Fun-filled weekend for siblings

Students and their siblings gathered for a weekend of events at Sacred Heart University, enjoying a variety of activities and bonding over a common theme: "For Your Entertainment." Attendees received an all-access pass to the weekend's events, which included a photo booth, caricature drawing, food, and movies. The event aimed to promote family-friendly activities suitable for all ages.

Business students get global perspective at UN

One could be forgiven for mistaking the first 30 minutes of a tour at the United Nations for a museum anywhere else in New York City — a guided tour, endless facts, and encased displays in all-white rooms. However, the experience changes once you step into the General Assembly audience gallery. This room is known for historic moments, such as Soviet Premier Nikita Khrushchev hitting his shoe to silence a critic, and President Hugo Chavez calling U.S. President George W. Bush the devil. This was what about 50 international marketing students from Sacred Heart University's John F. Welch College of Business experienced last Friday, Feb. 24. Prof. Enda McGovern, who has organized the event for the past three years, believes that business students should be knowledgeable of current events.

Robinson and Carlson debate top political issues

Billed as the ultimate clash between commentators with competing views, the most recent installment of Sacred Heart University's Student Affairs Lecture Series highlighted many areas of common ground between Eugene Robinson and Tucker Carlson. Robinson, a Pulitzer Prize-winning columnist, faced longtime political commentator Carlson in a presentation called "A View From 'Left to Right': The 2012 Presidential Election." The result was a conversation that included sharp disagreements between the two, but also highlighted their similar beliefs on a number of issues.
Costello inspires students during marketing presentation

Jennifer Biagiotti
Staff Reporter

On Tuesday, Feb. 21, Steven Costello, the executive vice president of Steiner Sports Memorabilia, spoke about successful marketing and the sporting memorabilia industry at Sacred Heart University. During his presentation, Costello gave personal advice to his listeners about the passion they must have when pursuing their goals.

"Passion is a game-changer," he said.

One of Costello’s personal stories follows the theme, “No risk, no reward,” while another shows that “It’s what you know about whom, not who you know.”

Costello was once offered eight minutes with a potential business partner to get his point across. Two hours later Costello still held the man’s attention, and received a partnership offer. His story emphasizes the importance of preparedness and research.

The presentation was especially relevant for business majors at the university.

“Listening to Mr. Costello speak was both entertaining and intriguing,” said sophomore Jamie Barlow, a business major at the university.

Steven Costello of Steiner Sports Memorabilia offered advice on smart business strategies.

that giving a company brand recognition is one of the most important aspects of marketing.

“Marketing about is taking an unknown brand and turning it into a household brand,” said Costello.

Obtaining a LinkedIn account was a repeated topic of discussion. Costello spoke about this social network and the importance to having one when companies are looking for an employee.

“When you leave here, you don’t want to simply be a student at Sacred Heart. You are competing with students from everywhere,” said Costello. “Having a LinkedIn account tells people who you are.”

According to Costello, he was told during his childhood that he would never make anything of himself.

“Challenge everything,” he said. “Challenge everything that anyone ever tells you.”

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Political expert Christopher Hickman described the difficulties involved in ranking U.S. presidents.

Hickman speaks on rankings of U.S. presidents

RoseMaria Hatch
Snuff Reporter

On Thursday, Feb. 23, Sacred Heart's History and Political Science Clubs sponsored a presidential rankings lecture in the Schine Auditorium. Dr. Christopher Hickman, a legal and political expert, talked about the controversy and difficulty involved in comparing U.S. presidents.

Hickman showed an example of a 1956 poll by Arthur Schlesinger Jr. showing a way that historians rate presidents. The rankings were from "great," "near great," and "high average," to "average," "below average," and "failure.

Audience members were struck by the complexity of the rankings, as well as the debates that result from each poll. "I found out that there is no black-and-white way to rank one president," said freshman Matt Perry, member of the Political International Studies club.

Hickman spoke about how social differences make historical rankings difficult.

The presence of the media makes it hard to compare presidents from different time periods," he said. "No one here would fault Martin van Buren for failing to campaign effectively on Twitter." Hickman made it clear that presidential rankings polls are subject to much analysis.

"The rankings are not as clear as they may seem due to all the media hype," he said.

Hickman also said that historians might have limited time to understand the nuances of each president.

"Sometimes people, even historians, just can't get into the issues," he said. "This may prevent them from voting in the poll, which leaves us with an inaccurate number."

Yet another problem with presidential rankings is the tendency of Americans to look at polls without understanding the reasoning behind them.

"These polls are subjected to bias, because the public only learns the numbers, not the reasons," Hickman said.

Another question that was asked by a member of the audience was, "Why is Bill Clinton ranked as an average president, even though he was impeached?"

Hickman responded that many historians, even conservatives, have acknowledged that economic prosperity during the 1990s has led them to look past Clinton's political scandals.

"Sometimes people, even historians, just can't get into the issues," he said. "This may prevent them from voting in the poll, which leaves us with an inaccurate number."

Political pundits go head-to-head over Obama, Romney

"I say that with great sadness, because I'm very much opposed to his policies," Robinson also finds that the Republicans lack an ideal challenger. "Mitt Romney is the best candidate against Obama in the fall," he said. "But he's only the best in the sense that he'll say anything to get elected."

The two guests also recognized that, generally speaking, Americans voters are politically moderate.

"Americans are conservative with some things," said Carlson. "They don't like change - and they're right not to. But they're not conservative on a fiscal level."

According to Robinson, the definitions of political ideologies are different in the U.S. than they are in other countries.

"Liberals in the U.S. would be thought of as pretty conservative in Europe," he said. "In spite of their concurrence on some issues, Carlson and Robinson disputed one another over other policy areas."

Both cited statistical evidence to illustrate their views about the 2009 economic stimulus bill.

"It's a tough sell to say that we would have lost more jobs without the stimulus. Nevertheless, it's true," said Robinson. "The Congressional Budget Office says that it saved between 1.2 million and 5.6 million jobs."

Carlson is of the opinion that the bill was ineffective.

"The stimulus was a waste of money," he said. "We still have more people out of work, as a percentage of the educated workforce, than we've had in 30 years."

The lecturers often used slang language to express their views. Carlson, a Fox News Channel employee who has also hosted shows on CNN and MSNBC, made his opinion of Obama's economic policies clear.

"We don't have a debt of trillions of dollars because the top one percent of Americans stole it," he said. "But Obama would have you believe that. And you'd have to be a child or a moron to believe it."

For his part, Robinson condemned congressional Republicans for partisan gridlock in the federal government.

"Democrats have been willing to move on every issue, and Republicans have not," he said. By offering their knowledge and opinions, Carlson and Robinson provided insight into the most important issues in U.S. politics.

"It gave me an understanding of the most important political matters," said Colarusso. "I realized that they weren't just talking to entertain the crowd. These are problems that people really care about."
Siblings invade Sacred Heart

The stuff-a-bear contest is one of the most popular events during Siblings Weekend.

"This is my third year being involved with siblings weekend," said Tully. "Every year there has been a stuff-a-bear because it is such a success."

The stands were filled with family members at the men's and women's basketball games against St. Francis University (PA).

Overall, it was a huge success for the Student Events Team and our events both SHU students and their siblings of all ages could enjoy," said Craffey.

The Greek Life participants quickly started the weekend came to a close, many students participated in a game of bingo. Students had the opportunity to win many different prizes.

"Bringing my sisters to the basketball game was fun," sophomore Nick Pike, to entertain for the evening.

Pike has performed on the TV show, "America's Got Talent," and was featured at the 2011 NACA national convention. Diversity is important for keeping siblings attention and ensuring that they enjoy the weekend.

"We try to make sure that the weekends aren't exactly the same every year," Tully said. "There are siblings that come every year, so we want them to have new and fun experiences."

Pike offered entertainment for both Sacred Heart students and their younger siblings.

"Nick Pike's humor was well received by the older siblings, and his juggling while riding a six-foot-tall unicycle amazed the little ones," said senior Colleen Craffey, vice president of S.E.T.

As the weekend came to a close, many students participated in a game of bingo. Students had the opportunity to win many different prizes.

"The prizes this year were a digital camera, family games, a movie-themed gift set, SHU gear, and a mall gift card," said Craffey.

Parents were invited to spend the last few hours at the Siblings Weekend Mass.

"We wanted the families to reflect upon the long weekend, and what better way than by spending it in the Chapel?" said Craffey.

The weekend's organizers were pleased with the activities and the outcome.

"The weekend went by fast, but it was filled with super-fun events that both SHU students and their siblings of all ages could enjoy," said Craffey. "Overall, it was a huge success for the Student Events Team and our events chair, Sarah Tully."

Zeta Tau and Pi Kappa offer dates for donations

Brittany Mezzancelllo

On Monday, Feb. 20, students gathered at the Edger Theatre for Greek Life's annual Date Auction.

The auction was hosted by the sorority Zeta Tau Alpha, the fraternity Pi Kappa Phi, and other Greek Life organizations. Students were given the opportunity to bid on Greek Life members, who will accompany the winners on a date. Proceeds from the Date Auction went to the organization's chosen area of philanthropy.

Zeta Tau Alpha's national philanthropy choice was the Susan G. Komen Foundation, a breast cancer group.

Pi Kappa Phi fraternity's chosen charity was the PUSH America Foundation, an organization that serves people with disabilities. PUSH America provides grants to organizations that serve people with disabilities, allowing them to provide new equipment.

This was the organization's third year hosting the event. Forty-two members of Greek Life volunteered to be auctioned.

The Date Auction was not limited to the members of Zeta Tau Alpha and Pi Kappa Phi. Members from each sorority and fraternity on campus took part in helping the two organizations raise money.

The Greek Life participants quickly started the night off by entering the stage in couple-by-couple form. Each couple had a theme or a brief performance to go along with their auction time on stage.

Students and audience members took part in the charity event by bidding on their friends and loved ones.

They helped to raise a total of $2,018, which was then split between Zeta Tau Alpha and Pi Kappa Phi.

Committee members and participants agreed that the auction was successful.

"I think that this year's date auction was a complete success," said auction committee member Gabriele Scorzati. "It was for a great cause, and we had an amazing turnout. It's nice to see the Sacred Heart community come together to raise money for the ZTA and Pi Kappa philanthropies. It was an awesome night, and I think everyone enjoyed it."

"The end result was amazing. Everyone pulled together at the last minute and put on an amazing show. I am so happy to have had the opportunity to run it." Junior Vinny Fragola was also satisfied with the results. He was also thankful to everyone who participated and contributed money.

"The date auction ran just as smoothly as we could have imagined," he said. "The turnout was great, and we were happy to see how much money was raised for both the ZTA's and the Pi Kappas. On behalf of Pi Kappa Phi, I just wanted thank everyone who came out to support our organizations."

The Greek Life organizations that participated were Zeta Tau Alpha, the fraternity Pi Kappa Phi, and other Greek Life organizations.

For scheduling or additional information, please contact us Monday-Friday at (203) 396-8181

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Does what SHU wear give the wrong impression?

Erin Marley
Staff Reporter

It is getting late and freshman Catherine Chittick has finished her homework, and brushed her teeth, and is ready for bed, but before her day is over she must do one last thing — lay out her clothes for tomorrow.

"I pick my clothes out the night before so I am not scrambling early in the morning trying to figure out what the wear to class," said Chittick.

For some Sacred Heart University students, deciding what to wear can be a battle. But for others, depending on the class, it can be quite simple.

"I have to dress specifically for clinical, which is always khakis and polo," said junior Will Perkins. "On days that I do not have clinical though, I like to dress for comfort which entails sweatpants and t-shirts."

A student’s schedule can also be a deciding factor in their choice of clothes.

"It all depends on the day and how many classes I have," said sophomore Shannon Murphy. "If I have multiple classes in one day, I will get up early and put in the effort to look nice. If I only have one and it’s at 8 a.m., then I do not feel the need to get ready. It’s kind of a waste."

"Schedules are not the only factors that students take into consideration when deciding what to wear."

For me as an average boy, it really depends on the weather," said freshman Will Herity. "I would wear either khaki shorts or pants, a t-shirt, and a light jacket based on the temperature.

The clothes you wear to class certainly can send a message to your professors and peers about how serious you are. "I guess at least one would think I can’t stand it when professors assign large projects over break. It’s like they get a thrill out of it. While we are stressing over our homework assignments, they’re in Punta Cana sipping on mojitos and maniacally laughing."

"I try to stay clear of wearing sweaters because I feel like wearing jeans helps me focus and stay more awake in class," said senior Kelsey Cox.

Although students may not realize it, professors actually do pay attention to the clothes that their students wear.

"Students are more lazy if they wear business casual to class," said Crowe.

"Part of being an adult is presenting yourself and wearing sweatpants to class is not very presentable." Professionalism is just one of the many details students take into consideration when dressing themselves.

"Professionalism is just one of the many details students take into consideration when dressing themselves."

"I find the amount of global emails to be a hassle. Waking up in the morning and deleting the standard group of emails has become a routine," said graduate student Billy Crowe.

"For me as an average boy, it really depends on the weather," said freshman Will Herity. "I would wear either khaki shorts or pants, a t-shirt, and a light jacket based on the temperature."

"I guess at least one would think I can’t stand it when professors assign large projects over break. It’s like they get a thrill out of it. While we are stressing over our homework assignments, they’re in Punta Cana sipping on mojitos and maniacally laughing."

Amanda Rivera
Contributing Writer

Alright, everyone send me a photo of yourselves, and why you deserve to win an all inclusive spring break trip to Punta Cana courtesy of The Spectrum.

Reality check. Unless, you already booked that trip, you will not be going. The Spectrum will not be supporting your drunkennessmess in paradise. Sorry to be the bearer of bad news!

Actually, I’m not sorry, I’m dying from laughter as we speak right now. I don’t know too many people at Sacred Heart who actually go on these typical spring break trips. Who would ever want to go to a tropical paradise when you have Club Azure and The Field, right? I know of plenty of people who are going on an alternative spring break trip with Habitat for Humanity instead, my brother being one of them. I think it says something about our community. Either we spend our break helping out others and blowing sunshine in their faces, or we spend it at home with our friends and family glued to our living room furniture.

I, however, will be working over break, and looking forward to showing my couch some TLC during my free time. A working girl has to do what a working girl has to do — especially when I’m saving for a cross-country road trip for after graduation in May.

With this break coming up, it gives us plenty of time to do whatever it is that we need to get done without the added stress of classes — at least one would think. I can’t stand it when professors assign large projects over break. It’s like they get a thrill out of it. While we are stressing over our homework assignments, they’re in Punta Cana sipping on mojitos and maniacally laughing.

Some professors raise the idea of selecting exactly who they receive emails from, rather than receiving numerous global emails daily.

"If I were able to choose who I could receive emails from, then it would definitely be a bit more convenient and less time consuming," said Crowe.

Freshman Joe Berry, a Factory technician, explained that there are ways to get around certain emails.

"You can block senders so that you don’t receive emails from, or what words are written in the subject line. After you check those boxes, you decide where you want those emails to go in the future."

"I think that by decreasing the amount of global emails sent out each day, students and faculty would have a better chance at really reading these emails," said Glass.

"When you log on to see 50 emails in your inbox, it becomes overwhelming. My immediate reaction is to delete all of them so that you do not have to deal with it."

The option to sort emails through different folders is something that many students said they had never heard of before. The Spectrum allows both students and faculty to prioritize and organize their inboxes.

"If there is an option that I can specify what I want to receive, then I am all for it," said Crowe. "This gives me a better chance of actually reading the things that I am interested in."
He Said/She Said
What should you do if you have feelings for someone in a relationship?

Andrew Cresci
He said

Now this topic is definitely going to cause some controversy, but I am going to be realistic about this thing as a whole. When I first saw the topic, I immediately knew that most people would say, "just ignore it, they are in a relationship and go for it." Well that's wrong.

While taking this approach seems to be the logical, "all about me" choice, it is also the most selfish choice. Unlike Hollywood where the subject is romanticized and recreated over and over again, in reality, it's not even close to what actually happens. At the end of the day, you are still breaking a relationship up and hurting others for your own personal gain and self-fulfillment.

Dating is not as complicated as everyone tends to make it. If you're happy with a relationship, stay in it. If not, then it's time to move on and find something different. Merely having someone around you's not alone and then deciding to jump into a first chance at dating someone else you deem better is just awful. In all honesty, if you do that, then you're just an ass.

Relationships are meant to be enjoyable. People are in them because they enjoy being with that other person. You just have to know when the worst of the worst has happened. If you want out of relationships (and life as a whole) and everything will work itself out. What you don't want to do is have someone around as a place to pour all your feelings out. I can personally say I have been on the receiving end of being somebody's second option. To put it extremely lightly, it is not cool. But moving on to the topic at hand, if you find yourself in the position of being into someone with a significant other, pursue your own risk.

Just be sure to put yourself in the shoes of that person's boyfriend or girlfriend when you decide to try something. I am fairly certain that the hypothesis that you will be getting your ass kicked soon after you decide to pursue that person.

Look, you realistically cannot always help who you wind up being attracted to. But if they are in a committed relationship, the odds are that they are happy. At that point, you just have to cut your losses and I guess hope they do not get married or something like that.

I have only one exception to this whole list of reasoning ~ that's if this person is someone with who genuinely treats them horribly. If their significant other cheats on them, or, for the sake of this list, is abusive (in which case kick his ass, call the cops, or both), then it's OK for you to try something. In my opinion, those are the only instances in which you can make your move.

If this happens to be the case, then go for it and break them up because they could definitely do a lot better.

But regardless of the situation, remember everything I mentioned before you try and make that romantic move. You would want to win over a guy or girl who happens to be taken.

You're sure you will put yourself in their significant other's shoes because you wouldn't just accept someone taking your significant other.

Stephanie Tagliamonti
She said

Feelings and emotions are complicated. Everyone has this whole thing where they feel for people that we might not have expected, and it is hard to turn those feelings off once they occur.

Relationships are established primarily for purposes of exclusivity. This is something that you have to respect, whether you are in the relationship or not. It is hard to turn off feelings, but if you have feelings for someone who is currently in a relationship, it is wrong to pursue them.

I have been in this situation before and it is extremely hard to deal with. When you have feelings for someone who is already in an established relationship, it really is tricky. No matter how much you like this person, you have to respect their relationship.

In my experience with this issue, it helped me to think about this particular guy's girlfriend. I had to acknowledge that the idea of me being with him made me so happy I wished that she did not. It does not matter if you think that this guy can "do so much better" or "he is too good for her." That is not your decision to make, and it is not your place to judge.

It truly is a matter of respect. I cannot sit here and say that you can fill your love for someone while you are ahead, because it is impossible to turn off your feelings at the drop of a hat. It takes time and it takes maturity. I am sure some people would pursue this person in the hopes that they break up with their significant other, but that is not fair to either of you.

You should not toy with each other's emotions. This goes for people who are currently in relationships. If you are in a relationship, you have to respect your partner enough to know that you should not be giving false hope to someone else. If you find yourself spending a lot of time with someone who is currently in a relationship, you are constantly thinking about someone else maybe it is in time to re-think the relationship you are presently in.

In a relationship, there has to be mutual respect. That means you have to be honest with each other, and to yourselves. You cannot just let a relationship run its course if you are not 100 percent into it. If you have feelings for someone else, be fair to your partner and end your relationship.

This will make it easier in the long run. You will be able to express your feelings openly to this new person, without dealing with the heartache that comes with breaking up.

Again, you should not be pursuing someone who is currently in a relationship. If you know that they are in a relationship, you must respect it. I do understand it is a hard situation to deal with, and you have to be mature about it. Put yourself in the shoes of this guy's girlfriend. If you were his girlfriend, would you want someone else pursuing him the way you might be?

This is not your decision to make, so be respectful. You should not be doing everything in your power to persuade this guy to break up with his girlfriend. If he wanted to do it, he would have done it long before he met you. You should not, and probably will not, be the deciding factor.

Coach Kim Banner of the women's soccer team plays with her son Hayden.

Career vs. family: 9-5 or Mr. Mom?
Dan Miller
Staff Reporter

The decision between career and family is one that all Sacred Heart University students will inevitably be faced with after graduation. Students will have to decide between a career they've been working toward throughout their undergraduate years and having a family. I think the first step is to fully evaluate your dreams and goals. Once you figure out what you truly want you can plan your life accordingly, said media studies and communication professor, Dr. Lori Bandig.

"As the mother of three young children and an assistant professor at Sacred Heart, I would say that you can absolutely have a fulfilling career and a thriving family, life, but it takes a lot of energy and hard work," said media studies professor Dr. Sara Ross. "You may have to make some compromises with regard to the timing of your career, but with perseverance, you can do both well."

Many students said that they eventually hope to find a balance between the two, but for the time being, they are focusing on job opportunities after graduation.

"I have always envisioned myself starting a family when I'm older, but right now, my priorities are definitely focused on schoolwork," said senior Kelly Moutlon. "I am currently applying to receive my Masters degree in psychology, and then I will pursue a Ph.D. in child developmental psychology. With all of that in my future, it's hard to imagine settling down at this point in time."

Some students said they were conflicted at the thought of either at this point in their lives, since both appear to be far down the road.

"I don't even know what I will be doing a year from today. I don't foresee myself starting a family in the next five years when I want to go to grad school," said Moutlon.

"I don't rule out the possibility of getting married and starting a family some day, but that will all come in due time," said Moutlon.

There is no rush or right way to do things in life. While students had differing opinions regarding their plans to continue with a set career or begin a new life setting down, many said they agreed that their priorities currently lie with striving for a degree.

"I am definitely focusing on my career first," said senior Brian McLellan. "I don't think I would begin to think about settling down until at another three years. I don't think I would ever want to do is have someone around as a place to pour all your feelings out. It truly is a matter of respect. I cannot sit here and say that you can fill your love for someone while you are ahead, because it is impossible to turn off your feelings at the drop of a hat. It takes time and it takes maturity. I am sure some people would pursue this person in the hopes that they break up with their significant other, but that is not fair to either of you. You should not toy with each other's emotions. This goes for people who are currently in relationships. If you are in a relationship, you have to respect your partner enough to know that you should not be giving false hope to someone else. If you find yourself spending a lot of time with someone who is currently in a relationship, you are constantly thinking about someone else maybe it is in time to re-think the relationship you are presently in."

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Falling in love with Pilates

Jacqui Duda
Asst. News Editor

I would say in the past year or so there seems to be a wave of interest in healthy living and organic eating, cleanses and unique exercise activities. Intrigued by the idea of doing something other than just going to the gym to work out I started to take different classes. I enjoyed hot yoga and found it was calming, but then I tried hot Pilates and was instantly hooked.

Over winter break I fell in love. The hot Pilates studio I went to offered several classes throughout the week and each one was challenging but fun at the same time. They would play music that added to the rhythmic progression where the hardest things were done in the middle and then the class would start to decline and end in a relaxing pose. Aside from the amped up temperature and sweating, sometimes you completely forgot you were even working out.

Pilates is similar to yoga. It focuses on stretching, poses, and core strength. Unlike yoga there is less focus put on meditation and getting in touch with yourself. It puts more emphasis on all your major muscle groups. It is calming, but then I tried hot Pilates. It is always nice to be able to mix things up.

Any form of hot or regular Pilates and yoga I find are effective workout alternatives. Even though the gym is great and sometimes it is nice to just go for a run, it is always nice to be able to mix things up. This is the way for me to do just that. I am able to fit in a full workout without having to spend hours in the gym. It is also convenient because it seems there has been a heightened popularity and the studios that offer them are popping up all over the place. Maybe it’s because sometimes the sound of going to the gym is miserable, or because I enjoy the atmosphere of having others around me for motivation.

Whatever it is, Pilates is a great way to stay in shape and is my small step towards ‘healthy living’.

Bob Dylan: Giving voice to the voiceless


The four disc set features a slew of high-profile artists singing many of Dylan’s high-profile songs. Artists ranging from Adele to the Dave Matthews Band and songs ranging from “Like a Rolling Stone” to “Knockin’ on Heaven’s Door”.

The album seems like a perfect marriage. The mission of Amnesty International is to end grave abuses of human rights and for every person to enjoy those human rights. For the last 50 years, Dylan has been the voice of the afflicted.

In his song “Chimes of Freedom,” the only song of the 73 on the album that a Dylan recording is used, he sings that the chimes of freedom will soon toll “for the countless confused, accused, misused, strung-out ones and worse.”

Now, they do.

Amnesty International was started by Peter Benenson in 1961. During the next 50 years, Amnesty International has grown into a movement with more than three million supporters and Dylan has produced the soundtrack.

With no offense to the likes of Irving Berlin and George Gershwin, to name a few, Dylan is the greatest American songwriter who has ever lived.

Songs like “Blowin’ in the Wind,” and “A Hard Rain’s A-Gonna Fall” changed the landscape of America and introduced reason into social and political chaos.

Since he made his exodus from Minnesota to New York, Dylan, whether he likes it or not, has been a pillar of poetic reform. In 1963, just minutes before Dr. Martin Luther King, Jr. delivered his famous “I Have a Dream” speech on the steps of the Lincoln Memorial, Dylan took to that same microphone, a 24-year-old kid, and sang “Only a Pawn in Their Game,” about the murder of black civil rights activist Medgar Evers.

Falling in love with Pilates

Whatever it is, Pilates is a great way to stay in shape and is my small step towards ‘healthy living’. 
Performing Arts combine all of their ‘elements’

Jeff Daley
Staff Reporter

Sacred Heart University’s theater, band, and choir groups came together on Sunday, Feb. 26 for the third annual Elements Concert, held in the Edgerton Center.

“The idea behind this program is it doesn’t just feature the band, it doesn’t just feature the chorus, and it doesn’t just feature the theater,” said Director of Bands, Keith Johnston. “All three different groups are involved and each gives a performance. It alternates groups so there’s always something going on and it takes place in different parts of the theater.”

While Johnston was obviously very involved with creating this show, he credits Assistant Director of Bands, Andy Kolar, for the idea, calling the concert his, “brain child.”

SHU Ladies Only Vocal Ensemble (L.O.V.E.) and SHU Percussion Ensemble opened the show with a cheerful piece entitled “Alleluia, Alleluia!” which they performed before a packed house.

Afterwards, in honor of Black History Month, a trumpet quartet and junior Chris Mastrocola of the SHU Percussion Ensemble played “Peze Kafe,” a traditional Haitian piece.

Mastrocola performed six times during the afternoon, and by the end of the concert, although exhausted, he was very pleased.

“I thought the concert was awesome. Everyone did a superb job and I had a lot of fun,” he said. It was a family affair for the Mastrocolas, as Chris’s younger sister, freshman Liz Mastrocola participated as well.

“It was interesting to watch and listen to him play a different style of music in a quiet, more intimate setting because I am so used to a watching him play the snare drum in the marching band as well as the pep band during the campus sports games,” she said.

However, Liz did not stay in her seat for long. She performed in the concert as well, acting out a scene from a show called “Twice Upon a Time,” written by sophomore Chris Lizio and senior Lindsay Caliai.

“Songs performed by the woodwind, string, and percussion ensembles brought a relaxation element to the concert.

Various soothing pieces, such as “New England Countryside” and “Quintet for Winds No. 2, Mvmt III” made it easy to enjoy as each instrument harmonized together to create a full sound.

In contrast to the soft melody, the Percussion Ensemble soon had audience members bobbing their heads and tapping their feet as they played a rhythmic jamb piece, entitled, “Calypso Jam.”

Switching things up, the Improv group took the stage and got the audience involved in their skills.

Performing a game called “Household Olympics,” the group acted out household chores as Olympic games.

It was the audience that gave them their first suggestion: to act out cleaning the toilet as an Olympic sport.

After the Improv group, the theme switched back to music as the Pioneer Choir and SHU L.O.V.E. took on a cover of Coldplay’s “Fix You,” which had audience members singing along.

The concert ended with a piece entitled “Fusion Mallets” performed by the Percussion Ensemble.

Junior Sherrod Williams enjoyed the Sunday afternoon entertainment and really enjoyed watching all the performers come together.

“I really thought the show was good. It brought families together, played up each group’s musical style, and the theater groups,” he said. “The title of the show says it all. This performance definitely brought different elements together and it was amazing.”

Students think outside the ‘black box’

Theatre Arts Program showcases student materials at Theatre Fest

Maryanne McGoorty
Staff Reporter

Laughter filled the air at Edgerton Center this past weekend, when Sacred Heart University’s Theatre Arts Program (TAP) held their fifth biannual Theatre Fest, Feb. 23-26.

Theatre Fest took place over three days and consisted of seven different shows, all of which were written, directed, and performed by students. The Sacred Heart Improv Troupe, Awkward Handshakes also showcased their talent during the festival.

The actors, dressed in black T-shirts and blue jeans, made and important statement with their lack of costumes and props.

The emphasis of Theatre Fest is mainly on the writing process and the evolution of a play from script to stage. “There aren’t any props or costumes because these distinctive from the main purpose of the play,” said Theatre Arts Program president, junior Amanda Ferrari.

“It’s called ‘Black Box Theatre,’” because it is very bare and really [is] just focused on the acting and [the] words of the play,” she said.

The seven shows that were produced mark a record for TAP, as it is the most amount of shows ever produced during Theatre Fest.

Thursday and Saturday night’s shows were entitled, “Mimed,” “Twice Upon a Time,” and “What the... Luck?”

On Friday night and Saturday afternoon, the shows “Fairy Tales,” “Letting You Go,” “Preoccupied,” and “Family Road Trip,” took the stage.

“We were extremely nervous because we only had three to four weeks to learn our lines,” said freshman Abby Wooster.

Along with acting in two shows Wooster also found time to stage manage a third.

“It’s cool though, because it was all students that put this together,” she said.

Being completely student-led, Theatre Fest allows students to creatively live out their passions.

Senior Kim Latulippe, who directed “What the... Luck?” took a unique approach to her leadership role.

“I gave my actors minimum directions and allowed them to experiment with the characters,” she said.

The shows, which were mostly comedies, pleased the crowd with laughter and cheering.

Senior Colleen McGoldrick attended on Thursday night and unexpectedly left relaxed from her stressful day.

“I thought that it was well done and [it was] definitely something enjoyable to end my day with,” she said. “I had a lot of laughs and would definitely see it again.”

Even though the plays were personal to the actors, writers, and directors, they looked to the crowd to measure their level of success.

“We are all on a high right now,” said Ferrari, immediately following her show, “Twice Upon a Time,” in which she made her directorial debut. “Everything went perfectly, seeing all of our hard work pay off and seeing the audience enjoy our plays [were] the best part[s].”

For Latulippe, the biggest compliment for her and her peers’ work was having her friends and classmates come and support them.

“I was really happy with the crowd, and [was happy] to see students come out to support other students,” she said.

Despite a power outage on campus, the Saturday afternoon audience still got to enjoy the slated performances.

“I thought the power outage would be a detriment, but the audience seemed to really be energetic, and they responded well,” said senior Jimmy Meeg, who acted in and wrote, “Preoccupied,” for Theatre Fest.

“I’ve acted before, but this is the first time I ever wrote anything, and it was cool to see something I wrote come to life,” he said.

“The actors made the characters their own and crafted the play into something better than what I could have ever imagined.”
**Rappin’ for a Reason gets creative to support local school**

Emmett Manning  
Staff Reporter

On Wednesday, Feb. 22, Sacred Heart’s University’s Campus Bridgeport Pub turned into a performance space for, “Rappin’ for a Reason, an event hosted by the Kappa Sigma and Omega Phi Kappa fraternities. The event featured rap battles, free style poetry, a performance by double up dance crew, and OPK, that performed, “Strolls,” a line dance done by frats.

Senior Jesus Martinez, who helped plan the event during his freshman year, worked with Kappa Sigma and OPK to bring it back this year for good.

"After a hiatus my junior year I decided I wanted to bring it back as a cooperative philanthropic event with Omega Phi and Kappa Sigma. It is planned to be an annual event with them from here on out," Martinez said.

The reason behind the rapping was to raise money for Stepping Towards a Better Future, a program at Bridgeport High School.

One of the performers ready to be in the spotlight this year was senior Jimmy Meeg, but not without some liquid courage first.

"It was a great venue — an open mic and a bar. I knew I would need a couple beers in order to comfortably stand in front of that big, crowd, and confidently kick lyrics,” said Meeg.

While the crowd may have been boisterous, it was Meeg’s humor that he relayed on to win them over.

"I like to think of myself as a funny kid and I am going stick with that quality and win the crowd over," he said just before taking the stage.

It was Meeg’s humor, that got the crowd laughing with his lyrics like, “Call me De Niro cause my swag is untouchable. I’m a piece of prime rib, you is a Lunchable.”

Although, the crowd seemed to enjoy all the entertainers, it was junior Dreye Martinez that was awarded the winner of the night’s rap battle.

For Martinez, the night was not about winning or losing, but instead about the great cause that it supported.

“This is a great event to bring open minded students together and get together all who want to listen to new poems and some great rap battles,” he said. “We raised over $300, all of which is going to a great cause. Everyone left with smiles on their faces which makes everyone feel great.”

**Knox: From convict to author**

Kayley O’Brien  
Staff Reporter

When Amanda Knox left Seattle to study abroad in Perugia, Italy she didn’t know she would soon become a household name, infamous for allegedly murdering her roommate, Meredith Kercher. Knox was found guilty in Italian court in 2009 but was cleared of all charges in 2011 after spending four years in an Italian jail.

Although her name, face, and story have already all been plastered over newspapers and magazines, it’s a book cover that she’ll be appearing on next.

According to the Associated Press, the publishing company HarperCollins has just signed a book deal with Knox.

"Knox will give a full and unflinching account of the events that led to her arrest in Perugia and her struggles with the complexities of the Italian judicial system," said HarperCollins in a statement.

Although her story has been a controversial one, many sympathized with Knox, and she was welcomed back to the U.S.

Criminal Justice professor Patrick Morris thinks the public reaction to the book will be positive.

"I think a lot of people see Knox as a victim and would be interested in reading about her ordeal," said Morris. "People love to read about people who overcome injustice."

Sophomore Kolbi Smith thinks people will be interested in the memoir because of the criminal drama.

"There are people who like the thrill of her case and therefore would be enticed to read it," she said.

That being said though, Smith is not one of those people.

"I wouldn't read Knox’s memoir because she was at first convicted of the crime and she shouldn’t have been released from jail. I wouldn’t support someone who was involved with a murder," Smith said.

Sophomore Isabelle Chisenga has similar feelings.

"I wouldn’t read Knox’s memoir because I would not support or want to read about someone who was responsible somehow for a murder," she said. "It seems wrong to me to support Knox in any way."

Regardless of his personal opinions, Morris knows that being acquitted of a murder conviction is a rarity, especially in Italian courts, and he is interested to read about how Knox did it.

"The fact she was found innocent of murder tells me she can and probably should sell her story," he said. "I might read it. It has some appeal as a criminal justice story.

While Knox is not planning to confess to murder, her pending murder draws comparisons to the OJ Simpson book, “If I Did It,” in which he hypothesically confessed to double murder of his wife and her friend.

Ironically, it was the same publishing company, HarperCollins, that originally had the deal with OJ. His book was later taken over by Beaufort Books.

Judith Regan, then of HarperCollins, told Fox News, “[OJ] wants to confess, and I’m being assured it’s a confession. But this is the only way he’ll do it,” in regards to the book.

According to CBS, Knox’s book is set to be released by 2013.

Get Reel gives ‘Safe House’

Ryan Reynolds takes on an action role in ‘Safe House.’

Johanna Ovsenek  
Staff Reporter

The title explains it all. This movie really does play it safe.

If you are looking for an action-packed movie with shooting, fighting, and blood, this one is for you. And don’t expect a crazy twist, the ending was pretty obvious. Nevertheless, the movie features the talent of the highly praised Denzel Washington, and the not-so-hard-to-look-at Ryan Reynolds.

Washington plays a former CIA agent, Tobin Frost, who has turned into an international criminal.

Set in Capetown, South Africa, Frost obtains a file that holds the information and activities of several world-wide intelligence agents, making him one of the most wanted men in the world.

He becomes surrounded by assassins and has no choice but to surrender himself to the American Consulate, which lands Frost in a CIA safe house.

This safe house is managed by Ryan Reynolds’s character Matt Weston, a new agent who is desperate to prove himself in his new job.

But moments after Frost is secured in the safe house, a group of gunmen attack it. This jump starts Frost and Weston’s action-packed adventure as they try to stay one step ahead of the attackers and escape the safe house.

The film’s director, Daniel Espinosa, proves his talent by cleverly crafting an action flick that is truly non-stop.

Even with all the fighting and blood, in terms of character development, I found the film lacking.

The script, written by David Guggenheim, was suspenseful but also seemed to include every action movie cliché possible.

I believe Washington was key in elevating the quality of the movie. He used his acting experience to portray Frost with a lot of depth which made him very engaging.

A pleasant surprise was Reynolds portrayal of Matt Weston.

Known for his roles in comedies and chick flicks, Reynolds holds his own in this adventure film.

I found the various shooting, chase and fight scenes and the talented lead characters to be what kept people watching, not the plot.

If it wasn’t for Washington and Reynolds, I highly doubt the movie would get as much recognition.

Even so, “Safe House” is perfect for action movie fans that are looking for their fill of fighting and blood.
Michelle Aptekin
Staff Reporter

Do you find, when home alone, that your mind begins to play tricks on you?
For students at Sacred Heart University who are accustomed to cohabiting with friends, living alone after graduation can be a major change of pace.
Junior Gabi Riber describes the idea of living alone as "bittersweet."
"I love being alone because I don’t have to worry about what my roommate is up to. I also hate being alone because, when I wake up, I want someone to talk to. I have mixed feelings for when I am going to graduate," said Riber.

According to an article in the New York Times, statistics show that upwards of 40 percent of all households are occupied by a single resident. This is the highest rate of single occupancy than ever before, the article reported.
New York Times journalist Eric Kleinburg, discussed the perks of living alone.
"We love not being judged, not being criticized, not being hemmed in. We love the give and take of making our own decisions. We love putting things down on a table knowing they will be there when we return," he said.
"And eventually, we come to understand that there is no reason to curl up on "our" side of the bed while we sleep. We no longer have to take sides. We can sprawl across the expansive middle.

Why is it that living alone has become more of a norm, than a fear?
"It promotes freedom, personal control, and self-realization — all prized aspects of contemporary life," said Kleinburg.

However, a lack of roommates does not necessarily lead to isolation.
With technology today, it is easy to be in constant communication with others. Whether it is through a phone, computer, or any other device, interaction is no longer limited to a physical presence.

Some students have reservations about moving into a place of their own.
Senior Kristina Chao, who is preparing for life after Sacred Heart, says she is not ready to live in a place by herself.
"Personally, because I always like being around people, I feel like I am definitely going to be lonely. I’d still want to live with friends if the location works out, or even move back home until I figure things out," she said.

Alumnus Kirill Kasyonov graduated last year and found living without roommates to be a new learning experience.
"It’s just different, obviously because, when you have roommates, you always have someone to hang out with and do stuff with. But on the positive side, you have more privacy and there is less confrontation since you don’t have anyone to clash with," he said.

For some students, this transition may be more difficult than they anticipated.
"First you live with your parents for 18 years, then you live with your roommates for four years, so this is the first time you are 100 percent on your own. It’s intimidating," said Chao.

For some, it will be a major adjustment, for others it will be something they are already accustomed to.
"I love living alone. It creates a sense of freedom and makes me a stronger person. I can’t wait to be on my own come graduation," said junior Zander Behnau.

Features Editor Hannah Ackerman and Ass't Features Editor Sofia Carolan contributed to this article.
Amy Ricci is S.E.T and ready to go

Kimberly Woodruff
Staff Reporter

Do you ever wonder who is coordinat­ing so many of the events on campus? The credit can go to Amy Ricci. Whether it’s planning Siblings Week­end, the spring concert, or a trip to New York City, Amy Ricci and the Student Events Team always have an event in store for the students at Sacred Heart University. The Student Events Team, more commonly known as S.E.T., is one of the largest clubs on campus.

As a graduate of Sacred Heart, Ricci has the heart of a true Pioneer and has experienced many aspects of the university over the past 10 years. “There’s a lot of people in different departments on campus who are alumni,” she said. “I think that says a lot for the university, that if these students are all staying and working here, it’s a great place to be.”

Ricci said she feels lucky to have so much support within the school community, especially from her supervisor and staff members. After starting as a graduate assistant in 2003 for student life, Ricci has had the opportunity to experience many positions and now holds the position of Director of Student Activities.

“I like learning and I like challeng­ing myself to work with different people and learn different industries,” she said. “There’s always going to be someone there to work with. She is always in a cheerful, easy-going mood and has many creative ideas.”

Sophomore Erin McGunnigle, member of the S.E.T. executive board, said she was immediately impressed by Ricci’s genuine personality and her welcoming na­ture. “She is an amazing person and plays such a significant role in the Sacred Heart community with all she does for the students. She is amazing person and plays such a significant role in the Sacred Heart community with all she does for the students. She is amazing person and plays such a significant role in the Sacred Heart community with all she does for the students.”

Shannon Driscoll, the graduate assistant and advisor of S.E.T., complimented the members on how well they work together to achieve a common goal.

“I love working with the board. It’s nice to see students take on the responsibility and feel more comfortable working in that role. It’s fun to see the students kind of come into their own,” said Driscoll.

Junior Lauren Berry, a member of the S.E.T. executive board, is mainly in charge of planning special events and trips, such as Fall Fest and day trips to the city.

“My motivation for the program comes from students who are excited to attend these events. I want to plan exciting events that attract various crowds of people,” said Berry. “Amy is a great person to work with. She is always in a cheerful, easy-going mood and has many creative ideas.”

Ricci said her motivations for the program come from many years of involvement. “I think that getting their voice is so important. I hope that I’m teaching them and they’re learning and becoming great leaders,” she said. “But, if only they knew how much I’m learning from them.”

Ricci said she strives to guide students in the right direction and wants to encourage students to take a risk. “Don’t regret not getting involved because you were afraid. Everyone is in the same boat,” she said.

Senior Colleen Craffey, vice president of S.E.T., has been involved with the program for the past four years, and has served as vice president for the past two.

She said it is definitely going to be a different transition when she won’t be doing it anymore. “I feel like I’ve received a way better education by working on S.E.T., one that you can’t get in the classroom,” said Craffey. “I’ve gained a lot of life experience from doing it. You form so many great relationships and bonds with the staff.”

McGunnigle agreed. “Being a part of S.E.T. is a great experience and I have Amy to thank,” she said.

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Upcoming Events for March

Presented by S.E.T.

March 1 - Dave & Ethan: The Dating Coaches
Edgerton - 10:10 p.m.

March 12 - Relay for Life Pub Night
Outpost - 10 p.m.

March 14 - Bingo
Edgerton - 10:10 p.m.

March 16 - Local Bands Showcase: Eyes to See & Keaton Flint
Outpost - 9 p.m.

March 24 - Sister Act on Broadway Trip

March 24/25 - Relay for Life
7 p.m. - 7 a.m.

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Dan Oтел
Asst. Sports Editor

After four years and 82 wins, Sacred Heart University women's basketball seniors Alexis Campbell, Kris lovino, and Callan Taylor stood at center court dangerously close to their final games in Pioneer red and white.

Just 40 minutes of basketball before win number 83 – a 66-61 victory over Saint Francis University (PA) – the seniors, flanked by family members, made the emotional walk from the sidelines to the Pioneer logo at the focal point of the William H. Pitt Center to be honored by the Sacred Heart community on Saturday.

Even a power outage, and a delaying tip-off couldn’t darken the spotlight on the seniors, who have been in the rotation since their freshman season of 2008-2009.

As they gathered in front of the 1,278 in attendance, who not only came to say goodbye, but also celebrate the accomplishments of the trio, emotions were running high.

"I can't even describe how much emotion I [felt]," said lovino. "Everything just went so fast. We wanted to lay everything out on the court and just play for each other. We are all a family, one through 11, and we wanted this one bad."

"I play hard."

"[lovino] makes statements all the time," said Campbell. "That's what we expect from her."

"You could feel the energy," she said. "We all had our families here and that's a lot of support. We wanted to show them what we've been working for."

"I think the seniors have been a huge inspiration to the whole team. They're a real physical and real aggressive team, and an effort that is certainly noticed by her teammates."

The star of Saturday's win, however, was not one of the seniors. It was freshman guard Gabrielle Washington.

"Taylor, who finished with 14 points and 13 rebounds, nailed a jumper with the game's first shot attempt, helping the Pioneers rip off a 10-2 run to start the scoring."

"When the team needs a shot," said Taylor. "I shoot it and try to go after every rebound."

Sacred Heart rallied to take a 18-17 lead with 8:40 to go when junior guard Rhonda Watts, who had five points on the afternoon, hit a jump shot.

"We are a real physical and real aggressive team, and they do that for 40 minutes. Overall, I was pretty happy with our defense, we had a few lapses, but I was excited about it."

After two free throws by Washington, the Pioneers held a 30-26 halftime edge.

When Kevin O’Connell hit a three with 11:11 left in the second half, the Red Flash battled back to take a 37-36 lead on an Alli Williams layup with 14:52 left. Williams, a sophomore guard who ranks fifth in the NEC in scoring and rebounding, had a monster game, with 26 points and 12 boards.

Fifty-three seconds later, Pioneer sophomore forward Blair Koniszewski hit her first of two threes on the afternoon, putting Sacred Heart up 29-26.

The Pioneers would run the lead up to 11 with a Taylor free throw, but Sacred Heart would fight back, losing by just five.

"What we can take from this game is our togetherness," said Campbell. "When we play together, we look our best. That’s what we need to do for 40 minutes."

Sacred Heart needed to defeat Robert Morris Monday night to win the NEC title outright.

The Pioneers were able to do so, although they needed overtime to do it.

The Pioneers defeated the Colonials 70-66 to capture the NEC Championship and the No. 1 seed for the upcoming NEC Tournament and the right to go to the NCAA Tournament.

Sacred Heart's first game will be Saturday, March 3 against the No. 8 seed, at the Pitt Center with the time and opponent TBD.

Left: Sophomore Ericka Norman (#1) brings the ball up court against the Red Flash. Right: Freshman Gabrielle Washington (#30) finishes at the basket with a lay-up.
Erica Spessot
Staff Reporter

The Sacred Heart University men's basketball team suffered their third three-game losing streak of the season with a 55-53 loss to Robert Morris University on Thursday, but rallied on Saturday to snap the skid with a 70-55 win over Saint Francis (PA) University.

Despite the loss to the Colonials' on Thursday at the William H. Pitt Center, the Pioneers still claimed the final spot in the Northeast Conference (NEC) Tournament thanks to losses by Mount St. Mary's University and Saint Francis University (PA).

Down 5-0 after nearly six minutes of play, NEC leading scorer Shane Gibson hit a go-ahead to put Sacred Heart on the board. The redshirt-junior finished with 12 points, dropping his 22.2 average he entered the game with.

Four minutes later, Robert Morris got hot from behind the arc, nailing three straight three-pointers and doubling up the Pioneers at 16-8.

Redshirt-junior guard Velton Jones, who finished with a game-high 16 points, hit two of the threes.

The lead wouldn't last long, as Sacred Heart stepped up with a 13-0 run, sinking their next four of-five from the field. Freshman guards Tim Glowiak hit two threes and sophomore guard Chris Evans got a floater to go, capping the run and giving Sacred Heart a 21-16 lead. The Pioneers extended the lead to 25-20 with sophomore guard Evan Kelley's layup, but the Colonials rallied to tie the game at 25 to end the first half.

The second half was tight for the first eight minutes, featuring four ties. However, Marist responded quickly with a goal less a minute later by sophomore guard Anthony Myers, Robert Morris took a 45-40 lead with 8:35 left. Kelley cut the lead to 47-46 at the 6:08 mark with two free throws and Gibson put both of the one-and-one, leaving Sacred Heart behind by one, 49-48, with 1:18 left in the game.

In the final minute of play, Evans hit two free throws and the Pioneers were forced to foul, sending Jones to the line with 1.9 seconds left and the Colonials up 52-51.

Jones missed both and redshirt-junior forward Justin Swidowski grabbed the rebound for Sacred Heart.

Freshman guard Phil Gaetano was fouled driving in the paint and hit both free throws, giving the Pioneers a 53-52 lead with four seconds left.

After a Robert Morris time out, the Colonials got the ball to Jones. Shocked, a defender, got a look from three, and nailed the triple as the buzzer sounded, giving his squad the two point win.

"A buzzer beater is a tough way to lose," said Kelley.

Sacred Heart bounced back on senior day, to dispose of the Saint Francis University Red Flash, 51-43. "This is a great win," said Kelley.

Sacred Heart makes their sixth trip to the NEC Tournament when they travel to Long Island and, hopefully, we win the game." Sacred Heart makes their sixth trip to the NEC Tournament when they travel to Long Island and, hopefully, we win the game. "At the last game in front of their home fans," said Kelley. "We want to win the championship and make it to the NCAA tournament."

M. LAX FALLS IN HOME OPENER

Morgan Mireski
Asst. Sports Editor

The men's lacrosse team hosted their first home game of the season this past Sunday against the Marist Red Foxes.

The Pioneers fought back from a seven-goal deficit in the fourth quarter, but fell short 12-10. The Red Foxes got off to a rocky start with two turnovers within the first five minutes, which gave the Pioneers the perfect opportunity to get an early lead.

Senior Aaron Lupo scored at 8:28, scoring his first of two in the game. However, Marist responded quickly to this goal, by scoring four straight by four different players.

"This was a game that we fell down in the end," said senior captain Rock Tate. "But we did have some bright spots. At the start of the second quarter, Marist got two quick goals. Brett Bernardo scored at 5:06, followed by a goal by Matt Dugan six seconds later."

As the second quarter came to a close, Lupo scored again. The Pioneers began to close the gap by adding another goal 33 seconds later by junior

BLAIS STEPS DOWN AS FIELD HOCKEY COACH

Ryan Hannable
Editor-in-Chief

Sacred Heart field hockey coach Chris Blais has stepped down from his position as of Monday, Feb. 27.

She was the coach of the team for the past 10 seasons. Blais, who recently gave birth to her second child, will be stepping down to focus more on her family.

"Chris developed the women's field hockey program from its infancy, devoting more than 10 years establishing richly deserved credibility in the region and beyond, as well consistent presence in conference post-season competition," said C. Donald Cook, Executive Director of Athletics in a statement released by the Athletic Department.

"Chris successfully recruited young women who balanced the rigors of sport with academics. In addition, she was a leader among our coaches in community service, devoting numerous hours helping families and communities less fortunate to improve the quality of their lives." Blais led the Pioneers to eight NEC postseason appearances in her ten years with the team.

"We’ve been very fortunate to have Chris on our coaching staff," Cook said. "She always exceeded a special quality of professionalism in everything she did...passion, enthusiasm, and dedication to her sport. More importantly, as a role model she developed young women to be leaders and role models in the community. We’ve been fortunate that Chris dedicated so many years to Sacred Heart. We’ve truly blessed to have her on our staff."

A national search for Blais' replacement is scheduled to begin immediately.
Aaron still holds it for consecutive-seasons with 150 or more hits, with career with 733 home runs. Three times, won two national league batting titles, and four home run that year. - "I would like to do research first, and then maybe get into teaching," she said. She is currently in the process of applying to graduate school. Balancing a busy schedule has always been part of her life. She has balanced school, soccer, and dance from the age of five years old until she graduated middle school. "I danced three or four times a week and had soccer practice two or three times a week, as well as games and competitions on the weekends," said Kee. When she reached high school, she joined the dance team, played soccer and participated in indoor and outdoor track for Lakeland High School. "I have had to make a lot of sacrifices to get to where I am today and at times I have not had the greatest social life," said Kee. "I wanted to be the hardest working player on the field." Off the field, she was also dedicated to being a hard worker in the classroom. A biological science major, she came to Sacred Heart intending to study physical therapy. After experiencing some of the biology classes, she quickly made the switch. "Dr. Bartholomew encouraged me to do research and I realized physics was not the career for me," she said. "In science, there is an always a new question. You have to come up with a way to answer the question, which adds to a broader body of knowledge." Kee plans to share her passion for science with generations to come. "We are all here to learn how to learn," Kee said. "If you can master that, then you can do well in anything." Applying ideals learned playing organized sports, Kee has used that drive to maintain a perfect 4.0. "I have taken classes I am not interested in but my logic is I am going to get out of it whatever I put into it," Kee said. Kee understands the key to success in college is havine balance. "You have to be willing to put in the time in school work to do well," she said. "You're going to have fun when there is time for fun." While helping to lead the Pioneers to a 10-win season with a trip to the NEC Tournament for the first time in six years, Sacred Heart University senior Samantha Kee maintained a 4.0 GPA in her studies of biological sciences. This combination of success on and off the field did not go unnoticed, as this sort of success, epitomizing the term student-athlete, warrants recognition. Kee was named to the Capital One Academic All-District team and honored with the NEC Full Scholar-Athlete Award. "For me it was never an option not to do well in school," Kee said. "My parents never tried to bribe or influence my high school. They simply advised me to do the best at whatever you do." Kee took this advice and ran with it. Dedication to the game of soccer and to the world of academics has brought her much success. However, this success can only be achieved under the right circumstances. It all began with the college search. "Kee didn't want to migrate far from her hometown of Haskell, NJ, so she became interested in the opportunity to play Division I soccer at Sacred Heart. "When I got here as a freshman and talked to the coach, she said I would have a good shot of walking on to the team," said Kee. Understanding the difficulties of walking on a Divi­ sion I team, Kee trained harder than ever before trying out and making a spot. "I walked on to the team that fall with the mindset to be in the best shape possible," said Kee. "I wanted to be the hardest working player on the field." In her second year with the Braves, Aaron won the National League batting title. The following year, 1954, he had an impressive season," said sophomore Chevi Pan­ zanella. "We have really stepped up as a team, and I think the key to success is putting everything we can into every shot!" Going into each tournament with a positive attitude, they finished eighth at Morgan State’s James Brown Invitational. On the first day of the tournament, they beat out Howard, Coppin State, and No. 6 Central Michigan to finish the first day 3-1. Sophomore Nicole Trudell opened up the second day with a score of 222, and Sacred Heart began to build from there with victories over Howard and Cheyney. Nicole Trudell opened up the second day with a score of 222, and Sacred Heart began to build from there with victories over Howard and Cheyney. Nicole Trudell opened up the second day with a score of 222, and Sacred Heart began to build from there with victories over Howard and Cheyney. Nicole Trudell opened up the second day with a score of 222, and Sacred Heart began to build from there with victories over Howard and Cheyney. Nicole Trudell opened up the second day with a score of 222, and Sacred Heart began to build from there with victories over Howard and Cheyney. 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We hope to contin­ue through the rest of the season with a positive attitude." Earlier in the season, the Pioneers took third place at the Kutztown Invitational. Although the Pioneers got off to a slow start, the team put up a 2-3 record against other nationally ranked teams, including a victory over the No. 1 Valparaiso. Carbonetto earned a place on the all-tour­ nament team. Carbonetto has proved to be a key player for the Pioneers in the third day of the USBC Team USA Trials in Las Vegas. She had 12 straight strikes for her first perfect score game. Overall, she finished in fifth along with her teammate Danielle McEwan, who came first in the junior division. Trudell finished 53rd over all. The team is optimistic about their upcom­ ing meets and hope to hold on to their rank as No. 2 in the country. "With some very important competitions left in the season, we are looking to stay positive and be the team we know we have the ability to be," said Trudell. The Pioneers look forward to continuing their success and hold onto their prime position for the NCAA Tournament. The Sacred Heart women’s bowling team will defend their title at the Northeast Confer­ ence Meet on March 3 and 4.
Kathryn Cooper  
Staff Reporter

The Pioneers took the ice to a standing ovation for senior night, determined to turn their season around before the playoffs.

They got momentum back on their side when they went 2-0 this weekend against the Army Black Knights, in an exciting two nights of hockey.

On Friday Feb. 24, the Pioneers pulled off a 5-3 win at the Milford Ice Pavilion. Getting this win was not only great for the whole team, but extra special for seniors, Matt Gingera, Chris Baier, Anthony Yelovich, and Ryan Miniaci as they went out in style on their senior night.

"This was our best game of the year and it's the best time of the year to get hot," said Gingera.

After trailing 1-0 in the first, the Pioneers retaliated with a goal from junior forward Eric Delong, making it 1-1.

"I thought we responded well to their first goal with some hard work," said Delong. "Mini (Miniaci) gave me a great feed in front from the wall and I just tried to redirect it at the net and it went in." The game continued with a lot of back-and-forth physical play.

With two minutes left in the first period, Gingera scored to give the Pioneers their first lead of the game, at 2-1.

This was also Gingera's 100th point of his career.

"[Drew] George made a nice back door pass off a broken play and I just tapped it in," said Gingera.

The Pioneers ended the period holding a 2-1 lead.

Sacred Heart came out in the second period generating many scoring chances, making for an exciting period.

"We were in a pretty respectful way, and it takes quite a bit for a coach to get kicked out so he must have said or done something extreme," said Delong.

The Pioneers were rolling, but with two minutes left in the second, Army got a quick goal making it 5-2 going into the third period.

The momentum in the third proved to be on Army's side as the team had several chances, but the Pioneers did not let up.

With 3:57 left, Army senior forward Mark Dube scored to make it 5-3. This would be the last goal for the Black Knights.

This game came down to the last couple of seconds, but the Pioneers were able to keep the lead and pull out a 5-3 win.

The game on Saturday, Feb. 25 at Army ended with the same score, 5-3, and with a Pioneers win.

Pioneers head coach C.J. Marottolo was impressed by his team, particularly because during the game the refs in a pretty disrespectful way, and it takes quite a bit for a coach to get kicked out so he must have said or done something extreme," said Delong.

The Pioneers dominated early in the first period generating lots of scoring opportunities.

Freshman goalie Andrew Bodnaruk started both Friday and Saturday night's games, making spectacular saves left and right.

About ten minutes into the first period, Gingera scored to get the Pioneers on board with the first goal of the game.

"Filteau gave me an unreal sauce pass backhand and I shot it. I actually lifted the puck for one so it felt good to do that," said Gingera.

About a minute later though, it was Army's junior forward Andy Starczewski scoring just inside the blue line to tie it at one.

The Pioneers and the Black Knights ended the first period tied 1-1, and judging from the intensity of the first period, it was clear that both teams would come out hard for the second.

Less then two minutes into the second period, Yelovich scored a power play goal to break the tie. It was now 2-1 Pioneers.

Five minutes later, Army struck back to tie it up again, 2-2.

Less then a minute and a half later, Delong broke out of the Pioneers defensive zone after blocking a shot giving himself a breakaway, he scored the third Pioneer goal in the third period.

The Pioneers got on the board early when freshman forward Jared Eng took a shot from the blue line, and roofed it for a power play goal, giving the Pioneers a 3-1 lead.

About five minutes later, George netted another power play goal, putting the Pioneers up 4-1 lead.

"Ketchum made a nice play on the half wall to Delong who made a great no-look pass to me on the side of the net. I had the whole net to shoot at," said George.

Army head coach Brian Riley was ejected from the game late in the second period.

"I'm not sure what happened, but he was arguing with the refs in a pretty disrespectful way, and it takes quite a bit for a coach to get kicked out so he must have said or done something extreme," said Delong.

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The Spectrum/Sean Elliott  
Senior Ryan Miniaci (#17) takes on Army defender.

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Sophomore Blair Koniszewski (#12) drives to the hoop versus St. Francis PA. The Pioneers clinched the No. 1 seed for the NEC Tournament.