Founder’s Day honors longtime SHU educators, administrators

By Alison Serpico

On Wednesday, March 16, Sacred Heart University celebrated its 48th annual Founder’s Day ceremony, honoring a total of 44 professors and administrators that have fallen under four different milestones of service to the university.

By working under the university office of human relations, vice president Rob Hardy and volunteers from several departments worked in collaboration to put together the event that makes Sacred Heart stand out among other colleges.

Each year the department recognizes professors and members of the staff and faculty who have committed 15, 20, 25, 30, or 35 years.

“The founder was Bishop Walter W. Curtis, the second Bishop of the Catholic Diocese of Bridgeport, who in 1963 decided to create a new Catholic university unlike any other in the nation at that time,” said Christopher Sheehan, university editor and writer.

“Founder’s Day is the equivalent of a birthday party for the University and a chance to thank the dedicated people at the center of this work.”

The event included mass in the chapel, followed by an awards ceremony and reception, where students and faculty enjoyed a slide show honoring each of the 44 professors and their anniversaries.

“I’ve been through these awards ceremonies before, but this one was particularly special,” said media studies professor Sid Gottlieb, who was honored at the event. “There was such a good feeling evident in the auditorium that it was hard not to feel very happy.”

See FOUNDER’S DAY on page 4...
PENTAGON: GADHAFI FORCES IN DISARRAY AFTER ASSAULT

Associated Press

WASHINGTON (AP) — Coalition jets patrolled the no-fly zone over Libya early Monday but launched no new strikes after scattering and isolating Libyan strongman Moammar Gadhafi's forces with a weekend-end of punishing air attacks, Pentagon officials said.

American military authorities were moving to hand control of the operation to its allies in the coalition, though no precise timetable for such a handoff has been specified.

A cruise missile attack blasted Gadhafi's residential compound late Sunday, hitting a military command and control center, two U.S. officials said. It was the final strike launched over a weekend of ferocious air missions to destroy Libyan air defense and set up the no-fly zone approved by the United Nations to protect civilians, they said on condition of anonymity because they were not yet authorized to speak on the record about the latest developments.

Gadhafi is not a target of the campaign, a senior military official said Sunday, but he could not guarantee the Libyan leader's safety.

Congressional Republicans, meanwhile, say they want the Obama administration to answer questions about what the U.S. mission is in Libya, how it will be accomplished and how long the U.S. will be involved.

Navy Vice Adm. William E. Gortney, staff director for the Joint Chiefs of Staff, told a Pentagon news conference there is no evidence civilians in Libya have been harmed in the air assault, code named Odyssey Dawn. Gortney also said no allied planes have been lost and all pilots have returned safely from missions that used stealth B-2 bombers, jet fighters, more than 120 Tomahawk cruise missiles and other high-technology weapons.

"We judge these strikes to have been very effective in significantly degrading the regime's air defense capability," Gortney said. "We believe his forces are under significant stress and suffering from both isolation and a good deal of confusion."

Gortney did not rule out the possibility of further attacks aimed at preventing Gadhafi from attacking civilians in Libya and enforcing the no-fly zone.

Defense Secretary Robert Gates said the U.S. expects to turn control of the operation over to a coalition — probably led either by the French and British or by NATO — "in a matter of days."

Late Sunday, however, NATO's top decision-making body failed to agree on a plan to enforce the no-fly zone over Libya, although it did approve a military plan to implement a U.N. arms embargo.

On Saturday night, three Air Force B-2s, launched from Whiteman Air Force Base in Missouri, dropped precision munitions on an airfield near the city of Misurata, destroying hardened military aircraft shelters while avoiding commercial structures nearby. A military official said the B-2s flew 25 hours in a round trip while avoiding commercial structures nearby. A military official said the B-2s flew 25 hours in a round trip while avoiding commercial structures nearby.

Gadhafi and his residence are not on a list of targets to be hit by coalition aircraft, Gortney said. But Gadhafi won't be "safe" if he happens to be at a place, if he is inspecting a surface-to-air missile site and we don't have any idea that he's there or not," Gortney said.

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said the goals of the operation are to protect civilians from further violence by pro-Gadhafi forces, while enabling the flow of humanitarian relief supplies. But it was unclear how long the military effort would continue or on what scale.

That uncertainty led to criticism from senior Republicans in Congress.

House Speaker John Boehner said that the Obama administration "has a responsibility to define for the American people, the Congress and our troops what the mission in Libya is" and how it will be accomplished.

As of Sunday, Gortney said members of the coalition included the U.S., Britain, France, Canada, Italy, Belgium and Qatar. More are expected to join, but Gortney said those countries, and not the U.S., would make that announcement.

Symposium offers information on geriatric health and welfare

Andrew Aleman
Contributing Writer

Last Wednesday, March 15, Sacred Heart University hosted Health Care and Aging: A Symposium for the 21st Century, which included a screening of the film "Young at Heart," and a panel discussion by local professionals who are interested in the welfare of the elderly population.

"The number of senior citizens in the U.S. rises dramatically every year. It is our job to make sure this population retains as much independence as possible," said graduate occupational therapy student Michelle Wall.

The event started with showing "Young at Heart," which is a documentary about the entertainment group of elderly people, who are at least 70, that perform modern songs of rock and pop from artists such as Coldplay and Sonic Youth. The group was founded in 1982 in New York, and currently goes around the Northeast, performing at places such as Hartford and Keene, New Hampshire.

Dr. Salome Brooks of the college of education and health professions and the director for the geriatric health and aging program at the panel discussed, and the panel discussed about the symposium, about the film, along with community members from the physical therapy and health care administration and a member of the Department of Aging of Connecticut.

The panel, along with 15 students that were in attendance, talked about the issues that included Aging in Place, student involvement in assisted living communities, how to live fully until you die, the lack of academic preparation in any major to deal with the elderly as clients and consumers, and the actual uses of Medicare and Medicaid.

"Some of the Sacred Heart community might have a special interest in the welfare of the elderly population because of the Sacred Heart Home for the Elderly. Over the years Sacred Heart students have supplied the institution with volunteers through the volunteer programs. The Sacred Heart volunteers have provided a variety of services and activities at the Jewish Home for the Elderly even helping with the seniors' recent prom. "Our generation is growing up in a very 'me' centered society, so I think students could gain some perspective by taking the opportunity to give back to our aging population," said Wall.

Along with the volunteers, the Jewish Home for the Elderly has been the stage for the "Sacred Heart Physical therapy geriatric residency program for post-DPT graduates, students along with 10 homes end with the All Star Corporation," said Dr. Brooks.

In addition to sending student volunteers to the Jewish Home, Sacred Heart in return has been receiving community members of the Jewish Home to participate in the classes that are offered at the school.

Sophomore Faustine Jeanlouis said, "My partner in International Relations, a lady from the Jewish Home for the Elderly, was an international lawyer and provided a great learning experience for the project. She improved the overall experience and made it fun. She taught me life is too short, and to be happy doing what you love to do. There were some health concerns in the initial stage of anticipation and anxiety; however, you'll start to relax before you know it."
Orthopedic PT program receives national accreditation

Lauren Kalil  
Staff Reporter

As freshman Katrina Rossi participated in an interview with The Spectrum, she expressed her enthusiasm and excitement for the national accreditation that the orthopedic physical therapy residency program received.

"I think that it's great that the department won the award and can be recognized for the hard work they have put into the program," said Rossi. "Knowing that they received this accreditation makes me feel proud to be a member of the PT program here at SHU."

According to Suermann, one of the 36 accredited orthopedic physical therapy programs in the country, it is a fine idea.

"We received this accreditation because we met the requirements to be credentialed as the physical therapy program," said Austin.

According to an article from Hartford Business, "The newly acquired credentials make Sacred Heart's program one of the 36 accredited orthopedic physical therapy programs in the country and one of only seven New England.

To receive this accreditation, a long process of filling out applications and being examined by the ABPTRFE is required.

"There is a massive application process and minimal standards that must be met. They look at the standards in training and testing, resources, facilities, what type of patients you see, curriculum, and they also look at the program as an on-going assessment such as how are you going to make changes to improve the program in the future," said Austin.

According to Austin, two people from the ABPTRFE came to visit the school. They met with faculty and residence and evaluated the program on site. From there, the committee renders were able to make their decision to award Sacred Heart the accreditation.

Similar to undergraduate student in the physical therapy program, Rossi, graduate student Elizabeth Suermann is happy about the accreditation that the residency program won.

"I am proud to be a part of the residency program, especially being that there still are relatively few full accredited orthopedic residency programs at this point across the country," said Suermann.

According to Suermann, she and the other resident in the program, Joe Allen, were involved in the accreditation process.

"We sat down with the site visit team in the beginning of December to answer questions that they had regarding our experience to that point and the overall structure of the program," said Suermann.

As a graduate student in the orthopedic physical therapy program, Suermann takes advanced classes, teaches in the doctoral of physical therapy (DPT) program, and treats patient's part time in both the school's clinic in the Pitt Center and at St. Vincent's Intermediate Health Center on Main Street.

As an undergraduate student, Rossi's academic schedule is a bit different.

"As an undergrad I am an exercise science major. I have been pre-accepted into the physical therapy program and as long as I keep my GPA above a 3.2, my seat will still be available in the PT graduate program. If I want to be accepted into the orthopedic PT program, I will have to get my DPT and then apply to be in the program," said Rossi.

The orthopedic physical therapy program has been at Sacred Heart for the past three years in which six residences have already graduated.

According to Austin, only two residences are admitted in the program per year.

"We take the best of the best so we are able to have top notch students in our program," said Austin. "We challenge them to be leaders that lead in their professions, and to be the agents of change and progress.

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TEACH FOR AMERICA GAINS FINANCIAL ASSISTANCE

Jordan Haas  
Staff Reporter

Teach for America has received $100 million through donations to help improve education equality in low-income areas. At the same time, the program helps college graduates expand their knowledge about teaching.

The organization uses the donations received to help increase awareness of education problems in low-income areas. This money may be seen as a great advantage for this company but there will be many years, according to the Teach for America website, until they can reach their breakthrough potential.

Some said they disagreed with a monetary fix to the problem.

"I wonder if money is the best solution to such a complex problem," said June-Ann T. Greeley, associate professor of physical therapy and director of orthopedic physical therapy residency program, the accreditation was received at the end of December through e-mail from the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE).

"I think it's great that the department won the award and can be recognized for the hard work they have put into the program," said Rossi. "Knowing that they received this accreditation makes me feel proud to be a member of the PT program here at SHU."

According to the Teach for America website, "Teach For America is the national program, along with who it might interest.

According to teachforamerica.org, Teach for America is the national corps of outstanding recent college graduates of all academic majors and career interests who commit two years to teach in urban and rural public schools and become leaders in the effort to expand educational opportunity.

This is an organization run through AmeriCorps with a goal to eliminate the education inequality in low-income areas across America. They claim that without reform in the school structure, students will never reach their full potential.

Teach for America requires a two-year commitment form its participants through AmeriCorps, which gives participants a period for loan deferment. They also give grants to help pay for education and assist students with paying back college loans.

"This program is very good but their downfall is that they have no advertising team to push this on TV or on any other type of ad. This is a program that does amazing things," said professor Anita August, assistant professor in the English department.

"This organization needs to raise more media and political awareness because many people have never heard of this amazing program. Without the right methods such as PR, this company might never reach their full potential in attracting recent education graduates. America has a lack of educational information being spread on a wide scale network like MTV or VH1 to spread their word across the nation," said August.

There are scholarships and grants that are offered to students at Sacred Heart, as well as other schools, that major in the education related scholarships.

The organization offers scholarships in return for committing to spending two years teaching in a high need area in Connecticut, like Bridgeport and other low-income areas.

"There is a lack of funding for low-income schools such as Bridgeport public schools; therefore the Bridgeport public schools are behind in technology and supplies," said senior Vincent Famulari. "Due to this, the students cannot receive the proper education they deserve and might not even think about college or further education as a result."

During students' two-year span with Teach for America, they examine the downfalls of education equality. One aspect that must be considered is the criteria for special needs.

"I have multiple friends that are interested in and have been working to be teachers in the future. They want to help out the aspect of multi-cultural education and education for special needs, which I am sure is not as good in Bridgeport as it is at Fairfield schools," said Famulari.
Spring has sprung but snow stays put

Therese O'Shea
Editor-in-Chief
Sacred Heart University students went to bed Sunday night after a long, decently warm weekend, eager to wake up to the first day of spring. Yet to their surprise, students hopped out of bed and into their snow boots on the morning of Monday, March 21.

In an ironic twist of fate, the first day of spring turned out to be the snowiest since February. Just the Friday before, local temperatures reached a record 70 degrees in some areas, according to the Connecticut Post.

"I wasn't happy to see the snow," said sophomore Kathleen Lieblich. "I had to get out my boots and my coat again that I put away for the snow for next winter."

After a long, snow-covered winter, students were ready to trade their boots and coats for flip-flops and tank tops.

"I want spring to happen now," said sophomore Sherrod Williamson. "This whole Northeastern thing with the snow is getting annoying. Snow isn't my forte."

The Post said that the weather did not significantly impact public transportation, but the snow made visibility poor and roadways slippery. Some students opted to stay off the roads and in their dorms to avoid the wintry weather.

"I stayed in bed all day, I hate the snow," said freshman Lindsay Shea. "It makes me want to stay indoors."

But students should not hang up their down coats just yet; snow is also likely to fall this Thursday, March 24, according to Weather.com. The Connecticut Post advised that the snow should change to rain after around 3 p.m., and sunny skies should return Friday and continue through the weekend.

"They won't be big storms -- two to four inches, three to six inches, but we're in a cold pattern," said Bill Jacquemin, chief meteorologist with the Connecticut Weather Center in Danbury to NewsTimes.com. "It could be one story after another."

In fact, according to NewsTimes.com, weather could say cold, damp, and snowy into mid-April, as a series of storms begin to bring foul weather every two or three days.

"I want it to be warm so I can go to the beach," said freshman Jillian Skerry. "I'm definitely over the cold weather."

"I've taught many different subjects and different types of students, and been involved with a variety of activities, and that has kept me going for a long time," said Gottlieb.

But it is not just interaction with students and experience in the classroom that have contributed to the experience at Sacred Heart.

"I believe good colleagues make for a good working environment," said adjunct English professor, Patricia Conti. "The opportunity for faculty development and to keep learning not only in my discipline but across disciplines make it great to be part of the Sacred Heart community of students and fellow faculty."

Honorees expressed various reasons for why they have remained at the university of their respective periods of time, however one sentiment in particular was mutual. "I have been at Sacred Heart for 35 years because frankly I feel this is truly my second home," said Domenick Pinto, associate professor and chairperson of department of computer science and information technology. "It's like family to me and is such an integral part of me, I feel like I can never leave."

DONATIONS NEEDED FOR STRATFORD CAT PROJECT

MARCH 24- APRIL 7

Sacred Heart is teaming up with the Stratford Cat Project in their effort to rescue abandoned cats.

Donations of Friskies or Fancy Feet cat food, Temptation Treats, or any brand of scoop able cat litter are appreciated

DROP OFF LOCATIONS @
-ADM 240
-SPECTRUM OFFICE
-CAMBRIDGE LOBBY
Lent shifts from giving up to taking on
Hannah Ackerman
Staff Reporter

"I don’t think that it has as much to do with this generation," said junior Ryan O’Connor. "Faith and traditions have become less and less important in our culture over time. We also have such a fixation on being better and better in our culture now that it’s now wonder Lent has become almost a second New Year’s resolution." 

Senior Jo-Marie Kasinak also agrees that Lent is an important time not only to give up something you enjoy, but to also think about ways to grow and become a better person. "I think that it is better to spend time strengthening your faith as opposed to giving up cookies. Personally I have decided to take more time to pray," said Kasinak. "Last year I gave up meat. I’m hoping to get more out of my Lenten journey this year."

Another aspect of Lent that is widely practiced is giving up meat on Fridays. 

"Giving up meat on Friday is no great sacrifice of us in the United States. The story goes, ‘I don’t eat meat on Fridays in Lent because I am a Catholic. I have lobster instead’," said Ryan. "Not eating meat is the least we can do as Catholics; it is expected or automatic. Is it a sin if one eats meat on Friday? No it is not. This is a suggested form of Lenten discipline."

For some students celebrating Lent is just as important as many other things going on in their lives and students are using this time not only to give up things they may love, but to reflect on themselves as well. "I think that as we grow older we learn from our own life experiences. The process of reflecting on those experiences is crucial to maturity," said Ryan. "If our students are seriously reflecting on their behavior, their attitudes, their relationships then I think that is a very good form of Lenten discipline."

"But then there is that clever phrase: ‘When all is said and done a lot more gets said than gets done,’" he said. "It is easy to talk about changing one’s patterns of behavior. Actually practicing some form of self-denial in the area of food, music, entertainment, texting, Facebooking would be a good accomplishment to changing one’s behavior and growing in self-knowledge.”

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Donald Trump for President?
Amanda Rivera
Staff Reporter

While sitting in the Edgerton Center at Sacred Heart University, senior Sammi Latulippe was shocked. Without even looking away from her computer she told everyone in the room the news. Donald Trump was seriously considering running for president.

"I’m not going to vote for him," said Latulippe. "He is just going to run around firing everyone."

While students like Latulippe can’t get past his "you’re fired" catchphrase, other students like sophomore Laura Varelas picture Trump in a different light.

"I definitely think he has the qualities that would make a good president," said Varelas. "If he was just a businessman without any of the celebrity aspects people wouldn’t view him like they are viewing him now. He was a businessman before he was a celebrity."

Since Trump was a businessman before he was a celebrity, some might say that his knowledge of economics might have a positive effect on the United States’ current economic status.

"Economics is the crux of everything. It’s the thing that stimulates everything else," said Varelas. "He knows how to economically run a business well and I think that is similar to proper investment needed for our country."

Students like Varelas believe that the skills learned in the business world could easily be applied to politics, but junior Anthony Ricco disagrees.

"A businessman is more about making money," said Ricco. "A politician should be more about helping the people."

In lieu of his credentials, his celebrity status strikes some consideration among the American voters. Some question whether celebrities who run for public office can make a good president.

"It’s the voters’ responsibility to be educated about their vote," said senior Michael Wilcoxson. "When celebrities run for office most people form a false reality of what that person is based on preconceptions of their roles in movies or whatever they were in rather than who they actually are. People need to make sure that they are well informed before they vote, not vote based on someone’s celebrity status. I’m not sure how serious they can be about it. It’s kind of a political stunt to boost their celebrity status."

"I’m sure some people would, but I feel like the majority of people wouldn’t vote for him," said Ricco. "He is too much of a celebrity which can go against him. People should take the president seriously. Donald Trump is serious but he’s too fame hungry."

While some students at Sacred Heart might feel that being a celebrity can hurt someone’s political campaign, there are others who feel that it could actually boost it.

"Arnold Schwarzenegger did it," said sophomore Jensen Richert. "People will vote for a bodybuilder. People will vote for Donald Trump."

While voters start researching the potential candidates for the presidency in the 2012 election, the candidates’ platforms and beliefs are brought to the forefront.

"When it comes to the war in Iraq what does a businessman really know about the foot soldier’s life?" said Wilcoxson. "How can he really understand what that soldier needs? His area of expertise is the business world. The country is in an economic downturn right now. How is he going to change the country for the better?"

As many students at the university can attest to, the need to make educated decisions about their vote affects all voters. "He has to persuade me into thinking that he can do something for this country," said freshman Shiam Halawani.

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Potential presidential candidates for 2012: Who would you vote for?

Cast your vote at our website -- SacredHeartSpectrum.com

**Democrat:**
- Barack Obama
  - Current President of the United States

**Independent:**
- Mike Bloomberg
  - Current Mayor of New York City
- Becky Risher
  - Computer Technician
- Charlie Crist
  - Current Governor of Florida
- Tim Gay
  - Sr. Concerned American Citizen

**Republican:**
- Scott Brown
  - U.S. Senator from Massachusetts
- Jeb Bush
  - Former Governor of Florida
- Newt Gingrich
  - Former Speaker of the House
- Lindsey Graham
  - U.S. Senator from South Carolina
- Mike Huckabee
  - Former Governor of Arkansas
- Sarah Palin
  - Former Governor of Alaska
- Ron Paul
  - U.S. Senator from the state of Texas
- David Petraus
  - U.S. Army General
- Mitt Romney
  - Former Governor of Massachusetts
- Donald Trump
  - Business Magnate

**Libertarian:**
- Wayne Allyn Root
  - Entrepreneur, author, and political commentator

Source: http://2012presidential-candidates.org
MARCH 24, 2011

In this image released by CBS, Charlie Sheen is shown in a scene from the CBS comedy, "Two and a Half Men.

**And then there was one and a half**

"Two and a Half" loses one of their leading 'Men'

**Tyler McKeon**

**Staff Reporter**

It is 9 p.m. on a Monday night and senior Kristin Karch is aimlessly channel surfing, depressed over the fact that production on her favorite television show, "Two and a Half Men" has been stopped after the Warner Bros. studio chose to fire the show's star Charlie Sheen.

But that depression quickly turns into joy as she stumbles across a Sheen interview airing on MSNBC.

"I don't think it's fair that he was fired from the show because he didn't really do anything wrong," said Karch. "The only reason he got fired was because his bosses didn't like the things he was saying to the media. I understand the things he said can be taken as offensive but it wasn't like it was affecting his work on the show. They just don't like Charlie making them look bad."

By March 7, the executives at CBS decided to part ways with the show's star of eight seasons.

Sheen responded to being fired with a hostile letter in which he calls the show's producer a "maggot" and an "earthworm," and calls upon fans to help the image of CBS, some students seem to think that the network should have seen this kind of behavior coming when they hired Sheen.

"Charlie Sheen has been in and out of rehab for as long as I can remember," sophomore Ethan Ostermeyer said. "I remember hearing stories about him all the time in the news about his drug use and the fights he would get into with his wives. The studio should have known what they were getting themselves into when they hired him so I think they're completely to blame."

The past success of the show and the disappointment of the fans have caused executives to hesitate on pulling the plug on the show completely. Talks of hiring a replacement for Sheen on the show have recently surfaced, with stars such as John Stamos rumored to take his place.

"I loved him as Uncle Jesse on 'Full House,' and he was great when he played himself on 'Entourage,'" said Karch. "I think he would be perfect to play Charlie's role on the show because he's a funny, good-looking guy with a familiar face. He's pretty comparable to Charlie. Sheen so I think it would be an easy transition."

Oddly enough, another "Full House" alum is said to be also a viable candidate to replace Sheen on the show.

Many students seem to think that Bob Saget would be an able fill Sheen's shoes.

"People think Bob Saget is a nerd because of his role on 'Full House,'" said Ostermeyer. "But that guy is completely crazy. His stand-up act and his personality, why in the name of Charles Dickens wouldn't you want your friends to know? I think it's a lot easier if she were already a friend of your friends, but if you're ashamed to bring your girlfriend around your friends then either there is something wrong with your, your girlfriend, your "friends," or all of the above."

If your friends are honest, and your girlfriend is all wrong, having the two meet can be extremely helpful. The most miserable people in the world are not single people. They are people that stay together with the wrong person. I'm sure there are people who would have appreciated if they had a friend who loved them enough to tell them what a huge mistake they were making.

The Bible says that when a man leaves his parents and is joined to his wife, the two become one flesh. They become one person, two bodies to a whole. A con- junction so deep that each person is not complete with out the other. They would have to have a profound friendship in or- der to fuse in that way.

When I get married, and my wife and I become one person, it will be impossible for me to know her with out knowing her as well.

In a relationship, the key to suc- cess is having a mutual understanding between knowing when it is time to fight and not agreeing with your significant other on this matter will most likely lead to an argument starting with, "But you saw your friends all day yester- day." To help put these petty disputes at ease or prevent them from getting worse, date someone who has the same group of friends as you or at least gets along with them. This is an absolute must.

Chances are you are not going to start dating someone who has been in your group of friends for years. At this point, they really have just latched a place in the friend zone, which means that these people mean the most to you and you value their opinion.

If you have a new love interest, I think it is important to not only make sure your friends approve, but also that you can see this person eventually adapting to your group of friends. If you cannot see yourself sitting around with your boy- friend when a few of the girls in the same room and being able to carry on like there isn't a giant elephant in the room, then what are you doing?

Your significant other does not neces- sarily have to come directly from your group of friends, but it is important to visu- alize this person easily becoming part of the group.

I would want my boyfriend to be able to catch up with my friends and feel comfortable if I were running late from class. I would even want my boyfriend to have his own friendship with my close friends and feel like he can talk to anyone. At this stage in life, there should be no real separation between boyfriend and friends. A healthy relationship with potential to be successful enough to com- bine the two.

Think about this way, if your boy- friend is a whole other group of friends and does not put the time or effort into getting to know your friends, does he really care about you? And if he is not making an attempt with your friends, why should you bother with him?

Now trust issues come into play when it is time for him to have his guy night. You don't know his friends and the feeling is just uneasy all around. No relationship should be that way. When your boyfriend says, "The boys are meeting at Steve's to- night," you should know who Steve is and that the chances of them leaving the TV screen during Call of Duty are slim.

If you think what pushes things over the edge however, is when a girl insists her boyfriend is their "best friend." As much as I am an advocate for the boyfriend to be a part of the friends, your boyfriend is not your best friend and insisting that is not a good thing.

Your best friend is a female who you can go and get your nails done with you never need to vent about what your boyfriend did the night before. Your boy- friend is a great guy, but the drama in your life for a change of pace to feel appreciated by the opposite sex. Do not confuse the two. Balance your boyfriend and your friends and it should be smooth sailing.

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In this image released by CBS, Charlie Sheen is shown in a scene from the CBS comedy, "Two and a Half Men."
Can’t we all just live in love and ‘eHarmony’?

Oh love. An emotion people love to like, or in many cases love to hate. But what is love? According to the Webster Dictionary love is “a profoundly tender, passionate affection for another person”.

But in reality, does one really know what love is? Of course they do...well they did.

My grandfather, Dan Brancato new exactly what love was. Right after his engagement to my grandmother he was drafted into the infantry division of the United States Army. For five years he served overseas in World War II and never once forgot about the love of his life, my grandmother.

Every chance he had, he wrote a letter or sent her a postcard. He said that he thought about her every night and promised that he would return safe and sound. This was the longest period the two ever spent apart, and he vowed to never leave her again.

When he returned after the war the two were married the following month and were soon blessed with a baby girl. At the years passed their family expanded to a boy and two more girls for a total of four children.

Fast-forward 50 years and the two were still in love with one another. When my grandmother fell ill and was admitted into the hospital, my grandfather sat by her side for hours on end.

The love of his life was in the hospital and he would not let her be there alone. Their love was so strong through mind and body that my grandfather later passed away from a heart attack caused from a broken heart. A day later my grandmother began to fade and passed soon after. The two of them died within two days of one another because one

now when you’re at TGI Fridays, trying to enjoy a meal with friends or family, an online predator is waiting for you outside.

And when you walk out, he’s either going to be really disappointed because you look nothing like your profile picture, or he’s going to be able to find you immediately.

Not to completely discredit the entire institution. Facebook does serve positive purposes. It is a good way to keep in touch with relatives or friends around the globe, and has even been the starting point for significant movements, such as the revolution in Egypt.

But it is constantly being abused, and is the way in which it is used only does more damage than good.

As we progress and as technology progresses, we will only continue to become even more of a Facebook generation.

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Can’t we all just live in love and ‘eHarmony’?

Dan Graziano
Sports Editor
Fairy ‘tales as old as time’ get edgy Tinseltown make overs

Bill Hang
Staff Reporter

Who is afraid of the big bad wolf? Apparently not audiences, as the live action adaptation of “Red Riding Hood” took a bite out of the box office from March 11 to 13, raking in over $14 million in its opening weekend.

Different than a cartoon Disney tale, director Catherine Hardwicke’s best known for bringing “Twilight” to the big screen in 2008, took a unique spin on the 700-year-old fairy tale classic “Red Riding Hood” took a bite out of the box office from March 11 to 13, raking in over $14 million in its opening weekend.

Not only have celebrities been offering their condolences and support, but many in the media have also been using their platform to help others.

“I think it’s great that celebrities are trying to get involved in the relief effort,” said sophomore Monica Malcomson.

Though “Red Riding Hood” may seem like the first flick of its kind to turn a fairy-tale into something a bit more edgy, in 2012, Universal Pictures is following a similar suit.

Set to release the upcoming “Snow White and the Huntsman” in December 2012, steps are already being made to bring “The fairest of them all” to the big screen, as well as with audiences, if made correctly.

As a kid it was one of my favorite tales, and now it has become this big evil motion picture,” said freshman Sasha Dias.

Though “Red Riding Hood” may seem like the first fantasy-like love story.

“I feel that as long as they are written and directed tastefully, I wish they would do ‘The Little Mermaid,’ said Nancy Ashton, President and CEO of International Medical Corps, said, “We are putting together relief teams, as well as volunteer services, and are in contact with partners in Japan and other affected countries to assess needs and coordinate our activities.”
Huckabee slams Portman for unwed pregnancy
Valentina Szlachta
Contributing Writer

Critics and fans are slamming former Republican presidential candidate Mike Huckabee for his remarks made about Academy Award-winning actress Natalie Portman.

Huckabee criticized Portman to radio host Michael Medved on Monday, Feb. 28 while discussing his latest book, “The Most Important Form of Government is Father, Mother, and Children.”

“Portman has yet to respond to Huckabee’s comments. It’s not only a spot in the final three, but the mirror ball trophy as well,” said Kfoury.

Although “Dancing with the Stars” may showcase the talent of some of the most recognizable names in the entertainment industry, Sacred Heart’s take on the show will feature some familiar faces. The contestants will follow suit to the format of the ABC hit, while trying to snag the championship title from 2010 winners Pam Bresnan and junior Zach Johnston.

“Dancing with Heart” will feature some familiar faces. The contestants will go through different things. You don’t have to have a girlfriend, ex-brother-in-law, and landlord. Morra knows he’s going to lose everything. He has to do something, and fast.

Staff Reporter

Nicole Mastroni
Contributing Writer

Bradley Cooper’s latest film, “Limitless,” brings des­ peration and the search for a remedy to the big screen.

Cooper’s character, Eddie Morra, is a struggling writ­ er, depressed and unsuccessful. His appearance and apart­ ment are in shambles, and he’s very behind on his book deal deadline.

Despite trying to put on a good front in front of his girlfriend, ex-brother-in-law, and landlord, Morra knows that had kids in high school and love their children and how you deal with it,” said Lizio.

“Last year was really successful. Tons of people came and it was a really fun event. There were funny dances and some serious ones,” said James. “We had everything from the Hoody Down Throw down to the Charleston.

In order to score a spot on the dancing lineup, students either choose to nominate themselves or were chosen by other students. However, due to the overwhelming response this year, some nominees will just have to settle with dancing in the aisles.

“First, it’s fun. It’s fun to get to see teacher’s embarrass­ ing themselves,” said Westby.

While Kfoury and Westby are looking to laugh at the entertaining routines, whether or not they seem to themselves in a future “Dancing” line-up is still up for debate.

“We were looking to do something new and differ­ ent at Sacred Heart,” said sophomore vice president Mia James, who is a member of the production’s board.

Former Arkansas governor Mike Huckabee.

about all the single mothers who aren’t in the media? There’s single mothers who are successful and put their kids through school without the help of the govern­ ment.

Freshman Lindsay Shea, however, believes Huck­ bee’s comments are insulting to the image of America.

“I don’t think that the government has anything to do with the father-mother family dynamic. It’s such a stereotype. That is not America. We are all different and go through different things. You don’t have to have a mother, father, and child in order to be a family.”

Freshman Chris Liau said it was insulting to Port­ man’s character.

“It doesn’t matter who you are. It’s your character and how you deal with it,” said Liau. “I have friends who had kids in high school and love their children and get by just fine. My best friend is a teen mom and she’s a great mom.

Yet even after the harsh backlash from the media, Huckabee still stands firm behind his comments, claim­ ing being targeted by liberal reporters.

“Those people should read my book and they would know what I said,” said Huckabee. “Left wing par­ tisans are attempting to put forth,” Huckabee told Us Weekly. “I do appreciate the attention to the book as it is sparking interest in it dramatically.”

Portman has yet to respond to Huckabee’s com­ ments.
Surviving the LSAT, choosing a perfect law school

Samantha DeFalco
Staff Reporter

"The clock is ticking, my heart is beating, and my stomach is turning. I need to ace this test," said senior Sean Latella. The LSAT, or Law School Admission Test, is one of the most important tests for any aspiring law student. It determines whether or not they can continue on with their education and get into a good school.

Students at Sacred Heart University were given the opportunity to take the LSAT last semester on Oct. 10 and Dec. 6. Now many eager students are waiting to see if they got into their dream schools.

The process is exhausting, awful, and miserable," said senior Nicole Krys. From signing up to take the test to actually preparing for it, the process is long and tiring.

"In order to take the LSAT, you have to register with LSAC," said Latella. LSAC.org is a website that all law students must go to. They set up an account and from there are able to schedule when they are going to take the test.

"I decided to take the LSAT in October so that I would still have a chance to retake it in December if I needed," said senior Nicole Rowlands. Like Rowlands, both Krys and Latella also took the LSAT in October.

To prepare for this very important test some students take a prep course. Latella said that two of the most popular prep courses are those offered by the Princeton Review and Kaplan.

Both Rowlands and Latella enrolled in a prep course through Kaplan last summer.

The course was six weeks long and we met two times a week," said Rowlands. For those students like Krys who got into their dream schools, it was a huge investment. I met with her weekly, all summer."

The last few weeks before many take the test is one of the most hectic times.

"The week before the test I practiced and studied more than six hours a day," said Rowlands. "I spent more time in the library that week than I ever had for finals." The LSAT is unlike any other test that most students are used to.

"It is difficult to guess how you scored on the LSAT because one of the five sections is an experimental section and does not count, but you don't know which section that is until you receive your score," said Latella.

Most students say that the most stressful part of taking the test is waiting for the results. It takes about two weeks after taking the test to receive your LSAT scores.

"While you await your scores you feel completely helpless," said Krys. "You're boggled down with feelings of do I apply to schools? What do I do if I get my score and I cannot get into any of the schools I applied to?"

Latella agrees. "I think most people who take the LSAT would concur that the time spent waiting to get your score back can be stressful," she said.

Krys, Rowlands, and Latella all passed the LSAT and were able to apply to the schools that they wish to attend.

"I applied in early January to 12 schools," said Rowlands. "It's been about two months since I sent in my applications. I have been accepted to three schools, waitlisted at three schools, and got rejected by four."

By April, Rowlands will decide what school she wants to attend however, Krys is taking a different path. "I decided to take a year off to do AmeriCorps so I will not actually be attending law school until the fall of 2012," said Krys.

The transition from junior to senior year can be both exciting and frightening for students at Sacred Heart University. And with only a year left, there are many things to consider.

It is recommended that you speak with your academic advisor who will provide recommendations helpful in preparing for your future and alleviate concerns.

"If students can ascertain a student nurse internship in a position in a hospital, that would be ideal," said Sheryl Watson, a professor and advisor for the nursing program. "It has shown to be a boost in their clinical abilities."

A nursing assistant position would be helpful to practice basic skills and allow for them to be more comfortable when near patients," she said.

Pursuing an internship in your chosen job field is not only a great stepping-stone toward your future but could also put you ahead of the competition.

"One thing I dedicated my time to over the summer was searching for a job or internship for both the summer going into senior year and the fall semester of senior year," said senior Emily Izzo.

"Getting a job in my major the summer before senior year and during my senior year helped me establish confidence in my job skills and to apply what I learn in class," she said.

Although there are many activities solely available to university seniors, some say it's important to find a balance between creating memories and working hard.

"I am planning on starting my senior thesis in the summer and looking to see what senior year has to offer," said junior William Kennedy.

Some social activities that are exclusively offered to graduating seniors are senior pub night at the Outpost Pub, senior mystery trip, and senior career seminars. As summer comes to a close, students should return with the motivation to succeed in their studies.

"Students need to return to school with the mindset that even though it is your senior year, the first semester is going to be very time consuming with studying, projects, and clinical," said Watson. "The classes are challenging and should not be viewed that since they are seniors the work load will be a little easier."

"Bottom line, the message is to be prepared to work hard senior year," she said. "Knowing this up front may make it a little easier to get back into school mode."

Rising seniors should expect a year full of fun, bonding, and hard work.

"They need to return with a positive attitude and willingness to work, there is a lot of support by faculty to help the students become successful," said Watson.

Current juniors are looking forward to a year they hear they will never be forgotten. "I'm excited to make the most out of my senior year by making strides toward my future career and living it up with my friends," said Kennedy.
Brian Harrison, the club’s president. Through Pongr, participants sign up as part of a company, starting as an “intern” and moving all the way to “CEO” by completing a series of tasks, such as taking more photos of the same brand, inviting friends to join, and linking the photos to your Facebook or Twitter.

“We live in a consumer society,” said Dr. David Taylor, a professor for the marketing department at the John Welch College of Business at Sacred Heart. “We express ourselves through brands.”

Pongr participants express themselves with photos of their favorite brands from their everyday life. The site states that awards like “badges” are given for exceptional creativity. So the more creative picture, the better.

Participants also get “Pongr Dollars” for their photos. These dollars can be used to buy “shares” in the company, which can in turn be turned into real rewards.

“You’re getting stuff basically for free. That’s cool,” said freshman Marlon Bridgman, a fan that declares Lucky Charms are “magically delicious.”

Students see the impact it can have on businesses as well. “It seems like a smart idea for the companies because of the free advertising,” said senior Diana Maraboli.

But the website does have its drawbacks pertaining to businesses. “You give up the control over your brand message,” said Taylor. “Things can go wrong with user-generated ads.”

Taylor cited the Molson debacle of 2007 as an example.

That issue occurred when in 2007 Molson launched their Molson Canadian Tough Campus Challenge, encouraging users to submit pictures of themselves having fun with Molson beer.

The campaign, which called for students “to be the #1 party school in Canada,” was met with complaints from universities and parents.

An official investigation was orchestrated to ensure that the winners were not underage.

As a result, the campaign was eventually pulled. “That’s an example of what can happen when you let consumers control your image and message,” said Taylor.

It is a risk that is apparently worth taking for the over 400 campuses that are currently registered with Pongr.

We connect consumers and advertisers in a quick, fun and easy way,” stated the Pongr website.

Social media sites like Facebook, Twitter, and now Pongr are making changes in the business world.

“The major change is that consumers can actively engage with the brand and become advocates with or without the endorsement of the company,” said Taylor.

It is something that marketing managers will have to adjust to.

“They’ve spent their whole career working in a world where they controlled their brand image,” said Taylor. “Suddenly they have to give up some of that control.”

That control could help students who become members land themselves jobs, according to the website.

“Pongr has relationships with global corporate brands and will help connect top players with the companies themselves,” states the Pongr website.

Some consumers seem to be dubious about Pongr as a possible avenue to employment.

“I’m just not sure how they would control employment opportunities,” said Maraboli.

But it could have career advantages even if it doesn’t give you an interview.

“Building a grassroots following shows that you have some marketing skills, and employers are going to appreciate that,” said Taylor. “However, it’s unlikely to get you interviews, much less a job, on its own.”

Career benefits or not, Pongr has the potential to be another social networking giant.

The site, though not as popularized as sites like Facebook and Twitter, is a point of interest for some Sacred Heart students.

“It’s kind of funny,” said Maraboli, who just learned of the site. “I might do it.”

Not everyone is intrigued by the idea.

“I love Heinz, but I’m camera shy,” said Courville. “I won’t do it. I don’t like pictures of me on the internet.”

Although you do not have to physically use the pictures with products, Courville’s privacy concern may hold some validity. Pongr claims in its privacy disclosure that it may use your profile information for advertising purposes, as well as give it to third party sites at its own discretion.

Though some students are uncomfortable with the idea of their pictures being posted on a highly visited website, this policy doesn’t serve as a deterrent to everyone.

“In fact, others are still interested in checking the site out. ‘I’d definitely use it,’” said Orlowski.

If you’re interested in becoming a member of the criminal justice club, contact James McCabe for more information.
Lacrosse falls in four-OT thriller

Dan Otzel
Contributing Writer

The Sacred Heart men’s lacrosse team dropped a four-overtime heartbreaker to #19 Denver University last Saturday, at home in Fairfield.

Denver (5-2) freshman midfielder, Jeremy Noble, ripped his second goal of the afternoon by Sacred Heart senior goaltender Zach Frank to secure Denver’s thrilling victory in front of a loud Campus Field crowd.

Sacred Heart (3-3) forced the extra frames in exhilarating fashion by erasing a five-goal deficit late in the fourth quarter.

Trailing 12-7, with 7:43 left in the game, Pioneer freshman attacker Bailey Dodds netted his first career goal off of a Denver turnover.

Three minutes later, following two saves from Frank (21 total), senior midfielder Billy Skelos cut the Denver lead to three with a nice shot that snuck past the Denver goalie.

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Three minutes later, following two saves from Frank (21 total), senior midfielder Billy Skelos cut the Denver lead to three with a nice shot that snuck past the Denver goalie.

With the crowd noise growing, it was Dodds again, this time sending a riser past the Denver goalie.

Denver had an opportunity in the second overtime when Pioneer sophomore defender Dylan Morrisey drew a one minute penalty for an illegal body check, but Sacred Heart was able to tuck it away.

Denver had the best chances of the third overtime, but couldn’t find the back of Frank’s net.

The second half of the game did not go so well for the Pioneers. Holy Cross controlled the second half and the Crusaders quickly scored five straight goals, giving the Pioneers a 9-5 lead over Sacred Heart.

Sacred Heart junior attacker Eric Law started the scoring 1:49 into the first quarter. After Badolato tied the game, Law scored again, giving Denver a one-goal advantage.

Sacred Heart棘人 attacker Matt King tied the contest and freshman midfielder Alex Miller gave Sacred Heart the lead with just three seconds remaining on the clock.

Denver started the second quarter with three straight goals by Law, junior Alex Demopoulos, and Matthews. The Pioneers answered with two, one by Badolato and one from junior midfielder Aaron Lupo before Denver closed the half with goals by senior midfielder Andrew Lay and Demopoulos for a 7-5 lead.

Sacred Heart quickly tied the game to open the second half. Badolato and sophomore midfielder Tim Sanders each tallied a goal to even the game at seven.

From there, it was all Denver, as they built a 12-7 lead on goals by Matthews, Demopoulos, Noble, and two from senior attack Todd Baxter. 1:38 later, Dodds began the Pioneers comeback.

This is Sacred Heart’s second loss to a ranked team. On February 19, they lost 10-6 to #9 Hofstra.

“We are taking our game to the next level,” said Badolato. “This game really showed us who we are and what we’re capable of.”
The Raiders faced three before the Heart had a hard time working from the service line, tallying eight aces compared to 25 errors. “A typical day in my life as a college laxer is pretty intense,” said captain Zach Frank. “Because of my awesome class schedule, I wake up around 10:00 a.m. and then I usually get to the Pitz Center. But on the spare time they are focusing on school work and the next opponent.” After practice, we hit the showers and the guys that have class get going. said Frank. “The other guys stick around and make sure the locker room is clean.”

The second set ended in a similar fashion to the first, a Pioneer serving error resulted in the Eagles final point. The match ended on the final service plays their next match on the road against Stevens Tech this Friday at 6:00 p.m.

Morgan Mireski
Staff Reporter
“5:00 a.m. Thursday morning, waking up while some are stumbling into bed. The dorms are completely quiet except for you and your teammates getting ready for an early morning March practice,” said fresh man Tim Sadowski. Lacrosse is more than a sport; it is a lifestyle. Being a college athlete requires endless amounts of dedication and time.

Eddie Ciacoppo
Staff Reporter
The past two games will serve as a learning experience for the men’s volleyball’s younger squad, as the team suffered two tough losses this week. They fell to #10 Rivier Thursday night and then Juniata on Saturday, dropping them to 7-7 on the season. “We’ve been on a tough run the past couple weeks with the recent losses,” said senior setter Tim Sadowski. “But we’ve been playing some good volleyball.”

Facing Rivier last Thursday, Sacred Heart had a hard time working from the service line, tallying eight aces compared with 25 errors.

The Pioneers saved five match points while the Raiders faced three before the final set ended 22-20. Freshman outside hitter Enzo Mackenzie had a team high 18 kills as the Pioneers recorded a .231 hitting percentage on the night.

Sacred Heart began by taking a small 1-0 lead in the match. But the Eagles, Mackenzie stacked up 20 kills and the Pioneers losing streak to four games. The Pioneers bore down in the second set at 21-12. Sadowski recorded seven kills on 10 attempts on the night and also dished out a match high 48 assists.

Sadowski dumped in one of his seven kills to give Sacred Heart its largest lead of the second set at 21-12. Sadowski recorded seven kills on 10 attempts on the night and also dished out a match high 48 assists.

“The second sides fought hard and in the end it came down to a fifth and deciding set. The teams fought hard and in the end it came down to a fifth and deciding set. The two sides exchanged challenging shots until a Raider kill made it 21-20 and a Sacred Heart hitting error allowed Rivier to convert on its sixth match point and put the set away, 22-20 giving Rivier the victory.”

On the Saturday against the Juniata Eagles, Mackenzie stacked up 20 kills and had a .444 hitting percentage. Senior Craig Harvey recorded a match high 10 kills to anchor the Pioneer defense.

In the end the Pioneers dropped all three sets falling to the Eagles 3-0. Sadowski supplied 36 assists in the loss that was decided at the service line with the Eagles dropping in 10 service aces while the Pioneers only had three and committed 17 service errors, including several at key points in the match. The Pioneers bore down in the second set, recording a .236 hitting mark as Mackenzie led the way, producing eight kills without making an error.

Juniata then stepped up hitting at a .303 clip and using two 3-0 spurts late in the second set to eventually earn a 25-22 set win.

The second set ended in a similar fashion to the first, a Pioneer serving error resulted in the Eagles final point. Sadowski recorded 14 assists in the set while Roger Parent chipped in three kills.

“A typical day in my life as a college laxer is pretty intense,” said captain Zach Frank. “Because of my awesome class schedule, I wake up around 10:00 a.m. and then I usually get to the Pitz Center. But on the spare time they are focusing on school work and the next opponent.”

After three shoulder surgeries, it requires endless amounts of dedication and time. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle. Being a college athlete is a lifestyle.
Sixteen ‘sweet’ thoughts from March Madness

Ryan Hannable
Asst. Sports Editor

The first weekend of the NCAA tournament is in the books, and what a weekend it was. It had buzzer beaters, upsets and great performances that we all have come to expect every March. Here are 16 thoughts to ponder:

1: Kansas and Ohio State are playing for the National Championship and great moments that will last a lifetime.

2: The Big East was definitely overrated this season. They had 11 teams rated this season. They had 11 teams.

3: Five of the remaining 16 teams are from non BCS conferences. Does this show that there is some parity in college basketball and is no longer all about the major conferences?

6: Jimmer Fredette is the best player in the country. Many analysts were extremely critical of making the team, but they certainly have proved that they deserve to be there. Not only are they in the Sweet Sixteen, but they have blown out our quality teams.

9: The ending to the Pittsburgh-Butler game was the most bizarre ending to an NCAA game I have ever seen. Two fouls over 60 feet from the basket in a span of three seconds? And yes, the referees did the right thing making those calls. A foul is a foul regardless of the time.

10: Kansas definitely has the easiest road to the Final Four out of the remaining number one seeds. They will not need to face a single digit seed until the Final Four (if they advance that far)

16: Get rid of the extra three play-in games. Keep it traditional and the field of 64, one play-in game is more than enough.

A Syracuse fan in disbelief as Marquette defeated the Orangemen to advance to the Sweet Sixteen.

The Pioneers travel to New Jersey on Saturday the Sacred Heart University men's tennis team traveled to Mount St. Mary's and earned their first win against a Northeast Conference opponent, in a 6-1 triumph.

Overall, this season the Pioneers have been very much improved and earned their first win against a NEC conference team. They are 1-2.

Tennis gets first conference win

Ryan Ueso
Staff Reporter

Saturday the Sacred Heart University men's tennis team traveled to Mount St. Mary's and earned their first win against a Northeast Conference opponent, in a 6-1 triumph.

Going into the match junior Chad Suslo was determined to get the Pioneers their first conference victory.

"We all were very fouled going into the match since Mount St. Mary's is a conference match. We knew we needed to get a win," said Suslo.

The Pioneers dominated the court in doubles play, sweeping Mount St. Mary's. From top to bottom, Sacred Heart was able to control each match.

Seniors Kirill Kasyanov and Nick Mazzarese set the tone of the match in the number one doubles spot with a victory, 9-7.

Facing the next two weekends will be as good as the first one. Here's to an exciting remainder of the tournament and great moments that will last a lifetime.
Baseball opens up conference schedule

Pioneers drop three out of four at Monmouth

Jason Truex
Staff Reporter

The Pioneers had completed their southern spring break trip with a 6-6 record going into their first game against Monmouth, who was predicted to finish third in the conference.

Highlights of the trip included a marquee win over Mississippi State 8-3.

Then the Pioneers returned home to stum the ninth ranked University of Connecticut Huskies. Sacred Heart began NEC play with a four game weekend series against Monmouth, who was predicted to finish third in the conference.

A few of the freshmen are working really well together, said head coach Howard Ludeman, head coach for the Sacred Heart swim team.

Monmouth won state championships as a freshman and again as a senior in high school. Her senior year, Marshall made second-team all state. She responded her senior year. In February, she set the school record for the 200-fly at the NEC championships, winning the NEC 200-fly championship along the way.

Through hard work and dedication, she was able to overcome those circumstances to cut her time once again, breaking her record for the second consecutive week.

"When I went into the water, I felt good. I knew I was going around the same time I went the previous weekend and I was just hoping to place well for the team," said Marshall. "It was a nice way to close out my college swimming experience." Though Marshall has etched her name throughout the Sacred Heart record books with all of her individual accomplishments, her focus remains on the overall betterment of the team.

"Our program is still growing and we're recruiting well. It is important that I'm helping in that aspect and hopefully growing the team," said Marshall.

Marshall's selflessness and overall concern with the growth of the team has helped to shape the future of the Sacred Heart swimming program, her coach said.

"Katie's work ethic is pure determination. She sets goals for herself and sticks at nothing until she achieves those goals," said Laurie Casado, a junior swimmer who shares the 400-yard medley relay record with Marshall.

"Katie's work ethic is second to none. Her college career is over but that doesn't mean her swimming career is over," said Ludeman. "There are more things to accomplish. It's not over yet."
Pioneers fall to Holy Cross, eyes still on conference title

BIG GIRLS, DON'T CRY

Senior midfielder Jessica Ingrilli (#11) advances down field in last weekends loss to Holy Cross.