Greek Life welcomes two new organizations to their community

Class of 2016 takes an interest in politics

SHU undergoes accreditation process

The NEASC is currently Accrediting approximately 240 institutions in the six-state New England Region and the Commission that has been Accrediting Sacred Heart since 1969.

Sacred Heart has been a part of this process through self-study, commending the Commission’s Standards for Accreditation for the past year and a half. Teams of Evaluation Prospects, who visit the institution to gather evidence making sure the self-study is thorough and accurate, follow the way in which this process is underway.

Following this process, the team will then recommend to the Commission a continuing status for the institution. The Commission itself will review all of the results and declare what the next plan of action is for the University.

"I think it’s important that we keep our accreditation because it gives our school a higher reputation, which is vital when looking for a job after graduation," said junior Corey Konaxis. "It is an honor to be attending a university that is seen at such level of prestige and we want to keep those high standards.

The accreditation process revolves around primary components—to assure the quality of the institution, and to assist in the improvement of an institution.

Public opinions are highly encouraged, as they are what determine the overall depiction of an entire institution. However, following the voluntary review process, the commission will obtain the final action overall.

Junior Ryan Hughes added, "The accreditation process is important because it ensures the high standards, which are expected of Sacred Heart University, are being met. Our University has undergone a lot of construction within the past few years and, in my opinion, there are very few things that the Commission can suggest to improve."

For more information about Sacred Heart’s accreditation process, visit: http://www.sacredheart.edu/about/shu/News/NewsStories/2013/january/shu-to-un-dergoes-nee-accreditation-review-public-comments-welcome.html, where there is more information regarding where personal opinions may be submitted to the Institutions Accreditation Process.

Andrea Cornis
News Editor
Kieran McGill
Staff Reporter

Among the most difficult things in college life is adjusting to being on one’s own in a new environment. The task of making friends and lasting relationships can seem daunting to many.

At Sacred Heart University, Greek Life helps to alleviate this stress. Greek Life at Sacred Heart consists of 6 sororities and 4 fraternities with over 550 students participating in one of the organizations.

This semester, the fraternity Delta Upsilon and the sorority Alpha Delta Pi will be joining the ranks of SHU's Greek life as Sacred Heart, making the combined total of 12 Greek organizations.

The decision to begin these two organizations was done by an expansion committee that was formed through Greek Life’s National Panhellenic Council. Out of the four NPC groups, Chi Omega was invited to colonize in the fall of 2011 and then Alpha Delta Pi was invited for the spring of 2013.

Over the summer, Associate Dean of Students Denise Tiberto and former Director of Greek Life Katie Nichols, who has recently moved across the country, decided to bring Delta Upsilon to campus.

Delta Upsilon was founded in 1834 at Williams College. Since it was founded, Delta Upsilon has grown to over 125,000 men and this spring will initiate its first class at Sacred Heart.

"It is an honor to be attending a university that is seen at such level of prestige and we want to keep those high standards.

-Sara Hanna, Staff Reporter

On Jan. 11, Sacred Heart University began the New England Association of Schools and Colleges (NEASC) accreditation process.

A team who represents the commission on Institutions of Higher Education of New England Associations of Schools and Colleges will respectively Accreditate Sacred Heart University as one of New England’s finest schools, priding itself on educational innovation. The comprehensive evaluation will take place on April 7 through April 10, including the following Accredited Institutions: Conn. Mass., Maine, N.H., R.I., and Vt., as well as overseas.

The process of accreditation entails a self-examination done within Sacred Heart to reflect on its strengths and weaknesses. Along with the self-study, the Commission, which is recognized by the U.S. Department of Education, will evaluate our school to assure the quality of our institution and assist in the improvement of it as well.

The survey found that 61 percent of the 150 students polled were registered to vote. The results of the survey were informative and predictable, with most students concerned about the economy.

"Students seemed to feel that the job market is less than promising, and from what they can determine President Obama has done little to improve their future job prospects," said Dr. Rose. "This likely explains the support that was discovered for Romney. The students are considered about 'bread and butter' issues primarily."

After the survey was conducted, it was seen that the class of 2016 is predominantly Republican.

According to an article written on the survey on the Sacred Heart website, "A higher percentage of Catholic students support the Republican Party compared to the Democratic Party, although a large percentage of Catholic students are unaffiliated or do not know enough about politics to declare any form of political allegiance."

See SURVEY on page 2...
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ADPi and Delta Upsilon Greek Life

...CONTINUED from page 1

"I am overjoyed to see Delta Upsilon coming to campus," said Interfraternity Council Delegate and brother of Delta Tau Delta, Mike Burden. "I feel that the more Greek Life is around, the easier it will be to start new philanthropies and help different causes nationwide."

Alpha Delta Pi was founded in 1851 at Wesleyan College in Georgia and prides themselves on their philanthropy of serving the Ronald McDonald house and serving children in need. Since its founding, Alpha Delta Pi has initiated over 220,000 sisters. Treasurer on Sacred Heart's National Panhellenic Council and sister of Theta Phi Alpha Taylor Filanowski said, "I think Alpha Delta Pi will be a great addition to our campus. Their contribution will be beneficial to our Greek life community and service as another "home away from home" to a great group of girls. I hope everyone welcomes them into the Greek community with open arms!"

Girls are very excited to get involved in ADPi and to be a founding sister of a new sorority.

"I want to be more involved with community service and leadership roles," said junior Melanie Ohtro. "I think ADPi can offer that to me as well as friendships that can last a lifetime."

Sacred Heart was instrumental in bringing these Greek organizations to campus as well.

Class of 2016 survey

...CONTINUED from page 1

Several factors were believed to have influence on the survey, from parental influence on Obama’s poor performance in the job market, to Romney’s appeal as a natural businessman.

Overall, students of the class of 2016 favored Governor Mitt Romney for President of the United States.

"I didn’t vote, but if I did have, I would’ve voted for Romney due to the current state on the job market," said freshman Jordan Dudley. "Most of my friends would also agree with me when we would talk about politics."

The survey was consistent with Dudley’s remarks, finding that most students were interested in politics, but due to a lack of time or understanding, did not end up voting or following the election very closely.

While the survey doesn’t demonstrate a profound awareness for politics by the Class of 2016, the numbers are better than usual, and this has some people intrigued.

"It is nice to see that the younger generations are showing an increased appeal in politics," said junior Ryan Bushman. "Now we just need to continue with kids starting in elementary school, because that is our nation’s future."

The trick to getting our youth interested, according to Rose, is sifting through the superficial coverage for the real facts.

"I encourage my students to watch as much news on as many channels as possible, ranging from MSNBC to FOX," said Rose. "I also stress that the print press is where the substantive in- formation can be found, specifically in papers like ‘The New York Times’ and ‘The Wall Street Journal.’"
Ireland

Students thrive studying in Dingle, Ireland

Students comment on their experiences studying abroad

Michala Fitzpatrick
Staff Reporter

On Jan. 1 junior Kimberly Woodruff and senior Kelly Taylor traveled to Dingle, Ireland and found out the meaning to the common Irish phrase Slainte. The phrase is used as cheers to a good health and life, which represents the welcoming culture that they experienced in Dingle.

Woodruff and Taylor took part in Sacred Heart University's short-term abroad program along with roughly 35 other students for a total of 11 days. On the trip they participated in a three-credit course, but also got to experience all the things that Dingle had to offer.

"I was able to be a student as well as a tourist," said Taylor.

Woodruff and Taylor decided to go on the trip because it took place at the most opportune time for both of them. The two of them entered Sacred Heart with the intention of studying abroad and were more than thrilled to fulfill their goal in Dingle, Ireland.

"If I couldn’t have stayed for another two weeks I would have even loved being there for more days," said Woodruff.

The welcoming Irish culture was Woodruff and Taylor's favorite part of their overall experience.

"The community has a deep connection with the university. Everyone was so willing to let us into their lives and willing to do whatever to make sure we felt welcome," said Taylor.

Woodruff also felt at home during the abroad program.

"Everybody there knows you and that you’re the Sacred Heart students," said Woodruff.

The students stayed in a five-person cottage in the heart of Dingle. They were right down the street from the university and were able to feel like members of the community.

"Everything was so accommodating," said Woodruff. Their experience in Dingle was similar to a history lesson since they were learning something new about every place they went.

"I was never a history girl, but I really found a new appreciation for history because just about everywhere you look at has a story behind it," said Woodruff.

The students also learned about the history of Ireland through a series of field trips and activities that were planned throughout their trip. On the trip, they visited Killarney and Blasket Island, went on an archaeology tour, and visited holy wells.

"It was just so pretty I couldn’t grasp the concept that this was the world that I live in. America does not look like this. I couldn’t wrap my head around the fact that this was a part of our world and I’ve never seen anything like that," said Woodruff when explaining the different field trips that the group was able to take part in.

Woodruff found the time change hard to adjust to and thinks that was the whole time she was there. This did not have any effect on her time in Ireland, though.

"As far as sleeping, there was not much sleeping done, but it was worth it in the end," said Woodruff.

The only thing Woodruff and Taylor would do differently is stay longer and to students who plan to study abroad in the future they recommend truly exploring the different cultures.

Slainte!

Amy Says...

Cold weather, hardly a crisis

The nation is experiencing quite the cold snap this month. The people of L. A. had to wear two tank tops to work today—God only knows what they wore in North Dakota.

All we do know is that the holiday season is far behind us and the only thing most have to look forward to is Spring Break. In the mean time, we have this whole “in-between period” to get through. Life isn’t something you should just get through. Besides, I sort of like walking through a wind tunnel in perpetual fear of eating it every time I take a step. It is enduring.

I see you, staring into the cold air and as it politely walls back at you, wondering how many days there are until spring. The groundhog was shadow-less this year. We have 41. That’s all. 41 days. I mean, Jesus walked for 40 days and 40 nights in the desert—with no food. I think we can handle a little cold weather.

Last week, my Anthropology professor started my class by saying it was currently 12 degrees outside. As my drooping head tilted up slightly, he continued by saying that way 25 degrees colder in Alaska. That would make it, oh that right, negative 13 degrees. Explicit. Explicit. Maybe that did make me feel better, but lets be serious—I don’t live in Alaska for a reason (even though I heard it’s quite lovely).

I am from Massachusetts and it is funny to see how Connecticut deals with the elements. Every time it snows, this state seems to go on an apocalyptic rampage. Salt-ing roads, two inches deep, cancelling life, and basically urging the greater half of the community to just stay inside and remain motionless. It is almost as if the world freezes as soon as the temperature falls under 30-30 degrees. That is a pun about cold weather.

Anyways, I have a different approach. There is no need to go into hibernation mode as soon as you have to put on a sweater. If you need some extra help defrosting I suggest blow-drying your hair, and possibly your whole body while you are at it. If you can manage to rip off the clothes that have recently frozen to your body on your walk home then take a steaming shower for an hour and replace them with some comfy sweats.

Under no circumstances should you turn to social media as your “cold weather outlet.” I get it, everyone, it is cold outside. I actually have the luxury of walking out the door and experiencing it for myself, thanks.

If you are not posting a lovely picture of the newly fallen snow with you and your significant other nuzzling together, just save it.

I do not really need to hear about your cold walk to class. My hair actually froze when I got out of swim practice the other day. Did I tweet about it? Nah. I did get to tweet about what I had for breakfast that morning Thank goodness. That is the bigger issue here, folks.

My advice for this winter: go turn into some Ion Ever wrap yourself up in an afghan and if you are warm enough to produce tears, have yourself a good cry. I do feel your mid-winter pain. But we are New Englanders: we live for this stuff!
New Creamery on Campus

Students comment on the opening of the new ice cream parlor in Roncalli Hall

Meghan Amaya
Staff Reporter

After several months of set backs, the new ice cream parlor, The Walnut Beach Creamery, officially opened its doors on Jan. 23 in Roncalli Hall.

This is the first ice cream shop at Sacred Heart University and although there are many unique varieties of custom ice cream, students are puzzled as to why the parlor is located near the new gym.

“It’s an interesting combination to have a gym next to an ice cream parlor because it is very contradicting,” said sophomore Scott Barrese. “After you workout, you can give yourself a treat or you can get some ice cream and then work it off.”

Students question its placement in Roncalli in general.

“I wish it were in the McMahon building instead of across the street,” said junior Biana Boudreau.

Despite the frigid weather, the shop was crowded with students waiting for their ice cream.

“I love going to the creamery after dinner, especially picking a flavor from the great variety,” said sophomore Brooke Colombo. “Many students and faculty go to the creamery and I think it is a great addition to the campus.”

Walnut Beach Creamery is the first ever entrepreneurship managed by students in the business program. The staff consists of freshman through senior students seeking the knowledge of how to run a business.

This hands-on experience will help the students learn how to deal with sales, employees, finance, inventory and customers. It will also give students a chance to view real-life business.

The staff is divided up into three main sections, including two intern, eleven Welch scholars, and 12 "point-of-sales" employees seeking the guidance of the managers and knowledge of business applicable work.

Among the Welch Scholars, other majors such as social media, community outreach, human resources, and finance work in committees dealing with the overall structure of the Walnut Beach Creamery.

The ice cream is ordered straight from Susan Patrick’s own Walnut Beach Creamery in Milford, Conn.

The Walnut Beach Creamery does not accept the SHU Card. You can get three scoops for $3.00 with your option of a cup, regular cone or sugar cone.

Flavors consist of “Big Red Velvet,” “Rolin’ in the Dough,” “Father Jerry Berry,” and “Nutty Professor.” The creamery has various toppings to add to the ice cream.

Sacred Heart students should expect to see milkshakes being added to the menu in the near future.

The Walnut Beach Creamery is open Monday, Wednesday and Thursday from 5 p.m. to 10 p.m.

New application ‘Tinder’ connects students to each other

Rachel Marsanico
Staff Reporter

Tinder is the latest application, or “app,” for any smart-phone user that wants the ability to anonymously seek out anyone that is interested in them. The high tech app connects people who unani-

mously like one another’s pictures. Sacred Heart University students seem to be very uninterested in the new app.

Junior Katrina Rossi admits to never downloading the app and believes anyone who downloads it is just “asking for trouble.”

Creators Sean Rad and Justin Mateen have added a little twist making Tinder different than any other dating website or social media application on the mar-

ket today; if users come across somebody that they are not interested in, they can simply pass without him or her knowing they have no interest in talking to or personas-

ning them any further.

Other social media and dating websites make user’s pages available for ev-

eryone to communicate, but not Tinder. Users have to “like” their page as well in order for them to be able to contact each other.

“I guess Tinder is amazing, but I don’t think students should take it seri-

ously,” said Rossi.

According to creators, Tinder is a fun new innovative way to “break the ice” without having to feel awkward ap-

proaching somebody face to face and risk potentially being rejected. This app may be beneficial for some college students, but junior Analise Bott believes this app to be downright creepy.

“I couldn’t see how Tinder could be beneficial unless you actually meet up with the person,” said Bott.

Junior Ryan Hughes agrees with other students about the seriousness of the new app.

“If you’re being serious and actually trying to find somebody it’s creepy, but if you just downloaded the app for fun there is no harm in it,” said Hughes. “You never know who you’re talking to, [which] can be dangerous especially if you’re meeting up with them. You never know what their intentions are.”

There are many mixed opinions regarding the use of Tinder. Some students believe it to be beneficial, while others feel uncomfortable by the idea that some-

body they do not know can see pictures of and find users by their exact location.

Most students seem to be uninterest-

ed in this app for the purposes of dating.

“If you’re trying to meet somebody, go on a website,” said junior Natalie Giardina. “It’s dangerous that you can spot someone’s location without actually knowing the person at all. You could be talking to anyone.”

Rossi compares the use of Tinder to the new MTV reality show Catfish.

“I think it’s really weird. You’re just asking to be called Catfish-ed,” said Rossi. “You don’t know who these people are; they could be pretending to be somebody they’re not.”

Error: Could not find the QR code.
The black hole known as ‘interviews’

Liz Lezama
Managing Editor

Interview jitters arise from a myriad of things, all of them leading to the biggest interview concern of all — will I get the position? So many things go through my mind leading up to an interview.

What will I wear, and how will that translate to the person breaking me down into categories that will determine my future or non-future with the company? Will they be analyzing every move I make? Should I stop cracking my knuckles when I’m nervous? What is my body language telling them? Can they read my mind just by looking at me? Can they tell what a failure I will be at the job before I even open my mouth to speak?

Sometimes I think that the people interviewing are not human. They must have superhuman abilities to be able to tell if I will be the perfect candidate for the job or the perfect candidate for a rejection in a matter of five to fifteen minutes.

Now, here’s a question: what about phone interviews? I think I just fell into a black hole. Everything mentioned above is now void. There is no physical interaction with the person who is deciding your future in a phone interview. Does that make matters better or worse? I’m conflicted. On the one hand, I feel more confident in my words when I don’t have someone staring into my soul and rooting for my failure.

On the other hand, I feel more confident; perhaps too confident? Sometimes I feel that phone interviews are just aploy for employers to make you forget you are interviewing. Filling the conversations with “ums”, “yeahs”, and “likes”.

The fact that I am most likely sitting on a bed or chair, lounging in sweats and talking on my cellphone changes the atmosphere of the interview. The interview becomes laid back and less stressful. Don’t forget whom you are talking to, though, or you might make the grave mistake of thinking you are talking to a friend.

Now you have to deal with the grueling wait that comes after an interview. Reflecting time. Not only is there pre-interview thinking but there is also post-interview thinking.

What kind of an impression did I leave? Did I stand out from the crowd? How many trick questions were actually asked in that ten-minute time span. Maybe they’re hoping that the interviewees go crazy between the time they interview and the time they offer the position, that way they fail at all other interviews they may have and are scared for life.

Wouldn’t it be helpful if they just told you what they wanted you to hear? No, too much competition. Wouldn’t it be helpful if they just told me what they wanted to hear? Wishful thinking, I know.

Sam Malachowski
Chief Copy Editor

At Applebee’s headquarters, the Public Relations (PR) team is constantly refreshing the company’s social networking profiles, solemnly shaking their heads. Customers are threatening to boycott the company and continue to post negative comments attacking the establishment. Applebee’s cannot keep up with the thousands of comments, despite censoring and deleting up to 20,000 of the negativity posted.

It started when waitress Chelsea Welch was upset when Pastor Allos Bell left a rude comment on her co-worker’s receipt.

“I give God 10%,” read the receipt, “why do you get 18%?” The tip section was hastily crossed out with a “0” in its place.

After posting a picture receipt on forum website Reddit.com with the title “My mistake! I’m sure Jesus will pay for my rent and groceries,” it became viral and the signature was quickly traced back to Bell.

During an interview with TheSmokingGun.com, a website that posts legal documents publically, Bell stated, “My heart is really broken. I’ve brought embarrassment to my church and ministry. I’ve hurt someone.”

Bell, however, made the humble statement after calling the franchise and demanding that all the employees, not just Welch, be immediately terminated. Although Applebee’s did not fire the entire establishment, the company did terminate Welch — not the waiters who waited on the table, but the cowoker who posted the photograph to the Internet.

After firing Welch, numerous Facebook.com groups in her defense were created, including “Boycott Applebee’s” and “Give Chelsea Welch Her Job Back.”

The mistake, however, is not that Applebee’s fired Welch. The mistake is that Applebee’s publically released multiple statements defending the company’s decision on its Facebook page.

“As we know you will agree,” Applebee’s rationalized, “the guests who visit Applebee’s — people like you — expect and deserve to be treated with professionalism. That includes respecting and protecting the privacy of every guest.”

The statement, created as a Facebook status, continues by laying out the events that took place from a corporate standpoint, addressing Welch’s violation of company policy of not “posting…photographs, video, or audio of…its customers.”

Applebee’s naïvely hoped it would end there, yet they unknowingly committed PR suicide. Soon, comments flooded the status, accusing Applebee’s of hypocrisy and abuse towards its workers. After only a few hundred comments, it came to light that the Facebook page contains photographs of receipts with a positive connotation, glorifying the company and its food. Not only are the signatures apparent, but also the captions include the location of the establishment, the waiter, and the patron’s name.

“If [a photograph] of a snarky little note is enough to get someone fired from Applebee’s under the premise of privacy concerns, why is it [acceptable] for them to post photographs,” asked group “Like us if you pledge to take your business [sic] to who hires Chelsea Welch.”

Although it appears that Applebee’s violated its own policy, it is construed as positive propaganda for the company. Because Welch placed the demographic in a negative light, Applebee’s decided to terminate her employment. Had they proceeded with the decision, it raised the specter to rationalize with the “Internet public,” the backlash could have been avoided.

By selectively allowing certain photographs to be shared on the Internet and immediately disciplining Welch, the company is proving allegiance to “masking the customer happy” and not supporting its workers. While this could have been easily forgotten before social media, the angry crowd continues to grow and, although Applebee’s attempted to make one angry customer happy, they have—ironically—angered thousands more.

What consumers continue to harass the Facebook profile, many have obtained personal information of head office officials, including those responsible for the decision to terminate Welch, and publically post phone numbers, home addresses, and e-mail addresses. It’s a true PR nightmare for any company.

In today’s digital age, companies have an easily accessible digital paper trail following their actions through social networking websites. Consumers do not have to blindly listen to empty rhetoric concerning policies or view-points; they can now intellectually research and make judgments of character on the company itself. This is not the first time that a company has faced a controversy due to social media. In 2012, Chik-Fil-A’s chief-operating officer made statements opposing same-sex marriage, causing multiple Facebook patrons to pledge a boycott towards the company. Chik-Fil-A ultimately changed its policy concerning donations towards discriminatory organizations and entered an internal document that the company “will treat every person equally, regardless of sexual orientation.”

In cases like this, this will not be the last time a company underestimates the power of social media and how quickly it can turn.

In fact, it may not be a large percentage of Applebee’s customers who have now pledged the boycott the company, it is, in a vocal one who plans on being heard.
Sacred Heart’s best bloggers
Marcel Subey collaborates with other college students on CatchMyBass.com

Joseph Laurenzano
Staff Reporter

Marcel Subey is currently a senior studying business administration and finishing up his last semester at Sacred Heart University. Dealing with the reality of graduation in May and moving on to the real world, he tries to cheer himself up by posting daily about some new and exciting music.

Subey is one of the original creators of the music blog on the web called “Catch My Bass.” He and 12 other music fanatics who attend colleges across the country to “Reel in the Day’s Biggest Tracks.”

They are all able to collaborate with their own input and post all different genres of music.

The website has been up for over a year and a half with over 1,200 likes on Facebook and 15 to 20,000 page views a month.

Subey makes each blog post with viewers and listeners in mind.

“We look for something with quality, we don’t just post to post. Nothing is about personal gain, it’s all about sharing it with others,” said Subey.

New music comes out daily and it is their job to get it up on their website as fast as possible so the fans can view it.

Besides posting music, Catch My Base bloggers attend events and concerts and writes review or summaries about each one.

Subey, along with some other members of the blog, was able to go to Electric Adventure at Six Flags, Identity Festival, Electric Zoo, and Ultra. Out of all the concerts, Deemas5 was Subey’s favorite.

“The show was incredible, there was so much effort put into making it a full visual experience instead of just some concert,” said Subey.

Career Fair myths busted

2013 Spring Internship and Career Fair
Feb. 13 1:00-3:30 p.m. Pit Center

Attributed to SHU Career Corner

and the office of Career Development

MYTH 1: I don’t need to go to the fair because no one is hiring anyway.
• A career is a unique match between the company and YOU. Don’t worry about what the employment rate going up or the whole country having an economic turn around. YOU make the match with the right company.

MYTH 2: The job fair is only for Business majors.
• Every major and concentration is welcome. There will be over 90 companies who are interested in filling a wide variety of positions.

MYTH 3: I don’t need to go to the career fair because all the recruiters just tell me to apply online anyway.
• Face to face communication is highly valuable in today’s job market. Bring a resume and leave an impression. Even though companies may ask you to apply online, you have a chance to connect with them on a personal level.

MYTH 4: The career fair is for people who want to live and work in Connecticut.
• Many national and international companies and corporations will be attending this career fair. Their representatives from CT will be people recruiting for their company. Once the connection is made, they can refer you to a representative from the location of your choice.

Professional attire is required. Ask questions, practice networking, and make a good impression.

This is a unique opportunity strictly for the Sacred Heart community of students and alumni.

Things students cannot go a day on campus without

Students don’t leave home without a phone, food, and friends

Andrea Proto
Staff Reporter

As a Sacred Heart University student, what are three things you cannot live without on campus for a day?
While strolling through the crowded halls, Junior Samantha Brucettko shared her answer with us.

“I definitely need the blackboard app on my iPhone to check my grades and assignments, my e-mail account to see what is going on around campus since I commute, and a coffee to get me through the day,” said Brucetto.

“I need my phone, SHU card, and laptop. They are the most important necessities for a day on campus,” said Munch.

Sophomore Michael Cross said, “friends, food, and my phone are needed when I am on campus.”

“Coffee is definitely needed throughout my day on campus then I would say my iPhone, and SHU card. You can’t do anything without the SHU card,” said Curren.

Marissa Munch, senior and member of sorority Kappa Phi, also had the same essentials as Curren.

“If I need my phone, SHU card, and laptop. They are the most important necessities for a day on campus,” said Munch.

Freshman Emily McCullough is always sure to bringing some of her needed items.

“Chapstick, laptop and sour patch cherries,” said McCullough.

Sophomore Chelsea Curren considers Outtakes a time saver. Outtakes is one of the more popular eating facilities on the main campus, and is convenient for many of Sacred Heart’s students especially when they are in need of an energy boost or quick snack fix.

Senior Jon Sam agrees with that list.

“I need the internet, food, and friends when I am here for the day,” said Sam.

“I cannot go without the gym, I also need Sandra, [an] employee from the Chartwells food catering service and the library to get my work done,” said junior Andrew Borts.
Nursing program sends students to Guatemala

Nursing students provide medical care and education to families in Guatemala.

Katelyn Racaneli
Staff Reporter
Taylor Lane
Features Editor

While the rest of the Sacred Heart University community settled into their new semester last week, 13 undergraduate nursing students made their way to Guatemala. In hope of providing medical relief to the less fortunate, the students walked away from the trip with much more.

After an exhausting 12-hour travel day, the three juniors, 10 seniors, Professor Eileen Yost and Professor Michelle Cole, landed in Guatemala City hoping to help families in need of medical services.

According to the CIA Work Fact Book, more than half of the population lives below the international poverty line, with 13 percent living in extreme poverty earning less than $1.25 a day.

With 75 percent of rural women in Guatemala giving birth without medical assistance, according to the World Health Organization, the infant mortality rate is 27.94 percent, compared to 6.22 percent in the United States.

With a lot of work ahead of them, the students prepared themselves for four clinical days in various cities surrounding Antigua. Each trip they work with three villages, Santa Maria de Jesus, Paso a Paso and Jocotenango.

The nursing department extends their helping hand even after their clinics during the trip each year.

“The key to success is follow-up. Each of the towns we work with has a specific contact person with whom Christine Gunther [Nursing Department Technology Administrator] consistently keeps in touch with,” said Yost.

Santa Maria is one of the poorest villages in Guatemala. It was established on the side of a volcano and is only six miles from the thriving city of Antigua. Two years ago, the mayor of Santa Maria stole tax payer money and fled the town. The people were left with no money for taxes and all water was shut off. Now, the people of Santa Maria have access to water (that naturally flows down from the volcano) once a day at one spout.

Their lack of water supply has led them to drink coffee and soda as their main source of fluid, causing many medical problems.

The new Mayor, Mario [no last name given], has helped Santa Maria regain sustainability. Assistant clinical professor, Eileen Yost said, “Mario is an ex-marine from Ecuador whose compassion and dedication to others called him to help this community. He is a wonderful man and works closely with Pastor Gabriel. Both work tirelessly to provide spiritual assistance and basic care to this needy town.”

The people of Santa Maria are in great need for Sacred Heart’s mission work.

“This town has no medical care; only mission teams and dentists come through here to provide assistance to these people,” said Yost.

The nursing students and professors provided medical services and education about health. They taught adults and children how to brush their teeth and provide toothbrushes and toothpaste.

They also educated people on a healthy diet, with the food they have available to them, in order to avoid problems like Diabetes Mellitus and Hypertension.

“We saw about 115 patients per day,” said junior Sara Crawford.

They also visited numerous homeless villages to spread medical education and aid those in need of medical attention.

“The most moving moment of the trip was after my first night doing a homeless run. I went out on the run and we delivered soup to homeless, poor Antigua natives, many of whom were around my age and using drugs and alcohol. Seeing this desperate state of need brought me to tears,” said Crawford.

Nearly half of all Guatemalan children suffer from chronic malnutrition and 70 percent of indigenous children are chronically malnourished, according to International Social Work in 2009.

“These people have little to no education on prevention of disease,” said Yost.

Education about health is perhaps the most instilling thing the mission trip provides for the people of Guatemala.

“In the fall, we focus on obstetrics and pediatrics. These require different types of education such as breastfeeding and diet. In the fall we hope to bring education on natural family planning to these communities, as well as a mini-series on ‘get to know your body’, said Yost.

The group also handed out multi-vitamins and other basic care items.

Students gain valuable field experience and patients get the medical care and education they need.

“The benefit of various medical disciplines [nursing, PT, OT] is a huge asset to, not only the patients, but our students and faculty as well,” said Yost.

Crawford gave a brief rundown of what an average day was like in Guatemala.

“Each morning we woke about 6:30 a.m. and finished breakfast by 8 p.m. to head out to the clinic site. We would load up the vans, travel to the destined village and set up our clinic,” said Crawford.

The trip was not all work and no play. The students were granted free time where they got to explore Antigua and browse the local markets where they found all sorts of handmade quilts, jewelry, bags, and native coffee.

The group even went on an excursion to a volcano.

“During the evenings we would shower, unwind, share a meal and reflections and go get ice cream of crepes at a local restaurant.”

On Friday we were given free time and most of the group chose to take Volcan de Pacaya which was a breathtaking experience,” said Crawford.

Junior Melissa Laparre reflected on the trip.

“When you meet such a happy culture and people, you relive your entire perspective on life and realize what truly matters,” said Laparre.

There were no complaints about the trip, except the unfortunate GI virus that affected most of the students on the last day of the trip.

Crawford sees more mission work in her future. She plans on attending the trip again next year and wants to continue helping third world countries after graduation.

Laparre is also looking forward to another mission trip.

“I can’t wait to return to the people of Guatemala and help them further along their journey, while strengthening mine as well,” said Laparre.

The nursing students were able to grasp a deep understanding of the culture because of the well-rounded trip.

“I began to understand the people of Guatemala and I fell in love with their values, their way of life, their people, their food, everything,” said Crawford.

A lot of work was put in before the trip ever began.

The trip is dependent on raising funds and donations.

Students either sent letters to schools and businesses to fundraise or they funded the trip themselves out of pocket. Thanks to a local church, the students and professors were all provided meals during the week.

Donations for medical supplies can be made out to Pathways Community Church. Donations toward scholarships for students going on the mission trip can be made out to Sacred Heart University and sent to Christine Gunther in the Department of Nursing at Sacred Heart University.

From left: Professor Michelle Cole, Jonathon Cole, Professor Eileen Yost and Colleen Yost pictured with local children.
New building yields positive feedback

Ashley Momplaisir
Staff Reporter

What’s the new buzz around campus? For media studies and business students, the rumors are now reality.

In the near future, the Welsh College of Business and the Department of Communications and Media Studies will have a new home.

Just a short walk from the main campus on the corner of Jefferson Street and Park Avenue.

Media studies students who are tired of waiting around for a lab computer to work on their video projects, and are unable to get studio time, can stress no more.

This new building is designed to bring these issues to rest.

“It’s great they’re making media studies a bigger building because I feel that right now there’s like not a lot of room for us,” said senior Serenas Bove.

The building will enhance Sacred Heart University’s facilities for a greater learning environment for its students.

“There will be numerous state of the art classrooms, recording rooms, film screening room, expanded labs, student media spaces for organizational meetings, and editing rooms all being designed to the specifications of the faculty and departmental needs,” said David Coppola, Sacred Heart’s Vice President for strategic planning and administration.

Although the plans offer new amenities for the students, the timing for some was not ideal.

“I’m really excited that there’s going to be a new media studies building. However, I’m upset that I probably won’t be around to use it,” said senior Tiffany Lynch.

For many upper classman this has been a common feeling.

“Unfortunately, I won’t be able to enjoy the new facilities but I’m looking forward to visiting them as an alumni,” said senior Sam Burroughs.

Even students who will not be here long enough to use the building find the positives in this new development.

“I think it’s really exciting,” said junior Maddy Murcott.

“I wish they had it while I was still here. Media Studies is an awesome major and has definitely become more popular over the years. It’ll be a great thing for the program and all SHU students,” said Murcott.

Along with the students, faculty and administration is ready to begin this new opportunity to expand.

“This new building will help improve the university educationally and it will be a great way for the university to reach out to the mass media,” said Professor Greg Golda, coordinator of multimedia production on campus.

“I can’t wait. We will be able to have studio space constantly available for student and faculty use,” said Golda.

Along with many new features inside the 130,000 square foot building come other additions to improve the university as well.

Approximately 80 extra parking spaces will be provided with the new building.

“I think it’s awesome that they’re building it. We really need new parking spaces because obviously there are never enough here for students and it’s really annoying,” said Bove.

The ground breaking ceremony for the building will be held late this spring.

“I think Sacred Heart is making a good effort to keep up with technology and have the latest equipment,” said Lynch.

Februashion!

A&E's Fashion Correspondent, Michele Capocci asks students about their winter fashion go-to's

Name: Anthony Bartonik
Year: Sophomore

“The most important aspect of an outfit is shoes and accessories.”

Forget the winter jacket— he’s happier with a nice pair of shoes and hat to match. Bartonik can be seen wearing a grey jacket, printed v-neck shirt, khaki pants and a classic pair of Timberlands.

Name: Marie-Helena Mekolo
Year: Sophomore

“Winter fashion is all about layer properly, oh and red lip stick of course. Every girl should own it.”

Mekolo can be seen wearing a white maxi dress accompanied by a denim jacket and printed scarf, and to top off her winter chic look a pair of brown boots.

Name: Keith Donlon
Year: Junior

Donlon puts a great emphasis on his navy blue peacoat making his winter jacket the “statement maker” of his outfit.

Donlon can be seen wearing a light grey t-shirt, a dark pair of jeans, and a pair of ankle sneakers. Keeping his outfit both clean cut and simple he allowed for more attention to be focused on his statement making jacket.

Name: Jessica Berard
Year: Junior

Berard shares a quick fashion tip saying, “the most important aspect of a cute outfit is matching and also the confidence you have while wearing it.”

Berard can be seen wearing black leggings, a peach button down shirt, layered by a denim jacket and solid colored scarf. Berard adds “shoes are also an extremely important part of an outfit” and ties together her’s with a fabulous pair of ankle high cowboy boots.
Students give their Grammy predictions

Lucia Rothe
Staff Reporter

Fashion, red carpets, celebrities, and music. Awards season is finally here and it is time to get involved in all of those things.

“The Golden Globes” and the “Screen Actors Guild Awards” have already been held, so get ready for the next one!

“The 55th Annual Grammy Awards” will be held on Feb. 10 at the Staples Center in Los Angeles, and will be hosted by R&B artist LL Cool J for the second time. Sophomore and music lover Adreanna Walsh is one student who cannot wait for the Grammys to take place.

“Being able to see the success and results of the songs and artists I follow all year is great,” said Walsh.

Not only are students excited for the awards handed out every year, they are also anticipating performances by many different famous faces.

“I am most excited to see what song Rihanna will perform, because her new album is awesome,” said sophomore Jaime Perrotti.

This year the award show will be broken up by performances by The Black Keys, FUN., Mumford & Sons, Rihanna and Taylor Swift. Artists like FUN., Frank Ocean, Mumford & Sons, Jay-Z, Kanye West and Dan Auerbach received the most nominations with six each, leading the pack.

“For Best New Artist Category, I am predicting the winner will either be Hunter Hayes or Frank Ocean,” said Walsh.

White is nominated for album of the year and the Luminers are up for best new artist.

Sheeran’s “The A Team” is nominated for song of the year along with the familiar, “Call Me Maybe,” by Carly Rae Jepsen.

“It can go either way because both artists sing totally different genres of music and attract different people,” Perrotti said. “I predict Frank Ocean will win in the Best New Artist category, because his album was extremely hyped up this year and his music is played everywhere.”

For all of the country music fans, Miranda Lambert and Dierks Bentley will join forces on stage creating a country medley.

For sophomore Lauren Sandbach who loves country music, this is great news.

“When I heard that Miranda Lambert and Dierks Bentley were collaborating, it made me extra excited to watch the show, knowing it will not only be rap artists performing,” said Sandbach.

The Luminers are nominated for Best New Artist.

Country artist Hunter Hayes also has three nominations including the all-genre Best New Artist category.

Feb. 10 is still a few days away. There is still time to catch up on the songs of the year and make your predictions before they are announced.

To see the results, tune into CBS at 8 p.m., to see some of your favorite artists perform and maybe win at “The 55th Annual Grammy Awards.”

Movie Review: Stand Up Guys

Stand Up Guys starring Christopher Walken, Al Pacino and Alan Arkin.

AP Article

Watching “Stand Up Guys” feels akin to seeing an old, favorite rock band getting back together for one last gig after decades apart. They’re not as energetic as they once were, their vocals aren’t as powerful, but an obvious camaraderie still exists as well as a touch of rebellion.

Christopher Walken, Al Pacino and Alan Arkin are all performing their greatest hits in this con-man comedy, albeit within dialed-down versions of their familiar screen personas. These no longer go to 11. Pacino meticulously isn’t in full on “Hooah” mode. But there’s enough humor and tenderness in Fisher Stevens’ film to make it a passably enjoyable experience for the most part.

Some plot twists toward the end do feel too convenient and contrived, however. The real joys of Noah Haidle’s script come from the moments that aren’t so forced, when these veteran actors are talking, catching up and bombing off each other. The three have never appeared in a movie together before, yet they effortlessly elevate what might have been some corny material just by showing up and being such pro.

At heart, of course, Doc’s character, Val, has just been released from prison after 28 years for refusing to give up one of his associates during a shoot-out — hence the title. Val’s sacrifice makes him a stand-up guy. His best friend, Doc (Walken), is there to pick him up for a wild night on the town, which may also be Val’s last night; he’s still a target of a vengeful mobster despite his newfound freedom (and his age).

The two meander around Los Angeles, looking for some trouble to get into, complete with the kind of clumsy jokes about Vagis and new-fangled keyless car ignitions that you might expect. They also pay a couple of visits to an awkwardly cast Lucy Punch as a woman who runs a brothel out of her home.

But things pick up significantly once they decide to bust their old pal, Hirsch (Arkin), out of the retirement home in the middle of the night for some spontaneous adventures. They actively seek out danger as a means of fending off death.

Walken is quiet, still and absurdly halting — the well-armed brains of the operation but with a kind heart. Pacino is the wild man who still wants to party but there’s also a vulnerability to him that’s appealing. And there isn’t nearly enough of Arkin, the dryly gruff former getaway driver who finds he still has some skills left when he’s called upon to use them.

Watching “Stand Up Guys” made me want to watch a documentary instead of Walken, Pacino and Arkin driving around the city, sharing stories, comparing notes, laughing and riffing in the dead of night.

“Stand Up Guys,” a Lionsgate release, is rated R for language, sexual content, violence and brief drug use. Running time: 95 minutes. Two and a half stars out of four.

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Both houses are in pleasant areas in the Northeast of Bridgeport with plenty of parking, conveniently located near Sacred Heart University, Merritt Parkway, and downtown Fairfield.
Men's Volleyball

On Saturday Feb. 2, the men's volleyball team participated in a tri-match hosted by Stevens Tech University in Hoboken, N.J. The Pioneers swept the first match of the day against Ramapo 3-0, junior outside hitter Brad Rosser led the team with 17 kills out of 33 attempts. In the second game of the day the Pioneers fell to Stevens Tech 3-2. Leading the team was Bassey with 21 kills and junior outside hitter Jose Judd with 17 kills. Also hitting the double digits was senior Adrian Fernandez with 13 kills. The Pioneers are back in action at home on Feb. 15 against Saint Francis University at 7 pm.

Men's Ice Hockey

This past weekend, the men's hockey team lost both games in a series against the Robert Morris Colonials. On Friday, Sophomore forward Hunter Shelly scored the first goal for the Pioneers. Towards the end of the first period, sophomore defenceman Will Player also scored for the Pioneers. Senior captain Eric Delong added another goal for the Pioneers, but it was not enough for a Pioneer victory. On Saturday, the Colonials lost 7-4. Sophomore forward Ben Kitchell led the Pioneers with two goals. Sophomore forward Brad Shimizu and Delong also scored for the Pioneers. Heading into the third period the Pioneers were within one goal of the Colonials, but could not pull out a victory. On Friday, the Pioneers traveled to Holy Cross to take on the Crusaders at 7:00.

Brains of the NFL

The National Football League Players Association has recently provided Harvard University's medical school with an $100 million grant to research and examine the health of both former and active NFL players. The study will focus primarily on brain activity, but will include other conditions as well. The recent concern of former NFL players suffering from debilitating health issues has become increasingly recognizable. Harvard's prestigious program was awarded the fund solely to examine, and improve the health of athletes in the NFL.

"Our goal is to transform the health of these athletes," said Lee Nadler, Harvard Medical School dean for clinical and translational research, to NBC Sports. "In order to extend the life expectancy and quality of life of NFLPA members, we must understand the entire athlete, all the associated health risks, and all of their interactions.

The study will begin with electing a large group of healthy players, as well as a large group of unathletic players, based on their "biological profiles of illness." This will be the biggest study of its kind in the next few years, as games have reached a new level of physicality. The league is highly aware and recognizes the issue that there is a dangerous rate of concussions after hits to the head.

The severity of this matter has drawn links between the "on-field physical traumas and off-field mental health problems, including suicide," says the NFL players association in a statement. Ex-NFL football players often develop severe disability related to a number of health problems, including head trauma, heart disease, diabetes, and joint and other skeletal injuries, as well as psychological stress.

The National Institutes of Health reported just a week ago, that the brain of Junior Seau showed that "the head trauma suffered by Seau, which may include a "etzlich" or CTE, a "progressive degenerative disease, usually diagnosed postmortem in individuals with a history of multiple concussions," according to Sports MD. Seau's family recently filed a wrongful death suit against the NFL. This case, similar to many against the NFL, alleges that the league "failed to properly protect player from hits to the head and their long-term effect.

Junior Seau, a future Hall of Famer, committed suicide by shooting himself at his home in Oceanside, California on May 2. PCS, similar to CTE, is a post-concussive syndrome that many of the active and former NFL players also suffer from. PCS comes as a direct result of traumatic brain injury with symptoms lasting up to a year.

At the age of 43, Seau suffered from the brain disease that links to blows to the head, which can result in a loss of full dementia and depression. The brain degeneration, as known by Seau's family, is known as Pick's disease.

Former NFL quarterback Jim McMahon recently landed himself on the cover of Sports Illustrated, but this time for a different reason. McMahon led the 1986 Chicago Bears to a Super Bowl victory over the New England Patriots. He is now a senior at the University of the NFL for concussion-related dementia and brain trauma.

In a recent interview, McMahon said that knowing what he now does about the effects of the punishment he received in his 14-year NFL career, he would have chosen a different career.

"That was my first love, was baseball, and if I had a scholarship to play baseball, I probably would have played just baseball," McMahon said. "But football paid for everything, it still does.

Larry Navon, McMahon's girlfriend, has noticed significant changes in McMahon from the course of their seven year relationship. She mentioned that she no longer sees the confident and charismatic man she used to know.

McMahon has early-onset dementia, and with tests that confirmed his condition, he continues to make changes to his everyday life style, in an attempt to cope with the illness.

Similarly, former tight end Dave Kuechker are suffering from the same situation and are unfortunately in the final stages. Kuechker, a four-time pro bowler in the NFL, was recently diagnosed with dementia in 2002 as the age of 64.

Drastic measures will continue to be taken, as the issue has gotten progressively worse. The NFL has done a good job this past year with setting up strict rules and regulations to prevent fewer hits to the head. Procedures must remain frequent, due the consistency of aggressive-ness in the sport of football.

Big Senior Day for women’s hockey

Senior Day turned into sophomore day for the Sacred Heart University women’s ice hockey team on Saturday, as they suffocated the University of New England, 7-0, at the Wonderland of Ice in Bridgeport. Behind six goals from sophomore skaters, the Sacred Heart Pioneers exploited their unrelenting pressure to down the New England Nor’easters for the second consecutive night.

“We have a really good group of freshmen and sophomores,” said head coach Tom O’Malley after his senior Senior Day on the Sacred Heart bench. “The junior class, too. They’re the future of the program and we count on them. They’re productive, they show up to play and they take it seriously. The future’s bright with them.”

That future was present on Saturday in front of the sentimental crowd of 225. 16-17 into a tight first period, in which they were outshot 18-17, Pioneer sophomore forward Meghan Souza put her squad on the board, falling to the ice as she snuck the puck past New England first-year goalie Samantha Scobee. Souza’s game winner, her second goal of the season, was assisted by sophomore forward Alex Davis and sophomore forward Natasha Klinoff.

Sacred Heart added two more in the second period on goals from Davis, assisted by senior forward Sarah Delaney, and sophomore forward Kailen Connolly, assisted by sophomore forward Cara Curran and sophomore forward Alana Woodford.

The Pioneers killed three penalties in the period and held the Nor’easters to a 0-0 game on the afternoon. The PK unit was aided by the steady play of junior goalie Alexius Schult. Schult shut out all 34 shots on the day, en route to her second shutout of the year.

“If you go hard at them,” said Pioneer senior forward Jennifer Hassan, “they’re going to turn pucks over. If we just get aggressive with our shots and get pucks to the net…we were going to win. And, we did.”

Sacred Heart exploded for four goals in the third period, putting the final ribbon on the blowout. The parade of offensive surges continued in the final 20 minutes; as sophomores Melissa Robbins, Klinoff and Curran each found the back of the net. Along with Davis, Robbins, Klinoff, and Curran each registered a goal and an assist in the win.

Fittingly, however, it was two women who would hook up on the final goal.

With a little over five minutes left in their home career, Hassan deflected a Delaney shot past Scobee, ending an emotional day with a triumphant celebration.

“We just realized we wanted this,” said Delaney. “We wanted to win this game. Looking back on it, every four years is special, and being proud of my parents for coming to almost every home game and being able to support me out there. I wanted to give them a good Senior Day.

Before the puck dropped on Saturday, the three Pioneer seniors – Delaney, Hassan and defenseman Maura Leahy – were honored on the ice.

Each senior was individually introduced, along with their career statistics, to the anticipatory crowd with that which reverence only seen in sport. The seniors stepped onto the pregame Bridgeport ice for the final time, many of them standing in front of the Sacred Heart bench full of the teammates who had cheerfully decorated the Wonderland, even the locker room, with regalia and well-wishes for the departing Pioneers.

The post-game skates continued and it was a time for photos, a bouquet of flowers, as they posed for pictures, clad, one last time, in Sacred Heart red-and-white.

"Honestly," said Leahy, “I didn’t want to fall and hit my parents.

“You definitely want to make your family proud. They’re all here. They don’t always all come to the games, so it’s nice to see them all here.

Hasson echoed the sentiments of her classmate.

“I was really nervous but excited,” admitted Hassan. “I wanted to go out there and give everyone what I had to. To make everyone proud. I wouldn’t trade these four years for the world.”

After the win, even O’Malley had time to reflect.

“It’s still an emotional day for the players,” said O’Malley. “For myself, too. These young ladies have been here for four years, five years knowing them going into it. So, it’s really exciting. I’m really happy for them. I’ve seen them grow, coming in as young freshmen to ladies going out into the world.”

The Pioneers (16-11-2) end their regular season at Franklin Pierce, a team they are 3-0 against this year, on Feb. 15 and 16. The season will conclude to a final end next week at the ECAC Tournament.

“T’ve come a long way,” said Delaney, the team’s captain. “I don’t even know how many games we’ve had. There are only a few games left, so you got to go out there and put all your heart into it.”
Women's Basketball

The women's basketball team improved their three-game winning streak this past week with winning two more games. Last Monday, the Pioneers defeated the Bryant Bulldogs 62-64. Senior guard Kiley Evans led the game with 26 points, and also scored her 1,000th career point. The Pioneers began the game with a seven-point lead, which just two left in the half, the Bulldogs increased into a huge lead over the Bulldogs 34-10. The Pioneer lead was too high throughout the rest of the game, and the Bulldogs were never able to catch up. On Saturday, the Pioneers defeated the Mount St. Mary’s Mountaineers 85-80. Junior forward, Brian Koniszewski led the Pioneers and set a new career high with 26 points. The game between the Pioneers and the Mountaineers was close throughout the whole game, until the last three minutes. The Pioneers were able to finish with an eight-point lead against the Mountaineers. Second Heart travels to Wagner on Monday and Bryant on Saturday. Results were not available as of press time.

Men's and Women's Fencing

On Saturday, the men and women's fencing team competed in a tournament at Vassar College.

The men's team finished the day with a perfect score. The Pioneers defeated Yale 14-13, Drew 23-4 and Hunter 24-3. This was Sacred Heart's second win over Yale in the past two weeks. Sophomores Andrew Holmnes and Jonathan Jacobson both held wins in foil against Yale. Holmnes finished with a perfect performance while Jacobson and sophomore Kevin Albemarle and Chris Telford both finished with two wins each.

The women's team also finished with a perfect score at Vassar. The team finished against Drew 24-3, Yale 15-12 and Queens 25-2. Sophomore Tess Kallmayer and Megan Fryd contributed 3-0 performances against Yale, leading the Pioneers to victory. Finishing with two wins each were junior Natalie Rossetti and senior Elena Tringa and Lauren Cebello.

On Thursday, the Pioneers travel to New York University to face Columbia and New York University.

Road 'two' tough for Pioneers

Vinny Ebben
Staff Reporter

This past weekend, the Sacred Heart men's basketball team lost two games on the road. On Thursday, the Pioneers fell short to Wagner, 84-76 in overtime, and to Mount Saint Mary's, 91-82, on Saturday.

At this point in the season, this road trip for the Pioneers was a vital one, but not detrimental to their goal of the Northeast Conference Championship. Before the losses, the Pioneers were tied for first place in the NEC with a 6-2 conference record.

Winning the NEC is still a feasible goal for the Pioneers, despite the weekend's results. With the remaining schedule, the Pioneers leave themselves with enough time to pull back into the race.

"There's going to be some switching of positions," said Sacred Heart head coach Kevin discounted. "I don't think the teams will go up. I think some teams will go down, some teams will stay the same."

The road trip started at Wagner on Thursday night, and the Pioneers immediately realized what the Seahawks presented -- speed.

"I think Wagner on Thursday was really fast," said junior forward Mostafa Abdel Latif. "It's really tough to catch them and play a real physical game with them, but I think we played really good."

Wagner junior guard Kenneth Ortiz gave Sacred Heart many problems. Ortiz played 42 minutes and led the team with 17 points, but the Pioneers battled the Seahawks heading into extra time.

"I think we showed some spunk," said Bike. "Wagner comes at you and they were all over us and we battled, which is good. I think they just did a pinch more than we did. The thing that was a little disappointing [on Thursday] is that we turned it over too much."

R-senior guard Shane Gibson led the Pioneers with 22 points, but committed three of the team's 22 turnovers. Sophomore guard Phil Gastano had 12 points and a game high 11 assists, but turned the ball over nine times.

On Saturday, Mount St. Mary's defeated the Pioneers 91-82.

The Mountaineers finished the first half leading 50-27. Although the Pioneers outscored the Mountaineers 55-41 in the second half, the Mountaineers held on. Mount St. Mary's junior guard Rashad Whack led the team with 35 points.

After the loss on Saturday, the Pioneers fell to 8-13 overall and 6-4 in the NEC. The Pioneers are now tied with third place Rhode Island College behind the first place Bryant Bulldogs and the second-place Robert Morris Colonials.

With just eight games left to play, the Pioneers have little time to adjust and will need an all out effort to finish strong in the conference.

"We were talking about it yesterday after the game," said Abdel Latif. "All the teams will surprise each other. There's a lot of changes in the NEC, I think we're playing really good.

As the Pioneers get ready for their final set of games, they will host the Fairleigh Dickinson Knights on Thursday at 7 p.m. in the Pitt Center.

"Anything can happen," said Bike. "We're only half way through [conference play] and every conference game is important. I do think we have a chance to come up on top."

Club Spotlight

Sam Butler
Staff Reporter

Men's Basketball

What: Sacred Heart will enter a division starting next season.
Where: Practices are held at the William H. Prit Center on campus.
When: Practice times are two to three times a week.
Games: The team currently has two wins and six losses.
- Home games are held in the William H. Prit Center.
Teams in the Division: Sacred Heart plays teams such as Hofstra, Yale, Adelphi, Connecticut College and Wesley.
- Current freshman觏eight freshmen through seniors who range from having lots of experience from playing in high school, to little or no experience on the team.
- The club has two team captains: junior Kyle Leneris and senior Matt Marcone.

For more information about the men's basketball club contact head coach Ray Mencin at rmencin@scrdtinctheart.edu.

The Pioneers play their first home game of the season this Friday against Marist at 7:00.

Photo of the Week

Sam Butler
Staff Reporter

In a recent game, Bridgeport Sound Tigers' David Ullstrom takes a shot top shelf on the Portland Pirates goalie. Ullstrom is now playing for the New York Islanders in the NHL.
Associated Press

NEW ORLEANS (AP)—For a Super Bowl with so many story lines, this game came up with quite a twist.

Try a blackout that turned a blowout into a shootout capped by a brilliant defensive stand.

The Baltimore Ravens survived a frenzied come-back by the San Francisco 49ers following a 34-minute delay in the third quarter for a power outage Sunday night, winning their second championship 34-31. Super Bowl MVP Joe Flacco threw three first-half touchdowns passes, barely Jones ran back the second-half kickoff a record 108 yards for a score, and star linebacker Ray Lewis’ last play fittingly was part of a defensive effort that saved the victory.

“To me, that was one of the most amazing goal-line stands I’ve ever been a part of in my career,” said Lewis, who announced a month ago he would retire when the Ravens were done playing.

They are done now, with another Vince Lombardi Trophy headed for the display case.

“What better way to do it,” Lewis said, “than on the Super Bowl stage?”

Flacco and the Ravens (14-6) were turning the game into a rout, leading 28-6 when, without even a flier of warning, several banks of lights and the scoreboard went dark. Players from both sides stretched and chatted with each other in an eerie scene as every Super Bowl has witnessed.

“The had part was we started talking about it,” said safety Bob Sanders, who had the game’s only interception.

“That was mentioned. It was like they were trying to kill our momentum.”

After power was restored, the 49ers began playing lights out.

San Francisco (13-5-1), in search of its sixth Lombardi Trophy in as many tries, got back in the game almost immediately.

Michael Crabtree’s 31-yard touchdown reception, on which he broke two tackles, made it 28-13. A few minutes later, Frank Gore’s 6-yard run followed a 32-yard punt return by Ted Ginn Jr., and the 49ers were within eight.

But Rice’s fumble at his 24 led to David Akers’ 34-yard field goal, but Baltimore woke up for a long drive leading to rookie Justin Tucker’s 19-yard field goal.

San Francisco wasn’t done challenging, though, as Kapernick’s 15-yard TD run, the longest for a quarterback in a Super Bowl, made it 31-29. A 2-point conversion pass failed when the Ravens blitze.

Tucker added a 38-yarder with 4:19 remaining, setting up the frantic finish.

Kaepernick couldn’t get the 49ers into the end zone on the final three plays. The last was a pass into the right corner of the end zone to Crabtree that involved some incidental bumping. Jim Harbaugh insisted a flag should have been thrown.

“There’s no question in my mind that there was a pass interference and then a hold,” Jim Harbaugh said.

Ravens punter Sam Koch took a safety for the final score with 4 seconds left. Koch’s free kick was returned by Ginn to midfield on the 25.

“How could it be any other way?” it’s never pretty. It’s never perfect. But it’s us,” John Harbaugh said of his Ravens. “It was us today.”

“Yeah, I think that last drive when we got the ball and had time to go down and score a touchdown,” Kapernick said.

“Kap was our game,” the coach said.

But the championship is Baltimore’s.

As for the foul-up at America’s biggest sporting event, officials revealed that an “abnormality” in the power system triggered an automatic shutdown, forcing backup systems to kick in. But no one was sure what caused the initial problem.

Everything changed after that until Lewis and Co. shut it down. But there were plenty of white-knuckle moments and the Ravens had to make four stops inside their 7 at the end.

“I think it speaks to our resolve, speaks to our determination, speaks to our mental toughness,” John Harbaugh said. “It’s what wins and loses games.”

At 4 hours, 14 minutes, it was the longest Super Bowl ever.

Flacco’s arrival as a championship quarterback — he had 11 postseason TD passes, tying a league mark, and no interceptions — coincides with Lewis’ retirement. The win capped a sensational four games since Lewis announced he was leaving the game after 17 Hall of Fame caliber years.

The Ravens will become Flacco’s team now, provided he reaches agreement on a new contract.

Flacco’s three TD passes in the opening half tied a Super Bowl record. They covered 13 yards to Anquan Boldin, 1 to Dennis Pitta and 56 to Jones. That start boosted him to the MVP award.

“They have to give it to one guy and I’m not going to complain that I got it,” Flacco said.

John Harbaugh had no complaints about getting that other trophy named after that Green Bay coach. But he struggled to balance it with the disappointment his brother was feeling.

“The meeting with Jim in the middle (of the field) for the postgame handshake was probably the most difficult thing I have ever been associated with in my life,” the Ravens coach said.

The wild scoring made this the second championship in the NFL’s 80-year title game history in which both teams scored at least 30 points. Pittsburgh’s 35-31 win over Dallas in 1979 was the other.

The Ravens stumbled into the playoffs with four defeats in its last five regular-season games as Lewis recovered from a torn right triceps and Flacco struggled. Harbaugh even fired his offensive coordinator in December, a stunning move with the postseason so close.

But that—and every other move Harbaugh, Flacco and the Ravens made since—were right on target.

New Orleans native Jones, one of the stars in a double-overtime playoff win at Denver, seemed so put the game away with his record 108-yard sprint with the second-half kickoff.

Soon after, the lights went out—and when they came back, the Ravens were almost powerless to slow the 49ers.

Until the final moments.

“The final series of Ray Lewis’ career was a goal-line stand,” Harbaugh said.

Lewis was sprawled on all fours, face-down on the turf, after the end zone incomplete.

“It’s no greater way, as a champ, to go out on your last ride with the men that I went out with, with my teammates,” Lewis said. “And you looked around this stadium and Baltimore! Baltimore! We coming home, baby! We did it!”

TOP: Joe Flacco is awarded Super Bowl MVP.
BOTTOM: Chykie Brown makes new angles with the fallen confetti.

AP Photo