Mr. SHU participants ready to take the stage

Andrea Coronis  
News Editor

For the past few weeks, seven male students have been practicing and preparing for Sacred Heart University’s Mr. SHU competition. On Friday, May 3, Geoffrey Connors, Ryan Cotropi, Vinny Ebenau, Dave Haverly, Chris Lizio, Chuck Marcellin and Javier Vidal will compete against one another to win the title of Mr. SHU 2013.

The contestants were chosen through auditions held in front of the junior board.

“[In order to host the event, the Class of 2014 board first hosted auditions to narrow down the contestants for the show,]” said junior and president of the board, Pete Brotstown. “We actually released some of the video from that as an advertisement online. Since then, we’ve been meeting with all of the contestants to make sure they know the group dance, as well as have their talents ready for the big night.”

They have been having weekly practices on Mondays.

“The boys are ridiculous,” said junior and vice president of the junior board, Arianna Narayan. “The countless practices have shown us all their ‘unique’ skills and talents. This group is possibly one of the best groups for Mr. SHU!”

The groups of contestants are all different and bring something new to the table.

“I do not know that any other event on campus can truly capture the hysterical nature of many different personalities here at SHU,” said junior and treasurer of the board, Stephen Hanshaw. The board has been helping the contestants with the dance and their talents, giving them the opportunity to get to know each of them.

“I’m lucky enough to see everything way in advance as it has to go past me and our class advisor Shannon Driscoll for approval,” said Brotstown. “I can’t go into specifics about each person’s talents as it will be much better as a surprise, but I think people are going to have trouble controlling their laughter. We have a group of people who cannot focus for more than two minutes, and that right there is how you know the show will be fun.”

The contestants are excited about the competition and to prove to everyone why they should be Mr. SHU.

“I can’t wait for the event,” said senior and contestant, Javier Vidal. “I’ve always wanted to participate in it since freshman year so I’m really happy to be a part of it.”

The junior board is excited for their event as they have been working hard preparing for it.

“Speaking on behalf of the board, we’re very excited for the turnout,” said Brotstown. “The Mr. SHU event is a tradition that nearly always fills the Edgerton Center. Honestly, if you have not been to an event on campus this year, this is the one to come to. Bring your friends, it’s going to be out of control.”

The reigning Mr. SHU winner, Eddie Kennedy, offers advice for the current contestants.

“Do something for the talent portion that you feel confident you can do,” said Kennedy. “Also, just enjoy Mr. SHU, a lot of time was spent with you preparing for this so just enjoy every second of it, because it is the best memory I have from Sacred Heart.”

After watching the contestants prepare and practice for so many weeks now, they have no idea who will be crowned as winner.

“I honestly could not even guess who will be crowned Mr. SHU,” said Brotstown. “Everyone is very high energy, and we have a lot of people who are well-known on campus. In all aspects of the show, the contestants have brought some really creative ideas to work with, and I think we’re all in for quite a performance.”

Participants are anxious to see what their competitors will come up with.

“Everyone is pretty secretive about what they are doing so I am excited to see the talents for all the contestants,” said senior Chuck Marcellin. “We all seem to get along as a group, so for me it is really about the experience and the fun. We’ve all worked hard so we will see how Friday goes.”

Kennedy has high expectations for the seven contestants, one of whom he will crown the next Mr. SHU.

“The minute the application went out, I was getting messages from several contestants to help them with ideas and suggestions,” said Kennedy. “This quickly turned into a lot of talk that they are going to take my crown, so I have extremely high expectations and they all better ‘wow’ me on May 3 or I will not let them live it down. Let the best man win.”
News

Relay for Life

Andrea Coronis
News Editor
Mark Podesta
Asst. News Editor

On April 26 at 6 p.m., Sacred Heart University’s Relay for Life began in the William H. Pitt Center. There were a total of 34 teams and had over 400 people present overall. The $3,343 raised just over $35,000.

"President Petillo spoke at the opening ceremonies and state representative Kimberly Fawcett dedicated it official Sacred Heart University Relay for Life day," said senior Katlyn Ogar.

There were many different events and games going on during the relay that got participants involved.

"We had a really successful frozen t-shirt contest, photo-scavenger hunt and dodgeball games," said Ogar.

Each club and organization that participated had their own event or fund-raiser at their station.

"The Education Club had an interactive ‘Are You Smarter than a Fifth Grader’ game, Alpha Delta Pi sorority sold slices of pies, Chi Omega sorority painted nails, Habitat for Humanity hammered nails into a piece of wood, etc.,” said junior Samantha Novack.

There was not a dull moment throughout the night with all the activities that were offered to the participants.

"There was Zumba, scavenger hunts and raffles,” said Novack.

Other students commented on events.

"Most of groups were selling cupcakes or baked goods or candy, the student nursing association was selling Rita’s Italian ices, Zeta was straightening and curling people hair, TDPs was selling pies or slices of pies, the band was selling henna tattoos and my favorite was Habit for Humanity which was for a dollar you were able to hammer a nail into a piece of wood,” said junior Angela Alotta.

Some of the teams that raised the most money was Sacred Heart’s Dance Team and a SHU Nursing team.

"I personally raised money through donations from a lot of my family members and friends,” said sophomore Lauren Mruk and member of the SHU Nursing relay team. "A lot of people advertised for donations on Facebook and twitter as well. Many of the people on our team had family members that were affected by cancer, so I think that a lot of people got money from family members in that regard, too.”

Some students who participated were relaying for loved ones.

"One year ago, my father passed away from cancer so being able to participate in Relay for Life and interact with the survivors that were there was so inspiring and comforting,” said Novack. "It gave me hope for a brighter future, not just for myself, but for everyone else out there who has ever lost a loved one to cancer.”

Many other students were affected by cancer and were at the event to show support.

"This was a really touching experience for me especially since I lost both of my Grandmother’s to cancer," said Mruk. "Something that I thought was really incredible was seeing the survivors walk around the track, because it shows that we’re not only there to mourn our losses, but to celebrate the lives of people that have overcome cancer as well.”

Gathering donations was difficult for some students but for others they found it quite easy, asking large corporations to donate to their cause.

"I actually was able to receive a donation from Eaton Corporation through corporate giving," said sophomore Jessica Lallman. "In addition to donations from family and friends, I think sometimes people overlook going to companies and asking for money. Many companies, like Eaton Corporation, have a certain amount of money specifically set aside to donate to charity, and are more than willing to write a check to the American Cancer society.”

Cancer is something that is unfortunately present in many lives. Whether it’s a family member, friend, partner, or you’re living with it now or are a survivor.

"I think that many people decided to participate because they have known someone that was affected by cancer," said Mruk. "Especially in the nursing profession and getting a first-hand account of what a cancer patient goes through step by step I think it was good that we were able to participate and show our love and support for not only cancer patients and what they go through but also for their family members as well."
Seniors prepare for life post-graduation

Michala Fitzpatrick
Staff Reporter

The end of the year is approaching, and this means one thing for the senior class of 2013: life after graduation. For some, this means a job, an internship or graduate school, but some students plan to take some time off to travel before the stresses of the real world.

“My plans are to get settled and comfortable in the life after college transition. And of course look for a job, but I will also be traveling the summer as well,” said senior Amanda Pisani.

The Career Development office of Sacred Heart University has been quite helpful to the senior class in their quest to figure out plans for life after graduation.

“Trish Klausner in Career Development was a wonderful resource for assisting me with several edits of my resume as well as cover letters,” said senior Caitlin Bourke.

Bourke was not the only one who found Career Development helpful.

“The Career Development department has helped me create my resume and find an internship. I also have found an internship for next year through Sacred Heart’s career fair,” said senior Patrick Bradley.

Some students imagined themselves in different places during their life after graduation.

“I initially wanted to go straight into graduate school, but I believe gaining work experience would be very useful before I go to graduate school. I plan to eventually go back and get my MBA,” said senior Brian Myers.

In addition to Career Development, students found Pioneer Link to be extremely helpful. Pioneer Link is an online resource for Sacred Heart students where they can post their resumes and view available internships and jobs, upon many other things.

“I think Pioneer Link is a great help,” said Pisani. The way you dress is also an important part of the life after graduation phase because many students are interviewing for jobs. According to WorkBust, 72 percent of people dress inappropriately during interviews.

“I always say that an outfit is a 30 second interview. In the first 30 seconds after meeting someone they’re already judging you based on what you’re wearing,” said Bourke, who is also the president of fashion club at Sacred Heart.

Sacred Heart’s fashion club recently ventured into a partnership with a company in Bridgeport called “Dress for Success.”

“Dress for Success, is an organization that promotes independence for disadvantaged women by providing professional attire, a network of support, and career development tools to help women thrive,” said Bourke.

Most students at Sacred Heart have heard of “Dress for Success” but learned how to dress for interviews from other resources.

“My go to real work outfit is black suit from Brookes Brothers and a cool tie,” said Bradley.

Students react well to new ‘Vine’ iPhone App

Rachel Marsanico
Staff Reporter

The newest App for the iPhone is Vine. Vine makes it possible to record short video clips from phones and then combine them. It then posts it to the app as well as your Twitter.com feed. Celebrities, athletes, and various students from Sacred Heart University have downloaded this app and put it to use every day.

“Vine has really taken over SHU lately with tons of students downloading the app and has been a tool for people to use at parties and hanging out with friends. I like it since you can capture the funniest moments of the night and show all your friends the next day,” says senior Steven Legatto.

Other students seem to also enjoy the simplicity of Vine.

“I use this app. My friends and I like to make videos before we go out on the weekends,” said junior Donald Gil.

Some students say that it is not only fun to make the videos, but it is entertaining to see what other people post on their page.

“My friends and I have a fun social media site that’s an entertaining way to see what my friends are up to. My friends always post the funniest videos,” said junior Corey Konaxis.

“I could watch the videos my best friends post for hours, they’re hilarious and always catch me doing something silly with out me knowing.”

Vine lets users “follow” other people who have the app and view the videos they post. The app allows you to record short clips as well as longer clips to create a collage type video. A lot of students have this app and follow each other.

“I follow all of my friends and teammates,” says sophomore Katie Duda. “Even when we’re just sitting around in Roncalli, we make videos together just because we’re bored. It’s fun to catch your friends doing silly things when they aren’t paying attention.”

Many people, once they hear about Vine, want to download it immediately.

“I heard about this app the other day and then downloaded it. I’m hooked. I follow a lot of friends from SHU,” says freshman Moe Kafel.

“What is so great about Vine is that it is able to capture little moments that people wish to remember.”

“I like taking videos out at parties and capturing the moment. It’s my senior year so I want to make the most out of my last few weeks with my friends and make as many memories as I can so I can vine helps me with that,” said Legatto.

Amy Says...

My Subway ride

Love cities. Especially NYC. I’ve gotten to know it fairly well over the past few years. There is inevitable that the city comes hand-in-hand with its subway system. Point blank, you will have to get on one. Many toyos and incomes prehensile happenings occur underground, I can tell you that much. In fact, why don’t I tell you that much—and maybe even a little more than that.

Here are the top five inevitabilities of the subway. Sit back, relax and enjoy the ride (yes I know you all saw that cliché coming…)

Anyway...

1. The pucker. It’s more upsetting when you know the pucker; but regardless, someone puking on the subway is way up there on the unpleasant scale. This typically occurs in the late night subway rides when the cars are 74 percent intoxicated folks. I have been witness to this twice and it was just as alarming both times.

Considering I get nauseous on the subway with a belly full of Thai food, I can only imagine the feeling of vodka sloshing around your insides. Even so, I find “the puke rider” hard to justify. If you feel sick, just walk to your destination—the fresh air will be good for you.

2. The homeless man that sits next to you. This event can be positive or negative. Many of these people have some interesting stories to tell and opinions to force upon you. If they start to fall asleep and lean on your shoulder, then we may start to have some problems.

3. Toddlers on the subway.

I could write a long-winded novel on the youth that ride the subway. Babies lovingly embrace the grime and filth that is the NYC subway. One time I was sitting next to a cute little girl with a bright red bow in her hair. She was eating chicken nuggets. With every twist and turn on the car, another nugget would slip from her grip and fly onto the floor. With this, the girl bursting out of her chair, chassing around and finally picking up the dust infested nugget and then eating it.

Must we forget to mention, the poleickers.

So, the next time you hold onto the metal pole for support just remember that 10 thousand people have handled it, but to worry because five thousand have licked it clean.

4. The various scents.

The rawness of the subway car’s scent cannot go unnoticed. It is usually a beautiful combination of sour urine, musty breath, and abandoned dreams. This is before adding people and any kind of food source that may be on their person. I’m being dramatic, you get used to the smell.

5. The runners.

This encompasses many happenings. My personal favorites are the people that run onto the subway, touch the back wall and then try to get off before the doors shut. Meanwhile all their friends are cheering for them from the platform. Half the time, the doors will close and it’s really funny, and the other half there is no one in that car and it’s pretty anti-climactic. The people that run into the subway like it’s the last subway on earth just amuse me. Hello, there will be another in the next three to five minutes. Why don’t you just slow down NYC, just simmer. Where do you possibly have to get to at such a reckless speed at 130m. a.m. in the morning?

Everyone has a story to tell. It’s interesting to think about all the different people in the subway and how they all have different destinations but at that one particular point in time, their story is the same as yours. Subways are poetic in that sense and that’s why I love them.
Katie Perzanowski  
Contributing Writer

As my final weeks as an undergrad at Sacred Heart University come to a close, I cannot help but reflect on my time here throughout the last four years. When I look back on everything that I have done, one specific quote by Marilyn Monroe comes to mind: “Sometimes good things fall apart so that better things can fall together.”

I should probably start by giving a little bit of history on myself: back in eighth grade, I was the fastest girl on my cross-country team and played travel soccer for my town. Halfway through the season, I started passing out while running and developed tendinitis in both knees. When it came time to try out for soccer in high school, I realized that it was probably not the best idea for me to play. That is when I discovered improv.

When it came time to look at colleges, I had developed such a love for improv that I had to continue it wherever I went. Sacred Heart did not have an improv program, but I was told I could start one.

That was all it took.

I was also actively involved in the band program at Sacred Heart during my senior year. I joined the jazz band and choir.

I was stretched pretty thin, but loved it all. I loved how the improv program was starting to take off. I loved playing with the band at the ice hockey games. I loved being on the water at 5:30 a.m. with my teammates, rowing on the Housatonic before most people even woke up.

All of this took a toll on my body and I wound up in the emergency room twice within forty-eight hours. I had an asthma attack during a practice for the MACC Championships. It would have been my first time rowing in a regatta. My chest tightened up, arm turned blue, and I lost all control of the right side of my body. Needless to say, I was no longer cleared to row.

In a sense, I thought things were falling apart. I could not row. I could not play my instrument. I could not run. But I could still do improv.

I devoted my extra curricular focus to improv and managed to grow the program even more. In just our third year we already put on more than six shows on campus, performed in other campus events, a Conn. improv competition, a show at UConn, and was lined up to perform in one of the nation’s biggest improv events-the Del Close Improv Marathon in New York City.

“Sometimes good things fall apart so that other things can fall together.”

I am very grateful for all of the opportunities I have had and would never trade any of the experiences or memories. As frustrating as the challenges I faced were, they made me realize my true passion—improv.

The improv program, my rowing, and my music skills would have simply stayed where they were if I kept up with everything. All of the problems that I faced (which I since have gotten under control) have helped me get better at what I love. It also helped me to share the gift of laughter with others.”

Another major incident comes from an academic standpoint. I came to Sacred Heart and wanted to do media studies and get a math minor. However, some of the teachers convinced me to become a math major as well. I listened. I struggled and offered wondered why I was going through with it.

I stuck with it and I’m so thankful that I did. I was not sure my sophomore and junior years why I kept with math, but now as a senior, I realize that a career in Communications and Media Studies is not for me.

There is a lot to be learned from defending big struggles and it can make you feel like you can do anything. Now, I am proud to call myself a math-nerd. I am in love with the math department and I have decided to become a secondary math teacher.

Looking back, Sacred Heart has given me so many wonderful and amazing opportunities. I have met so many incredible people and met some of my best friends here. I have traveled and helped others. I have helped create homes and built hope. I did things that I never thought I could do. When things don’t seem to go your way, be patient, it just might lead to something great.

If there is any advice I could give to others, it would be to seize every opportunity you can, but at the end of the day to just remember, “Sometimes good things fall apart so that others can fall together.”

Students hit the gym to create the perfect summer bod

According to Dennis Heenan from BodyFitFormula.com, beginners should change up their workout routines every six to eight weeks, intermediates every three to six weeks, advanced every three to four weeks, and elites every one to two weeks.

“I’m in on a team so my coach has a schedule for me,” said junior Chelsea Parks. “Warm up, stretch, running work outs, lifting or body strength exercises, and cool down.”

Moreover, many people are familiar with the saying “30 percent gym and 70 percent diet, abs are made in the kitchen not in the gym.” What this means is that people will not see results from the gym if they follow a poor diet consisting of junk food and fast food.

People need to eat healthy foods in order to fuel their bodies with the proper nutrients for it to grow or shrink, depending on each person’s goals.

Many students try to eat healthy foods as often as possible. Several students like to eat salads, wraps, and grilled chicken from “63’s.”

“Grilled chicken, vegetables, beans, brown rice, eggs, oatmeal, and fruit,” said freshman Jeff Lewis.

Having a stable diet is key to seeing results in the gym. Eating a suitable diet for training while on a campus could be a challenge for some students.

“I am eating clean while on campus and like the fact that you are able to get grilled chicken in common,” said junior Cassie Britefert.

Whatever the case way to achieve the perfect body is it important to know that nobody can be perfect, but having high goals for oneself is a good start to get to the ideal body.

“The summer is time to relax and have fun with friends and having a toned summer body makes summer memories enjoyable to look back on,” said junior Blair Koniszewski.

“Of course, you can hit the gym and create a perfect summer bod.”
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Public concentrations help where inspiring, and offering something like Guatemala, "...We are able to offer many programs on a regular basis and add some new programs inside and outside of Bridgeport," said Cook.

"Get involved with community service is easy, fun, and extremely rewarding. I have seen many of my brothers who have never done anything volunteer-related turn into the biggest community service advocates. Community service can change your life if you give it the chance," said Desai. If you want to find more out you can go to https://secure.onfundboston.org/page/donate4.html.

**New communications major at Sacred Heart University**

Andrea Proto

Staff Reporter

The Department of Communication and Media Studies will launch a new communication studies major with concentrations in advertising/media/public relations and sports media beginning in Fall 2013.

"Students who are interested in working in either public relations/media/advertising or sports media will benefit from this new major," said Dr. Debbie Danowski, Chair and Associate Professor of Communication and Media Studies.

In the communication studies major, students will become ethically aware content creators across multiple media platforms.

"CMS has offered courses in these specific subject areas for many years, but it became apparent that the department needed to do more to fully engage with them," said Dr. Andrew Miller, Associate Professor in the Department of Communication and Media Studies. Miller is the coordinator for the communication studies major.

Students will produce in-depth presentations and campaigns, and leave with a capstone project that showcases both their production skills and critical thinking ability.

"Classes for the program include: sports, culture and media, advertising and public relations: practical applications, social media and viral campaigns, women and advertising, magazines and body image, and sport broadcasting."

"I am looking forward to switching over. I am interested in pursuing a career in sports media and this will give me the opportunity to gain hands on experience in the field," said junior Jason Torrey.

The new major proposal results from feedback that the department received from current and past students. In addition to informal comments from many of our current students, recent senior surveys conducted in 2009 and 2012 show a strong desire for an advertising/public relations concentration, and a recent informal poll of freshman majors revealed a significant percentage are interested in sports media," said Miller.

Current industry trends support the development of this major. According to the U.S. Bureau of Labor, "employment of public relations specialists is expected to grow 24 percent from 2008 to 2018, much faster than the average for all occupations."

Between the two fields, the career opportunities are wide-open.

"The career opportunities in these two fields are varied and exciting, everything from sports writer to public relations at almost any type of company to co-air company," said Desai.

Graduates of the Communication Studies Department will gain a more competitive advantage when seeking employment or internships. Within the next year, NBC Sports will be opening its new world headquarters in Stamford, Conn. which along with ESPN, WWE, and the YES Network will make Conn. the center of the U.S. sports media marketplace," said Miller.

Along with classroom experience, the communication studies major will feature scheduled workshops taught by industry professionals.

"Adding the proposed communication studies major is a prudent academic and professional decision for Sacred Heart University," said Miller.

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**Sacred Heart introduces new dance company**

Katelyn Racanelli

Staff Reporter

The future looks bright for the Performing Arts Department at Sacred Heart University with their new dance company launching this fall.

The Sacred Heart Dance Company will give incoming and current students the opportunity to continue their passion for dancing. The company will enable students to fill a void they might have if they do not major in dance in college.

"I am extremely excited to offer the opportunity to the students of the Performing Arts and I am excited to get started," said Scott Alberti, Director of Dance.

The program is designed so students can transition into college and stay consistent with their day-to-day high school regime. It will allow students to major in anything they wish to study but still have dance as their foundation.

Those in the program who are incoming students will receive a Performing Arts minor with a concentration in dance. Students will have the opportunity to explore many careers such as tap, jazz, hip-hop, lyrical, contemporary, and ballet.

The dance company is something Sacred Heart has never had before. Unlike most dance related clubs or teams, the company will enable students to receive professional training and choreography that will count as college credit.

According to the National Center for Education Statistics, over 600 institutions across the United States offer dance as a major or minor.

The concept of the company sprung up around this time last year. The university took action to make it happen.

"As a student here, who has a passion for dance, I am excited to see the company unfold and to have that experience of growth and expansion in dance," said sophomore Brianna Formica.

The dance company will allow students to continue their passion and dreams in dance post graduation.

Sacred Heart offered Balllet I and Introduction to Dance History this past spring and both classes were quickly filled and waitlisted. The university was ready to implement the idea because of such a strong and growing interest in the program.

"The dance program is a great way to reach multiple areas on campus to practice and will perform in Sacred Heart’s Edgerton Theater."

Students must submit an audition video of their best performances for placement purposes. Those who are accepted into the program will also have an opportunity to receive a $4,000 grant.

"If you are looking to expand your dance talent and education, you can find more information in the handbook and see all the courses that will be offered for The Sacred Heart Dance Company online.

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**National Volunteer Week**

Joseph Laurenzano

Staff Reporter

National Volunteer Week is a time to celebrate people doing extraordinary things through service. It is about inspiring, recognizing, and encouraging people to seek out ways to engage in their communities.

At Sacred Heart University, the Office of Volunteer Programs and Service Learning encourages students and faculty to get involved. The Director of the program, Mathew Kaye and Assistant Director Maura Cook sent out e-mails offering many different ways to get involved in the community; not only this week, but throughout the entire year.

"National Volunteer Week is a week to highlight what we do, said introduce faculty and staff to get involved," said Kaye.

"There are many ways for students to be civically engaged throughout the academic year. The Office of Volunteer Programs and Service Learning offers unique programming that sends students to Miss. El Salvador, Costa Rica and Guatemala," said Kaye.

During volunteer week there were many different ways to get involved but some of the highlights included events like a Habitat Work Day and cleaning up a park with Park City Sweep. These events were scheduled for Saturday April 27.

Habitat for Humanity seeks to improve lives by helping low-income families in need of a place to live. The organization is staffed with community volunteers and donors who build simple, safe, and affordable neighborhoods.

A habitat workday consists of going to a local home where you have the opportunity to work on a house and help fix whatever needs to be fixed. The volunteers are very hands on during the workday and get to put an effort forth to directly impact the lives of others.
Arts & Entertainment

The Year in Photos

Photos Courtesy of AP Photos, Liz Mast��icle, Andrew Corder, and Sean Elliot
Movie Review: Pain and Gain

Michele Capocci
Staff Reporter

Steroids and physical fitness, along with blood, sweat, and vulgur humor are just a few of words that come to mind when thinking about Michael Bay’s latest film “Pain and Gain.”

“Pain and Gain” is based on the true story of a crew of thugs led by bodybuilder Daniel Lugo (played by Mark Wahlberg) in the mid 1990s who kidnap a Miami businessman and get him to sign over all his possessions.

Daniel Lugo is looking for the easy road to success and finds a great deal of it when he creates a gym in Miami. But being a personal trainer to rich men isn’t exactly what Lugo has in mind when fantasizing about the American Dream.

When his overbearing client Victor Kershaw (Tony Shalhoub) brags to Lugo about how much money he has, Lugo immediately gathers a master plan to kidnap him.

Joined by Adrian (Anthony Mackie) and Paul (Dwayne Johnson), Lugo abducts Kershaw and tortures him to the point that he signs over all his property and financial holdings.

Right from the start of the film I knew that this was a movie geared towards men. Steroid heads and half naked women were definitely not something I was looking forward to watching for two hours straight.

As the movie progressed I couldn’t help but feel that I was watching my cousins play “Grand Theft Auto.” The violence, the police chases and ten men in sunglasses all reminded me too much of what I had seen stuck in the house with my cousins growing up.

The only thing keeping me tuned into such a rugged film was Mark Wahlberg. From first noticing him in Calvin Klein ads to later seeing him in the film “Four Brothers” I was intrigued by the way he can be both serious and funny all in the same film and pull it off well.

When watching Wahlberg’s performance in “Pain and Gain” it reminded me a lot his character in “Four Brothers.” In both films he is determined to get what he wants and that shows in the seriousness of his character, but then there is that humor that he can play to joke and have a good time with the people around him.

According to Forbes list “Pain and Gain” earned $ 7.5 million on opening day and was projected to earn somewhere around $20 million within the first weekend.

As for Michael Bay, this film was a “one for me” type of project.
The National Scene with Pete Mormino

Jets release Tebow

Pete Mormino
Contributing Writer

Jets quarterback Tim Tebow was released early Monday morning after arriving at New York's facilities for workouts.

It was just a matter of time before a move at this position was made, and many believed, hoped rather, that Mark Sanchez would be on his way out the door. The Jets acquired Tebow just over a year ago, after giving the Broncos their fourth and sixth round pick in the draft.

The team's official statement from Jets Head Coach Rex Ryan shortly after stated, "We have a great deal of respect for Tim Tebow. Unfortunately, things did not work out the way we all had hoped. Tim is an extremely hard worker, evident by the shape he came back in this offseason. We wish him the best moving forward."

Where Tebow ends up could be determined rather soon, as the NFL's deadline to put in waiver claims is this week.

While he searches for a new team, Tebow has an offer on the table from the Orlando Predators of the Arena Football League. Last month, Predators owner Brett Bouchy who saw this move coming, made his pitch to the popular quarterback, the Orlando Sentinel reported.

As of now, the other 31 NFL teams have rosters that are swelling following the draft, and checkbooks that are not financially interested in Tebow.

"Say what you want about the Jets, but Idzik is slowly putting an end to the circus," said former Jets offensive lineman Damien Woody over his twitter feed. Perhaps the circus he is referring to includes many of the moves previous general manager, Mike Tannenbaum, made, like bringing in Tebow for example.

If you are wondering what the Jets get out of Tebow during his one short-lived season in New York like the rest of us, the answer is nothing. This situation in particular is merely illogical, after giving up two relatively high draft picks (which we all know the Jets desperately need), and paying him some money up front. For what, so we can watch Tim run a few third downs and protect the punter.

Are teams still interested in a quarterback immediately following the draft? I doubt it, but it's possible. Luckily for Tebow, this year's draft was anything but a quarterback class of depth. Maybe Jacksonville is still interested, as they were the other team looking to get him cheap out of Denver last year. However, Denard Robinson is the newest member of the Jags, a dynamic quarterback that led the Michigan Wolverines last season.

In New York, Geno Smith is the Jets quarterback of the near future, or we can only hope so. I still have nightmares after seeing Sanchez's famous "but-fumble" on Sports Center during last year's loss to the Patriots.

This is the same Tim Tebow who led the Florida Gators to two BCS National Championships, winning both the 2006 and 2008 titles. In addition, during his time in Gainesville, Tebow won the Heisman Trophy after the 2007 season.

In his defense, despite what critics say Tebow does in fact know how to win football games at the professional level.

Many forget about how he turned the 2010 Broncos season around, when he connected with Demaryius Thomas for an 80-yard touchdown on the first play of overtime and the Broncos defeated the Pittsburgh Steelers 29-23 in the AFC wild-card game.

Unlike his quarterback ability, his actions off the field rank better than anyone else. It would be unfair to not wish Tim Tebow the best of luck in finding a job during these next few weeks, maybe months. Regardless of where he ends up, he will continue to be a hero both on and off the football field. His charitable awareness is truly an inspiration, as he strives to help the unfortunate regularly. Someone will give this guy another chance.

No looking back: Tebow sent packing by Jets.

Road trip in your future?

School's almost out, and many of us have summer road trips on the horizon. Vacations are great, but back and neck pain from sitting in the car too long isn't great. Here are some tips to ensure a comfortable and enjoyable road trip for all:

- When you get in the car, adjust the seat to a position that allows the most upright, correct posture. Once you are in this position, adjust the rear view mirror. This way, if you start to slouch as the hours pass, you'll have a cue when you check the mirror that it's time to re-adjust!
- Most cars don't have great back support. To create a better environment for your low back, bring a towel along with you. Roll up the towel, then place it in the curve of your low back. Adjust to the point that it is comfortable and supportive.
- Stay hydrated! This will do a few things. It will keep you and your passengers healthy, and it will ensure frequent stops! This may seem counterintuitive to many road-trippers, but the more you stop to stretch your legs and take a walk, the better. A few extra stops won't add much time to your trip!

If you have injured yourself or you are having any persistent pain give us a call and set up an appointment for an evaluation. In the state of Connecticut you can see a physical therapist without having seen a doctor first.

(203)396-8181
Bowled Over
SHU Bowling ends season at Intercollegiate Team Championships

Ryan Giltenan
Staff Reporter

The Sacred Heart University women's bowling team ended its season two weeks ago when they were knocked out of the USBC Intercollegiate Team Championships in Lincoln, Nebraska after a loss against Kutztown University.

On the first day of the tournament, the Pioneers lost to Wisconsin Whitewater, 4-0. Later that day, the Pioneers downed 16th seeded Newman University, 4-3.

The following day, Sacred Heart faced Kutztown University, winning the first game but losing the next three. The Pioneers picked up the momentum and won both the fifth and sixth games of the match. In the deciding seventh game, Sacred Heart was down 25 pins by the seventh frame only to lose 201-200. Senior Jackie Carbonetto was given a chance to win in the tenth frame. She struck on the first ball and followed with a ten pin while the Kutztown anchor doubled to win the game for the Bears.

"We simply needed to play better," said head coach Becky Kregling. "We were playing subpar and missing spares. We stepped it up at the end of the match, but the last couple of games the other team played very well and outscored us."

Along with the team success, there have been individual accomplishments from key bowlers. During March, seniors Carbonetto and Jacqueline Willy were named to the All-NEC Team.

Carbonetto was also named to the National Tenpin Coaches Association's All-American Second Team. During the 2012-2013 season, she averaged 207 in NCAA competition.

The Blairstown, N.Y. native has proven that she is one of the best collegiate rollers in the nation. She earned a spot on the 2013 Junior Team USA and finished second in this summer's Junior Gold Competition.

Although the team is losing veteran leadership, the future is looking bright for the bowling team. They have a lot of promise and the drive to become champions. Kregling is enthusiastic about the amount of young talent returning to her squad.

"This season we had our largest freshmen class in the 20-year history of the program," said Kregling. "We had nine freshmen, which is equal to the average number of girls on the roster for NCAA women's bowling teams."

Scribner, Murphy Honored
As baseball looks for third straight trip to NCAA tournament

Vinny Ebeau
Staff Reporter

Hard work paid off for senior captains John Murphy and Trey Scribner of the Sacred Heart University baseball team, as they were rewarded for their on the field success last week.

Murphy, Sacred Heart's starting shortstop, was honored as the Northeast Conference Player of the Week for a second time this season. Over last week's stretch of games, Murphy hit .583 with three runs batted in. He also added three walks and three stolen bases as the Pioneers took three-out-of-four from first-place Bryant University. This season, Murphy leads Sacred Heart in 12 offensive categories while batting .660 with 4 home runs and 32 RBIs.

Scribner, aided by Murphy's solid glove when on the hill, recognizes his shortstop's hard work and praises his success on the field.

"John is a special player," said Scribner. "He is one of those guys you just know is going to do something incredible every time he steps on the field. He works so hard and is such a smart baseball player."

Scribner also had the privilege of receiving honors last week – three of them. He was named the Northeast Conference Pitcher of the Week, the Louisville Slugger National Player of the Week, and the Sacred Heart/Enterprise Rent-A-Car Student Athlete of the Week.

On April 19, Scribner put a halt to Bryant's 19-game winning streak and sent them home with their first conference loss. Opening the weekend set, Scribner struck out 11 Bulldogs in a 4-1 win.

For the 2012-2013 season, Scribner has 65 strikeouts in 84.2 innings pitched, top 10 in the NEC for each category. Scribner takes these awards to heart and contributes his success to another Scribner, his father.

"What those awards mean to me is another certificate I can give to my father," said Scribner. "I owe so much to him in my life, so whenever I win anything it always goes straight to him."

Head coach Nick Giaquinto sees a lot in his team, particularly Murphy and Scribner who have exemplified their full potential throughout their four years.

"We've had some good leaders, and these guys (Murphy and Scribner) have just followed suit," said Giaquinto. "There not just vocal guys, but they lead by example. They're committed and work hard on and off the field."

Giaquinto also acknowledges the progress that Murphy and Scribner have made during their time at Sacred Heart.

"Their performance has been improving every year," said Giaquinto. "What separates them is they're real baseball players, where they understand the game, they react to certain situations and you could see both of them being coaches down the line."

Giaquinto stresses the fight that the team has displayed by overcoming some tough losses early on and coming back from them.

"The guys kept plugging away and working hard and things eventually came together," said Giaquinto. "It's weekend to weekend, and hopefully we can keep it going."

Despite the many roadblocks that this season has presented, Scribner recognizes the newcomer's efforts to achieve victory.

"The biggest story this year for us has been these freshmen," said Scribner. "These are the guys that are going to dominate the league for the next couple of years. We needed them to step up for us this year and they have done that, fully."

Both Murphy and Scribner have demonstrated consistency and leadership on and off the field, making a significant impact on their teammates.

"Everyday playing alongside them you learn something new about the game," said sophomores outfielder Keaton Ehtn. "They’ve impacted the season in many ways. They bring great baseball knowledge to the field and bring everyone's game up around them."

While Murphy and Scribner have made headlines this season, there are still big games to play. The Pioneers are seeking their third straight NEC Championship with another trip to the NCAA Tournament.

Sacred Heart is currently third in the NEC with a 15-9 record (20-20 overall). The top-four teams reach the tournament at the home of the top seed.

This past weekend, the Pioneers lost three-of-four at Monmouth University and headed to Storrs to take on UConn yesterday.

This weekend, Fairleigh Dickinson comes to Fairfield for a four-game NEC matchup. Sunday is Senior Day.
Senior Morgan Merriman has been granted a Fulbright Scholarship to teach abroad after graduation. Merriman, a star in both basketball and lacrosse, has excelled both athletically and academically during her four years at Sacred Heart.

The Computer Science major with a concentration in Graphic Design will head to Albania to help establish a girl’s basketball program and teach introductory computer programming to grades 5-9.

According to their website, the “core Fulbright U.S. Scholar Program provides approximately 800 teaching and/or research grants to U.S. faculty and experienced professionals in a wide variety of academic and professional fields. Grants are available in over 125 countries worldwide.”