Sacred Heart’s 24th annual Discovery Gala

Students gather to celebrate the 24th annual Discovery Gala
Christopher Ballas
Staff Reporter

On April 6, Sacred Heart University hosted its 24th annual "Discovery Gala" in the Linda E. McMahon Commons building. The event is intended to raise money for student scholarships.

This year the event had a "The Phantom of the Opera"-style masquerade theme, which included a performance by the "Three Phantoms in Concert" at the end of the night in the Edgerton Center for Performing Arts.

"The event was amazing," said sophomore Mark Podesta. "There were so many influential people from the Sacred Heart community at the event and plenty of money was raised for student scholarships."

Completely sold out, which included university President Dr. John Petillo, the gala consisted of gourmet food and spirits for over 300 guests. The McMahon building was transformed into a Viennese ballroom and open house designed to go along with the phantom of the opera theme.

The event culminated with a performance by "Three Phantoms in Concert," who have been a part of record-breaking performances of "The Phantom of the Opera" on Broadway.

The group is made up of three male vocalists, led by a conductor. They can perform with an orchestra, by themselves at events like the Discovery Gala or they can incorporate a six-piece band or piano. The group consider themselves a revue of the 'great guy' songs of broadway. "The 'Three Phantoms' performance was spectacular, and everyone I have talk to about it agrees with me," said Podesta. "It was definitely the perfect way to end the festivities of the night."

Although this was the 24th edition of the event, it is only the second year in a row that it was held on the Sacred Heart University campus after it being held in various other locations off the school campus for over a decade.

The event, which is sponsored by over 50 people, companies, and businesses, is estimated to have raised over half a million dollars in student scholarship money for the second year in a row after raising over $570,000 at last year's event.

"The night was something I'll never forget," said freshman Martine Cecille. "It was an honor to come to this event as a freshman, and everything went even better than expected. Not everyone has the money to go to school without financial assistance, and that's what functions like this are for."

Multiple scholarships and awards are given out to deserving students and people throughout the community, culminating in the annual "Discovery Award," which Sacred Heart describes as "being privileged to recognize and celebrate the gifts and accomplishments of a special individual."

This year, the award went to Charles V. Firlotte, President and CEO of Aquarion Water Company, and environmentally friendly water company located in Monroe, Conn. Firlotte couldn't be reached for comment.

Anyone can get involved with the annual event as a scholarship sponsor, by simply going to www.sacredheart.edu, select the university advancement tab, and find the requirements for becoming a sponsor in the information below. Multiple options are available.

The 2014 annual event is set for April 11, 2014. For more information, visit www.sacredheart.edu or call 203-321-2000 ext. 2112.

New York decides on change in driver’s licenses
Sara Hanna
Staff Reporter

Beginning July of 2013, the state of New York is becoming one of two states to change the look of its drivers license to prevent against counterfeit marketers.

The state’s drivers who are seeking new or renewed licenses will be issued hard polycarbonate cards with black and white photos instead of the original bendable color version.

In today’s generation, the process in retrieving fake identification through online-based authorities comes far too effortless, which is why the state of New York has taken steps into preventing such awareness.

"I think it’s a good idea to prevent people from replicating New York IDs for fake identification. It doesn’t really affect me because I’ll be legal by the time it happens, but it’s better to make the change sooner than later," said junior Danielle Tomlin.

See New York on page 2...

Margaret Thatcher
Passes at age 87

Erin Marley
Editor-in-Chief

Former British Prime Minister Margaret Thatcher passed away on Monday April 8 at the age of 87. According to CNN.com, Thatcher suffered from a stroke and died at the Ritz Hotel in London.

Thatcher was born in October of 1925. She studied chemistry at Oxford, but was involved in politics from a young age. Thatcher was an important figure in world politics and postwar Britain.

Her political career has been one of the most remarkable of modern times, especially as a woman. To this day she is the only woman to hold the title of British Prime Minister. She served from 1975 to 1990 as leader of the Conservative Party and was known as the "Iron Lady" for her personal and political toughness.

She retired from her public work life after a stroke in 2002. She then experienced several strokes after that. She managed to make a few public appearances in her final months. Thatcher will always be known for the impact she had on politics and her importance in her community.
Sacred Heart praised for Masters Program in video game design

Kieran McGirl
Staff Reporter

Sacred Heart University added yet another academic accolade to its repertoire last month. The Princeton Review, one of Americas best-known education service companies, ranked Sacred Heart's masters degree program in video gaming design and development in its just-published list saluting the top undergraduate and graduate schools in both the United States and Canada.

Annually, the Princeton Review selects schools based on very specific criteria contained in a survey it conducted in the 2012-13 academic year of 150 programs at institutions offering video game design coursework and/or degrees in the United States and Canada. The company's 50-question survey asked schools to report on a range of topics from academic offerings and faculty credentials to graduates' employment and professional achievements.

Among criteria, The Princeton Review weighted to make its selections: the school curriculum, faculty, facilities and infrastructure, plus career services, student scholarships and financial aid.

The video game design and development major is relatively new to campus as it was only founded in 2011. This makes the achievement all the more impressive.

Domenik Pinto, chair of Sacred Heart's computer science and information technology department said, "I applaude the faculty and students of the gaming design and development program for their outstanding work. It is truly an honor to have been named for the second consecutive year by the Princeton Review for a program that just began in 2011."

The Princeton Review has been published for many years as a barometer of colleges. Every year they release a report ranking colleges, law schools, business, and graduate programs. However, the "Top School in Video Game Design" category was only developed in 2009-2010 with the help of board members including administrators and faculty from respected game design programs and professionals from some of the top gaming companies.

Robert Franek, Princeton Review SVP/publisher said in a statement, "It has long been our mission to help students find — and get into — the schools best for them. For students aspiring to become game designers, we highly recommend Sacred Heart University as one of the best institutions to study and to launch a career in this exciting field. We also salute the faculty and staff at Sacred Heart University and the other schools on our 2013 lists for their exceptional academic and professional contributions to their students and to the industry of game design."

"We are extremely excited about this program, so it's wonderful to have outside validation that we are providing something innovative for our students," said Pinto.

New York License Change

CONTINUED from page 1

According to NY Times, "The state’s drivers who are seeking new licenses will be issued hard polycarbonate cards with photos that appear black and white, replacing the bendable color version, a move toward the monochromatic that is also being tried in several other states."

"It’s unfortunate for those who aren’t 21," said junior Matt Gannon, "But I don’t know how much of a difference it’s really going to make. Hopefully the black and white licenses at least look better."

However, not only are New York state officials trying to prevent against underage drinking matters, but also because fake identifications could potentially be used for more serious crimes as well.

The NY Times reported, "We see the New York driver’s license as the first line of defense," J. David Sampson, executive deputy commissioner of the State Department of Motor Vehicles, said.

"It’s hard for underage college students to stray away from the constant urges of partying and drinking when everyone is going out on the weekends," said junior Ryan Hughes. "Although everyone is aware of the consequences of getting caught with fake IDs, I don’t think it holds too many people back."

However, with the new license design, the IDs will be made so that they are almost impossible to forge.

The cards are being designed by laser engraved technology on rigid polycarbonate, replacing the current process of printing photos on more flexible material, which they say can be much more easily altered or fabricated.

The new IDs are reported to be so stiff that you can noticeably hear the sound of them when dropped. Personal data is also engraved, with a second portrait of the driver in a transparent window visible from the front and the back.

According to NY Times, "All of the elements are then fused together into what the department calls, "a solid, monolithic structure that cannot be separated into layers and tampered with."

"The New York licenses are already really hard to forge," that's why we never really see fake ones around," I guess they really are trying to make it impossible to fake a New York ID after re-creating what we already have," said freshman Heather Daley.
Spring fever is in the air at SHU

Amy Says...

The pain of overly used words...

In a society run on acronyms, because we can’t seem to find the time to spell out “talk to you later,” we find ourselves stripping English words of their meanings. We overuse them, beat them into the ground, until they no longer mean what they are supposed to, time and time again. I sent myself on a mission this week to find the top ten most used words and phrases. I elaborate below.

In no particular order...

1. Awkward

One of the most misused words out there is “awkward.” This lovely word once described someone in minor discomfort after undergoing a mildly inconvenient situation. Now, I couldn’t give you a definition but it is mostly used to describe a silence in conversation. Do you really think that by describing a natural pause in conversation as awkward you will feel better? Yes, it temporarily eliminates the vulnerability of sitting quietly with another person but it fills no void. My thoughts are if you can’t sit quietly with another human, you are not truly comfortable with yourself let alone your companions. Above everything remember this: lack of conversation is not awkward until you say it is. Jokes on you, ya clown!

2. I’m obsessed with that

Have you ever seen TLC’s “addiction? You don’t eat your own hair—you’re not obsessed with that, I can promise you that much.

3. Love

Talk about misused and abused. Our society says “love” constantly. I am all about the peace signs and x’s and o’s—some people tell me I should’ve lived in the 60’s. But what does it really mean anymore? Do you love your husband as much as you love your car? It is hard to tell these days. Other languages and cultures have several different words to describe different types of love. Maternal love is much different from maternal love. It is distinct in other cultures, why not ours?

4. Like

There are some beautiful words in our English language and yet you resort to “like” every other word. Ugh. That is all I have to say. That’s my f’ler word... ugh.

5. Legit

“It’s legit is so cold outside.” Oh because I thought I was hypothetically cold outside, but thank you for clarifying!

6. Ratchet

WHO EVEN ARE YOU!? I have no respect for people who use this word. We have this amazing ability to speak and use the English language and still we resort to “ratchet.” I actually might start to cry. If you are redundantly quoting lyrics from the Cali Swag District and Zhanie you are not ratchet. You just need help and an English lesson.

7. Swag

The most used word in the whole damn universe is “swag.” Mostly used to describe a cool situation. Fools use it, your parents use it, your mailman uses it and your Pomeranian uses it. “I just opened a cabinet, SWAG.” “Bring it on down to Swagville, swag.” “That show was so SWAG.” “Hey guys, I just woke up, SWAG.” Shut it down, please, just shut it down.

8. YOLO

YOL0 is just “Carpe diem” for illiterate people that can’t spell out four words. I have four words for you: You Obviously Lack Originality.

9. LOL

Most people think that LOL means “lots of love.” I’m with her. Naivity is bliss—especially in our society.

10. Random

The latest buzzword amongst our mindless teenagers is “random.” It seems to be used as a way to express something as unequivocally irrelevant and unpredictable but in reality my left shoe can be described as “random” and it often is. I just see this word as a desperate request to be recognized as “out there” and different. Oh man you are so bold and random. Can I be you? Actually, no wait, you’re ugly and wildly unoriginal. There. That’s better.

All I ask is that we personally pick up a Thesau- rus, a word of the day calendar, a fortune cookie, any thing, and expand our vocabularies. We will all be much better off!

Students enjoy Easter traditions

A week off from classes gives students time at home

Meghan Amaya
Staff Reporter

“I celebrate Easter every year because it is an important holiday in my household. It is one of those numbered chances you get every year, to catch up, have fun, reunite as a family and eat amazing food,” said freshman Katie Paquette.

For most Sacred Heart students, Easter is a holiday that allows you to see your family reunite from the usual busy year routine.

“Easter is just like any other holiday for us. This year my mom’s side came over and we had delicious food and just enjoyed each other. It is a tradition that we go to the Easter Vigil but that is about it! It’s truly about spending quality time with the family for us,” said junior Adleigh Sone.

Other students celebrate Easter differently in order to accommodate different schedules.

“This year I celebrated Easter a little bit early, because my sister was taking a trip to Europe. So my family and I had Easter dinner a couple days before Easter Sunday. On the actual day of Easter however, my family and I went to Church like we would do on Easter, but after Easter we simply just relaxed and didn’t do too much,” said sophomore Keaton Mangi.

“In the past, my family celebrates the Easter holiday by waking up in the morning to get our Easter candy and baskets. It is a tradition to take pictures, go to church and then spend Easter with my father. The only tradition I can really think of is that my mom would have little Easter egg hunts for us every year.”

Some Sacred Heart students say that they often miss their families due to living on campus. Special holidays such as Easter, allow special feasting traditions to be held alive.

“My family and I celebrated Easter with my aunt and uncle and some cousins thrown into the mix. We keep it very intimate with close family members and feast on traditional Italian food like antipasto, shrimp platter, prosciutto, salami genoa, slices of provolone, and roasted peppers,” said sophomore Gabriel Serviani.

Easter egg hunts are a common tradition for many families but it seems that Sacred Heart students are growing out of them.

“As a child, my grandparents owned a large property that was amazing for hiding Easter eggs. If you got the egg with $2 in it, you thought you hit the jackpot. Even though my family and I have gotten older, we still resort back to our childhood ways on Easter with our classic Easter egg hunts,” said Erin Mccamigle.

Although traditions change over time, most families seem to keep the true meaning of the Easter holiday spirits alive.

“On any given holiday my family does three things: eat until we are about to explode, laugh until our faces hurt, and express how gracious we are for all of our blessings and privileges. Traditions have not changed really changed in my household, just our age,” said Serviani.
Public relations students don’t H.O.R.S.E around

Professor Danowski students help horses by raising awareness about adoptable horses

Sara Hanna
Staff Reporter

Sacred Heart University students who are enrolled in Advertising and Public Relations are saddling up with the Human Organization Representing Suffering Equines (H.O.R.S.E) of Connecticut Inc., to help provide for its annual apples and carrots drive fundraiser.

H.O.R.S.E. of Connecticut is a non-profit organization joined by a team of volunteers who share their dedication by rescuing and rehabilitating abused and neglected horses. Each volunteer helps to maintain an on-going commitment in educating the public regarding horse care.

Students are showing their dedication by holding its second annual apples and carrots drive around campus, collecting carrots and apples for the horses at H.O.R.S.E. of Connecticut.

The event will be held April 8-12, with various boxes throughout campus that enable students to drop off donations. Sacred Heart students are ready to get started.

“I’m excited about the apples and carrots drive that our class will be sponsoring in April. All of our work that has been put into H.O.R.S.E of Connecticut has been a great success so far and I only know that this event will make an even greater impact,” said junior Margo Lesher. In addition to the month of April, H.O.R.S.E of Connecticut is taking part in “adopt a horse month,” encouraging volunteers to show care for their horses by providing lifetime partnership.

Students at Sacred Heart who are involved in the Department of Communication and Media Studies, are learning to combine the social and cultural analysis of media and communication technologies with media production, including advertising and public relations.

The department gives all of its students immediate access to the latest technology and software in order to prepare them for the career path they choose.

“We are delighted to have Sacred Heart University students working with H.O.R.S.E of Connecticut,” said Patty Wahlers, president of H.O.R.S.E of Connecticut who has rescued more than 650 horses. We are entirely volunteer-supported so the students working with us mean a lot. The annual carrots and apples drive that the students put on has been a big success and I am very grateful for that.”

By working with H.O.R.S.E of Connecticut, students produce advertising and public relations campaigns in several different media forms to help publicize the non-profit organization.

The fundamental techniques these students will be learning throughout the semester are primarily becoming familiar with various methods of public relations strategy.

“I am pleased to offer students the opportunity to combine real-world public relations experience based on theoretical knowledge while at the same time helping a respected nonprofit organization,” said Dobbs Danowski, Ph.D., associate professor and chair of the Communications and Media Studies Department at Sacred Heart University.

For more information about H.O.R.S.E of Connecticut, visit www.horsesofct.org, where you can also find pictures of each horse, a calendar of events that take place at the farm, newsletters, a link to sign up for free monthly email updates, as well as contact information.

Photo Courtesy of Pamela Kane
Women in journalism

Alana Miller
Asst. Sports Editor

Women are seen everywhere when it comes to careers in music, fashion or entertainment, but when it is the time for a breaking news interruption, women journalists are not as frequently showcased. Women have conquered many difficulties regarding gender inequality and are still finding new ways to take power in the work force. In the past, women did not receive the “hard-lifting” news stories because the executive producers or higher authorities thought that women could not handle it. Contrary to this, female journalists all over the country are starting to take on compelling news stories, and beginning to prove the higher authorities wrong.

In today’s society, the payment for women is a lesser salary than that of men doing the exact same job. While this may have affected female writers in the past, what women in journalism today should ask any sexist comments and use it for motivation to produce better stories. These sexual comments seem to double in journalism because women can receive comments from men in their place of work, from men in other media networks, or from a male critic. Women are strictly judged on how they look, not on the content they are addressing.

With social media sites, anyone has the chance to express their opinion about someone. Multiple female journalists confront problems on their own Facebook or Twitter pages. It is hard for women to address huge news concerns because sexual comments pull them down on social networking sites.

Wanting to enter into a male dominated occupation is going to be a struggle, but I believe there are strong women news reporters who I can admire in today’s society. MSNBC program anchor, Rachel Maddow is a confident female reporter and is an inspiration for many young women wanting to enter this industry. She easily expresses her views on politics and news while maintaining respect from other male and female reporters in the industry.

Along with her confidence in being a strong female anchor, Maddow is the first openly gay television host with her own show on MSNBC. Her criticism is usually from right wing politicians or reporters. They mainly criticize her hysteria, but I believe that these critics are just unaware of her passion. She is extremely confident and always gets her point across. I believe that she paved a huge path for women wanting to pursue this field no matter what. She is able to compete and argue with some of the top men in the field of political journalism and strongly hold her own way.

Obviously, there is no way for women to stop the name-calling or sexist comments. These women journalists need to be extra aware of what they post on their social networking pages and to immediately delete any sexist comments that are on it. Just as stated before, women need to turn the negative into a positive. They need to prove the men in the higher authorities wrong by covering important news topics. Women need to make sure men do not dominate journalism, work force and they need take control.

Sialiano sisters at SHU

Amanda Sialiano
Asst. Sports Editor

When this school year began it was crazy to realize that my little baby sister was a senior in high school and would be going to college next year. With the dream of playing college volleyball, I knew that Christina would be put on the perfect team and do great things. I became more than ecstatic when I found out that she was coming to Sacred Heart and would be playing on the Division I team.

Being only 25 months apart, Christina and I have been very close since we were little. Although we fight sometimes and get on each other’s nerves (what sisters don’t?), we are always there for each other when times get tough and we always know how to make each other laugh.

Since I was familiar with the college process, I did all that I could to help Christina find the college that was right for her. She effortlessly communicated with volleyball coaches throughout the Northeast in hopes that someone would want to have her on their team. She edited videos, sent out essays and emails and all there was left to do was wait.

Initially Christina hadn’t expected to come to Sacred Heart for the recruitment deadline was quickly approaching and she hadn’t heard from any teams. She felt like her childhood dream would never occur. But I knew that it would.

I knew that someone would notice her determined nature and hardworking mentality. The second that Christina received an email from one of the Division I volleyball coaches at Sacred Heart, she immediately picked up the phone and called me. I will never forget that moment and I could sense how happy she was from her voice.

Although Christina and I have different personalities and have different interests, I know that our bond will become stronger when she attends Sacred Heart next fall. Many people don’t get to experience the memories that we will create here together as siblings and I am so happy to be able to have the opportunity to see my sister around campus, go out for lunch and try and be the best role model that I can be for her.

Knowing that I will be there to help Christina when she’s struggling with schoolwork, needs someone to talk to or needs reassurance that she will succeed will allow me to keep excelling in everything that I do.

We’re already talking about all of the things that we will do together next year, things that will shape both our unique college experiences for the better. Family is everything to me, and I am so happy that my best friend will be at my side next fall.

And with that said, I’ll end with a quote: “A sister is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life,” said Audra James.

Students begin to fill the hill studying and playing sports as the weather continues to get better.
Features

http://The S.S. Imagination

Student blogger Brent Middleton showcases his creative writing skills online

"I was also inspired by one of my suite mates, Ed Garrity, a fine arts major who had set out to draw a new sketch of a miniature wooden model every day," said Middleton.

When Middleton started his blog he didn't realize how time consuming they would be.

"I'd simply gotten over my head and had no idea how much of a commitment the blog would be at the time," said Middleton.

Middleton writes a "Conversation" series on his S.S. Imagination blog. Each post is centered on a specific topic and is brought to life by imaginary students at a fictional university.

His inspirations were based off of all the thoughts and conversations he would have with himself.

"There are five main characters that I'm working on developing. By portraying different points of view through drastic differences in personalities," said Middleton, "It allows me to tackle the topic from a bunch of interesting, hopefully-entertaining angles."

Middleton has received both positive and negative feedback from his readers.

"Usually people really like the characters and situations, but the message of the piece doesn't always get through so I'm really working on that," said Middleton.

Middleton encourages students who want to pursue professional writing to start blogging.

"Just sit down and do it! There are several free sites where you can create a blog; the one that I use is Google's Blogger. It's really fun, and if you have things you like to talk about, why not?" said Middleton.

By setting deadlines for his posts, blogging has helped Middleton improve his time management skills.

Every Wednesday and Friday he posts the links to his Facebook so his friends have access to it.

You can find his blogs at:
http://thesimaginationlife.blogspot.ie/
http://sacredheartuniversity.typepad.com/brent_m/

Student veterans find support at Sacred Heart

Bethany Barbar
Staff Reporter

Blending in with his wrestling teammates at Chartwells, or running for student body president, Thomas Burke is more than just an ordinary sophomore student at Sacred Heart University getting himself involved.

Burke was formerly trained as a U.S. Marine with the First Battalion Third Marines and is now adjusting back to the citizen life.

Many men and women veterans have chosen to further their education at Sacred Heart University. Among the 9,400 students at SHU, about 80 are student veterans from all branches of the military.

As soldiers near the end of their active duty, Jon DeBenedictis, advisor and recruiter in University College, is in first contact with them. While some are still overseas, DeBenedictis corresponds with emails and telephone calls to make an easy transfer back into school. Other faculty members at Sacred Heart offer the veterans a welcoming atmosphere at the university.

"They are very grateful. We do our best to make them feel comfortable. It's their time and we're helping them," said DeBenedictis.

Ryan Hogan, a sophomore at Sacred Heart, was a part of the Marine Corps Infantry, the central component of the Marine ground forces. When finishing his second eight-month-long tour in Afghanistan, Hogan was wounded in action in the summer of 2010.

In Hogan's experience at Sacred Heart, "most of the teachers asked me to speak to the class. Most teachers know about my disabilities and helped me anyway they can," he said.

Becoming accustomed to the civilian life, the veterans who attend the university have gotten highly involved in the Sacred Heart community. Some have joined athletic teams and others participate in student government or community support groups.

Particularly for Burke, his passion at a young age had been for the Marine Corps.

"I always wanted to be a Marine. That's all I saw," said Burke.

Now committed to bringing veteran experiences to the university, Burke put together a colloquium earlier this semester on post-traumatic stress disorder, along with a few other veterans. The turnout was outstanding from both student peers and faculty.

"The faculty and students have had a warm reception. They accept that they don't understand what we've been through. The faculty and staff are so interested," said Burke.

The faculty put together a happy hour at Red's on campus this year for all veterans.

Veterans Picture Sophomores, Left: Ryan Hogan and Right: Tom Burke, study for classes in the Mahogany Room.

It gave veterans the chance to mingle among one another.

Many veterans found that other students and faculty at the university wanted to know how they could help make them feel more welcome.

"Most of the students who found out I served, just wanted to know more information about it, most of them know about my injuries and want to help me out," said Hogan.

Burke and Hogan are only two of Sacred Heart's student veterans who have completed their duties for America. Coming home has given them the chance to continue on with their life journeys.

Burke said, "School is's given me a purpose and foundation; a long-term goal." In the simplest terms, these veterans are most grateful to be in school.

"Going back to school with my disabilities means a lot to me. I have traumatic brain injury with no memory. Talking to other veterans and people, [they] are mostly shocked that I am back in school and doing well," said Hogan.
Sacred Heart Counseling Center helps students overcome emotional battles

Katherine Anderson
Staff Reporter

Losing someone is never easy. According to www.CCNHealth.com, one in seven Americans lose a parent or sibling before the age of 20. That means while at Sacred Heart University, approximately one out of seven people, twenty or younger, have been through this.

With the loss of a loved one comes support from others. Although friends and family can provide support, at some point those affected by a loss must return back to their normal lives.

Mary Jo Mason, the Assistant Dean of Wellness and Director of the Counseling Center helps students on the Sacred Heart campus deal with these kinds of issues.

According to Mason, letting yourself fall into a depressed state or being in denial about these kinds of issues results in nothing but a negative outcome.

“It leads people to do things that aren’t helpful and can be harmful,” said Mason.

As for junior Dara Sollart, who recently lost a close family member, she knows how difficult it is to lose someone, both mentally and physically.

“It’s unfortunate that many people don’t realize how often this nightmare occurs until you’re the one under the spotlight,” said Sollart. “Knowing that there is someone around after the chaos blows over is comforting.”

The Sacred Heart Counseling Center is open Monday through Friday from 8:30 a.m. to 4:30 p.m. In addition, appointments can be made by calling the counseling center, going online, or leaving a message on their machine.

“Each appointment is confidential, unless we feel a student is suicidal or homicidal, anything to keep someone safe,” said Mason.

The Counseling Center does not hold anyone accountable for continued meetings but does offer accommodations, such as group sessions.

Visits are funded by tuition benefits, so any student is eligible to schedule an appointment. Students on the Sacred Heart campus and considering getting support from a professional grief counselor or need a support system can call the Counseling Center today.

“Losing someone is hard enough, no one should have to feel alone when it happens,” said Sollart.

To find more information about the Sacred Heart Counseling Center go to: http://www.sacredheart.edu/offices/services/wellnesscenter/counseling/

H.O.R.S.E. of Connecticut Inc.
Over 30 years and 650 lives saved.
Apples & Carrots Drive
Where: Flick
When: April 10th 4pm - 6pm

Do you want to give Dara a treat? Please bring apples or carrots to Flick on April 10th or drop them off in a box for H.O.R.S.E. of CT outside Hawley Lounge between April 8th-12th.

Her Campus Launch Party
at Holy Grounds Cafe (Mondo Subs)
Tuesday, April 16th 7-9pm
Sacred Heart is now a contributing chapter of the national online magazine, Her Campus.
Come out for a night of classy, “collegiette™” fun!

Win prizes like a tanning package from Palm Beach Tanning, tote bags, cute school supplies, & more!

Enjoy a signature Her Campus mocktail, appetizers, and desert.

Nominate campus cuties to be featured in Her Campus!
Have you ever wondered about the musicians that attend Sacred Heart University and where you can hear their music? This mystery was solved on April 4th at the Spotlight original music showcase featuring Sacred Heart University’s own students, faculty and graduate students displaying their talent and sharing their love of music.

The showcase was held at the Holy Grounds Café in Christian Witsness commons. The audience had the special privilege of grabbing a drink or a sub throughout the showcase due to Holy Grounds Café extending their closing hour from 8 pm to 10 pm.

Hosted by Professor of communication and media studies Gregory Golda, also known as Gregory Frost, an intimate crowd gathered together to listen to an array of music from sophomore Ronnie Joy, junior Giorgio “Gigg” Scalone, graduate student Sarah Pfeffer, Bill Haug & Trevor Kelly of Eyes To See, sophomore Joe Berry, Golda, Professor Sid Gottlieb, Steven Wanicka and Paul Galuska.

Golda was inspired to create this event on campus due to an opportunity from his English teacher to play music in front of others during his high school years.

“I saw that there really was no outlet for original music on campus so I thought it would be nice to pay back the favor that my high school English teacher did for me,” said Golda.

As an assignment in Golda’s CM 102 class, his students helped with the pre-production, production and the post-production of the event. These students were assigned to create a twitter account, a Facebook account, create an Instagram, stream the event on Sacred Heart’s WHRT radio, film and take photos at the event.

“I liked [the showcase]. For me, it was fun seeing my professors perform with my class actually helping this come together,” said junior Kaitlin Racanelli.

The musicians each had a block of time to perform original songs and covers by their favorite artists. The showcase featured all different genres such as rap, blues and rock and roll.

Scalone shared his gratitude to have the opportunity to play in the showcase.

“They don’t really do this stuff a lot here and its good to see that their finally letting people like us on campus to do things like this,” said Scalone. “I liked being able to show people the song that I’m hopefully going to be releasing soon, my first single. I’m really excited about it.”

Joy was thankful that she was able to perform only several days after she had a throat surgery.

“It’s my first performance after my surgery and I’m really excited that I can still sing,” said Joy. “It’s really great to bring the musical community together here. It’s such a creative atmosphere and it’s student and faculty, which is amazing. You have all ages, all levels of experience and its very exciting.”

Golda plans on hosting several more Spotlight showcases continuing to highlight Sacred Heart’s student’s musical talents.

“We really brought together a lot of different elements for campus to make this night happen, said Golda. “It was very nice to have the dynamics that we had. I have people lined up for the next one. This is going to start to snowball.”

The next Spotlight showcase event will take place on May 2nd in the Holy Grounds Café. To find out the lineup and event information visit www.spotlightmusic as.

Amanda Sialiano
Asst. Sports Editor

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**“Game of Thrones” New Chapter Unfolds**

Ashley Momplaisir  
Staff Reporter

HBO is constantly proving to have a loyal fan base. Some of their fans patiently wait for months to see the new chapters unfold.

For Sacred Heart University alumni Jessica Orser, it is something she is all too familiar with.

“When a season premiere comes around, especially if it’s on HBO, you have been waiting for close to 8 months for this episode to air,” said Orser.

“Game of Thrones” season three premiere has finally arrived and students at Sacred Heart are excited. After it aired there were varying opinions of how the episode lived up to all of its hype.

“I believe it lived up a hype and more. This season looks like it will have more action than the first two seasons combined,” said senior Tosao Adebamowo.

On the other hand, some students weren’t too thrilled with the seasons opening.

“My initial reaction to the episode was very different from what I had expected it to be. Instead of the episode being jammed packed with action, it turned out to be a giant plot-building episode,” said Orser.

While the episode seemed to have mixed reviews, it continuously kept optimism alive for the remainder of the season.

“It was kind of an anticlimactic start after the season finale last year, but I definitely think it was laying all the ground work for big things to happen later in the season,” said senior Stephanie Buslovich.

Though this first episode proved to be uneventful for fans, they still appreciated what the episode provided to the season as a whole.

“At first I was super let down, but once I thought of all the action to come later in the season my opinion quickly changed,” said Orser.

On the same night as the premiere of “Game of Thrones,” the season finale of another popular show, “The Walking Dead,”

“Well I’m not going to lie I’m a bigger fan of ‘The Walking Dead.’ But I can’t compare the two. Both caught my attention pretty quickly and was able to hold onto it throughout the seasons so far,” said senior Sam Burnough.

Both shows are similar in genre therefore attracting similar audiences. “I don’t watch ‘The Walking Dead’ but I feel like they attract a lot of the same audience because they’re both kind of a fantasy genre,” said Buslovich.

However, for loyal fans, nothing can compare to the “Game of Thrones.”

“I don’t watch ‘The Walking Dead’, but I find it hard for another show to be better than ‘Game of Thrones’,” said Adebamowo. High hopes continue for what is to come for the rest of the season: “I want all of the separate kingdoms to come together and form one huge army against the white walkers. And I also want a few unexpected deaths. That always helps me buzzing about a show for days,” said Orser.

A common theme for its audiences is the anticiaption of the characters lives.

“I think this season there are going to be some big changes and obviously because it’s ‘Game of Thrones’, a main character will probably be killed off,” said Buslovich.

It looks as though the next episode has all the fans on their toes waiting for what is to come next.

“‘Game of Thrones’ is so authentic and interesting that I can’t wait to watch the next episode,” said Adebamowo.

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**Album Review: “The 20/20 Experience”**

Michele Capocci  
Staff Reporter

Talk about a come back... with his previous two solo albums released over seven years ago, it almost seemed as if Justin Timberlake was drifting out of the spotlight.

Timberlake’s album “The 20/20 Experience,” which was released on March 15, sold 966,000 copies in its debut, according to SoundScan, placing Timberlake on the top of the Billboard charts.

It beat both of his previous solo albums “Justified” in 2002 which entered the charts at No. 2 selling 439,000 copies and Futuresex/LoveSounds in 2006 which debuted at No. 1 with 684,000 sold.

This album has also been observed as the 19th in SoundScan’s 22-year history to sell more than 900,000 copies in its first week. More notably, “The 20/20 Experience” is also the fastest-selling album worldwide in iTunes history.

Timberlake promoted “The 20/20 Experience,” a great deal and very strategically. He reappeared within the music scene at the Grammy’s where he performed comeback track “Suit & Tie.” He also hosted “Saturday Night Live” which gained the show record ratings and made a week long appearance on “Late Night with Jimmy Fallon.” This week long event was named “Timberweek.”

When it comes to the actual music within “The 20/20 experience” it seemed Timberlake took a soulful music approach on this album. Many songs had a gospel feel to them combined with rhythm and blues.

He put an emphasis on different instruments such as piano and trumpet to ing to make the track more of a hip-hop song and get the boy band image out of people’s heads.

It wasn’t until I watched the video that I realized that this song was like many of the other on this album. A long introduction, instruments playing and everything in black and white. Hoping to get the same vibes again of the 1950s, 60s.

I am a fan of this song, it’s fun up beat and Jay-Z adds a little something more to it.

Another song off “The 20/20 Experience” that I really enjoyed was “Pusher Love Girl”. This song is very soulful and gospel sounding and I don’t mind it. I really like all the different instruments being played and who doesn’t love Justin Timberlake’s voice.

With this new album under his belt, I feel Timberlake made a great come back with his appearances at the Grammy’s, and on late night shows along with the release of the very catching single “Suit and Tie.”

As for other tracks off this album I feel they could have used a little more work.

I felt this album was that many of the tracks sounded very similar. Only five tracks were released on this album so I felt that they should have definitely had some sort of individuality.

Timberlake announced with the release of this album on March 15 that the second half of the album would be come out sometime in November.

Artwork for Justin Timberlake’s new album, “The 20/20 Experience”.

Although it was a cool approach I found myself skipping right over them to hear what each track had to offer.

Prior to listening to the entire album the only song I was aware of was the single “Suit and Tie.”

Before watching the actual music video I felt this song was like any of his others featuring a rapper attempt...
Complete Sid-Cess On and Off the Mound

SHU senior softball pitcher Nicole Sidor continues to dominate

Vinny Ebensau
Staff Reporter

When senior Nicole Sidor steps onto the mound to pitch for a game, there is a look of readiness, relaxation, and intensity on her face. Sidor’s feats and great statistics speak for themselves, but there is much more to her story of success at Sacred Heart University.

Sidor is in her last season playing for the Sacred Heart Pioneers’ softball team and has experienced a journey full of growth and spirit on and off the field. Through her journey here at Sacred Heart, Sidor not only learned lessons in softball, but in life as well.

“It’s a learning opportunity for you future,” Sidor said on her experience with the softball team. “We’re all here to play softball, but it teaches you so many life lessons like time management and being able to handle so many important things at once.”

From her experience starting freshman year until now, Sidor had been continuously growing and developing as a person and player.

“Physically, I’ve gotten a lot stronger,” said Sidor. “Because of all the lifting and conditioning workouts we’ve done, you could definitely see the difference of what’s happened over the last four years.”

There are always two sides to the game for any pitcher, and Sidor was able to successfully grow in both areas when coming to play as a freshman.

“When you first come in, you don’t really know what to expect and as you keep growing up you learn to handle the game a lot more maturely,” said Sidor.

Sidor isn’t the only person who has seen the change over the course of her career. Her coaches and teammates have seen Sidor become who she is today by just being around her.

“She is one of the hardest workers on the team,” said co-head coach Elizabeth Luckie. “She’s doing what we thought she could do all along.”

Hard work and confidence are the theory and practice that have paid large dividends for Sidor on and off the field.

“She’s a model player. A student of hitting,” said co-head coach Pam London. “She’s so willing to become the best she can be. She makes me very proud.”

Still there is plenty to be told in this story of success, but a theme, which constantly presents itself, is Sidor’s leadership and personality. While on the field, she is a great leader and teammate; off the field she is someone who is always there for her teammates.

“I have already learned a tremendous amount from Nicole, whether it just be the little things, or how to be both mentally and physically prepared for a game,” said freshman pitcher Alana McClung. “I’m definitely trying to learn as much from her as I can before she leaves. I couldn’t ask for a better role model.”

Sidor’s ability to throw multiple no-hitters is in itself impressive, but her confidence is always high in herself and from her team.

“When I’m throwing and I’m performing well I don’t think ‘well, I have this many hits off me’”, said Sidor, “It’s more of staying in the moment and believing that what you’re doing can carry you through.”

She has proven that hard work, confidence in yourself and your ability goes a long way to becoming successful.

“We’ve had the pleasure to see her learn and grow,” said Luckie. “She’ll be hard to replace.”

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• Tendency to have a flat foot

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• Stretch calf muscles daily by standing in a staggered stance and leaning into a wall with hands as shown. Keep your back knee straight. Hold for at least 30 seconds.
• Wear shoes that have good support
• Arch supports may be helpful to keep your foot in a good position
• Use ice to decrease inflammation

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Rutgers' basketball under investigation

TRENTON, N.J. (AP) — A member of the Rutgers University Board of Governors says he called for ex-basketball coach Mike Rice to be fired in December.

Board member Mark Hershorn says in a statement that he was shown a video of Rice kicking and shoving players andusing gay slurs as he yelled at them on Dec. 4, soon after the university gave the video by a former employee.

He says former athletic director Tim Pernetti showed him the video. Hershorn says he told Pernetti that if the video was authentic, Rice needed to go.

Later that month, Rice was suspended. It was only when the video was made public last week that Rice was fired.

Pernetti has since resigned. He has said his first instinct was also to fire Rice. Rutgers officials are scrutinizing practice videos of all sports to see if any coach engaged in behavior like the type that cost men's basketball coach Mike Rice his job, the university president announced Monday. The inquiry into Rice and how university officials responded is also going deeper as the school announced that it plans to hire a consultant to conduct an independent review.

University President Robert Barchi, speaking Monday during a town hall meeting on the school's Newark campus, said that he wants any instances of bullying or homophobic language to be reported immediately.

He also reiterated that he wished he had viewed the video where Rice — whom Gov. Chris Christie on Monday called an "animal" — showed players and called them gay slurs when it first surfaced in November, saying he would have fired Rice then.

Rice was fired last week only after the video became public. Athletic Director Tim Pernetti, an assistant basketball coach and the university's top lawyer also resigned last week, while some Rutgers faculty members and others called for Barchi to step down, too.

Meanwhile, Christie on Monday defended Barchi's performance while blasting Rice's behavior. He also criticized the reaction of those who knew about it and did not fire the coach months ago, when the video was given to university officials and viewed by — at least — Athletic Director Tim Pernetti, university interim counsel John Wolf and Mark Hershorn, the chairman of the university Board of Governors' athletics committee.

"They were wrong not to come to the conclusion that Coach Rice needed to be fired immediately," Christie said at a news conference.

Hershorn's lawyer, Jennifer Joseph, said the governor is wrong about Hershorn. Hershorn immediately called for Rice to be fired after he saw the video in December, she said, declining to say where he made the recommendation.

While the governor had issued statements previously, it was the first time Christie took responsibility for the actions at the school. The Republican governor added that had he been aware of the issues earlier he would have used his "power of persuasion" to try to get Firetired then.

He said he viewed the video not only as a governor but as the father of a college athlete. His son Andrew plays baseball at Princeton.

"You're talking about kids being miserably treated by the guy who determined whether they keep their scholarship or not," Christie said. He said the video cost the coach his credibility with young athletes and their families.

"What parent would let this animal back into their living room to try to recruit their son after this video?" he said.

Christie said it was a mistake for Barchi, who took office in September, not to fire Rice last year when he first was told about it. But he said leaders of large organizations must delegate some matters and that the mistake was not a firing offense.

It was Pernetti's job to know what the coach was doing, Christie said. According to the settlement the university provided to The Associated Press on Monday, Pernetti is receiving $1.25 million as he departs, along with perks ranging from health insurance for more than two years to a $12,000 annual car allowance until next year and his university-issued iPad.

Rutgers announced Monday that it was commissioning an independent review of Rice's conduct and the way the university responded to it. The board of governors will meet Thursday to discuss that.

Also Monday, board chairman Ralph Izzo said that one board member — Hershorn — had seen the video in December and that it was not shown to other members. The topic of the coach's conduct was discussed at a committee meeting in December, but it was not shown at the whole board meeting that month.

Joseph, Hershorn's lawyer, said he voiced his concerns about what he believed was "abusive and demeaning" behavior "quickly, responsibly and diligently."

Before hearing Hershorn's account, state Senate President Stephen Sweeney called on the board member to resign. "Any trustee or member of the board of governors who witnessed the tape at any point before it was publicly aired, and took no action, should be removed or resign immediately," he said in a statement.

The scandal has prompted the FBI to investigate whether a former Rutgers basketball employee asked for money from Rutgers in exchange for not taking the videos public, a person familiar with the investigation told The Associated Press on Sunday.

Asked about the FBI inquiry on Monday, Barchi said the agency wasn't called but came "on their own."

As the investigations mount, Christie said he did not believe that state lawmakers should have an inquiry of their own, saying Rutgers is investigating and that holding

hearing would "continue reputational damage" to the school.

Assembly Speaker Sheila Oliver, who has called for hearings said "the taxpayers, students, faculty, administrators, parents, alumni and other constituents" deserve to know what happened.

Meanwhile, Rutgers is turning to former dean Carl Kirschner to run its athletic department "an interim basis while it conducts a search for someone to take the job permanently."

It's the second time that Kirschner will run the program. He took over at the start of 2009 after Robert Mulcahy was fired, and held the role for four months, stepping down when Pernetti took over.

Pioneer alumni Justin Dion goes pro

Sam Butler
Staff Reporter

Justin Dion started his fencing career as a freshman at Bishop Freeham High school. A few of his high school teammates were already on the team persuaded him to become a fencer.

"I fell in love with it right away," said Dion.

Dion was then put onto the travel team, where he competed with other teams in Mass. During his sophomore year of high school, Dion became more involved with competitions outside of school.

After his junior year, Dion started to take lessons at Blackstone Valley Fencing Academy, giving him the right amount of practice to improve for the summertime. During his sophomore year of college, Dion won "The Big One" tournament in November, which would allow him to qualify for the NCAA championships in the spring.

"Simply qualifying means that I had secured a top 24 placement in front of all the other NCAA fencers in the country," said Dion.

Dion earned the championship with a record of 11-12, placing him 15th in the country.

During Dion's junior year, he continued to work hard by earning 11th place and winning a title. That summer, Dion went to the USFA Summer Nationals and placed fifth in division 1A.

After graduating from Sacred Heart in 2012, Dion wanted focus more on USFA national competitions. He placed eighth in the national competition this past Oct. and 26th for the national competition this Nov. Dion was able to earn enough national points to compete in certain world cup due to these tournaments and decided to apply to compete in the in the cup, which he acquired.

Dion was facing fencers from all over the world, rather than other American schools in the NCAA division.

"Just like with NCAAs, I thought I was going to be demolished. I fought hard against everyone," said Dion.

Dion ended up beating a bronze medalist at the Beijing Olympics by a score of 5-0. Unfortunately Dion lost in the next round of the tournament, but was noticed by one of the United States coaches. The coach invited Dion to fence at the Olympic Training center in Colorado Springs, Colo.

Dion's hard work and positive attitude still lives on at Sacred Heart.

"He shows just what hard work can do for you in the long run," said Sacred Heart fencer Chris DiPietro. "I'm sure everyone on the team thinks the same way as myself, in being that he is a role model to our team now and in the future."

Dion departs on Apr. 11 to Richmond, Va. for the USFA Division 1 Championships.

"I was and still am very excited to go, learn, and take in what they have to offer me," said Dion.
Sports

While You Were Gone

Recap of SHU sports

Men’s Golf

This past weekend the men’s golf team tied for third with Bryant University in the Rhody Invitational at Green Valley Country Club. Leading the Pioneers was juniors Peter Ballow with a score of 77 for both days tying for fourth place in the whole tournament. Also contributing to the team was sophomore Sam Barber who finished with scores of 79 and 80. The next tournament for the Pioneers is this weekend at the D-1 New England Championship in Newport, R.I. at the Newport National Country Club.

Men’s Lacrosse

Over the past few weeks, the men’s lacrosse team suffered two big losses, but also had two big victories resulting in their current record of 2-6. On Mar. 20, the Pioneers lost to the Hartford Hawks 10-7. It proved to be a team effort as seven different Pioneers scored the seven goals. The seven players were juniors Mike Mawsley, Cody Marquis, Tim Caton, Joe Burke and seniors Shane Foley, Trevor Dauses, Matt King.

On Mar. 23, the Pioneers lost in overtime to Vermont 8-7. Mawsley and junior Alex Miller both contributed one goal, while Foley scored three and King scored two.

On Mar. 30, the Pioneers had their first win of the season against the Mountain Saint Mary’s Mountaineers 14-5. Miller, Marquis, King, and junior Andrew Newbield each scored one goal. Junior Matt Gannon, Foley, and Dauses all contributed two goals to the game. Mawsley led the Pioneers with four goals.

On Apr. 6, the Pioneers won their second straight game against the Wagner Seahawks 21-8. Dauses, sophomore Ian Farley, freshmen Matthew Bellocci and Alex Dauses, and senior Mack Fuller added one goal each to the scoring board. Mawsley and King both scored four goals. Alex Dodge scored two goals. Both Marquis and Foley contributed two goals. The next game for the Pioneers is this Saturday at Quinnipiac at 7 p.m.

Women’s Lacrosse

The women’s lacrosse team has won the last four out of six games increasing their record to 4-7 overall. On Mar. 22, the Pioneers defeated Quinnipiac 10-8. Junior Shelby Vaccaro led the team with four goals. Junior Kelly Russo contributed three, while sophomore Taylor Babin scored two goals. Junior Jacqueline Zlevor added one more goal to the team’s victory.

On Mar. 24, the Pioneers defeated St. Mary’s 15-12. Vaccaro led the Pioneers once again with five goals. Freshman Jesslyn Joseph, junior Emily Pepe, and Russo all contributed three goals. Babin finished off the Pioneer’s 15 points with one more goal.

The Pioneers unfortunately lost their next two games against Central Connecticut State and Bryant. On Mar. 28, the team lost to Central Connecticut 9-6, and on Mar. 30, they fell 17-9.

After these losses, the Pioneers were back in the game, defeating Wagner 12-8. Vaccaro, Russo and freshman Jenna Liljeberg all contributed goals leading to Pioneer victory.

This past Sunday, the women’s lacrosse team defeated LIU Brooklyn 17-4. Russo, Zlevor and Vaccaro all scored three goals each, while Babin, Pepe and sophomores Marss Levings each scored two. Liljeberg and freshman Kristina Pike both topped of the score with one goal each.

The next game for the Pioneers is this Friday at Mount St. Mary’s.

Women’s Basketball

The women’s basketball team finished out their season on Mar. 21 falling short to Boston University 61-49. Sophomore Gabrielle Washington led the Pioneers with 16 points and junior Blair Koniarzowski with a total of 14 points. With this disappointing loss, the Pioneers close out their season with a record of 12-11.

Women’s Golf

On Monday Mar. 18 and Tuesday Mar. 19 the women’s golf team finished in 23rd place in the C&F Intercollegiate at the Kingsmill-River Course. The Pioneers fell nine shots behind the 22nd placed team Hartford. Sacred Heart’s top two golfers were seniors Gabriella Riber and Brianna Carnahan. Riber finished with a combined score of 165, while Carnahan was close behind with a score of 170. On Apr. 8-9, the women’s golf team competed in the Hoya Invitational at The Members Club at Four Seasons. Results were not available as of press time. The Pioneers next tournament is next Sunday and Monday at the Brown Bear Invitational in Barrington, R.I.