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SACRED HEART UNIVERSITY
FAIRFIELD, CT

SPECTRUM

WOMEN'S LACROSSE WINS NEC TITLE



SEE PAGE 12 FOR
FULL COVERAGE

Sacred Heart implements new meal plan for fall

Elizabeth Fish
Staff Reporter

Sacred Heart University has been making some changes in order to update the campus, and these changes may affect the school for years to come. Aside from the new student center that will be constructed and the elimination of Park Royal as Sacred Heart housing, meal plan changes are also scheduled to occur starting in September 2010.

Sacred Heart is doing away with the current method of meal plans. Next year, students won't have to pay for each individual food or drink item they purchase for breakfast and dinner in Chartwells.

Student ambassador Samantha Latulippe said, "with the cafeteria being buffet style, you get charged a fixed price, no matter what food you get. For lunch, though, you'll get charged for every item you buy, the way it is now."

Students will be allotted a set amount of money to use for breakfast and dinner. Despite the amount of food they get, the charge will be the same for those two meals. The method for lunch will remain the same as it has been, where students must pay for each individual item they purchase.

The new meal plan method is an update based on surrounding colleges and their methods of how they allow their students to purchase school food. Other universities, such as the University of New Haven, have techniques

similar to this one.

Some students, though, don't necessarily think this new change is a good one.

"I like the way the meal plan system is now. It's simpler," said junior Ed Aliaga.

Junior Caitlin Cofell has other thoughts.

"The downside to this change is that I don't usually go to the cafeteria for a full meal, so I'll probably get charged for more than what my food is actually worth," said Cofell.

Other students think this new concept will be of help towards students.

"The new system is designed to give you more food for your dollar," said Latulippe.

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Higher education study solidifies Core Curriculum

Rob Coloney
Staff Reporter

Inside the office of Dr. Michelle Loris, the associate dean of the College of Arts and Sciences, there hangs a poster stating: "We're changing everything."

In a way, the poster references the newly devised teaching program Sacred Heart University utilizes to constantly improve the caliber of education for all their graduating students.

Loris recently contributed an article regarding this program in the winter 2010 edition of Liberal Education Magazine.

Her article, entitled "The Human Journey: Embracing the Essential Learning Outcomes," discusses how Sacred Heart's Human Journey compares to what many universities around the country are now doing to improve their core curriculum.

"I was asked to write the article because our core responds in a way to AAC&U's LEAP initiative and study," said Loris. "Sacred Heart, without knowing they were doing it, was responding to the LEAP program when we started development of the Human Journey."

The Human Journey, or as it is known at Sacred Heart, the Common Core, is a program designed to better educate students in all facets of life, by examining the "big" questions across the disciplines. These are questions en route to a more comprehensive understanding of learning and living.

The initiative and program Loris was discussing dates back to a study conducted about five years ago.

The study was designed to figure out what any student would need upon graduation. By asking businesses worldwide about their requirements, the Association of American Colleges and Universities (AAC&U), and their study in Liberal Education & America's Promise (LEAP) were able to formulate criteria for universities to consider when creating their core curriculum.

The AAC&U began the study of the LEAP initiative with the ideology behind the mission being the pursuit of "excellence for everyone as a nation goes to college."

According to Loris, "the AAC&U is the premier organization in the country - over 2,000 universities and colleges belong to this organization. They promote the advancement of all aspects of higher education, and they conducted the LEAP study to determine what needed to be taught in the global world we live in today."

The purpose of LEAP is to ensure that students are fully prepared to graduate with a greater understanding of the world and its ways, to be better prepared for the global world they are entering.

"We want students to think critically, carefully, ethically, morally, and about other people," said Loris.

The Human Journey, which launched in 2007, was initiated when Dr. Anthony Cerna, the president of the university, charged a Faculty Committee to develop a Core that was consistent with the university's mission. In addition, he envisioned it to coherently integrate the Catholic

intellectual tradition with the arts and sciences.

"The many faculty members involved put their heads together and thought creatively and carefully about what students needed," said Loris. "Faculty understand in general that students need a foundational education that has coherence and focus, that challenges them to think critically across disciplines about questions that have been established since the beginning of time, and that helps them develop skills of reading, thinking, and writing."

While some students may argue that Sacred Heart's Common Core is unique and not universal, that is actually not the case.

Brooklyn College has developed a very similar set of main questions for its new Core as Sacred Heart does, and is not affiliated with any religion. Brooklyn College is just one college of many like it, which continue to alter their common core curriculum to better prepare students for the ever-changing global climate they will be sent into.

"Education must respond to the world we live in," said Loris. "Whether that institution be secular or Catholic, it needs to teach people to think critically and to have a moral frame and a set of ethical values."

The commitment of Dr. Loris and all faculty involved in the Human Journey is all for the betterment of the student body and life after graduation. The Human Journey at Sacred Heart exudes more than memorization; it emphasizes being an intelligent human being.

"I have to educate more than your mind, I need to educate your whole person," said Loris.

BOTH STUDENTS AND PROFESSORS SUBJECT TO ONLINE CRITICISM

Erin Murtagh
Staff Reporter

University of Maryland senior Lauren Gregory always dreaded this time of each semester. It was not because she was reluctant to depart from her friends, or the place where she resided for a majority of the year, but it was because she needed to compete with the roughly 25 thousand undergraduates to register for her classes.

"Depending on what year you were, you would need to build at least four alternate schedules," said Gregory. "Chances are at least one course you need to take will be full or you will be wait listed."

At a school so large, getting into desired classes is only half the battle. It is also very important to know which professor to take.

According to Gregory, selecting professors is based heavily on word of mouth. Other than talking to people within the same major, students rely on the Web site Rate My Professors, an online database used by students to evaluate their instructors.

As stated on RateMyProfessor.com, students can judge their instructors on a 5.0 scale based on overall quality, helpfulness, clarity, easiness, and even physical appearance.

The site, however, does not only cater to large universities with a large number of professors. According to the site, there are

ten million opinions from students about one million professors from over 6,000 schools.

Sacred Heart University is one of the schools included, with 658 comments about professors from all departments. Gail Gillespie, a sophomore enrolled in the John F. Welch College of Business, uses the Web site regularly.

"I want to make sure I know a little bit about the professor before deciding to take a certain class," said Gillespie. "I've used it to help me each time I've registered."

"It was only two months into freshman year and I felt that no one really knew me. Everything was taken way too far."

- Kate Saso

But the site, designed to be a helpful tool for students preparing their schedules, can pose problems as well. Because the Web site offers seemingly valuable information, courses with the highest rated professors are at risk of closing quickly.

Even at schools such as Sacred Heart, where the number of students registering for classes is much smaller, problems still arise, especially among the more popular majors.

"The courses I need to take, especially

the prerequisites, are always available, but if I want to take them with a specific professor, I would really hope to have an early registration date," said Gillespie.

When registration trends follow word of mouth, the impression left on a student greatly affects class availability. Rate My Professors provides this type of information to a larger audience, especially in an era when the Internet makes information accessible to anyone.

With the number of instructors included on the site, the line between information and gossip can quickly be crossed.

The Web site removes what they believe to be libelous comments, but students still have the ability to post relatively freely. According to one post, written in capital letters, one student claims to hate what was described as an absentee professor, and then continues to explain how the assignments were designed to ruin her grade point average.

Dr. Andrew Miller, associate professor and chair of the department of media studies and digital culture, makes a point to avoid the sight altogether. "I studiously avoid looking myself up," said Miller.

Campus gossip sites are not exclusive to faculty and staff. Another Web site that achieved popularity on college campuses was JuicyCampus.com, now CollegeACB.com. The site is an online database of anonymous and completely uncensored posts by students about their classmates.

Because of the site's strict security policy, each poster is protected regardless of any derogatory remarks. According to JuicyCampus.Blogspot.com, the site's official blog, the gossip expanded to more than 500 campuses.

The original site shut down Feb. 5, 2009, claiming financial difficulties. According to the site's founder and CEO Matt Ivester, "Juicy Campus has raised issues that have passionate advocates on both sides." Ivester goes on to encourage a continuation of dialogue, resulting in the evolution of College ACB's Web site.

However, many members of the Sacred Heart community would disagree. As one of the featured campuses on the site, many students found their names included within the comments. The outbreak of derogatory comments got so out of hand on the original Juicy Campus site that the university blocked access through the school's wireless internet connection.

Katie Saso, former Sacred Heart student, found herself as the target of many slanderous remarks.

"It was only two months into freshman year and I felt that no one really knew me," said Saso. "Everything was taken way too far. It was extremely embarrassing to walk around campus knowing people read the site and interpreted everything posted as the truth. In reality, it was the furthest thing from it and it ruined my reputation."

Ground Breaking Ceremony

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WSHU reporter Charles Lane wins 'Continuing Coverage' award

Elizabeth Fish
Staff Reporter

WSHU Public Radio reporter Charles Lane has won a Regional Edward R. Murrow Award because of his extensive coverage last year of the murder of Marcelo Lucero that took place in Long Island.

Lane's coverage of the murder case resulted in the response of the community and police in Long Island because the crime was considered to be a hate crime against Hispanics, according to the New York Times (NYT). Lucero was an Ecuadorian immigrant who lived and worked in Long Island.

"Long Island has a history of conflict over immigration. This murder appeared to be at least in some way related to it," said Lane. "This was an issue that needed to be addressed."

Lucero, who was 37 when he was killed, was surrounded and then attacked by teenager Jeffrey Conroy, along with six other people when he was at the Patchogue train station late at night on Nov. 8, 2008. The group approached them, taunted Lucero and his friend, and then stabbed Lucero, according to NYT.

As a result, Conroy had been found guilty of manslaughter as a hate crime.

Lane addressed what effects might have resulted from this murder and its coverage in the media.

"Sadly, I don't think the coverage inspired change. I think the murder changed the community, but I still sense the same resentment and tension from before," said Lane. "I think most of the white population on Long Island

still doesn't have an idea of why there are immigrants on Long Island. There is still racism towards that community."

Some journalists have also recognized racial problems that have cropped up on Long Island.

"Lucero's death exposed racial tensions on eastern Long Island and caused a number Hispanic residents to come forward saying they were the victims of harassment and assaults," said NYT.

Lane won in the "continuing coverage" category for small market radio stations. The ceremony will take place in Boston, and Lane is to compete with other regional winners for a national award.

The Edward R. Murrow Award has been used to reward achievements in electronic journalism since 1971 for the Radio Television Digital News Association.

According to the Sacred Heart Web site, "Murrow recipients demonstrate the spirit of excellence that Edward R. Murrow made a standard for the broadcast news profession."

This award that Lane has received caused him to be eligible for another one.

"This was a Regional Murrow award," Lane said. "I competed with all the stations in the Northeast. There are 11 different regions. WSHU is in the Northeast New England region. After this, there is a national competition."

However, Lane showed recognition to the people who have made this achievement possible.

"I would like to thank the station, my fellow editor and manager. They deserve most of the credit," said Lane.

Pipe Organ Encounter calls high school students to display musical talent

Janelle Cracco
Staff Reporter

This summer, Sacred Heart University has the privilege to host The Pipe Organ Encounter.

Based in New York City, The Pipe Organ Encounter (POE), is a week long series of classes, seminars, private lessons and concerts that has been sponsored for about 20 years by the American Guild of Organists (AGO).

"The POE is designed for high school keyboardists who are interested in exploring and learning more about the pipe organ," said Professor Michniewicz, director of the Academic Music Program. "Some have a good deal of experience and others are more at a beginning level with the pipe organ, although all have piano keyboard background."

The program will take place from June 27 to July 2. Students from all across the country are welcomed to participate in the program and will be staying in the residence halls at Sacred Heart.

While this event has been sponsored for around 20 years, this is the first time the POE will take place at Sacred Heart. Schools such as Yale University, University of San Diego and University of New Hampshire have formerly held the program at their universities.

"The basic requirement is that there is fine pipe organ on campus," said Michniewicz. "The opening of the beautiful Chapel of the Holy Spirit and its magnificent pipe organ as well as the wonderful facilities on campus makes it an ideal place to hold the POE."

About 25 students are currently registered for the program, with the expectation

of 40 participants to be enrolled by the end of June.

In addition to Professor Michniewicz, Professor Stephen Roberts from Western Connecticut State University is the co-director of the program, along with three faculty members of Sacred Heart, Galen Tate, Dr. Elina Christova and Dr. Joe Utterback.

"We want the participants to be excited about the wonderful and exciting music that is possible on the pipe organ. It is an instrument that is fun to play and all kinds of bold and dramatic music is possible," said Michniewicz. "We want the students to be inspired by the wonderful and accomplished POE faculty."

The week is designed to be a learning experience, by forming bonds with students of similar interest in music along with activities to help all participants get to know one another. Through out the week, the POE faculty hopes to inspire the students and raise the profile of the pipe organ to the general public, through events where all are welcome.

After a week of private lessons and seminars, the students will conclude the week by performing in a recital opened to the public in the Chapel of the Holy Spirit.

"Above all it's a chance for students who love music to learn about great music," said Michniewicz. "As the co-director, I am really looking forward to the exciting event."

To be considered for the Pipe Organ Encounter, students must apply on the American Guild of Organists Web site and pay a fee of \$450, covering meals, lessons, transportation, recitals and more. Students of ages 13 through 18 are all eligible to attend.

IT'S THE MAX

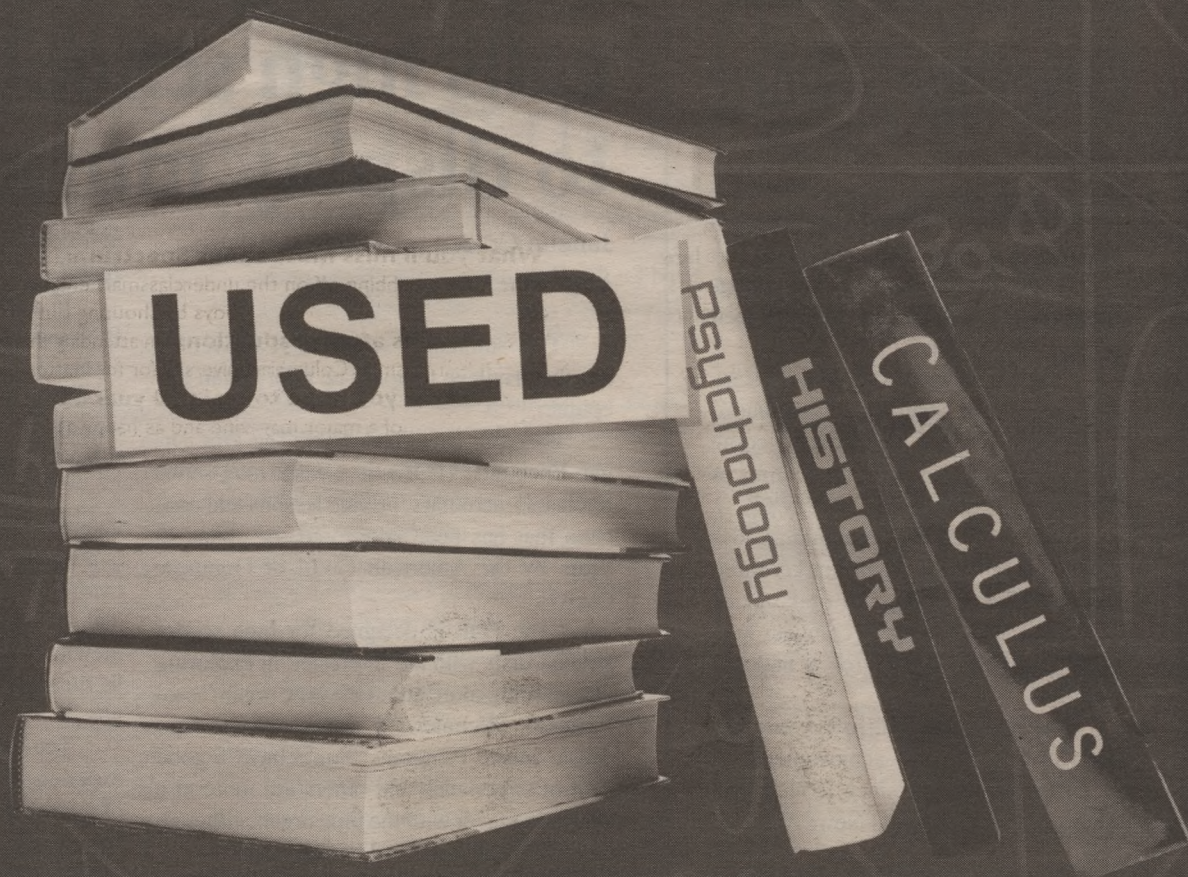
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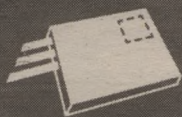


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EDITORIALS

5

SPECTRUM SENIORS

Where we've been and where we're going...



CARLI-RAE PANNY

Position: Editor-in-Chief
Major: Media Studies

What you'll miss most about Spectrum: I'm not sure how I'll manage to exist without Spectrum owning my life each day. I'll miss the typical Tuesday shenanigans that are perhaps too inappropriate or offensive to mention here. In sum, I'll miss my Spectrum family.

Your plans after graduation: If I don't find a job right away I plan to run away and sell coconuts on a beach somewhere warm.

Where you hope to be in 10 years: Working as a news professional in NYC and still smiling.



KATE POOLE

Position: Managing Editor
Major: English

What you'll miss most about Spectrum: Not having to use the Mahog, rubbing off on the underclassman, embarrassing the boys by shouting out girl stories.

Your plans after graduation: I'm attending the Graduate School Of Journalism at Columbia University for my Master of Science.

Where you hope to be in 10 years: Editor-in-Chief of a major magazine and as happy as I am with life and my career as I am now.

JULIANA BRITTIS
Position: Features Editor
Major: Media Studies

What you'll miss most about Spectrum: Embarrassing Zack and Rob with the horror stories we share and screaming at each other before loving each other forever.

Your plans after graduation: I'm attending The New School for my PhD in Media Studies and being fabulous in New York City.

Where you hope to be in 10 years: I hope to be a professor of media studies and still be the sassiest!



LIZ WARREN

Position: Perspectives Editor
Major: English

What you'll miss most about Spectrum: I'll miss seeing everyone on Tuesdays, of course!

Your plans after graduation: I plan to get a job.

Where you hope to be in 10 years: I'd like to be retired.



COURTNEY PERLEE

Position: Chief Copy Editor
Major: English & Media Studies

What you'll miss most about Spectrum: The office's random late night rants and overhearing strange conversations from the hallway.

Your plans after graduation: Breathing will be a nice change of pace, but I'll be looking for a job in broadcast journalism and maybe focusing on writing in my free time.

Where you hope to be in 10 years: Totally immersed in a career that still challenges me, surrounded by friends and family.



ROB MORGAN

Position: Sports Editor
Major: Sports Management and Finance

What you'll miss most about Spectrum: Interviewing athletes and coaches and sharing their stories with others.

Your plans after graduation: Join the workforce.

Where you hope to be in 10 years: Holding a senior management position.

SPECTRUM

spectrum@sacredheart.edu

Editor-in-Chief
Carli-Rae Panny

Managing Editor
Kate Poole

News Editor
Alyssa Scott

Asst. News Editor
Gina Cerniglia

Associate News Editor
Ines Cenatiempo

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The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation, and length. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu.

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The Spectrum
5151 Park Avenue
Fairfield, CT 06825

Office Phone 203-371-7963
Advertising Line 203-371-7828
Fax Line 203-371-7828



EMILY GUMBS

Position: Asst. Sports Editor
Major: Media Studies

What you'll miss most about Spectrum: Having something to do every second of the day and not being able to see my friends all the time.

Your plans after graduation: To continue working promoting music artists.

Where you hope to be in 10 years: In LA working in the music business on artists' tours.

LAUREN SAMPSON
Position: Advertising Manager
Major: Media Studies

What you'll miss most about Spectrum: The family feeling I get while still being in a work environment. Even though there were stressful times most weeks, everyone pulled through and helped each other out.

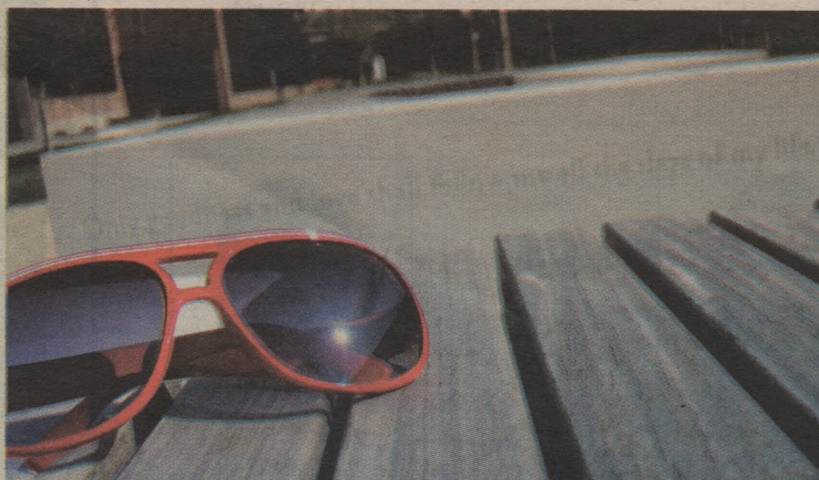
Your plans after graduation: I'll be moving to Boston and attending Boston University for a Masters in advertising management.

Where you hope to be in 10 years: I hope to be an account manager at an ad agency in NYC.



EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Courtney Perlee
Chief Copy Editor

I took this photo last week while doing homework outside of the chapel with my friends. It was a gorgeous day and we couldn't stand doing our work indoors, so we set up shop on the benches. There are quotes all along the rock garden, and I particularly like Psalm 23.6, which is featured here.

Student reactions differ in regards to new building With impending ground breaking comes mixed opinions

Serena Cecere
Staff Reporter

Ever since the chapel was built, rumors have been floating around the school about even more plans for construction, leaving students wondering why.

As confirmed by Dr. David Coppola, Sacred Heart University is planning on building a student commons building, which will be 46,000 square feet of The Factory, Chartwells, and the bookstore.

"I don't really care too much about the new building, especially since it's probably not going to be finished in my time on campus," said sophomore Dominick DiMaria. "Other than that, I think it's kind of cool that they're expanding, and it's not like that's a particularly important section of grass."

"We came here for an education, not to watch them tear down every tree within a two mile radius. The fact that we have too many students for our current buildings is not our fault. Sacred Heart's eyes are just bigger than their stomachs."

-Senior Krysten Manke

Sophomore Charles Schneider agrees.

"I think it's cool. It makes our school look more pleasant and has more of a college atmosphere,"

Other students feel that the construction shouldn't involve an entirely new building, but rather a renovation of what currently exists.

"They need to improve on what is already present, said senior Brandon Baptiste. "They are constructing these buildings to move stuff over there but is it going to be better? Probably not. It may look better, but it's going to be the same exact thing."

There are also "better" things that could be built, according to some.

Senior Sarah O'Donnell sees nothing wrong with the current bookstore or cafeteria. "A parking garage would be



The Spectrum/Sean Elliott

Sacred Heart's bookstore provides students with a variety of supplies from clothes to school supplies.

much more beneficial to the students," she said.

Baptiste agrees with the parking garage idea, saying he hoped that the chapel would have brought an extra one.

"If they are going to build something, at least make more parking to go along with it. I figured they would put in a 'chapel lot' next to the chapel after its construction, but that never happened," he said.

Senior Krysten Manke is completely against all of the construction for a similar reason. She thinks the school doesn't have their priorities in order – the first one should be the students' education.

"The school should not be wasting ridiculous amounts

of money for yet another building," she said. "We came here for an education, not to watch them tear down every tree within a two mile radius. The fact that we have too many students for our current buildings is not our fault. Sacred Heart's eyes are just bigger than their stomachs."

Junior Michael Vataj is concerned with what the construction will be taking away from students. One of the few remaining spots of grass will be gone, and that is upsetting to some.

"They are essentially eradicating what little natural beauty the campus has left," he said.

ShuVoices What are you looking forward to most about summer?

Jaclyn Kennedy
Assistant Photography Editor



Andrew Natalizo
Freshman

"Going to the pool and watching sports"



Liz Platenyk
Sophomore

"Going to the beach"



Nicole Vaccaro
Junior

"Going to the beach"



Ryan Cordova
Senior

"Playing sports"

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AP Photo

Kate Gosselin dances with her "Dancing with the Stars" partner Tony Danza.

MIXED RESPONSES ON KATE GOSSELIN'S 'CELEBRITY' STATUS

Kaitlin O'Reilly
Contributing Writer

What happens when "Jon And Kate Plus 8" becomes "Kate Plus 8?"

Reality TV star Kate Gosselin increased her star power and upped her income after her divorce with Jon to stay afloat.

However, husband Jon made claims that Gosselin had become an unfit mother, due to her time away from their children, and was battling for custody at the beginning of the month.

Questions have arisen over whether Gosselin has gained an obsession with the limelight or if she really is just trying to make money to support her kids.

"I think when she started her TV career it had to do with the welfare of her kids—raising eight kids isn't cheap. But I think it has far exceeded that point. She has plenty of money and security for them now. She should be more focused on being there for them," said senior Michelle Rodriguez.

Gosselin could, up until recently, be seen dancing the night away on the popular ABC series "Dancing With The Stars" and now her new reality TV show, "Twist Of Kate," will soon be aired on TLC. Not to mention, Gosselin is currently setting out to do a tour for her new book, "I Just Want You To Know."

With all of that said, people are definitely wondering when the "8" gets factored into the equation. Therefore, many supported Jon's attempt to take primary custody of the children.

"Raising eight kids is not what the average working mother is doing. And traveling and working does not seem like it would provide enough time to care for them," said senior Melissa Lott. "So why shouldn't he take custody then? At least he can spend the time with them that she would not be able to."

Gosselin supporters make claims that she is balancing the same workload as every other Hollywood parent, and should be allowed to maintain custody of her children.

"Compared to other actresses, her lifestyle is just like theirs. No one complains and says that Angelina neglects all of her children when she is off on set shooting a movie," said sophomore Allison Schraer.

She adds that Gosselin is going through a lot and needs to do some things for herself, as well as for the children.

"I don't think Jon should have primary custody because he's no more qualified to raise them than she is. They both have to grow up," said Schraer.

It seems to be a rising trend that most mothers desire to keep their careers while raising their children.

"Parents need to work to support their kids, so they cannot be around all the time. Growing up, I understood that my dad needed to work, so I didn't feel neglected at all," said senior Dionelis Pantoja.

It is uncertain as to whether or not Jon will ever take primary custody of their eight kids.

However, it is clear that Kate isn't going to be giving up her stardom anytime soon and fans will continue to watch her every move.

"I definitely will continue to watch Jon and Kate Gosselin and I know my friends will as well. I think eventually it will get old, but right now her and Jon are in the press everywhere, so people are hoping to catch some drama on the show," said Schraer.

Fans of the show loyally watch for the drama, but still express hope that the parents' main concern will eventually be shifted to what is right for their children.

Rodriguez said that both parents have their priorities mixed up.

"Kate's focus is on getting more money and the spotlight and Jon wants to date around and get his fame another way."

"I definitely think one parent should be around. She's everywhere. A working mother is supposed to be home with her kids at some point. Neither has their priorities straight and hopefully they change before it really affects their kids' lives," she said.

HE SAID/SHE SAID

How should you break up with a boyfriend or girlfriend?

Alex Atkinson
He said



I will avoid the underlying fact that to dump someone, it requires actually being in a relationship. With that said, the next few situations will be mostly hypothetical, or a mix of what I have seen or been told. The hard thing to realize is that breaking up will be tough on both parties. When being broken up with, everyone feels anguish, pain, or even a sigh of relief because you don't have to be the jerk. For the most part we all know what happens with any break up.

One person dumps the other, that person starts rumors, then for two months both parties avoid each other like the plague. Then you will be placed in an awkward situation where you are stuck in the same room and realize how childish it was to have this feud. In the end you move on being civil towards each other, leaving it to be a memory in time.

So, how would I dump a girlfriend? Honestly, I would be a clown. I would try and make it so the girl would want to dump me.

Say it's getting to that point in the relationship where things are just falling apart and you're just not happy. Well, dump the girl – how hard could it be? Standing face-to-face, looking in the girl's eyes, explaining to her why you don't see it fit to continue with the relationship. Her eyes start to water, her nose starts to run, and you have to stand their and re-assure her why she will be okay and things will be better.

That right there is why I say make her dump you. For a few days be sluggish to answering her phone calls and text messages. If you send her a text everyday, remove that from your routine and she will slowly pick up on the change of emotions.

Next, when you would usually hang out with her make up a better reason why you need to go hang out with the guys. You know, tell her that you have been planning to go out with these guys and that you can't blow them off. If this girl is significantly attached this should tick her off and cause a good reaction.

If these feeble attempts at making her dump you are not working out it might be time to step up and cause some kind of incident that will thoroughly piss her off. I mean I am just suggesting this as an alternative to the classic break up, but I can't promise that it will work. It's up to you to decide what to do to piss her off.

Now don't think I go through all this trouble just because I feel like it's fun. To be perfectly honest I would rather be dumped than be the person dumping someone. To get dumped it takes the ability to be heartless, to shrug it off, and say, "It doesn't matter." Not to be sexist, but I don't believe a girl can handle the idea of saying "whatever" to a situation so easily. Their hormones and emotions play way too big of a role in the situation.

Alright, so you have seen that I am in insensitive jerk but in the long run I am trying to do it for the girl's sake. And if none of my ideas work out the simple fact is that I got to suck it up and tell her it's over.

Adrian Fitzsimon
She said



I'm going to suggest carefully. But what do I know? Relationships aren't exactly my line of business. I can't say I have too much experience being on the dumped end of the deal, in addition to not much on the dumping side of it either. But I suppose there are some obvious situations that should certainly be avoided when dumping or being dumped to prevent a nasty ending.

Let's take for instance, a blow up. You know, where everything seems okay on the surface but deep down your insides are boiling. And then one day, all hell breaks loose because he forgot to put the cap on the toothpaste. You lose it.

Now you're finding yourself throwing shoes and screaming like a maniac all because the toothpaste lays on the counter cap-less. And that's exactly how it will appear to him: You're breaking up with him because he didn't re-cap the toothpaste.

And now he thinks you're a psycho. But you can't blame him for thinking that. You sat through the whole relationship letting him torment you with every annoying antic he had. Perhaps a simple, "Dear, would you mind never ever doing that again? That'd be great, thanks!" would have prevented the toothpaste cap from becoming the deciding factor in the end.

But what's done is done, the toothpaste has become vulnerable to the outside elements, you're screaming like a mad woman because of it, and he's sitting back, shocked out of his mind that he actually agreed to be in a relationship with you in the first place.

So to avoid coming off as a psycho and risk never talking to the kid again, I'm going to suggest you not wait until the most insignificant mishap occurs to start your raging. Kindly speak up during the relationship to prevent terminating it on such petty accounts. Because in the "blow up break-up," nobody walks away with smiles on their faces.

But after all, it is a break-up and I can't imagine too many times when people walk away with smiles on their faces. Perhaps you both discover you just don't feel the same way about one another. Initially the relationship was great, but it is clear you have grown apart and well, now it's just awkward. This may be the only time man and woman walk away smiling with relief. You both knew you were lying to yourselves and now you feel like the weight of the world has been lifted off your shoulders. It ends nicely; you can be friends now. It's okay to smile.

But let's be real. It's hardly ever a mutual agreement between the two that breaking up would be a swell idea. One walks away in tears, while the other walks away with relief. And I'm sure none of us want to be the one walking away in tears.

So beat him to it! It's pretty obvious when let down that big is on its way, just don't be denial about it. For ten seconds pretend you can't stand him any more, walk away with confidence and then go cry in your room. That's how I've avoided being dumped.

GLAMOUR, GLITZ, AND... GUYS?

Student government hosts annual Mr. SHU pageant this weekend

Jaclyn Hendricks
Staff Reporter

With another school year coming to end and final projects and exams looming upon students, Sacred Heart University's class of 2011 has offered a remedy for any pre-finals anxiety.

This Friday at 8 p.m. in the Edgerton Center, eager young men of the student body will vie for the title of Mr. SHU 2010.

"The class of 2011 student government board is extremely excited to host this year's Mr. SHU," said junior class president Jaclyn Bellino. "We have been planning this for a very long time and the guys in the competition have been working extra hard to provide a great show for the student body."

Traditionally, at the end of each spring semester, the junior class holds the all-male beauty pageant that showcases a select group of students in a variety of categories.

"I'm extremely excited about the class board hosting this year," said junior class senator Chris Daly. "We've really worked hard to put a great show together and I think it's really going to show come April 30."

From showing off their talents to displaying their formal and swimwear fashion styles, the competitors have to convince judges Mike Moylan, Dr. Rick Magee and Karen Dwyer of Outtakes that they deserve the coveted crown.

But that's not all.

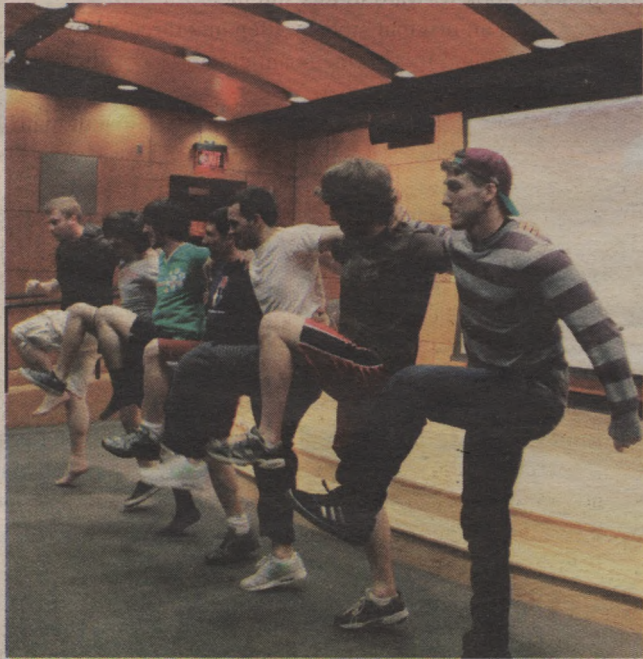
"The contestants not only have their own entrance videos, but they also had to learn a group dance choreographed by fellow 2011 board members Nicole Rowlands, Rob Napolitano and Jeana Segalla," said Bellino.

Although a great amount of time and effort went into the overall production of the show, this year's junior class worked hard to narrow down the nominees for the big show tomorrow night.

"The final contestants were nominated through their peers and then asked to fill out an application," said junior Grace Fulton. "Student government also held open auditions and those who tried out were considered as well."

After receiving a nomination, Mr. SHU hopeful sophomore David Choy confesses that he was unsure about even participating this year.

"A couple of female friends nominated me and I wasn't going to do it at first," said Choy. "But after receiving a couple of nominations I realized I had nothing to lose if I tried out."



The Spectrum/Michele Tymann

Mr. SHU contestants prepare their dance moves for the big night.

Despite any pre-competition jitters, Choy admits that his experience has been great and he is walking away with a new group of friends.

"It's kind of a shame that I have to compete against an awesome group of guys," said Choy.

Some class of 2011 board members seem to agree.

"The contestants of this year's Mr. SHU pageant are so unique," said Fulton. "They've really put their time and effort to prepare and it's their enthusiasm which will make the competition that much more fun."

"The guys have been a great source of entertainment and we can't wait for them to share that with the students on Friday night," said Bellino.

Members of the Sacred Heart community are encouraged to come out and support their fellow peers, without breaking the bank for admission.

"The Mr. SHU competition is a free event for all students," said Bellino. "We want to have a fun and relaxing night out for all students to enjoy before finals begin."

To find out who's competing and who will take home the title, check out the annual Mr. SHU competition tomorrow night at 8 p.m. in the Edgerton Center.

Conan O'Brien makes another shift in late night television scene

Kristi Troccoli
Staff Reporter

Former "Tonight Show" host, Conan O'Brien will return to late-night television.

On April 12, TBS announced that O'Brien will begin hosting a late-night show on the cable network starting in November. His program will be followed by "Lopez Tonight," which has been pushed to a midnight time slot.

According to the Washington Post, after NBC executives said they were pushing O'Brien's time slot up in favor of Jay Leno, O'Brien accepted the network's \$45 million separation agreement.

Fans of O'Brien were disappointed with NBC's decision to change its late-night line up.

"I thought it was discourteous of NBC to do such a thing to Conan, being that he was with the network for so long," said junior Adrianna Bianco. "I don't blame him for walking away from the network."

Some have said that they believe Lopez will benefit from Conan joining the network.

"I'm sure George Lopez is happy about O'Brien jumping on board, I think it's only going to attract more viewers to his own show," said junior Erika Scheetz.

According to the Web site, George Lopez personally spoke to O'Brien and asked that he consider joining the network.

"I can't think of anything better than doing my show with Conan as my lead-in," Lopez said to TBS. "It's the beginning of a new era in late-night comedy."

Even fellow celebrities have said they are happy that O'Brien has "found a home."

"It's great for everybody, great for Conan. I know he's happy," said Fallon on MTV.com. "I haven't talked to him, but I talked to him a couple of weeks ago, and TBS should be really happy because they made a great move. He's a great, funny dude, and I can't wait to see him."

O'Brien himself is content with how his career is unfolding.

"In three months I've gone from network television to Twitter to performing live in theaters, and now I'm headed to basic cable. My plan is working perfectly," O'Brien said in a TBS press release.

TBS's five-year deal also offers Conan O'Brien ownership of his show according to the Los Angeles Times. The show will air Monday through Thursday's at 11 p.m.

Some have said that he may bring a whole new generation of viewers to the network.

"I think it's great that TBS got Conan O'Brien as an addition to their late-night lineup, I think it will attract more young viewers to their network as well as satisfy their existing young viewers," said junior Janay Cohen.

Steve Koonin, president of Turner Entertainment Networks, which owns TBS, said on Turner's Web site, "Conan has been the comedic voice for a generation. TBS already has a huge audience of young comedy lovers, and Conan's show will give these fans even more reasons to watch our network."



AP Photo

GET REEL: WEEKLY MOVIE REVIEW

KICK-ASS OFFERS A NIGHT OF 'MINDLESS FUN' AT THE MOVIES

Christopher O'Connell
Contributing Writer

As I quietly made my way into the theatre, knowing full well I was going alone to a movie based off of a comic book that only hardcore comic enthusiasts have heard about, I couldn't help but feeling extremely torn about this movie.

"Kick-Ass" follows the life of high school loser Dave Lizewski (Aaron Johnson) who, after reading too many comics and getting mugged one too many times, wonders why no one has ever donned a superhero costume and fought bad guys. To which his friends reply, "Because you'd get your ass kicked."

In his travels he encounters Hit Girl (Chloe Moretz), a knife-wielding, fun-sized hero trained to kill people by exactly the kind of person you would expect to teach an 11-year-old girl that sort of thing. Yes, I am talking about Nicholas Cage, who takes on the role of Big Daddy, who is 20 percent Batman and 250 percent Punisher. Together they are out to stop crime boss Frank D'Amico (Mark Strong).

With a title as subtle as "Kick-Ass," the audience is expecting at least one thing: there better be some ass-kicking. "Kick-Ass" has some pretty good action sequences, all shot in a comic book style that is easily recognizable and isn't vomit inducing. The climactic end battle is epically brutal and deliciously satisfying.

That said, "Kick-Ass" is a little long and every scene

needs to be rescued from its main character. Mostly by the likes of Clark Duke (Hot Tub Time Machine), Christopher Mintz-Plasse (who played Fogel in Superbad), and even Nicholas Cage, who is surprisingly not annoying and works well within the film.

If you are looking for mindless fun that delivers exactly what you'd expect, give "Kick-Ass" a try.



AP Photo

Christopher Mintz-Plasse "kicks" a little "ass" and fights a little crime in the film, now in theaters.

Get Reel gives Kick-Ass



Big names return to the big screen this summer

Mike Oberlander
Staff Reporter

When the end-of-the-semester-hustle is over, students can finally relax, go to the beach, and take trips to the movies to see what blockbusters are in store for the summer months ahead.

"I am very excited to have the summer finally here," said junior Nick Huerta. "I look forward to are the big time movies that will be released."

The summer blockbusters that will most likely dominate the box office will bring back some familiar titles and some new ones.

Do not be surprised at amount of sequels and remakes that will be coming out this summer. Such anticipated titles are Samuel Bayer's face lift of "Nightmare on Elm Street," "Toy Story 3," "Shrek: Forever After," "Sex in the City 2," and "Ironman 2."

"I am surprised to see all of the sequels and remakes filling up the summer lineups," said sophomore Nick Negron. "But they all seem like they are going to be great movies that will definitely do well."

"I even noticed that 'The A-Team,' 'Robin Hood,' and 'The Karate Kid' all have been remade for this summer

and some of them look great especially 'Robin Hood,'" said Negron.

So is this the summer of remakes? There may be more than usual, but even with these big name movies coming back to the silver screen, there seems to be even more new flicks to look forward to this summer.

With an original story written and directed by Christopher Nolan, "Inception" is anticipated to be the biggest blockbuster of the summer.

"When I heard that Nolan was coming out with a new thriller mystery, I knew I had to see it. And now that I've seen the trailer, it looks like he may add another great movie to his (Nolan's) list," said Huerta.

Whether it is "Despicable Me," "Predators," "Prince of Persia," or the next installation of "Twilight," these summer blockbusters should offer something for everyone this summer.

"I can't wait to see 'Shrek: Forever After' and 'Toy Story 3,' those are two of my favorite animated movies that I hope they did a good job on," said sophomore Allyson Nevins.

"There is just too much to look forward to. I am either not going to get to see all the movies that I want to or I'll probably just run out of money first," said freshman Adam Pabis.



AP Photo

(Clockwise from bottom) Jackie Earle Haley stars as the new Freddy Krueger, the cast of "Sex & the City" return for their second movie, Robert Downey Jr. stars in "Iron Man 2," and Shrek returns to the big screen for sequel to the film series.

POPS CONCERT BRINGS L.O.V.E. AND MUSIC TOGETHER

Emma Levine
Assistant A&E Editor

SHU L.O.V.E., a clever acronym for the, "Sacred Heart University Ladies Only Voice Ensemble," had their first annual Pops Concert this past Monday night, which was met with screams of praise applause from the audience.

Fittingly, love was the theme of the group's first concert with musical selections such as "How Sweet It Is (To Be Loved By You)," "Somebody to Love," and "My Guy."

"The concert was full of energy," said freshman Joe Calabro. "They sang fun and popular music so it was exciting."

The concert consisted of ensemble and solo pieces which were fun and engaged the audience.

The women's only choral ensemble was founded in

the fall of 2009 by current members of the group and was headed by the ensemble's president Regina Scarfariello after seeing a void on campus within the music community.

"I had the desire to start an all women's acapella group since freshman year but I just never had the time to actually get it moving," said Scarfariello. "Then I heard the idea about this women's group and I figured that it was my chance to take a leadership role and kind of mold it and get my ideas out there."

According to Scarfariello, the group likes to sing "fun, upbeat songs that are not typically found in traditional choral groups," although they will occasionally sing traditional choral arrangements.

The ensemble is made up of 30 members who all had different reasons for joining.

"I was in concert choir in high school and [SHU L.O.V.E.] seemed like a lot of fun," said junior Gerri Del-

izil. "It's the most fun choir I've been in at Sacred Heart, and it's small so it really seems to count for something."

Others were intrigued by the fact that it is a ladies only ensemble.

"I wanted to be a part of it because I've never been a part of an all gender choral," said freshman Stephanie Taglianetti, vice president of the group. "I love how we can substitute for the tenors and basses and still get a really cool sound."

Director of the ensemble, Galen Tate, is a professor at Sacred Heart teaching courses like Music in America. He also serves as accompanist to the University Concert Choir, Liturgical Choir, and 4 Heart Harmony according to Sacred Heart's Web site.

As for what SHU L.O.V.E.'s future holds, Scarfariello is optimistic. "I know that the group will continue to do great things and hopefully we will be able to get more people interested in music."

Stars bare it all: Won't settle for anything less than natural

Alyssa Collier
Staff Reporter

Two of pop music's most notable women are making a daring move.

According to US Weekly, Britney Spears has released unretouched photos from her 2009 Candie's photo shoot alongside ones that were digitally altered.

Spears allowed the photos to be released to highlight the enormous amount of pressure women are under to look perfect in Hollywood, said the Web site.

Meanwhile, Jessica Simpson graced the cover of Marie Claire claiming she was not wearing makeup on her face. However, some now question whether or not she was telling the truth.

According to MTV's Web site, upon further inspection of "The Price of Beauty" star's photos, there is some makeup residue around her eyes and possibly some mascara.

The message of the photographs Simpson wanted to send to girls may be lost in all the commotion, according to the Web site.

"I really wanted to show women that I'm just a normal person," said Simpson in an interview.

For the most part, students commend Spears's and Simpson's decision not to have their photos retouched.

"I think they're both very comfortable with their images," said senior Nicole Pepin.

Students felt that young girls who are

fans of Spears and Simpson might get a bit of a confidence boost by seeing their favorite stars without all the makeup and tweaking.

"I do think that there will be a positive outcome for girls," said sophomore Alison Evers. "They look at these girls and think that they're perfect, and in reality, no one looks that way."

While Spears and Simpson may be going the au natural route in their photographs, some other stars are taking it to a whole new level.

Reality television diva Kim Kardashian was snapped for the latest issue of Harper's Bazaar magazine. In an unretouched photo, Kardashian is lying on the floor and only covering her breasts with her own hand.

"The message is embrace your curves and who you are," said Kardashian in Harper's Bazaar.

Although this new trend of celebrating the natural body may seem like a step in a positive direction, others are not so sure.

According to the Web site of feminist magazine Ms. Magazine, "while unadulterated images matter, their impact is diluted by the millions of adulterated ones. Consumers are exposed to hundreds of advertisements per day that feature unnaturally (or genetically predisposed) thin women who have been further retouched."

"Without an authentic and consistent message of beauty empowerment, these attempts feel like gimmicks," said the Web site.

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'It's a Party in the U.S.A.'

Michael Prate
Staff Reporter

Whether you're just entering college, you've been there for a while, or you have already graduated, the word "college" itself sprouts the thought of partying. Many look back on college and think "those were the days" and others are happy those days are behind them.

A constantly growing school, Sacred Heart has a diverse student body and many students are involved in a variety of activities and sports. High school students go to College Board and Princeton Review to check out the numbers: how many students are accepted? What percentage of students are commuters?

And then there are other kinds of rankings: Playboy magazine recently released their list of the top 10 party schools.

The top four ranked party schools, in order, were University Of Miami, University Of Wisconsin, West Virginia University and, University Of Texas.

How does Sacred Heart rank in their ability to party? Seniors Katie Manley and Brian Fusaro voiced their opinions that Sacred Heart isn't quite on the map when it

comes to party schools.

"I wouldn't consider this a big party school, but it does its job," said Manley. "Obviously bigger schools with Greek life would host bigger parties but this school is more of a club/bar scene."

Fusaro said that Sacred Heart is nothing to get excited about.

"[It's] basically a high school, but you're not living with your parents so the opportunity to party is there. Every house party and almost every bar gets raided by the cops; it's why so many kids transfer out," said Fusaro.

How do the big party schools get their notoriety? A few years ago, SUNY Albany was ranked the top party school in America; how do people come to this conclusion?

"I think it has a lot to do with big schools having big sports teams because people hear a lot about college sports on television," said senior Gerry Rousseau. "Academics is not always what entices them to come to school there it's a mixture of partying as well."

However, Sacred Heart is considered a sports-oriented school: the university is part of the NCAA's Division I program.



AP Photo

A typical next morning mess after a long and hard night of partying.

With 32 varsity teams and 25 club sports teams, a big percentage of Sacred Heart students are athletes. So what prevents Sacred Heart from falling under the stigma of the rest of the notorious party schools?

"Well for one thing most of the sports

here at Sacred Heart aren't played at the university, so this holds back students from going to see a home game," said Sozio.

"The size of the school and lack of bars and small interest in Greek life is a big factor also," she said.

PERSONAL MOTIVES FOR A POSITIVE RELAY

Relay for Life surpasses annual goals, raises the bar for future

Ashley Monaco
Staff Reporter

Fill in the blank: the _____ that never sleeps.

Most, if not all, reading this would have inserted the word "city" into that sentence. Why not try using the word disease?

That's exactly what junior Caroline Slomp did when she referred to what she considered the most memorable part of last week's Relay for Life event.

"My favorite part was definitely the luminaria ceremony," she said. "It's the most somber event that takes place that night but it also is the nearest to the heart."

"During the ceremony we remember all those who lost the battle with cancer, all those are still fighting cancer, and remember that though this night is fun, cancer is a disease that never sleeps," she said.

Cancer touches many people across the Sacred Heart campus and is what brought 300 people to the William H. Pitt Center on April 16 to walk for a cure at Relay for Life.

The event, run by Relay for Life and American Cancer Society representative Aubrey Swift, was sponsored by the student events team and took place over a span of 12 hours, from 5 p.m. to 5 a.m. It brought cancer awareness to the 33 teams involved through a series of activities.

"This year we made the event an Olympic theme," said sophomore Tiffany DiIorio. "So we had tons of games going on all night for teams to participate and earn points like a cheese-ball toss, knock out, photo scavenger hunt, and a Miss Relay pageant."

The committee also made sure to book plenty of performances for the evening.

"We had a variety of performers throughout the night," said freshman Alexa Wrinn, "most of which were Sacred Heart students."

"The dance team and SHU F.O.R.C.E. Dance Ensemble each provided performances and we also had musical acts put on by sophomore Bill Haug and a Connecticut-based band, the Woulda Coulda Shouldas," she said.

There were also classic relay events that took place throughout the evening.

"There are always our traditional events that occur each year that help honor the relay mantra which is to 'remember, celebrate, and fight back,'" said Slomp.

For some, these events touched close to home and proved to be personal.

"The survivor banquet and opening ceremony was the biggest part I had in [the] relay," said Wrinn. "Katie Blaha and I planned the entire banquet and survivor lap



Photo contributed by Lauren Gibbons

Cancer survivors gather together to continue the fight against life threatening diseases.

as well as the speaker for opening ceremony, who was my great-aunt Rosemary Champagne.

"It was so great to see all my visions come to life and have many of my family members there to experience them with me," she said.

The bar for fundraising was set higher than ever this year with a goal of \$25,000 which was \$6,000 more than the 2009 goal.

"We surpassed our goal with our current total being \$25,300," said Slomp. "Money is raised by all participants with an individual goal of raising \$100 for their team."

DiIorio described some of the team fundraisers.

"There were a lot of different fundraisers that lined the track," she said. "They included selling Rita's Italian Ice, friendship bracelets, food and beverage stations, nail painting, and tie-dying."

While all the proceeds raised didn't benefit a specific person, they did benefit a single cause.

"All of the money raised goes to the American Cancer Society for funding on new cancer research, empowerment programs for patients, patient services such as a 24-hour hotline, rides to and from treatment, camps for children and teens, and so much more," said

Slomp.

As for next year's event, Slomp feels confident in the dedicated team she worked so hard with.

"I chose to be a part of the committee because I was involved in Relay at home," said Wrinn. "I know many people who are affected by cancer and I think this is a great cause so I wanted to have a major part in helping here at Sacred Heart."

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WILL THERE ONE DAY BE 'MEATLESS MONDAY'S'?

Chris Corrigan
Staff Reporter

In a recent article by the Huffington Post, it was announced that San Francisco has become the first city to join the "Meatless Monday" initiative, with the city's board of supervisors passing a resolution urging schools and restaurants to offer healthier options other than meat for the day.

The initiative has been proposed across the country by The Monday Campaigns in attempt to "cut meat consumption by 15 percent." According to meatlessmondays.com, the hope is to improve personal health and the well being of our planet.

"I've never heard of it," said senior Tony Rovelli, "but I don't think our country is too concerned with health. Maybe this will help with the obesity epidemic that's taken hold of the nation."

The effort was started during World War I with the FDA's "Food Will Win the War" campaign. Herbert Hoover advertised the idea heavily and the effect was outstanding.

In 2003 the campaign was restarted, teamed with the Johns Hopkins Bloomberg School of Public Health Center for a Livable future, to create public awareness.

The initiative is non-binding, meaning that no one is being forced to take part. But that isn't stopping many notable people and organizations from taking part in the health fad.

In a recent article of Martha Stewart's Body & Soul magazine, writer Jenny Rosenstrach highlights America's "love affair with meat" and recommends readers to use Meatless Monday's as a way to slowly change their eating habits.

Another supporter of these Monday's is Manhattan Borough President, Scott Stringer. He sent a personal recommendation to the New York City Department of Education expressing his interest in instituting Meatless Mondays in all public schools.

So why take part at all? According to meatlessmonday.com, the list of health benefits is extensive.

Meatless Mondays can help reduce the risk of heart disease. Eating alternatives such as beans and nuts lower cholesterol and can be the smarter option rather than saturated fats.

The plan would help some maintain a healthy weight. Plant based food consumption is full of fiber, making you feel more full. With the healthier options

having fewer calories, it means feeling fuller while eating healthier food.

Junior Mike Hernandez feels people should just have more self-control. "It's a shame that we need organizations to tell us what's healthy and what isn't. I feel like everyone knows, we just make personal choices that show we don't really care."

Meatlessmonday.com also tells us of the environmental benefits of the new Mondays.

20 percent of greenhouse gas emission, which is known to cause global warming, is caused by the meat industry. We would also be reducing the amount of water we use and we'd have less of a dependency on fossil fuels.

With many schools jumping on the Meatless Monday bandwagon, the only question is, what's next?

"I feel like this is just taking away our freedom to make our own choices," said senior Kelly Martin. "If schools won't let us eat what we want, then what choices won't we be allowed to make for ourselves next?"

The effort is being endorsed by schools, hospitals and notable individuals around the globe. Will you take part in Meatless Mondays?



A man shops for the perfect cut meat. How will he survive with meatless Mondays?

AP Photo

Times are a-changin' Changes affect more than students

Brittany Foy
Staff Reporter

It seems clear to sophomore Dan Miller that the construction has begun for Sacred Heart's new student commons building.

"Last week walking to and from class, I could see people surveying the grounds. Now there's been more construction equipment to start building," said Miller.

According to an e-mail students received, the building will be "the new home of student services."

Located on the hill across from the academic building, the premises will include a dining hall, bookstore, the Factory, and student lounges.

But with the groundbreaking set to begin, students and faculty have differing opinions on the environmental effects that the new edifice will bring.

In light of new construction, Sacred Heart officials say that while they are removing some foliage around campus, the goal is to plant more than is removed.

"We have been planting trees at a dramatically increased proportion to the number of those that die or are removed," said David Coppola, vice president of strategic planning and administration. "In other words, if you look at the new chapel quad and new grove where there were only three trees before, now we have planted more than 20."

However, some students said they aren't concerned about a major effect from the loss of the trees removed from the building. They were more concerned that the new construction is unnecessary and just an expansion of a campus that is already overcrowded.

"I'm not denying the occurrence of global warming, but I do not think that it could [be stopped] from the few trees planted on the grass on campus," said Miller. "There are only a few there. They look nice but they're not serving any real purpose."

While sophomore Cori Palermo believes that all of the new accommodations (student lounges, a dining hall, etc.) for the planned student commons building seem to be practical, fellow sophomore Sarah Gedney said that the construction is impractical and taking away from the green on campus.

"As more students come to Sacred Heart, it becomes harder to access these places," said Gedney. "Around lunch time, it is impossible to catch a meal at Flik [Chartwells] in time for class."

"It feels like SHU is becoming its own little city. They're trying to cram as many buildings within the campus as they can...and taking away from the pretty campus."

HOW TO... not have a nervous breakdown

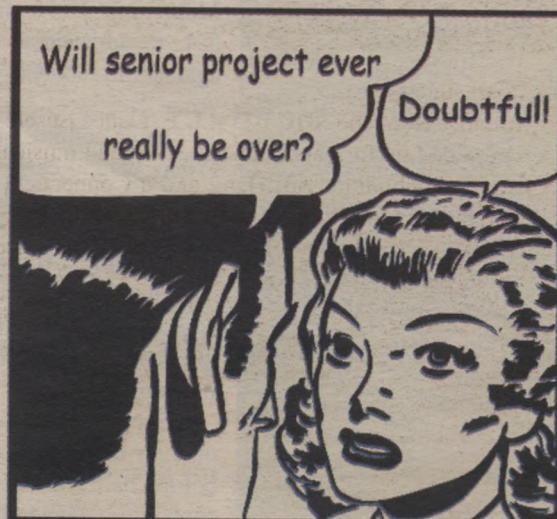
Michael Ohrenberger
Staff Reporter

This is probably not the first time you are hearing this, but school is coming to a close in only a few days. For some that means graduation from college and joining the ranks of the real world; for others it is just another notch on the bedpost of college semesters.

However for all, it means the "F" word... FINALS.

Here are a few suggestions that may help you take control of your stress before it takes control of you.

1. Take your anger and stress out on something. "I play rugby," said junior Jen Burke. "There is no better sport for a stress outlet."
2. Don't let things build up. "What stresses me out is letting all of the simple little things I need to do build up," said junior Lars Bengston. "It makes everything seem overwhelming, hard to deal with, and it hinders me from thinking clearly."
3. Make lists. "With finals and my senior year coming up very soon, there have been a lot of things to get done," said Bengston. "I avoid a great deal of stress by making a weekly list of exactly what I need to do and when I need to do it. Looking at all of your priorities on a piece of paper makes them a lot easier to manage."
4. Get a jump start on big things ahead of time. "With all the classes I am taking, saving all the big projects and papers for the end of the semester builds up quickly," said junior Ray Sheehan. "It's hard to balance all that with practice, working out for football and working. I like to deal with it by planning everything out, writing down what I have to do everyday and checking it off as I go along. It helps me make sure I do everything on time."
5. Get rest. "I find that it is easy for me to get caught up in doing work and not take the time to sleep or relax," said junior Dan Bruno. "I tend to perform much better when I am well rested, so I feel taking a bit of time to relax during those stressful times is crucial."
6. Power through it. "Of course I am stressed with finals; everyone is," said senior Kyle Bush. "I just have to deal with it, grind my way through it like I have the past four years. I am about to graduate, I am sure things will be much more stressful then, and I'll just have to find a way to get through it."



Scoreboard

Thursday, April 22

Softball

SHU- 0

Fairfield- 8

Friday, April 23

Baseball

MSMU- 0 4

SHU- 12 14

W. Lacrosse

MSMU- 5

SHU- 14

Saturday, April 24

M. Lacrosse

RMU- 12

SHU- 10

M. Volleyball

SHU- 1

Princeton- 3

Softball

FDU- 2 1

SHU- 0 6

Baseball

MSMU- 2 2

SHU- 5 3

Sunday, April 25

W. Lacrosse

Quinnipiac- 7

SHU- 12

On Deck

Today

Softball vs. Fairfield

3:30 p.m.

Tomorrow

Baseball @ FDU

3 p.m.

Saturday, May 1

Baseball @ FDU

1, 3:30 p.m.

M. Lacrosse vs. St. Johns

7 p.m.

Softball vs. Bryant

1, 3 p.m.

Sunday, May 2

Softball @ Quinnipiac

Noon, 2 p.m.

Baseball @ FDU

1 p.m.



The Spectrum/Zack Lane

Cori Horelik (left), Alicia Fuchs (center), and Kate Kmiotek (right) help the Pioneers defeat Quinnipiac, 12-7, on April 25 at Campus Field to win their third-straight NEC Championship.

Dynasty! Pioneers Three-Peat

•Top Bobcats •Wagner MVP •Advance to NCAA Play-in

Eddie Kuspiel
Staff Reporter

The Sacred Heart University women's lacrosse team made history on Sunday, April 25 at Campus Field, as they defeated Quinnipiac University, 12-7, to win their third-straight Northeast Conference title.

"I am really proud of how this team stuck together," said head coach Laura Cook in a press release on the Sacred Heart Athletics Web site. "I really believe the experience of the last two years is what won it for us today. In a tight game, this group just dug down deep in clutch time and got it done."

The Pioneers defeated Mount Saint Mary's University, 14-5, on Friday, April 23, in the semifinal round to advance to the title game on Sunday.

Bobcats- 7
Pioneers- 12

Meanwhile, Quinnipiac defeated Monmouth University on Friday afternoon, 8-4, to advance to the championship game against the Pioneers for the third time in three years.

After coming out of the gates strong on Friday behind early goals from senior Jackie Pierce, sophomore Kate Kmiotek, and senior Carissa Hauser, the Pioneers jumped out to a commanding 4-0 lead.

But the Mountaineers would not go quietly, as they put two points on the board just before the end of the first half to cut the Pioneer lead to 4-2.

Sacred Heart then responded with a run of their own as they posted four more goals before halftime – two of which came from sophomore Alicia Fuchs – to take an 8-2 lead. The Pioneers picked up right where they



left off as they scored six more goals in the second half while only allowing three to The Mount, giving them the 14-5 victory.

Senior goalkeeper Chelsea Wagner continued her strong net minding by making several big saves to preserve Sacred Heart's lead throughout the game.

Sacred Heart and Quinnipiac then returned to a rainy Campus Field on Sunday with the Northeast Conference trophy on the line.

The Bobcats got on the scoreboard first just two minutes into the game, but Pierce and Hauser weren't about to let Quinnipiac gain any more momentum as each scored a goal to give the Pioneers a 2-1 lead.

Quinnipiac's Katie Latonick scored an unassisted goal at 18:44 – her second of the game – to tie the score at 2-2.

Senior Cori Horelik then gave the Pioneers their second lead of the game by burying a goal past the Quinnipiac goalie.

Over the next ten minutes of the game, the two teams would go back and forth until the score was again tied at 4-4 at halftime.

When the teams returned from the locker rooms, Quinnipiac pushed up the field with two goals to jump ahead by two goals.

Fuchs then took a pass from Pierce and put it right in the top of the Quinnipiac goal to tie the score off at 6-6.

Kate Kmiotek capitalized when Quinnipiac slipped up and got a defensive crease violation and beat out the Bobcat's goalie to make it 7-6.

Wagner allowed only one more goal on the day while her teammates tacked on five more to seal the three-peat.

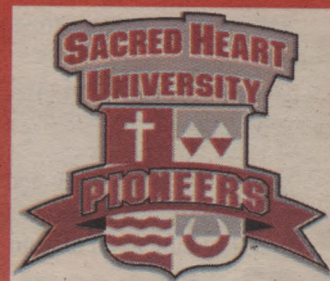
"We just really pulled it together as a team," said Wagner who was presented with the NEC Tournament's MVP award by commissioner Noreen Morris.

"We executed the game plan and played a full 60 minutes. We weren't going to settle for anything less than a win."

With the victory over Quinnipiac, the Pioneers advanced to the NCAA play-in game on May 8 against the champion of the Patriot League.

Material from this article was contributed by the Sacred Heart Athletic Web site.

2010 NEC Women's LAX All-Tournament Team



Chelsea Wagner (MVP)

Farra Coppola

Carissa Hauser

Elizabeth Drehwing

Jackie Pierce

SPECTRUM'S ATHLETE OF THE YEAR: NICK JOHNSON

Antonino Mannino
Staff Reporter

Editor's Note: Sacred Heart men's ice hockey player Nick Johnson has been selected as the Spectrum's Athlete of the Year. Johnson helped the Pioneers advance to the Atlantic Hockey Association title game and recorded a career-high 52 points this season while earning Second Team All-American honors.

For Sacred Heart University's Nick Johnson, a senior on the men's ice hockey team, 2009-10 was a monumental season.

According to the Sacred Heart athletic Web site, Johnson entered the 2009-10 season with 55 points over his first three seasons, but after being moved to wing, Johnson had his best season yet and nearly matched his three-year points total with 52 in his senior season.

"We are obviously very proud of Nick and all that he has accomplished this year," said Sacred Heart men's ice hockey coach C.J. Marottolo in a press release on the Sacred Heart athletic Web site. "He epitomizes what we want in a player at Sacred Heart. He is a competitor, a leader, and a tremendous teammate."

When looking back on his hockey career at Sacred Heart, Johnson takes pride in the fact that he helped turn the Pioneers hockey program into a force in the Atlantic Hockey Association.

"My career at SHU has meant a lot to me," said Johnson. "You obviously make a choice when you are a teenager where you want to go to college, but you can never know how you will adapt to that certain college and how much you will enjoy it."

"I have enjoyed my experience here at SHU thoroughly. I've played on some great teams and met some great people. It has been a blast."

When it comes to all of the individual awards and accolades that Johnson has over the past four seasons, none means



Photo courtesy of Athletic Communications
Sacred Heart's Nick Johnson (#15) scored a career-high 52 points this season to lead the men's ice hockey team to the AHA championship game.

more to him than being named Second Team All American at this year's Frozen Four competition in Rochester, N.Y.

"I think the award I was most excited to receive was the All-American recognition," said Johnson. "The All-American status will stay with you your whole life and that is pretty awesome and something that I am very proud of."

While the Pioneers came up just short of their ultimate goal of winning the AHA Tournament and advancing to the NCAA's for the first time in school history, this season was one still an unforgettable one for Johnson.

According to the Sacred Heart athletic Web site, he led the team in almost every offensive category, including ranking first in goals (27), power play goals (9), game-winning goals (8), and points (52).

"We are obviously very proud of Nick and all that he has accomplished this year. He epitomizes what we want in a player at Sacred Heart. He is a competitor, a leader, and a tremendous teammate."

-C.J. Marottolo
SHU men's ice hockey coach

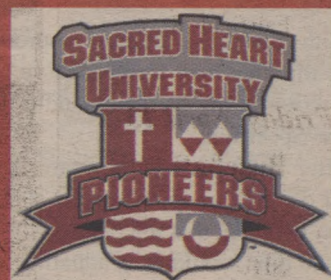
With an impressive resume and a stellar collegiate hockey career under his belt, many are wondering what the future holds for the talented senior from Windsor, Conn.

"After this year, I will train during the summer and play professional hockey somewhere," said Johnson. "I have not signed with anyone yet, but that will take place during the summer. I am not too focused on that at this point, I am just trying to enjoy my last weeks of college, and after that I will go from there."

If and when Johnson signs with a professional team, he will be joining the ranks of other notable Pioneer alumni playing professionally, including most recently Dave Grimson, Pierre Luc O'Brien and Alexandre Parent.

Material from this article was contributed by the Sacred Heart Athletic Web site

Spectrum's Athlete of the Year



Nick Johnson Men's Ice Hockey

- Second Team All-American
- Career-high 52 points
- Career-high 27 goals
- Eight game-winning goals (Tied for most in NCAA)

Breaking demo raises money for Moray foundation

Tom Herles
Staff Reporter

When someone loads up on coconuts in the grocery store, it's rare that the fruit has much to fear except getting eaten. That is, until martial arts master Ralph Bergamo comes around.

Bergamo is known in the extreme breaking community for his ability to break open coconuts with his bare hands.

According to Bergamo, it takes a hit with more force to break a coconut than a human skull.

This skill was demonstrated first-hand Monday when the Sacred Heart Martial Arts Club presented their twice-annual breaking demo at the Pitt Center.

The event features student practitioners, as well as professional breakers from the nationally recognized Team Bergamo.

Gary Reho, director of the William H. Pitt Center, is a member of the team and helps organize the club at Sacred Heart.

"Breaking is a part of most martial arts," said Reho. "It represents the ability of the human body to perform way above what the average person thinks they are capable of."

The pile of debris that littered the gym floor after the demonstration was a field of

crumbled wood and stone.

The event was highlighted by Reho breaking 349 boards in a one-minute span.

"I couldn't believe the amount of boards Gary broke," said senior Katie Henshaw who attended the event. "I'm sore from just watching him."

Henshaw was not the only one impressed by the demonstrators.

Sophomore Jesus Martinez, a member of the Martial Arts Club, sported a bloody hand after a series of breaks.

"Everyone did a fantastic job," Martinez said. "We worked really hard and I think we can get much better. Unfortunately, you don't always hit them right and it hurts."

Sacred Heart students presented a series of breaks using multiple hand and foot techniques, which they learned through the twice-weekly instruction from Team Bergamo on campus.

"The focus of our class is to give our students a basic set of realistic skills that will allow them to defend themselves," said Reho. "We also work to make sure that all members of the class, whatever their skill level, are working to improve."

See REHO on Page 15...

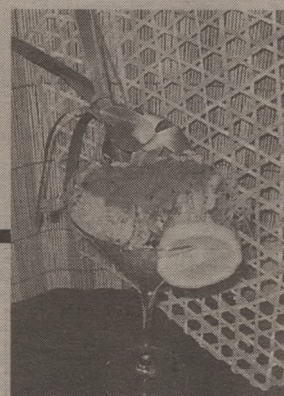
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LETTER FROM THE EDITOR: OPPORTUNITY OF A LIFETIME

Rob Morgan
Sports Editor

With graduation quickly approaching, it got me thinking how fortunate I've been as a sports writer in my brief two-and-a-half years with the Spectrum.

After first joining the staff in January 2008, I decided to apply for the sports editor position knowing that the person who held the job at the time would be graduating at semester's end.

Some people warned me how much of a pain the job would be and how I would regret throwing my hat into the ring.

Boy, were they wrong.

I've attended events and interviewed people who I otherwise would have never been given access to as a regular college student.

Whether it was lectures by NFL head coaches, celebrity charity events, or touring ESPN studios in Bristol, I've gotten to cover some pretty amazing things and people over the years – none of which I ever envisioned before joining the staff.

For instance, last winter Sacred Heart hosted a Hot Stove Conversation featuring New York Yankees pitcher Joba Chamberlain and Boston Red Sox pitcher Jon Lester.

Both pitchers fielded questions from moderator Andrew Marchand of 1050 ESPN Radio as well as from members of the audience.

Chamberlain, whose father is paralyzed on his left side from polio, said he learned to play baseball by having a catch with his dad who had to catch and throw using the same arm.

"Seeing what he went through and being the person that he is, never asking 'why' or complaining, he's taught me to never give up," said Chamberlain. "You've got to give everything you've got everyday - in between the lines and outside the lines."

Lester, too, has overcome a great deal of adversity in his life, including a bout with cancer.

But he worked his way back - never once contemplating throwing in the towel - to help the Red Sox win the World Series in 2007 and pitch a no-hitter at Fenway Park in 2008.

"I figured if I kept working hard, I'd get back to being a halfway decent pitcher," said Lester.

Joba Chamberlain and Jon Lester taught me to never give up in life.

At Joe Torre's sixth annual charity golf tournament last July, dozens of athletes and celebrities showed up to support the cause of domestic violence – something that Torre himself witnessed first-hand as a young boy growing up in Brooklyn.

Before teeing off at Trump National Golf Club in Briarcliff Manor, N.Y., Torre made it a point to spend time with each member of the media who was covering the event, including myself, and answered every one of our questions about his team and foundation.

It didn't matter that Donald Trump and Bill Clinton were waiting for him to hit the ceremonial first tee-off and it didn't matter that the event's media relations personnel were signaling him to wrap it up – Torre made sure to accommodate every single reporter during the press conference.

Joe Torre taught me that while you can't please everyone in life, it doesn't hurt to try.

Former Pittsburgh Steelers head coach Bill Cowher visited Sacred Heart last October to deliver a lecture called "Blueprint for Winning."

While many questioned Cowher's decision to walk away from the Steelers organization three years ago at such a young age, his desire to spend time with his family was hard to second guess.

During his time away from the sidelines,

Cowher joined a group of NFL head coaches on a trip to Iraq where he visited with troops to boost morale.

After his speech, I told Cowher that I have a family member in the armed forces and I appreciated his efforts in spending time with the troops.

"People tend to view professional athletes and coaches as their heroes," Cowher told me. "But there's no question that the real heroes are the men and women putting their lives on the line for our country."

Bill Cowher taught me the importance of having priorities and perspective in life.

Bobby Valentine, one of Connecticut's most beloved sports figures, took time out of his busy schedule one afternoon and allowed me to interview him at his restaurant in Stamford.

Valentine, whose cousin, Gary, is an adjunct professor at Sacred Heart, reflected on his playing and managing career as well as his current role as a baseball analyst for ESPN.

"I have the desire to do the best I can with the job I'm doing, whatever I'm doing," he told me.

After our interview concluded, Valentine patted me on the shoulder, thanked me, and began pouring drinks and mingling with his customers.

It was vintage Bobby V – never a dull moment and quick to put others before himself.

Perhaps Sacred Heart baseball coach Nick Giaquinto – a regular at Valentine's annual charity fundraisers – best described the Stamford native.

"He's a giver," said Giaquinto. "Wherever he lands, he gives back to the community – whether it's in Japan, Texas, New York, or Connecticut."

Bobby Valentine taught me to always give back and never forget where you came from.

Legendary CBS Sports commentator Jim Nantz has had arguably the best seat in the house for hundreds of classic sporting events over the years, including the Masters, Final Four, and Super Bowl.

While interviewing Nantz at a fundraiser last winter, he told me that he knew at a young age a career in television was his true calling.

"I had this boyhood dream that [commentating] was what I wanted to do when I grew up," Nantz told me. "I don't take any of it for granted."

Jim Nantz taught me to dream big and cherish every moment in life.

After winning their 27th world championship in franchise history, New York Yankees general manager Brian Cashman and professional scouting director Billy Eppler wasted little time in getting back to work.

In fact, the Yankees won the World Series on a Wednesday night, and less than 24 hours after the final out was recorded, both were already evaluating the 2010 free agent class.

"In the front office, especially in my position, it's hard to enjoy [winning the World Series]," said Cashman.

For Eppler, who many consider to be a future general manager, even though working in the front office of the most successful franchise in sports has its perks, it is a 24/7 job.

"You sign yourself up for indentured servitude," he said.

Brian Cashman and Billy Eppler taught me that in order to be successful in life, you need to give your best effort every day.

In February 2008, just one year removed from winning Super Bowl XLI, former NFL head coach Tony Dungy came to Sacred Heart to present a lecture on diversity and promote his book, *Quiet Strength*.

See LETTER on Page 15...

Reho breaks 349 boards at martial arts demonstration

...Continued from Page 13

According to Reho, the club has held demos for the past two years for multiple purposes, such as raising money for the Lisa Moray scholarship fund.

Moray was a Sacred Heart graduate and basketball player who passed away in a car accident in 2008, the summer after her graduation. The scholarship is presented to an incoming first-year student at Sacred Heart.

Reho said another reason for holding the demo is to inspire the participants and the audience with the feats of Team Bergamo.

"We use our demo to show the students that they are capable of doing things that they may think are humanly impossible," said Reho. "I feel our students deserve to learn from the best, and that is what Team Bergamo represents."

According to Bergamo, the group competes in extreme breaking and self-defense contests at the national and international level. Since forming in 1998, the group has earned a number of championships and world records.

According to Martinez, working with such competitors is a great opportunity.

"It's such a privilege to work with people who truly are the top martial artists in the world," he said. "The level of dedication they put into it is astounding. I can't believe they come here and teach us."

Martinez and the other Sacred



The Spectrum/Zack Lane

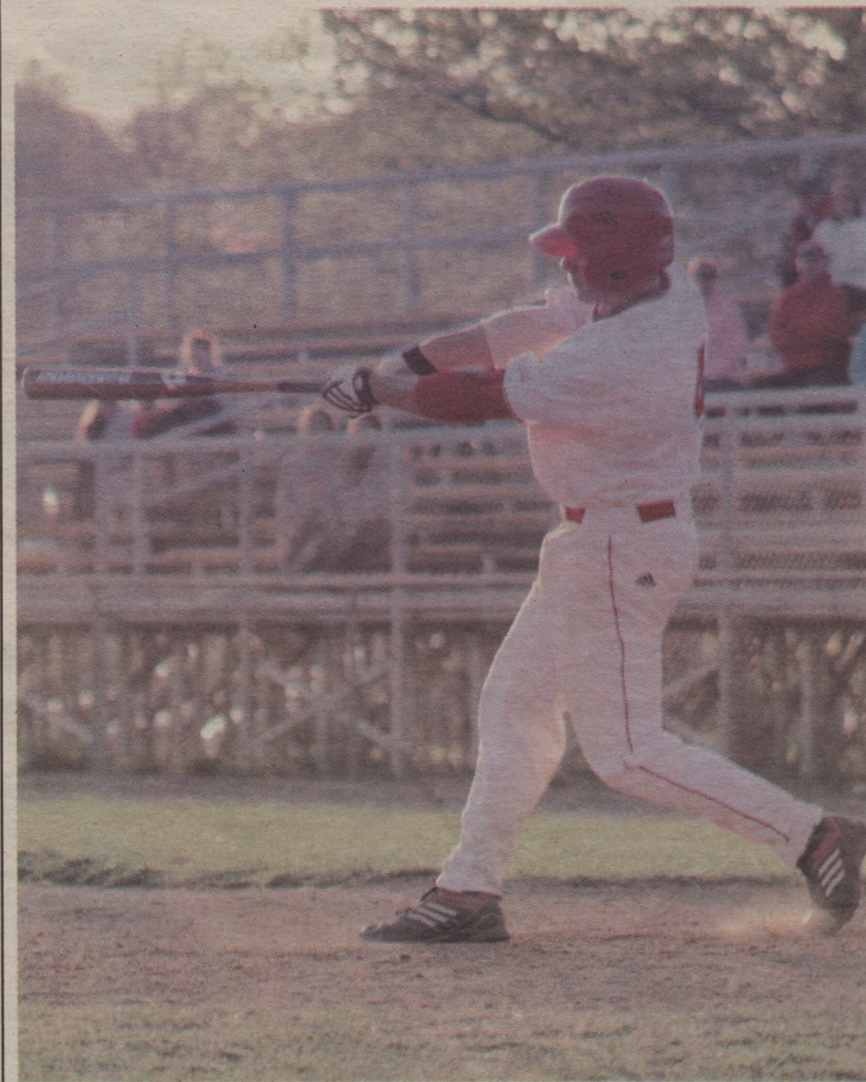
Mark Morales of Team Bergamo breaks a board on April 26 at the Pitt Center to raise money for the Lisa Moray scholarship fund.

Heart Martial Arts Club members showed their ability at the event while wearing Team Bergamo t-shirts, associating them with the professionals. They even had to play their part in cleaning up the wreckage that was left after the show was finished.

Bergamo said he is happy with the progress the student participants have made throughout the year.

"They're a very passionate group," said Bergamo. "Their ability to practice while keeping up with their studies shows how hard working they are, and there were no lasting injuries tonight, which is important."

PHOTO OF THE WEEK



The Spectrum/Emily Gumbs

Sacred Heart's John Murphy takes a swing during the Pioneers' 14-4 victory over Mount Saint Mary's on April 23 at Trumbull High School. The Pioneers swept all four games last weekend against the Mountaineers, improving their record to 9-7 in the Northeast Conference and 18-20 overall. The team returns to the diamond tomorrow when they travel to Teaneck, N.J. to take on Fairleigh Dickinson University at 3 p.m.

SHU OPEN DRAWS LARGE TURNOUT

Mike Leboff
Staff Reporter

On Sunday April 25, more than 70 of the region's most talented amateur weightlifters converged at the William H. Pitt Center for the 3rd annual Sacred Heart University Open.

The all-day event featured a wide variety of both male and female lifters competing in different events.

Lifters from as far away as Vermont and Florida made the trip to Fairfield, with the age group ranging from 16-years-old to 75-years-old.

The event was run through the New England Weightlifting Committee which has a long history of organizing quality competitions and producing elite lifters.

Denis Reno, president of the NEWC served as the event's announcer and all the officials, workers, and volunteers from the committee were at the event to make sure it all went smoothly.

The event, which is slightly larger than the average regional meet, was hosted by the Sacred Heart club weightlifting team which is coached by director of residential life Joel Quintong.

Gary Valentine, a Sacred Heart professor in exercise science served as the meet director and helped to organize the event from top to bottom.

Six members from the Sacred Heart club team competed in the meet, as did a few from the university who represented Team Connecticut.

Team Connecticut had 20 lifters entered, including Sacred Heart graduate student Tom Sullivan, who came into the meet as one of the favorites.

Under Valentine's tutelage, Sullivan has developed into one of the nation's premier amateur lifters and has had a breakout year thus far.

In February, he took home the coveted Most Outstanding Lifter at the Atlantic States Open in Massachusetts and in just two years of lifting, Sullivan has reached national qualifying status.

In addition to Sullivan, Sacred Heart graduate Steve Zito also put up a strong showing at Sunday's meet.

Zito has just been involved with the sport for one year and he, too, is about to reach national qualifying status.

Two Sacred Heart field hockey play-



The Spectrum/Mike Oberlander

Caleb Cahoon competes in the third annual Sacred Heart Open on Sunday, April 25 at the William H. Pitt Center.

ers, Erica Benn and Chelsea Carlson, made their weightlifting debut at the meet with Carlson taking home a medal in one of her events.

But perhaps the most astonishing lift at the event was executed by the least likely of participants.

Seventy-five-year-old Elsa Dahl, who lifted for Northern Power, took home the gold medal in her event.

There was also a scary moment as one of the lifters went up for the snatch but could not control the weight which appeared to fall on his back.

The meet was delayed for about 20 minutes as paramedics administered first-aid to the injured lifter, who got walked off under his own power to a round of applause from the audience with his shoulder heavily wrapped.

Sophomore Ryan Farrar was on his way to the Pitt Center to work out when he decided to stop by the event.

"It was never something I thought of as a sport, but that's changed now," said Farrar. "I stopped by with the intention of watching for just about 10 minutes, but that turned into almost an hour, as I was captivated with the ability of these lifters."

Some of the Team Connecticut lifters will be competing in the annual Connecticut Open on Aug. 1 at Bluestreak Sports Training Facility in Stamford.

Hamilton's Smuckers Stars on Ice comes to Bridgeport, Conn.

Emily Gumbs
Asst. Sports Editor

On April 20, the Stars on Ice show stopped in Bridgeport for a date at the Arena at Harbor Yard.

Since the tour started in 1987, there have been over 1,000 performances, which are produced by former Olympic gold medalist Scott Hamilton. The 2010 tour began on April 1 and ends May 30.

Stars on Ice is all about having fun and bringing in the champions to showcase their talent for people to come and see live.

This year's cast is comprised of the Olympic team and U.S. champions who didn't make the team.

The performers for this stop included Meryl Davis and Charlie White, Sasha Cohen, Tanith Belbin and Ben Agosto, Todd Eldredge, Yuka Sato, Michael Weiss, Jeremy Abbott, Mirai Nagasu, Ashley Wagner, and Alissa Cizsny.

"We travel by bus, so it's not as difficult as flying because you don't have to go through security," said Nagasu. "We have each other for support, so it's a lot of fun."

Nagasu was the youngest lady since Tara Lipinski to win the U.S. national title in 2008 and represented the U.S. at this year's Olympics at the age of 16.

There is no doubt that the schedule can be mentally and physically grueling as the skaters have a show every night for four days and then get a day off.

"We usually stay up very late because we finish at 10 p.m. and are usually on a bus right after," Nagasu said. "Sometimes it's hard to fall asleep on the bus, so I stay up really late. Then when we get to the hotel, I usually can't go back to sleep for a couple of hours, so I usually have to sleep in."



The Spectrum/Emily Gumbs

Ben Agosto and Tanith Belbin perform in the Stars on Ice event at the Arena at Harbor Yard on April 20.

The cast has a few numbers together in the beginning, middle, and the end of the show. The rest of the show is filled with each performer's routines from competitions over the past season.

"I like that I get to know everyone, because usually at competitions we are focused on competing so we give each other our personal space," said Nagasu. "But here we don't really have to worry about competing."

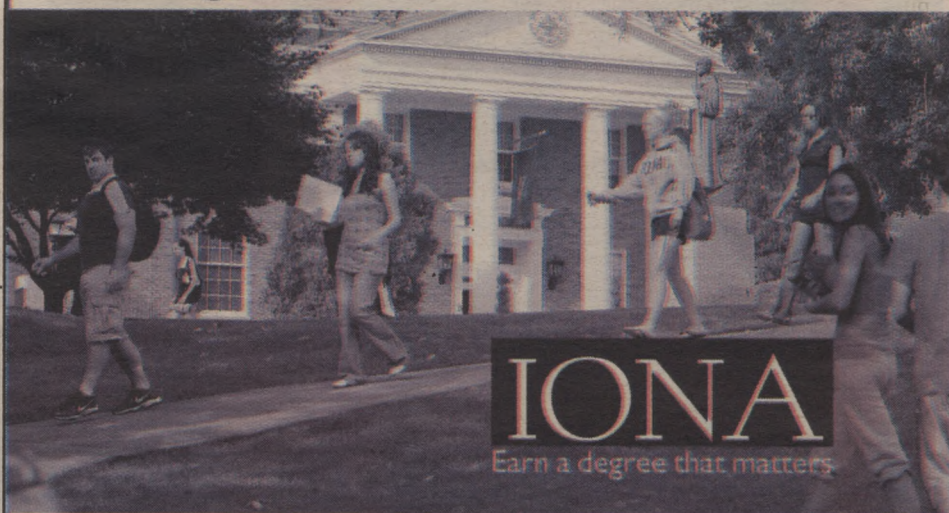
The show on April 20 ran about two hours with a 15-minute intermission.

"We are just here to have fun, so it's not really about the rewards," said Nagasu.

The fun certainly showed in Belbin and Agosto's performance which was full of exciting tricks including Belbin being swung by her backpack.

There are many other skaters involved in the touring company, but they don't all make every date.

How far do you want to go this summer?



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LETTER FROM THE EDITOR: LIFE LESSONS LEARNED

...Continued from Page 14

Before taking the stage at the Edgerton Center, Dungy had dinner with a group of Sacred Heart students and administrators where he was asked about life, football, and faith.

While introducing Dungy to members of the media assembled at a press conference just before his speech, dean of students Larry Wielk called the experience with Dungy "one of the greatest nights of our lives."

And it was easy to see why.

Dungy captured the crowd's attention with personal accounts of his experience as an NFL head coach as well as his involvement in the community and strong faith.

"No matter what field you get into, diversity is something you're going to have to deal with," said Dungy.

During a question-and-answer session following his speech, one member of the audience stood up and boldly told Dungy that he "missed his calling."

"You should run for president," said the man, which drew a collective laugh from the audience.

Funny thing is, he'd be the perfect candidate.

Tony Dungy taught me that there really are good guys in professional sports — even if you don't hear about them on a daily basis.

So as my college years come to an end, I don't know what the future holds, but one thing I do know is that the Spectrum has given me something that I will always be grateful for: opportunities.

Who knew a college newspaper could provide so many life-changing experiences?



Fuchs #22

Myer #16

Amenda
Cove #13

Nicole Green #18
#19
Eastbrook

Samuel #11
Jackie Finner
#21

#1
Cari Howell #24

Kate Zmudak #3

Mary Ladman #5

Carolee
Hawser #26

Jeff #31

Neil Miller #30

Alyssa Dwyer
#14

Kelli Rutledge #8

Emilee
Kerns #23

Joan Heston
Cami #16
Wagner

K. Rocher #20

August Dwyer #4

Oliver
Mann #17

Kathryn #19