"Women Can Have It All"

BY ALYSSA ANDERSON

On Wednesday April 23, co-founder and former CEO of World Wrestling Entertainment (WWE) and university trustee, Linda McMahon hosted her "Women Can Have It All" series on women in leadership with her daughter and Chief Brand Officer of WWE, Stephanie McMahon.

As Linda and Stephanie walked into the Schine auditorium at Sacred Heart, cameras took their pictures and the two were greeting the people around them. They sat down and started their talk on women in the working world and how women should be able to have a successful career and the family that they desire.

Linda started the talk by asking Stephanie, "Can women have it all?" "It varies for each person. You have to know what it is you want to do and break down the doors in front of you. Sacrifices need to be made. It's up to the individual," said Stephanie.

In her talk, Stephanie said that women have to fight harder. You have to make your way to the opportunity, she said. You're going to make mistakes and take risks that may fail. But take each lesson as an opportunity to learn and to grow. Women are coming on stronger and taking the risks they need to, to get further in their careers.

"When women are in business, they give a different perspective. They are more collaborative and seek resolution quicker. Women have to believe in themselves, understand their goals, and be confident. They need to stand up for themselves," said Linda.

According to the press release issued by Sacred Heart, only 23 women currently serve as CEO among the Fortune 500 companies, while the share of women on corporate boards falls below 20 percent.

Stephanie's message was this: overschedule. That is how you get recognized. Be aggressive. Come up with what you want to sell and nail it. Believe in it and you will get noticed.

Linda then asked Stephanie, "Is it worth having it all?" "Personal time is definitely sacrificed the most. Family comes first and work comes second. It's never going to be evenly balanced. When I'm with my family I put my phone aside and I'm 100 percent with my family. That is what I'm willing to sacrifice," said Stephanie.

In front of a large crowd of students from the John F. Welch College of Business, Stephanie McMahon also explained how she balances her career and her family in an interview with the media.

"When I was younger I loved being around my family, but I wish I had more quality time with them. WWE, our family business, gave me the opportunity to not only follow my dreams and passion for the business, but spend time with my family as well," said Stephanie.

"Technology also helps to bridge the gap with my children when I'm away. One time I couldn't attend my daughter's school play, but FaceTime on my iPhone gave me the opportunity to not only see the play, but to show my daughter that I was there watching her," said Stephanie.

According to the press release, Stephanie was named Chief Brand Officer of WWE in Dec. 2013 and is responsible for enhancing the brands reputation. She also works with WWE's business units to support growth initiatives, is the primary spokesperson for WWE's key community initiatives, such as WWE's anti-bullying program, and plays a character on "Monday Night Raw," one of their weekly professional wrestling programs.

Stephanie stepped down as CEO of WWE in 2009 to run for the U.S. Senate. Linda helped grow WWE from a 13-person operation to a publicly traded global enterprise with more than 800 employees in offices in Stamford, New York, Los Angeles, Miami, London, Singapore, Shanghai, Tokyo, Seoul, Mumbai, and Istanbul, at the press release.

"WWE has always been what I wanted to do. I wanted to spend more time with my parents and be in the family business. I always saw myself here. I always loved writing, producing, directing, and learning the business side of the company. For this to be my job, man am I lucky," said Stephanie.
New Business Minor Offered at SHU

BY PHIL FALCONE
Staff Reporter

Clinical Associate Professor of Finance and Accounting
Stephen Scarpati contributed to this article.

The Sacred Heart University Welch College of Business is introducing a new minor in business developed specifically for students who are non-business majors.

The new business minor provides a fundamental education in business. The five-course program covers the core disciplines of accounting, economics, finance, marketing, and management.

“A business minor will look great on a resume to prospective employers in any field or industry,” said Stephen Scarpati, Clinical Associate Professor of Finance and Clinical Associate Professor of Accounting.

“The fundamental business knowledge will enhance the careers of most non-business graduates,” he said.

The required courses for this program are MGT 101, Organization Management; MK 221, Financial Accounting; EC 202, Principles of Microeconomics; and EC 215, Financial Management. It is suggested that students take MGT 101 first, but there is no prescribed sequence after that.

"An exciting feature of the new minor in Business is that there are no prerequisites," said Scarpati.

"This is an exciting new program and I’m sure many students who are not business majors will take advantage of it. It is great to be able to take these courses over the summer as well," said Ali Marta, a junior majoring in Communications & Media Studies.

Freshman Kailtyn VoWinkel was excited to promote the new business minor.

“Having a business minor will allow you to better understand any profession you join. Everything is a business and knowing the background is beneficial to your career,” said VoWinkel.

Some graduating seniors are disappointed this minor wasn’t created earlier.

"Even though I’m a senior psychology major, I would have been interested in a business minor for non-business majors because my goal is to open my own private practice," said senior Allison Shanley. Taking business majors because my goal is to open my own private practice,

"I would have been interested in a business minor for non-business majors because my goal is to open my own private practice," said senior Allison Shanley. Taking business majors because my goal is to open my own private practice.

Students who are interested in the program and have questions should contact Professor Stephen Scarpati at scarpati@sacredheart.edu.
Graduation Day is a momentous occasion that calls for reflection and celebration. It quickly approaches, Sacred Heart University seniors are counting down the days, looking back at their time here, and looking forward to the future. The anticipation of the future has many feeling mixed emotions. “I am feeling very nervous about my future after Sacred Heart. Though I am excited to be graduating, the real world is looking very intimidating these days,” said Dana Kinlen.

Others are filled with anticipation of what lies ahead. “I am thrilled about my future after Sacred Heart. I feel as if my life is coming together and am very motivated to get where I want to be. I will be going to graduate school and so excited to start this next chapter of my life,” said Tara Skiff.

And, some, are just looking to seize the moment. “I will be taking advantage of the opportune moment of free rent by moving home and getting a job in the area,” said Terrance Doyle. Sacred Heart offers many opportunities to help students prepare for their future.

“The capstone internship class was great because it allowed us to get hands on experience for what we needed to prepare for after graduation. Sacred Heart offers many different job services. Career Development was really helpful with preparing my resume, cover letters, how to handle interviews and job searches,” said Sam Bomba.

Many also feel very prepared for their paths to the future. “My classes prepared me for the business world in many aspects. By holding a leadership position for dance, I believe that I am more well prepared for a management position and have an advantage compared to most graduating seniors,” said Kinlen.

Sacred Heart seniors reflect of their memorable experiences and what they will miss most. “What I will miss most is all the friendships built over the last four years. Those people you see every day, who you won’t see any more. I’ll miss the feeling I had just walking around the campus,” said Tara Skiff.

Although some seniors are leaving their undergraduate experience behind, others are not leaving Sacred Heart quite yet. “Knowing that I will be at Sacred Heart for graduate school for four years. Those people you see every day, who you won’t see any more. I’ll miss the feeling I had just walking around the campus,” said Tara Skiff.

Some seniors have advice for incoming freshman that they wish they had received themselves. “Cherish every moment you have and do not anything for granted. You may think it is hard now, but in the future you are going to wish you could do it all over again. Never let an opportunity pass you by, and do not lose touch with those who meant a lot to you,” said Gianna Colgrena.

Sacred Heart University has been a positive place for a majority of seniors and they feel ready to take the plunge into the real world. “Being at college was four of the most amazing years of my life. I would not take back any choice I ever made. Sacred Heart let me grow into the person I wanted to be and I will always be grateful to everyone who has come to know during my time here,” said Gallagher.

It’s like finally walking all the way up about a thousand stairs to the top of a water park. Completely struggling with tube in hand and finally reaching, looking at the water park employee smiling so much your face hurts in anticipation of the best thirty seconds of your young life. I know it’s a tad bit over the edge metaphorical, but that is the definition of what it feels like to be finishing junior year anticipating the start of senior year. Excited is an understatement, I have the highest hopes for my senior year and I know it is going to deliver. I remember never believing that senior year was going to come, and now it’s only a few short weeks and a summer away. My freshman year felt like an eternity, and even though I was fairly close to transferring from Sacred Heart, I had a great year and some hilarious times with my friends. I was still prepared to leave, though, but I stuck it out and continued on as a sophomore and got heavily involved on campus and it made a world of a difference.

I met so many people, older and younger, and made a network of friends that along with a few special professors helped me decide on staying at Sacred Heart. Trust me, it was the right decision. My junior year has been my best year at Sacred Heart so far, and that is what makes me so sure of myself when I say that senior year is going to be memorable. However, with every passing year, and new friendships, we lose the seniors that start to begin the rest of their lives. Some of my closest friends have been older, and they have made my classes and extracurricular activities invaluable. Saying goodbye to the senior English majors, and the seniors on staff at the Spectrum will be hard because they have continually made my experience at Sacred Heart wildly better and more exciting. I just don’t know if I can go on without them (commence tears).

I have to try, and try extremely hard, to not comisserate like a mother with empty-nest syndrome when all of my favorite seniors gradu­ate, and I have to remember how in­credible my own senior year is going to be. I am ready for the next phase of my life, but I am also ready for a couple trips out to Stamford and just a tad more trips down to Red’s before I chase my dreams, and I know that along with my class we are going to blow Sacred Heart out of the water next year. Let’s hope we can at least make it to Senior Week.
A currently popular news/social media crossover site has many Sacred Heart students buzzing. BuzzFeed is a social news and entertainment website that has been running since 2006, but recently gained popularity among the college students. The website includes news, entertainment, and life articles while also supplying its users with quizzes and comical links to keep them amused.

The website posts important news articles including world news and politics, but also has sports updates and celebrity gossip. There are over 1,000 quizzes on their website, which is one of the major assets that seem to attract users. Sophomore Shannon Dennelly is a frequent user of BuzzFeed in her free time.

“I like using BuzzFeed because it allows me to get news about the world in a comical way. I also like taking the quizzes that are provided because sometimes the quizzes are based off TV shows that I watch,” said Dennelly.

Junior Nicholas Iannetti also appreciates the quizzes on BuzzFeed and the humor provided on the site.

“BuzzFeed is an unbelievable website that has a wide variety of topics that you can look at,” said Iannetti.

According to BuzzFeed’s website, at first they were more of an entertainment site, but with the hiring of Ben Smith as their editor-in-chief, the website gained a serious side by expanding their journalism knowledge and assistance.

However, some users, like senior Chelsea Ilg, still aren’t trusting the information they read on BuzzFeed. “BuzzFeed is not as reliable as the New York Times,” said Ilg. There have been complaints, and few lawsuits against the site for things like copyright infringement and photo sharing according to Forbes. These issues lead some, like senior Gab Scozzari, to believe the argument that BuzzFeed is too laid back, to become a source like The New York Times is true.

“It’s not reliable because it’s too much about pop culture, and not news,” said Scozzari. However not all students are as distrustful of the website, for example sophomore Joe Fusco has no complaints. “I think BuzzFeed offers news and the latest trends, all in an informational way that teens can easily relate to,” said Fusco.

The teams at BuzzFeed have an "about" section on their site where they stress that they try and understand the technology of today, and their users in order to have a good content driven website. Their content is shareable which has helped them get a wider variety of users through social networks, which has lead them to have over 130 million users.

On their website it is listed that there is a US and UK staff working constantly to post new things daily. BuzzFeed has an average of 378 posts per day and is run by a founder and CEO, Jonah Peretti who also was a founder of Huffington Post. You can access BuzzFeed from your computer or smartphone and even download an app for it at BuzzFeed.com.

“I don’t know what BuzzFeed really is, but I see the relatable articles and surveys shared on Facebook all the time and they seem to reach a lot of people,” said sophomore Madison Tavarozzi.

**What Are Your Summer Plans?**

**JULIA PEDERSEN**, FRESHMAN: “Life guarding, coaching, going down the shore & getting the bronze of a Norwegian princess.”

**KATRINA DY**, FRESHMAN: “Taking a summer class and then going on a cruise.”

**MICHAEL KENNY**, JUNIOR: “Make money and go to a few music festivals.”

**AMANDA CAULEY**, FRESHMAN: “Working and going to Cape Cod.”

**JOHN COLETTA**, JUNIOR: “Going to the beach, traveling and flipping burgers.”

**BETHANY BAUMANN**, SOPHOMORE: “Interning at a digital marketing company.”

**KEATON MANGI**, JUNIOR: “Interning at Strategic Building Solutions, and relaxing.”
Editorials

Introducing...

THE SPECTRUM EDITORIAL BOARD 2014-2015

EDITOR IN CHIEF
AMANDA SALIANO

SPORTS EDITOR
NICK MCANENY

WEB MANAGER
COLEEN CROWLEY

MANAGING EDITOR
ALANA MILLER

ASSISTANT SPORTS EDITOR
MATT MATERASSO

ADVERTISING MANAGER
ERICA POWELL

COPY EDITOR
MARK PODESTA

A & E EDITOR
MARISA PAPA

CIRCULATION MANAGER
CHRISTIAN COLON

COPY EDITOR
KATIE SHEPARD

ASSISTANT A&E EDITOR
NATALIE CIOFFARI

GRAPHIC DESIGN EDITOR
ABBY FALLACIE

PHOTO EDITOR
MEGAN LACKMAN

PERSPECTIVES EDITOR
SAM BUTLER

GRAPHIC DESIGN EDITOR
JESSICA BORATKO

PHOTO EDITOR
FILIP LOMBAT

FEATURES EDITOR
NATASHA KLINOFF

PUBLIC RELATIONS MANAGER
KRISTINA BURGWIN

ASSISTANT PHOTO EDITOR
ALYSSA ANDERSON

NEWS EDITOR
EMILY ARCHACKI

ASSISTANT NEWS EDITOR
MELANIE VOLLON

NOT PHOTOGRAPHED:
ASSISTANT PERSPECTIVES EDITOR
NICOLE CANNIZZARO

ASSISTANT FEATURES EDITOR
MELANIE HOLEC
Features

Food Review: Ten Asian Bistro

ASIAN CUISINE IN THE TRUMBULL MALL

BY RAY MORRISSEY
Staff Reporter

The Ten Asian Bistro is conveniently located across from Ruby Tuesday in the Trumbull Mall. The bistro is just a 5 Minute ride away and should be considered for all those who enjoy Asian cuisine.

There are a wide variety of options on the menu including their vast selection of sushi and sashimi. If you are not a fan of raw fish, there are also many specialty entrees to choose from. For the “early bird” customer they offer lunch specials Monday through Friday until 3 p.m.

As my friend and I entered the establishment, the hostess instantly greeted us with a smile and led us to our table. My immediate impression while making my way through the dining room was that it had felt like a family oriented environment. This did not come to a surprise considering it is located in the mall.

Although the Ten Asian Bistro has a family friendly environment, for those who are of age, they do have a bar separated from the dining room that serves an assortment of alcoholic beverages. Multiple booths and bar stools that line the bar leave plenty of room for a spot to have a drink.

The only slight misfortune was they did not offer an unlimited sushi special, which is what I hoped for, after viewing the menu prior. Luckily, it was still during the lunch special hours so I was able to order three sushi rolls for only $12 dollars.

On top of the lowered price, it was also an entertaining experience because the sushi chefs prepared the rolls right in front of us. They did an outstanding job of making sure the rolls were wrapped tight and packed with a generous amount of fish.

My friend ordered the sesame chicken that came with a choice of soup and rice. He chose the wonton soup and fried rice, which he allowed me to taste. The rice had a different taste that I was not used to, but I would definitely recommend it.

I was able to have some chicken as well, which was so tender it almost cut like butter. His meal came to a total of $10.

After finishing my meal I was satisfied, but craving more because of how much I enjoyed it. I definitely would recommend Ten Asian Bistro to those who would like a bit more upscale sushi or Asian cuisine experience.

Ten Asian Bistro also delivers, which is very unique for sushi restaurants. Although delivery time is estimated to be around 40 minutes, it is still something worth taking advantage of.

The location, price, and quality of the restaurant is excellent, making it a smart dining choice for Sacred Heart students.

Ten Asian Bistro offers sushi and Asian cuisine at a reasonable price.

Students Sing Out Against Bullying

CHOIR STUDENTS SING AT THE 2ND ANNUAL CONCERT AGAINST BULLYING.

BY KELLY ROMANO
Staff Reporter

On April 9, the Chapel of the Holy Spirit lit up with voices from the Sacred Heart choir at the 2nd annual Concert Against Bullying. With a performance to the public against bullying, it was more than just a concert.

The concert included solos and duets from Elise Bean, Nick Patino, Sara Zolby, April Jaurregui, Sara Klaus, Tiffanie Rodenburg, Tara Ryan, and Timothy Weiss.

These students stepped out of their comfort zones and told stories of bullying, addressing the controversy of bullying in society.

"I hope that from the concert both those who participated and those who came to watch were impacted in a positive way to help spread awareness for students that are bullied," said Milhomens. "No one deserves to be bullied, no matter what the circumstances and we all need to think before we speak and act."

About 160,000 students skip school everyday because they are being bullied at school and this 2nd annual Concert Against Bullying was to show that statistics like these could go away if everyone stood together.

"Hearing stories of young kids that commit suicide because they are being picked on at school is absurd. Things like that should not be happening," said Pedersen.

These students stepping out of their comfort zones spoke about spreading awareness of this worldwide issue.
Ken Mysogland MSW is an adjunct faculty member in the Social Work Department for the past 18 years. Perhaps the following story can put this into a little clearer light:

Holy Saturday found my 10 year old step-son and I at a local Starbucks. I was preparing for the upcoming week of teaching. As we were beginning to leave, a young man approached me.

"Excuse me, are you a tutor?"

"No", I said, "we are just simply doing some work. What do you need?"

"I was wondering if you could help me. I am studying for my GED test and I need some help. I don’t understand the math. The test is soon. I just don’t understand it."

My first thought was anything but math...

"Sure", I said. "I will be back in a little while."

By the time I returned, "Matt" had already been at the same table for over 7 hours. In front of him, a worn study guide and dull pencils. We started talking. About life. Hard times. His escape. The future. "Matt" left his abusive household when he was 15 years old. Living on the streets, school was not an option. Now an adult at 18, he is seeking the equivalent of a High School diploma.

"Music then began to play as we got back to walking our laps. My teammates and I encountered a couple women that we were really affected by the incredible personal stories and experiences the speakers and cancer survivors shared with everyone," said Gittleman.

The Teachings of "Matt"

Professor Mysogland shares an inspirational story.

Ken Mysogland MSW is an adjunct faculty member in the Social Work Department for the past 18 years.

We are all blessed to be a part of Sacred Heart University. Perhaps the following story can put this into a little clearer light:

The world’s largest group of survivors and caregivers grew even larger as Sacred Heart became involved with this overnight fundraising walk. This year’s theme as stated in the letter from President Petillo, was a giant birthday party, denoting the many birthdays that will be celebrated by cancer survivors as a result of the fundraiser.

Around 40 clubs and organizations were involved in the effort to raise money for this cause and many of them took part in the indoor, overnight walk. The Sacred Heart’s Student Events Team, the band, club athletics, the Thomas Moore Honors Program and Greek Life are just some of the student based groups that helped with the fundraising.

This year’s relay surpassed last year’s total donations of around $28,000 with just under $38,000 of funds raised. This is a great feat considering there was practically the world’s largest group of survivors and caregivers grew even larger as Sacred Heart became involved with this overnight fundraising walk.

"Spirits were high the entire night and students were really affected by the incredible personal stories and experiences the speakers and cancer survivors shared with everyone," said Gittleman.

Junior football player Keshonius Spence was fortunate enough to witness the tears of participants turn into smiles.

"The emotions flowing through the Pitt Center definitely started off on more of a sensitive matter as survivors explained each of their stories. They began with their diagnoses of this fatal disease and what was involved in overcoming it," said Spence.

An ease of tension swept through all the groups as they continued to walk the laps in efforts for the cause.

"Music then began to play as we got back to walking our laps. My teammates and I encountered a couple women who were survivors and fans of our football team. We took a couple pictures with them which definitely led to some smiles," said Spence. "I would definitely say it started off on a more emotional note, but then quickly became a more uplifting atmosphere."

The Relay For Life is always an emotional atmosphere considering all of the lives affected by cancer. Personal stories were shared and support was spread throughout the room. That night, a sense of appreciation for life far outweighed the negative topic of cancer.

"Spirits were high the entire night and students were really affected by the incredible personal stories and experiences the speakers and cancer survivors shared with everyone," said Gittleman.

Junior football player Keshonius Spence was fortunate enough to witness the tears of participants turn into smiles.

"The emotions flowing through the Pitt Center definitely started off on more of a sensitive matter as survivors explained each of their stories. They began with their diagnoses of this fatal disease and what was involved in overcoming it," said Spence.
**Spring Fashion Trends**

**BY MARISA PAPA**  
Asst. Perspectives Editor

Many people find dressing for this bizarre weather extremely confusing—I'm right there with you. Walking through the halls I realize that a lot of students are all so baffled as whether to wear gloves, a sundress, or a rain poncho.

I'd advise packing a few layers of clothes to ensure the best results for an unexpected day out.

Girls, I'd suggest bringing a sweater or a jean jacket to school with you. On a cool summer day, a jean jacket can be a savior. If you are like me and want to wear spring dresses ASAP, it's doable. Pair a nice sundress with a blazer, and combat boots with scrunchy socks. The boots and jacket will keep you warm, while the dress will give off a hint of spring.

If you want to start the day off a little riskier with sandals, I support you. Wear a pair of beaded sandals with colored pants, to keep your legs warm. Pair this with a denim shirt, unbuttoned, and a tank top underneath.

Instead of wearing darker colors (mourning winter), wear brighter colors like light pinks, pastels or whites. Even if the sun doesn't know what season it is, you'll still be ready when it decides.

For men, a simple pair of jeans or colored pants with a neutral colored t-shirt should keep you warm. If you want to get a little fancier, make it a v-neck shirt. Men also look nice in a polo with shorts, or khakis with a t-shirt and a zip-up over it, so it's easy to take on and off with the temperamental weather.

If you're looking for a nicer look, try a warm colored button down shirt with a white t-shirt, tucked into khaki shorts with loafers or boat shoes. Junior Abshir Aden is dressed in dark colored shorts, with high white socks and black Keds. He wears a black v-neck cotton tee with a denim jacket from H&M over it, for warmth.

"I love this outfit because it is so comfortable and light for unpredictable weather," said Aden.

Sophomore Allie Imhoff wears a stylish floral spring sundress, paired with a few winter accessories. She wears an army green colored jacket over her dress to keep her warm. On her feet, Imhoff wears high socks and light brown calf-high riding boots. Army styled jackets are particularly popular in this fall/spring fashion. The jacket is so versatile because it can be used throughout many different seasons and for various occasions depending on what it is paired with.

"Knee socks are my favorite addition because they add something more to your outfit for any season," said Imhoff.

---

**SPRING FEST 2014**

**BY RAYMOND MORRISSEY**  
Staff Reporter

With the warm weather finally approaching and the school year coming to an end, outdoor events appear to be ideal. Spring Fest can be the perfect way to enjoy the weather before the upcoming finals week.

The festivities will take place this Sunday, May 3rd, between 1 p.m. and 5 p.m., on the 63's patio. There will be a number of activities for all participants to enjoy including musical performances and free food.

Some of the activities include inflatables, caricature artists, and even different giveaways every hour of the event. For those who are hungry they will be offering Mexican themed food, seems to be fitting with Cinco De Mayo just around the corner. There will also be a frozen yogurt truck if you are looking to enjoy something sweeter.

The musical performances will be DJ Ali Kaba as well as collaborating with the student found event, Sound Trak. DJ Ali Kaba already has a reputation on campus after recently performing at Reds, on April 3.

"There is a lot that goes into planning Spring Fest for the Student Events Team, but it proves to be more than worth the while once the event is underway. This year should be even more exciting with the addition of another student planned event Sound Trak. I really look forward to seeing how it all works out," said senior Arianna Narayan, member of the Student Events Team.

Sound Trak is the university's first very own two day music festival. Two seniors, Cory Lutkus and Kate Racanelli, are responsible for putting this even together as their senior project for the Communications & Media Studies program. "We wanted to do something for the students that has never been done before, also something we hope they will never forget," said Lutkus.

There will be performers the day prior to Spring Fest as well as the day in which the event takes place. Lutkus himself will be putting on a performance as well as a number of musical performers who attend the university. The acts taking place during Spring Fest will consist of rappers and DJ's.

"Spring Fest as well as Sound Trak will be a great experience that no one should miss out on. Everyone should come and support some of Sacred Heart's most talented artists as they display their talent," said senior Giorgio Scalone, who is one of the students performing.

The event is an exciting way to interact with fellow students and even check out your peers hidden musical talents. The warm weather and atmosphere of the event should be a great way to transition into the summer. If there happens to be inclimate weather, the rain date is scheduled for the same time the next day, May 4th.
Arts & Entertainment

Colbert to Fill Late Night Slot

On Thursday April 10, 2014 David Letterman, longtime host of the famous "Late Night Show," announced that Stephen Colbert would be his successor when he retires in 2015.

It did not take long for Colbert to be a special guest on the "Late Night Show" that will soon be his. This past Tuesday April 22, Colbert visited Letterman on CBS.

"You look right at home," said Letterman.

It was clear the 67-year-old Letterman welcomed his 49-year-old beneficiary with open arms. The transition to retirement and Colbert taking his spot does not seem to have a negative effect on Letterman at all.

"Stephen Colbert will do well with his new job replacing Letterman. I'm just going to miss Colbert on Comedy Central with his multiple personalities," said junior Michael Kenny.

Despite Colbert being a funny personality, people are used to his Comedy Central humor. It is still to be determined what kind of humor he will bring to the "Late Night Show" in the future.

Colbert has had a very strong run on Comedy Central. He has been televised with his own show called "The Colbert Report" since 2005.

"Colbert is funny. He'd be a good replacement, yet I believe David Letterman should be replaced with someone classier and in the business longer. Although David Letterman grabbed more of an older population in views, where Colbert will grab almost all ages so it is great marketing for the show," said sophomore Daniel Tazzi.

Colbert has built a resume for himself over the years in a short amount of time. However compared to Letterman, he will need to be on the air a lot longer before a fair comparison can be made.

Letterman has been in the late night show business for over 30 years. He is highly known and publicized for starting off on NBC in the early 1980's to now being apart of CBS programming.

"Stephen Colbert is entertaining, but I am not sure if he will be able to fill the legacy that David Letterman left behind," said senior Juliana DeFanti. "Letterman is such an icon. I wish all the best for Colbert."

Nevertheless, Colbert is known to have a variety of amusing comments as it pertains to politics. If the extreme side of Colbert's personality comes out every once in a while it could make for some interesting television.

"It is an excellent change, Colbert is a fresh mind, a comedic politician that is less jaded in his opinions towards society," sophomore Kandra Dixon.

The age gap between Colbert and Letterman is an 18-year difference. That statistic alone gives Colbert a chance to remain on the "Late Night Show" until he is in his 60's.

Older viewers who have been fans of Letterman for a long time will have to get used to the younger Colbert and his point of view.

"David Letterman is so brilliant. Therefore filling his shoes would be very difficult, so I hope Stephen Colbert won't disappoint," said junior Jen Castello.

Colbert has an opportunity to add on to his already star studded comedic genius as he takes on the challenge of filling Letterman's shoes.

"It was unexpected at first but to replace Letterman with Colbert is a great move in my opinion," said freshman Devon Louis. "Colbert can carve his own name in late night history."
BY JAKE USTJANAUSKAS

Sacred Heart University's senior attacker Cody Marquis appeared in all 13 games as a freshman for the men's lacrosse team, while making three starts up top.

Marquis finished third on the team in scoring with 17 total points. With a respectable freshman season in the books, the future looked bright for Marquis and the Pioneers.

Flash-forward three years later and Marquis started all 14 games, rather than just appearing in each game, and finished third on the team with 24 goals and second with 41 points in the regular season.

Marquis couldn't help but reflect on a memorable career after the Pioneers Senior Day victory against Mount St. Mary's on Saturday.

"It's definitely been a long four years, but to have a great season my senior year makes everything worth it," Marquis said. "Coach Basti and the coaching staff have done a great job making us buy into the system and work together."

"They've always there for us, they treat us all the same and they are the reason why the team is so close... because the seniors encourage everyone to be themselves and thrive as one," said O'Donoghue.

O'Donoghue is also cognizant of how much it would mean to the dedicated seniors like Marquis to display all the improvements they have made en route to making the program better.

"We've had a rough couple of years, and we've realized the great things they've been able to accomplish and we want to send them out the right way for putting us in the position that we're in," said O'Donoghue.

"With Marquis being a senior, the notion of his collegiate playing days being numbered is one that he is certainly not taking for granted.

"My experience would be completely different if it weren't for my coaches and teammates," said Brandofino. "I tore my ACL three times and many people can say," said Brandofino.

"Of course you grow as an athlete, but more importantly, as a person. You develop skills such as leadership, time management, teamwork and the ability to win or lose, which can be transferred into schoolwork and eventually into the workplace," said Brandofino.

Brandofino says that being a college athlete is a very special experience because "you get a chance to take a game that you're passionate about and play with other people who share your passion."

"Playing a college sport allows you to represent something bigger than yourself and play with others who have the same goals as you."

"Most importantly, younger athletes should remember that it is privilege to play a college sport and you only get four years to play," said Brandofino.

"I chose Sacred Heart because I believed it would be an excellent place for me to grow academically and athletically. My experiences here lived up to those expectations," said Brandofino.
"I believed it would be an excellent place for me to grow academically and athletically. My experiences here lived up to those expectations.

Alyssa Brandofino, Women's Soccer

TRACK AND CROSS COUNTRY:

BRIANNA CASTROGIVANNI

BY KATIE SHEPARD
Sports Editor

After the countless hours of training and the late nights of studying for midterms, Brianna Castrogivanni will hang up her sneakers as a Sacred Heart Pioneer. Castrogivanni, a senior from Commack, N.Y., will finish her college running career by leaving behind a tremendous legacy as she graduates with a degree in exercise science.

Castrogivanni came to Sacred Heart four years ago after taking her official visit and deciding it was the right choice for her. "Once I came on my visit and met the team, I knew it was the place I wanted to be," said Castrogivanni.

Castrogivanni has run distance in her time as a Pioneer, excelling in both the cross country season and indoor and outdoor track and field. Castrogivanni ended her cross country career on top by winning the team NEC championship for 2013 as well as being named All-NEC for the second straight year. In addition, she was named to the All-Northeast region team in both the 5000m and the 3000m.

Participating in both cross country and track, Castrogivanni has truly learned how important free time is and how it does not come very often. "Being a student athlete has made me realize that free time is precious and not to waste it," Castrogivanni said. "But it has also taught me that if you work hard, you can achieve anything you want to."

Outdoor track is still ongoing and championship competition will run through the middle of May, but so far Castrogivanni has not skipped a beat. She has qualified for the ECAC and New England championships with impressive times in the 3,000-meter steeplechase. Also, she was named the NEC Track Athlete of the Week on April 22.

But Castrogivanni is not only excelling in competition, as she will be graduating with an exercise science degree in May. After college, she wants to continue to run, but eventually pursue a career as a clinical exercise physiologist. "I have met a lot of great friends and athletes through my major that have made my time at Sacred Heart so special," Castrogivanni said. "It's really fun to be with a small group of students for four years because you get to know everyone so well and you become a family."

After leaving behind plenty of trophies, honors and awards, not to mention etching her name all over the record books, none of that is what Castrogivanni wants to be remembered for. "I hope to leave behind an image of what hard work and sacrifice can do," Castrogivanni said. "I want the future girls on the team to never lose their love for running and competing. I want them to enjoy the journey even when it has its ups and downs."
"But it has also taught me that if you work hard, you can achieve anything you want to."

Brianna Castrogiovanni, Track & CC

CONGRATS CLASS OF 2014

Athletic Training
Anna Acciarino
Gianna Allen
Bradley Borsay
Alyssa Brandofino
Jessica Cerrato
Emily Cocola
Michael Dias
Kaitlyn Doyle
Taylor Kravitz
Kayla MacInnis
Tara Murphy
Megan Pathoomvanh
Laren Mae Petillo
Nina Scarpetti
Nicholas Schulman

Men's Basketball
Mostafa Abdel Latif
Louis Montes

Women's Basketball
Enjoli Bland
Blair Koniszewski
Elise Lorenz
Ericka Norman

Baseball
Derick Horn
Kody Kerks
Nicholas Leiningen
Robert Maguire
Conor McEvoy
Dan Perez

Bowling
Chevi Panzanella
Nicole Trudell

Women's Soccer
Alyssa Brandofino
Rebecca Senetan

Rowing
Kaitlyn Blanda

Cheerleading
Mae Murtagh
Melissa Poli

Women's Golf
Jennifer Clinton

Men's Golf
Peter Ballo
Ross Kronberg

Women's Lacrosse
Shelby Vaccaro
Jackie Ziever

Equestrian
Jocelyn Affieri
Allison Buccos
Margaret Vogel

Men's Cross Country/Track & Field
Brandon Hutchinson
Drake Jackson
Kevin Korts
Daniel Peptone
Kevin Schumann
Chanse Wilkie

Men's Soccer
Andrew Borts
Aaron Burrell
Konstantine Dekanias
Evan Kennedy
Joseph Lyons
Marcelo Simoles
Ronaldo Vieira

Women's Volleyball
Dianis Mercado

Men's Tennis
Luka Bagi
Kevin Budrawich

Men's Fencing
Kevin Almerini
Brendan Stokes

Football
Alex Alltkens
Andrew Bringley
Matthew Colucci
Robert Dim
Ray Hodgson
Paul Link
Jaime Martinez
Greg Moore
Rickey Moore Jr.
Valentino Pernina
Chris Rogers
JD Roussell
Joseph Tulino
Robert Volk

Wrestling
Joseph Harris
Zachary Moran
Samuel Morison
Andrew Poldore

Women's Fencing
Bianca Boudureu
Gabriella Garofano
Natalie Rossetti

Men's Volleyball
Brad Borsay
Jose Juelle
Jason Kinney
Will LeClerc

Men's Ice Hockey
Neil Fachini
Chad Fitteau
Chris Palisutto

Men's Lacrosse
Joseph Burek
Jared Carrier
Alex Dworetzky
Matthew Gannon
Thomas Horak
Cody Marquis
Michael Mawdsley
Alexander Miller
Andrew Newbold
Seth Richard

Women's Tennis
Gabriela Kaldan
Lauren Rodrigues
Margaret Tooley

Softball
Jade Bowsin
Noelle Cahill
Annie Drehser
Taylor Lane

Swimming
Elizabeth Bennett
Hayley McGill
Amy Nunes
Emily Nunes

Men's Tennis
Erin Marley
Amanda Montgomery
Jennie Robinson
Alexius Schutt

Women's Cross Country/Track & Field
Lindsay Aponte
Hayle Boyle
Brianna Castrogiovanni
Kaitlyn Doyle
Teresa Gagistro
Katherine Knight
Katelyn Racanelli