense). However, I suggest you do not forget this bad habit, or any others that may leave you stranded in the freezing cold in the middle of Bridgeport.

And finally ladies, just drop it. Sometimes, you gotta' just get over it and stop sweating the little things. So you asked him to take your pie out of the oven while you were in the shower and he forgot. Or maybe your 32nd week anniversary slipped his mind. Relax. Some things just aren't worth the fight or the chip on your shoulder. Brush it off, and get over it. Honest mistakes require honest forgiveness. And to honestly forgive him, you can't continually hold it against him. If those are issues you get worked up about, then you're a miserable girlfriend.

It's important you stay on top of your game, girls, and to be able to recognize when to forgive and when to forget. Generally speaking, forgiving and forgetting, isn't a bad idea, but make sure you won't be paying for it later.

SHU graduate stepping out of Fairfield, into limelight

Jeff LeBlanc makes his alma mater proud with local performance at Fairfield Theater

Kaitlin O'Reilly
Contributing Writer

Fans say they appreciate his outgoing personality, soulful tunes, and distinct rhythm. These loyal listeners braved Friday night's snow storm to hear Sacred Heart University graduate Jeff LeBlanc perform at the Fairfield Theater Company.

The Feb. 26 show opened with Milford native, indie-pop performer Sean Fournier along with Joe Belezny, a talented performer as well as beloved staff member of Sacred Heart's registrar office.

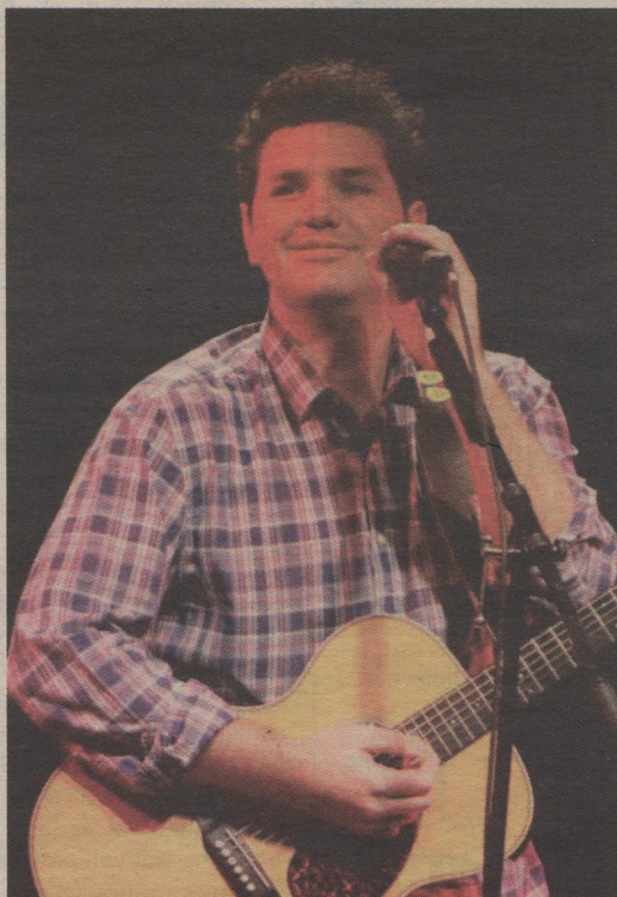
"This performance was top notch. During his sound check, I knew it was going to be great and something special," said LeBlanc's manager Matt Doyno, who also graduated from Sacred Heart in 2008.

LeBlanc graduated with a bachelors degree in history and music, and recently obtained his masters degree in teaching secondary education. Since then, he has been focusing hard on launching his career as a musician. Needless to say, he is really starting to see the benefits of his work with shows such as this, where friends and fans in the Fairfield area sold out his performance.

"We had been working this show out for a long time so it was great to finally see him up there on stage doing what he does best. It was just like any other show, but the venue and the crowd and the overall atmosphere for the FTC made it something special," said Doyno.

LeBlanc did not start playing the guitar until his senior year of high school, but with the instruction of the Sacred Heart music department and after performing multiple shows at local venues and countless performances at Sacred Heart, the singer and guitarist went on his first tour last summer, visiting and performing at dozens of colleges.

"In terms of being schooled, everything was self-taught for a while; both guitar and voice. However, you reach a point where you need to take things to the next level. I sought out guitar and vocal lessons while at SHU



The Spectrum/Mike Oberlander

LeBlanc smiles for fans at his Feb. 26 show at the Fairfield Theatre Company.

and the professors really helped me significantly in finding my own voice and sound," said LeBlanc.

The performer's MySpace page describes his recent accomplishments stating, "Jeff's studio debut, Signals, was recorded in Nashville and released in September of 2009 to widespread acclaim including licensing deals from MTV shows such as The Hills and The Real World."

With the addition of his newly released CD and a college tour under his belt, the performer has no intention to take a break anytime soon. He has a handful of shows in the next few months in everywhere from New Hampshire, to Pennsylvania, Rhode Island, Connecticut, and New York. LeBlanc said that he is particularly excited for his show at Bryant University in May, where he will be opening for Third Eye Blind.

"Jeff has not changed as a person one bit, from freshmen year when he played guitar in the stairwells to now, he still is the genuine out going person that we all love.

Jeff's performances have matured over the years into what I would say is a near perfect mix of energy, entertainment and musicianship," said friend and fan Christopher Yantz, alumni of the class of 2009.

According to some of his fans, there is no doubt that LeBlanc is headed for stardom, and the atmosphere at his show last weekend seemed to make this evident.

"Sacred Heart was definitely lucky to have him. He's a great performer and a great person. I definitely see celebrity status in his future. I thought this was one of his best performances," said senior Cheryl Huber.

LeBlanc's manager expressed the same optimism.

"We both know the road is going to be long and hard and full of doubt and rejection, but his positive attitude and work ethic will definitely shine through and I definitely think he will break through and succeed. His live show and songs I feel can break into the main stream... I do have my fingers crossed," said Doyno.

This concert was an opportunity for the local community to see how LeBlanc has grown as a performer, in the past months since he has left Sacred Heart.

"It was amazing. It's great to have such a loving group of people that support you. I can't believe how many old friends and also new faces came down.

"I'm still in a transition phase," he said. "I'm trying to convince everyone from the 'old days' that I'm not just a guy playing covers in Holy Grounds."

Sixteen, pregnant, and back for another season

Alyssa Collier
Staff Reporter

Motherhood: a dream for many girls when they were younger. For some girls, however, this childhood fantasy can become reality sooner than they saw coming.

MTV's hit show "16 and Pregnant" is back for another season, taking a look into the lives of a few young girls on their journey before and after the delivery room. The drama has recently caused some controversy in regards to whether or not it promotes proper behavior for young girls.

According to TheWrap.com, it's not all about "Snooki" at MTV these days. "16 and Pregnant" is proving to be quite the "bundle of joy" for the cable network.

The second season premiere delivered a series-best 3.4 million viewers, beating NBC's Olympics coverage among women under 34, said the Web site.

But not everyone at Sacred Heart University is necessarily tuning in.

"I've heard of it," said junior Danielle Licursi. "I've never watched it though."

Among those who do watch it, some said that when it came to being a mother, the girls on the show were more interested in other things than taking care of their child.

"Most of them just keep their babies and continue to go out and expect their parents to take care of the baby," said freshmen Jennifer Ellis.

As to whether or not the show promoted good values among young girls, the response among some was clear that it did not.

"It's an awful television show," said Licursi. "It does much more harm than it does help."

Some female students, however, felt that sex before of marriage was not something that could essentially be stopped in today's culture.

"I think it's going to happen no matter what," said sophomore Nicole DaSilva. "You have to learn for yourself."

According to Fox News.com, parents have been using programs such as "16 and Pregnant" and "Teen Mom" (which is "16 and Pregnant's" spin off show), as entry points into what can be complicated dialogue on sexual issues.

Others, however, feel that the shows actually promote promiscuous sexual behavior in teens, and present a one-sided image of motherhood that may persuade young women to terminate their pregnancies, said the Web site.

Common teen activities such as frequent indulgence in alcohol, lack of sleep, and unhealthy eating patterns may have a negative effect on the developing baby, said the Web site.

According to KidsHealth.org, some parents may feel a sense of guilt, thinking if they had done more to protect their child this wouldn't have happened. And although some parents may be embarrassed and worried about how others will react, others are happy about the news of a soon-to-be grandchild, especially if the teen is older and in a mature relationship.

"16 and Pregnant" airs on MTV Tuesday nights at 10 p.m.



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GET REEL: MOVIE REVIEW OF THE WEEK

Mike Oberlander
Staff Reporter

They did it in "Gangs of New York," "Aviator," and "The Departed." Leonardo DiCaprio and Martin Scorsese have come together again to bring us a hair raising, suspenseful adaptation of the New York Times' best selling novel "Shutter Island."

U.S. Marshall Teddy Daniels, DiCaprio, has been brought to an island off the shore of Massachusetts to investigate a missing patient at a hospital for the criminally insane. But when the facts begin to unfold and patients are questioned, it seems there is more than meets the eye in this thrilling mystery.

From the opening to the ending scenes (when the plot is finally revealed) my eyes were glued to the screen, my mind racing to figure out what the deal was.

Yet one thing really stood out in my mind: this is not your typical Scorsese film. Other than the usual Bostonian accents and detective work of two U.S. Marshalls, Scorsese has quite clearly produced something new and very unique.

This one is nothing like anything Scorsese has done before. As a matter of fact, I cannot even relate this movie to anything else that I have ever seen be-

fore.

Cinematically the use of quick shots and the mixture of hallucinations and memories caused me much confusion, but with the smarts of Scorsese, he slowly made everything blend into place so that after the two hours of confusion the plot finally stuck.

What was so impressive about the movie, besides the story line and cinematic brilliance, was the great acting including the many unknown actors that are seen throughout the film.

With big names such as Ben Kingsley, Mark Ruffalo, and Leonardo DiCaprio leading the way, there seemed to be much pressure for the other actors to deliver... and they did.

Including Jackie Earle Haley and Max von Sydow, these Hollywood newcomers may have only seemed to be in the movie for less than 20 minutes each, yet they delivered what they needed to and seemed to make their screen time count.

Combine extraordinary effects, amazing acting and direction, and an original screenplay that will puzzle you, and you've got yourself a cinematic winner.

This is definitely one worth seeing on the big screen, so take a night out of your schedule to go see this movie while it is in theaters.



AP Photo

Get Reel gives Shutter Island



Sir Elton John coins Jesus as homosexual

Kristi Troccoli
Staff Reporter

Singing icon Elton John is facing backlash for his recent comments on religion and Jesus' sexuality.

It has been reported that in a recent interview, Elton John told Parade Magazine that he thought Jesus was a homosexual.

"I think Jesus was a compassionate, super-intelligent gay man who understood human problems," said John to Parade Magazine, which was published in the Feb. 19 issue.

He made the observation after mentioning that Jesus forgave and loved the people who nailed him to the cross.

Many individuals had not even heard of this occurrence.

"I have not heard about this, but I can see his comments stirring up controversy," said junior Mark Castellano.

While many aren't familiar with the drama, most students at Sacred Heart University seem to feel that Elton John was speaking out of line with his comments.

"Being Catholic, and attending Catholic schools all my life I am somewhat offended my Elton Johns accusations," said junior Tracy Severe. "I do not feel it was appropriate for him to make those accusations, however he is entitled to his own opinion."

However, others do not feel insulted by the comment, assuming that the topic is open for some personal interpretation.

"I am not offended by Elton John's comment. There are many different ways to understand Jesus, and it is common for individuals of varying political persuasions to see their own position as supported by Jesus," said Dr. Christel Manning, associate professor of the religious studies department.

"For example, feminists tend to see him as one who challenged patriarchy, while conservatives see him as one who supported so called 'traditional family values.' But it is very difficult to objectively determine who is right," he said.

John's comments sparked a reaction from The Catholic League, "The nation's largest Catholic civil



AP Photo

Elton John on the red carpet at the 2010 Sundance Film Festival in Park City, Utah this past Jan.

rights organization," as stated on their Web site.

"...To call Jesus a homosexual is to label him a sexual deviant. But what else would we expect from a man who previously said, 'From my point of view, I would ban religion completely,'" said Bill Donohue, the president of the Catholic League on their Web site. "One thing is clear: someone needs to straighten John out."

On Feb. 19 Fox News host, Bill O'Reilly, expressed his opinion about John's comment on live television.

O'Reilly called John a "pinhead," and said, "There is absolutely no evidence of that [Jesus being gay]."

Although many were irritated by John's comment, several people have said they feel that his intent was not to provoke negativity.

"I don't think that Elton John made the comment in a negative way. He is openly gay himself, therefore I doubt he'd use the word as an insult," said junior Mario Mililli.

'INTERN QUEEN' HELPS STUDENTS GET THE JOB TO WEAR THE CROWN

Jaclyn Hendricks
Staff Reporter

It's been said time and time again that "you can't get a job without experience, but you can't get experience without the job."

Sacred Heart University provides students with resources such as the annual career and internship fair, career development office and the advice from professors. But to land a dream internship in this economy, students have to take the reins of their future and look outside the box.

Enter the Intern Queen or, www.internqueen.com.

"The Intern Queen offers interns to pass on their materials through an actual person, not just through a company," said Lauren Berger, the "Intern Queen" herself.

Berger began the site in order to help people find internships in the communications field, as she was a communications major herself.

"All of the materials (resumes, cover letters, writing samples, etc.), pass through me and I will personally send them off to the internship that they are applying for with a personal message back."

An online resource, it's a tool that's geared to students in the media, communications and marketing field, among others.

"I would like to use this Web site because it offers multiple opportunities and gives you the option to really narrow your search down to what you're looking for," said junior Brittany Brown, a communications major.

"I like that it lists a variety of companies and locations all across the country," she said.

You may find that some of the companies listed on Intern Queen vary from CBS News internships in New York City, to an internship with Interscope Geffen A&M Records in Los Angeles.

"Internships are the place to form connections and build contacts," said Berger, who completed 15 internships during the four years she attended college. Berger graduated from the University of Central Florida in 2006 and started her company, Intern Queen Inc. in the same year.

"I had never heard of the Web site before, but I plan to use it in the future in hopes of getting an internship with event planning," said junior Kate Festa.

If you're contemplating whether or not you want to apply for a summer internship, now is the time as some students have already started.

"I started applying for summer internships in January to get ahead of the game," said Brown. "That way it will better my chances of getting an interview."

Berger offers similar words of advice to those still on the hunt for their dream jobs.

"The ideal time to apply for a summer internship is now. A lot of leading corporations have deadlines of March 15, though some won't start looking at applications until April," said Berger.

Just don't stop at one or two applications, it's best to apply for more.

"Take an hour or two out one day and to apply between 10 and 20 internships. It's best to even apply to smaller companies for internships and not the most well-known like 'Marie Claire' and 'Seventeen,'" said Berger.

After sending out resumes to a magazine like Us Weekly or PR firm ABE NYC Inc., both listed on the Intern Queen's Web site, Berger said it's up to the student to keep in contact with their potential future bosses.

"Two weeks after applying, it's best to follow up with employers," said Berger, "Sometimes employers need a nudge to keep an eye on the intern e-mails. It also keeps you on their radar."

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THE GENDER DIFFERENCE

What guys and girls differ on when it comes to beauty

Brittany Foy
Staff Reporter

It's Saturday night at a local bar in New Haven. You've dressed to impress with that sassy new mini or the head-to-toe trendy fashion essentials that you bought that day at the mall. While all night girls seem to be complimenting your new look, guys can't help but stare in confusion.

As many women take their fashion advice from magazines and fellow peers, men seem to get lost in translation sometimes what appears cute and trendy to females tends to appear ugly and unattractive to guys.

Contrary to a survey posted by The Frisky style Web site, most Sacred Heart University men say that they have no extreme feelings regarding "trendy" styles. Rather, simple elements like certain clothing or makeup are the biggest turnoffs concerning fashion.

"Guys definitely notice if a girl puts effort into looking good," said junior Rob Mazzacone. "For the most part, it's appreciated but if a girl looks like she's trying too hard or has too much makeup on, it shows and it's unattractive."

In fact, excessive amounts of makeup often something that makes a woman undesirable. According to The Frisky fashion Web Site, 68 percent of men said that they were "anti too much war paint." On the other hand, 20 percent said that some makeup was better than none at all.

"My friends and I all love Lady Gaga's look and her crazy outfits and makeup," said senior Meredith Raus. "But all of the guys we're friends with don't see her as 'hot' or good looking."

Another turnoff that guys agreed upon was "The Jersey Shore" look. This can be defined as dyed hair, too much time in the tanning bed, and a lot of bronzer resulting in orange pigmentation.

Mazzacone said, "Essentially guys don't like girls that look fake. Too much of anything just doesn't look



AP Photo
Lady GaGa is considered beautiful by many girls but boys don't see the attraction.

good and often comes off more rude than anything else."

Sacred Heart girls agreed that the overly tanned look is not attractive. However, they also admitted to not considering men's opinions when selecting wardrobe.

"In my opinion, we're trying to impress each other more than we are guys," said sophomore Lindsey Guidotti. "Honestly how many of the guys that girls are trying to impress are looking at their feet or what style jeans they have on?"

"I think most girls get fashion advice from what they see their friends wear or whatever is most popular in stores," said Guidotti.

While the girls said they don't stress for a male opinion too, there are fashion choices that women should avoid, according to some men. A few of these do apply to the aforementioned "guidette" look; however, others apply to a different type of style.

"I have a rule if a girl wears velour then I won't talk to her," said sophomore Brian Buchanan.

Girls are not oblivious to many of these, however, most say that they don't care about a guy's opinion. In some cases, girls said that they have heard of other items on the men's "do not wear" list including baby doll dresses and belly button rings.

"Girls realize that guys do not like many of things they wear, but honestly I do not plan around that," said sophomore Marcelle DaMotta. "If I look and feel great in what I'm wearing, who is a guy to tell me differently just because he doesn't understand new trends?"

Another fashion statement that men tend to hate is the loose dress and shirt look. Some think it looks like maternity wear.

"I know that my boyfriend thinks babydoll dresses look like maternity dresses," said sophomore Maile Hetherington. "In actuality, many men relate babydoll dresses to potential baby bumps and are completely turned off."

An article on StyleCaster.com entitled "Six Trends You're Wearing That Guys Hate" claims, "Your babydoll dress just might be giving off a subtle baby momma drama signal and you don't even know it."

While some nights are dedicated to going out, others they would rather just feel comfortable in their own skin.

"I think it's important not to let other people's opinions affect you too much," said Hetherington. "It's all about confidence in what you wear."

"If you are comfortable with yourself, then people's opinions won't really bother you," she said.

Good girls gone bad

Michael Ohrenberger
Staff Reporter

Why do good girls like bad guys?
Why do nice guys like bad girls?

Since long before Sharon Stone in "Basic Instinct" and Tom Cruise in "Top Gun" it has been often portrayed in the media that people are attracted to the bad girl and bad guy persona.

"I think that some people are attracted to bad girls and bad boys because they are a challenge and it intrigues people to accomplish them," said junior Brittany Calvanese.

"Personally, I'm not a fan of bad boys because they usually seem to disappoint people more."

Winning the challenge of a bad boy is fun for some guys, but how about the nice guys out there getting with bad girls?

"I think for some guys going after a bad girl is a thrill, she is unexpected with her actions and you never know what you are going to get from her," said sophomore Eddie Kennedy.

"I have never preferred the bad girl because they are a bigger headache than I normally have to deal with when it comes to dealing with a regular girl."

While some do not seem to want to go for the bad apple themselves, they explain why this can be an attractive trait.

Going for the bad boys and bad girls can be a fun experiment for a little bit of adventure, but do we ever grow out of this trend?

"Personally, the bad girl trait isn't

something I look for in a girl, but for others it can be desirable," said junior Anand Amin.

The idea of having a girl that gives such excitement and will do more than other girls, may be something that some guys want. As to what makes a girl "bad," her actions, and partying, spontaneous, random events.

So are bad guys and bad girls just a risk to take for a little bit of fun?

Can any relationship ever come out of a fling with a bad boy?

"I do not think that guys desire bad girls to be in long term relationships," said junior Jennifer Hill.

"They desire good girls for committed ones but want bad girls as a one-night stand. I think that secretly every girl would like to have a bad boy for the fun and thrill but they aren't desirable for being a steady boyfriend."

"I think one person might date a bad boy or bad girl just once, because they have never experienced it before and they are attracted to it, but soon they will realize it's not all the hype and will see what they are doing is a mistake," said Kennedy.

So for some it seems the risk can be worth the fun. For others it is just too much of a squeeze to get the juice.

"Personally, I don't like the 'bad girl,'" said junior Chris Lebeau.

"Those are the girls you should leave at the bar because all it will be worth is a headache and a doctors visit. My word of advice: find the girl that your mother would approve of," he said.

Cocky vs. confident

A thin line between crazy cocky and cool confidence

Michael Prate
Staff Reporter

The thin line between cocky and confident can seem to be even hazier these days. Though society doesn't seem to like people who always brag or constantly talk about themselves, is that considered cocky or confident?

Where does the line begin and end?

At an early age, we are taught that someone who places himself on a pedestal or looks down upon others is considered cocky. But does this definition still hold true?

"If a guy is cocky, he pretty much thinks that he is God's gift to the world and wants everyone to know it," said senior Elise Silverstone. "He will most likely want to be the center of attention, and probably try too hard to impress people."

On the other hand, someone who works hard and achieves his or her goals or who is naturally humble can be considered confident. This type of person doesn't need constant reassurance of their talent but isn't willing to flaunt it either.

"If a guy is confident, he doesn't need everyone to know it, he is comfortable in his own skin, and can be himself in any situation without feeling the need to brag or exaggerate things," said Silverstone.

Although being cocky or confident could share some of the same similarities, cocky people will generally speak highly of themselves in a negative way.

It's most important to have the utmost respect for yourself. Saying you are proud of yourself is something that essentially, no one will be able to take from you. Someone who lacks this may come off unattractive to others.

For some, the biggest turn on is confidence and personal assurance.

"Someone without confidence would be somewhat of a turn off because they don't have faith in themselves," said sophomore Katelyn Abate. "They most likely won't have assurance or faith with other decisions they make."

Regardless of the situation, someone who works hard should always be happy with themselves, even if all their goals haven't been perfectly accomplished.

"I think the most attractive is a confident person, but even a cocky person is more attractive than an insecure person," said senior Dan Repetti. "Someone like that will just bring you down with them."

What to do if you're lacking in the confidence department? Make a list of all the positive things in your life. You'll be surprised with your results.

"People change all the time, someone's confidence could someday turn into cockiness and a cocky person could also become more humble with time. If you're a good person and true to yourself because that's all that matters," said sophomore Sean Kessler.



AP Photo
Now notorious for cheating, Tiger Woods' career has been put on hold because of his infidelity.

Much sweeter to not be a cheater

Chris Corrigan
Staff Reporter

Have you ever heard the phrase, "It's not cheating unless you get caught?" The validity of that quote is debatable, but the truth is couples cheat. After months or years of commitment, effort and trust, what causes couples to cheat on each other?

Christine Lametta, a senior at Sacred Heart can speak from experience. "I think many couples do it because they find it liberating, against the status quo, etc. Men like Tiger Woods and Hugh Grant usually find it exciting to get with women of a lesser status. I believe it's really a neurological thing for chronic cheaters."

According to thescienceofcheating.org, "The 'cheating brain' reacts to a new lover the same way it reacts to cocaine!" Other studies have shown that couples come to depend on each other as a form of parenting. Needless to say, this would eventually lead to infidelity.

The pain caused by this act can stay with a person forever. According to menstuff.org, "Experts say that the reasons fall into two main categories. The first has to do with the relationship -- there's either an emotional disconnect or the couple's sex life isn't satisfying to one partner."

The second reason has nothing to do with the couple. Rather, one partner simply wants the excitement of an affair, needs an ego boost, or just feels entitled to have more than one sexual partner."

Getting away with cheating brings about a whole other topic.

"I couldn't live with that guilty conscience," said senior Caitlin Pearlman. "To do that to someone you love is just outrageous. Then to try and progress in a relationship that you're obviously not committed in? It's just stupid, I wouldn't be able to keep it hidden."

For some, cheating is used as an escape from their relationship troubles.

"Sometimes guys just get bored or feel trapped. It happens all of the time," said junior Ryan McCarthy.

If you've discovered your partner cheating, you have a huge decision to make. Do you forgive them, or do you move on? According to ivillage.com, there are steps necessary to take before you make your final decision.

The first step, is to take time off in order to process what has happened. Next, the Web site recommends surrounding yourself with people who love you so that they can keep you in the highest spirits.

Then the big step. Who do you really blame for the cheating? Can you live with what they have done and still remain together? Maybe it wasn't completely the cheaters fault.

Lametta has formed her own opinion on the issue due to her own experience. "He couldn't stand how controlling I was, so he needed an outlet. But I know he always loved me, and he still hasn't stopped loving me."

"THAT IS SO FETCH"

What makes someone a 'mean girl' or a b-word

Ashley Monaco
Staff Reporter

What do Cruella de Vil, the Wicked Witch of the West, and Regina George all have in common? Apart from the fact that they're all fictional movie characters, they're also all b-word.

The term b-word, once used to describe a female dog, has become a common part of everyday lingo and taken on many different meanings.

Some use it as a term of endearment, "Love ya b-word!" Others use it as a term of hatred, "She is such a b-word!"

Even guys use it, "That was one hot b-word!" Or you burnt your ear on your hair straightened, "Son of a b-word!" The possibilities are endless.

But what kind of meaning has the term taken among the female population at Sacred Heart University?

"For me, the word b-word applies to those girls who are just willing to step on whoever they can just to get ahead and get their own way," said sophomore Valentina Szlashta.

Some said, it's simply a matter of having a serious attitude problem.

"To me, it's someone who all around has a bad attitude and has no problem causing trouble and being the center of attention," said sophomore Bridget Rodin.

Similarly, "A b-word is someone who is being mean, rude, and whatnot on purpose," said junior Siobhan Canavan.

Aside from having multiple meanings, the term b-word also comes with multiple double standards. One of which, is the battle between "the b-word" and the "independent woman."

Some said, the difference between the two, is a matter of class.

"A woman who is strong-willed isn't necessarily heartless and cruel," said Szlashta. "A non-b-wordy, independent girl will handle a difficult situation with class and state her issues in a classy manner."

"Girls that are b-words will make a scene and throw a tantrum," she said.

Others said it is simply a girl that is misunderstood for being her own person.

"Just because a girl is independent and doesn't need others to define her life or things, that doesn't make her a b-word," said Canavan. "It makes her, herself. She's not hurting anyone by being like that."

On the contrary, some said having that edge might gain a woman more respect.

"I feel like a lot of times a woman who is independent and may have a b-wordy 'edge' to her is often more respected than someone who doesn't have a backbone and never sticks up for themselves," said Izzo.

Another common double standard is one that appears in many situations, the classic battle of the sexes.

"I definitely feel like there is a double standard set for guys and girls," said Izzo.

"While guys are allowed to say whatever they are thinking, girls have to censor themselves because if they say the same thing, they will be considered a b-word," she said.

Likewise, "Guys can say and do things and don't get labeled like girls do," said Canavan.

"I think boys can be assertive and it just gets

shrugged off."

However, some said there isn't a drastic double standard between the two.

"I think that girls who are 'b-words' and guys who are 'a-holes' definitely get labeled and treated in the same way," said Szlashta.

"Except I think that the label for girls who are b-words tends to be a bit harsher," she said.

"It's easier to label a girl as a b-word than a guy as and a-hole."

There is something the sexes have in common, relationships, and when it comes to relationships some experts say, it's just not acceptable to be a b-word.

In his book "Crash Course in Love," author and matchmaker Steve Ward warns readers against being too hard edged.

"Friends don't let friends date b-words," he wrote. "If you seem high-maintenance, obnoxious, confrontational, or combative to his friends, they can and will turn him against you very easily."

Being labeled as a b-word for being strong and independent and being labeled as a doormat for being too nice could leave women in a very confusing state on how to act.

When exactly is it acceptable to be a b-word?

"It's okay to be a b-word when you need to defend yourself," said Rodin.

"When you're out of place that is when the b-wordy attitude should go away."

Also, "I think it's okay to stand up for yourself and others when things are important or someone is being taken advantage of," said Canavan.

"But I think it's better to back off when you're in the middle of something that doesn't really concern you or your just trying to intentionally hurt someone."

In the end, b-wordiness may simply be part of the female DNA.

"Being realistic, every girl is a b-word at some point or another," said Izzo. "It's in our hormones, we can't help it."

STUDENT'S FAVORITE HOLLYWOOD B-WORDS

ADRIANNA BIANCO, JUNIOR:
JANICE DICKINSON

CAROLINE CAMPO, SOPHOMORE:
PEREZ HILTON

KELLY KING, FRESHMAN:
KRISTIN CAVALLARI

MARISSA FOSTER, SENIOR:
ANGELINA JOLIE

CAITILIN MOSER, JUNIOR:
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Scoreboard

Wednesday, February 24

M. Volleyball

Ramapo- 1

SHU- 3

Thursday, February 25

M. Basketball

FDU- 64

SHU- 59

W. Basketball

FDU- 33

SHU- 55

Friday, February 26

Softball

SHU- 0

Cleveland St.- 1

SHU- 3

UNC Greensboro- 5

Baseball

SHU- 6

Florida Gulf Coast- 3

M. Hockey

SHU- 3

Air Force- 6

Saturday, February 27

M. Volleyball

SHU- 2

Baruch- 3

SHU- 3

Medaille at Baruch- 1

Softball

SHU- 8

Niagra- 0

W. Lacrosse

SHU- 6

Brown- 14

W. Basketball

SHU- 58

Monmouth- 65

M. Basketball

SHU- 68

Monmouth- 63

Baseball

SHU- 4

Florida Gulf Coast- 7

SHU- 3

Florida Gulf Coast- 18

W. Hockey

SHU- 6

St. Anselm- 7 (OT)

M. Lacrosse

Marist- 11

SHU- 10 (OT)

M. Hockey

SHU- 1

Air Force- 8

Sunday, February 28

W. Hockey

SHU- 3

St. Michaels- 3 (OT)



The Spectrum/Michele Tymann

Sacred Heart's Kiley Evans (left) and Callan Taylor (right) will each play key roles in the Pioneers' opening round game against Central Connecticut State University on Saturday night.



The Spectrum/Zack Lane

Pioneers poised to defend NEC crown Team to face CCSU in quarterfinal round

Antonino Mannino

Staff Reporter

Going into Thursday night's game against Fairleigh Dickinson University, the Sacred Heart University women's basketball team needed to regain their identity after losing four straight games.

"We need to get our defensive intensity back," said coach Ed Swanson before the game. "If we do that, then everything else will just fall into place."

The Pioneers responded to their head coach's plea as they defeated Fairleigh Dickinson, 55-33 at the William H. Pitt Center to secure the third seed in the upcoming Northeast Conference tournament.

The Pioneers were led by sophomore Callan Taylor who recorded her 15th double double of the season with 18 points and 11 rebounds.

"Everyone just came together [Thursday] and we told each other that stepping up the defensive game is something we need to do," said Taylor after Thursday's win.

Swanson was also pleased with his team's effort – especially on the defensive side of the ball.

"We are excited to get on the other side of the ledger," said Swanson. "We didn't shoot the ball very well and that is something we will work on and get going, but we showed a good defensive effort."

The Pioneers held the Knights to just 33 points on the night as they only shot 26 percent from the field for the game.

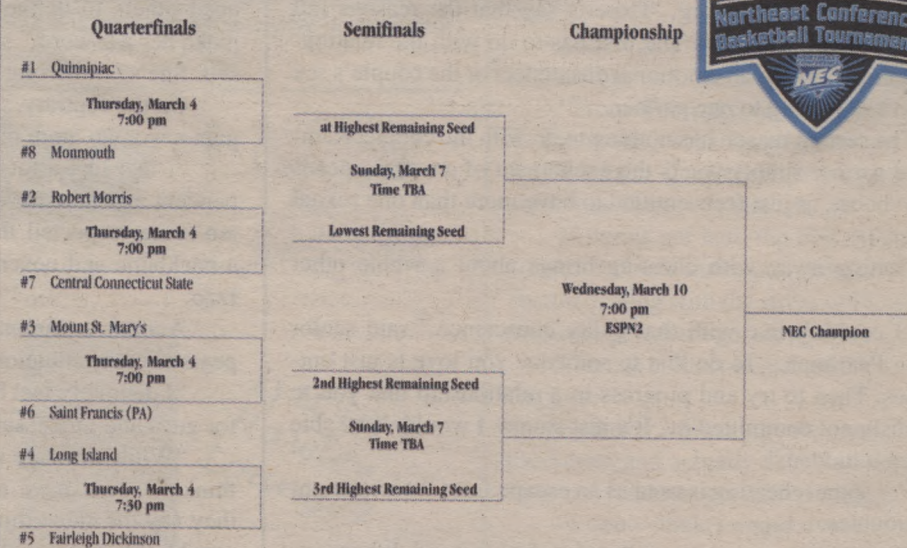
Turnovers were a big factor in this game as Sacred Heart scored 25 points off of Knights turnovers – almost half of their total for the game.

The Pioneers ended the first half in a big way as they went on a 13-4 run heading into the locker room.

Juniors Alisa Apo and Maggie Cosgrove played a big part in the run as they ended the half with back-to-back 3-pointers. Apo finished the game with 11 points and five assists.

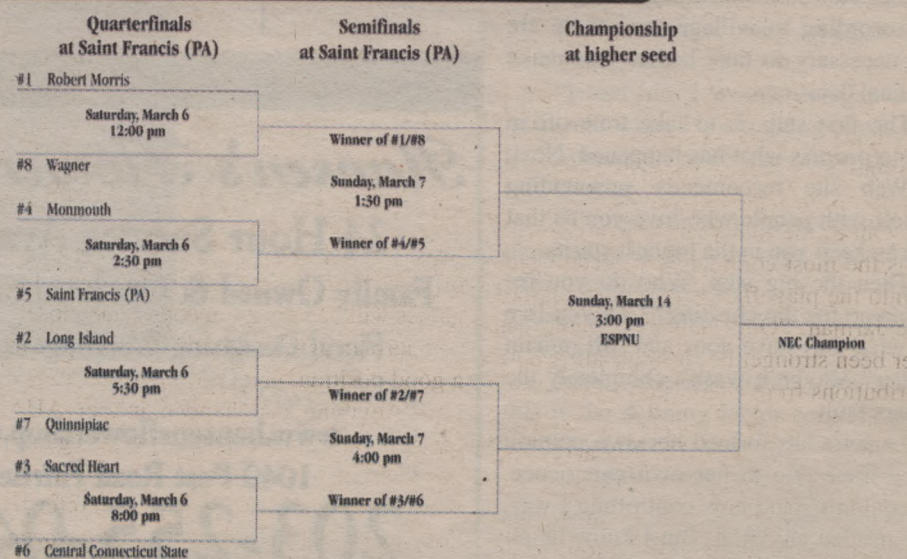
2010 NEC Men's Basketball Tournament

Games held at campus sites. Higher seed hosts all games. Teams will be reseeded after quarterfinals.



2010 NEC Women's Basketball Tournament

Quarterfinals and Semifinals held at Saint Francis (PA). Championship held at home of higher seed.



See MEN'S HOOPS on page 14...

Bracket courtesy of northeastconference.org

Trumbull's Chris Drury a 'winner' on and off the ice

Rob Morgan
Sports Editor

Chris Drury can add another line to his impressive resume.

Already a Stanley Cup and Little League World Series champion, Drury earned his second Olympic silver medal after helping Team USA advance to the gold medal game against Team Canada on Sunday in Vancouver.

Even though the U.S. fell just short of winning gold, Drury, a Trumbull native and captain of the New York Rangers, said that the overall experience of representing his country is unlike any other.

"It was a pretty exciting two weeks for us," Drury told the Associated Press after Sunday night's loss to Canada. "...From where we came from in August, people were making fun of how many Ryans and Johnsons we had. No one knew our names. People know our names now. USA Hockey is in good hands."

Drury, who played youth hockey at the Wonderland of Ice in Bridgeport which is also home to the Sacred Heart University women's ice hockey team, wasn't even sure that he would be selected to this year's Olympic team.

But on Jan. 2, Team USA general manager Brian Burke announced that the 33-year-old Drury would, in fact, be part of the U.S. squad "because he's Chris Drury."

"We know what he can do," said Burke on why he chose Drury. "We think he provides essential leadership - he's as good as another coach in the dressing room as far as what he provides."

According to John Ferguson, assistant general manager of the Wonderland of Ice, it was obvious that Drury was going to be a special player at an early age.

"I've known Chris since he was five years old and I consider him one of my best friends," said Ferguson. "He used to ride his bicycle [to the Wonderland of Ice] and skate for hours. I knew he was going to be a pro player."

As a youngster, Drury led his Greater Bridgeport Pee Wee hockey team to the United States national amateur title in

1989.

Later that summer, his Trumbull Little League team pulled off the unthinkable as they steamrolled through the district and regional playoffs before defeating Taiwan in the Little League World championship game at Williamsport, Pa.

Drury was the winning pitcher against Taiwan after tossing a complete game five-hitter to go along with 2 RBI at the plate.

"We came together and just got on a roll," Drury told the N.Y. Daily News last August.

Last July, Drury and his Trumbull teammates reconvened at Unity Park in Trumbull - the team's home field during their championship year - to mark the 20th anniversary of their historic title run that put the small town of Trumbull on a national pedestal.

"I don't think any of us understood the magnitude of what we were doing while we were doing it," Drury told the Daily News. "We were just playing baseball."

Twenty years after lacing up his skates at the Wonderland for the first time, Drury's framed Rangers jersey is now on display at the rink for all to see with an inscription that reads: "To Wonderland: Stay Loose."

Above the entrance to the Wonderland, "Home of Chris Drury" is painted on the wall and a banner with his name and number embroidered in red letters hangs above the ice.

Trading cards of Drury are scattered inside trophy cases as a reminder for all those youngsters lacing up their skates that with hard work and a positive attitude, anything is possible.

"It's a Chris Drury shrine," said Ferguson. "Little kids come in here and point [to all of the memorabilia] and say, 'I want to be Chris Drury'."

Drury's success continued at the high school level where he won a state hockey championship at Fairfield Prep and was named Male High School Athlete of the Year by the Connecticut Post in his senior year.

He was recruited by several colleges, but wound up signing a national letter of intent to play hockey at Boston University.



AP Photo

Chris Drury celebrates a goal against Team Canada during the 2010 Winter Olympics in Vancouver. Drury, a Trumbull native, earned his second Olympic silver medal after helping Team USA advance to the gold medal game against Canada on Sunday.

In his freshman year at BU, the Terriers won the NCAA hockey championship and, as a senior, Drury won the Hobey Baker Award - an honor presented to the nation's top collegiate hockey player.

Drury made his NHL debut with the Colorado Avalanche in 1998 and just three years later, he became a Stanley Cup champion when the Avalanche swept the Florida Panthers, 4-0.

Ferguson was on hand for the Cup clincher in Colorado as a special guest of Drury's and pictures of the two smoking cigars and posing with the Stanley Cup at the former McNichols Sports Arena are also on display at the Wonderland of Ice.

"It was a once in a lifetime experience," said Ferguson. "Everybody else left [after the game] but I stayed for the parade and got to ride on a fire truck with Chris Drury and Rob Blake."

Later that summer, Drury brought the Stanley Cup with him to the Wonderland of Ice, where he was met with a hero's welcome.

Despite his many accomplishments and individual honors throughout his career, Drury takes even more pride in giving back to the local community.

For eleven years, Drury was actively involved in the Travis Roy Foundation which honored his former BU teammate who became paralyzed after crashing into the boards during his first collegiate hockey game.

Drury also continues to be an advocate for Hockey Fights Cancer - an NHL initiative which has raised more than \$11 million for cancer research institutions and various charities.

He also recently invited a group of Fairfield youth hockey players who suffer from Down syndrome and autism to participate in a hockey clinic at the Rangers training facility in Greenburg, N.Y. and will have the same group train at the Wonderland of Ice this summer.

"Chris always gives back," said Ferguson. "He never forgot where he came from."

Pioneers enter AHA tournament as No. 2 seed

Tom Herles
Staff Reporter

The Sacred Heart University men's ice hockey team enters the upcoming Atlantic Hockey Association tournament as the second seed and one of the hottest teams in the country with a record of 15-3-2 in their last 20 games.

However, the playoffs are a whole new season and nine other teams are looking to end the Pioneers strong run.

After starting the season 3-9-2, the Pioneers were looking up the league table trying to improve upon a weak start.

Close losses to conference rivals was the team story for the first half of the season, but the second half turnaround has put the Pioneers in one of the top positions to contend for a championship.

"Out of the four years I've been here, this is the most confident I've been heading into the playoffs," said senior forward Dave Jarman. "Our team as a whole has never been stronger because we are seeing contributions from every player."

According to the Atlantic Hockey Association Web site, the format of the tournament gives the six teams with the best regular season records a bye into the quarterfinal round. The bottom four seeds will be paired off for a one-game series from which the winners will move on and

the season will be over for the losing team.

Being the second seed, the Pioneers will then host the second lowest seed remaining in a best two out of three series at the Milford Ice Pavilion during the weekend of March 12-14. A series win means a date in one of the single game semifinals in Rochester, N.Y. on Friday, March 19.

If everything goes according to plan for Sacred Heart, the AHA championship game will be held on Saturday, March 20. The winner of the tournament will then receive an automatic bid into the NCAA hockey tournament.

Standing in the Pioneers' way are the other AHA teams who will attempt to advance deep into the postseason and eliminate the streaking Pioneers.

"I don't have a preference for who we face," said senior forward Matt Gordon. "Every team elevates their game for playoffs so regardless of who you play the games will be very competitive and close."

Jarman agrees that the Pioneers are in a good position.

"Anything can happen in our AHA set-up," he said. "I am confident against any team in our league this year. I feel like there are more teams that would prefer to not play us in the first round. We have been very successful at the MIP this year as our home record speaks for itself."



The Spectrum/Michele Tymann

Sacred Heart's David Berube (#22) eludes a Holy Cross defender on Feb. 19 at the Milford Ice Pavilion. The Pioneers are the #2 seed in the upcoming AHA playoffs.

The Pioneers are 10-2-2 in front of the Sacred Heart fans this year. This includes an eight-game home stand where they were not defeated. In fact, their only home loss since early December came against

the top seeded RIT Tigers on Feb. 5. They are 1-3 against them this season.

The other two teams that will host the quarterfinal matchups are the Mercyhurst Lakers and the Air Force Falcons who earned the third and fourth seeds respectively.

This past weekend Air Force defeated the Pioneers 6-3, and 8-1 giving Sacred Heart their worst defeat of the year on the final day of the regular season. Now the focus is on the AHA tournament.

Sacred Heart is looking to improve upon last years quarterfinal elimination in which Air Force ousted them winning the series in three games. This year, the players have different opinions on what it will take to extend their reach deep into the playoffs.

"We need to continue getting better and sticking to our game plan to finish on top," said Gordon. "We're a hard-working team, so as long as we keep skating and staying out of the penalty box we should do well."

Jarman has a more specific and straightforward outlook at what the team needs to do in order to win their first tournament since the AHA formed in 2003.

"In order to win, we need a hot goalie, special teams, and our ability to capitalize in pressure situations," Jarman said.

Men's hoops falls in OT, playoff hopes dashed

Pioneers fail to make NEC Tournament for first time since '04-05

Eddie Kuspiel
Staff Reporter

Hopes for the Sacred Heart University men's basketball team to qualify for the Northeast Conference tournament were crushed on Thursday with a heartbreaking 64-59 overtime loss to Fairleigh Dickinson University at the Pitt Center.

The loss officially eliminated the Pioneers from playoff contention, making it just the first time since the 2004-05 season that they have not reached the postseason.

Sacred Heart was leading for more than half of the game – at one point pulling ahead of the Knights by as many as 19 points – but could not hold on as Fairleigh Dickinson forced overtime holding on for the victory.

When the Pioneers and Knights met for the first time earlier this season, Sacred Heart had 22-point lead, but relinquished it in the last 11 minutes of the game for an 88-85 victory for the knights.

"We had a big lead and we shot 29 percent with it," said Pioneers head coach Dave Bike after Thursday night's game. "It was a matter of time before they scored some points. They only had 17 in the first [half]."

During the first half, Sacred Heart jumped out to a 26-17 lead behind a strong defensive effort and timely rebounds.

"I was pleased with the first half but

I don't think the players were," said Bike. "We were ahead and that's what matters to the coach."

The Pioneers began the second half with the same intensity by scoring the first eight points.

Then, with only 8:31 left on the clock, Sacred Heart hit a cold spell by scoring just four points in regulation while FDU scored 21 to send the game into overtime.

"...This group of seniors have been through a lot together and bonded throughout the years, and really helped put the Pioneers on the map."

-Josh Marshall

Sacred Heart men's basketball

"We fell apart defensively," said senior Josh Marshall who had a career-high ten points. "At the end of the game, FDU exploited Liam [Potter] being in foul trouble."

Potter, who attacked the boards with ten defensive rebounds, picked up his fifth foul in the closing minutes of the second half which put the team at a height disadvantage in the backcourt.

Bike watched his team that once had a record of 12-7 in not so distant January fall



The Spectrum/Alex Atkinson

Sacred Heart's Liam Potter goes up for a shot against Monmouth University on Dec. 5 at the Pitt Center. Potter and the Pioneers did not qualify for the NEC Tournament after losing to FDU on Feb. 25 at the Pitt Center.

down to 10th place in the division.

FDU converted a layup to go ahead by three points, 60-57.

PIONEERS SET TO DEFEND NEC TITLE AS NO. 3 SEED

...CONTINUED from page 12.

Juniors Alisa Apo and Maggie Cosgrove played a big part in the run as they ended the half with back-to-back 3-pointers. Apo finished the game with 11 points and five assists.

Senior Lindsey Gibson, who was honored before her last home game along with her family at mid-court, sparked a 14-3 run in the second half to put the Pioneers ahead showed a good performance as she started up a 14-3 run for a 51-29 at the 7:03 mark in the second half.

"Everyone just came together [Thursday] and we told each other that stepping up the defensive game was something we need to do."

-Callan Taylor

Sacred Heart women's basketball



The Spectrum/Alex Atkinson

Sacred Heart's Lindsay Gibson (#5) attempts a foul shot during a recent game at the Pitt Center. Gibson and the Pioneers are the #3 seed in the upcoming NEC Tournament and will face CCSU in the opening round.

On Saturday, the Pioneers could not finish the regular season on a high note as they fell to Monmouth University 65-58.

Sacred Heart will next face sixth seeded Central Connecticut State University in the opening round of the NEC tournament in Loretto, Pa. on Saturday at 8 p.m.

If they win, the Pioneers will then face the winner of Quinnipiac University and Long Island University on Sunday.

According to the Sacred Heart athletic Web site, Gibson has started 25 of 26 games this season and has posted career numbers averaging 4.1 points and 4.8 rebounds per game. She currently ranks 15th in the Northeast Conference in steals with 39 on the season.

Minutes later, Apo drained two shots at the foul line, which gave the Pioneers their largest lead of the night at 53-29.

According to the Sacred Heart athletic Web site, the Pioneers only shot for 34.4 percent (21-61) for the game, but their 14 offensive rebounds gave them more high percentage scoring opportunities.

M. Lacrosse falls to Marist in OT

Mike Leboff
Staff Reporter

The Sacred Heart University men's lacrosse team fell to the Marist College Red Foxes in overtime on Saturday night, 11-10, at Campus Field.

The game, originally scheduled to take place at 1 p.m. had to be pushed back to 6 p.m. to allow crews to plow the field and clear the snow off the bleachers.

The game was a back and forth contest which featured seven ties and six lead changes.

"Any time you lose a game in OT, it is frustrating," said Pioneers head coach Tom Mariano.

The Red Foxes got the scoring started when midfielder Matt Francis took a pass from Corey Zindel and put it past Pioneer goaltender Tom Trgo.

The Pioneers tied the game less than three minutes later when senior attacker Jon Flood scored his sixth goal of the season.

The Red Foxes regained the lead when Matt Sharkey scored the first of his four goals on the night.

Sacred Heart responded only 42 seconds into the second quarter as Timmy Katz buried his 8th goal of the year.

The Pioneers took their first lead of the game after respective goals by Joe Caridi and Brendan Foley which they held going into the locker room at halftime.

Flood extended the lead to two after burying his second goal of the tilt to start the second half.

The lead evaporated quickly, however, after Connor Rice and Sharkey scored twice in quick succession for Marist.

Flood then worked his magic for a third time for the Pioneers and found the back of the net to regain the lead.

Sophomore Matt Ferrino extended the lead to 7-5 with his first goal of the game.

Ryan Litke tried to close the gap with a 3-point shot with :37 left on the clock, but FDU grabbed the rebound and Sacred Heart was forced to foul to stop the clock.

Terence Grier made both free throws to preserve the victory for Fairleigh Dickinson.

"We lost an important game for us," said Bike. "It's a team game and if someone is happy with this game I think they're in the wrong business."

Sacred Heart closed out the season on a high note after defeating Monmouth University 68-63 on Saturday in West Long Branch, N.J.

But despite winning their regular season finale, the Pioneers will be losing five seniors to graduation this year, including Litke, Potter, Marshall, Corey Hassan, and Chauncey Hardy.

Hassan was named second team all-conference while Potter was named the league's most improved player.

"As us seniors leave, things will still go on," said Marshall. "They say every person on a team is interchangeable, but I feel like this group of seniors have been through a lot together and bonded throughout the years, and really helped put the Pioneers on the map."

"Sacred Heart will continue to progress after we leave and I know they'll be working hard to pursue a championship."

The Pioneers again struggled to hold onto the two goal lead as Sharkey completed his hat trick late in the third quarter.

Sacred Heart went into the fourth quarter with a 7-6 lead. The Pioneers looked like they may hold onto the lead until Matt Teichmann drew the Foxes even.

With the game tied in the middle of the fourth quarter, sophomore Rock Tate took a penalty which left the Pioneers short handed.

Marist capitalized on the opportunity as Zindel rifled one past Trgo to give the Red Foxes the lead.

Sacred Heart then got a golden opportunity as Marist took a penalty and Ferrino made the Foxes pay by burying his second goal of the game.

Sharkey then capped off his night with his fourth goal of the game to put Marist back on top, 9-8.

Nearly three minutes later, senior Evan Morgan pulled the Pioneers even late in the quarter.

About a minute later junior Tim Russo gave the Pioneers yet another lead, as he beat the Red Fox goalie with a laser into the back of the net.

The lead lasted for less than a minute when Teichmann tied the game up with less than three minutes left to play.

The game remained tied as the two teams headed into overtime.

Marist would prevail however, when Zindel scored the game winner 2:09 into the extra frame.

The loss dropped the Pioneers to 1-2 on the year.

"We have a core group of leaders that has done a good job and will continue to do a good job of leading this team," said Mariano.

Next up for the Pioneers will be a tilt with Manhattan College on Saturday at 1 p.m. at Campus Field.

Athletes give up sports for higher calling

Holum, Desme 'at peace' with decisions to take new path

Michele Tymann
Staff Reporter

What do you do when all or your sports dreams are right in front of you?

For two young athletes, the answer was obvious: join the church.

Former Olympic speed skater Kirstin Holum and former California Polytechnic State University (Cal Poly) outfielder Grant Desme both chose to leave their sports to follow a more spiritual path.

Though this isn't the normal path chosen by most standout athletes, their decisions are respected and understood by members of the Sacred Heart University athletic community.

"Joining either the priesthood or the convent is a special gift from God," said Don Cook, executive director of athletics. "One's station in life, whether an athlete, a doctor, a lawyer, a speed skater, a baseball player or professional in some other worthy endeavor becomes neutralized by the power of God's calling and grace."

"I think it is a good thing when people have the courage to decide which path to take and when to take it, regardless of what 'others' may feel."

-Nick Giaquinto
Head Baseball Coach

At the Winter Olympics in Nagano 12 years ago, Holum, then 17, placed sixth in the 3,000 meters. Because older athletes normally dominate the long distance races, "speed skating insiders" predicted Holum wouldn't even reach her peak for another decade, according to Yahoo! Sports.

That race at Nagano was the last time Holum raced competitively.

"I still loved the sport, but I had this incredible strong calling that it was time to move on and take a different path in life," said Holum to Yahoo! Sports.

She now lives as a Franciscan nun at St. Joseph's Convent in Leeds, England, according to Yahoo! Sports.

Senior Chris Rivera doesn't agree with Holum's decision to leave speed skating.

"While I understand everyone has different feelings on religion, I also understand that she has her entire life to dedicate to religion, so why not go for gold while she still can?" said Rivera.

Holum competed on arguably the biggest sports stage in the world, the Olympics, but failed to get a medal.

She then decided she needed to follow a different path.

Desme was at the beginning of his career with years of baseball possibilities ahead of him, but decided a life of spirituality was a better fit for him.

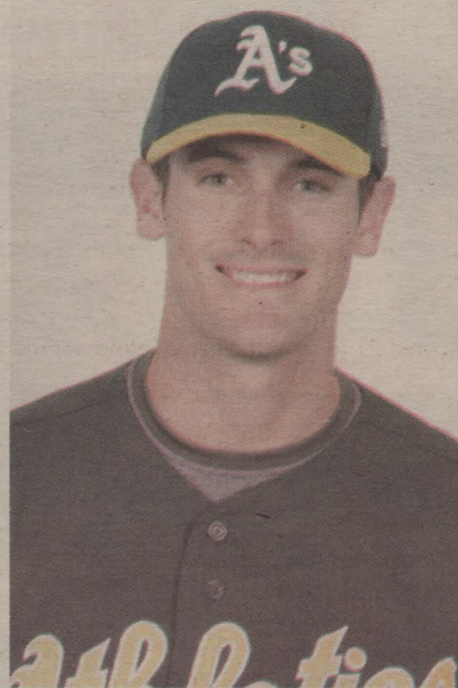
Desme was recently invited to the Oakland Athletics' spring training camp, but instead has decided to retire from baseball to become a priest, according to collegebaseball360.com.

According to ESPN.com, he was the only player in the minor leagues last season with 30 home runs and 30 stolen bases and became MVP of the Arizona Fall League.

"I was doing well at ball. But I really had to get down to the bottom of things," said Desme to ESPN.com. "I wasn't at peace with where I was at."

Desme plans to enter a seminary in Silverado, Calif., in August, according to ESPN.com.

"Great athletes leave the games they love every year for a variety of reasons



AP Photo

Former Oakland Athletics minor league outfielder Grant Desme gave up playing professional baseball to become a priest.

to pursue other professions. I think it is a good thing when people have the courage to decide which path to take and when to take it, regardless of what 'others' may feel," said Nick Giaquinto, head baseball coach

Some student athletes at Sacred Heart respect these athletes for choosing to leave their sports for a higher calling.

"I think it's really respectable that they decided to do what they really wanted with their lives instead of what others expected of them," said junior Markie Schmidt.

Senior Chip Clark is also inspired by the stories of Holum and Desme.

"As an athlete with a strong sense of faith, I believe that these stories are ones of inspiration," said Clark. "They have both made the decision that God is more important to them than athletics, and no one should be criticized for that."

Holum and Desme were both missing something in their lives. Now they are dedicating their lives to God.

"The gap, the hole in their heart, has now been closed, and as they said, they are at peace with God's-chosen direction for them. They listened to their heart," said Cook.

Olympic Medal Count



United States:	37
Germany:	30
Canada:	26
Norway:	23
Austria:	16
Russian Federation:	15
Korea:	14
China:	11
Sweden:	11
France:	11
Switzerland:	9
Netherlands:	8
Czech Republic:	6
Poland:	6
Italy:	5
Japan:	5
Finland:	5
Australia:	3

PHOTO OF THE WEEK



The Spectrum/Michele Tymann

Sacred Heart's Timmy Katz (#8) drives towards the net during the Pioneers' 11-10 overtime loss to Marist College on Feb. 27 at Campus Field. Katz recorded a goal and an assist for the Pioneers who fell to 1-2 on the season.

2010 ISLANDERS BUSINESS CLUB CAREER FAIR

NASSAU COLISEUM

THURSDAY, MARCH 25TH, 2010 • 4PM - 7PM

Meet representatives from different industries and professions, including sales and marketing, advertising, public relations and more! Representatives from professional sports teams and Islanders Business Club members are scheduled to attend.

- Learn about full-time, part-time and internship positions.
- Special guest speaker.
- Don't forget to bring plenty of resumes!
- Business attire recommended.
- Receive a ticket to see the Islanders take on the Flames.

REGISTRATION FOR THE 2009 CAREER FAIR IS \$25.

THIS INCLUDES ACCESS TO THE CAREER FAIR AND A \$40 GAME TICKET TO SEE THE NEW YORK ISLANDERS TAKE ON THE CALGARY FLAMES.

Registration deadline is March 18th. Registration is on a first-come-first-serve basis. Space is limited.

QUESTIONS? CONTACT DAVE CIOELLO AT 516.591.8825

SPORTS

THE SPECTRUM

<http://shuspectrum.wordpress.com>

Pioneers will
face CCSU in
first round of
NEC tourney

ON A MISSION



Sacred Heart's Maggie Cosgrove will look to help her team defeat the Central Connecticut State Blue Devils on Saturday.

The Spectrum/Zack Lane