Pioneers lace up dancin’ shoes for NCAA’s

Dan Otzel
Asst. Sports Editor

Care for a dance? Well, the Sacred Heart University women’s basketball team does, and on Sunday afternoon they earned their invitation to the Big Dance.

For the first time since 2009, and the third time in program history, the Pioneers will join 63 other schools in the NCAA Tournament—each with hopes of dancing through March and into April for the Final Four in Denver.

On Sunday, Sacred Heart capped off their NEC Tournament run by defeating Monmouth University, 58-48, and hoisting the golden trophy high above the court of the William H. Pitt Center in Fairfield.

"I couldn’t have been prouder of a group," said Sacred Heart head coach Ed Swanson. "This team had to overcome a lot of hurdles. We worked hard. They bought-in and persevered through a lot of challenges that we threw at them—after losses, tough practices, benchings, and getting yelled at. They responded every time. That is the thing I will remember about them the most.”

While most Sacred Heart students were relaxing on spring break, Swanson’s team was hard at work—winning three games in nine days—for the right to bust out and dust off their dance shoes.

The top-seeded Pioneers survived a first round scare from eighth-seeded Fairleigh Dickinson University on March 3 at the Pitt Center. Sacred Heart started that game off strong, but hit a cold spell, allowing Fairleigh Dickinson to bridge the gap. However, late in the second half, senior forward Callan Taylor, the NEC Player of the Year, converted a left-handed layup to secure a 62-58 win for the Pioneers.

Three days later, also at home, Sacred Heart was able to hold off fourth-seeded Robert Morris University, 61-56, in the semifinals. The win was a complete team effort for the Pioneers, as four players scored in double-digits and the defense held RMU scoreless on nine of its 11 three-point attempts.

"I thought Callan stepped up and hit a big three when we were tied," said Pioneers head coach Ed Swanson. "That loosened us up a little bit. After that, we saw more of a hop in our step. In a game like that, it is a game of momentum and there are plays that you have to seize the moment.”

Despite scoring only seven points, she made all seven of those count, as she scored at critical times when Sacred Heart needed it most.

Taylor, a four-year starter, has played in these types of games before, as she was a freshman on the 2009 team which also won the NEC Championship and went on to face Ohio State in the first-round of the NCAA Tournament.

Sacred Heart eventually fell to the Buckeyes, 77-63 in a game, which saw Sacred Heart on only trail by two with 11 minutes to go.

Winning a NEC championship as freshman and then losing in the NCAA tournament did give seniors Taylor, Alexis Campbell and Kris Iovino the experience of playing in big games with electric atmospheres.

See SENIORS on page 13...

Seniors’ careers go full circle with NCAA appearance

Ryan Hannable
Editor-in-Chief

Sacred Heart University had just blown an 18-point lead and was now tied with Monmouth with just over 11 minutes left in the Northeast Conference Championship game, with the winner advancing to the NCAA Tournament.

The Pioneers needed a play to help regain the momentum that they used to build their lead in the first half.

As she has in all four years as a member of the team, senior forward Callan Taylor calmly drilled a three-pointer from the corner, giving Sacred Heart a 40-37 lead with 10:04 remaining in the game.

Following the three-pointer the Pioneers went on a 9-2 run to regain control of the game and eventually claim their third NEC Conference Tournament title.

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See SENIORS on page 13...

The Sacred Heart women’s basketball team celebrates their 58-48 win over Monmouth and their third appearance in the NCAA Tournament.
Kelleher instructs teachers to deal with autism in the classroom

Brittany Mezzancello
Staff Reporter


The presentation, which was part of the Academic Research Showcase, was entitled "Film and Perspective: Taking Educating Educators on Youth with Autism." Kelleher represented Sacred Heart's Isabelle Farrington College of Education.

As the mother of twin boys with autism, Kelleher hopes to teach the Sacred Heart community, especially educators, the importance of understanding children with autism spectrum disorders.

Kelleher realized early in her education career that all teachers did not understand or know how to work with autistic children. After recognizing the problem, she sought to find the solution and provide educators with the materials they need.

But the topic had not been researched extensively enough for Kelleher to teach fellow educators. "I didn't have anything to educate my teachers with," she said. "The information did not exist. There were no authentic materials that I could find. And there was a lack of resources for educators, administrators, and families."

After years of searching for the information and materials, and many trips to the library, Kelleher came to terms with the fact that the information was simply not there.

"We are going to have to build it ourselves, based on real thinking, real experiences, and real situations," she said.

The elements that Kelleher explained were a necessary part of the project are understanding the characteristics of the disability, identifying the individualized needs of each child, and developing programs that reflect these needs.

Kelleher also addressed the areas of difficulty that children with autism are often faced with. These include socialization, pragmatics, and obsessive interests.

"It is often hard to address these issues, and it is especially not easy when you do not think this way," she said.

Kelleher’s lecture featured her pilot project, a film called "Dungeons and Distractions.") Her two twin boys were not only a part of the lecture, but they were included within their mother’s film as well.

Kelleher’s son, Tyler, explained the central ideas of "Dungeons and Distractions." "The majority of the film is based on actual events," he said. "My brother and I just showed them from our perspective."

The film portrayed the life of a student with autism. The short film begins with the student walking to class, continuously looking down and then back to up to his peers.

According to Tyler, images such as these are meant to give the viewer an idea of the child's thought process and experience.

In order to improve the performance of a student with autism, educators must understand the difficulties that the students have and learn to properly address them in a classroom setting.

"As a result of viewing this video on autism, SHU students will demonstrate knowledge of the characteristics portrayed by children and youth with autism," said Kelleher. "This is strengthening perspective -- taking skills concerning individuals with exceptional needs."

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Calendar of Events

Wednesday, March 14 - 10:10 p.m.
Bingo
Edgerton Center

Friday, March 16 - 3 p.m.
Women’s Lacrosse vs. Connecticut
Campus Field

Saturday, March 17 - 7:30 p.m.
Ali’s Angels Benefit Concert
Edgerton Center

Sunday, March 18 - 12 p.m. - 5 p.m.
Phi Sigma Sigma Annual AIDS Event
Dining Hall Patio
Kappa Delta’s Shamrock the Runway - 4 p.m. - 8:30 p.m.
Edgerton Center
Hogan explores generational differences

Julianne O'Hara  
Staff Reporter

Paul Hogan, co-founder and chairman of Home Instead Senior Care, came to Sacred Heart University on Wednesday, Feb. 29 to discuss the millennial generation's views on life, health and aging.

Hogan conducted, called "Generation to Generation: Aging the Golden Years," he had found a difference in expectations of aging between various age groups.

Hogan explained that such studies are an integral part of what Home Instead is focused on.

"We're all about finding out people's perception on aging, and their experiences as they age," he said.

While constructing the study, Hogan and the rest of his team at Home Instead found that the younger generations need more education on life expectancy.

The respondents were broken up into three age groups: The Millennials, who were people born from 1980 to the 2000s; Baby Boomers, who were born between 1946 and 1964; and the Greatest, who were born before 1946.

When Hogan took a poll to see which age group was the most satisfied, the Greatest seemed to be the most content with their lifestyle.

"Some groups are more satisfied with their lives than others," said Hogan.

Home Instead strives to make people of all age groups interested in the welfare of senior citizens.

As health care professionals, these studies challenge us to continue to make our society more considerate of seniors," said Hogan. "It's our opportunity to look at the challenge and ask ourselves some questions, and to look outside the box."

According to the AGS Foundation for Health and Aging, there will be 80 million senior citizens in the U.S. by 2030. Home Instead is working to ensure that everyone who reaches the age of retirement is comfortable with his or her living situation.

Sacred Heart alum speaks on 'Celtic Pride'

RoseMaria Hatch  
Staff Reporter

Sacred Heart University's department of communications and media studies hosted alumni Brian Fitzsimmons on Wednesday, Feb. 29, for a discussion on his award-winning book, "Celtic Pride."

Based on the St. Patrick's High School basketball team of Elizabeth, N.J., the book focuses on former players and head coach Kevin Boyle.

Fitzsimmons also reflected on his foray into the job market, and shared his sports writing experience with the audience.

"Being laid off from my first job made me feel as though I was stripped of all I had worked for," he said. "But I persevered, and worked harder to land another job."

His career has led him in many directions as a sports writer. He has reported for the Connecticut Post, NFL.com, and PA Sports Ticker. Fitzsimmons is now an editor for MSGVarsity.com, which is also a channel on Cablevision that showcases high school sports teams.

Fitzsimmons described high school sports teams as "untapped resources" in terms of their marketing potential.

"St. Patrick's High School is broke, financially," he said. "But they managed to fly these kids down to places to play games and back home again from the money they received from companies who want the kids to wear their product."

In response to a question from the audience, Fitzsimmons entertained the idea of writing another book.

"If I had the opportunity to write again about another sports team, I would," he said. "Call me a密集， but walking into Barnes and Noble and seeing a book you wrote is pretty cool."

At the conclusion of the discussion, Fitzsimmons opened the floor to questions from those in attendance.

When asked just how hard it was to write "Celtic Pride," he described the process as an arduous one, but one that ultimately left him satisfied.

"I had a lot of fun writing the book, but it was a lot of hard, long nights," he said. "I broke down the writing by chapters, and months, little by little. And before long I was on chapter nine."

Another member of the audience asked Fitzsimmons if he had any words of advice for seniors who will be graduating from Sacred Heart soon.

"Get a LinkedIn," he said. "Get a Twitter account, and get online. It's all about networking. Also, stick to your guns. Things will mold into success."

Students who attended the event were inspired by what Fitzsimmons had to say.

"I really liked the event," said senior Jess Orser. "I actually want to go read his book now."

For seniors who are apprehensive about job searches, Fitzsimmons' career advice was appreciated.

"I was happy about what he was saying, and he was really informative on what to do when applying for jobs," said senior Dave Gallo.

Fitzsimmons gave Sacred Heart much credit for the success that he has had in his career. He attributed his accomplishments to the time he spent at the university.

"If I had not gone to Sacred Heart, I do not believe that I would have gotten as far as I have," he said. "Sometimes you're meant to be somewhere, and for me that place was here. I feel as though Sacred Heart helped me grow as a person and go far in a career that I enjoy."
Zdanys publishes 40th book of poems

English professor discusses inspiration and meaning of newest volume of poetry

Kelley Bligh
Managing Editor

Dr. Jonas Zdanys, Sacred Heart University English Professor of several poetry and other creative writing courses, just published his 40th book of poetry entitled, "The Kingfisher's Reign." His newest book is broken down into four sections, each representing a season and containing 20 prose poems. Zdanys explains the difference between prose poetry and "traditional" lyric poetry.

"They tell stories, focusing on an immediate moment -- what I call an 'epiphantic moment' -- created through images, metaphors and details that blend the lyrical and the narrative and enable the reader to experience that moment too," he said.

The sections represent the literal meaning of each season as well as the thematic and metaphorical meaning.

"But the book is not just about the seasons and connected memories and events. It is also about a life, and the book comes full circle, with linked stories and thematic repetitions," said Zdanys.

The book begins with spring and the fall of Eurus and ends with a figure extending his wings at the end of winter, implying a new cycle, both of life and poems. The season as well as the thematic and metaphoric meaning.

"I try, in the book, to acknowledge that what we are learning English until he started school but continuously writes in both languages. "Sometimes a poem demands that it be written in English and sometimes in Lithuanian," he said. "Working in two languages also keeps my literary skills nimble." He explains that translating is what he does while he waits for inspiration to strike him to create his own poem, while his poems are "still wandering around out there somewhere."

"It surprises me to say this, but the poems usually find me -- typically when I am not expecting them -- and I don't carve out the time to find them. I've been very fortunate in my literary career to have poems find me quite regularly," Zdanys said.

For someone who claims to have poems "find" him on a regular basis, it probably isn't surprising that Zdanys finds his inspiration for writing "everywhere," from what he sees and hears, to what he remembers and imagines.

"That last source is perhaps the most important: what I imagine. I often take some tiny idea and build around it imaginatively," he said.

This idea is something that he brings not only to his own poetry, but to his lessons in the classroom as well.

"I talk with my creative writing students about that frequently, how can we imagine and transform something we know into something that has more universal qualities and elements," said Zdanys. "The inspiration is important, of course, but it is what we do with it that results in a work of art."

Zdanys explains that each book of poetry he writes is different from the ones that precede and will follow it due to the changes he has made as a person, and therefore as a poet.

"It is true, I believe, that as we grow up and as we move into [a] 'fullness of age,' we see the world differently, we reflect on the world differently, we love the world differently," Zdanys said. "And the poems that result reflect all of those changes and maturation."

Each book and poem is also a chance for Zdanys to experiment with new styles, forms, and themes.

"The language of this book is, somehow, more surrealistic perhaps than other poems I've written, in some ways less literal and less transparent," he said.

On top of the advice for aspiring writers to build a community of fellow writers, to revise "as often and as self-critically" as possible, and to remember that a poem can take up to and over a year to write, Zdanys offers these words of wisdom:

"Read as much as you possibly can. Fall in love with words. Feel them and savor them. Know just how wonderful-language is. Listen to all of the rhythms and cadences and sounds around you, everywhere you turn, because that is where you begin to understand the music of the spoken word and how that turns into the music of written poetry."
Joan Rivers is infamous for her numerous plastic surgeries. According to a new study done by New York University, this inclination to cave into societal pressures is more nature than nurture. But do Sacred Heart University students fall into the category of those who need to fit in? “It doesn’t come as a surprise to me that ‘following the crowd’ is being viewed as a psychological behavior,” said junior Kevin Trumz. “In 1943, belonging was considered a basic human need by Abraham Maslow in his famous hierarchy of needs diagram. I would say that different people tend to standout regardless of what clubs or organizations they are a part of. However one’s self-efficacy can undoubtedly alter their behavior, which can be the source of their ‘standing out.’” Many students said they think people try to blend in with the crowd so that they avoid the risk of being judged. “I feel that most people think it’s better to blend in with the crowd because they are afraid of being different or what others will think of them,” said junior Liz Fabian. Other students said that it is easier to fit in when blending in with a specific group. “I think it’s definitely easier to blend in with a group once you’re associated with a certain type of people, whether it be athletes, Greek life, Student Government, Habitat for Humanity, etc. At SHU, I think a lot of people just try to blend in and find their niche,” Acevedo said. While some students said they feel their peers may be more comfortable conforming to the norms of a social group, they do not see themselves as just a piece of a larger whole. “There are groups where SHU students find their comfort place. Personally, I’m way too loud to blend into anything, and look for ways to stand out,” said Acevedo.

Students said there are many ways to stand out from a club or group while not feeling ostracized for being an individual. “I think the best way for students to get involved in campus activities without just being a part of the group is to strive for leader positions,” said senior Jennifer Hlavac. “I’ve been a part of ZTA since my freshman year and have found that having real responsibilities within the group created a more Jen Dellemonico. Other students said that plastic surgery should only be taken into consideration if there are medical issues that need to be taken care of. Other than that, they consider it to be unnecessary. “I think that it’s only right to consider the surgery if it’s for health reasons, not for beauty,” said senior Brian Harrison. According to an article in EUDU in Review, a website dedicated to providing the resources needed to be successful in the classroom, college students are frequently visiting the offices of plastic surgeons. They are reportedly there to get procedures that will make their bodies look more proportional, so that they feel more beautiful. Research shows that one of the most popular procedures done for students between the ages of 16 and 24 are minor nose jobs and Botox injections. Some students believe that college is not a target demographic for plastic surgery because of the high costs and the young age. Although it is a growing trend in the younger generation, most people that undergo these surgeries are in their early 20s because they are more able to afford it. “I haven’t heard of any students getting plastic surgery before,” said Dellemonico. “I feel like it’s more of a post-college procedure for people to undergo.”

Many students said that they are shocked that college aged individuals would be interested in plastic surgery because they are still in their youth. According to EUDU in Review, most students are looking into plastic surgery, not to achieve a desired unattainable essence of perfection, but simply to fix a smallophysical flaw that bothers them. “I don’t see the need at such a young age to inject chemicals into your body in order to reduce wrinkles that aren’t even there,” said Harrison. “It makes no sense to me.” Although many students are opposed to the idea of plastic surgery, the option to change physical features in order to reach perfection and beauty in the eyes of society is still there and remains a popular notion. “This trend has become more popular for the younger generation. I see it more and more as time goes on throughout college,” said Iacurci.

From Bruce Jenner to Pamela Anderson

Is plastic surgery prevalent and accepted at college?

Caitlin McLaughin
Staff Reporter

Society has created near impossible standards of beauty to compete with. Plastic surgery has become a popular method of staying young, not only in the celebrity world, but also in the college world. While many people would think that plastic surgery is unheard of within the college community, there are many students who feel that it is not appropriate unless absolutely necessary. “I don’t agree with college students having these procedures done [unless] it is a necessity,” said sophomore Jen Dellemonico. Other students said that plastic surgery should only be taken into consideration if there are medical issues that need to be taken care of. Other than that, they consider it to be unnecessary. “I think that it’s only right to consider the surgery if it’s for health reasons, not for beauty,” said senior Brian Harrison. According to an article in EUDU in Review, a website dedicated to providing the resources needed to be successful in the classroom, college students are frequently visiting the offices of plastic surgeons. They are reportedly there to get procedures that will make their bodies look more proportional, so that they feel more beautiful. Research shows that one of the most popular procedures done for students between the ages of 16 and 24 are minor nose jobs and Botox injections. Some students believe that college is not a target demographic for plastic surgery because of the high costs and the young age. Although it is a growing trend in the younger generation, most people that undergo these surgeries are in their early 20s because they are more able to afford it. “I haven’t heard of any students getting plastic surgery before,” said Dellemonico. “I feel like it’s more of a post-college procedure for people to undergo.”

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Some students choose to go against the crowd, take on new opportunities and implements a sense of pride in Greek Life. According to EurekAlert, an online science news service, scientists have identified a specific portion of the brain to be the deciding factor in people’s desire to adhere to conformity. The study’s leader, professor Chris Frith said, “The ability to adapt to others and align ourselves with them is an important social skill. However, at what level is this skill implemented in the brain? At a software (information processing) or hardware (structural level?) Our results show that social conformity is at least in part, wired in the structure of the brain.” Students said that while conformity may be a hardened part of the human anatomy, they think it is better to stand out regardless of the consequences than to blend in. “I personally feel it’s better to stand out and not conform to things that other people think is important,” said Fabian.

How do you do SHU?
Taking a day off

Amanda Rivera
Contributing Writer

Sick days!? Alright, guys and girls, by a show of hands, how many of you have ever taken a sick day from class? Alright, a majority of you. How many of you have ever taken a sick day from class without being sick? Everyone’s hand should be up. This is Sacred Heart here! Last time I checked, skipping at least one of your classes a semester is considered a mandatory thing. Hey, Big Red would give a creepy thumbs up and a silent victory dance to this. As you all probably know, for most classes, you’re allowed at least two excused absences before it affects your grade — if you’re lucky. For those who are under the tyranny of the more strict tenured professors, you are allowed one excused absence, not to mention a signed contract agreeing to sacrifice your social life at the beginning of the semester. But enough about human sacrifices. What I have discovered during my past four years at Sacred Heart is that it is wise to ration your sick days. You absolutely need at least one or two for when it gets closer to finals. You and me both know that when finals come, skipping class to do homework for another class is essential to survive. Yes, I said it. We are missing classes to do work for other classes. You know when you pay off a credit card bill with another credit card? It’s kind of like that.

Any professors reading this, I’m sorry to be the bearer of bad news, but it’s a reality. Any of MY professors reading this, it’s a complete and total lie. I would NEVER skip your class to do someone else’s homework… that’s abominable! Your class is my favorite! Now, what’s my grade? But the reality is that sometimes time management can only go so far before you have to start taking time from other classes. Not the ones where if you miss one class you’ll be behind forever, but the ones that you can easily pick right back up if you miss a class or two. I don’t have to say which ones these are, it should be common sense by now. Check out RateMyProfessor.com if you still don’t know what I’m talking about.

As for me, I’m going to do a victory dance with Big Red because I skipped my class to write this article. #SeniorYear #YOLO.
Going the distance
Are long distance relationships really a piece of cake?

Erin Marley
Staff Reporter

Jen O’Malley is an extremely busy sophomore. She is balancing nursing classes and field hockey practices all while trying to maintain a happy relationship with her boyfriend who goes to school three hours away in Pennsylvania.

“It’s hard, I have to go a month or more without seeing him.” said O’Malley.

“We are long distance year round, which makes it even harder.”

Although it is common for college students to date someone from their own school, some Sacred Heart University students said that they have been in a long distance relationship while at school.

Like many students in long distance relationships, O’Malley met her boyfriend in high school, prior to attending college. They had been dating for five months when they graduated and started dealing with the long distance.

“We never really talked about if we would stay together for college, we just kind of went with it,” said O’Malley. Now it has been two and a half years and we’ve made it work.”

Many students said that having a long distance relationship can prove to be very difficult for numerous reasons.

“It’s hard because I don’t get to see him all the time,” said freshman Brina Connolly, who has been dating her boyfriend for two years. “I get really jealous when I see couples around campus who get to hang out all the time.”

Jealousy isn’t the only thing that can cause the relationship to be complicated.

“The distance obviously makes you miss your girlfriend a lot,” said junior Mike Mawdley. “It can really test your relationship being so far away from each other.”

For a relationship to survive long distance, both partners have to be willing to put in the extra effort.

“Long distance relationships are all ways tough and require a lot of patience, trust, and maintenance,” said senior Donna Nolan.

Distance can cause struggles when trying to stay involved, but there are helpful tools that allow one another to still be a presence in their partners’ lives.

“You have to use more technology, like phone calls and Skypeing,” said Mawdley.

While one would assume that it is hard not seeing your significant other for weeks at a time, some students have found that it is not necessarily a bad thing.

“A pro is that we are not together 24/7,” said Connolly. “That makes it easier to find a group of friends that don’t involve him.”

Others said that the space that long distance relationships create can be helpful if an argument arises.

“If you are sick of your boyfriend and you do not want to deal with him, you don’t have to,” said freshman Alanna Woodford. “On the downside of that, the distance does make you fight more.”

Despite the tension that may occur with long distance relationships, many students that have been in them said that they are learning experiences.

“A long distance relationship taught me to cherish the time I did have with that boyfriend,” said Nolan. “Since it wasn’t terribly often that I got to see him outside of school, the time we had together was something very special to me. It showed me how to make the most of the little things.”

As in every relationship, there are ups and downs. However, many students said that although the separation can prove frustrating, your time spent together once reunited with your long distance partner is that much more enjoyable.

Like the saying goes, absence does make the heart grow fonder. Sometimes it also serves to put your priorities into perspective and show you where or just how much some people are able to fit into your life,” said Nolan.
Carolina Chocolate Drops

Erin Murtagh
Chief Copy Editor

I have a new music crush, and it's getting pretty serious. I haven't been this musically love sick since I discovered 90's hip-hop. The band is called Carolina Chocolate Drops, and they embody everything that is worth recreating about early American music. The Drops made their debut in 2006 with the release of "Dena Got a Ramblin'Mind," the first of four albums by the South Carolinian trio. The maturation of their sound is evident in their latest album with Tracks are laden with banjo and fiddle medleys, providing an upbeat, southern musical experience. Lyrics are a hybrid of blues and bluegrass, with an emergence of hip-hop undertones in the more recent work.

As soon as the weather begins to warm, I subconsciously crave this type of music. It mashes perfectly with the ambiance of summer.

This is definitely the type of music that makes it impossible to sit idle. It's getting pretty serious. I haven’t been this musically love sick since I discovered 90's hip-hop. The band is called Carolina Chocolate Drops, and they embody everything that is worth recreating about early American music. The Drops made their debut in 2006 with the release of "Dena Got a Ramblin'Mind," the first of four albums by the South Carolinian trio.

The maturation of their sound is evident in their latest album with Tracks are laden with banjo and fiddle medleys, providing an upbeat, southern musical experience. Lyrics are a hybrid of blues and bluegrass, with an emergence of hip-hop undertones in the more recent work. As soon as the weather begins to warm, I subconsciously crave this type of music. It mashes perfectly with the ambiance of summer. This is definitely the type of music that makes it impossible to sit idle.

Wooody Guthrie at 100

For this year, the GRAMMY Museum has formed a partnership with Woody Guthrie Publications, Inc. and the Woody Guthrie Archives to present Woody Guthrie Centennial celebrations. The year-long festivities will consist of concerts, programs, and events that will tour the country.

Born on July 14, 1912 in Okemah, Oklahoma, Woodrow Wilson (Woody) Guthrie survived the Dust Bowl era in the Great Depression and came out singing about his experiences.

In the late 1930s, Guthrie landed a radio gig and began singing for the displaced and downtrodden, emerging as a voice for their spirit.

When Guthrie moved to New York City, he leaned even more to the left, attacking fascism and organizing unions, while supporting communism and promoting peace.

He did this through his music, folk music. Songs like "This Land is Your Land," "Tom Joad," and "Pastures of Plenty" provided the soundtrack for generations. Artists like Bob Dylan, Bruce Springsteen, and Wilco list Guthrie as primary influences in their careers.

The Centennial's concerts will feature such musicians as John Mellencamp and The Flaming Lips performing from New York to Los Angeles. Or, as Guthrie would say, "from California to the New York island.”

The concerts will pay tribute to Guthrie’s music and lyrics, while the events will honors so much more. There are multimedia presentations about Guthrie’s legacy at schools, conferences exploring Guthrie’s life in Oklahoma, and panel discussions about Guthrie as a man.

Guthrie’s son Arlo and his daughter Nora will discuss Guthrie as a father and share stories of their time with their father.

The Kennedy Center in Washington, D.C. will pay tribute to Guthrie with a celebration on Oct. 14.

In his 55 year life, Guthrie created thousands of songs, lyrics, artworks, manuscripts, poems, and plays - combined. In 1966, the U.S. Department of the Interior presented Guthrie with the Conservation Service Award because "this land is made for you and me.”

"Woody is just Woody. Thousands of people do not know he has any other name. He is just a voice and a guitar. He sings the songs of a people and I suspect that he is, in a way, that people: Hard voiced and nasal, his guitar hanged like a tire iron on a rusty rim, there is nothing sweet about Woody, and there is nothing sweet about the songs he sings. But there is something more important for those who will listen. There is the will of a people to endure and fight against oppression. I think we call this the American spirit.” - JOHN STEINBECK
And the award goes to...  

Johanna Ovsenek  
Staff Reporter

It was Hollywood's biggest night on Sunday, Feb. 26, as the 84th annual Academy Awards honored the year's biggest films. It may have been the first time walking the carpet for some nominees, but veteran host Billy Crystal hosted the show again, bringing his tally to nine. Now, more than 80 years, the Academy could have chosen someone new, since he has hosted so many times, "I think he looked a bit ridiculous," she said. "She always looks so effortless but this look was so forced and fake." The Los Angeles Times fashion critic Booth Moore put actress Anna Faris and her Diane von Furstenberg gown on her worst dressed list, a choice junior Cassie Salvati agreed with. "She looked like a horrible disco ball," Salvati said.

Emmett Manning  
Staff Reporter

Where can you see athletes, daytime talk show hosts, television stars and singers all take the stage together? The answer is ABC's popular television series, “Dancing with the Stars.” For 14 seasons, “Dancing with the Stars” has risen in popularity among viewers, bringing in celebrities from all walks of the entertainment industry.

And the audience felt the energy in their seats as well. "It really liked the show. It was very good, and funny," said freshman Octavia Pierce. "I would definitely come back again."
Rowling is back... without Potter

Maryanne McGoority
Staff Reporter

The famous world of "Harry Potter" may have concluded, but J.K. Rowling isn’t ready to hang up her wizard cloak, just yet.

Rowling has taken out her pen and paper once more to write a new book. This time, however, she plans to target a more adult audience than she aimed for with her "Potter" series.

However, that’s about all that’s known. According to the Washington Post, the title, publishing date, and details of the book will be a secret until later this year.

Potter fan, freshman Rania Slaoui, likes the idea that the new book is for adults, many of whom grew up in the Potter generation.

"Considering the fact her fan base has grown up since the Potter series, and we are adults now, it makes sense that she would release a more adult-appropriate book," she said.

However, there are other original "Harry Potter" fans that aren’t as enthusiastic about the new book.

"I will never use a substitute for butter. Margarine isn’t the answer. It’s gross," said Deen.

Even with her healthier eating, she is unyielding to Parade. "There is a good chance that I can cut down when it comes to butter, her most common ingredient, is one molecule away from eating plastic," said Deen.

her most common ingredient, is one molecule away from eating plastic," said Deen.

"I love Harry Potter books and that’s it." However, there are other original "Harry Potter" fans that aren’t as enthusiastic about the new book.

"You can’t go wrong with Harry Potter," and for another age group. But I am probably not going to buy it or read it," he said.

"I loved her ‘Harry Potter’ books and that’s it.”

Aside from a much older reading audience that Rowling will be writing for, she has also signed with a new publishing company.

According to CBS news, Rowling chose not to re-sign with Bloomsbury, whose name is on the Potter book, but rather Little Brown.

Her choice to switch gears was not in vain, but rather just for a need for change.

"Although I’ve enjoyed writing it every bit as much, my next book will be very different to the ‘Harry Potter’ series, which has been published so brilliantly by Bloomsbury and my other publishers around the world," she said to CBS. "The freedom to explore new territory is a gift that Harry’s success has brought me, and with that new territory it seemed a logical progression to have a new publisher. I am delighted to have a second publishing home in Little, Brown, and a publishing team that will be a great partner in this new phase of my writing life."

The world of "Harry Potter" is not dead though. Rowling kept the series alive by creating a website called Pottermore. It allows fans to read exclusive writings from the author, and creates a virtual world based on the series.

Back in June of 2010, Universal Studios opened up Harry Potter World, a theme park attraction that lets muggles enjoy the wizard world.

Even though the books and movie series have ended, and Rowling has moved on, Potter fans like senior Brianna Vito knows that this is a necessary step for the author’s career.

"She should be able to branch out and explore different options to her career and creativity," she said. "I have no doubts that her new book is going to be good."

Paula Deen trims the fat
‘Food Network’ chef announces major lifestyle change

Jeff Daley
Staff Reporter

Take chocolate cake mix, one egg, softened cream cheese, eight tablespoons of butter, mix them together, and what do you get? Gooby Butter Cake by "Food Network" chef Paula Deen.

Famous for her deep-fried, southern cooking, most of her recipes are high in fat. Because of this, Deen shocked fans by her admitting she was diagnosed with type two diabetes three years ago.

The disease, which affects millions of Americans, is an insulin resistance disease which "effects the way your body metabolizes sugar (glucose), your body’s main source of fuel," according to the Mayo Clinic.

Although it is not curable, the best way to treat the disease is with exercise and healthy eating.

"I didn’t know she had type two diabetes but I’m not surprised," said freshman Hannah Albanese, in reference to Deen’s not so healthy dishes.

The celebrity chef, who says she is going to begin offering lighter recipe options, still defends her lifestyle choices.

"I think people have a hard time understanding that because they see me two or three times a day on TV cooking these high-calorie, fabulous-tasting foods, but that’s only 30 days out of a year that I’m doing that. Those other 335 days a year, I’m not eating that way," Deen said in an interview with Parade Magazine.

With a better diet and more exercise, Deen told People Magazine that she has lost two pant sizes.

Even with her healthier eating, she is unyielding when it comes to butter, her most common ingredient.

"I will never use a substitute for butter. Margarine is one molecule away from eating plastic," said Deen to Parade. "There is a good chance that I can cut down on the amount of butter now that I’m aware, but will I cut butter out of my life completely? No."

Getting healthy is great for her personally, but how will cutting out a lot of the ooey gooey ingredients from her recipes effect Deen’s empire?

Senior Brianna Mingione thinks that Deen shouldn’t stop making comfort foods that made her famous.

"She can’t change who she is. She should keep cooking what she loves. If she changes her recipes, she’ll target a different audience," Mingione said.

Sophomore Kristina Maiello, who is a Paula Deen fan, agreed with Mingione.

"She’s been building up her empire for so long, changing her recipes would change what she stands for," said Maiello.

Even if Deen was to change her recipes, Maiello says she would stay true to her favorite chef.

"Although I would be upset if she changed her recipes, I wouldn’t stop watching," she said.

Sedent Heart University nutritionist Kathleen Healy thinks taking care of her well-being should be first and foremost.

"When someone has type two diabetes, if they’re overweight they need to start losing weight," Healy said. "They need to get active, reduce their calories, and increase their activity. I think it’ll be interesting to see what the future brings and how she modifies her recipes in what she’s doing."
“Am I Ugly?”

This is the question being heard ‘round the YouTube world. This new trend has girls asking whether or not they are ugly — and thousands of people answering.

While there may not be anything wrong with asking for others’ opinions, some are questioning the motives and reactions to these particular videos.

“There is too much information being posted on the internet by young kids and they are putting pictures for attention,” said junior Heather Weintrub.

Parent’s of children who are posting “Am I Ugly?” videos are reaching out explaining their own shock of their child posting videos for such attention.

According to ABC News, Faye Gibson, a 13-year old from outside of Denver posted her own video and has been a victim of bullying.

“A day does not pass when someone at school doesn’t call her ugly, she said. ‘I get called a lot of names, get talked about behind my back,’ she said.”

Faye’s mother Naomi began to receive calls from the media asking for Faye to be interviewed about her video.

Naomi had no clue what this was about and when she later found out she said, “I was floored.”

Experts explain the reason for these postings as a reward-based way of having reinforcement about how people look, whether it is through good or bad comments.

“This is the very reason why it is good to keep tabs on our kids, see where they are posting online, being involved without being overly intrusive. So many of these kids are in need of self-esteem and confidence. But that isn’t some- thing that magically happens. Sometimes professional help is needed,” said from CafeMom.com

Cyberbully prevention expert, Parry Aftab said, “Kids since forever have looked for ways to show that they are as good as others. Now you are able to quantify it. They really, honestly to God, have no measure of how pretty they are, unless it’s ranked, unless it’s starred.”

A similar video posted by YouTube user doppletonne, received comments varying from words of encouragement, to hurtful rambles.

“Yes, you look like an alien with your huge forehead,” said user syndeygirllable. Another user, lile11, commented in defense of dopple- tonne saying, “People who [say] you’re ugly are ugly. That’s the most important thing you will ever learn. It’s what inside that matters.”

Spectrum Editor Lindsay Caiati’s timeline shows her birthday wishes via Facebook.

Birthday wishes

Michelle Aptekin Staff Reporter

Nineyt-seven notifications later do you feel like the Facebook world has met all of your expectations on your birthday? While “happy birthday” wishes on Facebook are plentiful, is it ruining actually telling someone “happy birthday?”

Niney-one out of 100 students at Sacred Heart University use Facebook to wish their friends a happy birthday.

In the same survey, 61 out of the 100 students that were surveyed also believed that Facebook has made birthday wishes less personal.

Close friends will call or say it to you. Facebook is for random people that wish everyone on their friend’s list a happy birthday just to say it,” said senior Joe Serrantino.

Whether it is an impersonal message or not, junior Alexandra Broderick uses Facebook to connect with her closest friends, but also reaches out to them separately from a wall post to make it more personal.

My messages vary depending on who it is. If it is my best friend I can write 20 lines about our friendship. If it’s someone I am not great friends with I’ll just write a quick “happy birthday,” said Broderick.

Students use Facebook wall posts on a friend’s birthday for different reasons.

“I wouldn’t know when [acquaintances’] birthdays were if it wasn’t for Facebook,” said sophomore Rolf Schadendorf.

Schadendorf normally uses Facebook to wish the people he cares about a happy birthday, but for people not as close to him, it helps to wish a quick happy birthday that wouldn’t ordinarily happen without Facebook.

Broderick uses Facebook to wish people that she doesn’t see often a happy birthday, people from high school, or people who live far away.

It kind of makes birthdays more like a procedure, but at the same time the people who say “happy birthday” to you on Facebook won’t call you and wish you a happy birthday. Half of the people who post on my wall on my birthday aren’t really close friends of mine,” said Serrantino.

According to Spectrum’s survey, 60 out of 100 students would rather their friend’s call or text them on their birthday than write on their wall.

A call or text is more personal than a post on my wall. It means more that they took the time to contact me and not just leave a message that takes all of two seconds to type up,” said Broderick.

Out of these 100 students, many students expect at least some of their friends to write on their wall but do not consider the amount of posts as a measure of popularity or importance.

“It’s cool when you log onto Facebook in the morning and you have 90 something birthday wishes, but I love getting mail so I would rather get a card in the mail then a Facebook post,” said Broderick.

Facebook birthday posts don’t seem to be ruining birthdays for Sacred Heart, however, it has significantly impacted the way “happy birthday” is wished and received.

“I wouldn’t say Facebook has ruined birthdays. I would say it’s more of a new medium,” said Broderick.
Students go Wild for Wild Rice

Kimberly Woodruff  
Staff Reporter

The gleaming lights reflected onto the cool pavement as I strolled down to 1612 Post Road in search of Wild Rice, a restaurant featuring Asian cuisine. Located next to Giuliana, a local dress boutique, this hot spot in Fairfield is an ideal place for sushi. While deciding on my entree, I started with a light wonton soup. The portion size was perfect, not leaving me too full for my main course.

Schettino noted that detection is a major part of the program. "As you age it is important to take care of all areas of your body," said Hardy. Schettino also in charge of the communication and managing of setting up all of the programs.

"The concept behind wellness is trying to maintain the cost [of insurance] by offering programs that try to keep people healthy," said Human Resource Vice President Rob Hardy. "The more people that get a cold and go to the doctor, the higher the insurance rate increases."

Sacred Heart’s Wellness Program is placed at the gold level out of three different levels including platinum, gold, and silver. Companies at the gold level are "for employers who have created cultural and environmental changes that support employees who are committed to long-term behavior changes," as stated in the Healthy Workplace Employer Recognition Program pamphlet.

"The reason we were really proud of our success is because we run these programs with a low amount of resources," said Hardy.

Each year that the university has been awarded is through a process of applying. Schettino oversees applying to the program with a written report that includes a checklist of what is done on campus for employees.

The Human Resource Department of Sacred Heart University has recently won its third consecutive award for their Employee Wellness Program by The Healthy Workplace Employer Recognition Program.

A healthy workplace is a happy workplace

Dana Maltese  
Staff Reporter

The health fair, which is held annually, offers employees of the university a variety of different health services and screenings. Anyone who is considered an employee of Sacred Heart is included, as well as their family members.

"The concept behind wellness is trying to maintain the cost of insurance by offering programs that try to keep people healthy," said Human Resource Vice President Rob Hardy. "The more people that get a cold and go to the doctor, the higher the insur­

A lot of the programs are providing markers along campus so that employees can walk in groups. Despite the busy atmosphere at 7 p.m., no reservation was necessary. We were seated immediately in a cozy booth near the back allowing plenty of room to enjoy our meal.

The atmosphere was warm, filled with colorful decor and rich Asian tapestries, which set the mood for a relaxing evening.

After being greeted by the waiter, the most difficult task for the evening was ordering. Despite the busy atmosphere, the service was patient and friendly while I decided on my courses and returned to see if we had any questions about the menu.

"Sometimes activities go unnoticed, but Schettino said it is nice to know people are inspired.

Students enjoy a night out at Wild Rice located on Post Road in downtown Fairfield.
Pioneers win NEC Tournament for third time

...CONTINUED from page 1.

held Robert Morris, and All-Tournament selection Joette Campbell, to a 35.1 field goal percentage, well-below their season average.

That victory set the stage for a battle against the third-seeded Monmouth Hawks, who blew out Sacred Heart by 20 points in early February in West Long Branch, N.J.

Monmouth struck first when All-Tournament junior guard Alysha Womack, who garnered second team All-NEC honors this season, laid one in. The Pioneers, though, would hold Womack to 13 points and cause her to commit a game high six turnovers. Sacred Heart forced 22 turnovers in the game, leading to 21 points off turnovers and 11 fast break points.

The lead would change hands five times until Pioneer senior guard Alexi Campbell hit a jumper with 16:41 left, giving Sacred Heart a 7-6 lead. Campbell, who provides senior leadership off the court, made sure her presence was felt on the court in her final games on campus. In the tournament, Campbell set single game career highs in all categories, including scoring, assists, rebounds, steals and free throws.

"I just feed off my team," said Campbell. "Emotionally, I did not want it to end. I think my team pushed me to do better. Morgan Merriman played some big minutes off the bench. Everyone filled their roles offensively and defensively. "It was a total team effort today," said Taylor. "Everyone stepped up. Morgan Merriman played some big minutes off the bench. Everyone filled their roles offensively and defensively was such a big key today."

With 3.8 seconds left, Washington turned the ball over on a premature celebration, giving Swanson a chance to make two final substitutions. Swanson quickly removed Campbell and Taylor from the game. For the final time, the two seniors walked off the floor of the Pitt Center to a standing ovation from the Sacred Heart community and into the outstretched arms of their head coach.

"I couldn't be happier for my three seniors," said Swanson. "They are tremendous leaders."

Although Kris Iovino, the team's third senior, only logged two minutes in the tournament and 5.8 minutes per game in the regular season, her lead-by-example role is admired by her teammates. This was on display at center court when Washington handed her the championship trophy. Iovino, surrounded by her teammates, cradled it with both hands and triumphantly raised the golden basketball above her head as the confetti fell and a crowd gathered around her.

The crowd was primarily made up of the Sacred Heart students who rushed the court. Those students contributed to the 1,344 in attendance, the third largest crowd in Sacred Heart women's basketball history.

"It was just an exciting atmosphere," said Taylor. "I forgot just how exciting it is. It was a great showing and a great feeling to have that support."

The Pioneers earned the No. 14 seed in the NCAA Tournament and will take on No. 4 Georgia Tech Sunday afternoon on the campus of the Univ. of North Carolina.
**Game of the Week**

**Sacred Heart Women’s Basketball**

**vs.**

**Georgia Tech Yellow Jackets**

**NCAA Tournament**

**Sunday, March 18 at the Univ. of North Carolina. 2:30 p.m.**

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**Seniors get back to 'big dance' for second time**

---CONTINUED from page 1.

"I am used to this kind of setting," Taylor said. "It was just an exciting atmosphere. I kind of forgot just how exciting it is. I am just so proud of everyone on this team. Everyone deserved it." The three seniors’ experience feeds off to the other members of the team — a fairly young team, which starts two sophomores [point guard Ericka Norman and center Enjoli Blanding], a freshman [Gabrielle Washington], Taylor and Campbell. Norman, who had to sit much of the first half with two fouls, turned the ball over a few times early in the second half and admittedly got down on herself, but Campbell was there to pick her up.

"I think that is where our seniors that have been here before come in," Norman said. "When I started having turnovers, as a sophomore, I get down on myself and then I have Alexis come to me to say it will be okay and get better. That really helps me." Campbell’s words certainly did help as Norman went on to score a game-high 18 points and in the process win the tournament Most Valuable Player Award.

"This will be the three seniors’ second trip to the NCAA Tournament. Campbell and Taylor have had to fight through injuries to get there. "I couldn’t be happier for my three seniors," Swanson said. "Alexis Campbell, who overcame an ACL tear 10 months ago has fought back and Callan is battling a bad case of plantar fasciitis the past few weeks. They are tremendous leaders." Taylor, arguably one of the best players in program history, capped off her senior season by winning the NEC Player of the Year Award.

She averaged 16.8 points and 9.8 rebounds, despite being the number one targeted Pioneer player night in and night out. Taylor, who is from Overland Park, Kansas, leads all active NCAA players with 53 double-doubles. She also holds numerous records at Sacred Heart. She has the most career rebounds (1,119), and is first in career free throw percentage (85 percent).

Despite all of her success on the court, Taylor is always praising her teammates. "It was a total team effort today," she said. "Everyone stepped up. Morgan Merriman played some big minutes off the bench. Everyone filled their roles ofensively and defense was such a big key today."

Campbell, also a four-year player, missed the first five games of the season due to an ACL injury, has used her defensive intensity and leadership to help propel the Pioneers to the big dance. She really took her game to a new level in the NEC Tournament. In the opening round game against Fairleigh Dickinson, Campbell hit her first two three-pointers of the year late in the game to help lead the Pioneers overcome a seven point deficit with six minutes remaining.

Campbell also displayed her defensive intensity in every game of the tournament, always guarding the opponent’s biggest offensive threat.

Alexis plays with so much energy on defense that she really gets after it," Swanson said. "She had a tough assignment [Sunday] in Alysha Womack and embraced it."

She had some key deflections and steals late in Sunday’s game to help clinch the win. Campbell is also quick to praise her teammates for her success on the court.

"I just feed off my team," she said. "Emotionally I did not want it to end. I think my team pushed me to do that, and that is how the tournament went. We all fed off of one another."

Iovino, another four-year player, has embraced her role as a role player and contributed when called upon. She has scored in half of the games she appeared in this season (nine out of 18), including a season-high six points on Jan. 9 against St. Francis (N.Y.).

Iovino, and the other two seniors are a part of the "hardest working" classes Swanson has ever had in his 22 years at the helm.

"This senior class has probably been one of the hardest working class that I have had here," he said earlier this year. "With that, said statistic wise they are probably not the best, but in terms of work ethic and all that stuff they are probably one of the better classes that I have here."

The seniors’ careers have now come full circle — appearing in the NCAA Tournament in both their freshman and senior seasons.

"I can’t really believe it," Taylor said. "It is the best way to end your career. I can’t ask for a better way to leave Sacred Heart. We worked really hard and we deserved to win this tournament."

This will be Swanson’s third appearance in the big dance, and feels that with the talent and leadership his team has they have the ability to make some noise and potentially win a game.

"I am going to bring two suits this time," he said. "Last time we experienced it we played Ohio State and were down by two with 11 minutes to go. In ’06 we were just excited to be there."

"In ’07 we went there with more of a purpose. This year I think with Callan, Alexis and Kris, who have had that experience before, we will go there with a purpose and we’d like to be that team to get a signature win in the tournament."

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**Fencing qualifies for NCAA Regionals**

**Konsantina Dekaneeas**  
**Staff Reporter**

The Pioneers have garnered national attention, dominating gyms throughout the Northeast and putting Sacred Heart University fencing on the map.

For the first time in Pioneer program history, both men’s and women’s fencing teams are ranked nationally, according to CollegeFencing360.com.

The men’s team is ranked ninth, while the women’s team is ranked 16th. Much of the success can be attributed to head coach Thomas Vrabel, who has been dedicated to his success this season, despite these limitations.

"Stuart is not only a great fencer, but he serves as a great captain as well," said Vrabel. Holmes, who will be graduating this spring, sees much success in the future for the Pioneers.

"Being ranked ninth in the nation reflects the hard work that our fencers have put into this season. I am confident that we can climb even higher on the poll next year," said Holmes. After a 20-4 Dual Match fencing season, the Pioneers still have Regional Championships and then the NCAA Championships to look forward to.

"My goal for the team is to send four or more people from Regionals to the NCAA Championships," said Holmes. "My personal goal for the rest of the season is to qualify for NCAA Championships. This is very possible if I continue to give my all and have a good day at Regionals."

Vrabel spoke about the recognition that his programs are getting not only within the university, but also from outside the Sacred Heart community as well.

"It is difficult to recruit players with a small school and a limited budget," said Vrabel."

Yet, the fencing squads have proven to be successful this season, despite these limitations.

"We work harder then everyone else. At competitions we’re in the gym before everyone and start warming up before our opponents," Vrabel said. Recruiting is an integral part of the process to develop a successful team.

"We get players under the radar and create them into great fencers. These players show skill, and with their hard work and being willing to learn, the coaching staff jells the athletes into winners. I think our players prove this," said Vrabel. “With a fairly young team, there are several starting freshmen creating a great impact. This has been part of our success this season.”

There is no doubt the work ethic of the fencing team is what has made them so competitive.

The desire to win has transitioned Sacred Heart from a small fencing program to a big time Division I competitor.

"Overachievers are what makes Sacred Heart fencing successful. As a result, Sacred Heart fencing has gained national recognition," said Vrabel. The Pioneers fencing squads will continue their season on March 11 at Boston College in Massachusetts for the NCAA Northeast Region Fencing Championship.

"We work hard and win," said Vrabel. "We’ve proven this to the bigger schools with bigger budgets and now were getting recognition for it. On paper, Sacred Heart may not seem to be a big deal. But after playing big schools and beating them, now they know we work in business."
Sports

Pioneers fall to LIU, despite Gibson's 22

Raymond Morrissey
Staff Reporter

The Sacred Heart University men's basketball team's season came to an end on March 1, in the quarterfinals of the 2012 Northeast Conference Tournament. The eighth-seeded Pioneers met the top-seeded Long Island University Brooklyn Blackbirds, and fell 80-68.

Sacred Heart redshirt-junior Shane Gibson led all scorers with 22 points — his 21st game of the season scoring 20 points or more.

The Pioneers came out strong defending the top offense in the league. However, LIU quickly cracked Sacred Heart's defense with a jumper and a three-point-play, taking a 12-4 lead. The Blackbirds led to six with 10:42 left in the first half, the Pioneers started breaking down the Blackbird lead. After a 7-0 run, Sacred Heart trailed 35-27 at the break.

Sacred Heart extended their run to start the second half, cutting the deficit to five points, the closest the Pioneers had been since LIU's 14-point first half run.

Down 38-12, Sacred Heart redshirt-junior Justin Swidowski picked up his third and fourth foul under 10 seconds of each other. Swidowski's replacement, red-shirt junior center Nick Greenbacker, forced LIU to call a time out after a fast break layup brought the Pioneers within three.

Greenbacker answered again with 13:37 left in the game, pulling Sacred Heart within one. The 41-40 score was the closest the Pioneers would come to LIU for the remainder of the game.

The LIU lead again reached double digits five minutes later. Sacred Heart turnovers and LIU free throws allowed the Blackbirds to extend their lead and add insurance. Sacred Heart turned the ball over 17 times, leading to 18 LIU points.

"We lost to the better team Thursday-day," said sophomore Chris Evans. "[LIU] has found a good formula to win over the past few years. Although I think we matched them in talent, we're still just trying to find ourselves."

Although the Pioneers fell short, they plan to come back strong next season.

"We made great strides this season," said Evans. "We are raising the bar higher every year."

Pioneers top Niagara, fall to UMass

Erica Spessot
Staff Reporter

The Sacred Heart University woman's lacrosse team fought hard this past week as they faced tough competitors, Niagara University and University of Massachusetts.

The Pioneer women triumphed over Niagara 20-13, but fell to UMass 21-7.

On Friday afternoon, the Pioneers hosted the Purple Eagles in their first home game of the season.

"Niagara was a great game for us to see what we're capable of accomplishing," said freshman Taylor Babin. "We played as a unit and won because of this teamwork."

It was true teamwork as seven different Pioneers scored multiple goals, putting up ten goals in each half.

Senior Alyssa Dorsey struck first for the Pioneers, and her teammates run with it giving them a 5-1 lead by 18 minutes.

Niagara climbed into the lead, but it didn't last long and the Pioneers scored four more goals, two from senior Aurelie Pluijmakers giving Sacred Heart a 9-2 lead with eight minutes remaining.

The Purple Eagles would cut the lead before the end of the half to 10-6.

"Against Niagara I felt we had some up and down moments," said senior Emily Pepe. "Offensively we had some good possessions and put up 20 goals, but we also had some unforced turnovers."

Sacred Heart senior Katrina Rochler got her second goal of the game, followed by fellow senior Kate Kmiotek giving them a 12-6 lead. Rochler and Kmiotek would go back-to-back again with 13 minutes remaining in the game. Pepe made it 18-9 with only nine minutes remaining.

The Purple Eagles couldn't catch up, as the game ended 20-13 in the Pioneers' first win of the season.

"Niagara was a good way to get our first win on the season and since we did win by a big amount. We got to go through some plays and get comfortable," said Rochler. Sunday's game with UMass went a little different.

The Minutemen took a 3-6 lead in the first 7:18 of the game before the Pioneers could get on the scoreboard.

"UMass would go on to score seven straight over an 11 minute time span, grabbing the lead for the rest of the game. Babin stopped the run with her first goal at 5:41 to trail the Minutemen 10-2, but another three goals before the end of the half left Pioneers in a 13-2 slump heading into the second half.

The Minutemen started the second half strong, scoring seven consecutive goals at the 19:52 mark putting UMass up 20-2.

"Offensively when we had the ball, I feel we played a little scrumbled and weren't running our plays effectively," said Pepe. "In the second half I think our defensive did a great job to help defense and cause turnovers, as a team we were able to break their press and get some quick goals."

The Pioneers scored five of the next six goals, with Babin and Kmiotek scoring their second goals of the day in the final 63 seconds of the game. It wouldn't be enough, as time ran out and UMass took the win 21-7.

"Although we couldn't come up with a win, I still think the team played with undeniable heart; we never gave up fighting," said Babin.

The Spectrum/Zack Lazer

Sophomore Shelby Vaccaro carries the ball up field in a recent game.
Sophomore forward Ty Lewis (12) tries to gain control of the puck, left in the period making it 2-1.

The first period ended with the Pioneers ahead 2-1, and from their effort in the first the Pioneers knew they had to keep up the intensity to get the results they needed in this game.

In the second period it was the Falcons who scored the equalizer 1:20 into the second period making it 2-2. Almost a year to the day, Gingera recorded a hat trick in the same building against the same Falcons team in last season's first round playoff game, and the second period ended with assists from George and Filteau.

The Pioneers were all over the Falcons in the third period, taking control of their defensive zone as well as the neutral zone, preventing the Falcons from generating any chances.

Halfway through the period though, Falcons leading goal scorer Gensler made a quick run for himself, flying down the right wing, for a one-on-one opportunity, but it was Bodnarchuk who stuck his right pad out making the split save to keep the Pioneers 3-2 lead.

George scored the fourth and final goal of the game making it 4-2 for Sacred Heart.

"Gingera came down, we made a nice cross at the blue line, then he feathered a pass to me behind the defencemen and I noodled it on their tendy [goalie]," said George.

Game three on Sunday night for the Pioneers was nothing more than disappointment with the Falcons beating the Pioneers 5-2, ending their season in the process. With this being an elimination game for both teams, there wasn't much excitement in the game.

In the beginning of the first period, Bodnarchuk was making incredible saves for the Pioneers, and the Falcons kept pressuring, barely giving the Pioneers any offensive chances of their own.

With 48 seconds left in the first period, Gensler scored giving the Falcons a 1-0 lead.

The second period wasn't much different from the first, with two Bentley goals.

Early in the second period, freshman forward Alex Kubiak scored, off of a bad defensive breakdown, and a scrum in front of the net, giving the Falcons a 2-0 lead.

The rest of the period consisted of the Falcons pressuring and the Pioneers struggling to generate any offensive chances.

With about 1:30 left in the period junior forward Dan Koudys took a shot just inside the blue line and scored giving the Falcons a 3-0 lead.

The Pioneers being down 3-0, the Falcons felt energized and the Pioneers felt defeated, but felt they could give one final push in the third period. Their effort took a turn for the worse when Bentley scored two more goals in the third period.

With about seven minutes into the third, sophomore forward Jared Rickard scored the Falcons fourth goal on a shot that went just over Bodnarchuk's shoulder. About a minute later, Gensler scored their fifth and final goal of the game making it 5-0 for the Falcons.

On a side note, five different Falcons players scored in this game. The rest of the third period was a rough one for the Pioneers with two of their freshman forwards getting kicked out.

This was definitely not the way Sacred Heart wanted to end their season, and this one will probably hurt for a while.

"For next year, we need to establish higher standards starting in the offense. We need to get into better habits. The skill is here, it's the dedication that we need to develop now," said junior forward and captain Eric Delong.
Junior Morgan Merriman (#15) goes up for a lay up in the NEC Championship game. The Pioneers defeated the Hawks 58-48 to advance to the NCAA Tournament.