MS Walk offers hope for victims

Jacqui Duda
Asst. News Editor

Members of the Sacred Heart University community joined together in order to raise money for the fight against multiple sclerosis, better known as MS. On Sunday, April 22, at Sherwood Island Park in Westport, Conn., students, faculty, and staff walked along a path overlooking Long Island Sound.

The participants walked not only because of the debilitating disease itself, but also for Sacred Heart's own physical trainer Leo Katsetos. Katsetos was diagnosed with MS in 2003. Since then, he has done what he can to help make a change and fight for a change. Katsetos has put together a team for the past six years, as a way of working toward a cure for the disease.

Katsetos' efforts have inspired many Sacred Heart members to fight multiple sclerosis themselves.

"It is amazing to see Leo do everything he does," said junior Lexi Miller. "He doesn't let this hold him back."

Multiple sclerosis is an autoimmune disease that affects the entire central nervous system, including the brain and spinal cord. According to the National MS Society, the disease affects every part of an individual's normal life. This includes difficulty walking, depression, and in some cases loss of vision. The symptoms vary for each person that it affects.

The rainy weather did not stand in the way of "Sacred Hearts for Hope," which raised over $7,000 to go toward the victims of MS, according to a thank-you email sent out by Katsetos.

See MS on page 3...

Do candidates' families affect campaigns?

Kerry Browne
Staff Reporter

"What you have is Mitt Romney running around the country saying, 'Well, you know, my wife tells me what women really care about are economic issues, and when I listen to my wife that's what I'm hearing.' Guess what? His wife has never actually worked a day in her life." These comments were made by Democratic strategist Hilary Rosen, in response to a question by Anderson Cooper on his CNN show, "Anderson Cooper 360." Cooper's question suggested that due to the gender discrepancy in those unemployed, it might be necessary to reach out to women.

Ann Romney, wife of aforementioned Republican presidential candidate Mitt Romney, created a Twitter account to respond the same day. "I made a choice to stay home and raise five boys. Believe me, it was hard work," she said on the social networking site.

See CAMPAIGNS on page 3...

Women's lacrosse grabs No. 1 seed in NEC tourney

Kathryn Cooper
Staff Reporter

This past weekend, the Sacred Heart University women's lacrosse team had two games that would determine the fate of their 2012 season. The Pioneers took on the Bryant University bulldogs on Friday night as well as the Central Connecticut State Blue Devils on Sunday afternoon.

The Pioneers needed two wins to get them into the Northeast Conference tournament. This season, the Pioneers and the Bulldogs have played each other twice and in both matches each team has won on their home field, the Pioneers beating the Bulldogs 11-10.

The game had a quick start as the Bulldogs scored just 30 seconds into the game. Sacred Heart came right back a minute later when Bryant goal, junior attacker Emily Pepe passed it to senior attacker Aurelie Plaizmakers, who scored the equalizer making it 1-1.

After a Bryant goal, junior attacker Pepe who scored making it 7-4 Pioneers at the end of the half.

Women's lacrosse grabs No. 1 seed in NEC tourney

Kate Kmiotek (#3) and the Pioneers lacrosse team won both of their games this past weekend to earn a share of the NEC regular season title.

Quick play and fast action continued between both teams and around 19:38 Pepe was hit in the head and awarded a free shot. When the whistle blew Pepe quickly passed it to senior attacker Alyssa Dorsev who scored the equalizer making it 4-4.

At 16:19 the Pioneers scored giving themselves their first lead of the game of 5-4. This goal was scored by senior attacker Katlin Rochler and assisted by Pepe.

Scoring on both sides stopped for a while until freshman attacker Taylor Babin scored for the Pioneers with 2:43 left in the first half making it 6-4. This was also Pepe's third assist in a row.

Pioneers beating the Bulldogs 11-10.

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O’Sullivan introduces Irish bagpipes to music lovers

Julianne O’Hara
Staff Reporter

On Wednesday, April 18, Sacred Heart University welcomed accomplished Irish uilleann pipe performer Jerry O’Sullivan to summarize the origins of his instrument, and to give a live performance.

The main purpose of O’Sullivan’s appearance was to introduce the uilleann pipes to the audience, many of whom had never heard of these bagpipes. “For the average North American, when you say ‘bagpipes,’ what comes to mind is usually the Scots Highland pipes you see at the parades and at funerals,” said O’Sullivan. “So it’s interesting with the Highland Pipes, that they’ve become a worldwide phenomenon.”

In addition to being an accomplished performer, O’Sullivan is a recording artist, a teacher, and a scholar of the instrument. He has also recorded three solo albums.

The night consisted of slideshows with historical facts, a question-and-answer session, and a live performance. O’Sullivan allowed song requests from the audience members, and performed an opening jig on the pipes.

“It made the event even more interesting when he performed a jig for the audience,” said sophomore Julie Lally. “I really enjoyed it.”

O’Sullivan has been a practitioner of the uilleann pipes since 1976, but developed an affinity for them during his early childhood.

His talent has enabled him to collaborate with artists such as Dolly Parton and The Eagles’ Don Henley. O’Sullivan has also worked with composer John Williams, who has written music for “Star Wars,” “Jurassic Park,” and “Harry Potter.”

O’Sullivan wasn’t alone during his performance. He had help from other instrumentalists, including Patrick J. Touhey, Leo Rowsome, Seamus Ennis, and Willie Clancy.

O’Sullivan described the origin of the bagpipe as well as its evolution. It began in the Middle East, including Patrick J. Touhey, Leo Rowsome, Seamus Ennis, and Willie Clancy.

O’Sullivan will be returning with friends to perform an Irish Christmas show on campus.

Making More Time
For Volunteering

Erin Burke
Columnist

For those of you who have taken the advice from this column week in and week out have probably done their fair share of community service.

Aside from the wonderful feeling of giving back to the community, there are other awesome rewards that come with the act of community service.

Volunteer Programs offers community service scholarships to people who have made a significant impact on the community.

The requirements are incredibly simple. Recipients can receive anywhere between $800 and $1200 in scholarship funding in exchange for 100 hours of community service through the year.

One hundred hours seems like a lot of time to give but in the big picture it is not an overwhelming task. Volunteer programs works with its scholarship recipients to make sure they can complete their hours.

Going away on a habitat trip can count for about 40 hours of the required 100. They also make sure that you are informed about tutoring, read-a-louds, mentoring programs, soup kitchen opportunities in efforts to help you succeed and meet your requirement.

The hours can be completed in any way as long as you are giving back to the community. It is easiest for people to work in long-standing, consistent programs.

Things like Sunshine Kids, AMP and other mentoring programs combined with a Habitat Spring Break Trip can easily cover 90 percent of the required hours. This scholarship opens the door for you to see all the different ways that Sacred Heart students giveback to the community and allows you to discover which community service opportunities speak most to you and your passion to help the community.

At the end of the year your only other requirement is that you submit pictures of you doing the different service projects as well as a thank you note to the few places where you completed the most of your hours.

As a recipient of the community service scholarship myself, I can tell you all from first hand that this is an amazing opportunity. This is a chance to get a scholarship for something that you would be doing one way or another. I can take the time that I would be working to make that money, and use it to volunteer with sunshine kids, ONE and Habitat.

“The goal of a scholarship like this is to give people who volunteer an opportunity to” says Sacred Heart Senior Ali Evers.

“It gives us financial assistance so that we can spend our time focusing on volunteering and mentoring instead of working extra jobs to make that money or taking out even more personal loans.”

I have been a recipient of the scholarship for the past three years and each year I find that more and more students have been given this opportunity to put their free time to amazing use, giving it to the community.

Keep an eye out in your email for the chance to apply for this scholarship and use your time to make a difference in the community.

For more information about the opportunity to be a community service scholarship recipient contact Mauro Cook in the volunteer programs office at cookm2@sacredheart.edu.
Comments about Ann Romney stir controversy in campaign

...CONTINUED from page 1.

Rosen has since been criticized for her comments, and released an article on CNN.com in her defense. The opinion piece was a justification in which she said that she did not intend to criticize Romney and that she admired her.

Dr. Gary Rose, chair of department and politics at Sacred Heart University, was disappointed in Rosen’s comments.

“The statement was inaccurate, misguided, and insensitive,” said Rose. “For anyone to denigrate what a mother does is a caustic thing to say.”

Even with the controversy, there isn’t much historical evidence to suggest that candidate’s family members play a decisive role in voter behavior.

“Generally speaking, people vote for the person,” said Rose, who also teaches the politics of presidential elections class. “Some members can be seen as supplemental, like an asset to the campaign, but in the end there is no research to show that people vote based on their spouse or their kids.”

For example, Bristol Palin’s pregnancy brought negative media attention to Palin’s vice-presidential campaign in 2008. But Rose argues that voters did not bring these notions to the polls.

“People didn’t turn against Sarah Palin due to the rumors about Bristol. That was a sort of sidebar to opinions of her,” he said. “It was mostly due to her inability to answer substantive questions.”

However, Rose does claim that family members have some impact. Some candidates’ relatives have aided their image.

“Maureen, Ronald Reagan’s daughter, acted as a spokesperson for him,” he said.

Given the insensitivity and imprudence of Rosen’s comments, Rose does not know what drove her to make them.

“I don’t know exactly what her motivation was for saying such a stupid thing,” he said.

MS Walk raises money, awareness

Walk raises over $7,000

...CONTINUED from page 1.

But even those who were unable to donate substantial amounts of money were able to help by walking.

“It was a great cause to be a part of,” said senior Ashley Rodriguez. “Even if I couldn't donate a lot, just being there and participating in the walk was a way to help someone, which is a great feeling.”

The Sacred Heart community’s annual participation and passion for the cause is encouraging for individuals.

“I have participated in the walk before, and each year it's amazing to see the support and encouragement that everyone gives to the cause,” said Miller.

In the past seven years, “Sacred Hearts for Hope” has raised over $120,000 for this cause.

The campaign against MS involves many different fundraisers, including the MS Walk and Bike MS.

There are more than 100,000 participants in Bike MS, and nearly 600 annual MS Walks, according to the National MS Society.

The exact causes of MS are unknown. But scientific theories about the causes of the disease hold that it is immunologic, environmental, infectious, or genetic.

Upon registering, participants had the option of either donating money or volunteering and walking.

According to junior Amalia Luciani, the weather didn’t stop the enthusiasm that everyone involved in the event had.

“It was great to see such a good turnout of people from Sacred Heart,” said Luciani. “There were a lot of students, and they were all there supporting Leo and the cause.”
Nineties shows are back on Nickelodeon, and according to the Sacred Heart University community, they are still “all that.”

After Nickelodeon researched social media outlets, they realized that many people have been craving the shows they used to love when they were younger. The network received a presentation from their interns showing that there was a lot of activity on shows fan pages such as “All That,” “Doug,” and “Kenan and Kel.”

In an interview with the New York Times, Nickelodeon president Cyma Zarghami credits the Internet activity with turning the station’s decision to bring back vintage shows. "It’s definitely not too soon for the reruns to start. Even though we aren’t old, it definitely brings back a lot of memories and gives kids a sense of past television," said freshman Joe Berry.

Junior Nichole Bowski agreed and said that the older shows vary in subject matter from many present day shows. "They are much less violent than the ones that kids watch on television today," said Bowski.

Many students said that Nickelodeon’s airing of these shows has given them a sense of nostalgia over their childhood. "I’d watch those shows and was sad when they stopped running them. I used to watch them any chance I got," said senior Abbie Britton. "I’m excited that I now know they are coming back.”

Many students are pleased about the airing of these shows because they believe the shows they grew up with are better than those available for today’s children. "Even though my roommates and I don’t watch that much television, we always try to catch an episode or two of our favorite ‘90s shows if we are up late enough because they are just that good," said Berry.

With the buzz on Facebook, Twitter and YouTube tribute pages, these shows may soon have an even bigger presence on the television screen. Nickelodeon has been keeping a close eye out for this type of information on the Internet.

"Over the past year, Nickelodeon executives noticed a surge of ‘90s-related tweets, blog posts, and tribute videos on YouTube," said Claire Suddath in an article from TIME Magazine. "Dawkins [Senior VP and general manager of Nickeloons and Teen Nick] was surprised to discover that a Facebook page called ‘I Want My 90’s Nickelodeon Back’ had 1.1 million fans. Another one for Reptar, the fictional dinosaur toy from Nickelodeon’s cartoon show ‘Rugrats,’ has 2 million.”

While producers realize many ‘90s children never really stopped loving their favorite childhood shows, many students said they’ll continue to watch them as long as they air. "Even though my roommates and I don’t watch that much television, we always try to catch an episode or two of our favorite ‘90s shows if we are up late enough because they are just that good,” said Berry.

Google’s new gadget

Erin Marley
Staff Reporter

When junior John Kelly first heard about Google Glasses, he immediately went on YouTube to learn more. After viewing the video, he was shocked. “I think the idea is absolutely mind-blowing,” said Kelly. “I think the futuristic technology always seems to amaze me.”

Google Glasses are a pair of eyeglasses that interact with what you’re seeing, and act as a smartphone, day planner, turn-by-turn navigation system, camera, and more.

Google is planning to release the specs to the public by the end of the year. Although the futuristic technology is meant to be helpful, some Sacred Heart University students believe that Google is overstepping its boundaries. “It’s too much,” said junior Nikki Kimbrowicz. “Somebody could look over my shoulder all the time, and change the whole dynamic of people’s lifestyles,” said Kas Johnston.

Although many students feel that the new device is unneeded, there are others that are intrigued. “I don’t know how I feel about a pair of floating glasses talking to me, but I would be interested to see if it can do all those things like remind me of stuff, find locations, and make my life easier,” said senior Austin Tarrington.

Other students shared a similar interest and curiosity. “When things like that are introduced, I need to be the first one to have it,” said Kelly. “I find little gadgets and gizmos like this so interesting.”

The glasses are supposed to be beneficial, but many said they may also cause problems down the road. “I think everything like this is going to be beneficial, but it could also cause problems down the road,” said Zach Johnston. "I think the idea is great, but it could also cause problems down the road.”

Some students feel that if more gadgets like Google Glasses are created, it will cause a negative effect. “I think everything like this comes out makes everyone lazier and lazier,” said senior Zach Johnson.

Junior Lindsay Kasten agreed that the changes may be too much. “That just would mean that it would change the whole dynamic of people’s lifestyles,” said Kasten. “I think it just shows the advances of technology.”

Google Glasses are designed to compete with Apple.
Do celebrities influence your purchases?

Caitlin McLaughlin
Staff Reporter

When companies attempt to market their products, many look for something that their target audiences can relate to. One major way of doing so is signing celebrities to market their products.

According to the New York Times, "These days, it’s nearly impossible to surf the internet, open a newspaper or magazine, or watch television without seeing a celebrity selling something, whether it’s umbrellas, sodas, cars, phones, medications, cosmetics, jewelry, clothing or even mutual funds."

Yet, these celebrity endorsements can work both ways. If a customer is interested in looking for a product that is endorsed by a celebrity, they may be turned off by a spokesperson they are not a fan of. Some students said they are more apt to buy products simply because they have strong convictions for certain celebrities.

"I wouldn’t normally buy a product because it is endorsed by a celebrity, but when it comes to someone that I really admire, like for instance, Carrie Underwood, then I would definitely be more likely to buy it," said junior Kelly King.

Celebrities like Nicole Kidman, Eva Longoria, and Jessica Simpson are all known for endorsing specific companies even though they may market for others. There are products that many people come to naturally associate along with a celebrity.

"I don’t buy products based off of who endorses them, but when I buy a product, I recognize the celebrity who endorsed it," said sophomore Michelle Capuzzi.

The New York Times also stated "Over the last decade, corporate brands have increasingly turned to Hollywood celebrities and musicians to sell their products."

The Times article also referenced statistics released by a marketing research company called Millward Brown. According to their findings, celebrities appeared in 14 percent of all advertisements last year.

There are also questions as to whether or not celebrity-endorsed products are more expensive than those without a famous face on them.

"I think that some companies mark up the prices based on who endorses them, but it definitely depends on the product. I don’t think something like cars would be marked up more based off of celebrities," said Capuzzi.

Many products that are consistently advertising with celebrities gain a lot of attention from the public eye. Brands such as Neutrogena, Covergirl, and Pro-active use A-list celebrities such as Drew Barrymore, Rihanna, Taylor Swift, Katy Perry, Jessica Simpson, and Hayden Panettiere to market their products.

"I use Covergirl products a lot basically because it’s the one I know the most about due to all of the different advertisements and celebrities that endorse it," said junior Alex Daley.

Some of these companies use many different celebrities to endorse their product in order to show that multiple celebrities use it. This makes their company appear more diverse and popular because people see that more celebrities like the company.

"I definitely think that using celebrities is a great way to get people to buy products," said King. "People look up to a lot of different celebrities and will spend money on things to be just like them."

Andrew Cresci

He said

Well if you haven’t been around your significant other nonstop for an extended amount of time then vacationing with them probably is not the best idea.

Being “with” someone and then being "WITH" someone are two very different things. As your relationship matures and you wind up spending longer bouts of uninterrupted time together, you will see what I mean.

Ultimately, I feel that is what takes a relationship to a higher level of success and maturity and can tell you when it is suitable for that to last.

It’s tough though — I will be the first to tell you that the first time being with someone for three days straight, I got a little stir crazy towards the end (in the sense I craved some kind of male oriented task or activity to keep my sanity). Not that it means that I dislike my girlfriend. I just believe that everybody needs some kind of individual space after a while. If she were to tell me the same thing. I would completely understand where she was coming from.

But then again, if you can go that long with someone consistently without a break, then congratulations you may just have found your future wife.

Now back to the topic. If it is your first vacation as a couple, I would probably stick with something shorter like a weekend and then build off of that.

The more time you genuinely spend with someone, the more you realize not only what kind of person they really are, but whether or not you are with someone who could actually mean something and go somewhere.

As for what kind of vacation is appropriate, that is entirely up to you, what kind of relationship you are in, and what you two enjoy doing.

If you do not know someone entirely and you go to some resort or even down the beach, you can wind up disappointing them by the end of your trip.

But like it said, is it all based on how you feel. Every relationship is different and ever couple has, by their own standards, what is appropriate or not.

The easiest way you can go about dealing with this issue is if you have to think about the acceptability or appropriateness of whether or not you should go on vacation, then ask for your significant other’s input or just simply do not go.

If you have not figured this out already, I like to take a simple and uncomplexed approach to all this relationship stuff.

Honestly, just look at it this way: if you are not comfortable discussing possible issues or concerns with this person, then what are you doing with them?

Relationships should be easy (most of the time) because you actually enjoy being with each other. Needless worrying of what is appropriate is pointless because if you do not know what is appropriate, then it is worth your time to step out of the relationship.

If you cannot trust that some one will not be able to handle a conversation about a vacation, then that (and probably the relationship in itself) is most likely not the best idea, now is it?

Stephanie Tagliantieri

She said

Traveling is always a worry, whether it is with friends, family, or a significant other. Spending too much time alone with someone always presents the possibility of getting annoyed with the other person.

It is especially nerve-racking to go on a vacation with a significant other for the first time. You have never traveled with each other before, and you do not know what to expect from each other. You can either create wonderful memories, or end up drinking yourself into a coma in order to avoid what is actually going on with the horrible person you are with.

I always say, "You never know someone until you travel with them." This has always remained true. I have discovered who my true friends are by vacationing with them. My best friends are always my best vacation buddies. I have even traveled with one friend several times, and we were never at each other’s throats, despite the confined spaces of sharing a bed in a hotel room.

It is easy to get excited about a vacation, but it is also easy to have unrealistic expectations. It is important for new couples on vacation to constructively resolve arguments as soon as they happen. Arguments can occur at any point. You can argue about your itinerary, forgetting to bring something, or even things that have nothing to do with the vacation itself. You should pick a destination that you will both enjoy, and divide tasks in preparing for your vacation. Both parties will feel important and you will both learn how to work together.

Couples are always a concern. You both might have different ideas of what splurging is, which can create a fight. A simple way to avoid an argument about money is to set a spending limit beforehand.

Sharing a small space is also a concern. Sure, you may spend a lot of time together at each other’s homes, but sharing a small room and a small bathroom is very different. Do not be a slob. Clean up after yourselves! Accommodate each other’s preferences of sleeping. You have to be respectful to each other and be aware of all of this ahead of time.

When it is appropriate for a couple to vacation together? I think that once a couple is mature enough to discuss the aforementioned problem areas of a vacation, then they are ready. If a couple has a hard time making decisions about where to go for dinner or what the game plan for a day is, I don’t think that they are ready to plan something as elaborate as a vacation.

Newer couples should stick to something small and simple. Spend a weekend in a fun or relaxing place, but sharing the couple’s preference. I don’t think it’s realistic to plan a two-week international vacation with you in a new relationship. Spend the weekend in a beach city, preferably somewhere that is within driving distance. You shouldn’t be spending a lot of money on your first vacation together.

One person shouldn’t be held accountable for all of the costs either. Be respectful, accommodating, and many about the entire situation. Most importantly, have fun!
What's the Plan, Stan?

Erin MacDonald
Perspectives Editor

"What are you doing after graduation? Where are you living? What's your starting salary?" We all know the refrain, as the countdown to graduation begins. It's your parents who are encouraging you to move back home, that girl who's constantly trying to one-up you, and your professors who are anxious to see what their proteges will accomplish.

What I don't understand is, what's so shameful about not having a plan? A week after we receive our diplomas, my roommates and I are packing our bags and hitting the open road. Well, actually we've been carping the diem. Who's to say you'll journey from coast to coast for your tassels to the left, the education we've received at Sacred Heart will be put to the test. Of course this applies to whatever areas of expertise we've focused on, but it also spreads further to the life lessons we've gathered along the way.

Little things like budgeting enough money for Merrill Canteen on the weekends, pushing through Gary Rheo's kickboxing class, timing laundry so it's not sprawled across the floor when you're five minutes late, and learning to live with ridiculous roommates. All of these things may appear to be minor, yet they are incorporated into the overall experience we've had while obtaining our education.

While it's obvious that the degrees we earn will lead us to accomplish great things, it's also the little life lessons I've learned along the way that I am appreciative of. They are what get me through my day-to-day life and will help my roommates and I as we journey across Route 66 and up the Pacific Coast Highway.

So, although I don't know exactly where I'll be working a few months from now, I do know that putting off the real world for a couple of months isn't the end of the world. My plan is to take what I've learned here at Sacred Heart and live life to the fullest - I don't say any shame in that.

We've blocked off two months to travel down south, go west, head north, and then return back east. Any and every connection we have throughout the country has been connected, and we've calculated expected expenses down the dollar. All I can do now is anticipate the journey that lies ahead and hope that my time spent here can help along the way.

As soon the first few notes of 'Not Over You' by Gavin DeGraw waft through the paper-thin walls, it's clear someone is in her room, wallowing. (Not sure how this song correlates to graduation? Well we don't either, just roll with it.) When I think about parting ways with the creatures I call my housemates and friends, I evoke myself a feeling I wouldn't wish on anyone. I will miss sundy aspects exclusive to my major, which most people would never understand. Things like freezing in the media studies studio, recording a voice over in a media lab full of my peers, and writing for the Spectrum.

That brings me to my last point - the publication you are holding in your hands. Regardless of the frustration it may afford me, I truly enjoyed my time as a member of the newspaper staff. Not only has it helped me sharpen my writing and editing skills, but it allows me a platform from which to foster my passion for news reporting.

I'm about to hit you with a tsunami of nostalgic thoughts, but this organization has become a major part of my college career. And when I finally move on to a big girl job, I will take with me all I have learned here.
Fans worldwide were able to watch their favorite acts perform on the West Coast.

"It was all too real; it was a little creepy. But nonetheless, it was amazing to actually see what Tupac looked like and a cross around his neck ~ Tupac's performance was "Tupac was at Coachella." And the Twitter-verse blew up with one common status: a hologram of Tupac came on stage, the crowd went wild.

On April 15, when Dr. Dre and Snoop Dogg took the stage, a few stayed to party at the silent disco. "I was in the library," said Eckert. "The crowd went wild when he started singing 'Levels.'" 

Although this rap performance was the biggest surprise, there were many other performances that didn't go unnoticed, senior Billy Eckert's favorite was Avicii. "I'm huge into Avicii, and when I watched his set on YouTube I couldn't sit still, and that was not good because I was in the library," said Eckert. "The crowd went wild when he started singing 'Levels'".

While he watched via the library in Fairfield, the live California fields of Coachella were packed with celebrities including, Katy Perry, Emma Roberts, Kristen Stewart, Lindsay Lohan, Joe Jonas, and Jared Leto, to name a few. "Last night was spiritual fradoodah," Katy Perry tweeted in regards to the band's performance at the festival.

The positive reaction that Wolman and her castmates received from the audience encourages her to keep up with her passion. "This is my 13th musical, and it only reinforces the love I have for theater," she said. "Singing and acting is something I never want to give up. I hope to only make that number higher."
'Catching Fire' catches new director

Maryanne McGoorry
Staff Reporter

Besides being multimillion dollar franchises, one other thing "Harry Potter," "Twilight," and now "The Hunger Games" have in common, is that they've had many director shake ups.

Gary Ross, who directed the mega hit "The Hunger Games," has decided to step down from directing the series sequel, "Catching Fire."

In a statement, Ross ensures that his decisions had to do with time and not money, as it was rumored to be.

"As a writer and a director, I simply don't have the time I need to write and prep the movie I would have wanted to make because of the fixed and tight production schedule," said Ross in the statement.

Senior Arielle Mangaracina supports Ross on his decision on stepping down from being the director of the film.

"I think it totally makes sense why he wouldn't want to make something he is not going to be a 100 percent proud of," she said. "It is not fair that Lionsgate is giving him a certain amount of time to make the film. As a director he should have the privilege to take his time to perfect the movie."

Sophomore Nick Lemminger, is a fan of the book turned movie series, and thinks that Ross isn't being totally honest about the reason for this decision.

"I think it does have to do with the money because I feel like when he got involved with doing the first one he knew that there was going to be a second one and that he would get more money for it," he said. "I think if he really was a good director then he would make it work with the time he has and still make it great."

Recently, The LA Times reported that Lionsgate studio, who is behind the films, offered director Francis Lawrence do be the ringmaster for "Catching Fire." Lawrence is known for many big hits like "I Am Legend" and "Water For Elephants."

Sophomore Lizzy Bennett is excited about the new director for "Catching Fire," but hopes he stays true to the book.

"I cannot wait to see what the new director does with 'Catching Fire' because it is such a different book then the first one so it should be really cool," she said. "I have seen 'Water For Elephants' so I know that he is a good director. I just hope he doesn't go off course with the film."

Sophomore Madison Polinice is hoping for the best for the series but is also nervous about the change of directors.

"I think films like that come in a series should keep the same director because you don't want them to be so different from each other," she said. "Each director has their own creative style and envision things differently. Hopefully this change doesn't ruin the movies for the fans."

Fans of the series will get to see what Lawrence does with "Catching Fire," when it is reported to be released in November 2013.

#Celebrit		
tweeting probz

Celebrities catch backlash for controversial tweets

Johanna Ovsinek
Staff Reporter

"Just killed back to back spin classes. Eating a salad dreaming of a cheeseburger...#PopSingersDon'tEat #IWasBornThisWay."

This is not a line you would expect to hear from a celebrity who cultivates a positive body image for her fans.

But, Lady Gaga contradicted her beliefs and had fans turning against her, from just this one post on Twitter.

"I can't believe Lady Gaga would tweet something like that," said junior Mikaela Wolf. "She's always talking about being healthy and loving yourself the way you are. This doesn't make sense."

According to Yahoo Music, the National Eating Disorders Association got involved by tweeting, "Jlo? This is the same person who recently implored girls to stop dieting?"

Gaga was hit with a media numeros times about her struggles with bulimia and has been an advocate for healthy eating.

Gaga isn't the first celebrity to get in trouble on Twitter. Tons of celebrities are how using the infamous social media website to vent to their followers.

In early April, Courtney Love tweeted a rumor that Dave Grohl, a former Nirvana band member, came on to her 19-year-old daughter, Frances Bean Cobain.

According to USA Today's LifeLine Live blog, Cobain said, "While I'm generally silent on the affairs of my biological mother, her recent tirade has taken a gross turn. I have never been approached by Dave Grohl in more than a platonic way. I'm in a monogamous relationship and very happy. Twitter should ban my mother."

Last year, actor Ashton Kutcher went on a Twitter rant before he knew the whole truth about the scandal surrounding Penn State football coach, Joe Paterno.

Kutcher tweeted, "How do you fire JoPa? ritual mockins as a Hawkeye fan I find it in poor taste."

Kutcher received so much backfire from his followers that he took a long break from Twitter.

"It seems to me that celebrities don't know how to control the media," said Twitter sometimes, said senior Jon Sam. "The best example of this has to be Kanye West."

Famous rapper, Kanye West, is well-known for his numerous Twitter rants. The most recent, according to Time NewsFeed was this past January.

In a matter of two hours, West tweeted about fashion, his early school days, education, design, forming a creative collective, Occupy Wall Street, the London riots, his mom, the broken jail system, his critics, and the Grammy awards.

Junior Eric Delong, who remembers reading Kanye's outburst said, "I understand that celebrities have their freedom of speech, but I think they need to watch what they do and say no matter what. Those tweets made Kanye seem crazy."

Nevertheless, some Sacred Heart University students think that Twitter is a great way to follow the lives of their favorite celebrities.

"I love seeing what they have to say and what cool things they're doing each day," said senior Abbie Britton. "I know sometimes they may say something stupid or offensive, but that's part of the entertainment."
SHU dunks for donations
Annual SHU Dunk raises money and spirits for Student Government

Konstantine Dekaneas
Staff Reporter

Students were ready to get wet and have fun on campus with the annual SHU Dunk.

On Wednesday, April 18, faculty, staff, and students participated in the annual SHU Dunk, an event sponsored by Sacred Heart University’s student government.

“The event brings the Sacred Heart community together for an afternoon to try to dunk whoever is in the tank,” said Lauren Kalil, the 2014 class president.

While normally the event is run by the senior class, this year it was run by the sophomore board. The money raised goes towards the sophomore class and will be used for various events held throughout the year. It will eventually go towards their senior week.

As many students attempted to dunk participants, some students had more of an incentive to dunk their target. Sophomore Talia Schwartz is a member of the women’s soccer team and could not wait to dunk her coach.

“We were glad to see our coach take part in the fundraiser. It brought the team together for an afternoon, and we were able to help raise money,” said Schwartz.

Senior Mike Wright tries to dunk Senior Brian Harrison during the annual SHU Dunk event last Wednesday.

Junior Mike Wright tries to dunk Senior Brian Harrison during the annual SHU Dunk event last Wednesday.

The fundraiser was able to raise $280. “We are thrilled about the outcome of the fundraiser. We were able to raise a decent amount of money and we were excited by attendance from the Sacred Heart community,” said Kalil.

Many students didn’t plan on going, until their friends suggested they take part for just $1.

“I was on my way to my room when I saw my RA, Eddie Kennedy up next. It only cost me $1, and I got to try and soak my friend. How could I say no?” said sophomore Taylor Erdman.

While many “dunkers” enjoyed their time soaking their peers, coaches, and professors, those who got dunked expressed their love for the event as well.

“It was nice to see so many people join the fundraiser. It was a beautiful afternoon and Erdman and I enjoyed a laugh after he failed to hit the target and dunk me,” said Kennedy.

SHU Dunk proved to be a success for student government and the sophomore class.

“My class board and I could not have had such a successful event without the incredible willingness to participate from the students, faculty, and staff,” said Kalil.

Is Studying pain in the neck/back?

Toward the end of the semester, students and faculty alike get locked into extra time on their computers or with their noses in books. While putting in long hours, keep these tips in mind:

- Sit in a comfortable chair – Try to find a chair that gives support to the back. Avoid sitting on the edge of the chair or slumping.
- Take study breaks! – Take a quick break every 30-40 minutes. Stand up, stretch briefly and sit back down. A 30 second break every 30-40 minutes will reduce fatigue and soreness.
- Drink plenty of WATER. Finals time is a prime coffee/caffeine consumption period around campus, but remember that water is important to keeping your body functioning efficiently. For every caffeinie drink consumed, drink 1-2 bottoles of water to avoid getting dehydrated.
- Don’t forget to EXERCISE – Your body needs movement and activity not only for your muscles and bones, but for your brain too!

Looking for physical therapy treatment? We participate with most major insurance companies and offer competitive cash rates.

For scheduling or additional information, please contact us Monday-Friday at (203) 396-8181
Students share their sizzlin’ summer plans

Kimberly Woodruff
Staff Reporter

Do you dream of being in a different country, or interning at your favorite magazine, or catching up on credits for the summer?

Three students from Sacred Heart University will be following their passions and making all that they can out of their summer.

Students Catherine Glass, Dianis Mercado, and Erin McGunnigle are all ready for their summer plans. Whether they involve abroad, interning, or for those looking for roommates.

But what if you haven’t found something Review services and tools can help make this process a bit easier. There are also Facebook pages for people looking for rentals, or for those looking for roommates.

Pam Bamum, the Student Life office manager, says there are also Facebook pages for people looking for places to rent, or for those looking for roommates.

Student Life manages a bulletin board that posts listings of local homes available to rent.

In addition to the stress brought on by classes and finals, the difficulty in housing can often add to this. In an effort to alleviate some of the pressure, Sacred Heart University offers different resources for students to help make this process a bit easier.

Student Life manages a bulletin board that posts listings of local homes available to rent.

As this semester comes to an end, it is time for students to coordinate living arrangements for the 2012-2013 school year.

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Pam Bamum, the Student Life office manager, says there are also Facebook pages for people looking for places to rent, or for those looking for roommates.

She also suggests speaking with a resident assistant as an option for finding housing. Some find this to be a simple and effective method for finding a suitable house or apartment.

"I am using a resident to help me find places to live. So far, she has been very helpful. I just told her what I was looking for, and she always keeps me updated if anything new comes along," said junior Samantha Giordano.

Giordano believes the additional help has yielded better results than her personal search did.

"When I began my house search, I looked online and did not find anything that I was looking for or liked. Now that I have a resident, I have many options to choose from," she said.

Now the choice of getting an apartment or house is another issue. Senior Gilbert Lobo prefers a house rather than an apartment.

"It is a better feel. We are already away from home, and it is nice to have that homey feeling back," he said.

Senior Kristin Legenza echoed this sentiment, expressing her desire for a house because she wants a "homey" feel, and because it can provide more space.

"I can have my queen sized bed instead of the small beds in the dorms. I can have my music on, and not have to worry about bothering others. It is ultimate freedom," said Legenza.

The location of housing off-campus is also something that can leave students stressed.

Junior Claire McGovern has been searching for houses and has spent time looking in Fairfield rather than Bridgeport.

"I like the surroundings around Fairfield better. There is also more to offer being closer to shopping and food," she said.

Although McGovern prefers Fairfield, she admits

Facing the headaches of a housing hunt

Michelle Aptekin
Staff Reporter

Does next year’s housing have you feeling overwhelmed? As this semester comes to an end, it is time for students to coordinate living arrangements for the 2012-2013 school year.

In addition to the stress brought on by classes and finals, the difficulty in housing can often add to this. In an effort to alleviate some of the pressure, Sacred Heart University offers different resources for students to help make this process a bit easier.

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Although McGovern prefers Fairfield, she administers

country this summer, but rather, she will be visiting seven. These countries will be Italy, Spain, Croatia, Turkey, Portugal, the Bahamas, and Greece.

"I couldn’t choose one country. I want to see as many places as possible. This was a great compromise," said Glass.

As a homepage from Long Island, Glass is looking forward to seeing and experiencing different cultures. In hopes of getting her doctorate in Psychology, she is excited to integrate learning into travel and understand how different people view the world.

"I am definitely going to take note of the people I meet in other countries to see how they act and how they live and communicate with other people because that reflects back on what I want to do," she said.

While Glass cruises around the world, another Sacred Heart student has plans to remain in one time zone here in Fairfield.

After recently switching majors, sophomore volleyball player Dianis Mercado plans to catch up on business courses and begin interning. Mercado, a native of Puerto Rico, said that although it is hard to be away from her family, they stand behind her decision to remain at school over the summer.

"When I start working or having to do a project, I will get over it. I do it for the best and my family is really supportive of it," she said in regards to being away from her home.

Mercado said she hopes to take business courses over the summer so that she can take fewer credits when volleyball season is in full swing in the fall.

"I want to do anything that can help me graduate on-time or be a little bit ahead," she said.

In addition to taking summer courses, Mercado came across an internship opportunity through the business school.

"I would love to just do something in business so I can educate myself a little bit more," she said.

As part of the John F. Welch College of Business, Mercado will have the chance to work closely with professors over the summer as a Research Assistant.

"I haven’t had a taste of business yet," said Mercado. "I’m hoping that it gives me an idea of some things that I would be doing in the future, and that it motivates me even more.

Rather than studying abroad, taking classes, or interning, sophomore Erin McGunnigle will be sticking around campus to be an orientation leader and to finalize the school yearbook as president of the Yearbook Club.

"I enjoy the organizations I am involved in here at SHU and it is the organizations themselves that motivate me to come back over the summer," she said.

She is excited to continue to work with the Sacred Heart community, even if that means sticking around for the summer.

"Keeping in contact with the SHU community can only benefit me in the end," she said.

While her summer will be dedicated to working as an orientation leader, she also will be working on the completion of the yearbook.

"I am looking forward to the orientation leader process and for the yearbook to be finalized," she said.

While she will be here for most of the summer, McGunnigle is happy to take some time to spend at home as well.

"I am happy to not be away from my family and friends for the entire summer and will be able to see them a good amount," she said.

Bridgeport may be better due to its closer proximity to campus.

"Although there are many options in Fairfield and other surrounding towns, I’d rather be closer to school. That is the main priority. I don’t want to wake up for class. It’s a compromise. I would love to live in a house, but I feel like if I live closer to campus, it is definitely more convenient. Whatever makes a student happy, whether it’s a house or an apartment, that should be their choice," said junior Zander Behzad.

Although students agree that living closer to campus is a better option, some believe proximity should not force
jumped back in goal and scored," said Kmiotek. 

"My first goal was just a team effort, two of my players made a cut through for me, I took the open lane they gave me and had a clear shot on goal," said Kmiotek.

The Bulldogs kept fighting and two minutes later, McCarthy scored her second of the game making it 9-6. At 18:30 Kmiotek also scored her second goal of the game giving the Pioneers a 10-6 lead. 

"One of my players was open right on top of the crease and I was looking to pass to her and the goalie was cheating to her, so I kind of hesitated and the goalie jumped back in goal and I scored," said Kmiotek.

Just 15 seconds later Green saw the open lane, took the shot and scored her second goal of the game making it 10-7.

At 13:21 Rochler would score her second of the game making it 11:7 for the Pioneers. Kmiotek had the assist on the last goal scored by the pioneers of the game.

The rest of the game was all Bulldogs with Sheridan scoring all three goals making it 11-10 and almost scoring a fourth to tie up the game.

The Pioneers ended up winning the game though with a close score of 11-10.

"I think we got wrapped up in the excitement of being so far ahead and kind of lost focus a little bit. The draws were a big thing. We kept losing the draws, we had to regain our focus and the draws were pretty much where we dropped off but, as soon as we got back into our focus we were able to win the game," said Kmiotek.

The Pioneers were back at it again on Sunday against the Central Connecticut State Blue Devils. These two teams met for the first time during the 2000 season, and since then the Pioneers are 12-0 when playing against them.

The winning streak continued as the Pioneers beat the Blue Devils in a close game of 10-9. The Pioneers got themselves on the board pretty quickly in the first few minutes of the game.

Just two and a half minutes into the game Pepe scored the first goal of the game giving the Pioneers a 1-0 lead.

One minute later the Pioneers continued their aggressive start when Kmiotek scored giving the team a 2-0 lead. The Blue Devils were quick to tie it up and at 23:41 senior midfielder Ashley Mara found the open lane, took the shot and scored putting the Blue Devils within one.

Just 45 seconds later junior attacker Meaghan McCurry scored the equalizer for the Blue Devils making it 2-2.

The Pioneers quickly retaliated to regain the lead when Russo scored at 21:19 making it 3-2.

A few minutes later McCurry got her second goal of the game, scoring another tying goal for the Blue Devils making it 3-3.

Just two and a half minutes into the second half Kmiotek scored her second goal of the game giving the Blue Devils a 4-3 lead.

The Blue Devils kept fighting and about a minute and a half later, Ryan scored giving their team a 2-0 lead. The Blue Devils would strike again at 1:52 left in the first half when McCurry passed it to junior attacker Betsy Vendel making it 8-5.

The Blue Devils got their last goal of the half with seven seconds left giving themselves a 9-5 lead over the Pioneers. This would be the last goal scored by the Blue Devils in the game.

Just 22 seconds later Pepe scored getting the Pioneers within one. Taking shots from left and right, the Pioneers were on fire.

Pepe assisted the final goal when she, passed it to Phuigmakers who scored at 16:49 making it 9-9. The Pioneers made one last push to regain the lead, and at 15:29 Dorsey scored the final goal of the game making it a final score of 10-9 Pioneers.

The Pioneers will host Mount St. Mary's in the NEC Semifinals on Friday April 27 at 1 p.m. at Campus Field.
Pioneers take three of four vs. LIU

Dan Otzel
Asst. Sports Editor

Residing in sixth place of the Northeast Conference standings, with a .500 conference record, the Sacred Heart University baseball team needed a strong road performance this weekend against NEC opponent Long Island University.

They got one.
And two.
And three.

Highlighted by solid starting pitching, clutch hitting, and solid defense the Sacred Heart Pioneers took three-out-of-four games from the LIU Brooklyn Blackbirds, jumping up to fourth in the NEC standings.

"We really needed to win the series this past weekend to gain some ground in the standings," said Pioneer sophomore lefty Nick Leiningen. "This weekend was definitely important. LIU made the NEC tournament last year as well, so we knew they were going to be a solid team."

Before the conference series with LIU Brooklyn, though, Sacred Heart (14-25, 11-9 NEC) headed up the coast to West Haven, Conn. to complete a home-and-away with Yale University of the Ivy League.

Playing at historic Yale Field, the Pioneers jumped out to an early 4-0, scoring in each of the first three innings.

Due to inclement weather forecasted for Sunday, the series was rescheduled into Sunday, the series was rescheduled into and kept our pitch count down and go as deep into games as I can," said Leiningen. "My defense has been making plays behind me all year and it's very easy to pitch with a solid defense behind me," he said.

"It's always important to have our bullpen ready for the rest of the weekend, so not having to use them in any game is helpful."

The offense was provided by right fielder Matt Charmello, who jacked two home runs and drove in all four runs for the Pioneers. Charmello, a freshman from Rossmoor, Calif., leads the team with three home runs and a .470 slugging percentage.

Sacred Heart swept the Friday doubleheader later that evening with a 3-2 victory and another complete game effort.

This time it was junior Trey Scribner (3-9), who gave up two runs while scattering seven hits and striking out seven.

The Pioneers began the scoring in the first when sophomore designated hitter Dan Perez hit a RBI single through the left side.

The Blackbirds tied the game in the bottom half, but Sacred Heart got two in the second and didn't look back.

LIU Brooklyn got one more in the fifth, but Scribner held the rest of the way.

The Blackbirds, grabbed their only win of the series on Saturday with a 5-1 victory in game one.

The first batter of the game, Pioneer freshman center fielder Keaton Flint, launched a pitch to left for his first career home run and a 1-0 lead.

"It was a great feeling to hit the first home run," said Flint.

Flint, who leads the team in hits and runs scored, has settled in nicely to his new role at the top of the Pioneer order.

"I was more third and cleanup in high school," said Flint. "[Leadoff is] a different approach. It sets the tone. It's an important role and I enjoy working hard at it. Whatever I have to do to help the team win of what I'm trying to do."

Flint's solo shot was all the offense Sacred Heart could muster, however, as LIU Brooklyn junior starter Matt Maguire (1-3) gave up all five runs, only two earned, on nine hits with no walks.

Sacred Heart took the series with a dramatic victory in Saturday's second game.

In the top of the 11th, with the game tied at 3 and the sacks loaded, Pioneer junior shortstop John Murphy doubled to left center, clearing the bases and propelling his squad to the 6-3 victory.

In his second inning of work, freshman reliever Jeff Stoddard shut the door in the bottom half of the 11th for his first career win.

Sophomore Kody Kerski gave Sacred Heart another great start, going nine innings for the no decision. He gave up two earned runs and struck out five.

"The pitching has been tremendous since we started conference play," said Sacred Heart head coach Nick Giaquinto.

"The guys have been lights out and they've given us everything we've asked for. It's great to have four starters like that and a couple guys who come out of the pen that we count on."

The Pioneers host NEC and in-state rival Quinnipiac University in a four-game set this weekend.

Due to a scheduling conflict, Friday's game has been moved to Quinnipiac. Both games of Saturday's doubleheader, still at Harbor Yard in Bridgeport, have been moved to the evening. Game 1's first pitch is slated for 6 p.m. and Game 2 is scheduled to begin at 8 p.m.

Sunday's game, also at Harbor Yard, will begin at 6 p.m.

With a 5-19 NEC record and 6-32 record overall, Quinnipiac finds themselves in the cellar of the conference, tied for eighth with Mount St. Mary's University.

"Our conference is so balanced," said Giaquinto, in his 24th year at the helm. "If you look at Quinnipiac game-by-game, there are a lot of one-run games in there, as are with us and everybody else. It's a hit and an error away from being different for everybody."
Annemarie A'hear
Staff Reporter

After months of construction, the defending NEC Champion Pioneers anxiously look to the diamond to play their first game ever at Pioneer Park. The home warming party proved successful, as the Pioneers won the first ever game of the park 7-4 against Yale.

"We are excited, overwhelmed and humbled by the construction of our awesome new stadium," said coach Pam London. "It fills all of those who have ever been involved with our softball program with a great deal of pride."

The softball team played against St. Francis this weekend and lost their first game in 11 innings 4-1, and their second 4-1 as well.

Sacred Heart led off the first game with a home run from junior Nicole Sidor. Sidor was also a threat on the mound as she stumped Saint Francis, holding them off until the sixth inning.

Taylor Darnelle for St. Francis hit a one out double into center field, then pinch runner Mitty Hammel scored on an RBI single from Karlie Miller.

This was Sidor's only mark against her eight inning stint.

The Pioneers came close in the bottom of the ninth inning as freshman Kate Nadler hit a single and stole a base.

Junior Nicolette Surkes had a base hit through the infield. Nadler collided with St. Francis' Paige Smith at the plate, but Smith held onto the ball forcing even more extra innings.

Saint Francis scored its second run of the game in the 11th inning when the ball went into left field as the Pioneers tried to pick off a runner at third.

St. Francis continued to score in the inning to make the final result 4-1.

In the second game of the day, the Red Flash started off the first inning with a 1-0 lead.

St. Francis' Taylor Parsons singled to get into scoring position as Darnelle singled to the left for an RBI single.

In the third inning the Red Flash added on another run to make the score 2-0.

Sacred Heart's first run of the game came in the third inning off of an error allowing Sidor to score.

The Red Flash's Layne was able to get out of the jam and closed Sacred Heart out for the rest of the game.

St. Francis increased their lead to 4-1, adding more breathing room with three straight hits in the fifth inning.

Pioneer pitchers Katie Wentworth allowed four runs in 5.2 innings, while Taylor Lane pitched 1.3 scoreless innings as relief.

Sophomore Annie Dreher was the Pioneers' best opportunity when she started off an inning with a triple.

"The first game went 11 innings and the second was a regular seven inning game," said Dreher. "I hope the rest of our season gets better. Our team is pretty down with the losses we have had lately, so I hope we can pick ourselves back up for this last week of games."

The Pioneers hope to turn their luck around on Tuesday with a non-conference game against cross-town rival Fairfield at 3:30 p.m.

Results were not available at press time.

Staff Reporter

On the heels of a season that featured the Pioneers ranked as high as second in the country, the highest ranking in program history, the Pioneers are still proving they are an elite contender in bowling on the national level.

As a whole, the team finished the season ranked No. 7.

Individually, several returning players stood out. Teammates, junior Jackie Carbonetto and sophomore Nicole Trudell both received All-American honors awards for their success this season.

"It was an honor to be named as one of the five members of the First Team All-American team this season. It is one of the highest individual honors you can receive as an NCAA bowler and I am more than thrilled to be awarded such a prestigious accolade," said Carbonetto.

Though it is difficult to manage both academics and athletics, Carbonetto and Trudell agree it is important to be successful in both.

"It took a while to adjust, but I learned to get a good balance in the classroom and on the field. As a whole, I am more than satisfied with the result," said Carbonetto.

Carbonetto understands it is necessary to put in work outside of the classroom or bowling rink if you want to be successful in both.

"We have to go into each game knowing we have the same opportunity to experience," said Carbonetto.

"I wasn't involved in any activities in high school, so being on the bowling team makes me feel more a part of the school," said Trudell. "I like being on a team and knowing that I have a strong support system to help me with anything I need here at Sacred Heart."

Carbonetto also has gained a positive experience at SHU from the bowling team.

"Being a member of the bowling team has given me the opportunity to compete at a level that some athletes don't have the same opportunity to experience," said Carbonetto.

"It has also allowed me to develop long lasting relationships with girls not only on the Sacred Heart team, but also girls and coaches from teams all across the nation." Carbonetto appreciates the grind involved with participating in collegiate athletics while taking classes.

"It is very stressful to participate in a sport while also being a full-time student but I think it is most important to cherish every moment of it, both athletically, and academically, because it goes by way too quickly," said Carbonetto.

Carbonetto and Trudell have developed a friendship through the bowling team. Both are proud for one another's accomplishments.

"Nicole has not only been an amazing teammate but also a great friend. I am incredibly proud of her accomplishments, earning NTCA Division I Rookie of the Year in 2011, and her Third Team All-American accolade this season. She is a tremendous asset to our team and it is a huge part of our success during the season," said Carbonetto.

Carbonetto has helped her younger teammate Trudell to improve on her game and it has paid off for the entire team.

"Jackie is a junior, so she helped me adjust my freshmen year. She worked hard this summer and made improvements to be ready for the season. She was a key player this season, and the award is a result of her hard work she put in this summer," said Trudell.

"Trudell explains her love for being on a team that makes her a centerpiece in the Sacred Heart community."

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Photo Courtesy of Sacred Heart Athletic Communications

Jackie Carbonetto was named an All-American this past season.
**Summer Sessions 2012**

**Late Spring:** May 14 - June 1

**Summer 1:** June 4 - July 14

**Summer 2:** July 16 - August 25

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**Late Spring**

Online

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
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<tr>
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<td>THE HUMAN BODY</td>
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<tr>
<td>BI 300</td>
<td>CHEMISTRY OF NUTRITION</td>
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**Fairfield Campus**

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**Summer 1**

**Fairfield Campus**

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**Summer 2**

**Fairfield Campus**

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**Sacred Heart University**

**University College**

Start, to finish.

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Call for more information

203-371-7830

www.SacredHeartUC.com
Looking to snap the losing streak

The Pioneers have lost five straight going into Tuesday's game, and face top NEC teams this coming weekend. Results from Tuesday were unavailable as of press time.