OREL For Life: Walking for a Cure

"Life may be a Twister, but SORRY cancer, we are In It to Win It"

BY JENNA BILLINGS
Staff Writer

On Friday, April 24, Sacred Heart University will hold its 7th annual Relay For Life fundraiser in the William H. Pitt Center.

According to the information provided on the organization's website, Relay For Life is a national fundraiser headed by the American Cancer Society. The fundraiser is an overnight community walk in which participants raise money and form a team. Since its installation, Relay For Life has raised $5 billion nationwide for cancer research and development of programs geared toward patients' families.

Sacred Heart Relay For Life President, senior Lily DiPaola, has high hopes for the year's student involvement. "We currently have 298 people and 48 teams registered, which is more than we've ever had before," said DiPaola. "Students usually choose to participate because, unfortunately, we're all known someone who has had cancer and we know how hard the journey can be."

According to DiPaola, this year's theme is game night, and the slogan is "Life may be a Twister, but SORRY cancer, we are In It to Win It."

The event will run the same way the national event does; the walk will kick off with a "survivor's lap" and continue with an all-night walk on the Pitt Center Track. Every team must have a member walking at all times.

Many different organizations on campus have already formed teams for Relay. Campus Ministry, Best Buddies, Greek Life organizations, and student athletes are just some of many groups on campus who are joining in the effort to raise money for the American Cancer Society.

"Relay For Life is a diverse community of people who gather to combat the fight against cancer," said sophomore and Relay participant Shauna Santos-Dempsey. "Survivors, caregivers, family, friends and those who are dedicated to the cause can come together for each other. It's a powerful experience."

In addition to campus community members, people of all ages who have been affected by cancer are also participating in the event.

"Anyone from the community is welcome to participate, so we get some staff and faculty, public safety, and family members mostly who come," said DiPaola. "This year we also are trying to put together a "Relay-Care" for young children who come to the event with their families. We will put together more games and activities directed towards our much younger Relayers so that their parents don't have to worry while participating in the walk."

Though it's planned to be entertaining, the serious undertone of the event itself cannot be forgotten. "As a cancer survivor, Relay For Life means a lot to me as an organization," said freshman Jaime Fregani. "As captain of my team I can speak for all of us in that our goal is to pack the Pitt and raise a lot of money for this worthwhile cause."

It is the intention of the Student Events Team and Relay Committee to do just that. "Our e-board and our entire committee have a goal for this year's Relay, and last year we raised $44,000 so this year we are trying to push for $50,000," said DiPaola. "Our logistic team has a lot on their plate this year, but we have a lot of faith that it will all come together to be the vision that we have been working towards all year."

To register for Relay For Life at Sacred Heart, or to donate to the American Cancer Society on the University's behalf, log on to http://main.acsevents.org/site/TR/?pg=entry&fr_id=64881.
From Page to Screen: President Petillo’s Blog

BY CHRISTIAN COLON
Co-Asst. News Editor, Stuff Writer

Wondering what new things Dr. John Petillo is up to at Sacred Heart University? Launched March 20, a new video blog written by Petillo gives students and staff a more interactive way of catching up with activities on campus.

Since being named president in 2011, Petillo has been covering events by writing a blog. From new additions to the university, to study abroad trips, he has been informing the public while building a relationship with readers.

It wasn’t until the new studio opened up at the Frank and Marisa Martire Business and Communications Center that he decided it was time to transition to a video format. Petillo will be using this video studio and Communications Center that he is partnering with to share and reflect on recent events occurring on campus.

“Now that we have the gift of reading,” said Bruno. “I can truly say the goal of the video blog is for students to be able to see a new side of him. With these blogs he hopes to share all the great things going on at Sacred Heart, while connecting with the viewer. In his written blogs, he has managed to include personal experiences as well. Last summer, Petillo was able to write a blog about the great memories he was building during his family vacation in Europe. ‘I want transparency, communication, and hopefully to get people excited about who we are,’ said Petillo.

He hopes to release a new video blog on a monthly basis. In the meantime he will continue to publish the written versions of his posts. Now that he is aware of what it takes to produce a video blog, it will be less challenging in the future.

‘A surprising thing about the blog as it turns out, is that it’s the parents that read it more. I get parents that say they read it every week. It does not matter what the content is, and game is, we have parents, and friends of the institution who are reading these blogs and now watching them,’ said Petillo.

He hopes to get more students reading and watching the blogs in order to be more connected. He also wants students to become part of the production aspect of these videos.

‘I want students to be the ones who produce our video blogs. I will probably work things out with our media clubs, because that’s the purpose of the new building,’ said Petillo.

After the video was released, students have become interested. Rachel Proffitt, a sophomore and communications major at Sacred Heart, said she was intrigued that Petillo was using the new studio for filming.

‘It shows the community that he fully supports the communications building and all the new technology,” said Proffitt. ‘If I ever miss an event that is happening on campus, Dr. Petillo’s video blog will give me the opportunity to catch up with Sacred Heart’s events.’

To watch Dr. Petillo’s blogs, visit: https://sacredheartuniversity.typepad.com/dr_petillo_blog/

A Student’s Perspective on University Trip to Washington D.C.

BY JENNIFER MILLINGS
Staff Writer

Between being a politics junkie, and pursuing a minor in political science, it has always been a dream of mine to see Washington, D.C. When I received a global email with an open invitation to the student community advertising a trip, I knew I could not pass up the opportunity.

The bus departed on Friday, March 20, carrying myself and about 30 other students.

Dr. Gary Rose, Professor and Chair of the Department of Government, Politics, and Global Studies, headed the initiative.

“My expectations were to connect students with our country’s founding principles and the governing structures associated with our constitutional system,” said Rose. “I ran the trip for this very purpose.”

When we first arrived in D.C., we stopped at the United States Supreme Court, where we toured the gallery and the courtroom, and listened to an information session about Supreme Court appointments and trial proceedings.

We then checked in to our hotel, the Best Western Two Jims in Arlington. The trip was open to all full-time undergraduate students, and cost $150, which included tours, two nights in the hotel, and breakfast and dinner both days.

After checking in to the hotel, students enjoyed a pasta dinner at the hotel, and then set out on a moonlight tour of the monuments. Starting with the U.S. Marine Corps War Memorial at Two Jims, we saw most of the key monuments throughout the city, including the Jefferson, Washington and Lincoln Memorials, as well as the Martin Luther King Jr. Memorial and Vietnam Veterans Memorial.

“The moonlight monument tour was my favorite part of the trip,” said sophomore Daphnye Anicette. “I have been to the city before, but seeing the Lincoln Memorial and reflecting pool will never fail to amaze me. I had also never seen the Martin Luther King Jr. Memorial, so that was a powerful and memorable experience.”

Students spent the next day at the United States Capitol Building, and went on a walking tour that began with a short introductory film before making stops at the Rotunda, the House and Senate galleries, the National Stantary Hall, and Exhibition Hall. The guided tour was accompanied by great depth of historical background.

After the tour of the capitol building, Rose allowed us to tour the various museums of the Smithsonian ourselves. We had more than four hours of free time before we had to be back on the bus.

While at the Smithsonian, I toured the Museum of Natural History, the Holocaust Museum, and the National Museum of the American Indian, before meeting back with the group at the National Gallery of Art.

We were given the night off after dinner, and I went back to the city with some members of the group and walked back through the monuments one last time before we departed the next day at 8 a.m.

‘Generally speaking, my goal was to foster a sense of pride in the American system of constitutional government and the noble traditions of our country on the trip,” said Rose. “Based on the comments of students who participated in my trip, I believe I was able to accomplish this.”

Education Students Partner with Local School

BY JESSICA CHALOUX
Staff Writer

Sacred Heart students from the Isabell Farrington College of Education have connected with a charter school partner, New Beginnings Family Academy, located in Bridgeport, Conn., to give students hands-on learning opportunities.

Recently, 10 students from the Education Club spent a day in March at the New Beginnings Family Academy. Partnered with club advisor Gina Manoni, who is involved with the Near and Far Aid program, students plan on making visits to the school more often.

Sacred Heart students prepared books to bring and read to a few preschool classes.

“I read ‘Pete The Cat: I Love My White Shoes’ with the students and then we completed a worksheet that consisted of a cat surrounded by shoes,” said junior Colleen O’Melia. “The shoes were labeled with different colors and the students were supposed to color the boots, the correct color. The students were only in preschool, so this work well.”

Not only was this experience of working in a real-life situation beneficial to the students in the education program, but also to the children in the school.

“The students were so excited to see new faces in their classroom,” said senior Francesca Bruno, president of the education club.

As president of the Education Club, Bruno makes lectures and volunteer programs geared towards education students possible.

“Help to provide members with hands-on experiences. I am constantly on the look-out for any events or activities we can do that might help future teachers,” said Bruno.

The opportunity to work through a charter school to gain classroom experience allows what they have learned to be applied in real-life situations.

“For Sacred Heart students in the Education Club, we can put to use what we have learned about Children’s Literature from our Education courses included in the program,” said Bruno. “I have passion to help others do that same.”

Bruno added that she enjoys the challenge of taking a hard concept and making it enjoyable.

The importance of education is what drives these students to pursue a career in teaching.

“Working with this charter school helps me to work toward promoting brighter futures for all students by establishing a positive learning environment in the classroom,” said O’Melia. “I want children to recognize the importance of school and, more importantly, believe in themselves.”

O’Melia has worked with many students over the years, attributing one of her most influential moments to two children who told her they did not like school and that they did not believe in themselves.

“In my classroom, I want to foster self-confidence and a desire to learn,” she said.

The education club plans to revisit New Beginnings Family Academy on April 15 to continue this connection with students.

“We hope to continue this connection because not only do we love to see the students, but we love to celebrate the gift of reading,” said Bruno. “I can truly say the club is very excited to return to New Beginnings Family Academy.”

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April 15, 2015

I want transparency, communication, and hopefully to get people excited about who we are.

-Dr. John Petillo, President of Sacred Heart University

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SHUSpectrum Newspaper

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Before Easter break I was able to participate in the Encounter retreat. Incidentally a very inspiring and genuine person to me was a member of the Spirit team, Esther Thomas. Esther preaches that you should always surround yourself with positivity. This is extremely important to me because I try to surround myself with positive people everyday. I can thank my family for teaching me to be kind, polite and to always approach situations with a smile on my face. I’ve noticed that since I’ve picked up on these characteristics, that it has been easy to feel confident in my personality and attitude as well as in developing relationships.

Having the concept of a family is extremely important. Fortunately, I was raised with an overabundance of love from my parents, my brother, grandparents, aunts, uncles and cousins on both sides of my family. A family member is someone that you can go to about anything, something that is bothering you or an accomplishment. A great example of this would be my brother, Billy. Although 20 years apart, we still act the way brothers close in age should act. Billy currently lives in South Windsor, CT with his girlfriend, who to me is practically family. Whenever I get home for break, I make it a must to head over to his condominium to hang out. I always joke that Sacred Heart University is practically my second family. However, I am completely serious. My favorite thing about this campus is the connections I have established with the students and faculty through clubs and organizations, classes and walking through the hallways. Personally the best relationships I have created on this campus have been through service related projects. From “Mission: Matters: Mississippi” to two Habitat for Humanity spring break trips, I have been blessed to meet some of my best friends. I was able to create such personal connections with these people because of team building projects on the work site as well as reflections before and after. It’s the aspect of molding together honest and respectful students. Small campus, with a HUGE heart.

Whatever nationality you are, you know that the word family has an incredible amount of meaning. Whether its your blood related family or a group of friends at school that you established as your family, someone is out there to accept you.

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**Habitat for Humanity’s Annual Act! Speak! Build! Week**

BY CASSANDRA KATRIS

Staff Reporter

Habitat for Humanity’s annual “Act! Speak! Build! Week” kicked off this past Sunday night with a vigil followed by Education Day on Monday, which will take place for the first time this year. It is an opportunity for members of the Sacred Heart University Habitat chapter’s Executive Board and Habitat families to gather in the University Commons to speak about their experiences.

“This is an important week for the iSHU community because I think that everyone, including myself, lives their day-to-day lives in a bubble, and not realizing that our surrounding community has incredibly hard-working families who just can’t break the cycle of poverty. Act! Speak! Build! Week reminds us that it is important to help out our neighbors who were dealt a different set of cards than us,” said senior Jessica LaFlam, president of Sacred Heart’s Habitat for Humanity chapter.

“Aside from a lot of fundraising events, I’d say this week is a great chance to educate and bring awareness to those not involved with Habitat about what the organization is about and encourage others to participate,” said junior Caroline Valenzano.

On Tuesday, Habitat members made plans to paint white balloons with tape on them filled with green and blue paint, as well as selling darts to throw at and break the balloons. The end result is to create a mural.

On Wednesday, there will be a Habitat table in the academic building where there will be raffle tickets sold as well as the chance to participate in a contest to guess the number of nails in a jar. The winner will receive a special prize.

“It is a really great opportunity for students to chip in for a cause, solely pertaining to helping others who are less fortunate. I know I will be making my contribution,” said junior Blake Galullo. SHU’s Habitat chapter helps families build homes both in the local Bridgeport area and across the country.

“It’s actually Sacred Heart’s largest organization currently so I’d say that speaks volumes about the kind of students we have here. It brings people from all ages and backgrounds together for the same cause,” said Valenzano.

Educating the SHU community is also a mission of the campus chapter.

“It is really important to us that people know that Habitat doesn’t give away houses, but helps individuals living in substandard housing to work their way to affordability, and building, a safe, stable home for a day, just to see family and have dinner together. But for me, I hope that tradition is always a part of my life, even when I’m old enough to start my own family. I recently had a conversation with my uncle about how precious it is to have a family that is close like we are in this day and age. The sad truth is that it’s more rare now for a family to have such traditions and be so loyal and loving through and through.

My cousins range from 13 to 23 and we are all truly best friends. We trust each other with anything, we help each other through our hard times and we are always there for the best of times. I love knowing that for the rest of my life I will never have less than five best friends, Sammy, Petey, Frankie, Nicky and my sister Alyssa. We have grown up together, every Sunday and more, creating memories and bonds that are absolutely irreplaceable.

Being so close to my family is something that has made me appreciate things more in life, especially after the passing of my Nanny, a lot for all of us was put into perspective. Since then, I have had my priorities much clearer and a much better sense of who I am. Family will always come first to me, and I have values that I’ve gained, from my much wiser, Nanny and Poppy that I will keep with me forever.

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GRADUATE ASSISTANT TAYLOR FILANOWSKI PARTICIPATES IN AN ANNUAL SPRING BREAK TRIP THROUGH HABITAT FOR HUMANITY FOR them & their families,” said LaFlam. Before becoming involved with Habitat for Humanity, many of the members did not have first-hand experience with poverty.

“Act! Speak! Build! Week creates a sense of awareness of how impoverished people truly live. Sometimes people, especially young people, believe ignorance is bliss, but in reality ignorance is simply ignorance,” said junior Shelby Sofianek.

After volunteering to help families build homes, the giver comes to realize that he or she is also the receiver. Being a part of Habitat has humbled me. It has helped to teach me how privileged I am for always having a safe living environment and being able to attend a college as well as an education. Up until getting involved, I pretty much took all of these things my life as a given, but I now know that they are a gift,” said LaFlam.
Easter Break: No More?

Some students won't even get the chance to see their families on Easter with this change because of the distance that they usually travel to be with their family on this holiday.

"I usually go to church with my family every day from Holy Thursday to Easter Sunday, but with this new change I won't be able to do that," said sophomore Nicole Bonanni. "Easter is a huge holiday in my household. We have a big Italian dinner with my entire family from out of town and next year I won't get to spend as much time with them."

Furthermore, other students are worried about how they're going to make it back to campus in a timely manner.

"This change is definitely going to make travel situations more hectic especially for people who live far away," said sophomore Nicole Lisita. "Easter Sunday is going to be designated for traveling when it should be spent at home with family."

The concern about traveling seems to be most prominent with this change in schedule.

"It's going to be really hard to go home for Easter break next year because my parents will have to take work off on Thursday in order to get me," said sophomore Lauren Elmy. "Also because I live farther away, going home for a weekend isn't even worth it."

Elmy also said that she likes the long Easter break because it gives her the opportunity to go home and work in order to have money that will last her the rest of the semester.

In contrast, other members of the Sacred Heart community are viewing this change as a positive adjustment to the academic calendar.

"I like the change because the semester was so disjointed with two big breaks and the Easter break coming so close to finals," said Gregory Golda, clinical instructor of Communication and Media Studies. "It really disrupts the work flow. I'm sure students will appreciate a more condensed schedule as well."

Some students believed that the break actually caused academic stress, instead of a week of relief.

"I think this change is a good thing because Easter break is in the middle of the week," said freshman Leigh Freedman. "Teachers tend to try and cram in a lot of assignments the Monday before Easter break. With the change, professors can now spread the assignments out."

Another positive outlook from the students, like Freedman, is that next year it will be nice to have spring break coincide with other universities. This way people can see their friends from home.

"This year we had an awful blizzard during spring break, said sophomore Savannah Rivera. "Hopefully with spring break being later in the month the weather will be better for those of us who don't go away."
Spectrum Squad

EMILY ARCHACKI
MANAGING EDITOR & NEWS EDITOR

Growing up I never played sports as a kid, nor have I ever played on any athletic team to this day. I would always hear from my friends who did play sports how close they would get to their teammates and spend all of their free time with them hanging out together. So much so that their teammates would essentially become like a second family. Even though I’ve never played on a team, I have found a squad of my own here at Sacred Heart, the Spectrum staff.

When I first joined the editorial board last spring semester I was nervous. I didn’t know what to expect, and I didn’t know anyone else on the board because at the time it consisted primarily of upperclassmen. After the first staff meeting what I found was one of the most warm and welcoming group of people I have ever encountered on campus. All the editors were so friendly and willing to lend a hand to teach me how the office operated. Within a few short weeks it felt as if I had been on staff all year.

This year I’ve become even more involved with the paper, so much so that if I am on campus I am likely in the Spectrum office. The small square space located in the HCI with no windows, tends to resemble the temperature of an oven in the winter, and on Mondays shouting and loud music can probably be heard from the outside.

Now producing a weekly edition of a paper may seem easy but it is a lot of hard work and long hours behind the scenes. From Sunday night topic meetings, Monday being our production day, Tuesday morning meeting with staff writers, and Wednesday the paper is finally published. Then there are article deadlines on Friday, and weekends spent editing. I see most of the editors six out of seven days of the week. So much time spent together leads to a staff of 20 becoming extremely close very quickly.

The countless inside jokes, debates over article topics, questions on editing, sticky notes, brainstorming article titles, deciding what we should order for dinner on Mondays, and praying that we leave the office by midnight are memories I will cherish.

As wonderful as all of this is, it’s also bittersweet because many of the editors are seniors and will be graduating at the end of this year. I’m being completely honest when I say that I’m going to miss having Lackman come into the office yelling about something and being her sarcastic self. I’ll miss Papa and Sam discussing their love for cats, then Sam jamming to the newest Skrillex release. I won’t miss Natasha stealing topic ideas, but I will miss her attempts at trying to escape from Tuesday morning meetings early. Even though Alana is already in grad school, I’ll miss her stopping in and saying hello and catching up. I’ll miss Nick watching WWE in the office, and blasting the “Epic Sax Guy” on loop. (Which by the way if you haven’t listened to it, give it a try. It’s great music to play in the background while trying to be productive.) I’ll miss Mark in his Birkenstocks and editing all of the articles with an English major’s critique. Finally, I’ll miss Amanda always asking if anyone wants to get Chipotle, and her anxiety of calling the printer hoping we get the worker who says we don’t have to wait 20 minutes to call back when it’s already 11 o’clock at night and we’re delirious from staring at computer screens all day.

Next year moving into the new communications building will not only bring a new office but new additions to the staff as well. I’m excited for that experience. As the semester winds down, I need to remember to value the time I have left working with my friends and all the memories made in the office. So thank you to the loud, crazy, supportive editorial staff as well as my second Sacred Heart family, better known as the Spectrum squad. I get excited coming to work on a Monday and if that isn’t a testament to how wonderful this staff is, then I don’t know what is. When you want to know what we have issues? I hope one day in the future, wherever I may work, I am part of a staff that is as memorable as this one has been.

Many of my friends from Sacred Heart, high school, and my pre-transfer university will be graduating this year. This group includes my best friend, with whom I recently had a 3-hour conversation about that scary concept, “future plans.” What we discussed most was our ideas about why we chose the paths that we did. My friend is a philosophy major hoping to go into global urban development and work for a nonprofit. She said to me that she wants to be in a place, both physically and symbolically, where she can make a difference.

Depending on your religious beliefs you may think that a higher power gave you certain talents or abilities in order that you would use them, make the most of them. Maybe you think that you’re meant to help others with them. I read an article recently in Business Insider about how Stanford University students are turning down six-figure salaried jobs right out of school for a couple of reasons, the first being the desire to work in non-profits. I thought about this and realized that I too had a job that I thought was important but I wasn’t sure if I wanted to be doing it for the rest of my life. I decided yes, and then almost immediately had the following thought: Am I capable of justifying every job that I would want to take on as one that would allow me to help others or? I’m open to the possibility that I’m a total hypocrite.

I realize that this editorial has more questions than answers, and maybe that reflects how I feel about my future at this point. The good news is that I still have one more year of exploration and discovery before I go into the real world.

What it means to make a difference with what you do

MELANIE HOLEC
ASST. FEATURES EDITOR

thousands more peripherally? Do you want someone to know your name? Do you want everyone to know your name? That concept, “making a difference,” is one that I’ve found myself struggling with as I blinker down my own path towards a real job. Even though I’m not graduating for another year, I find that it’s still a question that comes unbidden to the front of my mind more often than I would perhaps like in order to stay de-stressed.

For the past two years, I’ve been committed to the idea of working in news, being a journalist. Part of how I came to this decision did involve an examination into what I really thought I should be doing with my life. I honestly believe that journalists, despite their tendency to sometimes make mind-blowingly stupid and widely-debated decisions, serve an important function in society. I recently was confronted with a possible job opportunity in the sports world. And I thought to myself, sports television has been important in my life. It’s made me happy, provided me with bonding opportunities and memories with family and friends; is that enough “making a difference”? Is it important enough? I decided yes, and then almost immediately had the following thought: Am I capable of justifying every job that I would want to take on as one that would allow me to help others? I’m open to the possibility that I’m a total hypocrite.

I realize that this editorial has more questions than answers, and maybe that reflects how I feel about my future at this point. The good news is that I still have one more year of exploration and discovery before I go into the real world.

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 right for any published material. We are not responsible for the opinions of the writers voiced in this forum.
A new philanthropic organization has recently joined the Sacred Heart community. Love Your Melon is a charitable group with a presence on many different college campuses that is committed to donating items, in particular, hats to children battling cancer.

Two students from the University of St. Thomas, Zachary Quinn and Brian Keller, originally created Love Your Melon in 2012. The leader of Sacred Heart’s Love Your Melon group, junior Stephanie Roth, said that the organization is in the process of becoming formalized.

“We are a crew, and one of our goals is to become a club,” said Roth. “Right now we are a group of students trying to bring awareness about Love Your Melon on campus.”

The mission of Love Your Melon is not for colleges to raise money for themselves. The main goal is to sell merchandise so there are donations for the patients. Love Your Melon operates by donating an item for each piece purchased from their store, as well as funding cancer research and providing additional support to families affected by cancer, according to their website.

Roth said that one of her upcoming goals is to raise $100,000. A credit is a purchased item, and once Love Your Melon reaches 100, the crew will go to a children’s hospital dressed up as superheroes and bring the patients the hats.

Roth was looking on Facebook one day, and one of her friends posted a link about the organization.

“I saw this link ‘Love Your Melon’ and the hat looked really cute,” said Roth. “So I clicked on the link and realized I am involved with so much, but the one thing I’m missing is community service.”

NBCU Chairman Bonnie Hammer Says Women Can Have It All

BY KYLE DRAGO

Having 12- and 13-year-old girls flock to Linda McMahon, co-founder and former CEO of World Wrestling Entertainment, while she was touring the state of Connecticut campaigning for a U.S. Senate seat sparked great inspiration for the businesswoman.

McMahon realized there was a lack of female role models and, as a result, created the “Women Can Have It All” lecture series.

The new lecture series kicked off last April and is co-sponsored by the John F. Welch College of Business. The series features empowered women in the business world speaking about their careers and what it means to be an independent and successful woman.

“These are some of the best events I’ve been to. And even though it’s titled ‘Women Can Have It All’ it is just as much for men. There is such great advice, talk about career, steps you should take, and the wisdom that comes forth applies equally to men and women,” said John Chalykoff, Dean of the John F. Welch College of Business.

On March 25, McMahon’s third lecture in the series featured Bonnie Hammer, Chairman of NBCUniversal Cable Entertainment Group.

The lecture brought in crowds of people. They packed the Schine Auditorium, leaving people to stand in the back to listen.

McMahon asked Hammer a series of questions and began the conversation of how women can have it all. Hammer stated in the lecture that she believes that women can have it all, but maybe just not all at the same time. She went on to say how we can balance our time, but we have to be willing to know that it’s not always going to be perfect, but together you can have it all at different times.

When asked what inspired Hammer to be a guest speaker she gave a very honest answer.

“Linda. Anything she says, anything she asks, I do. Based on the topic Linda has been a role model for me for many years. She is not only a good friend who I just adore and respect, but in terms of pioneering, she is always willing to take risks,” said Hammer. “There’s nothing she’s afraid of, and even if she was, nobody knew, and she would just go out and succeed. There is no one in the world that I have more respect for,” she said.

McMahon responded to Hammer’s heartfelt statement.

“She was very gracious to come and do this because we are friends and I appreciated that. And not that were trying to put each other on the back, now coming full circle, my daughter Stephanie has had the advantage of having Bonnie as a mentor,” said McMahon. “Because it was great to have someone not family, outside that she could trust, and who knew her. And Bonnie has just been great and Stephanie doesn’t hesitate to reach out to Bonnie. It’s really terrific,” she said.

The two women gave advice, tips, and showed how much it really takes to succeed.

“You have to allow yourself to not take yourself so seriously,” said Hammer. “To be willing to fail, experiment, fall down, pick yourself up and keep going.”

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Book Review: John Green's “Paper Towns”

BY MORGAN DEBELLE DUPLAN
Staff Reporter

New York Times bestselling author John Green's “Paper Towns” focuses on the lives of the protagonist, Quentin, and his neighbor.

The novel takes place in a fictional setting called Jefferson Park located in Orlando, Fla.

“I can appreciate the fact the Green doesn’t solely focus on the “cheesy” love story as Nicholas Sparks might.”

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Green is also the author of numerous other young adult novels including “Looking for Alaska”; “An Abundance of Katherines”; “The Fault In Our Stars”; and “Will Grayson.”

Green has received a high volume of positive critical reception recently, partly due to the release of his first movie adaptation “The Fault In Our Stars,” followed by the soon to be released “Paper Towns” movie.

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What appealed to me most about this novel is the mystery. In my opinion, “Paper Towns” is the perfect blend of love and mystery. The story is intriguing and the slightest bit boring.

Not only does the characters’ complexity add dimension to the storyline, but there are important themes to be found as well. For example, people you thought you knew well perhaps you don’t; perhaps there is much more to them than what meets the eye.

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John Green focuses instead more on different dimensions of the characters and their true needs and desires.

Overall, the book is not a challenging read; it is a young adult novel. I found it to be a simple yet entertaining book. I love a story that I can visualize and feel as though I am in the story, as I did in “Paper Towns.”

If you are someone looking for a more challenging, thought-provoking novel, this is not the book for you.

I would recommend this novel to anyone looking for a simple, but intriguing story. I am interested in reading more of John Green’s novels.

The novel can be found at Barnes and Noble, online through Amazon or your local bookstore.

I am looking forward to the movie adaptation of “Paper Towns.” The movie will be released in Summer 2015 and will star Nat Wolff, who recently appeared in the film adaptation of Green’s “The Fault In Our Stars,” and Cara Delevinge.

Digging Through the Directory: Keith Johnston

BY MELANIE HOLEC
Copy Editor & Asst. Features Editor

Keith Johnston is Sacred Heart's Director of Bands.

Q: Where did you grow up?
A: Like a lot of people, I’m from a few different places. I was born outside of Pittsburgh, and then I moved down to North Carolina for a few years and then back to Pittsburgh.

Q: Why did you first get into music?
A: My dad was a musician and he was actually a high school band director as well as an orchestra director, and then he got into higher education administration. But ever since the time I was old enough to hold an instrument, we were playing music or something in the house. So there was always something going on, whether I was learning to play guitar or violin or whatever it happened to be. And then like a lot of kids, whenever you get to fourth grade or so, they figure out what your musical agenda is at school.

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So very quickly I switched to euphonium, which is like a very small tuba.

Q: Did you always want to be a band director?
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Q: What is your favorite thing about teaching?
A: To be a musician is to be a teacher. You really have to do both. It’s almost impossible, in my opinion, to say “I am strictly an artist, I only play.” And I’ll be honest there are people who just do that, and they do very very well at it. But anyone I know at any level, they have always been teachers, and there’s something incredibly satisfying about working with a group of musicians and getting them to play something and to realize when that musical moment happens. And one of the best parts, sometimes there’s this perception that you’re the band director, you’re this omnipotent figure who knows everything about everything and through sheer force of will or technique or whatever can get the entire band to play everything absolutely perfectly, and that’s not the case.

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There are people in the world who do not have it nearly as good as we do, and we want to try to find some way to encourage them to use music to connect with those people and in some way to have a positive impact on their lives.

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Arts & Entertainment

"Sweeney Todd: The Demon Barber of Fleet Street"

BY JULIANNA DIDONATO
Staff Reporter

Sacred Heart University's Theatre Arts Program will be performing the musical, "Sweeney Todd: The Demon Barber of Fleet Street," in the Edgerton Center. The musical will run the weekend of April 16-18 at 8 p.m., and April 19 at 3 p.m.

The director, Jerry Goehring, is a Tony-nominated producer of the critically acclaimed Broadway show, "A Christmas Story: The Musical."

Originally based off of a book written by Hugh Wheeler in 1982, "Sweeney Todd" was first produced in 1979 with music and lyrics by Stephen Sondheim.

"There are various factors when deciding what show to put on. It is based off of styles and experiences. We try to get different styles of acting and singing," said Goehring. "This is a very difficult musical show. It challenges the students both dramatically and musically."

To gain publicity, the Theatre Arts Program is holding a contest for Greek Life organizations on opening night. The top three organizations with the most members that attend the show will win a donation to their philanthropy.

Freshman Emily Shea, an ensemble member, has been involved with theatre since she was in elementary school.

"Sacred Heart is doing a very good job with promoting the show. We are trying so hard to get a lot of students to come and support the show," said Shea. "Holding the contest is a huge benefit because there are so many people involved in Greek Life and it will get them to come see the show."

Senior Stephanie Nickerson is the hair and make-up stylist for the production of "Sweeney Todd." She has been a part of the Theatre Arts Program for the past four years.

"I can tell you that this show is one of the most complicated shows that we have ever done," said Nickerson. "The size of the cast is huge, but it speaks to the talent and dedication of TAP that it will be one of the best shows that Sacred Heart has ever seen."

The first production of "Sweeney Todd" opened on Broadway on March 1, 1979 at the then Uris theater, now known as the Gershwin theater.

"Sweeney Todd" is set in 19th century England and tells the story of Benjamin Barker, also known as Sweeney Todd. Todd returns to London after 15 years away to take revenge on the judge that banished him and ravaged his young wife.

With moving set pieces and a cast and crew of over 75 students, the stage had to undergo some major changes.

Due to the complexity of the show, "we actually built a stage extension onto the Edgerton stage to be able to accommodate everything this show has to offer. The stage is currently about 5 feet longer than usual," said sophomore Nick Patino.

Tickets are available for Sacred Heart students for $5 in the Edgerton Center Box Office.

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The Sacred Heart Spectrum

Arts & Entertainment
Spectrum Exclusive:
Interview with “Catfish” Host Nev Schulman

BY EMILY ARCHACKI
Managing Editor & News Editor

On Tuesday, March 24, Sacred Heart students filled the Edgerston Center for the Performing Arts to listen to “In Real Life With Nev Schulman,” as part of the 2014-2015 Student Affairs Lecture Series.

Nev Schulman is a photographer and producer best known for his 2010 documentary film “Catfish,” and MTV’s series “Catfish: The TV Show.” The series currently airs on MTV Wednesday nights at 10 p.m.

Q: A Catfish is defined as “a person who pretends to be someone they’re not, using social media to create a false identity, particularly to pursue deceitful online romances.” You yourself were catfished. Why do you feel the need to help others in similar situations?

A: It probably comes from curiosity. I’m so happy that I went forward and through the discovery process of finding out who catfished me. The reward then was such a meaningful life experience that I was curious as to how people started reaching out to me. I thought, “Wow! If this is happening to other people, what are those stories? What can I learn from them? What can I help them in turn learn from themselves?” I felt very fortunate that I was given this gift of discovering the truth, and the forum and support to turn it into something positive. The idea was I should pay it forward. It’s been real good to me, hopefully it can have a similar effect on other people’s lives.

Q: What are the origins of the word catfish?

A: We had an interview in the film, towards the end with the husband of the woman who catfished me. Of course at the time it wasn’t necessarily called catfish. He talked about fishermen taking cod in these giant vats and ships from Alaska to China and it was a long journey. Over the course of those weeks, the codfish would become bored and be under stimulated, and as a result their muscle tissue would soften, break down and become less delicious. Somebody had the clever idea of putting some catfish in these tanks to chase the cod, and that in turn kept them moving, agile, and delicious. In life there are people like that. That’s why we call it “Catfish.”

Q: Every Thursday morning after a new episode of “Catfish: The TV Show” premieres, you have a podcast called “In Real Life” that is released. Can you talk a little bit more about that?

A: I was inspired actually by Charlamagne [Tha God] (his real name is Leonard McKelvey), my co-host in the first few episodes of season four. He is a big radio guy and has a very successful podcast. He said, “I don’t believe you don’t have a podcast. It’s a great place to talk about stuff and interview people and deal with topics you don’t get to deal with on the show.” I thought, “Yeah, you’re right.” I figured it was a good opportunity with the season starting to do a podcast that starts by having each of the co-hosts on every episode talk about the episodes. All the miscellaneous feelings, experiences, and things that come up when we’re shooting the show, don’t make the cut. You’ll see in the future as the podcast continues after the fifth one, it goes into all kinds of discussions. I have one podcast coming up that I’m excited about. Which is me talking about dating and sex, as a single adult. I’m excited about it because it’s a new side of me that I don’t think people know that much about.

Q: Can you give any previews of upcoming stories that will be presented on your podcast “In Real Life”?

A: We just filmed an episode, which is the one I’ll recall most easily. It wasn’t so much a story of two people and a love connection. It was a young lady whose pictures had been used by someone else for years and she had been cyber-bullied by this imposter. We tracked her down [the imposter] and confronted her. In addition to that storyline itself being unusual and different for us, the individual that we discovered was so fascinating. It ended up being a really interesting episode about Internet addiction, and the trend I think, in we see in young people towards identifying yourself by your social media life or existence. To such an extreme that it actually harms your real life. That was a magnification of an issue that I already feel is part of what’s going on, but this was an extreme version of it. I think it’s going to be a wake up call for a lot of people.

Q: What is the most valuable lesson you have learned or taken away from the entire experience?

A: I probably spent the first 26 years of my life not listening to anybody. I had my own ideas, ambitions, direction and that’s what was cool. I was supposed to talk to people and hear what they had to say and understand and learn from them. I wasn’t really listening to anybody. Then the incident of getting catfished occurred and I saw someone, got their story and it permeated with me and I grew from it. The lesson I think is that you’d be amazed at how much of an effect you can have by listening. Not only on yourself but even if you know who you are listening to. People aren’t used to being listened to. When you sit with someone and don’t talk, and ask them a question and wait for them to answer. It’s pretty amazing what you get.

Q: Do you have any advice for someone who may be currently involved in an online relationship, or is considering getting involved in one?

A: I very strongly advocate against online relationships. I have to be very clear about what that means because I think meeting people online is great. I think having friends via the Internet is also great. If you’re in a relationship with someone, like a romantic relationship, that for whatever reason you can’t meet in person. Whether it’s geographic distance of some other set of circumstances, that’s where you have to be very careful. So much of what ends up going into a healthy, long-lasting, real relationship has to do with chemistry, sharing space, being together, looking into each other’s eyes, and all that stuff. To give your heart away to someone you haven’t had any of those interactions with is risky. I would just say be careful.

“Game of Thrones” Is Back Again

BY HALEY TANELLA
Staff Reporter

On April 10, the fifth season of “Game of Thrones” premiered on HBO.

George R. R. Martin bases the show, which first premiered in 2011, on his epic fantasy novel “A Song of Ice and Fire.”

The show centers around numerous storylines, set in the seven kingdoms of Westeros. The storylines roughly demonstrate the struggle between noble, wealthy families, the people (the people of the realm, and the people of the land), and the kings and queens of the Iron Throne.

On Sunday night, people all over the country tuned in to catch the episode. “I was drawn to watching the show because I was so interested as to how they were going to bring the books to life.”

Over the past several seasons, the show has grown in popularity due to its unique storyline and drama-filled episodes.

“The show has such great character development, even the villains,” said senior Colleen Crowley. “It’s cool to see people that would normally not have positions of power given that opportunity, that’s why I really like it. The fact that it’s so different from anything else on TV.”

“Game of Thrones” tends to leave viewers in suspense. “I always find myself trying to guess what’s going to happen in the upcoming episodes and how the character’s unique storyline intersects,” said senior Emi Dungan.

“Game of Thrones” has such a loyal fan base, which is depicted through the large number of views the series has received over the last 4 years it has aired on television. According to Entertainment Weekly, “Game of Thrones” accumulated over 20 million viewers worldwide since the series premiere in 2011, and is recognized as the most-viewed show on premium television.

On Sunday night, people all over the country turned into watch the continuity of the story presented on the small screen by creators David Benioff and D. B. Weiss. In the series premier, they tell the story of the lives of several families, which are heads of the seven small kingdoms. The new season has already begun to add suspense and anticipation for upcoming episodes.

“Everyone loved the premiere,” said Crowley. “It definitely set up how the rest of the show is going to flow, which should be great.”

However, despite the hype for the upcoming season, the first few episodes of season five were leaked online late Sunday night.

According to HuffPost TV, nearly half of the episodes of the most recent season were released to illegal websites, with spoilers and outcomes of the show open to the public.

“It’s a bit of a shame that it had to happen,” said Crowley. “It makes all the hard work of the cast and development team seem like a little bit of a waste, just because anyone can access the episodes for free.”

Despite the leak, devoted viewers are still excited to experience the new chapter in the series.

“I’m going to stay true to the release dates,” said Dungan, “I don’t want to watch them all at once. What’s the fun in that?”

Although some may have access to the episodes earlier than others, the creators of the show have decided to break away from the storyline of the books that it is based off.

“I’ve heard that the creators are moving past the storyline in the books, which will create for a great season,” said Paquette “Everything will come as a surprise which will make it even more exciting than it usually is.”

New episodes of “Game of Thrones” premiere on Sunday’s at 9 p.m. on HBO.
Jordan Spieth dominates to win 2015 Masters

BY ASSOCIATED PRESS

About the only thing missing was a new scoring record. Not to worry, because odds are Jordan Spieth will set a bunch of them by the time he is done.

The Masters was the tournament he dreamed about growing up beating balls on the range in Texas. The people who run the Masters could only dream of having a new champion who could stare down an all-star field of challengers, then remember to thank everyone from the kitchen staff to the chairman for giving him the chance to do just that.

He's a special talent who yells at his ball and plays with a steely intensity. He's also a special person, the son of athletic parents who still date his high school sweetheart and is a loving brother to a younger sister with neurological difficulties that place her on the autism spectrum.

On an overcast day at Augusta National, Spieth finished off a wire-to-wire win that was so utterly dominant it never seemed really in doubt. That he bogeyed the last hole to miss setting a scoring record set by another 21-year-old named Tiger Woods in 1997 did nothing to make the day any less sweet.

His family and friends gathered behind the 18th green hugging each other even before Spieth dropped the short bogey putt to finish off his day. Everyone important in his life was there, except the one person who may be most important. His sister, who is seven years younger, doesn't come to many tournaments. Ellie Spieth likes to yell her brother's name and cheer at what should be quiet times, and the Masters would not be the place for that.

But Spieth would be calling, and they would talk about him winning his first major championship.

"When I speak to her she's going to probably tell me to just bring something home, bring a present home to her," Spieth said. "I'm sure she was watching and was excited when she saw how happy I was there with my family at the end. Probably a little jealousy at that point.

So if, so she's not the only one. Who wouldn't be jealous of a player who refused to yield an inch all week, yet was so gracious he gave playing partner Justin Rose a thumbs up after he made a remarkable recovery shot on the seventh hole?

Who wouldn't be jealous of a player who kept the same four-shot lead he teed off with under the intense pressure of a final round at the Masters?

And who wouldn't be jealous of a young man who, after hugging his caddie, parents, and girlfriend, approached the fans who came to watch as he took a victory lap around the 18th green?

"I don't know what could make you more proud," his father, Shawn, said. "To be God-given gift to be able to play the game that we're currently playing and just have a great team that's got my back the entire season, and it's just one of those things that just had to happen."

Spieth almost became the youngest Masters champion ever last year in his first go around at Augusta National, only to lose the two-shot lead he held after seven holes of the final round to Bubba Watson. He was determined to come back and win the green jacket, and he seized control of the Masters with a first round 64 and never looked back.

"He wanted badly to get back after last year," his father said.

"He'd be a college senior if he stayed at the University of Texas, where he played for a year before taking a chance and playing his way onto the PGA Tour. But he looked like a seasoned veteran as he played his way around Augusta National, sealing the deal with an 6-footer for the 16th hole even as Justin Rose and Phil Mickelson made late moves.

"He's just fiery," said caddie Michael Greller, who was a sixth grade teacher before hooking up with Spieth. "He's got that killer instinct. You have to have tunnel vision when you're out there, but you have to really appreciate the roars."

Spieth has a lot to appreciate, even if he admitted he wasn't sure just what winning the Masters would mean. Spieth hadn't had that much experience winning in his short career, though he won once and finished second twice in his last three tournaments.

The last one was in Houston last week, where after every round he would go home and Ellie would say, "Jordan, did you win?"

"I said, 'Not yet, not yet, no,'" Spieth said, laughing. "It can tell her I won now."

Maybe he can bring home a present, too. A nice green jacket will do.

Grayson Allen? He'll be back.

The most overlooked of Krzyzewski's first-year players stepped up with Okafor on the bench for much of the second half in foul trouble. Allen, the slam-dunk champion of the ACC All-American contest last year, scored 16 points - 12 above his average - including eight straight for Duke after Wisconsin (36-4) had gone up by nine.

"It was fun to watch my teammates do what they do," Okafor said. "They have my back the entire season, and it was no different tonight."

This was a savvy, calm, collected comeback against the team that wrote the book on that all season. Wisconsin couldn't pull away from a determined Duke defense that allowed only 55 points in a five contest leading to the final.

Wisconsin shot 41 percent - 7 points under its season average.

"Shots just weren't falling, and they were getting to the line, and when the line changes like that, it's kind of hard to get back in the flow," said Badgers forward Sam Dekker.

Nigel Hayes had 13 points and Dekker, the key guy down the stretch against Kentucky, had a very quiet 12 for the Badgers, who were trying to bring their first title back to Madison since 1941. Dekker used his shirt to dab away tears during postgame interviews - a much different scene than the loose, fun-loving media sessions the Badgers put on all tournament.

For Duke, it was all smiles. The Blue Devils are taking another trophy home to the Cameron Crazies.

"All these guys have become students of the game, and they all have knowledge," Krzyzewski said.

This was not a dominant, wire-to-wire effort the likes of which some of the Duke title teams have enjoyed in seasons past.

"You can't be serious!"

On Duke's next possession, Kaminsky tried to wrap an arm around Okafor in the paint, but the big fella powered through the defense to the bucket and the foul. He missed the free throw, but a different point was made: Kaminsky had 21 points and 12 rebounds to Okafor's 10 and three, yet down the stretch, "Frank the Tank" struggled to get a good look and Okafor helped win the game.

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One for the Thumb

Duke comeback seals fifth National Title for Coach K, Blue Devils

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Greetings!

BY ALEXA BRISSON
Staff Reporter

"The energy that I feel from the gymnastics team is very positive and motivating. These girls have become my sisters in such a short period of time," said freshman Tori Huth.

Huth said that her experience on the gymnastics team has been amazing. The team has really come together in the past year through supporting each other in not only gymnastics but also in everyday life.

The Sacred Heart University gymnastics team was founded in 2009 by Michelle Whitton and Jeanine DeAmato.

Head coach, Marissa Defede, who was a previous member of the team, feels that the gymnastics team has come a long and is only growing stronger over time.

"We started out coaching ourselves with a team of eight girls. We had one meet and had to pay for everything by ourselves," said Defede. "The team now has a coach, better gym space, and up to seven meets throughout the school year."

Defede said that this year's team is the most talented team to date, having four solid level nine competitors. At meets each gymnast is judged according to level nine rules regardless of their skills.

"The university is interested in starting a division one team and I feel that there is enough talent and future talent to be able to do so. This program is only going up from here," said Defede.

In addition to anticipating a division one team at Sacred Heart, the gymnasts expressed their year to go to nationals in California next year.

"Our primary goal is to make it to nationals and compete against different teams because right now we only compete against tri-state teams," said Kristin Licata, captain of the gymnastics team. "Getting to nationals requires a lot of hard work and dedication from the entire team in fundraising and trying to organize everything on time."

"It's definitely very stressful trying to make sure everyone is doing their part and staying involved with the team, but nationals will be so worth all the work put into it. I would honestly do anything to ensure success for this team," said Licata.

Furthermore, emphasizing the idea of team bonding is very important to the gymnasts at Sacred Heart.

"My favorite part of gymnastics is definitely the team aspect. When I was younger, gymnastics was a very independent sport but as I get older I'm realizing that it's an amazing feeling to be a part of something bigger than myself," said Licata. "My co-captain and I organize a lot of activities in which the team can connect because we want our team to become as close as possible."

"Friendships made through gymnastics last a long time because you spend so much time together in the gym and push each other to the heartbreak point."

"This sport is highly significant because gymnastics is a mental sport and it's easy to get lost in your fears when you don't have a team standing behind you every step of the way," she said.

Freshman Soleil Avenda said, "I love that I get to spend so much time with girls who share the same passion as me. We definitely have tons of fun together and accomplish a lot at practice."

"Being on the gymnastics team is one of the best experiences that I've had at Sacred Heart," said Avenda.

Do Athletes Mind Concussions?

BY TAMARIC WILSON
Staff Reporter

Is the money and the fame that come with playing professional sports worth it if you can't enjoy it later in life? Chris Borland doesn't think so.

Borland was a rising Linebacker in the NFL who decided to retire after his rookie season. In his only season he led the San Francisco 49ers with 107 tackles.

His retirement comes during a time in which a microscope has been placed on the long-term effects of concussions. One of the long-term effects is Chronic Traumatic Encephalopathy, or CTE.

CTE is a disease in which the brain deteriorates over time because of damage to the brain that can be caused by multiple concussions. Many athletes who have been diagnosed with this disease have died from drug overdose or suicide, such as Junior Seau and Jovan Belcher.

Athletic Trainers around the countries have adjusted their concussion protocol over the years because of the newly found dangers of concussions.

"We come up with a policy that is going to best serve our student athletes," said Senior Assistant Athletic Trainer Ben Batchelder. "One of the biggest changes over the years and is in charge of making the concussion protocol. He is also the head trainer for football, men's volleyball, and equestrian.

Batchelder has been at Sacred Heart for nine years, and is in charge of making the concussion protocol. He has been at Sacred Heart for nine years, and is in charge of making the concussion protocol.

A big factor in him making the protocol is learning how much the person can handle.

"It's about figuring out how much is too much," said Batchelder. "We are figuring out things like class and athletics are okay in moderation."

The trainers may have changed their approach with concussions over the years, but players do not let them change their approach to the game.

"From my years of experience, suffering two concussions throughout my career, I have come to the conclusion that if you play scared or think about it then the chance of getting one increase," said junior Zach Luczyk.

"I never think about getting one I go on the ice to do my job not to worry about getting hurt," said Luczyk. "I am a forward on the men's ice hockey team. He led his team in points this season with 26. Some athletes may not play scared, but they are concerned of the possible harm concussions can do.

While in the middle of a game there are so many other things running through my mind," said junior Alex Dodge.

"However, now knowing all we know about concussions, it is definitely an uneasy feeling knowing that it has the potential to cause fatal brain damage."

Dodge is a midfielder and leads the men's lacrosse team with 15 goals scored this season.

There are some athletes who wouldn't follow in Borland's path. They would want to play professionally despite knowing the dangers.

"I've never second-guessed playing football or even trying to further my career at the next level," said senior Gordon Hill. "I know the risk involved in playing the sport, but the love for the game overshadows some of the consequences that can potentially come along with it."

Hill played safety and linebacker for the football team and was named an All-American this past season. He is currently pursuing a career in the NFL.

Athletes also don't worry about concussions when considering a professional career because of their focus on making that team.

"If I have the opportunity to play at the next level the risk of obtaining a concussion would not cross my mind," said Luczyk. "If any player has the opportunity to make it to the next level they're not thinking about getting hurt, they are worried about coming into a new team stronger, faster, and more skilled than everyone else in order to cement their position on that team."

However, not all athletes would ignore those dangers if they were deciding to play as a pro.

"If a doctor were to tell me that if I go on to play my sport at the next level and my previous concussion(s) will still affect me I would 100% not play," said Dodge. "In my mind brain damage is not something to mess around with."

A big help to decreasing these head trauma issues at the next level is to administer them better.

"A lot of things with concussions is reconditioning," said Batchelder. "It's all about managing the symptoms and making sure you're symptom free before you start again."

Even with all of his knowledge about concussion and CTE, Batchelder doesn't think they should stop people from playing. "You live your life how you like," said Batchelder. "If those are activities you enjoy, do them."
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BUBBA WATSON HELPS JORDAN SPIETH PUT ON HIS GREEN JACKET AFTER WINNING THE MASTERS GOLF TOURNAMENT SUNDAY, APRIL 12, 2015, IN AUGUSTA, GA. SEE PAGE 10 FOR ARTICLE.