FEATURED NEWS

SHU Hunger Project Packages Over 50,000 Meals for Local Food Banks

On Wednesday, March 14, Sacred Heart University allowed students to participate in the Never Again National School Walkout. From 10:00 to 10:17 a.m., students were permitted to leave their classrooms and gather outside the chapel to honor of the victims of the shooting at Marjory Stoneman Douglas High School in Parkland, Fla. One minute was dedicated for each person who lost their life that day.

"Everyone said after the Sandy Hook massacre that something had to change—surely we can't go back to business as usual after 22 sweet little children were killed. But the country always seems to go back to politics and life as usual," said Dr. Brian Stiltner, professor in Theology and Religious Studies.

The Never Again movement was started by the survivors of the Parkland shooting, who were in attendance at school while 17 of their classmates and faculty lost their lives.

These students decided that they would do everything they could to make sure nothing like this ever happened again. Quickly they were recognized throughout social media and people all over the world showed their support.

At hundreds of high schools and colleges across the nation, students left class to rally together with chants, signs, moments of silence, and even singing. Even schools in Israel and Tanzania held walkouts.

During Sacred Heart's walkout, students in attendance heard words from Stiltner, senior Kristina Payne, and sophomore Ali Liebig, freshmen of Sacred Heart's movement against gun violence.

Over 200 people in attendance who honored the victims of not only the Parkland shooting, but also other school shootings and other related events later this month and in April will help to carry forward the momentum they have generated. These young people are the hope for our future on this and so many other important issues," said Dr. Gerald Reid, a sociology professor, who is also a leader of SHU Students Against Gun Violence.

The March for Our Lives protest in Hartford for April will take place at 12:30 p.m. on March 24. Following the march, there will be a rally held at 1 p.m. According to the official Facebook page, 2,700 people are planning on being in attendance and more than 11,000 people are interested.

"I look forward to going to Hartford on Saturday and again standing among others for social justice," said Bettinelli.

"Because the Parkland High School students have been so articulate and committed, they are shaping the public conversation in a new way, and that some laws could change in Florida is a promising sign," said Stiltner. "I hope Sacred Heart students recognize that they have similar untapped power."
Russian President Vladimir Putin won his fourth presidential term with nearly 77 percent of the vote — his highest score ever and a massive mandate to pursue his nationalist, authoritarian policies for another six years in power.

Observers reported widespread ballot stuffing and unprecedented pressure on Russians to vote, but that is unlikely to seriously damage Putin given his popularity and his tight control over Russian politics.

Putin's closest challenger, Pavel Grudinin, came in a distant second with 5.7 percent. And the only candidate to openly criticize Putin during the campaign, liberal TV star Ksenia Sobchak, was just 1.7 percent.

Putin's most serious rival, opposition leader Alexei Navalny, was barred from the race because of a fraud conviction.

The election came amid escalating Cold War-like tensions, with accusations that Moscow was behind the nerve-agent poisoning of a former Russian double agent in Britain and that its internet trolls had waged an extensive campaign to undermine the 2016 U.S. presidential election.

FBI Director Fired

On March 16, former FBI Deputy Director Andrew McCabe was fired by Attorney General Jeff Sessions. He was expected to retire in two days, and would have been qualified for a lifetime pension.

A report by Inspector General Michael Horowitz revealed that McCabe had been lying to investigators reviewing the FBI's probe of Hillary Clinton's private email server.

"Andrew McCabe FIRED, a great day for the hard working men and women of the FBI - A great day for Democracy," President Trump tweeted. "Sanctimonious James Comey was his boss and made McCabe look like a choir boy. He knew all about the lies and corruption going on at the highest levels of the FBI! Sessions had said that McCabe had lied under oath numerous times, and had revealed unauthorized information to the news media regarding an investigation into the Clinton Foundation.

"This attack on my credibility is one part of a larger effort not just to slander me personally, but to taint the FBI, law enforcement, and intelligence professionals more generally," McCabe said in a statement.

"It is part of this Administration's ongoing war on the FBI and the efforts of the Special Counsel investigation, which continue to this day. Their persistence in this campaign only highlights the importance of the Special Counsel's work."

US student found dead in Bermuda

A Pennsylvania college student who disappeared following a rugby tournament in Bermuda was found dead Monday after an intensive search of the British island territory.

Searchers found the body of Mark Dombroski, 19, at the base of a colonial-era fort in a park not far from where he was last seen walking by himself, officials with the Bermuda Police Service said at a news conference.

A cause of death was not released but forensic experts were still processing the scene where his body was found and an autopsy was planned, said Acting Commissioner James Howard.

Dombroski was a member of the rugby team at Saint Joseph's University in Philadelphia and had come to Bermuda to compete in a tournament. He disappeared early Sunday, with video footage showing him walking alone and looking at his phone as he left a bar where his friends had gathered.

He was found at the base of Fort Prospect in a wooded area known as the arborium and near an athletic center where the team had played during the tournament.

Stephen Hawking Passes

Stephen Hawking, the most renowned theoretical physicist of his era, died Wednesday at his home in Cambridge, England. He was 76 years old.

Hawking's brilliant mind traveled through time and space despite his body was paralyzed by illness. His book, "A Brief History of Time," became an international bestseller and he was awarded the Order of Merit, one of the few non-reigning Royalty who can receive it.

"He was a great scientist and an extraordinary man whose work and legacy will live for many years," his children Lucy, Robert and Timothy said in a statement. "His courage and persistence along with his brilliance and humor inspired people from all over the world. He once said 'The universe would not be great if it were not the home of the people you love.' We will always miss him."

Although Hawking began to suffer from amyotrophic lateral sclerosis when he was 21 years old, the physicist surprised doctors by living more than 50 years with a disease that is usually lethal. A severe episode of pneumonia in 1985 caused him to breathe through a tube, forcing him to communicate by means of an electronic voice synthesizer that gave him his distinctive tone.

"The AP Exchange contributed to this article."
What Do You Take on a Deserted Island?

**EVE..**

I think the best way to start off this “she said” is with a disclaimer about how I feel about these deserted island questions: they’re not taken seriously enough. When asked these hypothetical questions, so many people will scoff at the exaggeration of the potential situation.

But what they don’t realize or forget to acknowledge is that we live in a world where anything is possible. I personally live my life with the mentality that absolutely anything could happen at any time — that way there are never any surprises.

So when I am asked a question like this, you know I’m ready to pack up my favorites and head on over to the nearest deserted island. So with that, I believe it’s time to embark on what just might be the journey of a lifetime...

For starters, my food choice is going to be a combination of both my favorite dish and the tropical setting in which I am hypothetically being placed. My favorite food is pizza, and the setting is Hawaii (my deserted island is in Hawaii. Don’t ask any questions).

I’m bringing Hawaiian pizza.

For those of you who don’t know what Hawaiian pizza is: it’s essentially God’s gift to Earth. I understand that this may be a controversial statement, given that putting pineapple and ham on pizza isn’t exactly traditional.

But I personally believe that it is a beautiful and amazing culinary creation, and it will be treated with nothing but respect on my deserted island.

So naturally, the next question would be: what form of entertainment do I indulge in while eating my Hawaiian pizza on my deserted island?

My favorite form of entertainment is just what I enjoy watching the most. And if I had to pick any movie to watch during my time surviving in nature, I’d have to go with a practical choice of “Cast Away.”

I can ensure you that as I’m battling nature throughout my journey out of my deserted island, I’m going to heed Tom Hanks and Wilson to teach me a thing or two about survival.

Last but not least is the person I choose to bring to my deserted island. This is a crucial choice because this person I pick will be the living, breathing human with whom I have to survive on this island for what just might be the rest of our lives.

Without any hesitation, I would bring Santa Claus with me. Why? Because he can give me anything I want. And the first thing I’m asking for is a TV to watch “Cast Away” on.

He can also give me anything else I ask for, including more food, more movies, or actual survival tools that I might need. And that covers all my bases on practicality.

Some might call me a cheat for picking Santa Claus, but I think it’s perfectly valid. In fact, I think this leads me back to my original statement: anything is possible in this world. So why would Santa be an exception?

Also, Santa Claus is totally real anyway so it’s fine.

Well folks, if ever I go missing, chances are I’m catching some rays with Santa Claus, watching “Cast Away” and eating Hawaiian pizza. You can find us at the nearest Hawaiian island that is also deserted. In fact, don’t bother looking for us. We’re chilling and having a good time, and Giovanna can just take over the “she said” for the rest of the semester.

**HE SAID**

Getting stuck on a deserted island would, in reality, probably be as scary as a coming out as a murdering ghost. I mean, I like meat, so I’d have to kill wild animals for that—and I’m not exactly Rambo, so I don’t see that working too well. On top of that, I’m kind of a city kid (otherwise known as a "citizen" like an "idiot," but one by default by being from the city (one of my Long Island friends introduced me to that expression)). So I don’t think I’d be quite as good at surviving the wild as Bear Grylls.

Regardless of all of that, I will give myself some credit. I have pretty simple needs, I’m not overly dramatic in the face of adversity, and I like the beach. So being on a deserted island with one food, person and entertainment option of my choice might not be so bad. I’m a college student, so by default I’m in route to being a master budgeter, and I think I can apply some of those skills to sustaining my life on the island. Here it goes...

If I had to settle with one food for an indefinite amount of time, I think I’d have to go with Perdue chicken nuggets. To put it mildly, there isn’t a better snack food. I like chicken a lot, but I love Perdue chicken nuggets specifically. The breading on the chicken is perfect, no matter how long or short you cook them. Plus, if you make the nuggets really crispy on the outside, they thank you by being cooked to perfection on the inside. Even if I had to be cooped up on an island for 3 years all by myself, give me these nuggets and I’ll do just fine. Ketchup would be a great complement to them, but I don’t even need that.

As for the person I’d take with me, that would have to be my girlfriend. Aside from the fact that she’d kill me if I didn’t choose her, there’s a lot of upside to having her with me. For starters, we both love chicken, so the Perdue nuggets would be well appreciated in her company. We also spend a lot of quality time together (shocker, I know) so I’d have her to watch our shows and whatever else with. We also recently went to the Dominican Republic on spring break together, and our walks on the beach were nice and relaxing, so I wouldn’t hate getting to do more of that. And she’s just the cutest person I know, so that’s another cherry on top of the decision to have her as my guest on the deserted island.

Now, as for the entertainment I’d choose to have, I’d select a smart TV. If I could have it loaded with a premium cable package, even better. An array of sports and other networks with Netflix, Hulu, Amazon Prime Video and more? Sign me up today, get me on a one-way flight, and I’ll hang out on an island for a while. Tom Hanks had to do it in Castaway, and I think I can do it standing on my head with the amenities I’ve chosen.

Give me chicken nuggets, my girlfriend, and cable on a smart TV for however long you need to, and I’m set. This hypothetical is also a good one because it forced me to narrow down to a few, important things I could live with if I had to. Of course I’d miss my family and friends, but I don’t anticipate that such a situation would be a forever thing. I’d eventually get found by a passing ship, or an airplane, and then Kris Jenner would offer to be my manager and book me a reality show.

**POET'S CORNER**

Acception

by: Senior Steven Jean-Paul

Lesson.
Lessen ejection by exception.
Accept that, except, this...
When you speak, axe your words
And ask your words without question.
Breathe in that the empathy will flow in the present
As our realities meet our feelings will grow to be welcome.
Feel free to speak however we express ourselves.
Experience constant flow without tension.

Give speech to the sake of our humanity
In the least, it is in sanity. Figuratively, “it” as objet even gets accepted.
Rejection is not unexceptional either,
Spread your sense of peace if it is not yet too.
A vibe exists in everybody,
Me in them
Yo en yo-u.
Perspectives

Is Senioritis a Myth or Reality?

BY DEVI BRIDGEMOHAN
Staff Reporter

As the spring semester nears its end, some seniors, if not most, start to experience symptoms of senioritis. "Senioritis" is a popular term used to describe a decrease in motivation and performance for students who are nearing the end of their high school or college careers.

Senior Jaime Fregeau admitted to having senioritis, saying that the cause of it was her impending graduation. "I'm just trying to stay focused on finishing my school work," said Fregeau.

Although lacking some scholastic motivation down the final stretch, Fregeau has all of her post-graduation plans sorted out. "I'm a nursing student, so I am planning to take my boards and then get a job working in a hospital," said Fregeau.

With graduation right around the corner, many seniors are struggling with focusing on their classes. "It's definitely hard to stay motivated for some of my elective classes," said senior Emily Gentile. "I think some of the classes I'm taking don't really apply to what I'll be doing in the future, so I don't take them as seriously."

Should Profitable College Athletes Get Paid?

I personally believe that college athletes should be paid. There is a lot expected from them as far as commitment and time goes so it may be very hard for them to find a part-time job in between if they are struggling financially. - Junior Brianna Zenslaw

"As far as paying college athletes go, there's no good way to have a legitimate pay scale. How do you differentiate between sports, when basketball and football dominate the landscape? Every athlete is not even, every sport is not even. In the end the only true fair way to compensate athletes is to grant them the rights to make money off their likeness." - Junior Andrew Crookes

I think college athletes should be paid on top of their scholarships because it's not just academics that matters in college. College athletes have to balance academics, practice/games, and social lives. These factors can lead to psychological strains, causing the student to feel overwhelmed and constantly busy. - Junior Lilly Bolton

"I feel like if they are given a scholarship to play a sport, they are already given an advantage and it's unfair to other people who have to get jobs and work for the things they want and not just play a sport."

-Sophomore Chloe McEneaney

"No because most already have scholarships to go to school and shouldn't need to get paid extra it seems unfair." - Senior Meghan Kelly

"I think that they should because they make a large amount of money for their universities," - Senior Danielle LaPierre

Regardless of the concerns, Schantz is not at all worried about senioritis. "No, I am not really concerned about senioritis," said Schantz. "I'm very focused on getting into law school and I am set to graduate early, so I do not think senioritis will be an issue for me."

Although the term senioritis is used extensively for just seniors, lower classmen feel that it's a term that can be applied to anyone. "The whole four years is made up of non-stop hard work and, once you get towards the end, it gets even harder to find motivation," said sophomore Leticia D'Souza.

"Don't get me wrong, there is fun involved in those four years, but also a lot of commitment workwise," said D'Souza. D'Souza feels that sophomores experience their own lack of motivation. However, she implies that it's not as easy to be lazy because it's not worth the risk. "I do get unmotivated, but I don't have time to be lazy about it," said D'Souza. "If I have something to do, then I need to get it done or else I will fall behind, and once fallen, it is very hard trying to catch back up."

Do you want to see your poetry in print? Send your work to Giovanna Gatto: gattog@mail.sacredheart.edu with the piece, the title, and your class year.

POET'S CORNER

BROKEN

BY FRANK ALFANO, FRESHMAN

Water sits, no movement
Books, never truly read
Tree's stand still
No leaves...
No color...
No life.

As generations continue
Society alters its venue
Falsely rectifying our convictions
We become desensitized, impaired
sympathy

No movement...
No thought...
No life.
We've surpassed creativity
Heard, but neglected history
Knowledge stands still
No drive...
No factor...
No life.
Humans live
But air is still
Cold as the heart who breathes it
No passion...
No love...
No life.

Day beyond day

Aimless to aspirations
We plead for acknowledgement
Amiss interaction
No recreation...
No gaiety...
No life.
But still we stand
Head down
Waiting for someone, to intercede

Broken.
The Dangers of Over-thinking

RYAN TOUHEY
ASST. SPORTS EDITOR

Last semester, I had written an editorial about being “thankful for life.” I wrote about how people should not take every day for granted because life is a gift and not a guarantee. I’ve decided to build off of that concept a bit for this editorial. In my previous editorial, I mentioned how fortunate I am to have what I have, such as a college education and family. I’m very grateful for these things and understand that there are others out there who don’t have possessions such as these.

In spite of these gifts that I’ve been blessed with, I’ve often had a personal flaw hovering above my head. This flaw is my tendency to over-think many things that I do or have. It’s almost as if I am telling myself that if I am not concerned or worrying about something in particular, I’m doing something wrong. It’s a habit that I feel is hard to break. I am afraid of something occurring that may leave a major effect on my life. Usually, when something good happens to me, the first thought that comes into my mind is if this is too good to be true. That just then leads to a whole wave of thoughts pouring into my head and wondering what will come next.

I feel that over-thinking comes from trying to be perfect or near perfect, in almost anything that you do. Sometimes in a competitive environment, such as the job market, can consume a person on the inside and make them want something badly.

While it is good to set personal goals, people shouldn’t think that it’s the end of the world for them if they don’t achieve these goals.

But I’ve had that exact feeling plenty of times throughout my life. I wonder a lot as to whether or not I am making the right decisions, or if I am even doing what I want to do.

My mentality has been, “you only live once, so make sure you live your life to the fullest.” Everyone’s time on earth varies, which is the scary truth, and it does get under my skin quite easily. However, the saying, “you can’t live life in fear,” is important because if you do that, then things aren’t going to be as fun for you. I’ve struggled doing that and have needed some help along the way to deal with my worries. Luckily, thanks in part to the support of friends, family and other acquaintances, I think I’m getting a little better at not stressing about everything that does not go according to my plan.

Struggles are how some people find out who they are. Character is judged when one’s back is against the wall.

There are endless struggles people face in their everyday lives, but at the end of the day, it’s all about perseverance. Nobody is perfect after all and that’s always something that people, especially myself need to remember.

Many people care about results more than anything else, which leads to a person’s effort being overlooked. The results one specifically wants in any process are the toughest thing to achieve. There are obstacles that the earth possesses that try to prevent you from attaining those results. However, the effort that one puts in can display heart, determination and respect for oneself.

Why We Celebrate St. Patrick’s Day

SABRINA GARONE
CO-NEWS EDITOR

Last weekend, we broke our best green attire in honor of St. Patrick’s Day, the one day a year when everyone is a little Irish. The holiday is something I look forward to each year, and Saturday’s celebration did not disappoint.

Here in the United States, the holiday is much more than a celebration of the patron saint of Ireland. It’s a celebration of Irish-American culture. The Irish have had a long history in this country, and I have been told that something like 38 million people identify as Irish-American.

While I am partially Irish (one-quarter to be exact), I have never felt no connect-ed with my Irish heritage other than around St. Patrick’s Day. Perhaps being half Italian is to blame, as those traditions reign in my household. But I think it’s also because I don’t know much about my Irish ancestors, and our family history has been difficult to trace back.

For this reason, I have long been look-ing for an excuse to dive into some Irish history. So I decided to create a segment for The Pulse, our campus TV news show, on St. Patrick’s Day and Irish tradition in Fairfield to satisfy my curiosities.

While creating the video package, I had the opportunity to speak with some experts here at Sacred Heart and within the Fairfield area about St. Patrick and the many contributions the Irish have made to American society.

The most surprising thing I learned? St. Patrick was not even Irish. He was born in Britain during the early medieval period and was captured by Irish pirates as a young boy. In Ireland, he was a slave for six years until he finally made his escape. Upon returning to Britain, St. Patrick began studying Christianity. He would eventually feel a calling to return to Ireland and preach the gospel there.

“Going back and missionizing the very people who made him a slave gave to the Irish people a sense of a worthy hero and leader,” said Dr. Roney, a professor and historian of Modern European history at Sacred Heart.

“St. Patrick makes sure that there are no more snakes in Ireland. He brought Christianity to Ireland which would be their salvation.”

It was not until Irish immigrants began coming to the United States that St. Patrick was recognized with some kind of celebration. St. Patrick became important in giving Irish immigrants a sense of identity and a way to connect themselves with their native country.

A sense of Irish identity is still as important to Irish-Americans today. In Fairfield, traditional food, music and dance are alive and thriving through the Gaelic American Club.

Last week, I stopped by the club's cultural night to collect some more footage for my assignment. Watching people young and old taking part in traditions that have been around for generations was truly heartwarming. These traditions were so important to them and were able to bring a whole community together.

Faith, family and friends; this to me is what Irish tradition is all about, and what makes St. Patrick’s Day worthy of massive celebration. After learning the true meaning behind St. Patrick’s Day, I love this holiday even more and promise to embrace my Irish roots all year long.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday’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. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Features

Become an Orientation Leader

BY AUDREY NIBLO
Staff Reporter

When Sacred Heart University students begin their journey as Pioneers, the individuals entrusted with familiarizing new students to campus are known as Orientation Leaders. Orientation Leaders (OL) are sophomores, juniors and seniors who introduce new students to Sacred Heart by helping them get acclimated to campus life through a variety of activities and workshops.

"A huge reason I wanted to be an OL was because of my orientation leader," said junior Andrew Patino. "They were the first people I got to know who really loved this school. After seeing them, I knew I would like it here. I wanted to be able to do the same for others."

These leaders play an integral role in helping students make their transition from high school to college. They also play a crucial role in helping students feel like they may have regarding their future in college.

"For me it was giving back to everything Sacred Heart has given me," said junior Angelina Pagano. "My first year at SHU was incredible and everything I had dreamed it would be. The campus instantly became my home away from home. I wanted to show the incoming freshman that this is truly your home for the next four years. And orientation is only the first step," Pagano said.

Being an OL is certainly not for everyone, as it takes a certain type of person to be able to best represent the student body that incoming students are about to join. Patino is now the coordinating team member for Orientation Leaders.

"An important characteristic you need in order to be an orientation leader, is being a good team player. All of the Orientation Leaders lean on each other to get the job done. It just wouldn’t be possible alone," said Patino. Another important attribute to this role is being active on campus.

"Being involved. Many incoming freshmen come in with questions, and the best way to adapt to college is by being involved. Personable, willing to be a little crazy, flexible with not only your orientees, but the other orientation leaders," said Pagano. "Their thoughts might differ from yours, and so you work together as a team. And all in all, just a love for Sacred Heart University."

Some students may be worried about applying to be an OL, but for the students who have been involved in the past agree that the rewards certainly outweigh the risks.

"If you’re on the fence about applying to be an OL, just take the chance. It was really one of the best decisions I’ve made," said Patino. Orientation leaders are also responsible for making sure freshmen start college feeling comfortable and excited.

"It’s a scary thought, but this experience is so rewarding. It is something you’ll look back on and be honored at that you were selected to be a part of something so wonderful," said Pagano.

Freshman Orientation is also where many students meet some of their first friends in college. These will be people they spend the next four years of their college career with.

"An orientation leader is in charge if the orientees during the time of their visit. Orientation leaders make sure the orientees are at each session when they should be, answering all their questions, and helping them to come out of their shell a little bit," said Pagano.

The three orientation sessions are not all about having fun; they also take a lot of effort and collaboration. "You work with the fellow Orientation Leaders, and complete tasks to make sure orientation runs smoothly. For example, organizing the key cards students use to get into their rooms, setting up and registering students when they first arrive, and stuffing the orientation bags. We chant in the morning to wake up the orientees. We hated the wake-up call during our orientation as orientees, but being on the outside, we love it," said Pagano.

If students wish to apply to be an Orientation Leader, they can stop by the Student Life office in Hawley Lounge to pick up an application.

Tell Us Your Story: Stephanie Trelli

BY OLIVIA DIGIROLAMO
Staff Reporter

Stephanie Trelli is a Public Safety officer at Sacred Heart University.

The goal of Public Safety on campus is to provide a safe and educational working environment for the students, faculty, and staff, who are at Sacred Heart.

"Currently, my additional responsibilities include coordinating educational programs that aim to raise safety awareness and reduce one’s vulnerability from becoming a victim to personal or property crimes," said Trelli.

Officer Trelli has been working at Sacred Heart for the past eight years. In addition, Trelli has been the Crime Prevention and Community Outreach Officer for the past three years. She is also the Coordinator of Safety and Security Programs.

But before working at Sacred Heart, Trelli was a student at Central Connecticut State University. She majored in Criminology and minored in Psychology.

"After doing field studies for her major, including police ride alongs and an internship with the department of corrections, Trelli realized she didn’t want to pursue a career in those specific types of working environments. She then started to take an interest in being part of a University security team. "College is a time where students learn a substantial amount of educational knowledge while taking on many newfound responsibilities," said Trelli. "However, in the midst of all of this, students must also develop a sense of safety responsibilities."

In addition to responding to reported incidents, Public Safety officers also educate and encourage students to be proactive and safe.

"In doing so, we ultimately help them make the best of their educational experience here at SHU, which is incredibly rewarding," said Trelli.

In 2017, Trelli received the Campus Life Leadership Outstanding Staff Member award. She described this event as her fondest memory at Sacred Heart.

"Words cannot express the gratitude that I felt by all community members that provided me recognition," said Trelli.

Although Trelli said Sacred Heart is her home away from home, during her free time she enjoys spending time with her friends and family. She also appreciates outdoor cookouts and vacations.

Trelli has been involved in several student events on campus. She was a past judge for SHU Idol and a contestant for Student Government’s Dancing with Heart.

"I think I speak for all of our officers when I say that I am more than excited for our new Public Safety building. The building is designed with state of the art equipment, including a new and improved Dispatch Center, interview rooms, and much more," said Trelli.

The new Public Safety building is scheduled to open this spring.

"The best advice I can give to the students of SHU, is that no matter how much of your attention is dedicated to your busy time keeping schedules whether that’s to educational studies or extracurricular activities, always plan for safety," said Trelli. "Unexpected things happen at the most unexpected moments. By planning for safety, recognizing and reporting potentially threatening situations, help us as a community to work on primary prevention interventions that aim to reduce or eliminate harm."
The Pitt Center when it was raining. The whole experience was pretty awesome," she said.

Three of them are Organika, The Granola Bar, and Catch a Healthy Habit Café. Organika has a menu similar to most other restaurants, but the ingredients are all fresh and organically grown.

For food, you could get breakfast items such as salads, burgers, soup, protein bowls, pizza and more. For beverages, they have smoothies, fresh organic juices and wheatgrass.

"Because it is part of our tagline, you can really taste the difference in the ingredients," said sophomore Minas Kostis.

Kostis, a health science major, is a part of the Theatre Arts Program and the SHU-permen choir here. He needs his body and voice to be as healthy as possible so he can perform well.

The Granola Bar tries to have healthier options by offering many granola-based dishes and vegetables as sides and toppings. They also offer many traditional items like salads, sandwiches and wraps, as well as beverages like smoothies and several different types of coffee.

"The parfaits are really good," said sophomore Gavin Thurlow.

Thurlow has to stay in shape because he is enrolled in The Reserves Officers' Training Corps (ROTC) program at Yale University. ROTC is college and university based officer training programs.

Thurlow wants to be in the Air Force and recently enrolled in flight school. Some students say the change from winter to spring encourages them to eat healthier.

"I usually find myself being healthier during the warmer months," said senior Alyxandra Bailey. "Typically during the winter I feel trapped in the house, and so I think I opt to eat and workout less, because I don't want to leave the house as much."

Catch a Healthy Habit Café, is one of the healthier restaurants you could go to. They replace a lot of unhealthy ingredients in regular dishes with much healthier alternative ones.

They have veggie burgers, pastas, pizza and even cereal. The cereal replaces regular milk with almond milk, and the meatballs are not made with the usual hamburger meat. They substitute all of the unhealthy ingredients out, because the alternatives are much better for you.

"They are very accommodating for people who have allergies. Being gluten-free, this is a great place for me to go," said senior Trevor Guarneros.

Guarneros is a nursing major, and is on the Cross Country and Track and Field teams at Sacred Heart. He is also gluten-free, which he says can be annoying at times, but it ensures that he maintains a healthy diet all of the time.

Students say that the change of season does not impact how they eat, but it is nice knowing there are healthy options in the area if they need it.

Sacred Heart Wins Gold Award for Promoting a Healthy Workplace

BY NEIL GRASSO
Staff Reporter

On Feb. 14, Sacred Heart University was honored with a gold award by the Business Council of Fairfield County as part of their annual Healthy Workplace Employer Recognition Program. This is the ninth consecutive year that the university has been recognized.

According to the Business Council's website, 44 companies were recognized this year for the best "forward-thinking wellness initiatives in the region."

Businesses and organizations were ranked by level, with platinum being the highest achievable, followed by gold, then silver. The rankings were based on implementations of employee health promotion and wellness programs.

Sacred Heart's Office of Human Resources instituted the SHU Employee Wellness Program in the fall of 2007.

Since then, the university has made multiple improvements in the form of new wellness initiatives to create a healthy and engaging environment for employees.

"We are always looking for new and better ways to engage our faculty and staff in wellness initiatives because we believe that a healthy employee is a happy employee," said Sally Schettino, Employee Wellness Program leader and Human Resources project manager, in a press release.

Our most recent initiative was to provide a fitness facility and full-time wellness professional for our employees. So far, it has been utilized and very well received."

"Prior to the new fitness facility, I had access to the Pitt Center for a relatively cheap monthly price, and I thought that that was a really nice facility when I was using it," said mathematics professor Fabiola David. "Although I haven't personally used the new fitness center yet, I've heard great things about it."

Other offerings made available by the Employee Wellness Program include health and fitness classes, wellness events, Weight Watchers programs, a walking and running club, health and nutrition resources and office ergonomics resources.

These offerings are made available to both full-time and part-time employees through the Employee Wellness program.

"Over the summer, I joined an employee walking group," said David. "It was really nice because full-time employees would walk during their lunch break with the part-time employees that would come by for their classes during the week."

"It was cool to walk around town with my colleagues during times of nice weather, or in the Pitt Center when it was raining. The whole experience was pretty awesome," she said.

The World Health Organization's website details the effects of healthy and properly functioning workplace environments.

According to the website, healthy workplaces result in increased productivity, reduced absenteeism and improved staff morale among other benefits.

The awards were presented by the Business Council of Fairfield County at the Stamford Marriott Hotel and Spa. Other local award winners included Bilingual Tea, and Fairfield University.

"We have learned, not surprisingly, that more than two-thirds of health care spending is linked to behaviors that ultimately make us unhealthy. Yet we have also learned that productivity and health care costs are equally linked to health," said Tanya Court, Director of Public Policy and Programs for the Business Council, in a press release.

"As costs related to health and health care escalate, business has responded in a variety of ways. Just as our recognition program has evolved, so to have the many ways our workforces have engaged on wellness."
The Irish Dance Ensemble and the Claddagh Dancers

BY LINDSEY MCCARTHY

On Wednesday, March 14, Sacred Heart University's Irish Dance Ensemble presented the Claddagh Dancers in the Edgerton Center for the Performing Arts. It was a night filled with various styles of music, a full audience and dancers dressed in simple or sequined costumes.

The show began with a dance to "Honey, I'm Good," by American singer-songwriter Andy Grammer. As well as modern songs, the show had a more modern take on it. The traditional looks are really cool, because of its connection to the Irish heritage, said Gileau. The variety of costumes the show had really emphasized the different types of Irish step each number brought to the table.

"The Irish Dance Ensemble has been a part of Sacred Heart's Dance Program for four years and has been under the direction of Allison Wetterauw for the past three years," said Hughes. "I love the 'Attaboy' number with music by Yo-Yo Ma," said Wetterauw. "I feel really lucky to have such a strong group of dancers bring it to life." At Villanova University's Intercollegiate Irish Dance Festival, Sacred Heart's Irish Dance Ensemble performed "Attaboy" and received third place overall. They also placed second place and fourth place in both the eight-hand and four-hand. This year's ensemble consists of 21 students, ranging from freshmen to seniors.

"This show is always one of my favorites because it's a mix of our competition pieces, the more traditional Irish step dances and the fun pieces with modern songs," said Clark. "It's a showcase of all the dances we've done throughout the year." The 21 members of the Irish Dance Ensemble were joined by a local Irish Step dance group called the Claddagh Dancers. Members of the Claddagh Dancers ranged from high school students to college students.

"The featured group really added to the show," said freshman Molly Hughes. "Watching kids doing something they love alongside college students really displayed how people grow into it and it shows through their dancing." After the performance, many audience members were in awe of how talented the group of students were. "It's amazing the coordination and execution they all have," said Hughes. "Each dancer was in sync with the other and never seemed to miss a beat."

Be on the lookout for the Irish Dance Ensemble's next performance at the end of April.

Beta Theta Pi Features Musician Sam MacPherson

BY MARISA TACHE

On Thursday, March 15, former Sacred Heart student, Sam MacPherson, performed in Beta Theta Pi's first philanthropy event that helped raise money for the Thomas Matthew Milosmia Foundation. The show also featured a special performance from singer-songwriter Ashley McKinley.

"The entire show was really great and I'm glad I got the chance to listen to some very talented musicians," said junior Kelsey Mulhere.

MacPherson was a student and soccer player at Sacred Heart who transferred schools to further pursue his music career. He has recently been touring the East Coast on his "South of Red" tour, with his band members who also happen to be some of his closest friends.

From beginning his music journey a year ago, to now performing all along the East Coast, MacPherson is continuing to follow his dreams of pursuing a music career by sharing his music with the world.

"Last week we were in New York, this week Connecticut, and we're closing the tour in Maryland and Delaware," said MacPherson. The Beta Theta Pi event was a benefit concert to help raise money for the Thomas Matthew Milosmia Foundation. The Thomas Matthew Milosmia Foundation donates money to cancer patients with help from family assistance, healthcare and other related areas. This foundation started in honor of Thomas Matthew Milosmia, who was unable to finish the start of the foundation due to a rare form of cancer.

"This was Beta's first philanthropy event and it was such a great turnout. I couldn't have asked for a better night," said sophomore and active member of Beta Theta Pi, Jake Doble. The benefit concert began with McKinley, who performed original music off of her album "Whisful Thinking," as well as a cover of Katy Perry's song "Wide Awake."

"I loved her voice. It is so angelic and I really enjoyed all the music she performed," said Mulhere.

McKinley has been writing music since she was eight years old and performing since she was fifteen.

"Everyone is so supportive and the show is for such a great cause," said McKinley. "It was honestly my favorite performance ever."

After McKinley's performance, MacPherson and his band took the stage and performed a variety of original pieces. "I knew Sam when he came here last year and to see how much he's grown as a performer is awesome. The songs he performed were so great and it was perfect for the event."

"Not only did the audience members enjoy the show, but the performers also had a wonderful time being a part of a great cause. Everyone in the band killed it and it's all for a good cause," said MacPherson. "So it's a win win for everyone."
**“Cat on a Hot Tin Roof” Review**

**BY JULIA LEONARD**

Staff Reporter

“What is the victory of a cat on a hot tin roof? I wish I knew. Just staying on it, I guess, as long as she can,” said the character Maggie in Tennessee Williams’s Pulitzer Prize-winning play, “Cat on a Hot Tin Roof.” Sacred Heart University’s Theatre Arts Program’s production of “Cat on a Hot Tin Roof” opened on Thursday, March 15 in the Little Theatre.

I attended the evening performance on March 17, and the show was full of laughing, crying, fighting and much more.

The play takes place during the 1950s in Mississippi, where a family gathers at the family estate on the plantation to celebrate Big Daddy’s 65th birthday.

The first act starts with a married couple, Maggie and Brick. Arts & Entertainment Editor for the Spectrum, senior Jordan Norkus, plays a phenomenal Maggie; a woman who was longing for her husband’s love and attention. Junior Matt Henshaw played Brick, a miserable drunk who needs to drink to the point of hearing a “click” in his head.

The audience gets an inside look at the failing marriage. Maggie is manipulative of Brick. She wants his attention and a child so they can take over the cotton plantation once Big Daddy is gone.

Gooper, played by sophomore Justin Weigel, is the oldest son of Big Daddy and Big Mama. Gooper and his wife, Mae, played by senior Katherine Horne, were two flies on the wall. They always knew what was happening, especially when it came to Brick and Maggie’s marriage.

Two characters who always had something great to say was the Reverend Tooker, played by junior Kevin Carlson, and the Doc, played by sophomore Sven Vogel.

Big Daddy, played by senior Patrick Robinson, owns the biggest cotton plantation. Big Mama, played by senior Nicole Jablonski, lives with him.

The family is dealing with the fact that Big Daddy is dying of cancer. However, on his 65th birthday, the family receives news from the Ochsner Clinic that he is “cancer-free.”

Viewing the family’s interaction throughout the night was incredible to see the story evolve.

When I first saw the set design, I was curious about how an entire play was going to take place in a bedroom. In this play, you feel that you are a part of the family.

Sitting in the audience, you feel as if you were involved in the bickering or the family chats. When Brick and Maggie fought, you felt as if you were there with them. When Brick and Big Daddy have their private conversation, you felt as if you were in the room finding out more about each of them.

The costumes and props were set to the time period. The dresses and suits fit, and the furniture was unique to the time with the traditional rugs and the antique bed frame, chairs and armoire. The phone was even a picture-perfect fit to the time. Everything was a splitting image of what a 1950s bedroom would look like.

I did not know what to expect when I went to see this show. I was skeptical at first, due to the interesting title of the play. However, as I watched the plot evolve and got more details about the family, I was intrigued. I watched the play in amazement.

I absolutely loved the play and would see it again. The acting was amazing, everything was great.

If you didn’t get a chance to see the show during its first weekend, there are four more shows: Thursday, March 22 through Saturday, March 24 at 8 p.m., and Sunday, March 25 at 3 p.m.

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**Music Faculty Concert Series**

**JEFF FULLER (TOP) AND CHRISTOPHER BAKRIGES (BOTTOM) PERFORMED AT THE MUSIC FACULTY CONCERT ON MARCH 14.**

**BY CRISTIN O'CONNELL**

Staff Reporter

The Music Faculty Concert Series featured pianist Christopher Bakriges and bassist Jeff Fuller on Wednesday, March 14. The event was hosted by Director of Academic Music Programs, Joseph Carter.

“The concert illustrated how a jazz performer’s life experiences can affect his music. The rhythms of the countries Chris had visited became an integral part of his original compositions and his interpretations of the Jazz standards he played,” said Carter.

According to his website, Bakriges is a pianist, composer and educator who was born in Detroit. Motown inspired him to make music as a way to express emotions, communication and social change.

Bakriges attended Wesleyan University in Middletown, Conn. and graduated with a degree in world music and a degree in ethnomusicology from York University in Toronto, Canada.

Bakriges recently released an original album, “Clear and Present,” and has performed all over the world. He made his national debut at India’s Jazz Yatra Festival. Bakriges also performed in Turkey, France, Pakistan, England, the Czech Republic, and all throughout North America and Canada. He is an artist-in-residence at two Massachusetts schools, MassArt in Boston and Elms College in Chicopee.

“I could really sense the emotion that the pianist put into his original compositions,” said senior Britta Nordstrom. “His facial expressions showed how much he cares and loves his music and overall it was a really nice event to go to.”

According to his website, Fuller is a bassist who has toured worldwide and recorded with saxophonists Lou Donaldson and Paquito Rivera. In Sept. of 2014, Fuller was awarded the annual Jazz Haven Award.

Fuller also plays a Ken Smith six-string bass guitar and has played with many jazz masters with different styles and eras; including Dizzy Gillespie, Mose Allison, Papa Jones, Gerry Mulligan and Clark Terry. He currently leads his own ensembles in multiple jazz venues.

“I was so baffled by the musicians. The pianist and bass players were phenomenal, and filled a room with sound from just two instruments,” said senior Frankie Scarano.

“The solos were also exciting and really kept the viewer entertained. Overall, I loved the event and can’t wait to attend another.”

The concert was held in the Chapel of the Holy Spirit. The concert was free and open to the public, so the chapel was filled with many Sacred Heart students and members from the outside community to watch the concert.

Bakriges and Fuller played a total of seven songs. They opened up with a Chilean song and ended with a song called “Around Midnight.” They also played a song from the Walt Disney Classic, “Alice in Wonderland.”

Other songs included “A Field of Stars,” “Song for Peace,” and “Love is a Many Splendored Thing.”

At the end of the concert, Bakriges had copies of his CD with him so anyone who attended the concert could go up and get one.

“I really enjoyed the concert, not only because the music was so pretty, but because I enjoyed learning about the background of both of the musicians,” said Nordstrom. “I thought it was really interesting and shocking how they both travelled so much and never really realized how well known they both were.”
Cody Doyle Added to the Watch List for Top Catcher in NCAA

BY CHRISTIAN RODRIGUEZ
Staff Reporter

Senior catcher and co-captain of Sacred Heart's baseball team, Cody Doyle, has been added to the Johnny Bench Award Watch List. This award is presented by BaseballSavings.com, which recognizes the top Division I catcher in the National Collegiate Athletic Association (NCAA).

The award is named after the Hall of Fame major league catcher, Johnny Bench. Bench was a 10-time All-Star and a two-time World Series champion with the Cincinnati Reds. During the 1970s when Bench was on the Reds, they were nicknamed the "Big Red Machine," due to their domination in baseball.

Doyle is in his final season at Sacred Heart. He has started in over 100 games and has driven in 41 runs in his career. He has thrown out 49 runners marking a 38.5% caught stealing percentage.

"It was exciting to get the nomination," said Doyle. "You work pretty hard and any recognition you get is pretty good, but at the same time I don't think it means too much to you. I just have to keep playing well and working hard.

The Avon, Conn. native knows that getting added to the Watch List is an appreciation of his hard work this season and throughout his career.

"He's such a professional in the way he goes about his business and about coming to practice every day and games," said head coach Nick Restaino. "He's just well-prepared whether it be physically, mentally, or with scouting reports. He's certainly earned the right to be nominated with the best guys in the country."

Doyle is also highly praised and respected amongst his teammates. The pitchers know that they can count on Doyle in order for them to throw the right pitch.

"Cody is a guy that we look to as a leader both on and off the field," said junior pitcher John Cerretani. "Our entire pitching staff knows that with him behind the plate, he's giving whoever is on the mound the best chance of being successful. Whether it's pitch calling or his defense, he's your guy."

The competitive mentality is nothing new for Doyle. He attended Avon Old Farms School [high school] and during his time there he played baseball, ice hockey, and football.

"I was well prepared from playing baseball and other sports at Avon. There were really good coaches and players which prepared me well, so the jump to college wasn't too bad. Avon does a good job of creating a college-like atmosphere," said Doyle.

The senior catcher has had big plays and moments that has stood out for him in his time at Sacred Heart.

"Winning the NRC tournament my freshman year has to be the best memory for me and for most of the guys in my class," said Doyle. "We've had some good moments since but I think that's kind of our goal every year and I think that's something we're striving to do again this year."

Restaino has been on the team as the assistant coach for the past three seasons before taking over as the head coach for this season. He has seen Doyle grow over his four years.

"He's probably one of the best kids I've coached," said Restaino. "If you put him in a Major League spring training right now and ran him out there, he would probably take two or three at bats before anybody would realize he's a college kid. He could really catch at this level."

Madness in March

BY NICOLE BOTT
Staff Reporter

It's that time of year again, a sporting event that started back in 1939 that makes fans rowdier than any other sporting event that is also known as March Madness.

"It's that time of year when it comes to March Madness, it's "sleeper." A sleeper is the "underdog" of the tournament. It is who people think have potential to go further than expected that no one saw coming."

Not every team in the tournament is a big name school that is widely known, such as Duke or Villanova. These 68 teams are chosen in different ways.

People who participate in brackets the most, a sporting event that is also known as the "Sweet Sixteen." These 68 teams are chosen in different ways. People who participate in brackets usually have different answers for who will win March Madness.

March Madness is a single-elimination round tournament that contains 68 teams who will compete in seven rounds for the National Championship. On March 13, the first two games of tournament were played. The results included St. Bonaventure defeating the University of California, Los Angeles (UCLA) and Radford defeating Long Island University (LIU) Brooklyn.

One of the first two rounds conclude, teams move on to the Regional Semifinals, also known as the "Sweet Sixteen." Once eight teams are eliminated, the remaining eight compete in the Regional Finals, also known as the "Elite Eight."

Four teams then move on to the National Semifinals, which is the "Final Four," and the last two teams play in the National Championship. The "Final Four," is what everybody longs for, especially those who participate in their own brackets.

Brackets can be fun whether you watch college basketball all season, or only on March Madness. It's that time of year for sports, and the last two teams play in the National Championship.

"It's the best three weeks in sports," said sports broadcasting professor Robert Coloney. "It's so exciting whether you know a lot about college basketball or not. Those who don't tend to be the people who win the brackets the most."

March Madness is the "Final Four," a sporting event that is also known as March Madness. Virginia Cavaliers will be a strong contender in the tournament. They are doing big things, said sophomore Daniel Panichel.

"It makes the tournament more fun and competitive among fans. It makes fans rowdier than any other sporting event that is also known as March Madness."

It's that time of year again, a sporting event that started back in 1939 that makes fans rowdier than any other sporting event that is also known as March Madness. Virginia Cavaliers will be a strong contender in the tournament. They are doing big things, said sophomore Daniel Panichel.

A key term to know when it comes to March Madness is "sleepers." A sleeper is the "underdog" of the tournament. It is who people think have potential to go further than expected that no one saw coming. Not every team in the tournament is a big name school that is widely known, such as Duke or Villanova. These 68 teams are chosen in different ways.
**McCa\n\n**McCann Throws No-Hitter Against Eastern Kentucky University

**BY LAUREN LOWTHER**
Staff Reporter

Junior pitcher Kristen McCann recorded her first career no-hitter against Eastern Kentucky University (EKU) on March 3. The accomplishment came during the Winthrop/Adidas Invitational in Rock Hill, S.C. She was later recognized as the Northeast Conference (NEC) Pitcher of the Week.

McCann recorded eight strikeouts as the Pioneers (5-4) shutout Albany (2-6) 4-0 during the first game of a doubleheader played on March 3. Sacred Heart was unable to capitalize on a two-run lead in game two, falling 4-2 to EKU (8-5).

"I am really competitive and want to beat every batter every time I take the mound," said McCann. "I'm also really fortunate to have a strong team to back me up each and every game."

McCann is a very confident player and prepares herself before getting on the mound for a game. She even has some quirky superstitions which she feels has helped her over the years.

She realized that a no-hitter was possible toward the end of the game and tried not to overthink it. There was one close call at third base but her team was able to pick her up, she recalled.

McCann was fortunate to have her family and friends attend the game who experienced and celebrated her no-hitter.

"I always have Kristen's back and she has mine," said Oroso. "We have different styles of pitching and so we are able to complement each other well."

Pitchers come away with the glory when a no-hitter is thrown. But the entire team also contributes to the success.

"When a no-hitter is in the making, you must step up and make sure there are zero errors," said junior infielder Hailey Desrosiers. "We are always playing as a team but we have the opportunity to help one of our teammates do something really special."

"We entered the season ranked fourth and we continue to grow and develop every day," said Desrosiers. "We are a whole different team from the start of the season and our potential is underestimated by our competitors."

The team's goal is to get back to the Northeast Conference (NEC) Tournament and to have a winning season.

"As a pitcher, it's about first pitch strikes, minimizing walks and having quick innings. If you can control that, it sets the rest of the team up for success," said Oroso.

There are seven juniors on the team and they have all been playing together since freshman year.

"We have great chemistry and get along on and off the field which really gives us a strong connection and a competitive advantage," said Desrosiers.

In addition to many underclassmen, the team also has seven freshmen on the roster, which is a healthy balance as they continue to teach and build the bench for the future. The team also has two co-head coaches, Elizabeth Luckie and Pam London, who add tremendous value to the leadership and dynamics of the team.

"We are riding the wave and capitalizing on our high moments and learning from our mistakes. It's important not to stay down too long, learn and move on," said Desrosiers.

The Pioneers first home game of the season will be played Saturday, March 24, against University of Massachusetts Lowell.

**SHU Golf Competes in Florida Tournaments**

**BY NORANÖEL NOLAN**
Staff Reporter

Over spring break, the men's and women's golf teams traveled down to Daytona Beach, Fla. to train and compete in several tournaments.

The men's team began the spring slate playing in the Gary Freeman BCU (Bethune-Cookman University) Men's Spring Invitational from March 1-2. They finished in third place with a total of 911 strokes, 47 over par, after the three-day tournament. The man also competed in the Lonnie Barton Invitational finishing in fourth place.

Senior Matt Shubley led the Pioneers with rounds of 76, 73, and 74, respectively. He finished fourth in the tournament, and trailed the tournament champion by five shots.

Freshman teammate Saptak Talwar tied for fifth, shooting 78, 72, and 74. Sophomore Clifford Lindholm shot 74, 75, 81 to tie for twelfth place.

Shubley, was recently named NEC (Northeast Conference) Co-Player of the Month, an honor he has received in the past.

"In order to prepare for the first tournaments of the spring, I spent a lot of time practicing. We were lucky to be able to play Great River (the Pioneers home course) earlier this year while we didn't have any snow around," said Shubley. "I didn't do much mental preparation for this season, I just went in knowing that there would be some rust and that I'd have to work through it."

In the men's second tournament of the spring break, the Pioneers placed fourth at the Lonnie Barton Invitational. Shubley tied for fourth after shooting 73, 74. Freshman Jake Sullivan shot 74, 78 to tie for twelfth, and Alex Manner shot 78, 75 tied for sixteenth place.

"The team's goals for the spring season are always the same," said Manner. "The biggest would be winning a conference championship, that's a goal we all have in mind."

The women's team played the same course in the Lonnie Barton Invitational from March 5-6, placing third with 637, 61 over par, after two rounds. They also played in the LadyCat Invitational from March 8-9, finishing third.

The women's team won their first NEC Championship in program history last year and hope to repeat that feat this year to go back-to-back.

"Our biggest team goal of the season is to win our conference tournament," said senior captain Abby Houd. "However, it takes time and preparation to get there, so we also set smaller goals along the way. We do this by trying to post better scores overall as a team than the other teams in our conference in tournaments played outside of the conference."

In the ladies' first tournament of the season, Hood was the top Sacred Heart finisher, tying for fourth overall with consistent rounds of 77 and 76. Junior Chelsea Sedlar tied for tenth shooting an 80 and a 78.

Bermuda grass, often found on golf courses in the south, especially in Georgia and Florida, can be difficult to adjust to for non-Floridaan golfers.

"I'm from New Hampshire, so I'm used to New England golf. Every time I go down to Florida it's a little bit of an adjustment, but we were there for a couple of days before our tournaments. We had many hours of solid practicing, which helped a lot," said Sedlar.

Sedlar has been near the top of the Player of the Year standings based on score average this year. She's been on the NEC First Team both her freshman and sophomore years, and hopes to again after this season.

"Individual title at conference is always on the back of my mind. Freshman year I won it, last year I lost in a playoff (to former teammate and alumna Ellen Nifong), but this year I'm going to go out fighting," said Sedlar. "I'm just trying to go out there every tournament and shoot the lowest score I possibly can for me as well as the team."

In the LadyCat Invitational, Sedlar led the Pioneers turning in rounds of 79 and 80 to place fifth. Senior Lauren Pelster placed twelfth shooting an 82 and an 83.

"We put ourselves in positions to compete and learned from the different situations in this tournament," said head coach Matt McGreavy. "Our goals are to be more consistent and improve our short games so we are confident going into events."

Both the men's and women's teams are continuing to prepare for this upcoming season and will especially work on improving their short game.

The women's team will play at the Kingmii Intercollegiate Tournament hosted by William and Mary College in Williamsburg, Va. on March 19-20. The men will travel to Farmville, Va. on March 30-31 to compete in The Manor Intercollegiate.
THE SACRED HEART UNIVERSITY WOMEN'S LACROSSE TEAM (8-7) WAS BESTED BY HOST UMASS LOWELL (2-4), 18-9, MARCH 17 AFTERNOON AT WICKED BLUE FIELD.